

VOL. IV • ISSUE 8 • AUGUST 2014



JVPG CLUB



His Excellency Acharya Padmanabha
Governor of Tripura & Nagaland

- ◆ WHY DOESN'T MY TODDLER WANT TO EAT?
- ◆ THE IMPORTANCE OF FITNESS & NUTRITION IN SQUASH
- ◆ લેચ કીમાં એકલાં રહેતાં બાળકો



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a NEW thought...
NEW hope!

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From The Desk of The President



SHAMIT MAJMUDAR
President

Dear members

The festivity time has arrived and the days ahead will be full of spark of celebration equally amongst young and old.

The news at club are also rekindle with the new happening at various front and me and my colleagues are putting their best foot forward to meet our members expectation despite difficult circumstances at times.

We are moving forward to a significant step towards building our resources which in turn will give the club and management a comfort to go ahead with plans that are envisaged to give members best of facilities at reasonable cost to them.

I earnestly request our members to come forward and give feedback and their ideas for developing our club to enable us to take our club at a level wherein each member can proudly say that YES, I AM PRIVILEGE TO BE MEMBER.

A handwritten signature in black ink, appearing to read 'Shamit Majmudar' with a stylized flourish at the end.

Shamit Majmudar

President

BREAKING NEW GROUND



Our own member Hon'ble Padmanabha B. Acharya, Governor of Tripura & Nagaland receiving bouquet from Prime Minister Narendra Modi

It is not every day that we have in our midst the Hon'ble Governor of Tripura and Nagaland, as one of the revered and erstwhile members of our club. It is with great pleasure that we congratulate Shri Padmanabha Balakrishna Acharya on his new appointment.

Hailing from Udupi, Padmanabha Balakrishna Acharya, one of the main planners and innovators of the state BJP, took some time off from his busy schedule to share some thoughts with the members of the club.

On being appointed a Governor he said "It is a great Honour. This is a challenging responsibility as both states are border states, with strategic importance in terms of National Integrity and Security. My main goal is to facilitate the process of peace and development in these states."

Being the centre of jubilation and celebration at the club following his announcement, he laughingly exclaimed "The Juhu club is a reputed club and is doing an excellent job in the area of sports and health. I support it fully in its endeavour to keep up and better the facilities provided in the club."

When asked about his "much required break" visits the club, he added with a touch of mirth "With my duties and responsibilities as a Governor, there will definitely be lesser time for leisure, but surely whenever I am in Mumbai in the coming years, I would like to visit the club and interact with the members." He added "The club should continue on its goals and objectives dedicatedly and strive for excellence in all areas. Also the club should function in an atmosphere of harmony and cooperation to achieve the best results."

Sharing some insights with the members, he added "The North Eastern States of India have been neglected for a long time. Hence, there is sense of alienation among the people of these states. I appeal that, we should all try to bridge this gap by regular "people to people" interaction, and giving more opportunities to people from these states to grow and progress. Also North Eastern states have great natural beauty as well as culture. People from other parts of India should visit these states, from the tourism point of view, and enjoy the natural beauty of these states. This is the only way to strengthen national integration & brotherhood."

And for all those young turks who want to follow his footsteps, he advised "Just keep working hard and strive to bring positive change in the society, in particular, and country as a whole. Work for benefit of the people with lesser opportunities. Also aim to create a strong and powerful country."

Thank You Sir, for sharing with us your valuable thoughts and understanding.



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



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EDITOR'S NOTE



BHARGAV PATEL
Editor & Hon. Secretary

Greetings once again dear members,

The month of August has just turned the corner and our 'Achche Din' has finally arrived!!

To set up an ATM was always on my agenda and that too for a very long time. So as soon as the managing committee gave its nod, I got working. This ATM is set within the club premises, last month we installed the Indian Bank ATM for the convenience of our members. Knowing that many members were looking forward to this facility, I swiftly got on to the job of getting the ATM installed. I would like to thank our associates at Indian bank and all those who helped me mount the ATM within a month of getting the approval.

Another hungama ho gayaaa..... who doesn't love a home-made natural ice creamYes, you got it right we are soon going to have a counter for hand- made natural (also called sancha ice cream) ice cream and begin an ice cream mania. And for all those of us who have a sweet tooth it is truly a hungama time.

Another facility to croon about. We have worked out an agreement with an American laundry service company 5 sec, to launder and dry clean your clothes, iron them along with free pick-up and delivery. Additionally, 5sec will give 25% discount to our members who will be using their facility. So members take it easy your laundry is now taken care of by an expert which is just across the road.

News about modernization...

We have shut down the swimming pool changing room for refurbishment, and plan to revamp the pool to make it truly high-end and safe. While we are modernizing the entire swimming pool, we plan to keep the depth of the pool unchanged. The bar and restaurant at ground floor is closed for renovation. We aim to re-open during Dusshera.

Some news on the expansion of the club family. There are plans to introduce new members and expand our commendable member list. This will add not just new energy to the club, but will also strengthen our financial muscle. Moreover the interest payouts from the funds invested, (which will be substantial) will help us to maintain and or update the club infrastructure and will allow us to build on the existing facilities with modern and up to date amenities in all the sports departments and other machineries.

Meanwhile, if any member has any query, doubts or concerns please feel free to come to me. I along with my office bearers, will personally look into the matter and solve it for you. We are always available for our members to keep them happy & safe.

Bhargav N. Patel

Editor

INFO & BENEFITS OF DEBIT CUM ACCESS CARD

We are pleased to inform that it is proposed to issue new Access cum Debit Card to our members along with Add On cards to their family members during the month of August 2014.

Indian Bank, JVPDS Branch at 12, Sagar Villa has agreed to provide us Free Co-Branded Access cum Debit Card.

In this context, Indian Bank officials want your following documents for opening of Savings Bank Account.

- ♦ One Pass port size photograph of self, spouse and children
- ♦ Copy of PAN Card or
- ♦ Copy of Pass port
- ♦ Copy of Residence Proof.
- ♦ Initial amount as per your convenience towards opening of account.

Debit cum Access card will be linked to your account. Benefits of card are

- ♦ It will give access to all members to our esteemed club not only at entrance but at all points e.g., Cafeteria, Float Bar, Melting Pot, Spa, Badminton Court, Squash, Card Room, etc.
- ♦ You can use the card for making payments at our various outlets.



- ♦ Same card can be used at all points of sale as this is linked to Master Card.
- ♦ Members can use the card for making online payments through net.
- ♦ Spouse and children of the members will also be issued Add On card & children can also use the card with fix limit if required.
- ♦ Free SMS alerts will receive by the members whenever card is used in club and at various other Point of Sale.
- ♦ On line payment of bills raised by the Club for the facilities used by the members. Also all types of utility bills.
- ♦ Card can be used across the India.

After opening of account, Indian Bank will provide to our members along with add on cards"

- ♦ Co-Branded Access cum Debit card

- ♦ Pass Book
- ♦ Cheque Book
- ♦ Internet Banking Pass Word
- ♦ Mobile Banking Pass Word

We have tied up with Indian Bank for opening of account and following facilities are available.

- ♦ If members are already having accounts with Indian Bank, they can provide their account number and new Access cum Debit Co-branded Card can be issued. (PI SMSA/C Number to 77381 52057)
- ♦ If required, Bank Officials can visit your residence at your convenient time. Please SMS your Address, date and time for completion of formalities. (PI call at 77381 52057)
- ♦ Members and their family members can visit Indian Bank branch at 12-AJVPDS.
- ♦ We can ask Bank Officials to put up a Kiosk at Club which will facilitate members to open the accounts at our door step.

We assure you to provide best services all the time.

Bhargav Patel
Hon. Secretary

Chinmaya Mission Mumbai

welcomes you to



Walk Alone

Talk by

**Pujya Guruji Swami
Tejomayananda**

(Global Head-Chinmaya Mission)

15th September 2014 (Monday)

7pm - 8:15pm

**Bhaidas Sabhagriha,
Juhu Scheme, Road No 1, Vile Parle West**

Entry Free. All are Welcome.

9820304242/9320286048

OPENING OF AN ATM

Juhu Gym has achieved another landmark. In association with Indian Bank, the club has installed an ATM for the convenience of its members.

A result of Secretary Bhargav Patel's thoughtful idea, the ATM is mounted within the club's external premises. Once the managing committee gave its enthusiastic approval for the same, it was Mr. Patels' dogged determination that helped accomplish this milestone within a month. The excited members can now breathe easy, as this effort on Mr. Bhargav's part will now ease members financial need when a situation so arises.

The opening of the ATM was held on the 24th July at 5 pm and the Guest of Honour was the renowned actor, Om Puri.

In a happy move, the Indian Bank General Manager, Vipon Malhotra announced unique co-branded debit card with RFID chip, to be issued gratis by the bank to all the members of the club. Supporting this move were Vipon Malhotra - Gen Manager / Zonal Manager, Indian Bank Mumbai Zone, M K Grover, DGM & Second-in-command, Indian Bank Mumbai Zone and Prakash D Chandratre, AGM & Branch Manager.

President Shamit Majmudar cut the ribbon to inaugurate the event. This was followed by the ceremony of "Lighting of lamp" which was performed by other dignitaries. Once the preliminaries were effectively completed, the dignitaries addressed the gathering, emphasizing the need and importance of ATM in the club premises.

The management Committee were also present full strength. Adding to the applause were Shamit Majmudar - President, Mohan Jain - Vice President, Bhargav N. Patel - Hon. Secretary, Shivani Khetan - Hon. Treasurer, Dwirek K. Raj and Yash Bhuta Managing Committee Member.

The event progressed to tea time, where the assembly got together for mouth watering snacks and variety of delightful refreshments. Catering was by Aditi Fast Food laying out a fine spread of scrumptious, finger licking dishes for everyone to enjoy. All this tasty khanna was topped by the



famous ice cream 'Sancha ice-cream'.

The Indian Bank ATM is now landmark of our club. Overwhelming crowd of more than 300 members had gathered for the event, especially those who were keenly waiting for such a facility in the club.

Event was impressively compared by Yash Bhuta – Managing Committee Member and Chairman, Library Sub-Comm.



CHEERS ALL THE WAY

Children Play Area Opening



(L to R) Bhargav Patel, Hon. Sec., Ramesh Deo, Hrithik Roshan, Shomit Majmudar, President, J. Om Prakash, Mohan Jain, Vice President and Shivani Khetan, Hon. Treasurer



The welcome reception concluded with the club presenting chocolate hampers to Hrithik for his two sons.

The event designed as a mini carnival, was organized and handled by a professional agency. There were boisterous games and uproarious activities, children's favourite candy floss and popcorn and a live band that played to everyone's tune.

Soon it was time to unveil. When Hrithik said "Khul Jaa Sim Sim", the electronic curtains were raised much like unveiling a grand structure. The streamers added to the energetic vivaciousness of the show and the children rushed in to see the magical transformation of their play area.

And magical it was...400 square feet area turned into an enchanting 1200 square feet play space!!

Have you ever seen a Bollywood Star become a happy child again....

It was a dream come true for the children of the club, when superstar, Hrithik Roshan, came to the club last month to inaugurate the playground.

Belying popular notion that stardom robs actors of humaneness, Hrithik, on one beckoning from his childhood dost Shivani Khetan, gladly accepted the honour to unveil the playground.

Braving the unrelenting rains, the super star arrived on time, with his grandfather J. OmPrakash

Hrithik's eyes twinkled and his smile turned into a hearty laughter as children clamoured to hug him and take his autograph, and pleased parents patiently waited to shake hands with him or click a selfie.

A live band played his songs as he walked in towards the stage which was already swarming with squealing fans. It was also quite a feat to keep the children from climbing up to the stage to be with him.

The programme began with Shivani welcoming the star. Shivani has been the driving force behind getting the playground refurbished and modernized. She is also the treasurer

of the club. Handing over the mike to Hrithik, she reminded him of the times of the yore they played together and the spirit of sportsmanship he always demonstrated

Hrithik too got nostalgic about his childhood when as a young lad, he used to come down to play at the club. His family have been loyal



members of the club for many years. J. OmPrakash, the legendary producer of many Bollywood blockbusters, is the senior most and a very committed member of the club. He never fails to cast his vote during the club elections.

Shivani's untiring and dedicated effort had turned the playground into a glorious recreational park in a span of just one and a half month. No efforts were spared in adhering to the international standards of safety for children and prevention of injuries.



The play equipments and structures, like slides, swings etc, were sourced from 'Honey Fun & Frills' known for their strict compliance to child protection and safety. The flooring was of EPDM, which is a type of synthetic rubber, ideal flooring for children's playground. It has a good grip and prevents slipping and injuries. It was therefore no wonder, that the superstar too was floored by the flooring !!!

Impressed as he was, the superstar reminisced, how as a child there weren't any playground like this. He would invariably end up going to his "dadaji" house to spend time.

Hirthik was happy for today's children, that a recreational area with such admirable facilities is available to them, which will also help them develop social skill sets so valuable in today's times.

So children, here it is...your very own playground...



FORTHCOMING EVENTS

**AUG
28**

2014

ALL INDIA JVPG-COKE SQUASH CARNIVAL - 3RD LEG



ISP (Indian Squash Professionals) is organising above tournament in 3 Legs. 3rd leg from 28 to 31 August.

Men's and Women's Open Finals will be held on 31 August followed by prize distribution & dinner at activity hall.

**SEP
06**

2014

AASHIQI - BOX OFFICE HITS OF LAST 5 YEARS

JVPG Club Ent. Sub-Comm. presents Aashiqui Box Office Hits of last 5 years on Sat. 6th September at Activity hall 7.30 pm onwards. Singers: Manish Joshi, Kavita Nikam, Pankaj Wadekar, Shruti Jha. Compere Mayur Rodge. Organised by Rupa Dagli. For details contact MSD.

**SEP
15**

2014

SR. CITIZEN - 3 NIGHTS & 4 DAYS TRIP TO MAHABALESHWAR

Senior Citizen Sub-Committee presents "Trip to Mahabaleswar" on 15th September 2014. For more details contact MSD.

**SEP
20**

2014

GUJARATI PROGRAME

JVPG Club Ent. Sub-Comm. presents Gujarati Programe on Sat. 20th September at Activity hall 7.30 pm onwards. Singers: Nidhi Dholakia - Rajkot, Aman Lekhadia - Surat, Praher Vora - Ahmedabad and Himali Vyas Nayak. Music arrangement by Pratik Mehta. For details contact MSD.

**SEP
20**

2014

BREAK THE WALL OF SILENCE AND LETS TALK ABOUT SEX

Library Sub-comm. presents a talk on 'Break the wall of silence and lets talk about sex' by Anju Kishinchandani on 20th Sept. 2014. at Orchid hall 4.30 pm onwards. First come first serve basis. Kindly register your seat. Entry free.

**SEP
21**

2014

CARD FESTIVAL

The card room sub-comm. will be conducting Card Festival 2014 on 21st Sept. 1.30 pm onwards Only members will be allowed to participate.

ENGLISH STANDUP COMEDY

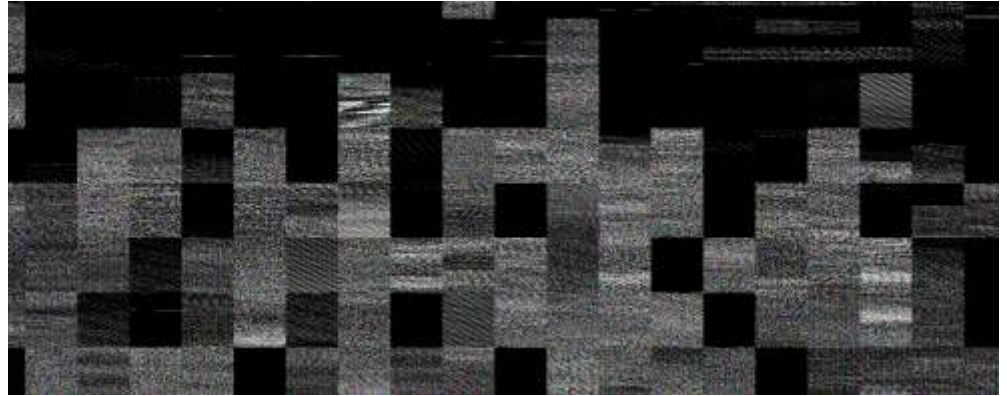
Sold out!. The english stand up comedy by our very own Atul Khatri & Daniel Fernandes, Vipul Goyal was a laughter riot every moment of the outstanding performance. Atul Khatri stays in JVPD scheme and regularly uses the gym . An Indian computer engineer and a British Mgmt scholar, he had the house in splits, joking about himself and his wife. He always orders soup one by two even when he is eating alone.

Vipul Goyal an Electrical Engineering graduate from IIT Bombay, mixed laugh with his entrepreneurship jokes and clean witty jokes. As he rightly put up, he performs stand up comic in 4 different languages, english, hindi Java and C++. His patriotic gig on Kashmir got people hooting & applauding!!!

Daniel Fernandes bid adieu to a career in advertising and took to stand up comedy last year. His material was based on his experiences with travel, 69 failed relationships and his favourite Indian community amongst other things. Daniel had the crowd in splits with his crazy non-veg jokes!!



VINOD JOLLY
Chairman, Ent. Sub-Comm.



QAWWALI NITE

The Qawwali nite by Arif and Zeba on Saturday, 19th July 2014 was much appreciated by all and went on to entertain members late into the nite. Many Sufi songs were also rendered on request, which kept coming all the time.

Our well known members Shri Ramesh Deo, his wife Seema, and their accomplished sons, Ajinkya and Abhay enjoyed the show throughly. Shri Ramesh Deo and Seema took to the floor and dance to perfection, to the enjoyment of all. Amongst the many songs the favorite ones were Khaja mere Khaja, Chadta sooraj, Jhoom Barabar jhoom, Hame to loot liya, Na to kaarwaan ki talaash hai ishq ishq, Tum to there pardesi, Teri mehfil mai kismet aazma kar, Chand sifaarish.



Independence day @ JVPG Club

6th Independence day was celebrated on 15th August at our club.

The President Shamit Majmudar hoisted the national flag in presence of other office bearers and members. National Anthem was played during flag hosting ceremony. This was followed by march past by security personnel.

Breakfast was served after the ceremony.



POEM

LET'S GO!

Let's go to a place far off,
Let's go to a place no one knows of.

Where I'd know how to breathe in,
The air so pure that washes away sin.

Where warm smiles and hugs are sold,
To use them when times get hard and cold.

Where there is real peace and love,
Exemplified more by humans than a dove.

Where action isn't followed by regret,
Happiness, the only thing of which you're in debt.

Where there's no shame in a mistake,
As there's no name or reputation at stake.

Where I'd start a day with the sun in my sight,
Competing with the beauty of a twinkling high.

Where life would be prettier than a rainbow,
A place from which the way back I wouldn't know.



Vatsal Udani
(L-4315)

खुद को पुछ जरा



— गणेश रहेजा
(O-4209)

सोच के अंधेरों से निकल कर
ये जान रोशनी से एक जुट हुआ है
खुद को पुछ जरा
आखिरी बार ये कब हुआ है

समाज के बंदिशों को तोड़कर
सपनों का पिछा करने चला है
खुद को पुछ जरा
ये तुने कब किया है

दिखाये हुअे रास्ते से मुड़कर
अपने रास्ते बनाने चला है
एक बार सुन्न के सोच
दिल ने यह कब चाहा है

शहर की गर्मी से गुठ कर
हवाओं के संग उड़ पड़ा है
लम्हे को थाम ले जरा
कल कीसने देख्रा है

जिंदगी है दो पल की मेहमान
आज है, कल चल पड़ा है
जरा जीके तो देख
तेरे तकदिर में क्या लिखा है

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Actual Site Photograph

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MANGALYAM
meadows
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Chanvai Village, Valsad

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Disclaimer : The information in this ad is indicative of the kind of development that is proposed. Subject to the approval of the authorities or in the interest of continuing improvement in the leaflets/ brochures or any other printed material, are only indicative and artistic imagination, may not be exact or accurate, and the same does not form either the basis or part of the contract.

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BREAK THE WALL OF SILENCE...

TALK ABOUT SEX!

We believe that these things can't happen to our kids... kids of upper middle class families, studying in top of the line schools. Welcome to reality!

Anju Kishinchandani
Sex Educator
Out of the Box
anjukish@hotmail.com



The shocking rape of a 6 year old at a reputed Bangalore school recently, sent shivers down parents back. This was way too close for comfort. Most of us believe that these things can't happen to our kids... kids of upper middle class families, studying in top of the line schools. Welcome to reality!

Every second day, there is a newspaper headline screaming 'Rape' & 'Child sexual abuse' in some part of the country. But are we really listening? We momentarily feel bad, shake our heads in horror and resignation before turning the page, secure in our belief that it cannot happen to us!

family friend, a neighbor, an uncle, a domestic helper... people who are a part of the child's life- someone a child would normally trust.

Sexual abuse is not the only issue we need to speak about with kids. Growing up, changing bodies, changing feelings, sexual feelings, sex, sexuality and safety are important issues to be discussed with growing children. Sex education is as important as learning to read and write.

The word 'Sex education' is actually very misleading. It immediately conjures images of the sexual act. Well, talking about the sexual act is just a very small part of sex education – there is so much more to it

puberty, there is no mention about the sexual act. It is just in our minds that we have conjured up this big bad image of 'Sex education'. Maybe, we just need to coin a new term to make it more acceptable.



Is it too early? Will it put thoughts in my child's mind? My child is too innocent... I don't want to corrupt him.... these are just some of the excuses we come up with to avoid the talk.

According to a shocking report by the Ministry of Women and Child Development, over 50% of children in India are sexually abused at some point in their growing up years. This means that every second child is abused. Now that's something to be really worried about!

Instead, we in India worry about our society and culture, which does not encourage these kinds of talks with children. Our culture supposedly stops us from talking to our kids, but why doesn't the same culture stop people from raping their own daughters? We are the second most populated country in the world, yet we don't talk about sex...we just indulge in it aplenty!!



Wake up! Child sexual abuse (CSA) happens across all segments of society and both boys and girls fall prey to it. And most of the time the perpetrator of the act is a person known to the child and family – a

than that. Infact, at times the sexual act is not even spoken about. So when you are talking to the children about the good touch- bad touch, there is no mention about the sexual act. When you are talking to kids about

All research on the subject conducted by various agencies all over the world repeatedly say that Sex Education does not lead to an increase in sexual activity... Infact it leads to more responsible sexual behavior, delayed experimentation and more positive interactions with the opposite sex.

There is no right or wrong age to start talking to your child about growing up, changing bodies, unsafe touch, sex etc. It is the language you use that makes a difference. The way the information is presented to kids can be positive or negative and not the information by itself. Again, research studies say that the child will only retain

When is the
right time
to talk to your
kids about S-E-X?



Hint: it's sooner than you think.

what they understand and the rest of the information will be filtered off. It's better to talk to them a year earlier than a minute later.

Having hesitations to broach the subject are fine and also natural because most of us were not spoken to as kids and we are clueless about the right way and time to broach the subject.

A growing set of parents want to talk to their kids, but don't know what to say, how much to say and importantly when to say what! Fair enough, but don't let these hesitations or limitations come in the way of speaking with your child. Find a way or devise a way because exposure levels of kids are high and the silence levels at home are shattering!

If you don't talk to your child, Google uncle will do the needful - giving them uncensored and age inappropriate information at the click of a button, causing a lot of harm. According to a survey by Times of India, the

average age for viewing porn on the internet is 11! In this scenario, having that all important 'chat' with children and keeping the doors of communication open becomes very important.



The key thing to remember is that your child is your responsibility, your most treasured possession (if they can be called that!) Then how can you fail to protect them or fail to give them the information and skills required to protect themselves? Don't let our so called cultural taboo take predominance over the child?

Break that wall of silence at home!

SEPT 20TH 2014 – BREAK THE WALL OF SILENCE – TALK ABOUT SEX!

Library Sub-Committee presents an interesting & interactive talk for Parents of all age group children. Children need sex education but so do the adults! Get the info on the Why, How & When of Sex education for children while learning a thing or two yourself!! Orchid Hall – 4.30pm to 6pm. For more details, contact Member Service Desk.

Library: *New Arrival of books in July 2014*



Ladybird - My Body, Planet

Earth • Lincoln Peirece - Big Nate-From the Top, And Friends, Out Loud,

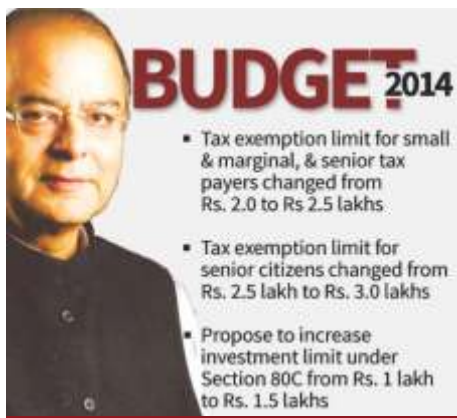
Makes the Grade, All Work and No Play • Ladybird - Favourite Nursery Rhymes • Amelia Bedelia - Story book Treasury • Hailey Twitch - Great Teacher Switch, Campground Itch, Is Not a Snitch • Flona Kelly - A deadly against time!, Treasure Hunt • Ladybird - This Little Chick • Disney - Mission Discovery Stories, Mission Adventure Stories • i-Genius - A Twist In the Tale • Puffin - 100 Great In Indians, Magic Stories for 8 Year Olds, Animal Stories for 6 years Olds • Eldridge James - Badlands-Death In Drygulch, Badlands-Range Wars • Ros Asquith - Fibby Libby • Kaye Umansky - Sir Quinton Quest • Catherine Storr - The Mirror Image Ghost • Paro Anand - The Secret Diary of the Worlds's Genius • Geronimo Stilton - 14 Books • Robert Westall - Size Twelve • L.P. Howarth - Bodyswap the Boy who was 84, Smart the Day the World Stood Still, Brain Storms, Fever Dreams, The Medicine Chest • Noel Langley - The Land of Green Ginger • Joan Lingard - What to do About Holly • William Sutcliffe - Circus of Thieves • Ruskin bond - Stories Short And Sweet • Carole Wilkinson - Romose • Lily Wilkinson - Company of Angles • Dan Gutman - 15 Books • Kelleher & Howarth - The RSPB Bumper book of wildlife stories • Joseph Theobald - Marvin gets MAD • Valentine & Eaves - Marmaduke the very different Dragon • Kate Lum - Princesses are not just pretty • Miles Kelly (Aesop's Fables) - 9 Books • Miles Kelly (Princess stories) - 8 Books • Miles Kelly - 8 Books • Miles Kelly (Five Minute stories) - 7 Books • Cassandra Clare - City of Heavenly Fire • John Sandford - Field of Prey • Nora Roberts - The Collector • Meg Cabot - Princess Diary Part 1-5 • Herge - Tintin Flight 714 to Sidney, Tintin Castaflore Emeralds, Tintin and Alpn Art • Dilp Kumar - An Autobiography • Stephen King - Mr. Mercedes • Robert Calbaith - The Silkworm • Peter James - Want You Dead • Cassandra Clare - City of Heavenly Fire • Nora Roberts - The Collector • John Sandford - Field of Prey • Luca Cailoli - Messi, Neymar, Ronaldo • Charlie Higson - The Fallen • Piyush Jha - Anti-Social Network • Durjoy Dutta - When Only Love Remains • Luca Cailoli - Ronaldo

UNION BUDGET 2014:

Hats off to maiden Modi Budget

HARSH C. CHOTALIA (L-4844)

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FM says: I have put more money and savings in the hands of people

It is "acche din" for the middle class of India as the Finance Minister, Arun Jaitley, raised the exemption limit for investments to Rs1.5lakh from Rs1 lakh.

The hike in the exemption limit will provide relief to salary earners who are reeling under the impact of high inflation. Currently, an individual gets an exemption of Rs1 lakh get exemptions under Section 80C, 80CC and 80CCC of the Income-Tax Act.

There is also a corresponding rise in the investment limit in the public provident fund or the PPF to Rs1.5 lakh, from Rs1 lakh, which is another attractive option for salary earners. PPF is an instrument that would help you save for the long term.

Senior citizens have a reason to cheer, as the basic exemption limit for them has been raised to Rs3 lakh from Rs2.5 lakh.

"I do not propose to make any change in

the rate of surcharge for either for corporates or individual. The education cess for all tax payers shall continue at 3%," he said. Thus, tax on income from Rs 2.5 lakh to Rs 5 lakh is retained at 10%, up to Rs 10 lakh at 20% and above Rs 10 lakh at 30%."

Experts believe that all these steps will help the investor to take a look at his overall financial planning as he will now have more money to save along with a tax benefit attached. Individuals can now focus on planning their investments for the long term with the surplus money.

At the same time, there is a higher deduction on the interest paid on self occupied property, to Rs2 lakh from the current Rs1.5 lakh.

Talking about raising the income tax slabs for exemption to Rs2.5 lakh, from the current Rs 2 lakh, Jaitley said: "I propose not to make any changes in the tax rate. However, with the

view to provide relief to small and marginal and senior citizen, I propose to increase the personal income tax exemption limit by Rs 50,000 from Rs 2 lakh to Rs2.50 lakh in case of all individual tax payers who are below the age of 60 years."

The Government has taken all these steps to encourage household savings. The savings rate has dropped from over 38% of

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લેચ કીમાં એકલાં રહેતાં બાળકો

— વર્ષા યશસ્વી

મુંબઈ જેવાં મહાનગરોમાં માત-પિતા બહાર કામ પર જતાં હોય, ત્યારે બાળક ઘરમાં એકલું રહે અથવા તો નોકર પાસે રહે, તે વાત આજે નવી નથી, પરંતુ જેમ જેમ સમાજમાં પ્રગતિ અને પરિવર્તન આવતા જાય છે તેમ તેમ સારાં, ખરાબ બંને પરિણામોની અસર જોવાં મળે છે.

આજે પતિ-પત્નિ બંને કામ કરે છે. સવારથી સાંજ બહાર રહે છે, ત્યારે ઘર અને બાળકો કોઈને ભરોસે સોંપવા પડે છે અને આ રીતે એકલાં રહી, ઊછરતાં બાળકોમાં સમજણ તથા પરિપક્વતા વધુ જલદી આવે છે. છ એક વર્ષનું બાળક સારી એવી સમજણ ધરાવતું થઈ જાય છે. આમ પણ આજનાં બાળકો અનેક વસ્તુઓથી માહિતગાર હોય છે અને કામ કરતાં માતા-પિતા બાળકને એ રીતે જ કેળવતા હોય છે જેમ કે બાળકે ઘરમાં એકલા રહેવાનું છે, ઘરમાં આવ્યા પછી બારણું ખોલવું નહીં, કઈ રીતે જમવાનું લેવાનું પાછું મૂકવાનું, જેવી સમજણ આપવાનું બહુ નાની ઉંમરથી શરૂ થઈ જાય છે. એટલે બાળક એ રીતે ઘડાતું જાય છે.



આઠ - દસ વરસનું બાળક સ્કૂલથી ઘેર આવે છે, સાયલીને રાખેલી ચાવીથી બારણું ખોલે છે અને અંદર આવી મમ્મી-પપ્પાએ આપેલી સૂચના પ્રમાણે બારણું બંધ કરે છે. મા-બાપ પાછા આવે ત્યાં સુધી થોડા કલાક તેણે એકલા પસાર કરવાના હોય છે.

નવ વરસની પૂજા, આમંની એક છે. તે સ્કૂલથી ઘેર આવે છે. પોતાની મેળે જમે છે. થોડીવાર સૂઈ પણ જાય છે. તેની મમ્મી કહે છે, છેલ્લા થોડા મહિનાથી તે બધું બરાબર સંભાળે છે, રોજ આવ્યા પછી મમ્મીને ફોન કરે છે. આગળ તેની મમ્મી કહે છે, મારા પાડોશી પણ સારા છે. પૂજા સમયસર ઘેર આવી કે નહીં તેનું ધ્યાન રાખે છે. આ પહેલાં પૂજા એક બેગીસીટર પાસે જતી, પણ ત્યાં બહુ કલાક રહેતું તેને ગમતું નહીં. તે થાકી જતી, પણ હવે તે બરાબર ઘેર આવી, હોમવર્ક કરે છે.

તો આસ્થાની મમ્મી કહે છે કે હવે આસ્થા ટેવાઈ ગઈ છે, શરૂઆતમાં તેને

ગમતું નહિ મને પણ ચિંતા રહેતી કે તે ટી.વી. જોયા કરશે, શું કરશે? રડશે? મને ખૂબ ટેન્શન રહેતું, પણ હવે અમે બંને ટેવાઈ ગયાં છીએ. આ પહેલાં અમે આસ્થાને લઈ એક ડૉક્ટર મિત્ર પાસે ગયેલા. તેમણે સરસ રીતે સમજાવ્યું કે અજાણ્યા લોકોને ઘરમાં ન આવવા દેવાય. મમ્મી- પપ્પા સિવાય કોઈ પણ માટે બારણું ખોલવાનું નહિં ધીમે ધીમે બધું સમજાવતું ગયું હવે તે બરાબર રૂટીનમાં ગોઠવાઈ ગઈ છે અને ઘણી સમજણી થઈ ગઈ છે.

આ વાત આસ્થાની છે તો કેટલાક કિસ્સામાં આવું નથી પણ બનતું. વધુ પડતું સમજણું (મેચોર્ડ) બાળક, બાળપણની સાહજિકતા, ભોળપણ કે નિષ્ક્રિયતાનું ગુમાવી દે છે. એક મનો ચિકિત્સકના મતે આ પ્રકારની મેચોર્ડિટી સામે લાલ બત્તી ઘરે છે. તેઓ ચેતવણી આપતાં જણાવે છે કે આમ જૂઓ તો આ એક ગંભીર સમસ્યા છે અને બાળક મેચોર્ડ છે, તે સરસ રીતે રહે છે, આવી બધી માન્યતા આપણા મનને મનાવવા માટે છે. ઉપરથી બધું સાચું લાગે છે, પણ બાળક જ્યારે સ્કૂલથી ઘેર આવે છે ત્યારે ઘરમાં તેને એકલું લાગે છે. એકલતાની બીક ઊંડે ઊંડે મનમાં રહ્યા કરે છે. ખાલી ઘરમાં આવતું બાળક વિચિત્ર લાગણી અનુભવે છે. આગળ વાત કરતાં ડૉક્ટર જણાવે છે કે કૃપા રોજ સ્કૂલથી છૂટીને આવે, પછી લગભગ બે કલાક એકલી હોય તેને પૂછ્યું કે આ બે કલાકમાં તું શું કરે? પહેલાં તો તેણે કહ્યું કે તે રમે છે. પછી પૂછ્યું રોજ શું રમે છે? તેણે કહ્યું કે હું ચોર ચોર રમું છું. હું જ ચોર બની બારણા પાછળ સંતાઈ જાઉં, એટલે ચોર આવે તો તેને ખબર જ ન પડે. ડૉક્ટરે માતા-પિતાને



સલાહ આપી કે બંને તેટલું જલદી આને માટે બીજી વ્યવસ્થા કરો. તેના મનમાં રહેલો છૂપો ડર, આગળ જતાં મોટી સમસ્યા ઊભી કરશે.

કેટલાક લોકો માને છે કે બાળક એકલું રહે તો તેનામાં આત્મવિશ્વાસ વધે અને નિર્ણયશક્તિ ખીલે, પરંતુ તેણે લીધેલા નિર્ણયો કેટલા યોગ્ય છે તે કોણ નક્કી કરે? તે સ્વતંત્ર નિર્ણય લેતાં લેતાં ક્યારેક સ્વાર્થી કે સ્વચ્છંદી પણ બની જાય. રોજ બધું બરાબર ચાલતું હોય, પણ એક વાર કંઈક બની જાય જેની અસર જિંદગીભર રહી જાય.

આપણે બાળકને અનેક સૂચનાઓ આપી હોય, ભયસ્થાનો બતાવ્યાં હોય, શું કરવું, શું ન કરવું તેનું લિસ્ટ બનાવી આપ્યું હોય, છતાં કોઈ વાર એવું બને કે મુશ્કેલી આવે કે ડર લાગે ત્યારે ઉતાવળમાં આળક ગમે તે નિર્ણય લઈ મદદ માગી લે છે. મુશ્કેલી નાની હોય, જેમ કે ઘરમાં ક્યાક ગરોળી દેખાય, કે વંદો નીકળે તો બાળક તે બેઈ ડરી જાય. કોઈને મદદ માટે બોલાવે, પછી તે ચોકીદાર હોય કે બાજુમાં કામ કરતો ઘાટી હોય, બાળક તો સામે જે દેખાય તેની મદદ માગી લે છે. પણ ક્યારેક આવી મદદ આપનાર જ બાળકની એકલતાનો ગેરલાભ ઉઠાવે. એક

કિસ્સામાં આવું બનેલું જાણી કરનાર ચોકીદારે જ બાળકી પર બળાટકાર કર્યો અને જિંદગી ભર એ બાળકી તેમ જ માતા-પિતા માટે એક ભયંકર ઘાતક ઘટના બની રહી.

આ પ્રકારનો ડર તો ઘાતક છે જ, પરંતુ બીજા નાના નાના પ્રશ્નોની યાદી પણ લાંબી છે. એકલા બાળકનું સૌથી હાથવગું સાધન ટેલિફોન અને કોમ્પ્યુટર છે. ટી.વી. અને ઈન્ટરનેટની ટેવ પડે પછી તે છોડાવવાનું મુશ્કેલ બને છે. આવું જ ટેલિફોનનું છે. ટેલિફોન પર થતી વાતો બાળકને ક્યાં દોરી જશે તે ખબર નથી.



પ્રશ્નો તો અનેક છે, પણ તેનો ઉદ્દેશ અને બાળકની સલામતી ક્યાં શોધવી. સૌથી શ્રેષ્ઠ સલામતી આપણા ઘરના સભ્યો છે. વિભક્ત કુટુંબે આવા અનેક પ્રશ્નો ઊભા કર્યા છે. સંયુક્ત કુટુંબની હંફમાં બાળકની સલામતી સંપૂર્ણ રક્ષાયેલી રહે છે. થોડો વિચાર કરીએ તો દાદા-દાદી પાસે સચવાતું, ઊછરતું બાળક સલામતી સાથે સંસ્કાર, પરંપરા વગેરે સામાજિક મૂલ્યો આપોઆપ મેળવી લે છે.

આ ઉપરાંત આપણે ત્યાં વિદેશની જેમ કામના કલાકોમાં વ્યવસ્થા કરવાની સુવિધા નથી. ફ્લેક્સિબિલિટી નથી અથવા તો અઠવાડિયાના અમુક કલાક ઘેરથી કામ કરી શકાય. આવી કોઈક વ્યવસ્થા હોય તો આવા પ્રશ્નોમાં સહત મળે.

આજે સલામતી માટે કોઈ નિયત ઉંમર નથી. આજકલ બનતા બનાવો જોતાં કોઈ પણ ઉંમર સલામત નથી એટલે આજના જમાનામાં કામ કરતા યુગલ માટે બાળકની સલામતી કુટુંબમાં જ છે. ઘરના સભ્યો જે કાળજી લઈ શકે તે બીજું કોઈ ન લઈ શકે.

ગઈકાલ

ઉત્તરરામચરિતમાં જણાવે બોલવાયેલી સીતાએ ફેકેલા આભૂષણો લક્ષ્મણને બતાવવામાં આવ્યા ત્યારે લક્ષ્મણે શ્રીરામને કહ્યું

હું નથી ઓળખી શકતો આ કેયુરને કે આ હુંડળને. માત્ર નિત્યવંદન સમયે ચરણસ્પર્શ કરતાં જેને હું રોજ જોતો હતો તે પાંચલને જ ઓળખી શકું છું.

- ઉત્તરરામચરિત

આજ

જરૂર પડે ત્યારે અંગપ્રદર્શન કરવામાં હું જરાય આંચકો નથી ખાતી. મારે મન મારું પાત્ર મહત્ત્વનું છે અને એ પાત્રને ચરિતાર્થ કરવા હું ગમે તે કરવા તૈયાર છું.

સિને અભિનેત્રી એક મુલાકાતમાં

આવતી કાલ

જો આવતી કાલની પાર્ટીમાં તદ્દન નિર્વસ્ત્ર થઈને ડાન્સ કરવા પણ કહે તો તૈયાર રહેજે. એમાં શું વાંધો છે. આપણા બાવા-સાધુઓ પણ નિર્વસ્ત્ર હોય જ છે ને? એરકન્ડીશન્સ હોલમાં જરા ઠંડી લાગશે પણ એકાદ-બે પેઘ બ્રન્ડીના લેવાનાં ચુ વીલ બી રિયલી હોટ માય ડાર્લિંગ!

- એક કોલેજિયન પોતાની સહપાઠી વિદ્યાર્થિનીને

સં

WHY DOESN'T MY TODDLER WANT TO EAT?

It's usually at this age that the toddlers start getting picky in their eating habits. Be assured you are not alone. Almost all parents face this during this period of "terrible twos". And if kids do not like food they will not eat it. This isn't rocket science here.

Your on the go toddler (1-3 years) can be a source of your joy, but at the same time trying to feed him/her can leave you frustrated. It's usually at this age that the toddlers start getting picky in their eating habits. Be assured you are not alone. Almost all parents face this during this period of "terrible twos". And if kids do not like food they will not eat it. This isn't rocket science here. Such is the case with adults too. So, how do you handle this period?

10 points that will help you sail through this difficult phase:

1. A key point to remember is that growth rate slows down during this age. So, their appetites can be temporarily waned.



2. Mealtimes can become stressful for both, the parent and the child with the constant cajoling or threats to eat the food. Avoid this power struggle and remember that the toddler has an inherent hunger and fullness signal. They are very good at judging this and will rarely starve themselves.



3. Do not use sweets, candies, biscuits or desserts as bribes. Refrain from any kind of negotiation. Just serve the meals and let them decide.



4. Put them up on a high chair during mealtimes so they sit at a place and eat. Encourage them to feed themselves (ignore the mess).
5. Understand that the toddler has a tiny stomach. Too much of milk or fruit juices may be filling them up. Avoid giving junk foods before meal or snack times.
6. Serve small portions to them and if they like it they will always ask for more. Three small meals with 2 snacks in between is enough for the toddler in a day. Establish regular feeding times and try to stick to them. That in no way means the toddler will eat up all that you give him/her at each meal. It is just a way to establish a routine.



7. Do not encourage grazing throughout the day because you think your child hasn't had enough during the meal or snack time. This may result in food rejection at mealtimes because the child is not hungry.
8. Do not be put off by food rejection when introducing new foods. Research suggests that when introducing a new food the parent may have to offer the food at least 10 times before the toddler will

choose to have it. Offering it just 2-3 times and then giving up thinking that the child does not like it is not the right approach.

9. Also, this is the age when the child will start to assert their independence. It is natural and respect that without over reacting to it. By not eating a particular food the child is not sending the message that he/she will never eat that food again. Keep serving and one day you may be surprised to see the child eating all of it.



10. Offer alternative foods from each group if your child shows a temporary dislike to certain foods. For example if your child dislikes milk, offer yoghurt or cheese instead. This way you make sure he/she is not missing out on the important nutrients from food.

Toddlers have a mind set on a variety of things and food is one of them. Do not interpret it as being stubborn. It is just a passing phase and the more positive you are during this phase the healthier association the child will form with food which will stay for life.

The author Arati Shah, a nutritionist, is one of the co-founders of Café Nutrition, a company formed to create awareness among the children, youth and adults the importance of nutrition and also those involved in sports through their range of workshops and counselling sessions.

THE IMPORTANCE OF FITNESS & NUTRITION IN SQUASH

All of us know that squash is a unique sport. And the uniqueness can warrant a different level of interest of each squash player attracted to the sport. Usually, the more a player plays squash the more he or she likes it.

Nevertheless all squash players vary in the way they pursue their squash activities. Some play once a week, while others can't help to get on the court every day. A select few will play twice a day. This interest can evolve into something more. Squash can evolve into an obsession and it is discovered that age makes no difference when it comes to the birth of a squash addict

Other than the usual court training, squash consists of two important aspects – Fitness and Diet.

FITNESS

Squash is the only racquet sport where both players occupy the same space. Like it or not, squash players have to fight for their space on court. The fighting nature of playing squash is similar to being in a boxing ring, slugging it out, just as former World #1 and World & British Open champion, David Palmer has described:

"There's two of you in a little box, very close, very fast, very explosive."

Before doing fitness, squash players have to first fight with their own laziness in order to progress. Fitness exercises which Squash players should use are -

- ♦ Running- this is very important for squash players because in an average squash game a player runs close to 1.5 km. Running makes movement in the court easier and fast and is also great for leg endurance and power.
- ♦ Cycling - this helps in building stamina & also makes the legs stronger.
- ♦ Skipping rope – this is one of the best exercise for squash players as it helps to gain stamina and speed in much quicker time as compared to running and also develops strong arms and legs. Samir Mistry (Head squash coach at Juhu Gym does 1000 skipping a day to keep himself fit)



- ♦ Swimming – this should be done two to three times a week according to one's capability. This will build breathing control and develop better lung capacity as well as save the joints from overuse.
- ♦ Freehand exercises – such as push ups, pull ups, squats and lunges are important as they help in strengthening of muscles and also help in striking the ball harder. Lunges are the most important freehand exercises as in a good squash game at an average a squash player has to lunge around 300 times.
- ♦ Stretching exercise – this consists of two things. Pre game stretching usually known as warm up & post game stretching usually known as cool down. Doing stretching exercises cut down the risk of injuries significantly.

All the above exercises help a squash player to work on different aspects such as strength, speed, stamina and flexibility. Squash players should also see that they give themselves sufficient rest as it is highly essential. They should also not over-exceed in doing fitness as it is not a one-day process.

NUTRITION

The training programs of all types of athletes create special nutritional needs. To get the greatest return for all those hours spent training, you must also consider the ingredients of an optimal training diet. All athletes regardless of the sport or the level at which they compete can be rewarded in terms of both performance and good health, only once they have adequately addressed the nutritional demands their sports and life style places on them.

The following is a list of guidelines for everyday nutritional that should be met in order to gain the most out of squash

- Achieve and maintain appropriate body weight and fat
- Satisfy all nutrient needs
- Drinking lots of fluids

In the everyday meal, squash players should look to have lots of fluids, carbohydrates to give energy and proteins to build up muscles.

THE PRE GAME MEAL

Timing of the meal is important. Large meals should be finished 2 to 3 hours before the game, smaller ones 1 to 2 hours before. It is important that the meal includes carbohydrates as it can be used as fuel in the game.

DURING THE GAME

Once the game starts, the best way to maintain body fluid and carbohydrate levels is with 125 to 250 ml of sports drink such as Gatorade or Electral water every 15 to 20 minutes throughout a match to replace the fluids lost while playing.

AFTER THE GAME

At the end of the match the cycle starts again. The sooner you restore carbohydrates and fluid reserves the more quicker and more complete will be your recovery.

Proper nutrition is an important ingredient in making sure you get the most out of your preparation. To ignore it is to give yourself less than the best opportunity of performing at your peak.

- article by Sameer Mistry (Maharashtra Squash Champion & Head Squash Coach at Juhu Gymkhana) & Bhavesh Shah - Chairman, Squash Sub-Comm.

SPORTS

MUMBAI SUBURBAN DIST. BADMINTON CHAMPIONSHIP

Mumbai Suburban Dist. Badminton Championship was held from 10th to 13th July 2014. More than 150 entries received for senior categories. Junior categories will be held shortly. In the senior category Men's / Women's Singles, Doubles, Mixed Doubles, Veterans Men's Singles & Doubles and Veterans Women's Singles were held.

Outstanding players of the last year from Mumbai Suburban dist. were felicitated during the prize distribution.

In the Men's Final, Sushrut Karmarkar won over Arijeet Bose in a stiff encounter. Nivedita Rao won the Women's Singles title defeating Kadambari Chheda. In the Men's Doubles Prasad Shetty and Abhidnya Sawant prevailed over Aditya Pandya and Anmol Behrani. In the Veteran Singles Murali Subramaniam (our badminton coach) won over Ajay Srivastava.

Results:



EVENT	WINNER	RUNNER-UP
1 Men's Singles	Sushrut Karmarkar	Arijeet Bose
2 Men's Doubles	Prasad Shetty Abhidnya Sawant	Aditya Pandya Anmolbehrani
3 Women's Singles	Nivedita Rao	Kadambari Chheda
4 Women's Doubles	Kadambari Chheda Sonal More	Kairavi Thakore Radhika Dagaonkar
5 Mixed Doubles	Arijeet Bose Sonal More	Abhidnya Sawant Cherish D'souza
6 Veteran Men's Singles	Murli Subramaniam	Ajay Srivastava
7 Veterans Men's Doubles	Mayur Tawde Ajay Srivastava	Prdeep Behrani Hayat J. Khan
8 Veteran Women's Singles	Dr. B. K. Sapra	Geeta Lalwani



ACHIEVEMENT

Mr. Aditya Pandya
for being Runners-up
in Men's Doubles and
Mr. Murli Subramaniam
(Badminton Coach)
for Winner in Veteran's
Mens event in the Mumbai
Suburban Dist. Badminton
Championship 2014



Murli Subramaniam



Aditya Pandya

JVPG Badminton team for finishing Semi-finalist
in the **Inter Club Motiram Cup Badminton
Tournament** held at Bombay Gymkhana recently
Team members: Aditya Pandya, Rajiv Soni,
Rohit Saraf, Rohit Sadani and Snehal Patel

AQUA AEROBICS

More than 50 members are participating in the training
conducted by renowned coach Anand Pardeshi. The classes
are conducted in the morning as well as evening.



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KNOW YOUR MANAGING COMMITTEE MEMBERS



JINESH HARISH CHOKSI
Diploma in Mechanical Engg.

Membership No.: L-3402

D.O.B.: 12th March

Spouse Name: Meghna

Children: 1. Yash 2. Krisha

Occupation: Business

Hobbies: Tennis, Volley Ball,

Listening Music

E-mail: jinesh@choksiindia.com

ALUMNI:

- Jamnabai Narsee School
- Father Agnel College

CLUB ACTIVITIES:

- **Managing Committee member** of JVPJ Club (Years 2008-2010 and from 2014 till date)

PROFESSION:

- **DIRECTOR** of Choksi Ind. Products P. Ltd.
- **PARTNER** of Down Town Fashions.
- **MANUFACTURER** of FRP Cooling Towers, Transformers, Stabilisers and Control Panels.



MOHAN K. JAIN

Membership No.: F-793

D.O.B.: 19.11.1948

Spouse Name: Deepika

Children: 1. Viral 2. Sangeet

Occupation: Business

Hobbies: Music and Badminton

E-mail: mohanj48@gmail.com

PROFESSION:

- Indo Plast, Mumbai
- Saville Estate Pvt. Ltd.

JVPJ CLUB ACTIVITIES:

- **Vice President** (Year 2012-2014)
- **Trustee** (Yrs 2010-2011)
- **Managing Committee Member** (Since 2010)

ACHIEVEMENTS:

- **Vice President** (West Zone) The All India Plastics Manufacturers Association (Yrs 1999-2001)
- **President** of The All India Plastics Manufacturers Association (Yrs 2002-2004)
- **Member:** CIPET Governing Council 2002-2003
- **Member:** Maharashtra Chamber of Commerce & Industry 2002-03
- **Member:** CII National Council (Yrs. 2002-2004)
- **Member** of the National Advisory Board - Polymertech 2005
- **Chairman** International Promotion Committee Middle East PI-2006
- **Chairman** Space Allocation Committee PI-2009
- **Director** Non Medical Rotary Club of Bombay Sea Coast 2009-10
- **Chairman** Reception Committee Plastivision India 2011
- **Chairman** of Plast India Foundation (Yrs. 2015) Promotion with State Govts. and Union Territories Committee.



DR. OJAS DAVE
MBBS DGO DICOG

Membership No.: L-3463

D.O.B.: 6.10.1965

Spouse Name: Shraddha

Children: 1. Isha 2. Anay

Occupation: Property development & management

Hobbies: Reading and listening to music. Playing sports like Cricket, Badminton, Squash, TT & Swimming

Email: daveojas@gmail.com

ALUMNI: Jamnabai Narsee School 1981
Mithibai College of Science 1983
Lokmanya Tilak Municipal Medical College and Sion Hospital 1988

PROFESSION:

- Obstetrician and Gynaecologist

JVPJ CLUB ACTIVITIES:

- **Managing Committee Member** since 2010.
- **Hon. Joint Secretary** (Year 2012-13 & 2014-15)
- **Chairman, Table Tennis Sub-Committee** (Year 2008-2010)
- Part of organising committee that conducted the highly successful and prestigious Mumbai Suburban District TT Ranking Tournaments in our Gymkhana since 2007.
- **Member** of Cricket team that won the Champion of Champions 2013 Title
- **Goal:** Want to make the club a sports nursery for talented children of our gymkhana. Improve sports facilities for our members.

ACHIEVEMENTS:

- **Charter member** of Rotary Club of Bombay Juhu Beach 2002.
- **President** Rotary Club of Bombay Juhu Beach 2006-07.
- **Member** of seeding committee Mumbai Suburban Dist. Table Tennis Association 2010-2012.
- **Sports Chairman** of Rotary District 3140, Yrs. 2013-14

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