

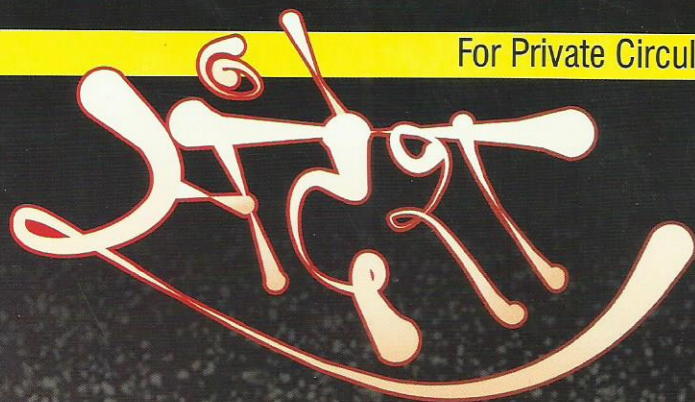


VOL. III  
ISSUE-5

For Private Circulation Only

JUNE 2013

SANDESH News Letter  
of JVPD CLUB



IPL CELEBRATIONS AT OUR CLUB

BADMINTON: INSIGHT/UPDATE

WAYS TO EASE BACK TO SCHOOL

GRAPHOLOGY: YOUR SIGNATURE SPEAKS





A pair of ornate gold earrings. Each earring features a large, oval-shaped red gemstone set in a gold frame, surrounded by a halo of small, clear stones. Below the gemstone is a decorative, pointed gold element with a central red gemstone. The earrings are adorned with a large, cascading tassel of small, round pearls, ending in a large, teardrop-shaped red gemstone.

A large, ornate necklace featuring a central red gemstone surrounded by diamonds and pearls, with a large pearl tassel hanging from the bottom.

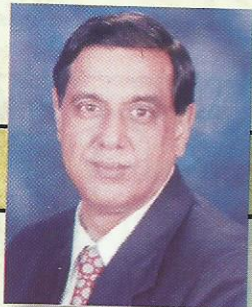
ગુણ, શ્રેષ્ઠ, વાજબી. કલ બી... આજ બી



3 - 6, Arihant Apt., Near Irla Nursing Home, S.V. Road, Vile Parle (W), Mumbai - 56. Tel : 26204794

■ All Major Credit Cards Accepted ■ Time : 10.30 am to 7.30 pm ■ 365 Days Open ■ Valet Parking





## FROM THE DESK OF THE PRESIDENT

Dear Members,

I hope everyone enjoyed the summer holidays and the grand IPL celebrations at our Club. My team and I did our best in converting our Club into a mini – stadium and creating the right atmosphere in which we could all thoroughly enjoy the thrill of the IPL with our families and friends. It was heartening to see such a good response from members and their guests.

It gives me immense pleasure that acclaimed Indonesian coach, Yusuf Jauhari, along with the Prakash Padukone Academy, will be coaching the badminton enthusiasts at our Club on the 4th and 5th of June.

On the development front, apart from other developments which are being pursued with zeal, our 'Float Bar', which was temporarily opened for enjoying the IPL season – will be taken up for renovation.

The work of adding a special 'LIBRARY FOR KIDS', also will be commenced in June. To enable our children to come in and pickup the very important habit of reading at an early age, a special 'LIBRARY FOR KIDS' is being made. The work for this would be commenced also in June.

We hope, with all this to make JVPG Club a better place.

**ANIL M. MAHESH**

President

## EDITOR'S NOTE

Dear Members,

*Depending on the school your kids go to, you may be busy preparing for the kids' return to school. Summer vacation is probably the happiest period in a student's life. For a kid, going from a hazy, lazy summer to having to rise with the sun, looks remotely human, and paying attention all day in school can be a major shock. I am sure this issue's article on easing the back-to-school trauma could be very useful.*

*As summer draws to a close, you might even find yourself experiencing a bit of the "end of summer blues." But there's no need to feel down in the dumps – instead, let's beat those summertime blues with a range of activities planned at our club.*

*Our Entertainment Committee has organised an enthralling musical night – GOLDEN HITS, on June 16. It has all the makings of an enchanting and nostalgic evening and an evening of a trip down the memory lane of the golden era of Indian movies.*

*Soon, whispering drops will start to drizzle and the winds will bring us the monsoons.*

*You know where to go when it is pouring outside - To your favourite Club, of course !*

*With Compliments!*

**KIRAN DALAL**  
Editor

**YASH BHUTA**  
Co-Editor



# YOUR SIGNATURE SPEAKS...

## Hear What It Says About You...

*In this article, Aditi speaks about how she uses signature and handwriting analysis to identify the underlying strengths and weaknesses of a person and bring about positive transformation in life, both personal and professional.*

**L**ife Coach Aditi Surana is a coach with a difference. Her work has won her many accolades from celebrated personalities like former President of India, Smt Pratibha Patil and Actor John Abraham to corporate clients such as Ispat, IBM, Tata Motors and many more.



ADITI SURANA

In this article, Aditi speaks about how she uses signature and handwriting analysis to identify the underlying strengths and weaknesses of a person and bring about positive transformation in life, both personal and professional.

Do you think you know yourself? If you think you do, then let's take a quick test! I call it iMirror. Nope. Nothing to do with mirror! Just a fancy name...

Start: grab a paper and pen. Write a few lines and sign 2-3 times. Do not try to be artistic or deliberate. Just be natural.

Signature	Stroke	Personality trait
	Covering the letter with a circle	You wear a mask when you interact with people. A thick mask that helps you protect and hide yourself.
	Illegible signature	You are trying to attempt too many things. You think that you are not doing justice to your work as you per your own standards.
	Overlapping all initials D, M & K	This shows that all people in your family are highly dependent on each other, making it difficult to get your own space.
	Scratching the signature	You tend to stab yourself by being highly self critical.

Yes! Your signature speaks. Your handwriting mirrors your conscious and also deep-rooted inner self. It can throw light on your social skills, communication styles, energy levels, emotional inhibitions, anxiety, fear and much more.

## Graphology



*'Know what's hidden behind a person's signature and handwriting...'*

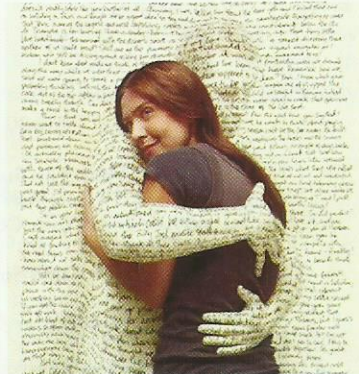
### How does it work?

Writing process starts with a thought in your mind. To pen down that thought, our brains actually transmits the instructions through the motor nerves to our hands. You would agree that every alphabet could be written in numerous ways. However, your brain chooses and fixes one or two options to write every single letter. You call it your style. As you follow your thought, you forget about these choices and get busy forming a sentence.

Now this is a key. Have you ever thought why did you choose this writing or signing style? What made you select this signature over any other option? Handwriting is brain writing. Every time you sign or write, your brain is making choices and an expert can read these choices! Researchers found connections between these writing choices and personality traits. They correlated your writing style with your neuro-pathways, meaning the wiring patterns of the brain.

### But I haven't written in ages...

This is a common comment that I hear every time I talk about handwriting analysis. Who writes nowadays? In our high tech world we have emails, sms, voice memos, BBM and many more things... It DOESN'T matter. As kids we learnt to write and also practiced it thoroughly. Like cycling or swimming, our brain might take some time to remember the technique but it definitely picks up in no time.



With or without your knowledge you are using your fingertips, muscles, nervous system and more importantly your neuro-pathways to write. Even if you are not used to writing, your brain has to follow this mechanism and it has to make choices. This means it will give away information about your personality.

### How does it help?

Being a life coach, when I meet people they seek my advice on the current cog in their wheel. Be it a relationship problem, professional stress, weight loss or mid life crisis, they expect me to make their lives more happy, wealthy or healthy. Sounds obvious. Isn't it?



Whatever might be the challenge in front of me, as a thumb rule like a scientist, I start with an inquiry. What kind of person are you? What are your preferences? What are your inhibitions and fears?

We are so busy seeing the world in our own light that we do not get time to look at our own selves objectively. After dabbling with many psychometric methods, I found handwriting analysis to be a highly accurate method I can vouch for. It's a simple and reliable tool that I can use every time.

The good news is: Your personality is no different than the high tech devices we use. Say a phone or an ipad. We also have functionalities, apps, communication center, processing unit. And we also need upgrades!

### *Can we reverse the process?*

If brain guides a signature and writing style, then can we use signature or handwriting to guide the brain? Yes. It is called neuro-plasticity. It is the ability of your brain to mold and form new wiring patterns.

If you find a pattern that is bothering you or inhibiting your growth then we can use handwriting therapy to reverse the process. Like acupuncture we can use our fingers to rewire our brain.

Initially when I heard about it, I simply couldn't believe it. Then I decided to give it a try. I saw considerable amount of change. I started suggesting it to my clients. They came back with a great response. Over the time, I decided to do my personal research and developed different styles using this therapy. It worked even better.

### *Signature designing®:*

Your signature would tell me how people perceive you. It talks about your public image. However your handwriting talks about your real self. Many a times our signatures are very different from our handwriting and unknowingly we give out wrong signals.

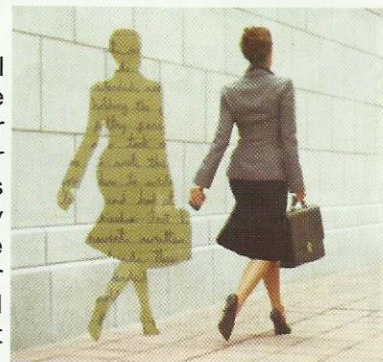
Why do people always misunderstand me? Because it's not about them, it's about you. You are transmitting different wrong signals.

With the help of handwriting and signature, we tap into the mind body connect. We can bring about big changes by opening up small gateways to your brain.

### *Few tips:*

- Take a moment to relax every time you sign anywhere.
- Avoid illegible signatures. They are not only easy to copy but also shows you are not paying attention to details.
- Do not scratch the alphabets in your signature. This means denying your own identity.

For further questions you can contact on 9892748851 or you can write to Aditi on Surana.aditi@gmail.com



## PRERNA PURASKAR



President Anil Mahesh, JPG Club, Lamp Lighting at Perna Puraskar

**D**oordarshan Kendra Mumbai organized an event entitled Perna Puraskar, wherein daughters felicitated their mothers. Our club president - Shri Anil Mahesh was invited as one of the guests of honor.

Some of the prominent daughter's viz Pooja Chopra (Miss India Femina 2009), Ragini Khanna (TV actor), Priyanka Sinha Jha (Editor Screen magazine), Gauri Shinde (Director English Venglish) among others, were all praises for their mothers as they handed over the award. Reva Rathod regaled the audience as she sang alongside her mother Sonali Rathod. The glittering evening saw many performances in the fields of music, song and classical dance, all performed by a mother-daughter duo.

## NOTICE

### BIOMETRIC FINGER PRINT READING DEVICE AT ENTRY POINTS

To All Members

Juhu Vile Parle Gymkhana Club

As you are aware, some delays have been experienced with the operation of the existing Finger print scanners placed at different locations in the club.

The Club, in an effort to speed up the process and minimize inconvenience to members, is introducing new finger print scanners, which eliminate the delay.

However, it will be necessary for members to register their finger prints afresh. The fresh registration process takes only one minute and we request members to bear with this one time minor inconvenience in the interest of doing away with the daily inconvenience.

**For Juhu Vile Parle Gymkhana Club**

Sd/-

**Kiran P. Dalal**

Hon Secretary



## BACK TO SCHOOL:

### Some ways to ease back to school

End-of-summer tricks guaranteed to make the first day at the bus stop less stressful!

For a kid, going from a hazy, lazy summer where the only thing she has on her schedule is scratching a mosquito bite (and even then only if she feels like it!) to having to rise with the sun, look remotely human, and pay attention all day can be a major shock. But there are ways you can make things go more smoothly, starting right now.

#### RESET HER BODY CLOCK

Odds are, she's been trapping toads until late into the evening and then sleeping in. Easing her back to a school-year schedule will ensure that she shows up bright-eyed, if not bushy-tailed. Here are some ways in doing so:

- **Spin Sleep** - You have to get the kids on board. If she sees going to bed as a punishment or a bummer, she's going to avoid it. But if she understands that sleep is good for her, just as exercise is, she may resist less. Talk about it like "It's not that you have to go to sleep, but that you get to go to sleep". It also helps to tell her that you're going to be resetting your schedule, too, and have only incredibly boring stuff -- cleaning the bathroom, discussing health care reform with her father -- planned for the evening. That way, the kid doesn't feel punished. It's the whole family getting ready.
- **Do the Math**: Calculate the hour at which she'll need to get up in order to get to school on time (allowing a

Going from a hazy, lazy summer where the only thing she has on her schedule is scratching a mosquito bite (and even then only if she feels like it!) to having to rise with the sun, look remotely human, and pay attention all day can be a major shock.

generous cushion for chaos) and count backward nine or so hours. That's her "falling-asleep time" once school starts. Her bedtime might be 10 or 20 minutes before that.

- **Shift her To-Bed and Wake-Up Times**: If she's been going to bed too late, beginning two weeks before school starts, move her bedtime up about 20 minutes every three or so days. You cannot expect a kid who's been staying up until eleven to go to bed at nine all at once. She's just going to get frustrated and lie awake. This change also means that exciting activities like TV watching and texting friends have to end earlier in the evening so your kid has time to wind down. Also, from the very first day you start shifting her bedtime, start rousing her at the time she'll need to get up for school so she'll tire earlier at night.
- **Make Getting Up Worth It** - After you flip on the light and open the bedroom shades to let in the brightest sun



possible, you let your kid play a video game first thing in the morning -- at least for a few days. It may sound like blasphemy, but think about it: Waking up is biological. Getting out of bed, on the other hand, is volitional. In other words, give her some incentive. By the start of school, her body will be in the habit of getting up earlier.

- **Don't Force It**: On the night before school starts, your child might be too hopped-up to get to bed on time. It's not a big deal for one night. Her excitement will fuel her that first day. Saying something like "You have to go to sleep because tomorrow is the first day of school" will only add to the pressure. You can't force yourself to fall asleep.



#### GET A WORKPLACE THAT WORKS

Just as nature will reclaim an abandoned property by engulfing it in spooky trees and tall grass, your child's desk, if you can even see it, is by now probably home to toys, trophies, discarded clothing, and artwork that's just short of being good enough for refrigerator display. Not exactly a place that encourages focus. The best way to set up your child's homework space is to let him do it himself. Parents tend to organize their kids based on their own organization style. That works for you, but it may not work for your child.

That doesn't mean, though, that you can't help your kid discover his perfect, intuitive workspace. After the desk is cleared, have him sit down at it. Ask him to close his eyes and name the essential items he needs to do his homework. (These may include pens, books, a calculator, a computer, and even a drink or snack. Some kids work well with an iPod playing soft music.) Then have him place his hand where he'd think to grab the item. Wherever it is he reaches, that's where that object should live. Repeat this process with all the essentials. (Some kids might do this better with their eyes open, and that's fine.) Voila! You have the perfect setup for your child to work efficiently.



### DR. KARAN SINGH, MAHARAJA OF J&K VISITS OUR CLUB

Dr. Karan Singh the current Maharaja of Jammu and Kashmir and member of Rajya Sabha visited our club on 19th May 2013.

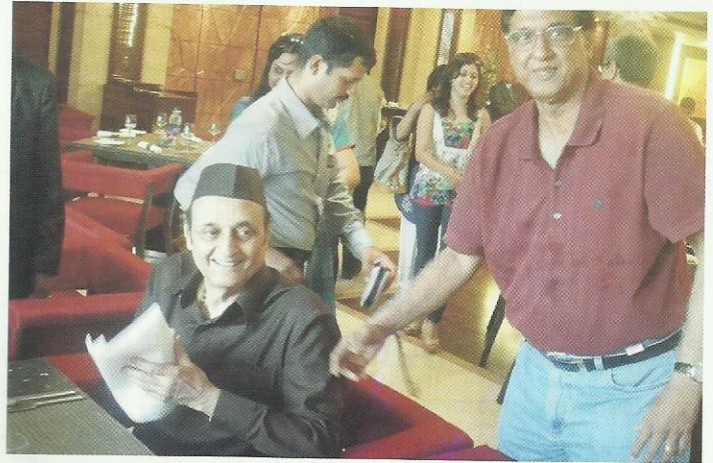
The club was happy to host this special guest. He was invited for lunch to Melting Pot. President, Shri Anil Mahesh welcomed him with a bouquet. Dr. Karan Singh was very impressed with the facilities in our club. He was also very thankful to the hospitalities extended towards him. The club wishes him long and healthy life.



President Shri Anil Mahesh welcomes Dr. Karan Singh to our club



Dr. Karan Singh, Maharaja of Jammu & Kashmir being escorted to Melting Pot



Dr. Karan Singh with President Shri Anil M. Mahesh at Melting Pot, JPGV Club

### BACK TO SCHOOL ... Cont.

#### DEAL WITH "I DON'T WANT TO GO TO SCHOOL!"

Unless you home school, there's no question your kid has to be backpack-on, lunch-box-in-hand ready on day one. Still, replying "You have to go, or Mommy and Daddy will go to jail," while true, isn't ideal. Ask him exactly what it is about school that's eating at him and don't accept "Everything" as an answer. Probe gently, and depending on what he says, here's how to help him wrap his mind:

- **If what he means is: I don't want summer to end.** Well, who can blame him? But help put that in perspective. "Dreading the end of a good thing doesn't mean that school is a bad thing." A reminder of the aspects of school that he adored last year -- friends, clubs, a particular subject -- should do it.
- **If what he means is: I've heard older kids say school is not cool.** You should be able to ferret this out pretty easily. Then a quick "Are you kidding? What's not cool about meeting new people and learning new things?" should do it for a kindergartner or first-grader. To an older kid, you might say, "Do you really dislike school, all day, every day?" If it's fear of seeming uncool, he will probably be able to name some aspects of school he enjoys, and you can just remind him that he doesn't have to pretend to dislike something just to fit in.
- **If what he means is: I'm afraid of the work.** Reassure him that the first six weeks of school is always a catch-up time

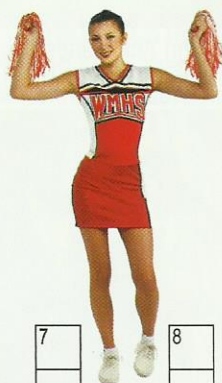
and that when the pace picks up, you'll do whatever he needs to support him. But watch your language here. You want to empathize about the fact that certain things may be hard without making the problem seem insurmountable. So avoid saying something like "Yeah, none of us is good at math -- you got the gene!" Instead, try "Yes, math can be tough. But we'll figure it out one way or another."

- **If what he means is: I'm worried I'll have no friends/be bullied/have to eat lunch alone.** Social worries are huge for kids and can cause a lot of anxiety about the start of school. If something happened last year, they're probably thinking that more of the same is going to happen. There's a lot you can do, though. Find out before his first day if his friends are going to be in his class, and if they're not, prepare him for that by talking over whom he can eat lunch with and making plans for after school. See if you can have a late-summer play date to reconnect him with some of the kids he likes, or even arrange to have breakfast on the first day of school with his best friend and his best friend's mom. The more he knows about what's coming up, the better he'll feel.

#### NOT LEAST: MEET THE TEACHER!

In the week before school starts -- after that, things will be madness -- make contact either in person or via e-mail and introduce yourself. You can let her know if your child has any particular sensitivities or if he or she needs special accommodations. Plus, it'll start off your relationship on a positive note.

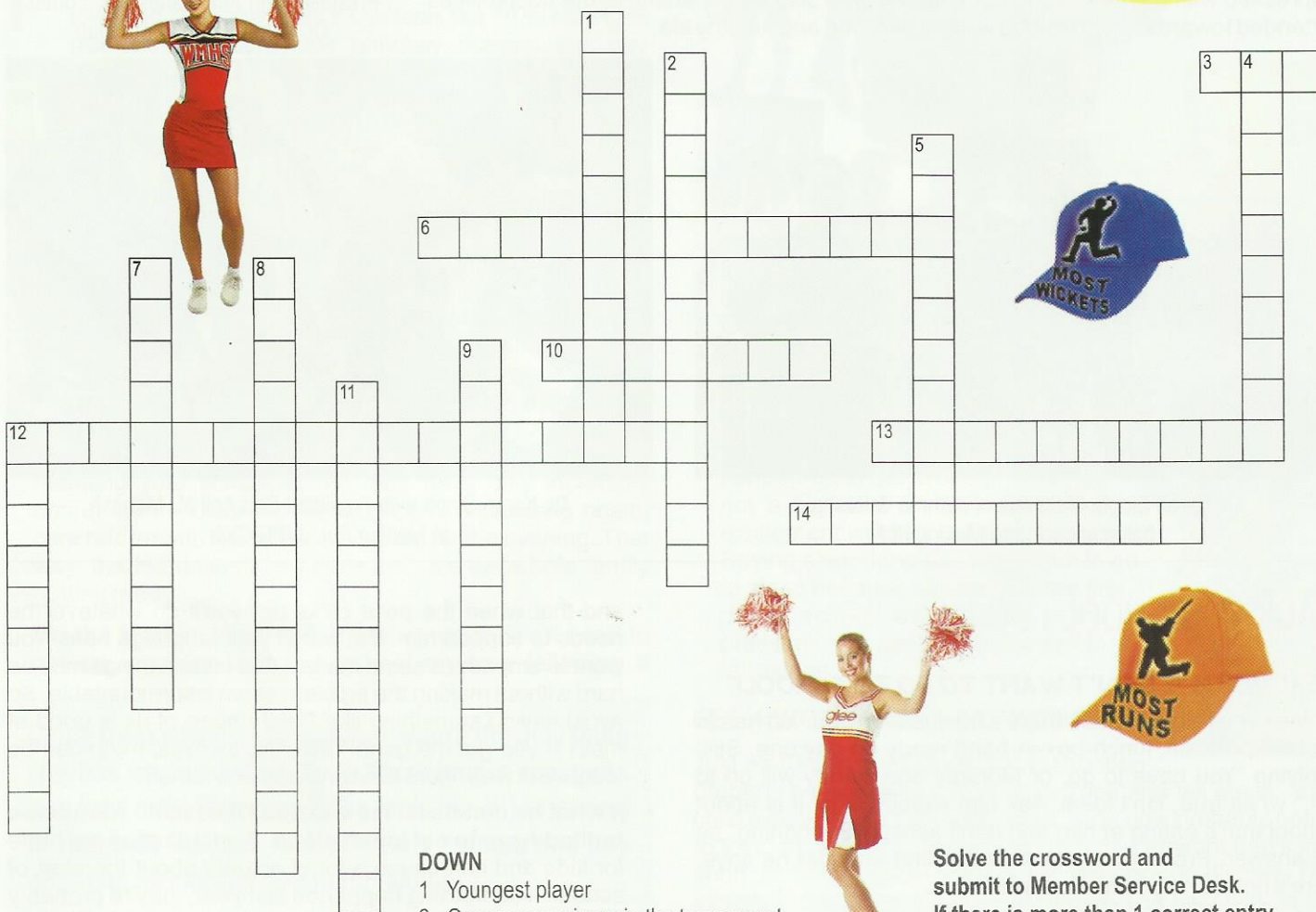




## IPL - SEASON 6 CROSSWORD

INDIAN PREMIER LEAGUE - SEASON 6  
CROSSWORD

**WINNER**  
will get Lunch Buffet  
for two at **Melting Pot**  
between Monday & Friday  
valid upto  
**31st Aug. 2013**



### ACROSS

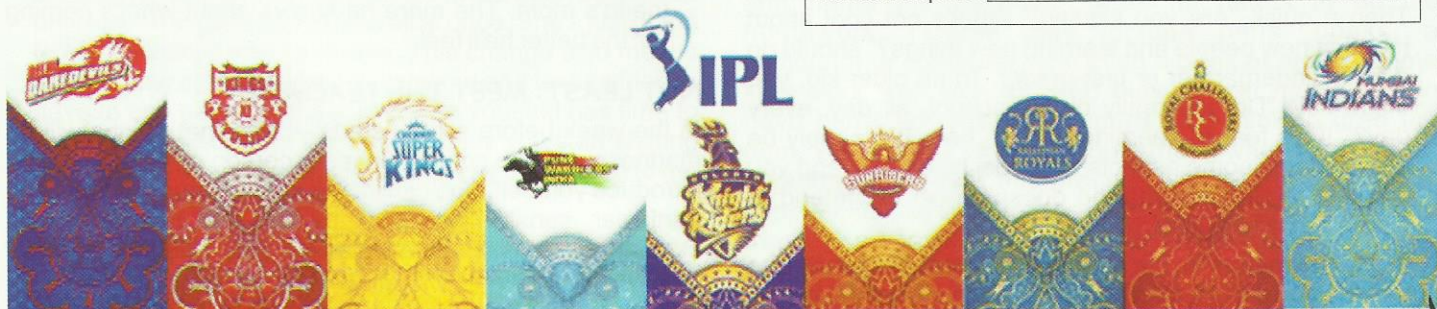
- 3 Team with Highest score in an inning
- 6 Most Wickets in an Inning
- 10 Player with Highest Catches record
- 12 Team with Lowest score in an inning
- 13 Highest Sixes in an Inning
- 14 Highest 'Man of Match' record

### DOWN

- 1 Youngest player
- 2 Orange cap winner in the tournament
- 4 Highest Fours in an Inning
- 5 Indian Player with Highest Half Centuries
- 7 Purple cap winner in the tournament
- 8 Team which came last
- 9 Most Expensive Bowler
- 11 Winning team of IPL 6
- 12 Player with Fastest Century

Solve the crossword and  
submit to Member Service Desk.  
If there is more than 1 correct entry  
then a lucky draw will be held to  
decide the winner.

Member Name: \_\_\_\_\_  
Membership No. \_\_\_\_\_





## TABLE TENNIS INTER CLUB TOURNAMENT

**A - Team:** Kedar Lalwani (Caption), Amit Gandhi, Vatsal Dalal and Suketu Mehta



**B - Team:** Dhruv Shah (Caption), Aditya Ravi, Sanjay Kanakia and Kaushal Mehta

Team A - won 3 Home matches, but lost 2 Away Matches and lost the chance of entering the Semi-Final stage.

Team B lost the Home and Away matches



## PPBA - PRESS CONFERENCE



Aditya Pandya, Chairman Badminton Sub-Committee with Prakash Padukone at press conference

Prakash Padukone Badminton Academy Clinic at JVPG Club. A Press Conference was organized by TATA capital and was held on 20th May 2013 at Forbes, Fort, Mumbai it was attended by Mr. Prakash Padukone and many badminton stalwarts from Mumbai.

Mr. Aditya Pandya, Chairman, Badminton Sub-committee represented JVPG Club in the Press conference.

Mr. Balachandran of PPBA introduced the Indonesian Coach Mr. Yusuf Jauhari to the all present. Mr. Padukone announced the details of the program.

## NEWS FROM THE SWIMMING POOL DEPT.

Owing to popular demand by members - the timing for children below 10 years is extended by 1hour from 7.00 to 8.00pm. However, the use in this extended hour will be limited to the baby pool and trainee pool.



## CRICKET SUMMER COACHING CAMPS CLOSING CEREMONY

Cricket summer coaching camp for juniors was held from 16.04.13 to 26.05.2013.

The closing ceremony and prize distribution was held on 26.05.13 at 10.00am at Jasmine hall.

Lot of participants and parents participated in the function. The President gave away the medals and certificates.



Cricket coach Mr. Uday Tank presenting a bouquet to Shri Anil Mahesh, President



Vice President Shri Mohan Jain congratulating Harsh Vardhan Jhaveri, Captain of U-14.

## MEMBERSHIP DATA

Dear Members,

It has been deserved that the membership data is outdated in some respects and also incomplete in many respects. Accordingly a heed is seen to update this data so that, in part, we can establish better communication with you.

Very soon, we shall be sending out an exhaustive form. We request members to cooperate by filling out the form and returning the same in the self-addressed stamped envelope which will also be sent.





### OCEAN THEME BAR NITE

A themed Bar night was organized for the 32nd Senior Citizen Get together. The theme was 'OCEAN'. For this event the dress code was shades of Ocean and members came dressed in various hues and shades of Blue, Aquamarine and Sea Green.

A total of 124 members participated and enjoyed this themed Bar Night to the fullest. The event started at 7.30 pm and continued till 10.30 pm. The senior members who are all young at heart wished for time to stop during this Bar Night. The Live music and DJ raised the level of excitement. The

members danced to their heart's content. The emotions soared to its pinnacle when old songs were played by the DJ and brought back golden memories to one and all. No wonder they say OLD IS GOLD. The icing on the cake was when the ladies brought traditional twist to the night by playing the ever popular Garba. The cuisine for this event was a mix of Thai and Italian, which was appreciated and relished by everyone.



**Satish C. Shah**  
Chairman  
Sr. Citizen Sub-Comm.



#### DISCLAIMER

The views/contents expressed & published in this journal are the personal view/contents of the contributors and JVPG Club is not responsible for any decision taken by readers on the basis of the contents appearing.



*A premium independent Bungalow scheme*

# Hummock Villas



**Club House**

**Bird Eye View**



**Sample  
Bungalow  
Ready**

**Location:** Hill Top,  
Near Velvet Country Resort,  
Khandala

**A project by**  
**Shah Sompura and Company**

**Contact:**  
**Mr. UDAY SHAH 9821089610**

**E-mail.:** [uday.shah@rediffmail.com](mailto:uday.shah@rediffmail.com) • [info@hummockvillas.com](mailto:info@hummockvillas.com)

**Website:** [www.hummockvillas.com](http://www.hummockvillas.com)



₹1.75 cr all inclusive

**bharat**<sup>TM</sup>

# BELMONTE

Andheri West

LUXURIOUS 2 BHK RESIDENCIES

POSSESSION  
IN MARCH 2014

ARCHITECT  
HAFEEZ CONTRACTOR

SAMPLE FLAT READY  
ALL APPROVALS RECIEVED



GET THE BEST OF LUXURY, LOCATION & LIFESTYLE  
IN THE LEAST OF TIME.

A PROJECT BY

**bharat**<sup>TM</sup>  
Experience. Excellence. Evolution.

9930999700 / 9820999500

[www.bharatinfra.com/belmonte](http://www.bharatinfra.com/belmonte)

The contents of this ad are purely conceptual and have no legal binding on the developers. The developers reserve the right to amend the layout, number of floors, elevation, colour schemes, amenities, specifications, etc without prior notice.



## FORTHCOMING EVENTS

**4-5 JUN 2013**

### 2-DAY BADMINTON TRAINING CLINIC AT JVPG CONDUCTED BY PPBA

The clinic will be conducted by expert coaches in conjunction with an International Badminton Coach from Indonesia Mr. Yusuf Jauhari over 2 days on June 4 & 5, 2013.

Venue - Badminton Court, JVPG Club. Free for children.

Age group 8 to 12 years.

Best 4 boys & 4 girls will be selected to participate in an inter-club tournament. Winner of the tournament will get a chance to train at Prakash Padukone Badminton Academy.

**16 JUN 13**

### LECTURE ON 'PSYCHOLOGICAL & MENTAL PROBLEMS'

Senior Citizen Sub-Committee presents a lecture on 'Psychological & Mental Problems' on Sunday, 16th June 2013 at Jasmine Hall from 10.00 am.

**16 JUN 2013**

### SWIMMING POOL SUMMER COACHING CLOSING CEREMONY

Summer Coaching Camp Closing Ceremony will be held on 16th June 2013 at 10.30am Venue Orchid Hall.

**16 JUN 2013**

### MUSICAL NITE - GOLDEN HITS

Entertainment Sub-Committee presents Musical Nite - Golden Hits on Sunday 16th June 2013 from 8.30 pm onwards at Activity Hall.

**JUN 2013**

### BILLIARDS & SNOOKER HOME TOURNAMENT

Billiards & Snooker Sub-Committee proposes to conduct Billiards & Snooker Home Tournament during the month of June 2013.

**5 JUL 2013**

### TALK ON FINANCIAL MARKETS BY RAAMDEO AGRAWAL

A talk on financial markets and wealth creation by Raamdeo Agrawal, MD & Co-founder of Motilal Oswal Organised by the Library Sub-Comm. on Friday - July 5 from 6:30 pm.

## Talk on financial markets and investment strategy by Mr. Raamdeo Agrawal



The library sub-committee proudly presents a talk on the financial markets by Mr. Raamdeo Agrawal - Jt. Managing Director and co-founder of Motilal Oswal Financial Services Limited (MOFSL) on July 05 - 6pm onwards. Mr. Agrawal is undoubtedly one of the wizards of Dalal Street and is most well known for his passionate research and stock picking. He is an Associate of Institute of Chartered Accountants of India and also a member of the National Committee on Capital Markets of the Confederation of Indian Industry. He has been authoring the annual Motilal Oswal Wealth Creation Study since its inception in 1996. He has received the Rashtriya Samman Patra awarded by the Government of India for being amongst the highest Income Tax payers in the country for a period of 5 years from FY95 -FY99.

In his talk - he will share his philosophy on investments - his rich experience in wealth creation and of course his outlook on the market scenario.

Members and their guests are welcomed to take advantage of this rare and once in a lifetime opportunity to talk personally with one of India's most learned and knowledgeable celebrity.

### PROMOTIONS @ COCONUT GROVE - JUNE 2013



**CHIVAS REGAL  
12 YEARS**  
Buy 2 small  
pegs Get 1  
small peg FREE



**ANTIQUITY  
BLUE**  
Buy 2 Pegs  
Get 1 Peg  
FREE



**SIGNATURE  
PREMIER**  
Buy 2 Pegs  
Get 1 Peg FREE



**MILLER  
High Life Beer**  
Buy 2 pints  
Get 1 pint FREE



**FOSTER  
PINT**  
Buy 2 Get  
1 FREE



**FOSTER  
DRAUGHT**  
Buy 1 glass  
Get 1 glass FREE

Offer till stocks last • No promotions on Dry day • Kindly maintain decorum • Drink responsibly



Commercial Loans



Business Loans



**loandeals**  
www.loandeals.co.in

rakesh patel  
98210 80346

raj enterprises

108, balaji darshan, station road, above shabari rest., santacruz (w), mumbai - 400 054.



Working Capital



Home Loans



## IPL CELEBRATION AT OUR CLUB

On April 3, when the IPL commenced, the mood at the JVPG was anything but electrifying. The members began to experience the thrill of the IPL, the mood for the following days was set to an exciting start.

As the IPL heat soared, JVPG put up schedules of the IPL matches and posters of the teams. While Dhoni struck at you from his CSK poster, Sachin Tendulkar's thumbs from the MI poster could hardly be missed. Children were seen swinging their imaginary bats as they rushed through the open lounge area and the members could be seen enthusiastically discussing their favourite teams. While some analysed the challenges, other drew up team strengths. Many of course, were seen rooting for their team. Moreover, every Saturday there was 'IPL Bar Nite' up to the 18th May and on 25th May there was 'Mega Bar Nite' to bring in the finale.

All in all no one could escape the thrilling IPL fever. On 26th May, the day of the IPL finals, huge plasma televisions and projectors were set up at various places at the JVPG Club.

Bhavin Gala of our club says "I am thoroughly enjoying with my family and it is great to be around these young cheering people..." At the Open Lounge Area excited members sitting with their groups of lively friends, whistled and hooted boisterously and cheered for their team. Said Atul Jain, a regular badminton player, "It is the hooting and cheering that converts this place into a mini stadium, an atmosphere you will not get at home..." Agrees Dr. Raksha Ankleshwaria "the atmosphere is very enjoyable and so are the snacks..."

At the Coconut Groove, members had their dinner joyfully watching their favourite teams play. At the Float Bar merriment was wilder. Members sat with flags of the team they were backing while enjoying the show. At the Lounge Bar, members energetically clapped and applauded when a wicket was taken or a run earned.

Says Manish Gandhi "it is superb to be here, great snacks, fantastic atmosphere and but obviously great way to enjoy the IPL Finale!!"



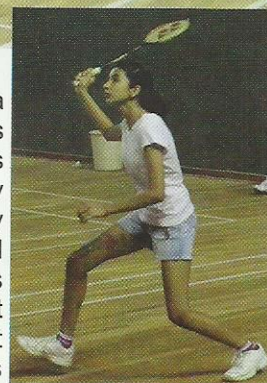


## BADMINTON AT OUR CLUB:

An insight into the latest development and immediate plans  
This article aims to give the member an insight / latest update.



ADITYA PANDYA  
Chairman - Badminton Sub-Comm.



**D**o you wish to be like Pullela Gopichand? Or is Prakash Padukone your role model? Do you aspire to follow Saina Nehwal's footsteps...

Then pick up your racquet and come play badminton at the Juhu Gymkhana Badminton Court. Taking pride in the badminton courts, Aditya Pandya, Chairman of the Badminton sub committee says that our Club has the best courts built to train achievers. Hence to put those plans into action, the Gymkhana is planning to coach members as well as their children through out the year. There are also plans to have a Home Tournament in the last week of July as well as hold District Tournament called "Mumbai Suburban District Tournament" in the first week of July. What's more, Prakash Padukone Academy along with Tata Capital is holding a two day Coaching Clinic to train badminton enthusiasts. This will be held on 4th and 5th of June for children between the ages of 8 to 12 years.

**Taking pride in the badminton court, Aditya Pandya, Chairman of the Badminton Sub-Committee says that our Club has the best courts built to train achievers. Hence to put those plans into action, the Gymkhana is planning to coach members as well as their children through out the year.**

Along side, there is also a tie-up with Jamnabai Narsee School to have weekend courses to train their students.

### FUN YET AN EXERCISE

Whether you are playing badminton as a fun sport, or whether you are striking the shuttlecock to win, badminton will improve your overall health tremendously. To be a rock-star on the badminton court, this sport demands you to be agile on your feet. From the health freak's perspective,

badminton is a sport, providing a complete workout for the body as well as for the mind. It compares favorably with any sport, certainly with any racket sport, judging by the sheer physical exertion and mental concentration involved. It is undoubtedly one of the fastest racket sports and the fastest racket shot has been recorded in this sport.

### HEALTH FREAKS...ANYONE?

The game also involves intense mental concentration, akin to chess, continually anticipating and preempting your opponent's moves. It is a well-known fact that indulging in an aerobic sports activity like badminton gives multiple health benefits and promotes longevity. Playing badminton regularly increases the levels of HDL good cholesterol while decreasing the levels of bad cholesterol. As bad cholesterol decrease the size of blood vessels promoting heart attacks and strokes, reduction in their levels translates into multiple health benefits for the individual.

To sum up, playing badminton keeps you feeling well, strong, motivated, enthusiastic and young. It helps to ward off depression, anxiety, stress and increase self-esteem.

### FOR ANY AGE

Badminton is first of all a lucid sport, easy and accessible at any age. It allows the child or the adolescent to practice an intensive sport while preserving his joints thanks to the lightness and the handiness of the equipment, to improve psycho-motor capacities by the originality of the trajectory of the shuttlecock and to sharpen visual concentration and functions.



In short, badminton remains a sport that can be played by anybody, outdoor or indoor, with more or less intensity, improving greatly the player's well being and physical condition.

**To promote badminton in our children, this year badminton facilities are made free for children between 5 to 10 years of age.**

To promote badminton in our children, this year badminton facilities are made free for children between 5 to 10 years of age.

#### **YOUR REPRESENTATIVES IN THE BADMINTON SUB-COMMITTEE**

- Aditya D. Pandya - Chairman
- Shailesh Shah - Mng. Com. Rep
- Ashish Rupani

- Rajiv Soni
- Rohit Sadani
- Aditya Harlalka
- Sushil Jain
- Anuj Dave
- Dhruv Thakkar

#### **OPERATING HOURS:**

7.00 am to 10 pm everyday.

#### **AND THE AWARD GOES TO...**

Over the past decade, badminton has surpassed all other racket sports in terms of increase in popularity. So take the early lead and swing your racquet to win, or for health or simply for fun...



## **NS ROAD 12 A - WORK - DILIP PATEL**

We are happy to inform members that the much-frequented road #12A, behind the Club will soon have a near well-paved look. Work will be started soon by the BMC.

The inauguration was done by our President, Shri Anil

Mahesh in the presence of Shri Dilip Patel, Cooperator on 4th May 2013.

Furthermore, our President has made a request to name road # 12A as Juhu Vile Parle Gymkhana Road.

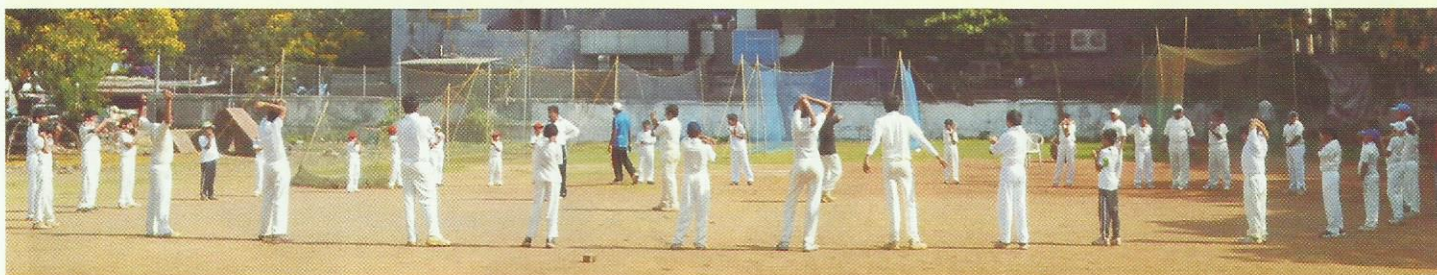




## SUMMER COACHING CAMPS HELD AT OUR CLUB

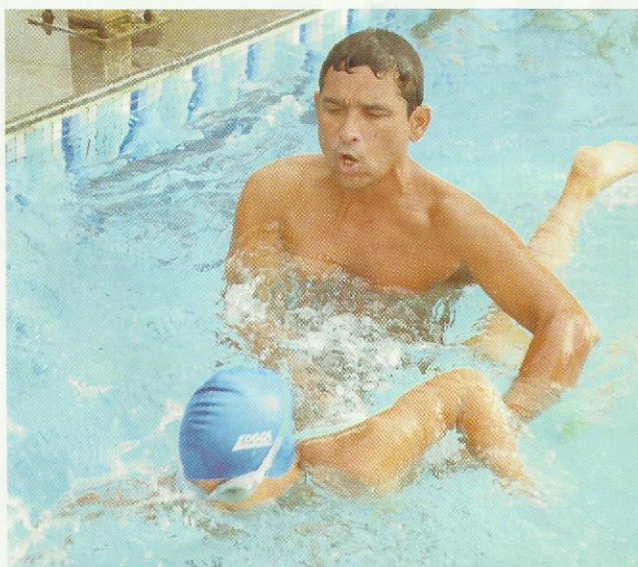
**C**ricket Summer Coaching Camp was held between April 16 and May 26 at our club. More than 75 students enrolled this year. It was held at M.M. Ground under the guidance of Chief Coach Mr. Uday Tank.

The Closing ceremony was held on 26.05.2013 at Jasmine hall. Winners of the inter team matches were awarded medals and participation certificates.



**S**wimming Coaching camp commenced on 16.04.2013 and will end on 15.06.2013. There are 4 sessions of 15 days each and more than 110 members participated. Members were divided into batches of 45 minutes each.

The closing ceremony will be held on last day of Swimming Summer Coaching camp with competition among participants.





# SQUASH

**T**he Summer Squash Coaching Camp by renowned Coach Mr. A. I. Singh commenced on 17.05.2013. Members and guests in the age group of 5 – 16 years participated in this coaching camp.



# TENNIS

**R**egular coaching of Lawn tennis commenced on 01.14.13. The coaching will be for 6 months - April to September. The camp had an overwhelming participation by more than 80 students.



## ADVERTISE YOUR BUSINESS IN SANDESH



Reach out to over 7000 primary members and their spouses & children through all-colours, **SANDESH**. Options available: Gate fold, Centre spread, Back cover inside, Full page, Half page, Quarter page and Panel

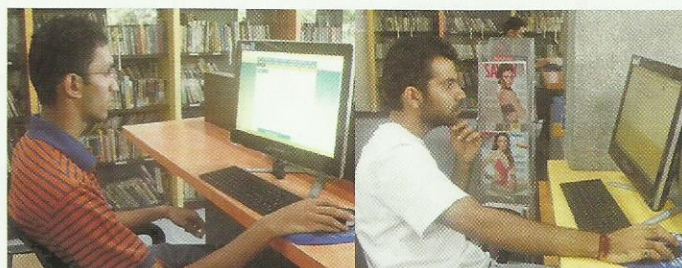
Contact: Aparna # 9920475108 • Tel.: 022 26206016/26205937 • Ext.131  
E-mail: [info@jvpgclub.com](mailto:info@jvpgclub.com) / [aparna.mandavkar@jvpgclub.com](mailto:aparna.mandavkar@jvpgclub.com)



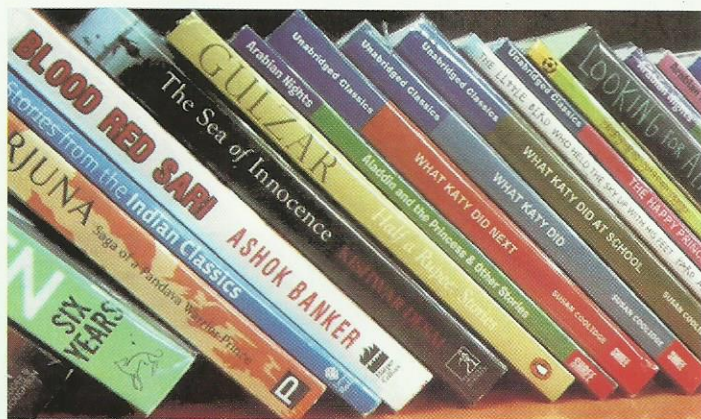
## 2 NEW COMPUTERS INSTALLED IN THE LIBRARY FOR ONLINE RESEARCH

The library in our club now has 2 new computers installed. Members of the library now have free high speed access to the internet for online research and to read e-books. The computers also allow the use of Microsoft Office and other applications provided.

Members are urged to come and make use of the club library which is a dynamic knowledge center and a healthy 'space' where ideas can flourish, live, grow and even be protected.



## NEW ARRIVALS - MAY 2013

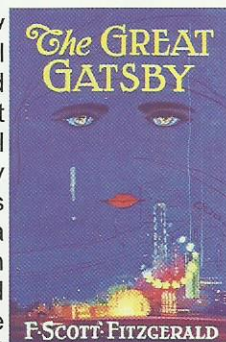


**Victims** - J. Kellerman • **My Sister's Keeper** - Jodi Picoult • **Blood Red Sari** - Ashok Banker • **Low Pressure** - Sandra Brown • **Six Years** - Harlan Coben • **Utopia Experiment** - Robert Ludlum's • **Hit** - David Baldacci • **Until The End of Time** - Danielle Steel • **Calculated in Death** - J.D. Robb • **Storyteller** - Jodi Picoult • **Fountainhead** - Ayn Rand • **Manuscript Found in Accra** - Paulo Coelho • **The Great Gatsby** - F. Scott Fitzgerald • **GoVIDA** - Krishna Uday Asankar • **Legend of Amrapali** - Anand Anurag • **A Delicate Truth** - John Le Carr'e • **The Say Who Lost Her Head** - Jane De Suza • **One Hundred Years of Solitude** - G. Marquez • **On The Road** - Jack Kerouac • **Best Stories From The Indian Classics** - V.S. Naravane • **Half A Rupee Stories** - Gul Jar • **Sea of Innocence** - Kishwar Desai • **Looking for Alaska** - John Green • **Arjun** - Anuja Chandramouli • **Business Sutra** - D. Pattanaik • **Oleander Girl** - Chitra Divakaruni • **14 Books** - Mills & Boon • **Yoga: The Path To Holistic Health** - B.K.S. Iyengar • **Silvermist & The Ladybird Curse, The Trouble with Tink, Beck & The Great Berry Battle** - Disney Fairies • **Aladdin & The Princess, The Brave Commander, Ali Baba & Merjenah, The Kalandar's Tale, The Magical Fish & Other Stories** - Arabian Nights • **Fairy Charm Collection** - Emily Rodda • **Mathemagic** - Rohini Chowduri • **What Katy Did at School, What Katy Did Next, What Katy Did** - Susan Coolidge • **Rebels in Rajasthan** - Shamim Padamsee • **Diary of A Soccer Star** - Shamini Flint • **Happy Prince & Other Stories** - Oscar Wilde • **Little Bird Who Held The Sky Up With His Feet** - Paro Anand • **Special Guest, Hidden Treasure & Other Stories** - Rabindra Tagore • **Forget Me Knot, Owl Be Seeing You, Sweetest of Friends, Better Than Honey, Seeds of Friendship & Other Stories** - Disney

## BOOK REVIEW

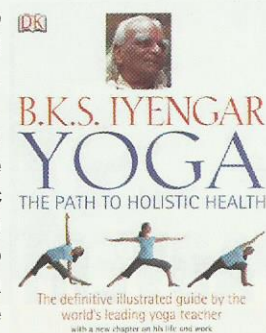
### THE GREAT GATSBY by F. Scott Fitzgerald

Extraordinary, beautiful, intricately patterned, and above all, simple novel is arguably Fitzgerald's finest work and certainly the book for which he is best known. A portrait of the Jazz Age in all of its decadence and excess, Gatsby captures the spirit of the author's generation and earned itself a permanent place in American mythology. Self-made, self-invented millionaire Jay Gatsby embodies some of Fitzgerald's and his country's - most abiding obsessions: money, ambition, greed, and the promise of new beginnings. Gatsby's rise to glory and eventual fall from grace becomes a kind of cautionary tale about the American Dream. It's also a love story, of sorts, the narrative of Gatsby's quixotic passion for Daisy Buchanan. Spare, elegantly plotted, and written in crystalline prose, *The Great Gatsby* is as perfectly satisfying as the best kind of poem.



### Yoga: The Path to Holistic Health by B.K.S. Iyengar

B.K.S. Iyengar Yoga: The Path to Holistic Health is the complete and authoritative teachings of B.K.S. Iyengar for mind, body, and health. It is suitable for every level of ability, age, and physical conditions. The book includes all the classic asanas, which are illustrated with 360° views of step-by-step sequences. There are also yoga sequences devoted to help ease the symptoms of more than 80 ailments, from asthma and arthritis to IBS and varicose veins. B.K.S. Iyengar was born in India in 1918 and has been teaching yoga since the age of 17. He has been one of the world's leading teachers of yoga for over 70 years and is internationally recognized as a leading authority of hatha yoga. This book - 'Yoga: The Path to Holistic Health' is one of the bestselling books on Yoga.





## MEGA BAR NITE AT OUR CLUB

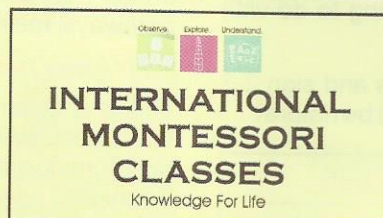
The 'Mega Bar Nite' was held on 25th May 2013, just one day prior to the IPL finals. The members and guests enjoyed the music and danced almost as if they knew that Mumbai Indians were going to win the next day. The excitement was fever pitch and all were in their own world of music and dance. The DJ rocked the night with foot tapping music that made everyone dance to his tunes. DJ ensured that all were on the dance floor and the drinks were made and served to perfection, which

ensured the spirits were always high. Snacks and food that was served was finger licking good!

With time, the energy level soared further more and nobody wanted this Mega Bar Nite to stop. Members and guests enjoyed this Bar Nite to the fullest. Before signing off for the night, they conveyed their best wishes to the club, as the sun sets for the FLOAT bar as it goes under renovation and a new bar will open and welcome members and guests in near future.



**BALKISAN SANGHVI**  
Chairman  
Catering & Bar Sub-Comm.

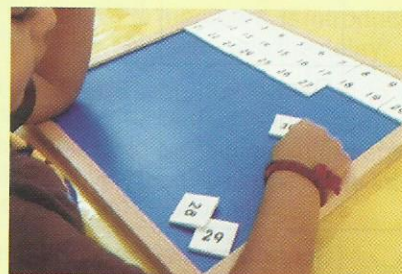


With The Success At Summer Camp, International Montessori Classes Brings You The Following:

**What:** Enroll Your Child For Montessori Math, Language, Sensorial And Culture For Ages 18 Months - 6 Years Old

**When:** Enroll Your Child For Mon To Thu / Mon & Wed / Tue & Thu (10:00 Am-11:30 Am / 3:30 Pm-5:00 Pm / 5:00 Pm-6:30 Pm)

**Where:** Enroll Your Child At Manisha Building. Plot #52, Ns Road #12, vn Society. Jvpd Scheme. Mumbai - 400049



**CLASSES - MONDAY, JUNE 3, 2013 ONWARDS. CALL TO ENROLL.**

For more information please contact Khyati Vyas @ 9167568597 or [internationalmontessoriclass@gmail.com](mailto:internationalmontessoriclass@gmail.com).

Follow us on 