

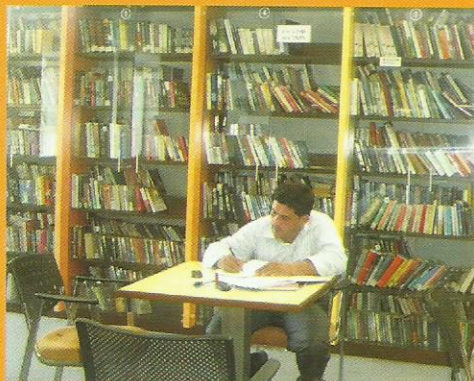
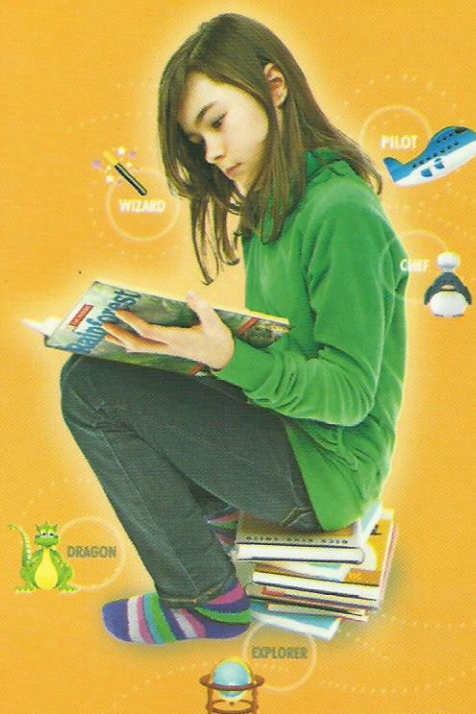
HEALTH CLUB

THE CLUB LIBRARY - THE CLUB'S TREASURE HOUSE

NEW DEVELOPMENTS COCONUT GROVE MENU

FAQs ABOUT THE IGCSE BOARD

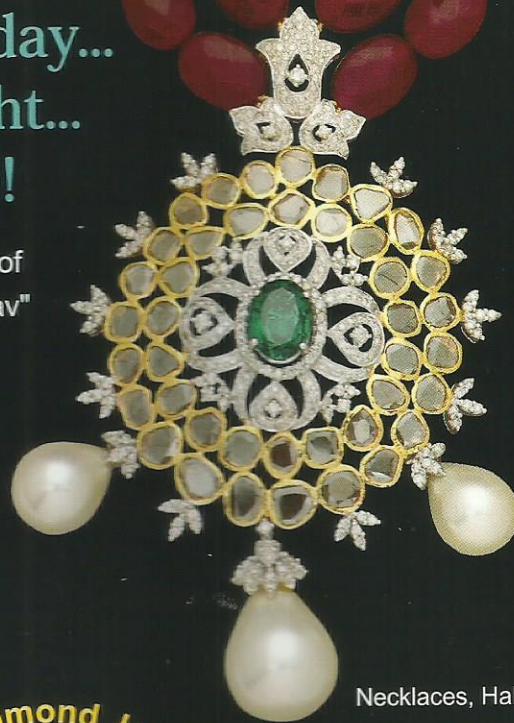
INTERESTING STATISTICS FROM IPL



S Girdharlal Adenwala Jewellers
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 Celebration

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8.60 Carats	Samsung Fridge
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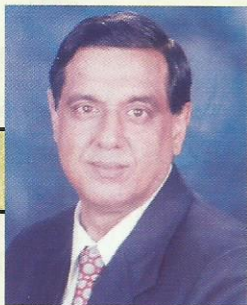


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FROM THE DESK OF THE PRESIDENT

Dear Members,

Am sure you are enjoying the summer vacation with your children. If you are at home you may want to take some clue from the "KIDDO BLAST" article in last month's issue.

Keeping in mind the dictum "Club is of the members, for the members & by the members", the Managing Committee has decided to reduce fees across all sports departments. The supplement with this issue gives you the details of the same. Similarly, it has been decided to freeze the membership fees of Ordinary and Life categories at last year's levels. This shall be valid for the current year and shall be reviewed next year.

To encourage you to initiate your child into a sporting culture, fees for children under the age of 10 (ten) have been abolished for the current year.

Development aspects as shared with you earlier are being pursued with vigour and shall be palpable in the near future.

ANIL M. MAHESH

President

EDITOR'S NOTE

Dear Members,

What better time to sweat a little more, aided by the summer heat, in the Club Gymkhana. Am sure this issue's coverage of your Club's Gymkhana facilities would entice you to make full use of the same.

In the same vein, the Club's Library, of which committee my Co-editor happens to be the Chairman, could be an ideal foil, with a difference, to beat the sweltering heat and enjoy reading or browsing in its cozy confines.

I can vouch that both these facilities are the envy of most clubs in Mumbai.

Very soon you shall not need to make non-recreational visits to the Club. The launch of an elaborate interactive website shall enable you to make booking of venues, payment of bills etc. online.

Make hay while the sun shines and await the rains to drench and dance!!

With Compliments!

KIRAN DALAL
Editor

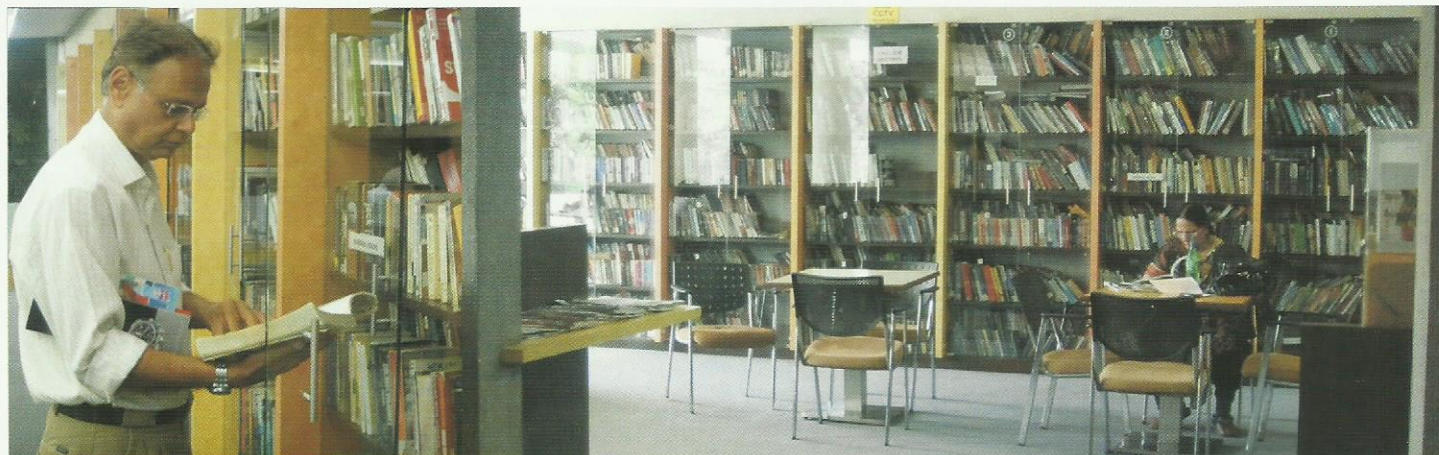
YASH BHUTA
Co-Editor

The Club Library - The club's treasure house

The club library stocks over 12,000 books in 4 languages and 55 Indian and Foreign magazines, newspapers and periodicals. Strategically located on the first floor of the club, the library is undoubtedly the club haven of peace. It literary is a treasure house with an eclectic collection of fiction and non-fiction titles ranging from the latest crime & thrillers, general fiction, romance and contemporary novels to cookery books, history, politics, current affairs, sports and biographies.



YASH BHUTA
Chairman
Library Sub-Committee



The JVPCL Club is very proud of its Library and this article aims at giving members a synopsis of the library - current features and future plans.

INTRODUCTION:

The club library stocks over 12,000 books in 4 languages and 55 Indian and Foreign magazines, newspapers and periodicals. Strategically located on the first floor of the club, the library is undoubtedly the club haven of peace. It literary is a treasure house with an eclectic collection of fiction and non-fiction titles ranging from the latest crime & thrillers, general fiction, romance and contemporary novels to cookery books, history, politics, current affairs, sports and biographies. It also has a good range of travel guides.

A requisition for a book however rare is fulfilled at the earliest. Members are more than welcomed to freely make requisitions for books or magazines they like irrespective of the price. It is targeted to acquire the books requested by members within 2 weeks based on the availability.

Novels such as Mills and Boons are understandably fastest moving books on the shelf. Other popular authors include Danielle Steel, Sydney Sheldon, James Patterson and Mathew Reilly. Next of course is followed by books on health and sports.

The library is Wi-Fi enabled to facilitate high speed internet browsing and is free of cost for Library members. 2 computers are installed to serve as free high speed internet access stations for research purposes. The library in a way serves as a home away from home for members such as students who come to study and for senior

citizens who wish to spend quality time in a peaceful environment.

REQUISITION FOR NEWBOOKS:

A requisition for a book however rare is fulfilled at the earliest. Members are more than welcomed to freely make requisitions for books or magazines they like irrespective of the price. It is targeted to acquire the books requested by members within 2 weeks based on the availability.

Approximately 100 new books are acquired each month. These books are judiciously selected and cover the tastes of a wide cross section of readers.

BORROWING BOOKS:

Each member may borrow a maximum of 2 books from the library at a time.

New books

(purchased within a year) can be borrowed for 1 week and all other books for 2 weeks. Books borrowed can be renewed 1 time without incurring any fines.

We currently are in process of setting up the facilities for online booking and reservations of the fast moving books.

LIBRARY ASSISTANCE:

Need help on Library matters? Like renewing a book, or finding out about a book's availability? The library staff Pushpa, Dhanshree and Rupa would be more than happy to be of help. They certainly add to the comfort value and are



the backbone of the library. Knowing all members, they make it a point to remember each patron's interests and needs.

OPERATING HOURS:

Monday to Saturday : 8.30 am to 8.30 pm

Sunday : 9.30 am to 6 pm

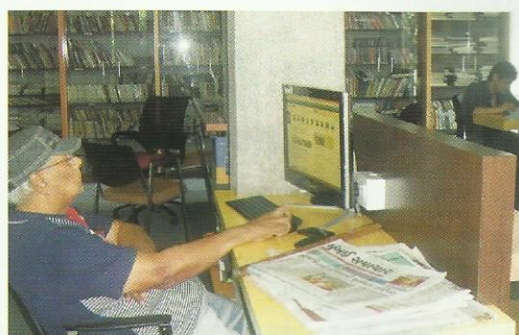
The library is functional round the year.

IMMEDIATE PLANS FOR THE LIBRARY:

JVPG Club aspires to bring about all round development of its members. A library inspires, educates and makes you think by encouraging reading in a conducive atmosphere. In order to resurrect the dying habit of reading and to encourage all its members to come forward to take the advantage of this priceless facility, the club has further subsidized the library membership this year.

The 12 people Library Sub-Committee headed by Mr. Yash Bhuta has chalked out a detail plan for the modernisation of the library to keep pace with modern times. Some immediate plans are as follows:

- Creating a special "Corner for Children" within the library. This junior library will be a section exclusively meant for children and their parents. The ambience would be created to facilitate children to come in and inculcate the very important habit of reading.
- Computerised data base and retrieval system
- **Online presence:** A link to library on the main club website with a detailed list of books stocked in the library and new arrivals.
- Creating a special "Room for Discussions" for group discussions. Given that the library is frequented by



students, it would lend them a helping hand if such a corner was dedicated to the learners. Apart from group discussion

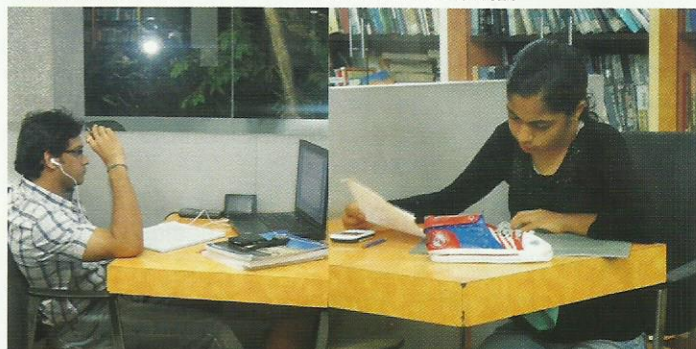
s by the students, that corner would also be utilized for library activities like 'Literature Fests' and "Book Readings". This room is also aimed at facilitating formation of a book club.

- Overall improvements in the lighting, furniture and upkeep of the library.

All the above plans are in their final stages of planning and will be taken up for approvals within a very short period of time to provide the members of our club with an exhilarating experience and to resurrect the habit of reading.

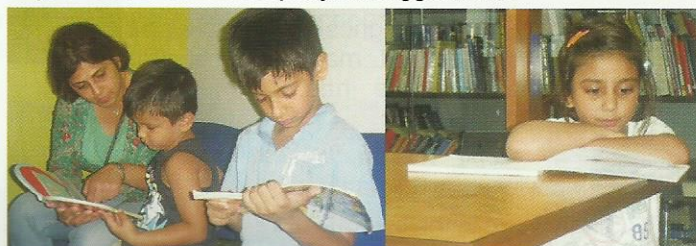
YOUR REPRESENTATIVES AT THE LIBRARY:

- Yash Bhuta (Chairman)
- Anirudh K. Desai
- Vijay R. Mehta
- Suresh N. Zaveri
- Suketu K. Mehta
- Loken M. Vakil
- Anil C. Shah
- Arjun Singh Toteja
- Kapil V. Desai
- Meena C. Shah
- Ashok Damle
- Shailesh C. Shah



SUGGESTIONS FOR IMPROVEMENTS:

The library sub-committee humbly requests and urges every member of the club to come forward and become a member of the library and take advantage of this priceless facility. To improve the facilities and the library in general - members are welcomed to chip in by giving their suggestions and ideas for improvements. All kind of suggestions are welcomed and these could be handed in writing to the librarian or dropped inside the suggestion box or email to mrsinghcoo@jvpgclub.com. If you want any changes, all you need to do is to drop in your suggestions.



MEMBERSHIP CHARGES:

JVPG club aspires to bring about all round development of its members. A library inspires, educates and makes you think by encouraging reading in a conducive atmosphere. In order to resurrect the dying habit of reading and to encourage all its members to come forward to take the advantage of this priceless facility, the club has further subsidized the library membership this year. The nominal membership this year is as follows:

Adults (below 60 Years) Family	
1/2 Yearly (october to March)	200
Yearly	300
Sr. Citizen (Above 60 Years) Family	
½ Yearly (October to March)	100
Yearly	150

Being the most comforting, revitalizing and a section that broadens your mind, the club library is undoubtedly 'the' place to be in!!



INTERESTING STATISTICS

from the 'Indian Premier League' so far



Highest Team Total in an inning in IPL:

- In IPL 6, Royal Challengers Bangalore scored 263/5 against Pune Warriors India, a new IPL record.



Lowest Team Total in an inning in IPL:



- In IPL 2, Rajasthan Royals scored only 58 runs, lowest ever team total in an inning in IPL so far.

- 2nd lowest team total is 67, scored by Kolkata Knight Riders against Mumbai Indians in IPL 1.



Highest run getters in IPL matches:



- Suresh Raina is the leading run getter in IPL so far. In 80 innings he has played till date, he has scored 2390 runs with an avg. of 34. His highest score is 98 runs.



- Gautam Gambhir with 2325 runs in 75 innings with an avg. of 33 is second.

- Chris Gayle is the third in line. In 50 IPL innings, Gayle has scored 2236 runs with an avg. of 56.



Maximum wicket takers in IPL matches:

- Lasith Malinga is the highest wicket taker till date in all IPL matches. In 56 IPL matches, he has claimed 83 wickets.



- Amit Mishra is 2nd with 77 wickets in 60 matches.



- RP Singh is 3rd in the list with 74 wickets in 67 matches.



Maximum individual runs in an inning in IPL:

- Chris Gayle score of 175 not out against Pune Warriors India is the highest individual run scorer in an inning in the IPL so far. It is also the fastest hundred on record in all T20 forms of cricket.



- Brendon McCullum who scored unbeaten 158 runs in 73 balls against Royal Challengers Bangalore in IPL 1 at M Chinnaswamy Stadium in Bangalore is the 2nd highest individual run scorer in an inning in the IPL so far.



- Murali Vijay, scored 127 runs against Rajasthan Royals at MA Chidambaram Stadium in



Chennai, is the 3rd highest individual run scorer in an inning in the IPL.

Best bowling figures in an inning in IPL:

- In IPL 1, Sohail Tanvir claimed 6 wickets of Chennai Super Kings for just 14 runs, is the still ever best bowling figure in an inning in IPL so far.



- In IPL 2, Anil Kumble picked 5 wickets for Rajasthan Royals for just 5 runs in 3.1 overs. Due to his magic figures, Rajasthan Royals scored only 58 runs, which is the ever-lowest team total in an inning in IPL.

Fastest century by a batsman in IPL:

- In IPL 6, Chris Gayle scored a hundred in 30 balls against Pune Warriors India. It is the fastest hundred on record in all forms of cricket – First Class, List A or T20.



- The 2nd fastest century by a batsman in IPL is in the name of Yusuf Pathan. He scored his century against Mumbai Indians in just 37 deliveries in IPL 3 at Brabourne Stadium, Mumbai for Rajasthan Royals.

Most sixes in all by batsman in IPL:

- Chris Gayle is on the top of the list of most sixes in all by batsman in IPL. In 48 IPL innings, Gayle has hit 163 sixes.



- In this list, Suresh Raina is on the 2nd position with 99 sixes.

- Rohit Sharma is on the 3rd place with 97 sixes.

- Adam Gilchrist crossed the ball 87 times over the rope in IPL matches.



Maximum dismissals by a wicketkeeper in IPL:

- Adam Gilchrist has dismissed 56 batsmen as a wicket keeper in the IPL seasons so far.
- MS Dhoni has dismissed 46 batsmen as a wicket keeper.
- Dinesh Karthik has dismissed 45 from his gloves so far.



Chennai Super Kings



Deccan Chargers



Rajasthan Royals



Mumbai Indians



Kolkata Knight Riders



Kings XI Punjab



Delhi Daredevils



Royal Challengers Bangalore



Pune Warriors India

NEW DEVELOPMENTS AT COCONUT GROVE MENU

Coconut Groove, a multi-cuisine restaurant, is now headed by Chef Veerbal Singh

An excellent cook, Chef Veerbal, knows that cooking is not just about recipes, it is how to take ingredients and make the dish tasty. A consummate cook, he brings in his own inimitable style of conjuring up a delicious dish.

Adding to the array of appetizing Punjabi and

North Western Frontier dishes of the restaurant, Chef Veerbal brings in tasty starters "Noorani Seekh Kebab" and "Mutton Malai Seekh Kebab" that go perfectly with your drinks, and the mouth watering "Dahi ke Chole", and the soft murg that melts-in-the mouth "Murgh Nazakat". In the Continental and the Chinese Cuisine, Chef Veerbal adds "Chicken Meridian" as another dish to look forward to.



Veerbal Singh
Chef

RECIPE

DAHI KE SHOLEY



Recipe: Take 2 cup water in pot, deep the bread slice in water then leave aside. curd mozerella cheese and khoya mixed together and fine chop chilies, capsicum, tomato add in that. Take out the bread from water and drain the water. Fill the mixture in the bread and roll it. Cover it in the polythine.

Hit the oil in the pan remove the polythine and deep fry the covered mixture for 2 minutes. Soak the oil with tissue paper, cut into 2 pieces garnish and serve.

MURGH NAZAKAT

Recipe: Take 2 breast peas chicken with wing in pot add green chili, ginger garlic paste, lemon juice, salt, salad oil rub properly with chicken piece and keep aside for 2 hours.

Take chicken kheema and cooked in the pan with little oil add chopped ginger garlic, green chili in that. Stuff the cooked kheema in breast pieces and give cut 2 inches on both side of chicken.

Marinate chicken with saffron masala and skewer it, place in tandoor to cook for 15 minutes. Serve with green chutney and curd onion.



MUTTON MALAI SEEKH KABAB

Recipe: Mix mutton kheema and chicken kheema together add 1 tsp cheese and all above spices to make a roll and apply it on the skewer to tanoor it for 10 minutes. Cut into 4 pieces horizontally and then half cut each piece vertically then stuff cheese, cream and malai in the half cut portion. Served with green chutney and curd onion.



CHICKEN MERIDIAN

Recipe: Take boneless chicken pieces add ginger garlic paste, green chilly paste, salad oil, salt and lemon juice mixed together and leave aside for 1 hour.

Take out chicken from marination then add dry oregano, dry basil, chop chilly, chop ginger, lemon juice and apply it. Then skewer in tandoor for 10 minutes. Garnish & serve with garlic chutney & colslow salad.



NOORANI SEEKH KABAB



Recipe:

Step 1

Take mutton kheema and mixed it with specially made masala together to form a sheeg and keep aside.

Step 2

Take chicken kheema with specially made masala to form a sheeg and apply it over the mutton sheeg. Tandoor the whole thing for 15 minutes. Take out and cut into 6 pieces. Serve with garlic and green chutney.

HEALTH CLUB

"The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results." - **Anthony Robbins**



PAWANKUMAR SARAF
Chairman
Health Club Sub-Committee



It is wisely said **"Health is wealth"**. Even Buddha said "To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear...."

At JVPG, the Health Club is the largest area compared to any sports facility available in the club. It extends to five levels, with each level dedicated to a specific activity. It is well equipped with state-of-art equipments for exercise and provides an ideal environment to maintain good health. With an interesting mix of all ages and genders, the health club has about 1700 members committed to achieve their healthy goals. In today's fast-paced world, people find it difficult to find time to pay attention to their health. But our members are faithful when it comes to visiting our Health Club. Even if it is for half an hour, the members do make it a point to visit the club and ensure they become fitter by the day.

As rightly said by Edward Stanley. **"Those who think they have not time for bodily exercise will sooner or later have to find time for illness."**

BASEMENT:

In the basement, we have a qualified dietician who will give the correct advice on the diet plan which will help you to stay fit. The diet plan is worked out after taking your health details into due consideration. While working with the dietician, your diet pattern will be monitored closely to achieve positive results.

There are suggestions to uplift this area and introduce fun activities for kids, meditation room for senior citizens etc.



FIRST FLOOR:

This floor is the ladies changing room. A state-of-art room which includes sauna, steam, two massages rooms, indoor and outdoor relaxing area.



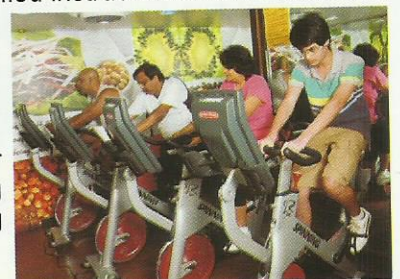
It is being planned to uplift this area further and introduce different kinds of massages like herbal, Kerala Ayurvedic, Sukoi etc.

SECOND FLOOR:



This floor is the 'Cardio Section'. Here, we have the latest cardio and strength training machines like Treadmills, Adaptive Motion Trainers (AMT), Recumbent Bikes, Rowing Machines and the latest e-Spinners. A part of the cardio section is specifically reserved for Spinning Studio with 4 e-Spinning Bikes for those who aim to do cross training, marathon. Excellent, qualified instructors monitor each and every member and keep track of their healthy progress and advice on further improvement.

This section will be further upgraded by installing latest cardio/cycling machine etc.



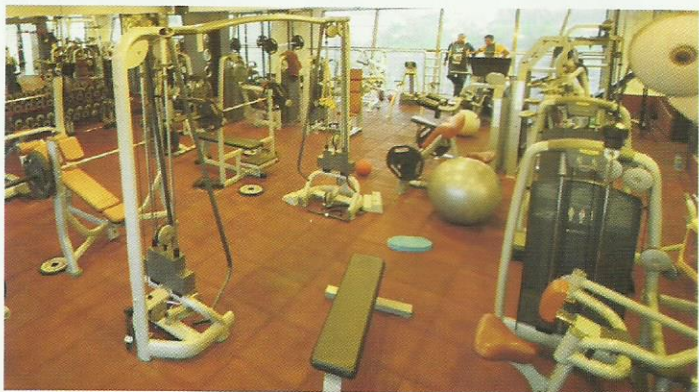
THIRD FLOOR:

The floor has men's changing room. A state-of-art room which includes sauna, steam, massage rooms, relaxing area and other facilities.



Plans are on to further uplift this area. We are planning to introduce different kinds of massages like Sukoi, herbal, and Kerala massages etc.

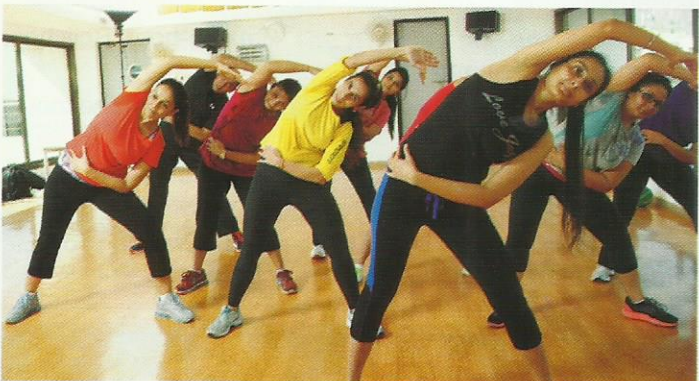
FOURTH FLOOR:



This floor is the gym section, fitted with the latest strength equipments, the gym is complete with Chest Press, Olympic Inclined Bench, Vertical Traction, Cross Over Pulley, Bar Cage, Smith Bar, Power Grip, Hyper Extension, Combo Incline and many more.

We are planning to introduce new exercise equipments, weights, dumbbells etc.

FIFTH FLOOR:



This floor with two adjoining terraces, according to me should be called "Hall of Nirvana" which is widely used for yoga. There are other dynamic group exercises like aerobics, Bollywood Dancing, Zumba, Masala Bhangra etc are conducted on this floor.

We are going to start martial art classes (Karate) for children to properly channelize the unbridled energy in them by Mr. Vipool Dasani having 29 years of experience in this field. The class is open to all children (member) between 5 to 15 years

of age at a very asubsidized rates on every Tuesday & Friday 5 pm to 6 pm.

It is proposed to start yoga classes for kids, expectant mothers, and for mothers and their toddlers.

All these activities are under the supervision of qualified and excellent trainers.

I am supported by dedicated & able Sub-Committee members and have worked out various proposals to ameliorate the facility for the benefit of the members.



It would be my privilege to meet members to understand their needs and take their suggestions for improvements on a one-to-one basis every 2nd Saturday and 4th Saturday. The timings for the same will be displayed on the Health Club notice board.

HEALTH CLUB SCHEDULE

Health Club is open between 6 am to 2 pm and 3 pm to 10 pm.

YOGA

1. Dipti Rawal	7.00 am - 8.00 am	MON. WED. FRI.
2. George Kutty	9.20 am - 10.20 am	MON. WED. FRI.
3. Ashok Gohil	11.35 am - 12.35 pm	MON. WED. FRI.
4. Ashok Gohil	11.35 am - 12.35 pm	TUE. THU. SAT.
5. Ashok Gohil	6.25 pm - 7.25 pm	MON. TO SAT.
6. Ashok Gohil	7.45 pm - 8.45 pm	MON. WED. FRI.

DANCE

1. Bollywood Dance	9.15 am - 10.15 am	TUE. THU. SAT.
2. Masala Bhangra	8.15 am - 9.15 pm	MON. WED. FRI.
3. Zumba Dance	8.15 am - 9.15 pm	TUE. THU. SAT.

AEROBICS

1. Parminder Kaur	10.30 am - 11.30 am	MON. WED. FRI.
	10.30 am - 11.30 am	TUE. THU.
	12.35 pm - 1.35 pm	MON. WED. FRI.

DIETICIAN

1. Seema Tarneja	10.00 am - 12.00 noon	MONDAY
	8.00 am - 10.00 am	WEDNESDAY
	5.00 pm - 7.00 pm	FRIDAY



High Energy Zumba classes by Chirag Aggarwal being reinstated by popular demand



Owing to popular demand and requests by members, the very talented, Chirag Aggarwal has been brought in to conduct Zumba classes at our health club from May 2 onwards.

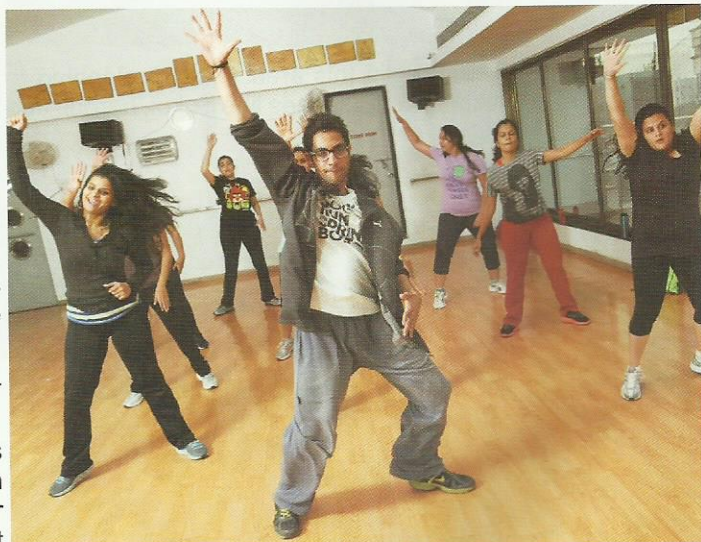
Zumba: A high energy fitness regime

Zumba features exotic rhythms set to high-energy Latin and international beats. Involving dance and aerobic movements, Zumba choreography incorporates Hip-hop, Salsa, Merengue, Tango as well as marital arts. Some Bollywood and belly dance moves, squats and lunges are also included.

The exercises include music with fast and slow rhythms, as well as resistance training.

There's no other fitness class like a Zumba Fitness. It is excellent way to get fit and get the energy levels soaring while having a blast. It's easy to do, effective and totally exhilarating.

Chirag Aggarwal: A certified instructor – dancer – performer – choreographer



BY POPULAR DEMAND
Restarting

ZUMBA Classes

by Chirag Aggarwal

From 2nd May 2013
TUESDAY, THURSDAY & SATURDAY

Time: 8.15 to 9.15 am
First Come First Enrolment Basis



KINDLY REGISTER AT HEALTH CLUB RECEPTION

PAWANKUMAR SARAF
Chairman - Health Club

HIMANSHU GOKANI
Hon. Jt. Secretary

Chirag began his career very early in life as a dancer performing at various events and functions. It is with great pleasure that the club has been able to get the very popular and talented Chirag Aggarwal to conduct Zumba classes for the benefit of all members.

- He is a truly qualified and a certified Zumba teacher (Zumba and M.B.W. certified). He is also a certified instructor for Zumba Basic 2, Zumba Atomic (class designed for children between 4 and 12 years of age) and Aqua Zumba (Zumba in the swimming pool).
- He frequently holds dance workshops all over the country and has composed dances for International centres of 'Art of Living'.
- Apart from Zumba, his classes for dance forms like hip-hop, Bollyhop, Freestyle, Popping etc are in big demand
- Recently, he was a part of a promotional event for Yashraj Films for the movie "Lafangey Parindey"

In the words of Chirag Aggarwal, "When participants see a Zumba class in action, they can't wait to give it a try. So come one, come all....shake it up...!"

Members are welcomed to take advantage of these classes which promise to be all out entertaining, exhilarating and high energy fitness.



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mail@potlis.com





Free session of Masala Bhangra Workout at our health club



Shalini Bhargava

The Masala Bhangra Workout is an exercise dance routine that modernizes the high-energy folk dance of Bhangra and the exhilaration of Bollywood moves, set in a easy to follow fitness format. This unique dance mixes cardiovascular fitness with fun, and is suitable for participants of all ages and fitness levels.

Does going to the gym sound boring to you? How about if you get your favourite Dhol Beats and Punjabi tracks to dance on? How does a feeling of being in a wedding sangeet party feel to you?

Here comes a fresh and exciting addition to the Indian world of Fitness! The MASALA BHANGRA workout!! The Masala Bhangra Workout is derived from two Indian words: Masala, which means spicy in Hindi, and Bhangra, which is a traditional folk dance from the northern state of Punjab, India the Masala




Bhangra Workout is an exercise dance routine that

modernizes the high-energy folk dance of Bhangra and the exhilaration of Bollywood moves, set in a easy to follow fitness format. This unique dance mixes cardiovascular fitness with fun, and is suitable for participants of all ages and fitness levels.

This powerful workout offers a successful way for participants to become more physically active and stay fit. Today, Masala Bhangra® is one of the top 5 workout videos to do in the US!

Members of our club have the opportunity to add spice to the rhythm of life with energetic and talented trainers like Shalini Bhargava who are Masala Bhangra Ambassadors, trained by the Creator Sarina Jain herself.

Masala Bhangra classes have been going on at our health club for the past two months and for the benefit of members who would like to enrol for the next batch – which will start soon, a free session has been arranged. These classes have started from 1st week of March 2013, Monday, Wednesday and Friday 8.15 am to 9.15 am. So walk into any class for a free session and prepare to be amazed.

 **JUHU VILE PARLE GYMKHANA CLUB**
Health Club Sub Committee Presents

the Masala Bhangra workout

By **SHALINI BHARGAVA**

NEXT BATCH STARTING SOON

EXPERIENCE THE INTERNATIONAL FITNESS WORKOUT

TAKE ONE FREE TRIAL CLASS

(ONLY THOSE WHO HAVE NOT TAKEN THE DEMO CLASS - MAX 5 PERSONS WILL BE ALLOWED IN EACH SESSION)

Ladies only

CONTACT HEALTH CLUB RECEPTION FOR REGISTRATION

PAWANKUMAR SARAF
Chairman - HC

HIMANSHU GOKANI
Hon. Jt. Secretary



Commercial Loans



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FORTHCOMING EVENTS

**From
27 APR 13**

IPL BAR NITE DOUBLE DHAMAKA



Catering & Bar Sub-Committee presents 'IPL Bar Nite - Double Dhamaka' on every Saturday till 26th May 2013.

12 MAY 13

TABLE TENNIS INTER CLUB LEAGUE TOURNAMENT

Table Tennis Inter Club League Tournament will be held from 12th May 2013 on Home & Away basis. Two team from JVPG is participating in this tournament.

12 MAY 13

MUMBAI BILLIARDS LEAGUE 2013

The Zarine & Yazdi Daruvala Charitable Trust Mumbai Billiards League 2013 commence from 12th May at Parsee Gymkhana, Dadar and other clubs, home & away basis.

**25 & 26 MAY
1 & 2 JUN 13**

PAINT YOUR IDEAS ON CLUB WALLS

Golden opportunity for amateurs to work with professional artists and enjoy painting creative ideas on the Club walls.

31 MAY 13

FANCY DRESS COMPETITION

Enrol your child for the Fancy Dress Competition and take away attractive prizes!!

- 31 May 2013 at 4pm onwards • Age group 4 yrs to 12 years
- Snacks for Child + 2 adults • Registration Rs.25/- per child
- Last date for registration - 28th May 2013.

PS: Program subject to receipt of sufficient entries.

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.

JUN 2013

BILLIARDS & SNOOKER HOME TOURNAMENT

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

PROMOTIONS @ COCONUT GROVE & FLOAT - MAY 2013



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1 FREE



**FOSTER
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Buy 1 glass
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Offer till stocks last • No promotions on Dry day • Kindly maintain decorum • Drink responsibly



SQUASH COACHING CAMP FOR SUMMER VACATION

- Squash is the fittest game in the world! (As researched and rated by Forbes Magazine)
- You can play it anytime, in any weather, alone or with a partner!
- Squash gets you leverage in admissions and scholarships in fees in colleges in the usa!

Juhu Vile Parle Gymkhana (JVPG) will organize a squash coaching camp this summer vacation. This will be followed by regular coaching when schools reopen, once finalized.

The camp will be conducted by Mr. A. I. Singh, India's highest qualified squash coach (Squash Australia Level 3), with 16 years of coaching experience. He has coached several champions.

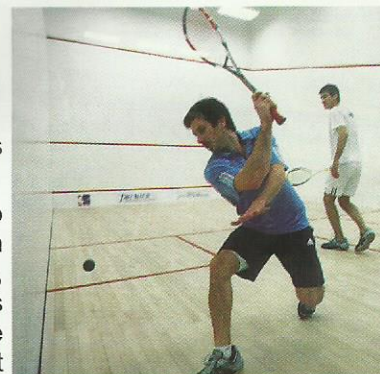
The camp will start on 15 May, and will continue through to July end. Timings will be 12.00 Noon to 2.30 PM.

Participants need to be of age 6 to 14 years. The camp is meant for students. Membership of JVPG is NOT mandatory- entry will be based on students' I-Card of their schools, accompanied by parents or guardian (no servant /maids will be allowed). First preference will be given to members of JVPG Club. Non-members will be admitted on first

cum first served basis subject to availability.

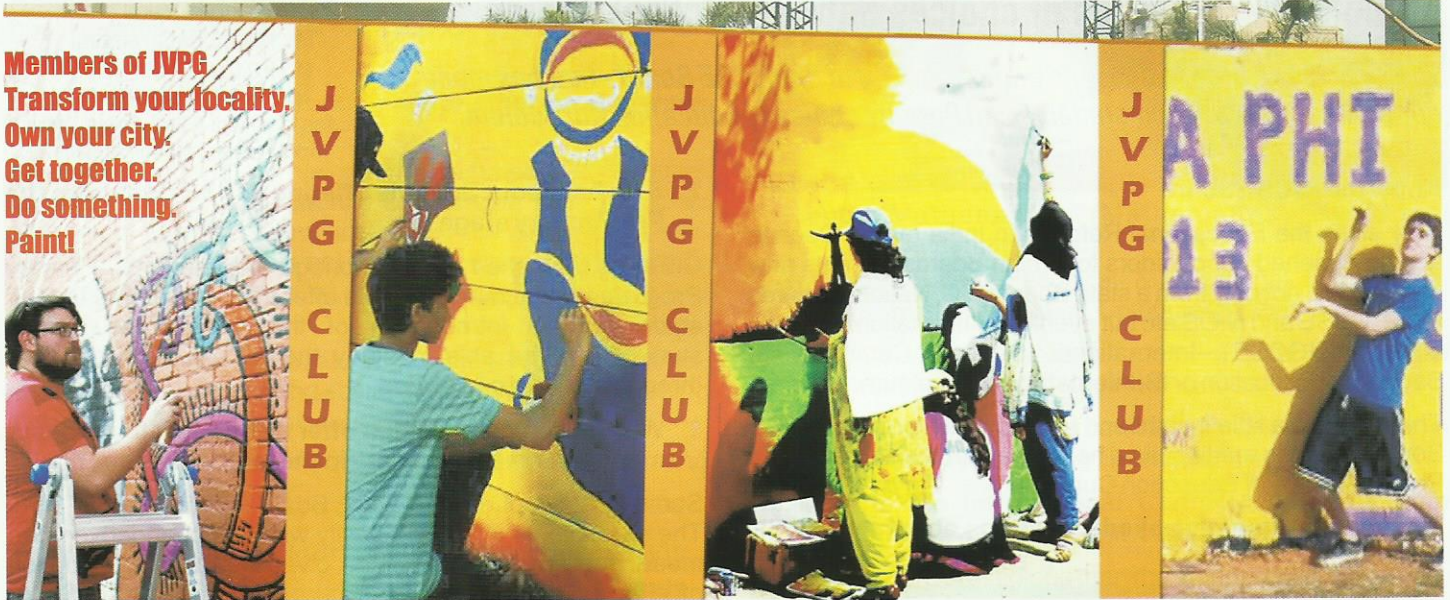
The objective of the camp is to train players from basic to advanced levels, and to identify candidates for enrollment in the regular coaching that follows the camp. The coaching camp will provide opportunity to players to excel in squash, and train on an ongoing basis.

For further details, contact Mr. A. I. Singh on 9820991097 or aisquash@gmail.com OR Mr. M. R. Singh (COO- JVPG) 9820421188 or Bhavesh Shah - Chairman (Squash Sub-Committee) 9869404302.



PAINT YOUR IDEAS ON CLUB WALLS BY ART: WORKS FOR YOU

Members of JVPG
Transform your locality.
Own your city.
Get together.
Do something.
Paint!



- Participant will get a unique sense of camaraderie and of belonging.
- Experience the joy of seeing your artwork come to fruition for all to see.
- The artwork will also be a continuous visual reminder of your creativity as well as a source of pride!

On the 25th & 26th of May and 1st & 2nd June 2013, members of JVPG will come together as a community to recreate a part of the vicinity, foster new connections and create a space that is welcoming, stimulating and unique.

As a participant, you will get a unique sense of camaraderie and of belonging. Experience the joy of seeing your artwork come to fruition for all to see. The artwork will also be a continuous visual reminder of your creativity as well as a source of pride!

The project will involve creating an image for the wall spanning the periphery of the club. Explains Anil Mahesh, President, JVPG, Sachin Doshi, Chairman, Garden & Housekeeping Sub-Comm., Pari Mohan, Chairperson, Card Room Sub-Comm. and Sonie Thakkar of 'Art: Works for You' who has conceptualized the process, "The wall will be divided into panels, with each panel created by a group of four participants. They will be guided

during the art-making process, will practice the art style for a short while and then work together on the image. Volunteers and artists will facilitate the formation of each image on their respective panels.

AGE: 14 years and above

ACTION: A one-hour pre-event workshop will train registered participants to ensure consistency in the final image. For this collaborative art project, the artwork will be created by interaction with the participants. Professional guidance will help channelize and guide the art-making process. The uniqueness and benefit of the program is also the 'training plus execution' experience for the participants. Remember, no previous art-making experience is necessary.

Come on... Lets bring out the artist in you. Happy Drawing!!

For more details / to register contact Member Service Desk.



BRIEF PROFILE: 'ART: WORKS FOR YOU' is an initiative by Sonie Thakkar, a respected compere, practicing art therapist, visual artist and language skills trainer and examiner. She is a trained applied artist with a Ph.D. in Art Therapy.

Sonie has led workshops at National Institute of Design, Kalaghoda Arts Festival, Ecole Mondiale World School, Thakur International School, Surf Excel Children's Art Festival, Prithvi Theatre, Crossword Book Store. She has also conceptualized art activities for brands like: Wockhardt Nutrition's – Protinex and Hindustan Unilever's - Surf Excel and Kissan Jam.

10 Frequently Asked Questions about the IGCSE Board...

Parents at crossroads of choices between School Boards.....

This article is a little insight and understanding of the IGCSE Board - that has made quite a headway with our students and Parents choice of Education Curriculum.



From the Desk of
Ms. Manju Sadarangani
M.Sc. D.C.M., D.HED., B.ED.,
Masters in Education MGMT.
Education Consultant & Retd. School Principal.
manjusadarangani@gmail.com

Know the IGCSE board

Ever since the Educational Reforms in India over a Decade ago that opened our corridors to foreign Boards, parents now can choose, not only from a state Board SSC, National Boards ICSE, CBSE and NIOS etc but even from International Boards such as IGCSE -International General Certificate of Secondary Education or IB-International Baccalaureate.

This article is a little insight and understanding of the IGCSE Board - that has made quite a headway with our students and Parents choice of Education Curriculum.

TEN most frequently asked Questions about the IGCSE Board.....



1. Which Board must I choose for my child who is yet in the Primary section?

Do not jump into choosing a specific Board unless you have a genuine reason for making such a decision. A normal happy, healthy and above all, a fit child can well cope with any Board. Sometimes it's the popularity of a particular school or your neighbours / friends feedback that influences your choice but reasonable proximity of a good School to your residence should be a very prominent factor to be considered at this age.

A child exhausted from long traveling soon loses interest not only towards his schooling but this sometimes leaves him with little energy for activities within or outside his home. At this age the child's health and his participation in interactive activities with parents, siblings and friends, should be of prime focus.

But if you have just recently moved to settle in India or likely to be moving to a foreign country while your child is in school, you could opt for an International Board to make the transition easy for your child. At the primary stage in life, a child is usually resilient to adjusting to a new education system and adapts well with some support.

2. So what about Schools offering IGCSE right from the Pre-Primary stage?

CIE has launched its Cambridge International Primary Programme and many schools offer this programme to their students. The introduction of this programme means students will be able to study the IGCSE from age five through age 18, if so decided.

3. What about schools that offer this choice to students much later, when they are in the middle School?

Some Schools offer the IGCSE Board shift in Grade 7 or 8. The students usually cope easily with this changeover if so made. Besides, the later choice, gives the student, the option of either continuing with the current Board e.g. ICSE or making a switch to a new Board e.g. IGCSE/IB. At this stage parents have a better idea of the child's strengths and weaknesses and what the child is aware too of what s/he wishes to pursue, so the decision making is easier.

Besides, IGCSE students can take advantage of the Cambridge Checkpoint TEST, a diagnostic service available in most schools, comprising of standardised tests, that pin-points a student's strengths and weaknesses in key curriculum areas of the IGCSE Board.

4. Does the IGCSE start only in Class 9? Can a student opt for IGCSE after completing his/ her earlier schooling through a different board?

Currently, IGCSE is a two-year programme starting at the Class 9 level. A student who has done his/ her early schooling from any other board can join the IGCSE programme at the Class 8/ 9 level depending on what a particular school may offer.



The world's most popular international curriculum choice for 14-16 years

5. May I know something about the IGCSE Board?

IGCSE, formed in 1988, is a comprehensive two-year programme, spread over Class 9 and 10. Unlike most other Boards that offer one date for the Final exam, here the student has a choice to appear in May or November or even spill over to both months in a rare case.

IGCSE assessment is conducted by two UK assessment bodies: Edexcel and Cambridge International Examinations (CIE).

6. After giving the IGCSE EXAMINATION can my child continue his junior college in Mumbai or anywhere in India?

A student who has passed IGCSE is eligible for any +2 level qualifications similar to choice available to ICSE, CBSE etc std 10 students.

7. How does the IGCSE compare to other programmes like ICSE?

Like other modern International programmes, IGCSE offers a wider range of subjects and encourages high academic standards through a practical approach to teaching and learning. Assessment is not limited to conventional written papers and they consist of a variety of tests e.g. oral and listening tests.

The assessment is aimed at a wide ability range of students, with an eight-point grading scale, from A+ to G, with A+ being the highest. U grade is the ungraded or the lowest grade.

IGCSE is definitely popular as it's a balanced curriculum and a flexible course of study.

The Educational Reforms in India over a Decade ago that opened our corridors to foreign Boards, parents now can choose, not only from a state Board SSC, National Boards ICSE, CBSE and NIOS etc but even from International Boards such as IGCSE –International General Certificate of Secondary Education or IB-International Baccalaureate.

8. What happens if my child finds any one subject very competitive for him and wants to yet do it as a combination to pursue the COMMON STREAMS offered in Junior college, i.e. Science, Art or Commerce?

Most subjects offer a choice between core curriculum (easier level) and extended curriculum. This gives students of all ability levels the freedom to choose subjects core or extended, that are right for them and thereby, the opportunity to score good grades.

Hence a child clear in pursuing Medical may leave out Chemistry while one clear on pursuing ARTS may opt out of a Science. Similar choices are made accordingly by students clear on pursuing commerce, Engineering or other streams. Most Schools offer combinations based on the above streams.

9. So what Subjects combinations are offered by the IGCSE Board?

There are five Subject Groups in IGCSE with several subjects to choose from, in each group and English Language one among the five, is Compulsory.

- **Group 1:** Languages (First Language, Second Language, Foreign Language, etc)
- **Group 2:** Humanities and Social Sciences (Geography, English Literature, History, etc)
- **Group 3:** Sciences (Biology, Chemistry, Physics, etc)



- **Group 4:** Mathematics (Mathematics, Additional Mathematics, etc)
- **Group 5:** Creative, Technical & Vocational (Accounting, Business Studies, Computer Studies, Music, etc)

The IGCSE offers a choice of a total of 5 subjects for the Board Examination to the students.

Students who wish for a greater combination of choice in options or a more challenging Examination may opt for ICE.

10. What is the International Certificate of Education (ICE) that is awarded to some IGCSE students?

The ICE is more prestigious than the standard IGCSE.

Instead of the five papers needed to obtain the IGCSE, if a student attempts and passes seven or more papers, s/he is awarded the ICE.

The seven subjects must be as follows:

- Two subjects from the language group
- One from each of the other four groups
- One more from any of the five groups

So here are some reasons why IGCSE has gained good ground in Urban India.

- IGCSE is one of the most sought-after and recognised International qualifications in the world. It develops and encourages vital educational skills, including oral skills, investigative skills, problem solving, team work, recall of knowledge, and initiative.
- It is recognised by the Association of Indian Universities (AIU) as being at par with CBSE, ICSE, etc.
- Worldwide, it is delivered in schools in over 140 countries and is recognised by colleges & universities everywhere, more so in the UK and other Commonwealth countries.
- The IGCSE curriculum is balanced and lends an international perspective to studies. It also takes account of differing abilities of students.

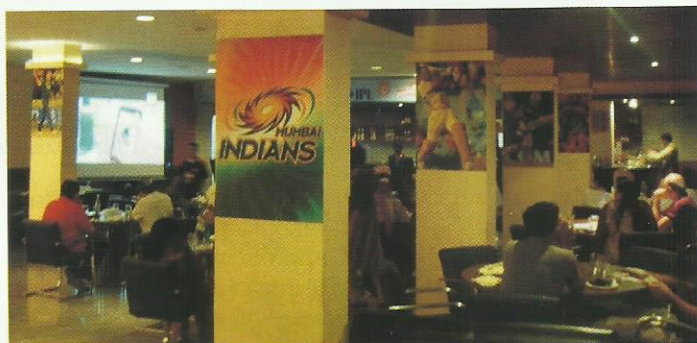
In my next article I will share some information on the other Boards as well. I personally do not profess one particular Board as being above the others. Students are varied in both their preferences and pursuits and our educated parents play a pivotal role in the Education of their child. Their awareness is most vital in the choices available to their ward. Will touch upon the other Boards soon. Look forward to your feedback. Here is wishing you the very best!

IPL BAR NITE - DOUBLE DHAMAKA

Ever since IPL has gathered momentum in the FLOAT Bar, it has added another feather in its cap by introducing Live DJ, the first of which was held on 27th April 2013 and will be held on every Saturday till 25th May 2013 after the IPL match is over. The Float Bar will come alive from 11.30 pm for couple of hours and promises to rock the night. No wonder it's a 'Double Dhamaka' for all our members and a perfect set up for all who want to live life to its fullest.

The first of this IPL Bar Nite was held on 27th April 2013 and what a night it turned out to be. Prior to the IPL Bar Nite, the Mumbai Indians beat Royal Challengers Bangalore comfortably and the Bar Nite turned out to be icing on the cake for the members and guests. The celebration was there to be seen to be believed. As DJ Alex played the music so were the toes tapping and from then on there was no stopping. The atmosphere turned electric as the music reached its crescendo and the Bar turned into a world filled with music.

To add to the fun, wide variety of food and drinks were served at reasonable rates which ensured that all had a wonderful



time whether one was dancing or enjoying sitting and sipping their favourite drink and sumptuous food.

As the party ended, all went home with loads of smiles on their faces and hearts filled with happiness. No wonder they all now wait for the coming Saturday when the Float Bar will again come alive as DJ Alex will take over and rock the night once again!

BADMINTON TIN & BOTTLE TOURNAMENT 2013

The Badminton Tin & Bottle Jumbles Tournament was held on 21st April 2013. More than 70 members participated in this tournament. There were separate events for juniors & seniors.

Senior category: In the finals, the Aditya Harlalka and Jimesh Goradia pair prevailed over Ashish Rupani and Viral

Desai in the stiff final. Score 30:29.

Junior category: Winners, Aditya Sanghvi & Khushee Thacker. Runners-up Komal Shah and Mehek Nayak

The winners and runners-up were presented trophies and gift vouchers.



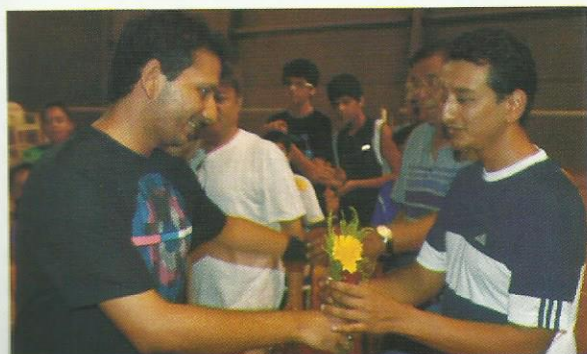
Winner Junior Category, Aditya Sanghvi & Khushee Thacker, with President Anil Mahesh



Runner-up Juniors Komal Shah & Mehek Nayak receiving Trophy from Hon. Jt. Sec. Himanshu Gokani



Mng. Com. Rep. Shailesh Shah presents the trophy to Winners Seniors Aditya Harlalka & Jimesh Goradia



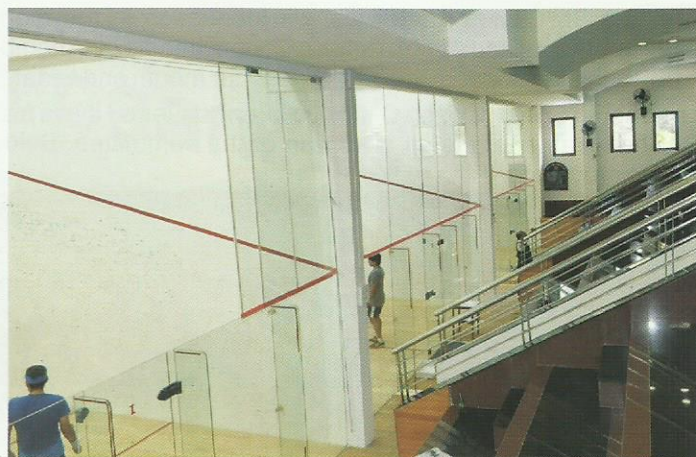
Chairman, Aditya Pandya presenting the flower bouquet to Yash Bhuta, Mng. Com. Member



Senior and Junior Winners and Runners-up

CLUB CORNER

FORMAL OPENING OF RENOVATED AIR-CONDITIONED SQUASH COURTS



Formal opening of Renovated Air-Conditioned Squash Courts was held on Sunday, 7th April 2013. The President Anil Mahesh declared open renovated AC Squash Courts by cutting a ribbon in the presence of Himanshu Gokani, Hon. Jt. Secretary, Satish P. Shah, Hon Treasurer, Bhavesh Shah, Chairman, Squash Cub-Comm. and Vinod Poddar, Managing Committee Member.

SQUASH TIN & BOTTLE TOURNAMENT 2013

The first Squash Tin & Bottle Tournament after renovation was held on 7th April 2013. More than 40 members participated in this tournament. In the Doubles Event Vishal Morjaria & Sameer Mistry prevailed over Rajan Chheda & Pranav Agarwal. Game score 2-1.



(L to R) Santosh Gulwadi, Vinod Poddar, Vivek Poddar, Bhavesh Shah, Anil Mahesh, Himanshu Gokani, Sanjay Kalati, Satish Shah and Vishal Morjaria



MEMBER SERVICE DESK

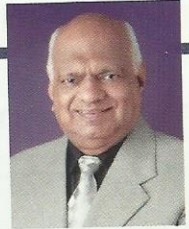
Members are informed MSD will now operate from 9.30 am to 8.00 pm every day w.e.f. 1st June 2013. The Desk will continue to offer the same services to members as before. Booking and cancellation of venues, issue and acceptance of membership forms, answering members' queries about facilities.

CLUB CORNER

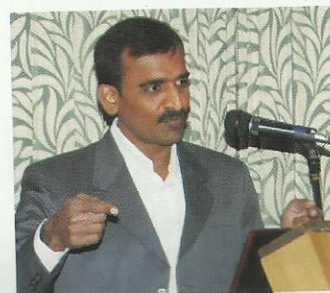
PREVIEW SOME OF THE SENIOR CITIZEN PROGRAMS

The Sr. Citizen Forum laid its foundation in the month of February 2011, with only 25 members and within a span of 2 year, boasts of a membership of 535 members. So far it has achieved its goal of one program per month and to date has organized 33 programs.

Last month Senior Citizen Cell have been converted into a full fledged Sub-Committee and Satish C. Shah was retained as chairman of the committee. Below are some of the scenes from sr. citizen programs.



Satish C. Shah
Chairman
Sr. Citizen Sub-Committee



**Are you missing above programs?
Come and join the Senior Citizen Forum 'The Pride of JVPJ Club'**

KRISHNA SONGS BY RUPA DAGLI & GROUP

Rupa Dagli, a well known singer was invited by the Library Sub-Committee to give a musical program on Krishna songs in Hindi and Gujarati on 31st Mar 2013 at Jasmine Hall.

Through a powerful performance of songs and melody, Rupa Dagli and her group enchanted the audience. They sang many popular Krishna songs she also obliged the audience by singing their favourite songs.

Not surprisingly, the attendance was overwhelming. Approximately 100 people attended the program and Jasmine Hall was packed. Members who attended the program thoroughly enjoyed the event.

All the Members present were so engrossed in the program that three of the lady members could not control their emotions and started dancing to the tune of songs. Members present have made requests to arrange more programs like this.



DISCLAIMER

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



Ghar mein paani ko ghusne na de.



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