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■ APIRL 2014



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**RSELF
HANDWRITING
RE**



VOL. IV ■ ISSUE 4 ■ APRIL 2014



**HOLIDAY DESTINATION
FEEL GOOD ABOUT YOURSELF
THE ART OF WRITING: HANDWRITING
GEAR UP, SUMMERS HERE
NEVER TOO LATE**



From The Desk of The President



SHAMIT MAJMUDAR

President

Dear members

April marks the beginning of a new financial year along with the advent of spring and a host of festivals marking a new year Gudi Padva, Ugadi, Chet Chand. India is on the cusp of a major change as political parties battle it out in the elections underway. The hopes and aspirations of a billion plus people ride on the outcome. Yet the major theme in the coming elections is good governance, better infrastructure, optimal resource utilisation, less government interference and better implementation of laws and rules already in place.

JVPG club, despite its elite nature and function, is a microcosm of India. The 7000 plus member families of our club have identical aspirations and issues they face mirror the issues faced by the nation.

I thank the members of the managing committee and all of you for having reposed faith in me to head our august institution and my focus will be to address the issues outlined above. Details will follow as we settle down to the task on hand.

My priorities would be to get all the constituents and the club to work towards the goals jointly set by us with a gentle yet firm hand.

Let me wish all the students appearing for the ongoing exams " Best of Luck" and a great holiday season to follow.

Best Wishes and Regards

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

Shamit Majmudar

President



JUHU VILE PARLE GYM KHANA
(ISO 9001:2008 Certified Organisation)



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EDITOR'S NOTE



જુહુ જીમખાનાના જાજરમાન સભ્યો,

ભાર્ગવ પટેલના જયશ્રી કૃષ્ણ, જય જિનેન્દ્ર, જય માતાદી, જય સત શ્રી અકાલ....

આપણું જુહુ જીમખાના, સુખદ આંચકા પચાવવામાં નીપુણ છે એટલે મારી નિયુક્તિનો આચંકો ઘણાને સહજ અન્યથા, વધુ માત્રામાં અપચ્ચ રહ્યો હશે. પ્રભુએ નિરધારીત કરેલ કાર્ય કદાપી કોઈ ઉથાપી શકતું નથી. મને આપની, તથા પ્રથમ તો પ્રભુની કૃપાથી મળેલી, તમારી સેવા કરવાની આ અમૂલ્ય તક હું વેડફીસ નહીં એવી બાંહેધરીની પ્રતિતી તમને આવનારા દિવસોમાં જ થશે.

ઘણું કાર્ય કરવાનું બાકી છે. સમય ઘણો ઓછો છે. મરીજનો શેર “જિંદગીના રસને પીવામાં કરો જલ્દી મરીજ! એક તો ઓછી મદીરા છે અને ગળતું જામ છે” એ મારા મનના અદમ્ય ખૂણામાં પેસીને સતત તમારા પ્રત્યેની મારી જવાબદારીનો અહેસાસ કરાવતો રહે છે.

વચન આપું છું કે એક વર્ષના, મારા આ ટુંકા સમયકાળના ગાળામાં, જુહુ જીમખાનાને હાલની ભ્રમણકક્ષામાંથી, ગુરૂત્વાકર્ષણને ચાતરી, વધુ ઉચાર્થના ભ્રમણકક્ષામાં પહોંચાડીશ.

ઢૈયાની ઉર્મીઓની સાતત્યતાને, વાચા આપતી અભિવ્યક્તિ માત્ર ને માત્ર માતૃભાષામાં જ સચોટ રીતે વ્યક્ત કરી શકાય, એટલે જ મારું પહેલું સંબોધન આપને ગુજરાતીમાં જ કરી રહ્યો છું.

મિત્રો, વડીલો તથા બાળમિત્રો... જીમખાનાના કોઈપણ કાર્ય માટે, અથવા હું યોગ્ય લાગતો હોઉં તો આપના કોઈપણ વ્યક્તિગત અડચણના નિકાલ, માટે અડધી રાતે, મને મારા સેલ નં. ૯૮૨૦૦ ૨૦૧૧૬ ઉપર વિના સંકોચ ફોન કરજો... હું અચૂક હાજર થઈશ, બનશે તો ફોન પર જ આપની તકલીફનું નિવારણ ત્વરિત ગતીથી કરી આપીશ એવી બાંહેધરી આપું છું.

જુહુ જીમખાનાને રમતગમતના સંકુલ સુધી સીમીત ન રાખતા વ્યાખ્ય પ્રમાણમાં સાચે જ આપણા ‘બીજા ઘર’ની ઉક્તિ પ્રમાણે દરેક દિશામાં વિસ્તારવું છે. એમાં મનોરંજન, સૌંદર્ય ચીજ-વસ્તુઓથી લઈને સર્વે સભ્યોની સુખાકારીને પ્રાધાન્ય આપવું છે.

વિરમતા પહેલા, હાથ જોડીને, આપ સૌનો ખૂબ ખૂબ અભાર. મે લીધેલા આ ભગીરથ કાર્યમાં આપ સૌ સંપૂર્ણ પણે સહયોગ અને સહકાર આપશો એવી નમ્ર વિનંતી. કાર્ય ગમે, તો પીઠ થાળડશો અને જ્યાં ઉણો ઉતરતો લાગું, ત્યાં રૂના ઓશીકામાં પાણશેરી મૂકીને જરૂરથી ફટકારશો.

આપ સૌના માર્ગદર્શન અપેક્ષિત

ભાર્ગવ પટેલ

Holiday Destination



Article by SONAL CHABRIA



Been there done that...so, I wanted to go somewhere where I could sunbath, drive, eat, drink in sleepy lanes, party hard in the middle of the night, sail into the ocean and then Croatia's glittering waters immediately came to mind. Croatia's coast has something for everyone, Whether you dream of sunbathing on gorgeous Zlatni Rat beach, partying in glamorous Hvar Town or relaxing on the idyllic and unspoilt island of Mljet. For those who want to step back in time, Dubrovnik's iconic medieval walled Old Town is only rivaled by Split's Diocletian's Palace, where the imposing Roman ruins have transformed into a bustling quarter. Away from the coast you can explore the watery paradise of Plitvice Lakes, hike and climb in the dramatic mountains of Paklenica or spot rare birds and wildlife at Kopački Rit wetlands.

Sounded perfect till I saw pictures of it and then I was completely sold.

A small itinerary that seemed appealing:

Dubrovnik/Zaton:

The undisputed jewel of the Dalmatian Coast, Dubrovnik is a beautiful white stone town that is picturesque, full of character and surrounded entirely by city walls.



Ston/Mljet:

A fortified town on the isthmus that joins the mainland and the Peljesac Peninsula, Ston has a long history as an important salt-producing town. Legendary in ancient history as the idyllic island where the shipwrecked Odysseus lived for seven years, today Mljet is a haven of lush forests and small villages

Romantic and evocative, the island of Korcula boasts a stunning Old Town, which reflects the many diverse influences which have shaped its long history.

Blace:

A small village at the mouth of the River Neretva, Blace lies in a fertile region where mandarins and other citrus fruit are grown in abundance.

Brac:

The largest island in central Dalmatia, Brac's rocky interior is fringed with beautiful beaches and picturesque seaside towns set among steep cliffs and a distinctly Mediterranean landscape.

Hvar:

Known as the 'Queen of the Dalmatian Islands', Hvar has idyllic beaches, dramatic cliffs, ancient olive groves and relaxed towns with wonderfully preserved Renaissance facades.



Also sharing with you some 'nice to know' facts about Croatia.

Croatia is more expensive in the summer than it is from September to May. Accommodation, boat fares, car rental and anything else relating to tourism skyrockets in summer, reaching a peak in July and August. In the high season, a double room costs about 300KN in a private residence and 500KN to 1500KN in a three-star hotel, depending on the destination. Rooms in [Zagreb](#), Split and [Rijeka](#) are about the same all year. Private owners usually add a 30% to 50%

surcharge for private rooms rented for less than four nights and some insist on a seven-night minimum in high season. Hotels usually have no minimum-stay requirements.

Concert, theatre tickets and museums are cheap (concert and theatre tickets run from about 60KN to 200KN and museums are about 15KN, except in [Zagreb](#) where they are slightly more expensive); boat transport is also cheap unless you take a car on board in which case you'll pay around 120KN for a short ride. The average intercity bus fare ranges from 40KN to 80KN. You can easily get a pizza for 30KN, and a plate of pasta costs about 50KN even in the more expensive restaurants. Fish, meat and produce are about the same price as elsewhere in [Europe](#).



Backpackers who stay in one place can plan on spending about 200KN a day. Staying in nicely appointed private rooms, eating in moderate restaurants and traveling along the coast costs about 400KN per day and at least double that to stay in the best hotels and eat at the best restaurants. Families are better off renting an apartment than staying in a hotel. A one-bedroom apartment sleeping three, costs 375KN to 600KN per night along the coast.



In a good, moderate restaurant expect to pay about 35KN to 55KN for a starter and 80KN to 120KN for a meat or fish main course. Bread usually costs extra and a few restaurants tack on a service charge, which is supposed to be indicated on the menu. Fish and shellfish are more expensive and usually charged by the kilogram. An average portion is about 250g, but sometimes you'll be expected to choose a whole fish from a selection, making it more difficult to estimate the final cost. Squid runs at about 300KN per kilogram, but for fish and shrimp you'll pay from 320KN to 380KN per kilogram.

You could club it with your Italy pans. Do Venice and then across the Adriatic to lovely Croatia.

Have a fabulous holiday!

PROMOTIONS - APRIL 2014



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FORTHCOMING EVENTS

APR 14

LAWN TENNIS REGULAR COACHING

The Tennis regular coaching new batch starts from 1st April 2014. Contact Tennis Dept./Office for registration.

16 APR 14

SWIMMING SUMMER COACHING CAMP

Swimming Summer Coaching Camp will be held from 16th April to 15th June 2014. For registration, contact Swimming Pool reception/Office/MSD.

23 APR 14

CRICKET SUMMER COACHING CAMP

Cricket Summer Coaching Camp will be held from 23rd April to 6th June 2014. For registration, contact Cricket Coach (Uday Tank - 9820071574)/Office/MSD.

12 APR 14

GRAND OPENING OF CARROM ROOM

The facility for playing Carrom will be available on 2nd floor, Orchid hall. Inauguration of the facility will be held on 12th April 2014 at 7.00 pm. Table Tennis and Indoor Games Sub-Committee welcomes all members to be present.

27 APR 14

SR. CITIZEN - 'LECTURE' BY DR. SARVESH VORA

Senior Citizen Sub-Committee presents 'Lecture' by Dr. Sarvesh Vora on 27 April 2014 at Jasmine Hall 10 am onwards. For more details contact MSD.

APR 14

SQUASH REGULAR COACHING

Squash Coaching is being conducted in the Squash court by renowned National Medalist Mr. Samir Mistry. Contact Squash Dept. / Office for registration.

16 APR 14

BADMINTON COACHING PROGRAM

Badminton coaching for members by renowned player Mr. Murli Subramaniam from 16th April 2014 onwards. For registration, contact badminton dept. / office / MSD

APR 14

TENNIS HOME TOURNAMENT

The Lawn Tennis Sub-Committee has planned to organize the Tennis Home Tournament 2014 in the last week of April 2014.

30 MAY 14

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 it will be held from 30th May to 1st June 2014.

JONTY RHODES Visits JVPG Club

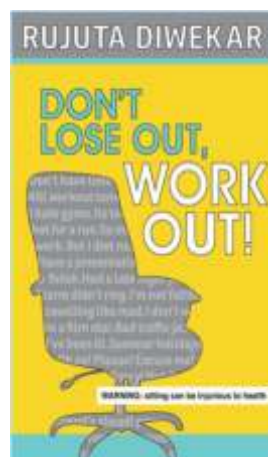
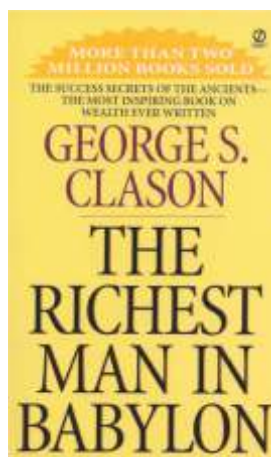
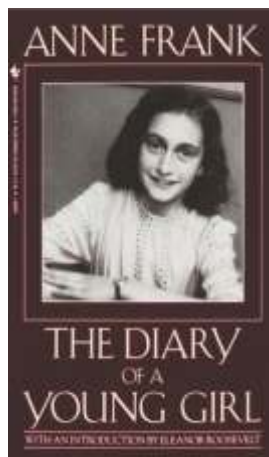
Jonty Rhods, a famous cricketer of South Africa, visited our club on 5th April 2014 alongwith our member Kishor Gandhi to enjoy delicious Indian cuisine at Melting Pot.

Rhodes, was especially known for his quick - silver movements on the cricket field and his acrobatic fielding in the backward point region. In 1992 world cup he effected run-out of Pakistan's top batsman Izaman UI-Haq by diving full length with ball in hand and breaking the stumps. That run-out is till considered as one of the most spectacular feats of the world cup.

He is now in retirement and works as a fielding coach to many International teams including India.



LIST OF NEW ARRIVALS AT THE LIBRARY

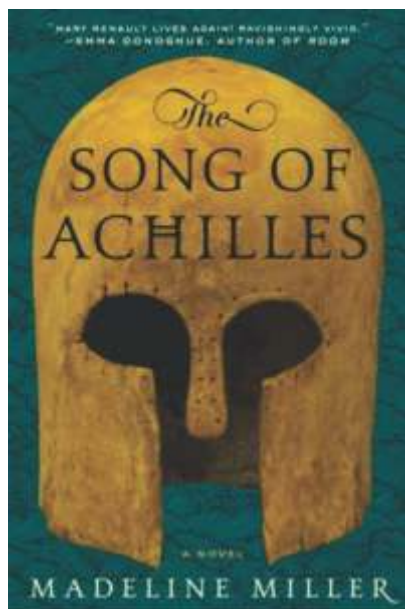


Byculla to Bangkok - Zaidi Hussain • **Don't lose out work out** - Diwekar Rujuta • **Richest man in Babylon** - Clason George • **Diary of Amoslee** – 5 titles - Foo Adeline • **Dear dumb diary** – 4 titles - Benton Jim • **Hatching twitter** - Bilton Nick • **Kite Runner, Thousand splendid suns** - Hosseini Khaled • 13 titles - Mills & Boons • **Diary of a young girl** - Frank Anne • **The Finisher** - Baldacci David • **I am That** - Shri Nisargadatta Maharaj • **Phoenic file series** – 6 titles - Morphew Chris • **Lost in the woods** - Barjatya Kashvee • **Mortal Instruments set of 3 books** - Clare Cassandra • 7 titles - Seven series • **Tom Fletcher & the three wise men** - Matthias Sarah • 11 titles - **Smitten Romantic books** • **Hey jack series of 12 titles** - Rippin Sally • **Billie B Brown series of 20 titles** - Rippin Sally • **Volcano of fire** - Stilton Geronimo • **Buddha** - Chopra Deepak • 12 titles - **Phantom series** • **Enormous crocodile, Charlie & the Chocolate factory** - Dahl Roald • 10 titles - Seuss Dr. • **Peter Pan** - Barrie J. M. • 11 titles - **Lucky Luke series** • 8 books - Tinkle Double Digest • **Words** - Yttrup Ginny • **Acting Smart** - Chopra Tisca • **Hardy boys 14 the Hidden Harbor Mystery** - Dixon Franklin • **Be careful what you wish for** - Archer Jeffrey • **Coraline** - Gaiman Neil • **My family and other animals** - Durrell Gerald

BOOK REVIEW - Sonal Chabria



The Song Of Achilles By Madeline Miller



I am a great believer in love. When I watch 2 people holding hands and walking, my eyes follow them till the end of the road. I am not homophobic at all and reading "The Song Of Achilles" just proved to me that I truly don't differentiate between love.

I have always claimed that homosexuality has existed from time immemorial. Achilles and Patroclus have been mentioned in the Iliad but their love story has not been told. The song of Achilles is a captivating, compelling and a seductive read. It can easily become a part of the high school reading list. The language is timeless and the historical details slip in with perfection.

Madeline Miller's first novel and it was awarded the 2012 Orange Prize for Fiction and is a New York Times Bestseller. It has been translated into fourteen languages.

Greece (I got transported to its olive trees), Patroclus the awkward young prince (I felt his insecurities, his fright, his love), Achilles the handsome golden haired perfect prince (felt his pride, his need, his passion), Thetis the sea goddess, mother to Achilles (felt her need to protect, felt her raw anger) .. in each character I saw myself and felt every emotion.

The need to fulfill one's destiny is so beautifully put that it makes you understand that you cannot stagnate.

Such a brilliantly written book which takes you from friendship to love to war to sacrifice and makes one cry. Definitely my favorite read of 2014.

THE ART OF WRITING: HANDWRITING



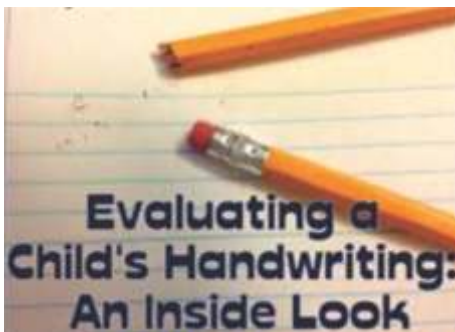
THE HANDWRITING CLUB: (Using Sensory Integration Strategies to Improve Handwriting)

We all have been writing since we were little kids. It started with scribbles and crayons and now it's pens, pencils, and cursive with all those swooping, swirling letters.

Why is it that some kids love handwriting and others hate when it's time to put pencil to paper?

Maybe a parent or teacher has complained about their handwriting...."Be neater!" "Too messy!" "I can't read this!" Maybe they are trying to get it right, but can't get their thoughts down neatly.

For the lucky ones for whom writing is an effortless task, let's take a moment to think about just how complicated writing really is!



With handwriting, your body and mind need to do many different things all together and in the right order. Your shoulder needs to stay steady while your wrist and elbow move in just the right way. Did I mention your eyes have to follow what your hand is doing? And that's not all. You need to know how words and letters are supposed to look and make decisions about what you want to write. Is the opposite of good..."bad" or is it "dab"

Kids have different problems when it comes to handwriting. Sometimes a medical problem is a reason that kids struggle with writing. For example, kids who have attention deficit disorder

(ADD or ADHD) find it hard to sit still and focus on what they need to do. They might write too fast or start answering a question and forget to finish it. Kids who have trouble with their muscles, like those with Down syndrome or cerebral palsy, also could have difficulty writing.

Some kids have difficulty in writing due to Sensory integration or sensory processing problems.

What is sensory integration:

Sensory integration is the organization of sensation for use.

A lot of sensory information enters our brain at every moment, not only from our eyes and ears, but also from every place in our bodies. The brain must organize all of these sensations if a person is to move and learn and behave normally.

The seven sensory systems that deliver this flow of information are:

- » Tactile (sense of touch)
- » Visual (sight)
- » Vestibular (sense of movement)
- » Auditory (hearing)
- » Proprioceptive (sense of pressure)
- » Gustatory (taste)
- » Olfactory (sense of smell)

The brain locates, sorts and orders sensations – somewhat as a traffic policeman directs moving cars. When sensations flow in a well-organized or integrated manner, the brain can use those sensations to form perceptions, behaviors, and learning. When the flow of sensations is disorganized, life can be like a rush-hour traffic jam.



Handwriting is a very complex skill that requires many of these systems to work well together. It is found that students with difficulties in sensory processing, sensory awareness, and/or perceptual

skills usually have handwriting problems. For example, a student with proprioceptive problems may hold the pencil too tight and push too hard while writing. A child with vestibular problems may become fidgety and is easily distractible, a child with tactile problems may be so distracted with the feel of his shirt sleeve that he can't focus on his writing.

The good news is that just about everyone can improve their handwriting.

How Occupational/Sensory integration Therapy Works:

In therapy, the child is guided through activities that challenge his or her ability to respond appropriately to sensory input by making a successful, organized response. Therapy will involve activities that provide vestibular, proprioceptive, and tactile stimulation, and are designed to meet your child's specific needs. The activities will also be designed to gradually increase the demands upon your child to make an organized, more mature response.



Why Children Like Occupational /Sensory integration Therapy:

Therapy using sensory integrative procedures in almost everything is always fun for the child. The clinical setting consists of equipments like ramps to slide down, platforms to swing on, bolsters to climb over, inner tubes to jump into, trapezes to swing from and

ladders to climb on. Therapy is based on and looks like play to an observer, but it is also important work. With the guidance of a trained professional, the child is able to achieve goals that probably would not occur in unguided play.

Outcomes of Occupational /Sensory integration Therapy:

When a sensory integrative approach to therapy is successful, the child is able to automatically process complex sensory information in a more effective manner than previously.

An improvement in motor coordination may be documented by the child's ability to perform gross and fine motor tasks with greater skill and at a higher level of complexity. For the child who originally presented problems of over or under-responsiveness to sensory stimulation, more normal responses may lead to better emotional adjustment, improved personal-social skills, or greater self-confidence.

Keeping this in mind, we have started "The Handwriting Club" at Angels, Child Guidance Clinic.

We meet with group of children twice a week for about 45 min to an hour. The



session starts with gross motor activities like jumping, push-ups, swinging, followed by some fine motor co-ordination activities for pre writing warm up. Surprisingly, the actual task of writing is only about 15 min....which is very relieving for the kids!!

The activities are planned in such a way that every session is a new set of challenges for the kids which makes it interesting for them and at the same time promotes their overall skills and caters to their sensory needs too!!

The next Handwriting Club: month of May at Angels, Child Guidance Clinic, Juhu

Mahalaxmi, Ground Flr, S/6 Kapole Soc, N.S. Road 12, J.V.P.D Scheme, Vile Parle (W), Mumbai - 400049

For: Ages 4-9 years,

For further inquiries contact - 9833699033



The author, **Dr Hitasha Merani** is a Senior Occupational therapist with over 12 yrs. of experience in various clinical settings in India and USA. She leads the department at Angels Clinic and deals with children with attention problems, learning difficulties, handwriting problems, sensory integration disorder, autism spectrum disorder and developmental delays.



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GEAR UP, SUMMERS HERE

Started feeling the heat yet?

And its going to get worse...Some things that we tend to overlook,

- ♦ UV rays are weakest before 11 a.m. and after 4 p.m. Plan activities during these times.
- ♦ Skin does not have to feel hot to get burned, so protect yourself even on cloudy days.
- ♦ Wear sunscreen with a sun protection factor (SPF) of 15 or greater, and apply at least 20-30 minutes before going outside.
- ♦ Wear UVA/UVB protective sunglasses, and a hat.
- ♦ Stay hydrated by drinking plenty of water and juice. Alcohol consumption may cause dehydration.
- ♦ Protect your arms and legs with loose fitting, tightly woven cotton clothing.



- ♦ Stay indoors during extremely hot temperatures.

SUNSCREENS:

How should skin sunscreens be applied?

It's a good general rule to apply a sunscreen very liberally. Anyone who skimps won't receive full protection. The sunscreen should be applied about

a half hour before going outside to allow time for the sunscreen to soak in and take effect.

Should everyone use sunscreen protection?

As a general rule, babies 6 months of age or younger should



HIGHLIGHT:

As you prepare to show more skin, get ready to face the sun's rays with summer skin tips:

1. Exfoliate for clearer, smoother skin

What it does: Exfoliation removes dead, dulling skin debris to prevent congestion and improve hydration from toners and moisturizers.

When: Perform in the mornings prior to toner, moisturizer, SPF and make-up application. Tip: Make-up will last longer on an exfoliated skin!

Don't forget: After you exfoliate, follow with a hydrating body cream to seal in moisture, and always shield freshly exfoliated skin with an SPF

2. Keep skin hydrated

How: Up your regimen's level of hydration with intensive masques, perfect for use one to two times a week. Boosters are a great fit, working best when layered underneath a moisturizer. Toners are refreshing moisturizer prep, working to even out skin porosity.

Tip: Refresh with a revitalizing toner spritz at your desk, in the car, at the gym, on the plane!

3. Make friends with H₂O

Why: Higher temperatures and more time outdoors leads to internal dehydration, which can result in headaches and dizzy spells!

What you can do: Eight ounce glasses of plain filtered water every day help maintain critical moisture balance of the body and skin, and assist in detoxification.

Tip: If you drink caffeinated beverages, you must triple the amount of water you drink!

4. When in doubt, apply (and reapply!)

Why: It's not enough to just apply sunscreen: you must apply enough, and apply frequently. Studies indicate that most people do not apply nearly as much daylight protection as they should.

How much: A teaspoon for the face. For the body, about as much as would fill a shot glass.

How often: Re-apply every two hours. **Tip:** Stay out of the midday sun from mid-morning to late afternoon whenever you can.

5. Soothe over-exposed skin

What: You forgot the sunscreen, didn't apply enough, or got caught in a sunny spell.

What's next: Unfortunately, the damage is done, but you don't have to suffer in pain! Super-soothing botanicals and cooling gels can help prevent peeling and reduce redness and inflammation.

How: Apply cooling balms generously over-exposed skin, preferably at the first sight of a pink glow.

Prevent: One blistering sunburn doubles your risk of melanoma -- remember to get a yearly skin exam by a doctor and perform self-examination once a month to detect early warning signs of carcinomas and malignant melanoma. Look for a new growth or any skin change.

6. Repair and treat sun damage

What causes skin damage: UV light causes photo aging in the form of brown spots, coarse skin and wrinkles, whether you have burned your skin or not. When sunlight comes in contact with skin, a cascade of damage results (including the stripping of barrier lipids) causing inflammation, production of reactive oxygen molecules that affect healthy cell growth, and stimulation of collagen destructing enzymes.

What to do: A tan may be a popular summer look, but it indicates damage. Bombard your skin with age-fighting ingredients to help undo any damage that

not have sunscreen applied to their skin because their bodies may not be capable of tolerating the chemicals in sunscreens. Instead, they should be kept away from sun exposure.

Everyone over 6 months of age should use a sunscreen regularly unless they and their doctors decide it would be better to protect the skin in other ways.



What kind of sunglasses should be worn?

Only those that provide 100% protection against UVA and UVB radiation, as stated on the label at the time of purchase, should be worn.

Are a good sunscreen and sunglasses enough?

No, they are only one part of a complete sun-protection program. An effective program also includes limiting sun exposure and wearing protective clothing.

may occur, and to further protect it from the aging effects of UV.

7. Beware of 'healthy' smoothies

Fruit smoothies are a great way to get your five-a-day and keep refreshed throughout the summer, but watch out for smoothies made with frozen yoghurts or ice cream as they can be extremely calorific.

A healthy smoothie should be made with fruit, juice, low fat-yoghurt and ice. Use any fruit you might have or have kept in the freezer, and throw it all in a blender to make a perfect summer drink.

8. Keep up the exercise regime

Before you hide those running shoes in the wardrobe, remember summer exercise doesn't have to stop because of the rising temperatures. Instead of working out outside, change your exercise plan and take it indoors. Join a gym, take up a step class, or get a group of friends around for an afternoon of exercise DVDs.

9. Get wet

Summer is the perfect time of the year to get wet! Start by swimming for 10 minutes and increase the time over the following weeks by doing front crawl, breaststroke or backstroke to mix up your cardio workout. A 30

It is possible to get skin cancer in places on the body that are not exposed to the sun?

In people with dark skin, squamous cell skin cancer is the most common type of skin cancer, and it's usually found in places that are not in the sun, such as the legs or feet. In people with fair skin, skin cancer usually occurs on parts of the skin that have been in the sun, such as the head, face, ears, and neck.



Does an SPF 30 sunscreen blocks twice as much UV radiation as SPF 15 sunscreen?

The sun protection factor (SPF) describes how long a product will



protect your skin when correctly applied. Fair-skinned people begin to burn in about 15 minutes. Based on this, SPF 15 sunscreen should last about 225 minutes ($15 \times 15 \text{ minutes} = 225$) and SPF 30 sunscreen should last for 450 minutes ($30 \times 15 \text{ minutes} = 450$). However, most people do not apply enough sunscreen to gain the expected amount of protection for any given SPF, and sunscreen must be reapplied frequently.

12. Eat healthy by the pool

When the sun is beating down, the idea of seeking out the nearest ice cream stand is seriously tempting. Stay strong by being prepared, and pack a cooler full of healthy snacks and juices. Fill your ice-box with ice, bottled water, sandwiches, vegetable sticks with hummus, yoghurts and endless amounts of fruit.

13. Take up a new hobby

Summer is the perfect time to take up a new activity. Gardening is a great way to enjoy the outdoors and will actually help you burn some calories! Planting a herb garden is a fantastic way of getting your hands dirty, having quick access to some healthy flavors for your summer meals and if you have kids, get them involved in playing outside.

If gardening isn't your thing, get some inspiration from Wimbledon and try your hand at some tennis or golf. Pilates is the perfect alternative for some alone time in the garden. Roll out a towel and have some fun trying out planks and some breathing techniques in the sun.

minute session of this full body workout will burn almost 400 calories! If swimming laps isn't your thing, join a water aerobics class or create your own aerobic workout with jumping jacks, marching and jogging in water.

10. Olive oil

Olive oil is a healthy fat which contains essential fatty acids that help skin resist UV damage. These fatty acids are also part of the cell membranes that keep in all that moisture your body loses through heat and sweat during the summer. In order to protect your skin and keep it supple, consume about 1 tablespoon of olive oil daily or add it to a healthy salad or fish dish in order to get all those essential fatty acids.

11. Protect your glossy locks

Our hair suffers a lot during the summer. Constant heat, sun damage and chlorine takes a toll on our hair and can leave it feeling limp and dull after the holidays. If you're planning on swimming a lot during the summer, it is advisable to use anti-chlorine shampoo and conditioner to help neutralize the chlorine from your hair. If possible, apply a handful of mousse and revel in beachy summer waves.

FEEL GOOD ABOUT YOURSELF



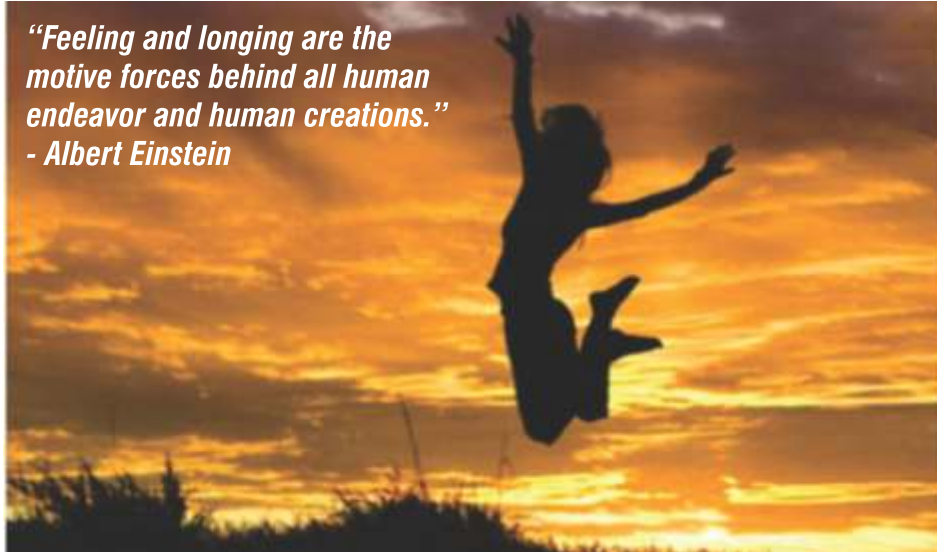
Article by
Shivani V. Khetan
Hon. Treasurer

people around you before you start joking around. Likewise, there may be situation where making light of the situation could actually prove to be rather inappropriate.

GREEN ISN'T GOOD :

Though most of us might believe that life will improve once we've bought a bigger house, had a baby, been on a foreign holiday or re-decorated the living room, much to our chagrin, we find that it hasn't. What we refuse to acknowledge is that there is always something that will make you feel better than you are right now. The problem with the desire to have what others have, which you believe you too have a right to possess is that those wishes never diminish. No matter how much you may try to match up to the lifestyle of someone else, there will always be something else that would fall short. Don't fall for it! If you get the things, you'd like to have, then good for you – just don't let them hinder your chance of happiness along the way. Look around you and appreciate the things you do have instead of focusing on those you don't. Remember the talisman Gandhi ji gave, "Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man [woman] whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him [her]. Will he [she] gain anything by it? Will it restore him [her] to a control over his [her] own life and destiny? In other words, will it lead to swaraj [freedom] for the hungry and spiritually starving millions? Then you will find your doubts and your self melt away." No matter how little you think you have, there are people not far from you who are far worse off than you are. ■

*"Feeling and longing are the motive forces behind all human endeavor and human creations."
- Albert Einstein*



Most of the times, when we look at ourselves in the mirror, we see ourselves not for what we are, but what we ought to be. However, the decision of 'what we ought to be' is not decided by the standards we set for ourselves, but by the straitjacket, the society carelessly throws us into. We long to break free from all such pretensions, yet, when given the opportunity to do the same, fall right back into the very trap. Many of us do not like to see ourselves in the mirror at all, afraid of what we might see ourselves as – since we tend to define 'successes and 'failure' in extremely conventional ways. No wonder most of us never feel good about ourselves. Nevertheless, there are some simple rules that you can follow if you wish to feel good about yourself. Here's how to bring in the 'feel good' factor about yourself.

Easy Ways To Feel Good About Yourself

Here's what you must do to feel good about yourself:

LIFE'S NO ENEMY :

Most of us often feel that everyone on this earth, or at the very least, some people are out to get us. If you are constantly suspicious of others' motives and keep believing that they have some hidden agenda that involves hurting you, you'll keep people at arm's length and never make new friends or improve the friendships you already have. For the person who's trapped in his or her

own shell of negativity, the result is that they make any excuse to not go out in the world with a positive outlook. Meeting people would require them to be friendly, which they consider to be not worth taking the pain. To inculcate a more positive outlook on life you need to understand that most people are way too busy managing their own lives to take the pains to hurt you. Being friends is far more pleasant than being enemies so why would they want to put so much energy into something they'd have nothing to gain from?

THE 'HA! HA!' IS ON ME :

A good sense of humor is more important than being what most people consider "beautiful" in the conventional sense. "Your sense of humour is wonderful", is not a compliment that people give anyone, while "You are pretty or good looking" is a compliment that is as carelessly thrown around as any pleasantries. Having a sense of humor can make it easier to be friendly even with strangers and makes tough situations less stressful. Most people appreciate a sense of humor more anyway. Also, humor has the potential to last far longer than physical traits. The only problem with being too humorous is that not everyone will have the same sense of humor as you and can get offended. Therefore, for this reason, it is best if you try to feel out the

BAYER NATIONAL SCRABBLE CHAMPIONSHIP TOURNAMENT 2014

The Mumbai Scrabble Club in association with Scrabble Association of India is organizing National Scrabble Championship from 30th May 2014 to 1st June 2014 at JVPG Club and it carries a prize money of Rupees 5 lacs.

If we look back, the year 2000 was significant in the history of Indian Scrabble when the first "All India Open Scrabble Tournament" was held in JVPG. Prior to this, Mumbai Scrabble Club took root under the guidance of Dr. Dutia and held weekly sessions in JVPG. The first ever International Scrabble Tournament was organized, conducted and sponsored by JVPG in 2003.

The management has always encouraged scrabble in the club. Due to its support and guidance of the Table Tennis Sub-Committee, it is now possible to ensure the return of scrabble at JVPG by holding a prestigious national tournament.

This tournament, being a major tournament, will attract more than 100 participants, including top players from various states. It would be a fine opportunity for the Scrabble enthusiasts to participate and match their skills with the top exponents of the game.

Dear Members, we look forward to your support and participation.



BOMBAY GYMKHANA PREMIERE LEAGUE ACHIEVEMENT

JVPG achievers participated in the BGPL (Bombay Gymkhana Premiere League) Billiards Tournament which started from 1st January 2014. Our team reached the quarter finals and won a cash prize of Rs. 11,000/-. Chandu Shah, our sports member registered the highest break 108* of the tournament, which enabled our team retain top slot at the group stage.

JVPG Billiards Team members: Ketan Shah (Capt.), Anup Kedia, Birju Kanani, Chandu Shah, Rahil Patel, Rajesh Vora, Sanjeev Shah and Santosh Gulwadi.

BADMINTON ACHIEVEMENTS



Congratulations Mr. Murli Subramniam for winning the Men's Singles 45+ category in the GD Birla Badminton Tournament held at Bombay Gymkhana



EXTENSION OF WIFI FACILITY

We are pleased to inform the members that free WIFI facility has been extended to all restaurants/bars, lobbies on all the floors and fast food open area.



We are hopeful that the members will make full use of this facility, after opening an account at the library.

NEVER TOO LATE

Summer vacations are on and now is the time that you should take up a new activity. New? Why, you may ask? Well, because its never too late in life to do anything and a living example in our club is Lata Guloo Alimchandani.

At the age of 55, she donned her running shoes and decided to run regularly. This was in December 2013 and there after she never looked back.

She ran her first half marathon of 21 kms successfully at Mumbai Standard Chartered Marathon 2014 and came out 221 out of thousand of participants. This was followed by another half marathon in Hiranandi Thane Half Marathon where she got 4th place in the womens' category covered the distance in 2 hrs 13 min. Prior to this race she also participated in Puma Stampede Mumbai 2014, completing 10 km race in 1 hrs 1 min. Till now her maximum run is of 27 km starting from Juhu HSBC bank to Siddhivinayak temple and back in one stretch. Besides these races she also ran in the following competitions.

Dec 15, 2013 Pinkathon

Jan. 26, 2014 Kandivali 10 km - 2nd place

Feb 9, 2014 D J Sanghvi Race - 1st place

Feb 23, 2014 IL & FS (10 Km) - 2nd place in 58 min.

Mar 9, 2014 DNA Half Marathon - 2 hrs 10 min.

Mar 16, 2014 Lokhandwala Fun Run - 1st place in 25 min.

Mar 30, 2014 investothon mumbai 2014 - 6.5 Km in 35 min.

Now she is totally hooked on running and keeps herself fighting fit by doing Yoga and Aerobics. During the year she decided to study spanish and she did a diploma course in 1 year. She attributes her success to Ms Meenu, Rohit sir, Krish captain and of course, her husband Guloo, who motivated and pushed her in achieving notable success in the twilight years by exploring her hidden talents. She feels elated, when people recognize her at the marathons and other races.

Lets take a leaf from her book and begin some new physical activity this year. Well done Lata, we are proud to have a motivating person like you amongst us.

So lets pick an activity from the range of activities our club is offering this summer to keep our selves healthy and happy:



Lata with Neha Dhupia at Standard Chartered Mumbai Marathon 2014



Lata receiving prize at D J Sanghvi Race 2014

Half Marathon				5km Run			
Rank	ATHLETE	SEX	Time	Rank	ATHLETE	SEX	Time
1	Chitra Vadhani	5002	01:59:04	4	Rohit Desai	Thane	01:54:00
2	Sandya Jagtap	5003	02:00:12	5	Anshu Bhat	Thane	01:53:45
3	Pooja Pandey	5004	02:00:18	6	Chitra Vadhani	Thane	01:53:40
4	Lata Guloo Alimchandani	5005	02:01:19	7	Salil Shah	Thane	01:53:00
5	Mehana Ganes	5006	02:01:20	8	Anshu Bhat	Thane	01:53:00

GRAND OPENING OF CARROM ROOM

Inauguration on Saturday 12 Apr, 2014 | 7:00 pm | Opp. Orchid / Table Tennis Hall



SWIMMING SUMMER COACHING CAMP

16th Apr, 2014 to 15th June 2014 | For registration, contact Swimming Pool reception/Office.



CRICKET SUMMER COACHING CAMP

23rd Apr, 2014 to 6th June 2014 | For registration, contact Cricket Coach (Uday Tank - 9820071574) /Office.

SQUASH REGULAR COACHING

April 2014 | Squash coaching by renowned National Medalist Mr. Samir Mistry | For registration, contact Squash Dept./Office

BADMINTON COACHING PROGRAM

April 2014 | Badminton coaching by renowned player Mr. Murli Subramaniam | For registration, contact Badminton Dept./Office

LAWN TENNIS REGULAR COACHING

April 2014 | New batch starts from 1st April, 2014 | For registration, contact Badminton Dept./Office



SATISH C. SHAH

Chairman, Sr. Citizen Sub-Comm.

MUSICAL NITE BY POOJA GAITONDE

The Musical evening featuring Hindi Film songs spanning 100 years by Pooja Gaitonde was held on 30th March in the Activity Hall. The program was immensely enjoyed by more than 250 members including Managing Committee members of our club.

The evening began at 7.00 pm with the welcome address by Shri Satish C Shah followed by the introduction of Ms Pooja Gaitonde by Shri Kamlesh Daru, after the introduction birthdays and anniversaries for the month of March were celebrated by cutting a cake.

Then for the next 2 and a half hrs, Ms Pooja Gaitonde enthralled the audience with her beautiful melodious voice. She sang popular songs such as Chandan Sa Badan from Saraswati Chandra, Nainon mein badra Chaayein from Mera Saaya, Mohse Chaal from Guide and many more. The compere for the evening Shri Lalit Verma also did a very commendable job by informing about various Classical ragas between the songs. There was a very interesting Jugalbandi between Ms Pooja Gaitonde and her brother Shri Prasad Gaitonde who played Tabla.

On the conclusion of the programme, members enjoyed the delicious dinner catered by Aditi Caterers.



HOLI CELEBRATION



Vinod Jolly
Chairman, Ent. Sub-Comm.

The heat wave did begin with Holi this year and this was not attributed to the 500 members who attended the celebration at the club. 9.30 am to 3 pm the DJ was playing good music and the members were really enjoying.

Rain dance, pool tubs for the children, organic colours(which were provided by the club) made the afternoon a memorable one.

It is always great to see people being together and enjoying. With this large crowd and it being the festival where bhang is a

norm, it was nice that there was no alcohol being served. The atmosphere was conducive for families with little children.

Breakfast and lunch was as usual spectacular with a wide range of Gujarati specialities. Those who missed it must come the next year especially if you enjoy Holi.

P.S: The really nice part. Washroom facilities were available at the venue.

