

VOL. IV ■ ISSUE 5 ■ MAY 2014



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DEVELOPING LEADERSHIP SKILLS IN KIDS



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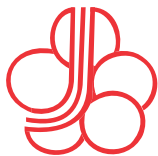
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From The Desk of The President



SHAMIT MAJMUDAR
President

Dear members

We the Office Bearers had brain storming session and unanimously concluded that we have to find the ways and means by which we can reach all the members of the club and at the same time to give additional sports facilities and events to enable maximum members to participate and are actively involved.

We have also decided to meet the members on every Saturday between 10.00 AM to 11.30 AM and 3.30 PM to 5.00 PM for suggestion with solution, complaints and question with the belief that "When you lend ears to others and passionately listen to them, it will be magic working for all of us."

Our endeavor is to maintain high standards and to begin with a request is made to one and all to observe self discipline and treat the club as your second home by duly observing all the rules and regulations.

Shamit Majmudar
President

EDITOR'S NOTE



BHARGAV PATEL
Editor & Hon. Sec.

Dear Members,

More than one month has passed after I took over as Secretary. Time flies. I began to understand of the work profile and in a blink of an eye I realised that it is an ocean to swim.

The work finished was less than the targeted in a month and in the meantime new work piled up like a mountain.

I realised that with a wafer thin majority how the working takes place with compromises in any organization.

I have noticed that priorities and interest of club and members in general are overlooked or sidestepped

I am amused and think that why our Second Home is not so vibrant?

I am sure we all together with a contribution of dedication and inclination can achieve the desired goals. Sometime I fail to understand why the road blocks are created when someone is making inroads towards the goal.

I wonder whether in some ones destiny it is written to resolve only past problems instead of moving forward with zeal and ideas in abundance?

It is noticed that I am sitting on a chair full of thorns & fire but confident that despite these hurdles I will make it possible to accomplish my dream & desire for club & its members.

Bhargav Patel
Editor



SUCCESS AGAINST ALL ODDS !!

KRUSHMI & ABHIJEET FINISHES RUNNER-UP AT MIXED DOUBLES OPEN TENNIS TOURNAMENT



Krushmi Chheda & Abhijeet Muzumdar receiving a trophy of Mixed Doubles Open Tennis Tournament

Our very talented Krushmi, now a renowned and respected sports nutritionist, has in the past been ranked in the top 120 in the girls juniors internationally. She has further represented Maharashtra in the 33rd national games and has very successfully played the international circuit for 8 years.

Abhijeet Muzumdar, now a name to be reckoned with in the well illuminated halls of the corporate world, has been a junior national champion and was also distinguishly ranked internationally. As a junior, he was ranked number 1 in India and has remained in the top 5 for a respectful length of time. He was one of the team members representing India at the World Youth Cup (Junior Davis Cup). He has also represented India at the International Universities Tennis Tournament held in the United Kingdom.

Where most of their contemporaries have succumbed to the age factor and have taken up comfortable coaching jobs, these two decided to pair up, brave the odds and compete. In spite of being out for nearly a decade they defeated not only the top seed and tournament favorites but also the 3rd seed to clinch the Runner-up of mixed double open Tennis Tournament held at MCF Complex, Borivali.

**Krushmi Chheda, Abhijeet Muzumdar and Dhruv Sitwala,
kudos and respect ! You've made us all at Juhu Gymkhana very proud !**

HAVING TO COMPETE WITH HIGH FEVER DHURUV SITWALA STILL MANAGES TO CLINCH RUNNER-UP AT CCI ALL INDIA OPEN BILLIARDS CHAMPIONSHIP



MUMBAI Eight-time world champion Pankaj Advani fashioned a fluent victory to emerge supreme in the billiards competition, in the CCI Classic Billiards & Snooker Tournament yesterday.

Advani romped to a comfortable 1425-447 win over twice world runner-up Dhruv Sitwala, who endured high fever since the pre-quarter-finals, in a surprisingly one-sided championship round. But Advani broke the monotony with a slew of entertaining breaks that left the knowledgeable audience at the Wilson Jones billiards room yearning for more.

The ace cueist, who hit the tournament's highest break of 530, did not disappoint as he warmed up with an early 98 break before firing a delightful 243 and adding 193 to lead by a substantial 787-227 at the half way stage of the four hour final.

Earlier, in the three-hour semi-finals, Advani tamed former world champion Rupesh Shah that included a break of 297, while Sitwala registered a nail-biting 9-point win over Maharashtra state selection champion Arun Agrawal.



Pankaj Advani (l) and Dhruv Sitwala

FORTHCOMING EVENTS

MAY

21

2014

MUSIC OF BOLLYWOOD 2

Entertainment Sub-Committee presents Musical of Bollywood 2 by **Anand Palwankar** on 21st May 2014 at Activity Hall 7 pm onwards. For more details contact MSD.



MAY

22

2014

INTERCLUB TABLE TENNIS TOURNAMENT 2014

Mumbai Suburban Dist. Table Tennis Association organising Inter District Table Tennis Tournament 2014. II, III & IV Division from 22nd to 30th May at home and away basis. I Division and all finals will be held from 6th to 8th June 2014. 2 teams from JVPJ Club will be participating in this tournament.



MAY

27

2014

SR. CITIZEN - BAR NITE

Senior Citizen Sub-Committee presents Bar Nite on Tuesday, 27 May 2014 at Activity Hall 7 pm onwards. For more details contact MSD.



MAY

30

2014

THE BAYER NATIONAL SCRABBLE CHAMPIONSHIP '14

The Bayer National Scrabble Championship will be held at our club. It's organized by the Mumbai Scrabble Club in association with the Scrabble Association of India and will be held from 30th May to 1st June 2014.

JUN

02

2014

MUMBAI BILLIARDS LEAGUE

Maharashtra State Billiards & Snooker Association is organising Mumbai Billiards League 2014 from 2nd June 2014 on home and away basis. JVPJ Club will be represented by 2 teams.



JUN

08

2014

Grand-Parents can bring out the best in your Grand-Children?

Senior Citizen Sub-Committee presents 'Grand-Parents can bring out the best in your Grand-Children?' A talk by Mrs. Duroo Gada on Sunday, 8 June 2014 at Jasmine Hall 9.45 am onwards. For more details contact MSD.



COSMOPOLITAN

structure of our Club

<u>Caste</u>	<u>Members</u>	<u>Percentage</u>
Gujarati	4240	58.35
Punjabi/Sindhi	1062	14.62
Marwadi	402	5.53
Marathi	207	2.85
South Indian	144	1.98
North Indian	139	1.91
Muslim	106	1.46
Catholic/Christian	36	0.50
Bengali	27	0.37
Parsi	21	0.29
Others	882	12.14
TOTAL	7266	100

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THE MIRACLE CURE

It's free, easy to take, has an immediate effect and you don't need a GP to get some. What is it? Exercise.

Exercise is the miracle cure we've always had, but for too long we've neglected to take our recommended dose. Our health is now suffering as a consequence.

Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and even happier life.

People who do regular activity have a lower risk of many chronic diseases, such as heart disease, type 2 diabetes, stroke, osteoporosis, psychological diseases and some cancers.

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's.

If exercise were a pill, it would be one of the most cost-effective drugs ever invented.

Recommended physical activity levels: vary with age for average adults:

At least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity such as cycling or fast walking every week,

OR

75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic activity such as running or a game of singles tennis every week,

OR

An equivalent mix of moderate- and vigorous-intensity aerobic activity every week (for example 2 30-minute runs plus 30 minutes of fast walking),

And

muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

What counts as moderate-intensity aerobic activity?

Moderate-intensity activity will raise your heart rate and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity is if you can still talk, but you can't sing the words to a song.

Examples include:

- » Walking fast
- » Water aerobics
- » Riding a bike on level ground or with few hills
- » Doubles tennis
- » Volleyball

What counts as vigorous-intensity aerobic activity?

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

Examples include:

- » Jogging or running
- » Swimming fast
- » Riding a bike fast or on hills
- » Singles tennis
- » Football
- » Skipping rope
- » Aerobics



Article by
DR. TEJAS PAREKH
MBBS, MS - Orthopedic Surgeon
Bhartiya Arogya Nidhi Hospital
Ex-Sec. - JVPG Club

In general, 75 minutes of vigorous-intensity activity can give similar health benefits to 150 minutes of moderate-intensity activity.

What counts as muscle-strengthening activity? Muscle-strengthening exercises are counted in repetitions and sets. A repetition is 1 complete movement of an activity, like lifting a weight or doing a sit-up. A set is a group of repetitions.

For each activity, try to do 10 to 15 repetitions in each set. Try to do at least 2 sets of each muscle-strengthening activity.

To get health benefits from muscle-strengthening activities, you should do them to the point where you struggle to complete another repetition.

Examples of muscle-strengthening activities :

- » Lifting weights
- » Working with resistance bands
- » Doing exercises that use your body weight for resistance, such as push-ups and sit-ups
- » Yoga

You can do activities that strengthen your muscles on the same day or on different days as your aerobic activity, whatever's best for you.

How to stretch and cool down after a workout to gradually relax, improve flexibility and slow your heart rate.

This cool-down routine should take about 5 minutes. Spend more time on it if you feel the need. Hold for 10-15 seconds

BUTTOCK STRETCH



To do a buttock stretch, bring knees up to chest. Cross right leg over left thigh. Grasp back of left thigh with both hands. Pull left leg toward chest. Repeat with opposite leg.

HAMSTRING STRETCH

To do a hamstring stretch, lie on your back and raise your right leg. Keeping your left leg bent with your foot on the floor, pull your right leg towards you keeping it straight. Don't hold at the knee level. Repeat with opposite leg.



INNER THIGH STRETCH

For the inner thigh stretch, sit down with your back straight and bend your legs, putting the soles of your feet together. Holding on to your feet, try to lower your knees towards the floor.



CALF STRETCH

For the calf stretch, step your right leg forward, keeping it bent and lean forwards slightly. Keep your left leg straight and try to lower the left heel to the ground.

THIGH STRETCH

To do a thigh



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DEVELOPING LEADERSHIP SKILLS IN KIDS



Article by
Shivani V. Khetan
Hon. Treasurer & Co-Editor

Are leaders born or made? This is perhaps one of the most quizzical questions to ever have an acceptable answer. While the verdict stands divided on this, you will be glad to know that nearly all kids are born with leadership traits and it only takes capable hands to refine the quality in them. Parents often fret over their children's eagerness to follow the crowd than stand up and lead. Developing leadership traits in your kids when young can help your child become a trailblazer in the future, than just leading a life of an ordinary follower. Leadership traits are most often latent and it takes time and determination to acknowledge these dormant traits. Leadership skills help children develop confidence in their ability and to take responsibility for their actions. The leadership skills that are most important for kids are not so much about being able to lead other people. Most often, they are about inner leadership – being a leader in your own life, being able to make things happen rather than having things happen to you and so on. To know more on this, read on.

Developing Leadership Skills In Kids

- ♦ Leadership is not always about leading but mostly serving. As a leader, one's primary role is to assist his team to accomplish goals. Teach your child the importance of leadership and the virtues of serving. Help him to acknowledge dignity of labor. Also, remember to teach him the vital lesson of placing other's needs before oneself, while working in a team with regards to common interest.
- ♦ The best way to teach and develop leadership skills in your child is by example. One of the simplest yet biggest lessons you can give your child to make him a good leader is that he must learn to 'do unto others



as he would have others do unto him'. This is a good way to make the child understand that he should not take undue advantage of the leadership position.

- ♦ A good leader is one who knows what he wants and communicates his needs effectively to his team. Teach your child the values of communication and incorporate communication skills in him to help him know what he wants and then communicate it clearly to others. It is also important to teach your kids the value of listening. After all, a successful leader is one who listens twice more than he speaks.
- ♦ Teamwork is the virtue of any good leader. Thus, it is important to teach your kid the vital lesson, 'united we stand divided we fall'. Teach your child the values of co-operation and collaboration, while working in a team. Teach them to appreciate the efforts of one and all and tell them how working as a team in harmony gets all jobs done easily and efficiently.

- ♦ One of the biggest lessons you can give your child to make him responsible as a leader is by making him or her to be a good decision maker. For this, you should instill into your child the habit of decision making from young. Ask your child about his/her opinion on any important matter, related to home, school or outside. This would help in making your child a quick decision maker and make him/her take responsible decisions later in life.
- ♦ Being a leader is never easy as when working in a team, one may have to put up with people of different dispositions, clashing temperaments and conflicting opinions. Teach your children to respect others opinion and be considerate towards differences. There is a thin line between a dictator and leader. While a dictator forces himself on others, a leader compromises and negotiates, for the welfare of all.

A good leader is someone who has a vision and the passion to follow his vision. To accomplish goals, one needs to strategically decipher ways. Teach children how to chalk out a plan of action.



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at Health Club

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One more reason to join the health club and get stronger, fitter this summer."

IMPORTANT INFO FOR MEMBERS

Meet Your OBs for any Club related problems

MEET US EVERY SATURDAY
10 AM to 11.30 AM & 3.30 PM to 5 PM

President, Shri Shamit Majmudar, and/or Hon. Secretary, Shri Bhargav Patel, alongwith other Office Bearers (whosoever is available), will be available in Office Bearers' Room on every Saturday between 10.00 A.M. to 11.30 A.M. in the morning and between 3.30 P.M. to 5.00 P.M. in the afternoon to meet any members of the Club who has any suggestions with solution / complaints / questions to put forward.

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Lawn Tennis Home Tournament 2014

Men's Singles winner
Abhijeet Muzumdar



Tennis Home Tournament was held from 21st April to 4th May 2014. There were about 175 entries in 16 events, representing U/8 to Veterans above 55 yrs. In the Men's Final Abhijeet Muzumdar won the title and Dr. Himanshu Bhatia was the Runner-up. In the Men's Doubles Final Nikhil Rao and Abhijeet Muzumdar won over Keyur Gandhi and Rushabh Mehta. Results as follows.



SUNIL SHAH
Chairman,
Lawn Tennis Sub-Comm.

CATEGORY	WINNER	RUNNER-UP
Girls U/8 Singles	Anannya Shah	Smayana Meswani
Boys U/8 Singles	Krish Agrwal	Dev Raizada
Girls U/10 Singles	Krishna Paleja	Samya Rawal
Boys U/10 Singles	Rohan Patel	Krish Agrwal
Girls U/12 Singles	Samya Rawal	Vanishka Shah
Boys U/12 Singles	Veer Shah	Krish Agrwal
Girls U/14 Singles	Ivana Shah	Samya Rawal
Boys U/14 Singles	Veer Shah	Aryan Patel
Girls U/18 Singles	Ivana Shah	Ananny Prabhu
Boys U/18 Singles	Abhishek Doshi	Veer Shah
Men's Singles	Abhijeet Muzumdar	Dr. Himanshu Bhatia
Men's Doubles	Nikhil Rao & Abhijeet Muzumdar	Keyur Gandhi & Rushabh Mehta



Winners of Tennis Home Tournament in various age groups with the dignitaries



Men's Doubles Winner Nikhil Rao and Abhijeet Muzumdar proudly displaying their trophies & Certificates in presence of (R to L) Bhargav Patel - Hon. Sec., Mohan Jain - Vice President, Dr. Ojas Dave - Hon. Jt. Sec., Shivani Khetan - Hon. Treasurer and Dr. Uday Vora - Tournament Director



Men's Doubles & Singles
winner Abhijeet Muzumdar
executing a fierce drive



Men's Doubles final in progress.
In foreground Nikhil Rao & Abhijeet Muzumdar
and in background Keyur Gandhi & Rushabh Mehta

MAIN IDHAR JAOON YA UDHAR JAOON

by Dr. Sarvesh Vora lecture



SATISH C. SHAH

Chairman, Sr. Citizen Sub-Comm.

On Sunday 27th, April 2014, Senior Citizens started gathering at Jasmine Hall by 9.30 a.m. There were 95 eager members who were present to hear the revolutionary thinker, Dr. Sarvesh Vora speak on a very apt subject of "Dilemma" that every one faces at any juncture of life. 'Main Idhar Jaoon Ya Udhhar Jaoon' - (Which path should I choose...!).

Before the commencement of this interesting talk the members enjoyed delicious Upma and tea coffee catered by Aditi Caterers.

Once the breakfast was over the Sr. Citizen Forum Chairman Shri Satish C Shah gave his welcome address, which was followed by the introduction of the Guest Speaker by Shri Kamlesh Daru

According to Dr. Vora spiritualism is based on personal experience. To enjoy 'Satvik Anand' or pure bliss is the birth right of every human being.

In Guru-Shisya Parampara or between spiritual teacher

and his disciples there should be no branding. According to him there is only one 'director', one may call him The Almighty, who directs and controls all His subjects.

He mentioned that we have built walls of beliefs, traditions, customs, religion, cults etc. around us and refuse to come out of our moorings. The moment one breaks these barriers and looks beyond one will see life full of joy and happiness.

To conclude his lecture he quoted the famous lines of the renowned English Poet, Robert Frost:

The woods are lovely, dark, and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep..

Following the talk there was an interesting round of questions and answers.

At the end Dr Jatin Damania gave the vote of thanks and concluded the programme.



Grand opening of **CARROM ROOM**

Opening ceremony of the Carrom Room was performed in traditional manner in presence of Vice-President Mohan Jain, Treasurer Ms. Shivani Khetan, Hon. Jt. Secretary Dr. Ojas Dave, Corporator Dilip Patel, Past Chairman of T.T Sub-Comm. Suketu Mehta and other dignitaries.

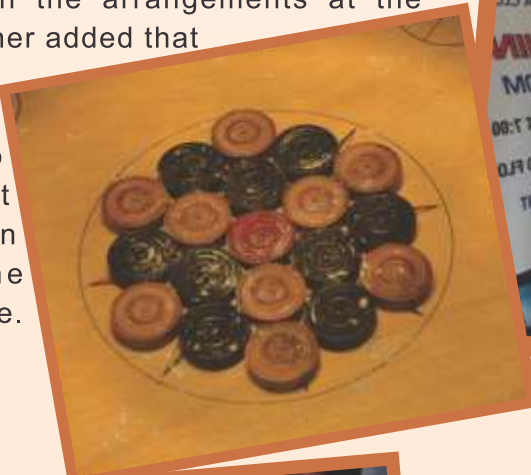
While addressing the gathering the Vice President, requested the members to use the new facility regularly. The Hon Jt. Sec. hoped that this game will help the members to relax and enjoy the game in peaceful atmosphere. He thanked the T.T. Sub-Comm. for taking the initiative and adding a new facility for the benefit of the members. Dilip Patel, the corporator recalled his attendance at one of the tournaments organized by JVPBG Club and remarked that he was then quite impressed with the arrangements at the venue. He further added that the new facility will provide impetus to elders to visit the club often and enjoy the game for a while.



Our Corporator Shri Dilip Patel, performed the opening ceremony by cutting the ribbon for the Carrom Room



Hon. Treasurer Shivani Khetan lighting the lamp



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TADGOLA RAINBOW SALAD

Ingredients: For the salad

- 8-10 Baby tomatoes, halved
- 12-15 Green grapes, halved
- 3 Big Tadgolas, sliced thickly
- 1 Cucumber, sliced
- ¼ Red bell pepper, cubed
- ¼ Green capsicum, cubed
- 20-25 Mint leaves

Ingredients: For the dressing

- 3 Tsps Lemongrass, chopped finely
- 1 Tbsp Green chillies, chopped finely
- 1 Tbsp Ginger, grated
- 1 Tsp Sugar
- 1 Tbsp Olive oil
- Black salt to taste
- Juice of half lemon

Method:

1. In a salad bowl, mix all the ingredients of the salad except the Tadgola & chill.
2. Mix all the ingredients of the dressing, whisk & keep aside.
3. Just before serving, pour dressing on the salad, add the Tadgola & toss gently. Serve immediately. Make 1 small bowl



CRISPY BAKED DAHI CUPS

Ingredients:

- 12 Buns, scooped out
- 1 cup Thick hung curd
- 1 Carrot, grated & 1 Onion, grated
- 2 Cucumber, grated
- 1 Tbsp Butter and 1 Tbsp Oil
- 2 Green chillies, chopped finely
- ½ Ginger, chopped finely
- 1 Tsp Mustard seeds
- Few curry leaves
- Salt to taste

Method:

1. Mix carrot, cucumber, onion, green chillies & salt to the curds.
2. Heat oil in a small pan. Put the mustard seeds & curry leaves.
3. Add the curd mixture
4. Heat the oven. Apply butter on the insides & outside of the Buns.
5. Grill in the oven for two minutes to make the Buns crisp.
6. Fill the curd mixture in the buns.
7. Bake again just before serving, till brown. Makes 12 cups



PINEAPPLE CHILLI CRUMBLE

Chilli Sugar Syrup:

- 2 Star anise
- 75 gms Sugar
- 3 Fresh red chillies, seeded & chopped finely

Crumble Topping:

- ½ Cup Butter, cold & cubed
- ½ Cup Plain flour
- 75 Gms Sugar
- ½ Cup Peanuts, grounded
- Pinch of cinnamon powder

Method:

1. Preheat the oven to 200 degree. Take 1 ½ cup water in a pan & add the star anise & sugar to make the chilli syrup.
2. Bring to a boil, stirring to dissolve the sugar & simmer for a few minutes.
3. Add the pears & cook gently till the pears are tender.
4. Remove the pears from the syrup.
5. Add chillies to the syrup & simmer for 5 minutes, till the chillies are softened & the stock has reduced slightly.

6. Add the pineapple to the syrup & simmer for 3-4 minutes, to caramelize it slightly & infuse it with the chilli flavor.
7. Make the crumble topping by rubbing the butter into the other ingredients, so that the mixture looks like bread crumbs.
8. Mix the pears & pineapple & put it in a dish, packing it down well.
9. Spoon the crumble topping over the fruits & cook in the oven till the top becomes brown. To serve hot with some fresh cream.

Ingredients: 2 Pears, peeled, cored & cut into chunks
½ Pineapple peeled, cored sliced & cut into chunks

To serve: Tick fresh cream



MANGO HONEY DIP

Ingredients:

- 3 Mangoes, chopped
- 200 gms Spreadable cream spread
- ½ cup Yoghurt
- 1 Tbsp Honey
- 1 Tsp Vanilla Essence

To serve: Mango slices and coloured wafer biscuits

Method:

1. Using a fork, mash the mangoes until smooth.
2. Mix cream spread, yoghurt and honey in a bowl. Whisk until smooth.
3. Add mango mixture. Stir to combine.
4. Serve dip with mango slices and wafer biscuits.

Tips: Can be served as a dessert & in mango halves.

NUTRITION TIPS FOR YOUNG ATHLETES

One of the key areas, which can bring certainty to realising this aspiration, is following good nutritional practices for these young kids. It is crucial to balance basic energy and nutrient requirements for growth & development along with meeting the additional needs that physical activity demands.



KRUSHMI CHHEDA

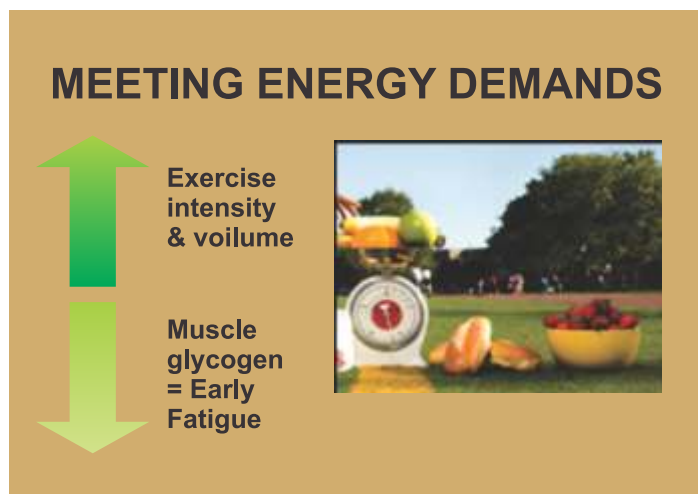
Sports Scientist & Nutritionist,
Centre For Sports Medicine,
Kokilaben Dhirubhai Ambani Hospital
Menezes Pilates Instructor
American College Sports Medicine Personal Trainer
Former International Tennis Player



In today's competitive environment, parents want that their child excels in school as well as leads a physically fit and healthy life. One of the key areas, which can bring certainty to realising this aspiration, is following good nutritional practices for these young kids. It is crucial to balance basic energy and nutrient requirements for growth & development along with meeting the additional needs that physical activity demands. So here are a few nutritional strategies that can be used to enhance the performance of young athletes in school as well as while competing in a sport.

KEY NUTRITIONAL STRATEGIES:

1. More than worrying about the amount of carbohydrate, protein and fat included in the food, it is important to meet the daily energy demands by eating the right quantities. These quantities can be calculated by a sports nutritionist to tailor make a nutrition plan for your child.

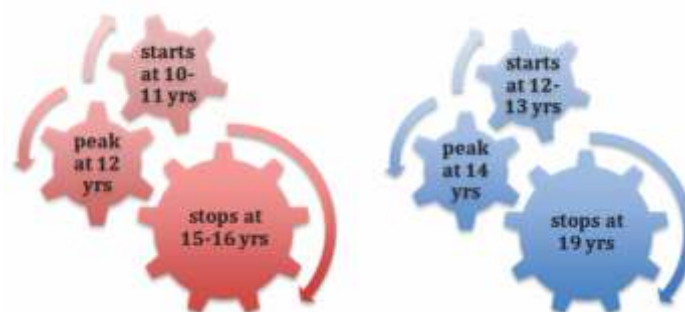


2. Remember that no two individuals are similar. Hence it is best to get an individualized nutrition plan after having the young athlete's body composition measured at regular intervals to monitor growth. Studies conducted by the Committee on Sports Medicine and Fitness at the American Academy of Paediatrics have found that adolescent girls stop growing earlier as compared to boys. Hence it is important to consider the gender and age to determine the nutrient requirements.

3. Very often due to hectic school schedules, kids are unable to cope with eating frequent meals. Apart from providing a balanced breakfast, lunch and dinner, it is important to make

an effort to pack extra meals for the child to meet increased energy demands. Here are some easy combinations of in between snacking meals, which can provide a balance of carbohydrates, protein and fats.

1 banana + 150g low fat yogurt + nuts sprinkled



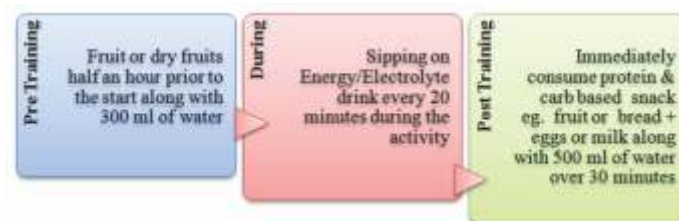
2 thick slices of bread with meat or slice of cheese and salad

2 rotis rolled with 120gm low fat paneer or 3 ounces chicken

200ml fruit smoothie + nuts

4 Egg whites + 1 fruit

4. Hydration is another aspect, which is neglected in the rut of providing enough food for your child. Famous paediatric sports medicine author Oded Bar-Or has published many studies concluding that young athletes have higher sweat rates as they produce more heat per unit body weight. Because they experience a faster rise in core body temperature as compared to adults, they are at a higher risk of heat related injuries due to dehydration. Hence an ideal training day would be as follows:



Following these strategies can help one cater to additional requirements of a young athlete and enhance overall wellbeing and performance. To make a champion one has to leave no stone unturned and nutrition is one of those aspects that can really make the difference and take you the distance.

ENERGY SAVING TIPS



PRASAD KULKARNI

Earlier, we looked at our Energy bills and how different appliances in our respective environments affected our consumption. This time around, let us look at how we can reduce our consumption by optimising their usage. Here are some quick tips that I have followed over the past several years that are beneficial in bringing down Energy bills across commonly-used everyday gadgets and equipment.



AIR-CONDITIONERS :

For domestic users, ACs consume the most amount of Energy, clocking up to Rs.200 per night of usage.

For commercial/industrial users, costs could be more since these operate during day-times when ambient temperatures are significantly higher, while paying a higher per-unit Energy cost to the distribution companies.

As a primary line of defence, ensure the nylon/plastic air-filters of ACs are cleaned every 15 days, by washing them in warm soap-water and a brush (use an old toothbrush if you don't have any specific tools). Ensure periodic maintenance by a service provider who shall clean the vents with a blower and with a damp cloth to remove all dirt blockages. If there is an external split AC unit, ensure the same is carried out on the outside unit as well.

Most modern ACs, especially the split-units come with a programmable feature on the remote that can

reduce the cooling in the room at pre-defined intervals (eg. 1 degree every hour as the night advances).

This is a powerful way to reduce consumption. As a thumb rule, each 1 degree increase of temperature reduces energy consumption by 5%. Alternatively, the timer feature can also be used to shut off the AC earlier than your waking hour, thereby reducing Energy bills.

WATER-HEATERS:

In the contest for the highest-energy consumption device in the domestic devices category, the water-heater wins the Gold medal. They can be quite brutal, costing over Rs. 18 per hour of usage. An average person consumes about 30 litres of hot water during a shower-bath and spends about 20 minutes on average.



If the bathroom is shared with family members, they ensure bath times are sequenced one after the other in quick succession. This ensures the water-heater maintains a steady heating-cycle, rather than being cooled and heated in succession. Typically, the last person to take a bath can shut off power to the water-heater before entering the bathroom, since the water contained within the unit shall be significantly hot.

REFRIGERATORS :

While they perform a critical-function as regards to storage of eatables, they are heavy-consumption devices that run non-stop all year round.

In the hotter months that shall follow, you may face higher bills due to increased cooling requirements. Keep the condenser coils behind the fridge clean by wiping with a

damp cloth (ensure this is done while the device is disconnected from the mains). Also ensure the provision of additional space behind the device so the coils can dissipate heat to the environment. Loading of vegetables in the designated tray area should be carried out after removing the tray from the fridge, rather than with the door open.

Similarly, cleaning of the inner compartments should be carried out with the fridge powered off. A fridge well-stocked, allows lesser areas for warm air to seep-in when opened. So optimise cooling by ensuring you do not keep a semi-empty fridge. Refrigerator gaskets (the insulating seal between the door and the body) need to be tight-enough to ensure cold-air does not leak out. A simple test to validate is by keeping a piece of paper in-between and shutting the door. If the paper can be pulled-out without having to exert adequate pressure, it may be time to replace the gasket.

LED / LCD / PLASMA / CRT TVS / MUSIC AMPLIFIER SYSTEMS :

The advent of high-definition (HD) picture resolution digital television sets has led to power-hungry equipment driving HD, 3D and Gaming requirements. Shutting them off completely from the main power sockets during non-usage hours rather than keeping them on standby mode (ie: do not merely power off from the remote control) can help save a lot. Stand-by power can add up significantly for many such devices kept in this state, for several hours of non-usage each day and night. Some might argue that the LCD clock-display on some of these devices need to be re-programmed each time they are switched-off, but this is a small price to pay for the savings that shall accrue. After all, these are not the only ways to read time in your home or office areas.

HOME & OFFICE LIGHTING :

Switching over to Energy-efficient lights and lamps such as those incorporating LEDs and CFLs considerably help conserve energy. If the additional expenditure in procuring these seems to be a deterrent, changing tube lights and fittings to more efficient T8 or T5 slim-lights definitely help lower consumption.



LAPTOPS / MOBILE PHONES / TABLETS / HAND-HELD DEVICES :

At the onset, it is important to understand that the life of any rechargeable-type battery is dependent on the number of charging cycles it has undergone. Hence to lengthen the service-life of a battery, it is important to charge and discharge it to the extent possible as per device specifications. Make a note of the amount of time your mobile/hand-held device requires to be fully charged from minimal state, and ensure the device is hooked up only for that time period. Leaving the device charging at the electrical socket, only leads to power being wasted in trickle-charge mode, in the form of heat besides reducing battery capacity.



ENERGY AUDIT:

From time to time, subject your residence or office to an energy audit that shall assess the efficiency of your devices as against manufacturers' ratings and provide you with a detailed summary of your Energy footprint. You may be well surprised with the outcomes and would want to re-validate the existence of several old and inefficient equipment, against the convenience they provide.

In all earnest, we should not forget our moral duty towards optimising Mother Earth's resources with a view to save them for future generations. After all, there is only one planet we call home, and no better time than now to make a difference.



The writer is an independent energy consultant and founder of a successful start-up.
He can be reached
at prasad@bigswitchindia.com

KNOW YOUR MANAGING COMMITTEE MEMBERS



SHRI ANIL K. SAMPAT

B.Sc

D.O.B.: 04/04/1954

Spouse Name : Kaumudi

Children: 1. Minoti 2. Mihika

Occupation: Business

Hobbies: Tennis & Swimming
anil.sampat@gmail.com

Membership No.: L-2417

Alumni: Don Bosco School, Matunga. Jai Hind College, Mumbai. Queens University, Canada

Comm. Member: Jai Hind College Alumni Assn.

Past President: All India Rubber Industries Association (AIRIA).

Past Vice President: Bombay Industries Association (BIA).

Founder Chairman: India Rubber Expo "Asia's Largest Rubber Show" 2001, 2003, 2005 & 2007.

Recognition & Awards: K.M. Philip Awards & Gold Medal for "Lifetime contribution to the Rubber Industry" Awarded Honorary Membership All India Rubber industries Association—September 2008.

Charter Member & Past Secretary: The Rotary Club of Bombay Film City.

Club Activities: Past Secretary - JVPJ Club 2004, 2009, 2010, 2011 and 2012.

Past Chairman - Lawn Tennis, Library, etc.

Member - Development Committee.

Important Milestones @ Club Over 3 years
Conceived and implemented Computerization of clubs data base, records, accounts and making all departments online with access control.

Launched "**SANDESH**" clubs magazine, Introduced the concept of **Members Service Desk** and **Senior Citizens Forum**.

Play the key role as Hon. Secretary to get **Aditi** and **Melting Pot** at our club.



SHRI ANIL M. MAHESH

B.A. (Sociology)

D.O.B.: 21/04/1943

Spouse Name: Dr. Meena,

Children: 1. Alok 2. Sameer

Occupation: Investment in Stocks & Realty

Hobbies: Music & Gardening
anilmahesh2104@gmail.com

Membership No.: F-564

Alumni: St. Xaviers College

President: Mumbai Suburban Dist. Badminton Assn.

Past Vice President: Maharashtra Badminton Assn.

Past Vice President: Mumbai Suburban Dist. TT Assn.

Charter Member of Rotary Club of Bombay Sea-Coast.

Associated with Bhakti Vendant Hospital

Sports Achievements: 1. 3-times Winner of All India Inter-University Team Title.

2. Captain of All India Inter-University Team.

3. Chairman of Sr.&Jr. Selection Committee of Maharashtra Badminton Assn. for several years

4. Coach & Manager of National Badminton Jr. & Sr. Teams for National Championship.

5. Appointed as Observer by Badminton Assn. of India for Asian Games at Bangkok in 1998.

6. Organised Badminton Clinics were Intl. Coaches trained the children in JVPJ Club in association with Prakash Padukone.

JVPJ Club Activities:

Past President (2011-12 & 2013-14)

Past Hon. Secretary (2 yrs)

Past Hon. Treasurer

Past Hon. Jt. Secretary (several yrs)

Member of Silver Jubilee Core Committee

Brief Note: Have been associated with sports in various capacities for over 50 years in Club and Associations.



SHRI ATUL A. BAROT

B.Com

Membership No.: F-657

D.O.B.: 06/10/1952

Spouse Name: Rekha

Children: 1. Priya

Occupation: Builder and Developers

Hobbies: Music

E-mail: atulbarot6@gmail.com

JVPJ Club Activities:

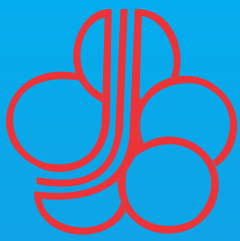
Past President (2007)

Managing Committee Member since 1998.

Past Chairman of Development Committee

Brief Note:

Chairman & Managing Director Bharat Infrastructure and Engineering Private Limited
Associated with Lions Club of Juhu
Associated with Rotary Club of Andheri



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**Music Arranger:
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