



JVPG CLUB

VOL. IV ISSUE 10 OCTOBER 2014



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# From The Desk of The President



**SHAMIT MAJMUDAR**  
*President*

Dear members

**Wishing you and your family a Very Happy  
Diwali & Prosperous New Year.**

It is the time for all of us to look back to the year gone by and review what one has missed out in the year including dreams that were envisaged.

Missing every one of us who has missed out the dreams and goals in the year gone by to achieve the same in the coming year.

The count down begins for the opening of the renovated ground floor restaurant & bar.

A handwritten signature in white ink, reading "Shamit Majmudar", with a stylized flourish underneath.

**Shamit Majmudar**

President





# CHAMPION OF CHAMPIONS 2014

*Starting from  
9th November 2014*



Dear friends,

Champion of Champions 2014 starts from 9th November 2014. This is a multi-sports event

comprising of 8 sports ie. Badminton, Billiards, Cricket, Health Club, Lawn Tennis, Swimming Squash and Table Tennis.

The opening ceremony will be held at MM ground followed by cricket matches.

Schedule of the Champion of Champions 2014 on page no. 13

Player registration forms available at reception. Last date for registration is 27th October 2014.



स्वच्छ भारत अभियान  
**SWACHH BHARAT  
ABHIYAN**

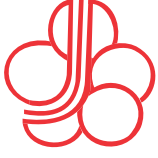
Start from 2 October 2014



एक कदम स्वच्छता की ओर

**Be a part of 'SWACHH BHARAT'**  
let's take an oath, to treat our Club  
a second home & to maintain it  
clean and tidy all the time.





**JUHU VILE PARLE GYMKHANA**  
(ISO 9001:2008 Certified Organisation)



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# EDITOR'S NOTE



**BHARGAV PATEL**  
Editor & Hon. Secretary

પ્રિય સદસ્યો,

દિવાળીના આ પ્રવિત્ર પર્વે આપ સૌને ખુબ ખુબ વધાઈ, તથા સૌને મારા પ્રણામ સાથેના નુતન વર્ષાભિનંદન.

જોતજોતામા મારી અવધીના ૬ મહીના વીતી ગયા. કોલસાના ગોડાઉનમાં પથરાયેલા કંટકો અને કંકરોપર એક હાથથી કપડા સંકોરતા અને બીજા હાથે બેલેન્સ સાચવતા ઓછામા ઓછા ડાઘ અને ઘાવ પડે એની એકાગ્રતાથી મંડાતા ડગને ઉતાવળ છે એની કંડારેલી મંત્રીલને મળવાની. જ્યાં કદાચ સફળતા રાહ જોતી હોઈ શકે અથવાતો મહેણા, ટોણા, ટીકાઓ તથા અફવાઓમા મંડરાયેલા વાદળો વરસવાની તક શોધતા સંતાયા હોઈ શકે.

ભાવીના ગર્ભમાં શું હશે એતો ઈશ્વરજાણો. વિરોધીઓના દફતરોમાં વધારે વપરાતા માટીના તેલ એ વાતની પ્રતિતી કરાવે છે કે સમય વિતવા આવ્યો છે. થમસાણા આક્ષેપો ના યુદ્ધના પડઘમ દૂરદૂરથી સભાગાય છે. આમેય ડીસેમ્બરથી જાન્યુઆરી મહીનાઓ કલબના પ્રોગણનો ચુંટણી ના સમરાંગણા માં ફેરવી દેવાતો હોય છે.

કંઈક કેટલીય મેમ્બર ઉપયોગી કલ્પનાઓને સાકાર કરવાની મળેલી તક ન વેડફતા ખુબજ ઉત્કંટાથી કામે વળગ્યો એમાં કયાંય કચારેક કોઈના અહમ પર પગ મુકીને આગળ નીકળી જવાયું હશે એ બધુજ તીરની જેમ સામે સમયની અવધી પતવી આવવાનું છે. ત્યારે બપોર બનીને તમારેજ ઢાલ બનવું પડશે. અને તમે બનશોજ એવી પુરે પુરી ખાત્રી છે.

ઘણા વખતથી વચસ્ક મેમ્બરોની એક પ્રેમ ભરી અરજી હતી કે તેમને કલબના કામ માટે વારે ઘડીએ ભોંયરામા જવામાં ખુબજ અડચણ પડે છે. તમને યાદ હશે એક જુનો સ્કૉસ કોટ ઘણા વખતથી જૂજ વપરાશમાં લેવાતો હોવાથી તથા તેની આવક કરતા જાવક વધુ હતી (વાતાનુકુલીત બિલને ધ્યાનમાં લઈએતો) તેથી તેની ઉંચાઈને બે સરખા ભાગમાં વહેંચીને સરસ મજાની બે ઓફીસો બનાવામાં આવી. આમાંથી બે ફાયદા થયા. એક 4000 ફૂટના ભોંયરાની ઓફીસમાં ઓફીસના સમય પછી એક માણસ માટે પણ વપરાતું 30 ટનના એ.સી. ના વિજલી બીલ ની બચત તથા લોકોને ભોંયરામાં ઉતર-ચઢ માં પડતી તકલીફનું નિવારણ.

હવે આપ સૌ વાતાનુકુલીત કેબીનમાં બેસીને તમારા કલબના કામો એક પછી એક ડીપાર્ટમેંટ વાઈઝ માણસોને બોલાવીને પતાવી શકશો. એક ટેબલથી બીજા ટેબલપર જવાની જગ્યાએ ઓફીસ સ્ટૉફ તમે જે વિઝીટર્સ કેબીનમાં બેઠા હશો ત્યાં આવશે અને કામની પતાવટ કરી આપશે.

રહી વાત ખાલી પડેલા ભોંયરાને તો તેનો ઉપયોગ વધુ મેમ્બરલક્ષી ઉપયોગ "રીલાયન્સ માર્ટ" અથવા તો એના જેવી બીજી ફેંચાઈઝ ને લઈ આવીને સુગઢ ઉપયોગ કરશું. (મેનેજીંગ કમીટીની ભલામણાપર આધારીત)

ખુબજ સાચવલી સાથેની અમેરીકન પદ્ધતીથી ઘોવાતા કપડાની લૉન્ડ્રી સાથે આપણો MOU કર્યું છે. જેથી આપણા મેમ્બરોને 25% ની તેમના ચાર્જસપર છુટ મળશે. તેઓ તમારા કપડા ઘરેથી લઈજશે અને આપી પણ જશે એવી વ્યવસ્થા કરેલ છે

એક આડવાત કરવી છે. આ છ મહીનામાં મેં નોંધ્યું છે કે દસ બાર વર્ષ પહેલા કલબના પ્રોગ્રામોમાં જે ઉત્સાહ થી લોકો ભાગ લેતા હતા તેનામાં વર્ષે દરવર્ષે ઓટ આવતી ગઈ છે. હાલમાં યોજાતા ખુબજ સુંદર મહેફીલો પણ શ્રોતાવગરની ભેંકાર ભાસે છે. શું કારણ હશે? આમ એક દસકામાં આપણો મેમ્બર થોડો વધુ વ્યક્ષ થયો હશે કે પછી બીજા મનોરંજનોના કાફલાઓમાં આપણો ત્યાં થતા મનોરંજનો મોળા લાગતા હશે. દસકા પહેલા ૩૧ મે ડિસેમ્બર એટલે વર્ષની છેલ્લી રાત્રીની પૂર્વ સંધ્યાએ ૧૨૦૦ થી ૧૮૦૦ માનવમહેરામણા ઉભરાતું સંગીતના જલસામાં ૭૦૦/૮૦૦ માણસો હોંશેહોંશે જૂમતા અને આજે ૩૧મી ની સાંજ ત્રણ થી ચાર જગ્યાએ જૂદા જૂદા માહોલ માં ઉજવાય જાણે રણભૂમીમાં ઉભી કરાયેલ જૂદી જૂદી રાવટીઓમાં સંધ્યાતાણો ભોજન રંધાતું હોય એમ.

હજુ કદાચ મારા ભાષામાં ત્રણ મહીનાનો સમય બચ્યો છે આ ત્રણ મહીનામાં મેમ્બરોએ ખોયેલો એ ઉત્સાહના કારણોને શોધીને કલબને પાછી માનવ મહેરામણાથી ઇલકતી કરવી છે, એની ખાત્રી સાથે વિરમુ છુ.

ફરી એક વાર તમને સૌને નુતનવર્ષાભિનંદન.

ભાર્ગવ પટેલ  
સેક્રેટરી



# OPENING OF ADMIN OFFICE

The administration office at Juhu Vile Parle Gymkhana Club was taken to a new level.

For the convenience of members the office was shifted from the basement to the ground and first floor.

The new office was inaugurated on auspicious day of Dussehra - 3rd October 2014 by our Ex- President Mr. Dwirek Raj.

The office and surrounding area was beautifully decorated with flowers and a red carpet was laid down to welcome all the guests and dignitaries. The illuminated diyas added additional attraction. Attractive eco-friendly flower rangoli illuminated the club.

Chief Guest Mr. Dwirek Raj, ex-president cut the ribbon at 1st floor office and lit the "samaya" at the ground floor and declared the office open. Mr. Raj was earlier welcomed by our Hon. Secretary Mr. Bhargav Patel with a flower bouquet.

The inauguration was well attended by the office bearers, managing

committee members and other club members. The staff enthusiastically participated in the opening of their new office.

The Ganapati Pooja and Laxmi Pooja were performed at ground floor office, after the pooja the prasadam was distributed to all the members and staff.





# Think Dry Clean Think



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**5**àSec proudly announces the recent launch of its 2nd store in Juhu and 7th store in Mumbai. 5àSec is a French company and world leader in retail textile care, operating in 32 countries with 1900+ stores since 1968. Our two stores in Juhu are located on Juhu Tara road and in the main Juhu Market on Juhu Church road.

A global brand with neighbourhood reach, 5àSec is visited by over 120,000 customers worldwide each day. With over 40 years of dry cleaning / laundry and steam pressing services experience, 5àSec is the largest chain of professional retail dry cleaning and laundry services in the world.

5àSec opened its first stores in 1968 in France, then based on a genuinely innovative concept to provide standardized dry cleaning and laundry services with ultimate care for clothes and textiles. The mantra then, was clear-cut rates – applying only 5 different prices (hence the '5' in 5 à Sec). Since then, 5àSec has grown successfully and developed its range of services to offer world class textile care. 5àSec has ensured the same quality service has been brought to India with its staff, technology and store well equipped to meet every day needs of this market.



## Pamper your clothes with 5àSec

Weeks before Diwali, most of India gears up for the festival of lights with festive outfits pulled out from wardrobes to spruce up their look for the season.

Most households also start full home cleaning with change of linens, curtains, sofa covers, rugs etc.

Think of 5àSec to help you make life easy this Diwali:



## WHY 5àSec? – Our USP

■ **In-store service:** Our services are done in-store by trained professionals avoiding transport and change of hands of valuable garments; thus saving time and keeping hygiene



■ **Patented technologies:** 5àSec has invested in patented technology – MAXIMA to provide an option for delicate cleaning of natural textiles (raw silk), ornamental apparels (wedding saris) etc.

■ **Automated cleaning process:** Imported machines with pre-programmed washing cycles ensure consistent service; thus minimizing damage to valuable garments



■ **Value added services:** 5àSec offers a list of value added BEAUTY services that can be



opted by consumers to clean their special, valuable and delicate garments; services like: water proofing, anti moth treatment, wrinkle free treatment, super white cleaning and added starching provide customers with added options for textile care

■ **Tested & trusted solvents:** The imported cleaning agents used at our store are backed by research and are equally effective in cleaning your garments while extending the life; thus longer lasting & fresher, cleaner garments are returned

Enter our shop and discover the textile expertise of 5àsec offering optimal care for your clothes and linens, as well as our specific services to beautify, protect and maintain your entire wardrobe.

## Members of JVPG Club

can avail **25% off** at 5àsec Juhu Outlets on their **"5àsec-Vcloud Card"** issued by 5àsec free of charge or on producing their JVPG cards.



*Make life easy*

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Think **5asec**



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**in.5asec.com**

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**JUHU MARKET**

Shop No - 1-3/5, Next to Fresco Bakery,  
Juhu Market, Mumbai - 400049

Contact Us : 022 26256355/ 022 26256357

# TIPS TO BECOME CONFIDENT

*"I am, indeed, a king, because I know how to rule myself."*



If you're too shy to be visible in public and constantly lay out grandeur schemes and exit routes about how to escape the inevitable, then be aware of another inevitable that will happen sooner or later that will shut the doors on you if you keep on running away from situations rather than facing them straight on and dealing with them. Little David did not chicken out when confronted with a prehistoric looking Goliath, but faced the giant with confidence and belief in his abilities to use the sling with just one stone. The problem is not as big as our mind makes it to be. A research has estimated that we only inherit a maximum of 40% of behavioural and emotional pattern through genetic, which leaves us with 60% of the ability to make or break our course of life in our own hands. Who would have thought? And here you were, feeling helpless, thinking it can't be dealt with unless ran away from. Come to think of it now, if the amount of time and effort that you had put in avoiding the unavoidable were to be channelized properly till date, what wonders it would have done? Below mentioned are some ways to become confident that will put your intelligent, but scheming mind, to actual work.

## WAYS TO BECOME CONFIDENT

### Expose Your Fear

What is it that's getting you down? Is it the constant bitchiness or comments from people around you who say that natural flair is something either you're born with or not? Is it the fear of underperforming? Is it the fear of failure? Or is it the fear of coming out as

an idiot in public? Whatever it is, it's not worth having to spend your life like a rodent, living under holes. Expose your fears and bring them out in the open. Get out of your comfort zone. It's the best way of losing the inhibitions and breaking away from the bondage of fear. Join social events or gatherings, and offer help in any way you can. Another good way of doing it is by standing in front of the mirror and talking out loud to yourself. Just open yourself to the world and everything will seem to fall right into place.



### Acknowledge Your Abilities

Re-acquaint yourself with what you already know, but somehow have pushed them back so much so that they have taken a backseat. Don't let people and situations dictate terms to you. Do the exact opposite, to situations but not to people though. Recognize yet again, what you're good at. Don't discount yourself out by thinking that others can do it too or do it better. You can't pet your negative energy and then complain that "I feel helpless". Acknowledge what you're good at and believe that it can take you places. For better results, stop comparing yourself to what others can do or what you can't do.



Article by

**Shivani V. Khetan**

Hon. Treasurer & Co-Editor

## Exercise, Meditate And Pray

Take up meditation or praying. It is a good way of releasing the built up emotions out into the open. All of the three are good stress buster techniques. If you want to take up exercising, join a gym or a sports club. If you want to meditate, join yoga classes. And if you want to pray, go to the spiritual gathering. Point of joining these clubs, classes and gatherings is to not leave you alone with yourself; lest you fall back into your comfort zone yet again. Meeting new people and doing all these things with a group has a different effect altogether. It will boost your confidence level and will make you more sociable. You can also adhere to positive thinking affirmations, which are like short positive statements that you say to yourself on a regular basis. These affirmations help replace your negative energy with the positive ones and bring about favorable outcomes.

## Groom Up

Have you ever given a thought as to how you look or how you dress up? If not, then do it now. Don't be content with your outward appearance unless you feel that you can't improve on it and take it a notch up. Don't just try to look good in what you wear, but try to look good and make an impression overall. Grooming up means paying heeds to how you walk, what your mannerisms are in public, and how your posture is (bent or straight). Get a haircut from a professional hairstylist. Improve on your attire by taking a help of a professional designer or a friend with super fashion sense. A groomed up you will feel more confident than a sluggish you.

Latch on to these ways to become confident and see for yourself that there's actually nothing to hide from and the world is there for you to be conquered.

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# DOES YOUR WORKOUT PUT YOU AT RISK???



*Physical activity is an important part of a heart healthy lifestyle. You don't have to be a marathon runner to benefit from physical activity; however you should be aware that, regardless of all the health benefits that come from regular exercise participation, exercise can acutely and transiently increase a client's risk of sudden cardiac death (and acute myocardial infarction).*

Exercise typically does not provoke cardiac events in individuals with normal cardiovascular systems. However, many individuals are unaware of their risk of cardiovascular disease (CVD) or of how other health conditions may be affected by exercise training, therefore the exercise professional (trainers to optimize client safety during exercise participation, must screening all new individuals for risk factors and/or symptoms of cardiovascular, pulmonary, and metabolic diseases, as well as for conditions (e.g., pregnancy, orthopedic injury) that may be aggravated by exercise.

The purposes of this pre-participation health screening include the following

- ♦ Recognize and exclude individuals with medical contraindications to exercise.
- ♦ Recognize individuals at increased risk for disease because of age, symptoms,

and/or risk factors, who should undergo a medical evaluation and exercise testing before starting an exercise program.

- ♦ Recognize individuals with clinically significant diseases who should participate in a medically supervised exercise program.
- ♦ Recognize individuals with other special needs.

It is also therefore very important to pick the right exercise professional (trainers) to suit the needs of the individual based on his risk category.

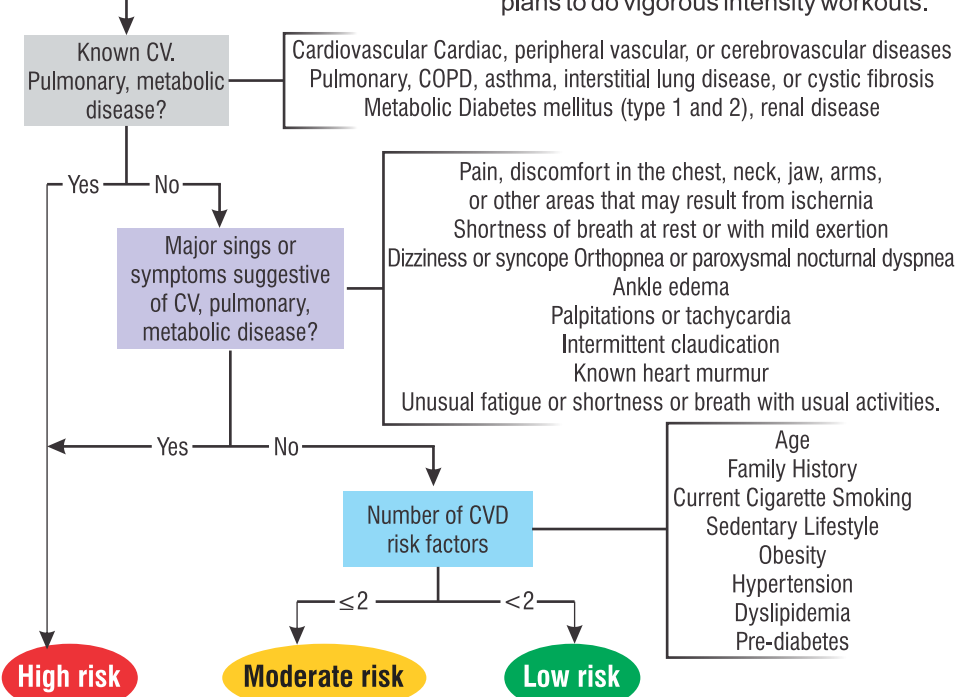
Once the symptom and risk factors are known, potential clients can be classified on the basis of the likelihood of events to occur during any exercise program participation.

The CATEGORIES are as follows...

**LOW RISK:** Can start an exercise program without worry, can participate in moderate to vigorous workouts - does not need exercise testing.

**MEDIUM RISK:** Can participate in moderate intensity exercise program - does need exercise testing if he /she plans to do vigorous intensity workouts.

Review healthy medical history for known disease, signs / symptoms, CVD risk factors



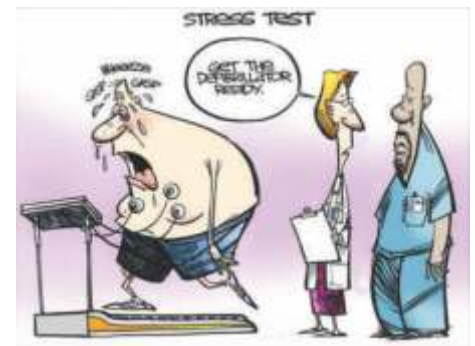
**MOHAN SAVALKAR**

Chairman- Health Club,  
Certified professional by the

"American College of Sports Medicine"

**HIGH RISK:** Medical (testing) clearance needed before starting any exercise program.

While exercise and fitness can have numerous benefits, it is better to err on the side of caution and get yourself risk stratified and follow a safe and effective exercise program; it is also the responsibility of the exercise professional (trainers) to compile such information as it could be useful in designing a safe and appropriate workout for each individual.



## Be Active and Safe

Physical activity is safe for almost everyone. You can take steps to make sure it's safe for you.

- ♦ Get medical clearance if necessary.
- ♦ Be active on a regular basis to raise your fitness level.
- ♦ Do activities that fit your health goals and fitness level. Start slowly and build up your activity level over time. As your fitness improves, you will be able to increase the length and intensity of your activity.
- ♦ Spread out your activity over the week and vary the types of activity you do.
- ♦ Use the proper gear and equipment to protect yourself.
- ♦ Be active in safe environments.
- ♦ Make sensible choices about when, where, and how to be active. Consider weather conditions (such as how hot or cold it is), & change your plans as needed.
- ♦ Always Follow your medical professional's advice.

**Be safe, get fit.**

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**Sales / Site address:** Mangalyam Meadows, Chanvai Rabda Road, Chanvai Village, via Atul, District: Valsad - 396020

Call: 93281 94922 / 93272 94922 | [sales@mangalyammeadows.com](mailto:sales@mangalyammeadows.com)

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# SR. CITIZEN - TRIP TO MAHABALESHWAR

In the early morning of 15th September a group of enthusiastic Sr. Citizens gathered at JVPG Club and departed at 6.30 am sharp for their 51st Sr. Citizen Forum Group event, a Picnic of 4 days to Mahabaleshwar. On the way at 9 am during a rest area stop they enjoyed delicious snacks & hot tea. After enjoying this wonderful breakfast they reached Mahabaleshwar at 1.30 pm.

After checking in and refreshing they enjoyed a delicious lunch and relaxed in the afternoon.

In the evening the members played some card games and had an impromptu antakshari.

During their stay in Mahabaleshwar the members enjoyed visiting various points of interest such as, Panchgani, Old Mahabaleshwar, Tapola lake, Mahabaleshwar market and the Mapro factory and spent the evenings by playing various games & singing.

After a memorable 4 days picnic, the Sr Citizen members returned back to Mumbai with Happy memories.



**SATISH C. SHAH**  
Chairman, Sr. Citizen Sub-Comm.



## SR CITIZEN ANTAKSHARI

For the Sr. Citizen Forum Antakshari event held on Oct 4th 2014, 150 music enthusiast Sr. citizens were divided in six groups of 25 members each by Shri Manohar Iyer, the arranger and compere of Antakshari with a twist.

These groups were given the names of 6 seasons which are SHISHIR, HEMANT, SHARAD, VASANT, GIRSHMA & VARSHA.

The members enjoyed this amazing Antakshari with a twist which consisted of old and new songs for almost 2.5 hours. At the end of the event 1, 2 and 3rd prize winners were selected from each group, also all the 150 participants were given consolation prizes.

Shri Manohar Iyer decided to surprise the audience at the end of evening and therefore to celebrate the festival of Navratri which had ended a few days back he presented 4 famous garba songs, to which the ladies as well as the men enjoyed dancing.

The evening ended with sumptuous dinner which was catered by Aditi Caterers. Without the hard work and dedication of Shri Kamleshbhai Daru, Shri Pradip Gandhi and Smt Pratimaben Bhatt this event would not have been possible.





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*Mrs. Kirti R. Shah*



# FORTHCOMING EVENTS

**OCT  
22**

2014

## DIWALI FIREWORK

Venue M.M. Ground at 6.30 pm  
on 22nd October 2014

**NOV  
01**

2014

## JVPG Club Jr. Scrabble Tournament

TT & Indoor Games Sub-Comm. propose to conduct "**JVPG Club Junior Scrabble Tournament**" on 1st November 2014 at Activity hall from 8.30 am onwards. For children below 18 years. contact Mimi Hingorani # 9820185808 Sherwin Rodrigues #9819747885

**NOV  
09**

2014

## CHAMPION OF CHAMPIONS 2014

JVPG Club presents "**Champion of Champions 2014**" from 9th November to 11th December 2014.

**NOV  
09**

2014

## SR. CITIZEN KALAVAVIDHYA PART-IV

Senior Citizen Sub-Committee presents "**Kala Vaividhya - Part IV**" on 9th November at Activity hall 6.00 pm onwards. For more details contact MSD.

## LIQUOR PROMOTIONS OCTOBER 2014



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## CHAMPION OF CHAMPIONS 2014 SCHEDULE

DAY	DATE	EVENT
Sunday,	November 09, 2014	Cricket
Monday,	November 10, 2014	Table Tennis
Tuesday,	November 11, 2014	Table Tennis
Wednesday,	November 12, 2014	Badminton
Thursday,	November 13, 2014	Badminton
Friday,	November 14, 2014	Squash
Saturday,	November 15, 2014	Squash
Sunday,	November 16, 2014	Swimming
Monday,	November 17, 2014	Tennis
Tuesday,	November 18, 2014	Tennis
Wednesday,	November 19, 2014	Tennis
Thursday,	November 20, 2014	Tennis
Friday,	November 21, 2014	Health Club
Saturday,	November 22, 2014	CoC Get-together
Sunday,	November 23, 2014	Snooker
Monday,	November 24, 2014	Snooker
Tuesday,	November 25, 2014	RESERVE DAY
Wednesday,	November 26, 2014	Semis
Thursday,	November 27, 2014	Semis
Friday,	November 28, 2014	Semis
Saturday,	November 29, 2014	Semis
Sunday,	November 30, 2014	Semis
Monday,	December 01, 2014	Semis
Tuesday,	December 02, 2014	Semis
Wednesday,	December 03, 2014	RESERVE DAY
Thursday,	December 04, 2014	Finals
Friday,	December 05, 2014	Finals
Saturday,	December 06, 2014	Finals
Sunday,	December 07, 2014	Finals
Monday,	December 08, 2014	Finals
Tuesday,	December 09, 2014	Finals
Wednesday,	December 10, 2014	Finals
Thursday,	December 11, 2014	PRIZE DISTRIBUTION CEREMONY

## GEET GULAL

**G**eet Gulal - Mangamta Gujarati Geetono Rasthal was an evening to cherish on Sat. 20th Sept. 2014 at Activity Hall.

The show, organised by Ms. Neha Yajnik with Pratik Mehta as music arranger, was appreciated by all and got a standing ovation.

The singers had specially come in from Gujarat, Praher Vora, Aman Lekhadia, Himali Vyas Naik and Nidhi Dholkia Pota were just superb and full of energy. Amongst the more popular songs were Madi Taru kanku, Prem Ette K Saav Khulli Aankhothi Thato Malvano Vaydo, Dhuni Re Dhakhavi Beli, Pankhio E Kalshor Karyo Bhai, Kunchi aapo baiji.



**VINOD JOLLY**  
Chairman, Ent. Sub-Comm.



## AASHIQUI



**A**shiqui nite on Sat. 6th Sept. 2014 at Activity hall was a musical extravaganza which went well into late night. The songs were all box office hits of last 5 years and specially appealing to our younger members.

Each of the artists excelled. Manish Joshi, Kavita Nikam, Pankaj Wadekar and the youngest, barely out of here teens Shruti Jha. Both Kavita and Shruti gave great performances and their body language said it all. To name a few amongst the many songs vended, starting from 2009 were Ektara, Shukran Allah, Kurban Hua, Sajda Tere Naina, Tere Mast Mast, Seniorita, Tu Mera Hero, Abhi Mujhe Main, Pani Da Rang, Heer, Sun Raha Hai Na Tu, Chahu Main Yaara, Galiyaan, Jumme Ki Raat Hai.

## TAROT

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Gururaj Raichur

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- Going to a Tarot Reading with an open & receptive mind, allows you to receive practical solutions for your issues and helps you understand and then release patterns that are disturbing.

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- Once you have the issue out in the open, you can then choose a method of resolution that is most suitable to your circumstances.
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# ***BREAK THE WALL OF SILENCE: LET'S TALK ABOUT SEX***

**T**he library team organized a talk called “BREAK THE WALL OF SILENCE: LET'S TALK ABOUT SEX” by the well-known Sex Educationist – Anju Kishinchandani on Saturday, 20 September 2014. The event was a grand success with over 75 people turning up right on time.

Through an open & interactive session, Anju Kishinchandani spoke on the topic of sex and sexuality & also stated it can be a hard and uncomfortable topic for both parents and children. Often, parents want to talk to their son or daughter about this issue, but they are afraid that they will not have the right answers and do not know where to get them. It was an informative and interactive talk for parents on breaking the wall of silence with their children at home - the why, when, how and how much of sex education.

Further on, Anju went on to explain that children today are exposed to sex related information at every turn of the way. This increased exposure leads to increased curiosity levels. Satisfying that curiosity in an age appropriate manner is very important.

The workshop focused on issues faced by parents & growing children. There were discussions with the audience. Anju clarified all doubts raised by parents & guided them on how & at what age these talks can be initiated with children. Through this open discussion, members learnt & shared their experiences.

The program went on for 2 hours and ended with a vote of thanks. The workshop was much appreciated by all the members present there.



**Yash Bhuta**  
Chairman, Library Sub-Comm.



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# SPORTS

## INTER DEPARTMENTAL TABLE TENNIS TOURNAMENT 2014

This tournament was held on 28th Sept. 2014. There were 10 teams participated in this tournament. Library and Health Club reached the final. Library won the final in a close contest. Score 2:1.

Team members: Library - Jigar Rambhia & Roma Dhutia. Health Club - Sanjay Kanakia, Amit Gandhi, Suketu Mehta and Dipen Jhaveri.

After the finals, prize distribution was held followed by light refreshments.



## CARD FESTIVAL


The event was successfully held on 21st September 2013, with the participation of more than 100 members.

The prize distribution was held at 10 pm in presence of several Managing Committee & Sub-Committee members. All the winner were felicitate by handsome cash prizes.


1st prize - Neelam Kumar  
2nd prize - Inder Minocha  
3rd prize - Sanjay Khanna

There were many other prizes and gifts for the different categories of winners.





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## YOUNG TABLE TENNIS STARS OF OUR GYMKHANA



*Rajveer Shah*



*Maanav Hitesh Shah*



*Jash Jobalia*

**R**ajveer, Manav & Jash are three young players of our gymkhana bringing laurels to their schools, district, state & Us.

Rajveer Shah is 4th standard student of Jamnabi Narsee School, and is currently ranked 1st not only in Mumbai but whole of Maharashtra! Winner of last 3 State Championships held at Thane, Dombivli and Aurangabad in under 10 category is seen practicing regularly in our gymkhana with Manav Shah and Jash Jobalia. His performance is result of support from his parents Jigna and Vishal. He trains regularly under the guidance of national level coaches Shri Deepak Mani and Shri Kamlesh Mehta.

Manav Shah and Jash Jobalia are students of standard 6th at Utpal Sanghvi School representing our Gymkhana and school at various district and state level tournaments.

Jash is son of Rinku and Apoorva training at various places apart from our Gymkhana. He has won recently held MSSA Table Tennis Tournament Gold under 12 category where more than 200 best participants from all over Mumbai took part!

Manav Shah son of Dimple and Hitesh known as Giant Killer is a very aggressive player and is well known to upset higher ranked players not only in his age group but also in higher category! He along with Jash procured Silver Medal for Utpal Sanghvi School at MSSA Teams Championships.

Our dynamic chairman of Table Tennis & Indoor Games department Shri Sanjeev D. Shah says that JVPBG is providing best facilities for our young members to enjoy and excel at this wonderful sport of Table Tennis.

— Jayesh Lakhani (AF-261)

## RENOVATED WASH ROOM AT 1ST FLOOR NEAR SQUASH COURTS

**T**he newly renovated wash room at 1st floor near Squash Courts was open to member on 29th September 2014. This modern wash room with all amenities designed by Sejal Ghag, Architect, Thought Projection. This is open to all sports person of the club.





# KNOW YOUR MANAGING COMMITTEE MEMBERS



**MR. SACHIN C. DOSHI**  
Mech. Engg.

**Membership No.:** L-4663

**D.O.B.:** 29th May 1972

**Spouse Name:** Kavita

**Children:** 1. Saanya

**Occupation:** Mfg. & Supplier of High End Furniture

## **POSITIONS HELD**

- President - BJP Corporate Cell (Mumbai)
- General Secretary of Bhausaheb Vartak Polytechnic at Vasai.
- Managing committee member of JVPK Club (Since 2013)
- Managing Trustee - Samvedna Foundation
- Managing Trustee - Gujarati Seva Sangh
- Managing Director - Metawood Engineering System Pvt Ltd.

## **SOCIAL EVENTS organized (till date)**

- Musical Program for Senior Citizen (30th April, 2010)
- The Club(donation of free hospitals beds to Indian Medical Association Juhu - 23rd October, 2010)
- Free Medical Camp-25th December, 2010
- Promoting Sports for School Children-16th November, 2011
- Holi 2012 - for Spastic and ADHD children of the area
- Events for Young Entrepreneur - 9th June, 2012
- Inauguration of Corporate Cell Mumbai in Hotel Status (Nariman Point) - 6th July, 2012
- Lord Jagannath Celebrations (Rath Yatra) (social message stop female foeticide) -9th August, 2012
- Holi 2013- for Spastic and ADHD children of our area
- Met Hon. then CM of Gujarat Shri Narendra Modi, to explain the hurdles faced by the Business Communities. - 23rd Oct., 2013
- Launch of Friends of NAMO -Hotel Sea Princes-14th Dec., 2013
- Launched Gujarati Seva Sabha 20th July 2014



**MR. SATISH C. SHAH**  
B.A.

**Membership No.:** L-1157

**D.O.B.:** 21.02.1947

**Spouse Name:** Asmita

**Children:** 1.Jalpa 2.Purvi

**Occupation:** Business

**Hobbies:** Social work

**E-mail:** satishcshah@gmail.com

## **ALUMNI:**

- M. A. High School
- Bhavans College

## **TRUSTEE:**

- Life Saving Foundation
- Visha Modh Adalja Vanik Community Association (Cambay)

## **JVPK CLUB ACTIVITIES:**

- **Managing Committee Member** (Since 2010)
- **Chairman - Sr. Citizen Sub-Committee** (Organised 53 programmes in a span of 3 years 11 months).

## **PROFESSION:**

- M/s N. M. Mehta & Co.
- Concorde Studio & Construction
- Satyam Theatre Kalol, Gujarat

## **OTHER ACTIVITIES:**

- **President** - Lions Club (Years 1985-86)
- **Board Member holding various positions** - Lions Club (1977-2013)
- **Attendance Committee Chairman** - Lions Club (years 1976-77)
- **Zone Chairman** - Lions Club (years 1986-87)
- **Regional Chairman** - Lions Club (years 1989-90)
- **District Cabinet Secretary** - Lions Club (years 1992-93)



**MR. SATISH P. SHAH**  
B.Sc. Hon.

**Membership No.:** F-174

**D.O.B.:** 25.11.1952

**Spouse Name:** Kiran

**Children:** 1.Hiral 2.Pooja

**Occupation:** Business

**Hobbies:** Cricket

**E-mail:** satish\_shah@hotmail.com

## **PROFESSION:**

- Shah Brothers
- Cotton Waste Merchant & Exporter

## **JVPK CLUB ACTIVITIES:**

- **Managing Committee Member** (Since 2010)
- **Hon. Treasurer** (Year 2012-13 & 2013-14)
- **Trustee** (Year 2010-2013)

## **OTHER ACTIVITIES:**

- **President of Leo Club, Vakola** (Year 1973)
- **Managing Committee Member** of Suvarna Nagar Society(Since 2001)



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