

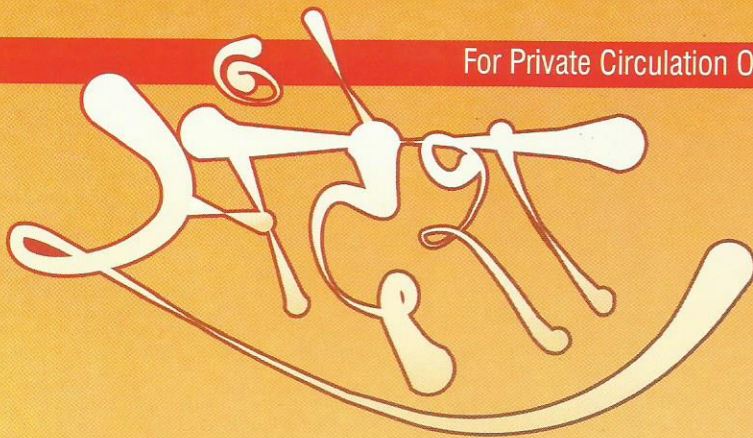


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MARCH 2013

SANDESH News Letter  
of JVPJ Club



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## FROM THE DESK OF THE PRESIDENT

Greetings to all the Members and other stake holders of Juhu Vile Parle Gymkhana Club.

I am once again humbled at being asked by the Managing Committee to take the responsibility as the President of our esteemed Club. By virtue of being an active member and part of the Managing Committee for almost 2 decades now, I am well aware of the challenges that lie ahead. Likewise all my other Office Bearer colleagues viz. Shri Mohan K. Jain - Vice President, Shri Kiran P. Dalal - Hon. Secretary, Shri Satish P. Shah - Hon. Treasurer and Shri Himanshu V. Gokani - Hon. Joint Secretary are equally acquainted with the same. We take this responsibility positively and promise to leave no stone unturned towards transforming this august institution as our "Second Home".

We are seized with the need to upgrade various facilities on an urgent basis to a level that should delight you. I would prefer to call this aspect of the development as the "HARDWARE" part. To complement and supplement this, we are convinced that the "SOFTWARE" aspect should be equally addressed. This aspect envisages evolving, in equal measure, the hospitality fundamentals as also the administrative functions of the Club.

It is only when both these i.e. the HARDWARE and the SOFTWARE facets of the Club are developed in conjunction, that it would translate into member satisfaction and delight.

I am sure that with the well wishes from our distinguished members and stake holders as well as support from the staff, we shall, sooner than later, be able to experience this transformation.

I shall keep you regularly updated of the various aspects of the Club and shall be happy to receive your feedback which will be an opportunity for improvisation and development.

Wishing you all 'A Happy Holi'.

**SHRIANIL M. MAHESH**

President

## JVPG CLUB OFFICE BEARERS FOR THE YEAR 2013



**ANIL M. MAHESH**  
President



**MOHAN K. JAIN**  
Vice President



**KIRAN P. DALAL**  
Hon. Secretary



**SATISH P. SHAH**  
Hon. Treasurer



**HIMANSHU V. GOKANI**  
Hon. Jt. Secretary

At the last Managing Committee the Team led by President Anil M. Mahesh, Vice President Mohan K. Jain, Hon. Secretary Kiran P. Dalal, Hon. Treasurer Satish P. Shah and Hon. Jt. Secretary Himanshu V. Gokani were elected unopposed for their respective posts for the year 2013.

## — DHARMENDRAJI – The Humanitarian Poet —

A fitness freak, Dharmendraji, even at the 'young age' of 78 still works out for two hours at his in-house gym, his temple as he calls it. When quipped as to when he would start coming to Juhu Gymkhana, he smiled saying "Soon..."

*Interviewed by Preeti Koppikar*

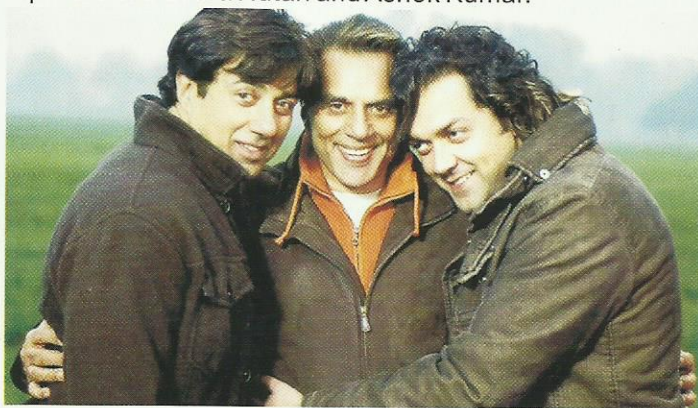
**A**s I was on my way to interview Dharmendraji, the radio in the auto coincidentally was playing "Yeh dosti hum nahi todenge..." from the classic Sholay. That is true, I would never let go of my admiration or 'dosti' of Dharmendraji...

Born on 8th December at Sahnewal, Punjab, Dharmendraji first wanted to be a farmer as he hailed from a family of affluent farmers or maybe a soldier. But when he was in 9th standard he saw the movie 'Shaheed' which fired his ambitions of becoming an actor.

When he first confided about his ambitions to be an actor to his mother, she was very hesitant. She warned him from telling about his dreams to his father. She clearly told him that if he ever breathed a word about his desires to his father, then both of them would be thrown out!

**In 1958, Dharmendraji won the contest. He was selected to act in Bimal Roy's 'Bandini' opposite the top stars of that era Nutan and Ashok Kumar.**

But destiny had its own role to play. Dharmendraji filled out the application form in 1957 for a contest where the eminent film makers like Bimal Roy and Gurudutt were seeking out new talents. In 1958, Dharmendraji won the contest. His parents were apprehensive of sending their son to the big metropolis Mumbai, then Bombay. He was then selected to act in Bimal Roy's 'Bandini' opposite the top stars of that era Nutan and Ashok Kumar.



Sadly, the sudden and untimely death of Gurudutt, who was playing hero in 'Baharein Phir Bhi Aayengi', left a void in the hero's role. Thus, Dharmendraji was roped in to play the hero in the film. This was followed by 'Phool aur Phattar', 'Anupama', 'Devar' etc... and rest is history. Since

then, Dharmendraji has played varied roles, the most notable portrayals were Satyakam, Chupke Chupke, Sholay, Gulami etc. He has also worked with various directors, each having different styles in their film-making thus helping Dharmendraji to cultivate a eloquent style to suit various roles.



He was awarded Padma Bhushan the third highest civilian honour by the Government of India.

Everyone knows that Dharmendraji is a handsome he-man, but very few know him as a poet. A deeply compassionate person, Dharmendraji can move anyone to tears with his poems...

"Parwa karke toh dekh, pyar aa hi jayegaa, Dushman bhi banker yaar aa hi jayegaa....". Even in his youth, back home in Sahnewal, he was always seen helping people around. In fact, Even as a top star, Dharmendraji was known to protect his heroines against the unruly crowd and fans.

A humanitarian, Dharmendraji was active in politics. He believes that if humanity begins to lead religion, there would be peace in the world. As an MP in 2004, Dharmendraji served his motherland, his constituency, Bikaner (Rajasthan). He was proud of the fact that he spent time helping others and rarely had much time for his own pursuits.

But politics was not that beckoned him. He rarely attended the Parliament when it was in session, preferring to spend his time in front of the camera.

A fitness freak, Dharmendraji, even at the 'young age' of 78 still works out for two hours at his in-house gym, his



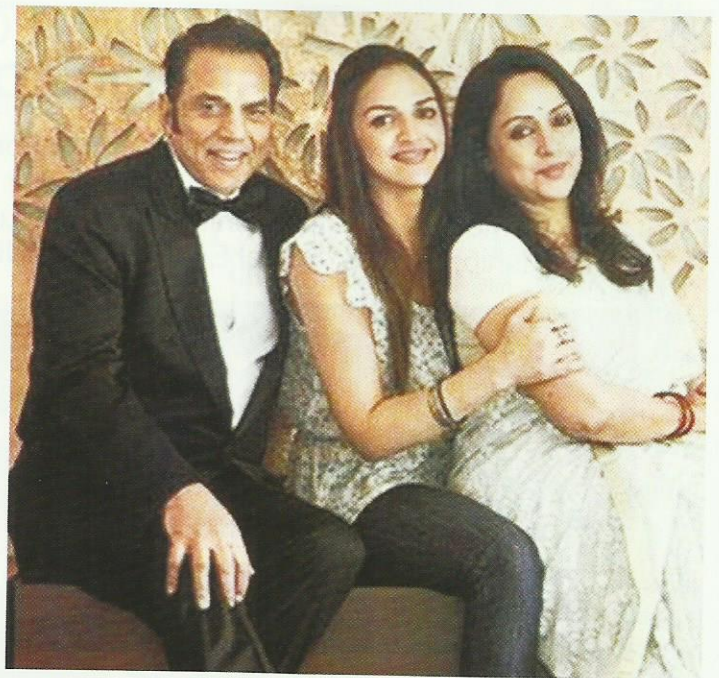
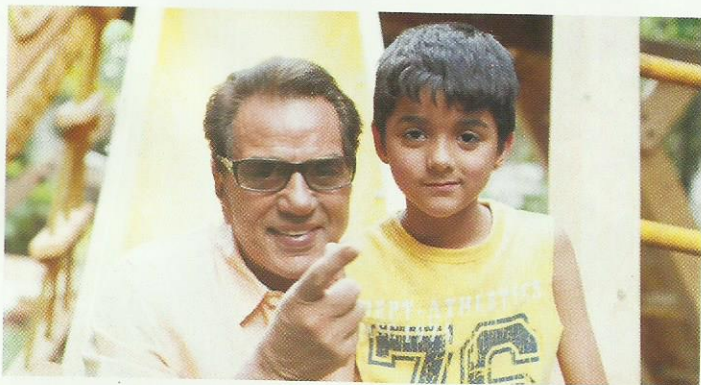
temple as he calls it. When quipped as to when he would start coming to Juhu Gymkhana, he smiled saying "Soon...". He used to go to the club, but lack of time made it difficult for him to go regularly. He says that he keeps tabs of what is happening at Juhu Gymkhana and is happy to note the progress.

**A lover of good food, Dharmendraji is in tune with the progress at the Juhu Gymkhana in terms of restaurant. He added that his younger son Bobby Deol is a frequent visitor to Juhu Gymkhana.**

A lover of good food, Dharmendraji is in tune with the progress at the Juhu Gymkhana in terms of restaurant. He added that his younger son Bobby Deol is a frequent visitor to Juhu Gymkhana. He also added that Ahanaa was planning start coming to Juhu Gymkhana only when time permits.

Smiling at me he says "you know, the greatest "vardaan" (blessing) is to be born a human being. He reminisces his role as a father. He tells me that he has always tried to teach good values to all his children, especially his daughters who are taught to love and value their in-laws as much as their very own. He is loving grandfather as well. Totally devoted to his grandchildren, his back garden turns into a playground full of fun and games, for his grandchildren. A deeply compassionate person, Dharmendraji always held humanity as the highest religion.

Going into his poetic mood he recites one of his most profound poems:



"Main kaun hoon, kya hoon, kyon hoon, kya chahata hoon...  
Mannaton ki murad, duaon ki dein, maalik ki meher ka ek  
vardaan hoon main...  
Mahaan maa ki mamata, azeem baap ki shafkat ka anmol ek  
ehsaan hoon main...  
Insaaniyat ka pujari, choton ka laad pyar, badon ka aadar  
sanman hoon main...  
Duniya saari banjaye ek kunwa, ekta ki hasaraton ka armaan  
hoon main...  
Neki meri shakti hain,  
Badi mujhse darto hai  
Ek aisa aalam samman hoon main  
Mohabbat hai khuda, khuda hai mohabbat,  
Khuda ki mohabbat ka farmaan hoon main...  
Pyar, mohabbat sinchitee hain jazbaat ko mere, issliye aaj  
bhi jawan hoon main...  
Khataa agar ho jaye, bajsh dena yaaron  
Galatiyon ka putla akhir ek insaan hoon main..."

Our thanks to Mahesh Mehta  
Jai Hind Society for arranging  
the interview



- Obesity
- Crisis in School
- Pressure of Studies
- Violent, Short Temper
- Indiscipline, Hyperactive
- Aggressiveness, Arrogance
- Lack of Concentration, Couch Potatoes



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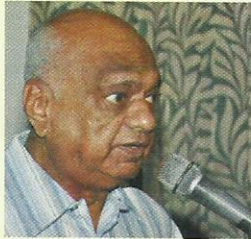
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## JOIN SENIOR CITIZEN FORUM THE PRIDE OF JVPG CLUB

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*Mrs. Kirti R. Shah*

## ૭૭ વર્ષ પાડા નોટ આઉટ...

પ્રમોદિની નાડાવાટી આજે પાડા એમના જીવનમાં એકટીવ છે. આપણી કલબને ગર્વ છે કે આજે પાડા પ્રમોદિનીબહેન સિનીયર સિટીઝન ફોરમ સાથે જોડાયેલા છે અને એમના બધાજ પ્રોગ્રામમાં આગળ પડીને ઉત્સાહથી એમા ભાગ લેય છે. એક વાક્યમાં કહીએ તો પ્રમોદિનીબહેન સિનીયર સિટીઝન ફોરમની જાન છે.



શ્રીમતી પ્રમોદિની નાડાવાટી સંસ્કૃત, નૃત્ય તથા નાટક વગેરે શીખી ને પાડા જીવન સાથે તાલ મિલાવતા આજે પાડા પ્રવૃત્ત છે. આજે ૭૭ વર્ષ ની ઉંમરે પાડા એક જુવાન ની માફક ધનગને છે અને હજુ પાડા પી.એચ.ડી. કરવાની ઈચ્છા છે.

ઉંમર તો વધતી ચાલે પાડા તેને મન પર ના લો તો ખાસ કોઈ ચિંતા કે વાંધો લેવા જેવી બાબત નથી. મોટા ભાગ ના લોકો ઉંમર ના વધતા ની સાથે મન થી વૃદ્ધ થઈ જતા હોય છે અને કંઈ ના કરવા માટે ઉંમર નું બહાનું કાઢતા રહે છે. શારીરિક ઉંમર ની સાથે તકલીફ વધતી જ હોય છે પાડા કંઈક કરી બતાવવા માટે સ્વયંમાંજ પ્રતીબદ્ધતા હોવી જરૂરી છે. આવી પ્રતિબદ્ધતા ધરાવતાં લોકો માટે અને સ્વયંમ કશુંક કરી બતાવવા માટેનું મનોબળ ધરાવતા લોકો માટે ખરેખર આપણો ગૌરવ લેવા જેવું છે.



આવા જ અપવાદ સમા મહિલા તે આપણાં વિલેપાર્લે ના શ્રીમતી પ્રમોદિનીબહેન નાડાવાટી ને આપણો પહેલી નજરે જોઈએ તો સાઠ ની ઉંમર ના મહિલા માંડ લાગે પાડા તેઓએ ખરેખર આવી જ અપવાદ સર્જ્યો છે. તેઓ એમ કહે છે કે જીવન ને હંમેશાં વહેવા દો જીવનને બાંધવાથી નથી આગળ વધાતુ. તમારી ઉંમર કે પ્રોબ્લેમ્સ ને પકડી ને બેઠા રહેવા થી, ઘર માં તેમજ બહાર પાડા આપણો અળખામાણાં થઈ જઈએ, માટે જ જીદગી ને તો પૂરે પૂરી રીતે જીવવી તથા માણવી જોઈએ.

પ્રમોદિનીબહેન એટલી જૈક વચે પાડા મણિપુરી ડાન્સ કરે તો છે પાડા બીજા ને પાડા શીખવાડે છે. તેઓ ટીવી, રેડીઓ અને ડોક્યુમેન્ટરી માં પાડા પોતાનો અવાજ આપી ચૂક્યા છે અને પોતે સારા કલાસિકલ ગાયક પાડા છે, નાટ્ય વિષય માં પાડા પારંગત હોઈ તેઓ નાટક પાડા શીખવે છે. અને આજે પાડા તેઓ પોતાનું સર્વ કામકાજ જેવુંકે બેંક, ઈન્કમ ટેક્સ રીટર્ન વગેરે પોતાના કાર્યો પોતેજ કરે છે. આખી દુનિયા સિવાય જપાન ફરી ચુકેલા પ્રમોદિનીબહેન આ ઉંમરે પાડા પૂરે પૂરા જોમ સાથે જીવી જાણે છે તથા એમની નસેનસ માં જીવંતતા તથા જોમ ભરેલું છે. ડાયાબીટીસ, બ્લડ પ્રેસર અને થોડો ઘુંટણ નો દુખાવો હોવા છતાંય રોજના ત્રણ કીલોમીટર ચાલવું તથા યોગ નિયમિત રીતે કરે છે.

તેઓ કહે છે કે તેઓ પહેલેથી જ પોઝિટીવ અભિગમ ધરાવે છે તેથી આ બધા કામ માટે તેઓ એ બહુ મહેનત કરવી પડતી નથી. બસ બહુજ આપોઆપ મેનેજ થઈ જાય છે. તેમનું માનવું એવું છે કે જો જીવન માં કંઈક કરવું હોઈ તો રસ્તો આપોઆપ મળી જતો હોય છે. તેમના પતિદેવ નું

મૃત્યુ પંદર વર્ષ પહેલા થયું ત્યારેજ તેમણે મનથી નકકી કરી લીધેલું કે તેમને ફક્ત રડી ને બેસી રહેવું નથી. તેમને ભગવાને ગણી બધી બક્ષિશ આપી છે અને એનો પૂરેપૂરો ફાયદો લેવો છે.

પ્રમોદિનીબહેન, ચંદારામજી સ્કુલ માં ભણાવા ની સાથે નાટકો, વક્તૃત્વ સ્પર્ધા, રાસ-ગરબા વગેરે માં ભાગ લેતા તેમ જ હંમેશાં ઈનામો જીતતા. સ્કૂલિંગ બાદ સેન્ટ ઝેવીયર્સ કોલેજ માં પાડા આંતરકોલેજ નાટ્ય સ્પર્ધા માં ઘણાય ઈનામો જીત્યા હતા. ભણાવામાં અવ્વલ રહેનારા પ્રમોદિનીબહેને ત્યાર બાદ ફિલોસોફી અને સાઈકોલોજી માં માસ્ટર્સ ડિગ્રી પ્રાપ્ત કરેલ. આટલાં વરસો દરમિયાન એમને પંડિત પ્રદીપ ચેટરજી પાસે દસ વરસ શાસ્ત્રીય સંગીત શીખ્યું તથા ગુરુજી શ્રી બીપીન સિંહ પાસે ત્રણ વરસ મણિપુરી ડાન્સની પાડા તાલીમ લીધી.

માસ્ટર્સ ડિગ્રી પ્રાપ્ત કાર્ય બાદ તેઓએ રીટર્ન બેંકની નોકરી લીધી અને લગભગ ચૌદ વર્ષ સુધી ચાલુ રાખી. તેમના પતિ શ્રી સનતભાઈ નાડાવાટી ને કુકિંગ નો જબરો શોખ એટલે તેમણે છ મહિનાનો કુકિંગ નો કોર્સ કર્યો. ત્યાર થી આજ સુધી તેઓ તેમના ઘેર ખુબ બધી પાર્ટીઓ આપે છે.

આ સિવાયનાં વખોમાં શાસ્ત્રીય સંગીતના ઘણાંબધા કાર્યક્રમો જુદા, લાયન્સ કલબ, ક્લાગુર્જરી વગેરે માં આપ્યા છે. તેઓએ કદી પાડા પોતાની કારકિર્દી બનાવવા નું લક્ષ્ય આ દિશામાં રાખેલ નથી. તેઓએ આ કાર્ય કદી પૈસા કમાવા માટે નહિ પાડા ફક્ત પોતાના નિજઆનંદ માટેજ કરેલ છે. હાલમાં તેઓ ક્લાગુર્જરીમાં સંગીત વિભાગ સંભાળે છે. શ્રી પરાગ વિજય દત્ત એકેડેમીમાં સાત વર્ષ સુધી નાટ્યકલાનું પાડા શીખવાડેલ. એટલુંજ નહીં પાડા પિસ્તાલીસ વર્ષ ના ગાળા બાદ તેઓએ ભારતીય પ્રાચીન સંસ્કૃતિ પર ફરી માસ્ટર્સ કર્યું તથા બે વર્ષ નો સંસ્કૃત ડીપ્લોમાનો અભ્યાસ પાડા કર્યો.

પ્રમોદિનીબહેન કહે છે કે તેમનો દીકરો રસેન્દ્ર અને પુત્રવધુ નિકિતા બહુજ ચિંતા કરે છે અને કહે છે કે મમ્મી હવે બહુ થયું... ચુ જસ્ટ ટેક કેર! પાડા તેમનું મન જંપ વારી ને બેસે તો ને. તેઓ જે પાડા અત્યારે કરી રહ્યા છે તેમાં તેમના દીકરા-વધુ નો સંપૂર્ણ સાથ અને સહકાર છે. પ્રમોદિનીબહેન ને નૃત્ય નોબહુજ શોખ છે તેથી તેઓ દર વર્ષે નવરાત્રીમાં દસે દસ દિવસ મન મૂકીને ગરબે ઘૂમે છે. ગત નવેમ્બરમાં તેઓ એ વિલે પાર્લે ના જુદા જીમખાનામાં 'ના બોલે ના બોલે' ના ગીત પર મણિપુરી ઢબમાં સરસ મજાનો ડાન્સ કર્યો હતો અને બીજાઓ ને ડાન્સ શીખવવા માટે રોજ ચાર પાંચ કલાક ના રિહર્સલ્સ પાડા કરેલા.

પ્રમોદિનીબહેનની ભાવી યોજના તો કોઈ નથી છતાંય તેઓ આજ રીતે જીવવા માંગે છે. ઈશ્વરે તેમને તક પાડા આપી છે અને શક્તિ પાડા, એટલે જ તેઓ હજુ પાડા આ ઉમરેય વધુ ને વધુ નવું શીખવા તત્પર છે. એમની હજુય પી. એચ.ડી. કરવાની ઈચ્છા છે અને જો તેમની ઈચ્છા મુજબ ના ટયુટર-ગાઈડ મળે તો એ નજીક ના ભવિષ્ય માં તૈયારી કરી દેશે. તેઓ તેમની બધી ઈચ્છાઓ પરી પૂર્ણ કરે એવી આપણો તેઓને શુભેચ્છા આપીને પ્રભુ પાસે સફળતાની પ્રાર્થના કરીએ.

## FORTHCOMING EVENTS

**22 Mar 2013**

### SENIOR CITIZEN HOLI CELEBRATION

Senior Citizen Forum presents 'Holi Celebration' on 22nd March 2013 at Activity hall from 6.30 pm onwards.



**31 Mar 2013**

### KRISHNA HINDI & GUJARATI GEET PROGRAM

Library Sub. Committee presents 'Krishna Hindi & Gujarati Geet Program' by Rupa Dagli and team on Sunday 31st March 2013 at Jasmine Hall from 10 am onwards. Entry Free

### PROMOTIONS @ COCONUT GROVE - MARCH 2013



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



**100 PIPER 12 yrs**  
Buy 2 pegs  
Get 1 FREE



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



**FOSTER'S**  
DRAUGHT BEER  
Buy 1 glass and get 1 glass FREE

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

## Swimming Pool Department

### Come & Join AQUA AEROBICS CLASSES

Started from 1st week of March 2013

MONDAY - WEDNESDAY - FRIDAY

6.15 to 7.00 am • 9.15 to 10.00 am at Swimming Pool

Classes conducted by certified Aqua Aerobic Trainer Anand Pardeshi



Aqua Aerobics offers multiple benefits for any fitness level. Aqua Aerobics classes come in a variety of formats, including steps, Kick Boxing, Karate and Yoga

For registration contact Swimming Pool reception

# SPORTS

## ACHIEVEMENT

### SQUASH DEPARTMENT:

NSCI Doubles Open Squash Championship 2013.  
Siddharth Samantray and Samir Mistry secured 3rd place in the Mens Open Doubles Squash Championship 2013 held at NSCI Club.



ANIL SAMPAT  
Editor

*Friends,*

*Welcome to the newly elected team with President Anil M. Mahesh, Vice President Mohan K. Jain, Hon. Secretary Kiran P. Dalal, Hon. Joint Secretary Himanshu Gokani and Hon. Treasurer Satish P. Shah as they lead our club to greater heights.*

*It has been 4 years since I served as the editor and it is time to bid you all adieu.*

*Here is wishing all our members and their children "Best of luck" in the exams.*

*Anil Sampat*

## Health Club Department

**COME AND JOIN**

**the Masala Bhangra workout®**

**By SHALINI BHARGAV**

**Classes started from 4th March 2013**

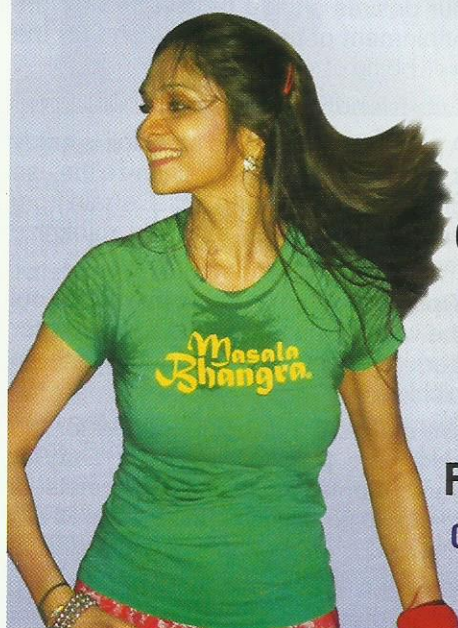
**Dance your way to fitness!**

**MON - WED - FRI  
8.15 to 9.15 am**

**First cum first serve basis**

**Contact Health Club reception for registration**

**Ladies only**



# BURA NA MANO HOLI HAI....

Holi is celebrated with enthusiasm and mirth on the full moon day (Pooranmashi) in the month of "Phalgun Poornima or Falgun" which usually is in the month of March.



**H**oli is a festival of colors wildly played and happily celebrated. One of the major festivals of India, Holi is celebrated with enthusiasm and mirth on the full moon day (Pooranmashi) in the month of "Phalgun Poornima or Falgun" which usually is in the month of March. Also a season of hope and joy where the gloom of the winter melts during Holi and promises bright summer days. Nature too, it seems rejoices at the arrival of Holi as fields promising a good harvest and flowers bloom colouring the surroundings and fills the air with fragrance.

Rangapanchami or Holi is of particular significance in Mathura, Vrindavan etc the regions traditionally connected to the Lord Krishna.

Although it is the least religious holiday, it is probably one of the most exhilarating ones in existence.

## Legends: Chhoti Holi

### Evening of Bonfires....



On the eve of the main day, bonfires are lit. The burning of bonfires is called "Holika Dahan (burning of Holika)", also called "Chhoti Holi". Legend has it that

these Holi bonfires are lit in memory of the miraculous escape of the young Prahlad when Demoness aunt Holika. His father Hiranyakashipu wanted everyone to worship him. But his son Prahlad a devotee of Lord Vishnu, continued to worship Lord Vishnu

This angered his father who plotted a devious plan with his sister Holika to sit on a burning pyre with Prahlad. Holika, who was blessed. She was immune to fire. But as the pyre was lit, Holika was burnt to death and Prahlad escaped without injuries due to his devotion to Lord Vishnu. Since that time, people light a bonfire, called Holika on the eve of Holi festival and celebrate the victory of good over evil and also the triumph of devotion to God. The burning of the effigy of Holika is called Holika Dhan.

To render gratitude to Agni, God of Fire, gram and stalks from the harvest are also offered to Agni the bonfire. The ash left from this bonfire is also considered sacred and people apply it on their foreheads. People believe that the ash protects them from evil forces.

### Dhuleti

The main day, Holi, also known as Dhuli or Dhuleti in Sanskrit, is celebrated by people throwing different coloured powder on each other. People also enjoy by drinking 'Bhaang' and sweets made specially on this festival.

### Rang Barse – Legend of Love

#### Expression of Love

It is also said that the Lord Krishna started the trend of playing colours. He

applied colour on her beloved Radha to make her one like him. The trend soon gained popularity amongst the masses.



Bright colours of gulal and abeer fill the air. Red signified the colour of passion as Lord Krishna played holi with Radha and Gopis. The ritual signified that all our desires should be diverted for the attainment of Lord Krishna and for the well being of society.

### Eco-friendly Holi:

A perfect way to play a safe holi is enjoy it the eco-friendly way. Minimize the use of trees when burning holi. Refrain from using plastic bags etc. and minimize the use of water.

**Tips:** Boil some beetroot in water. Cool the water. Squeeze out the extra water from the beet root. Strain the water in pichkaris.

We all know that haldi is good for the skin. Here, your yellow color is ready for you. Alternatively, take dry petals of marigold flower and grind them well in a mixer.

You can get green color by boiling palak, dhania, pudina and neem leaves

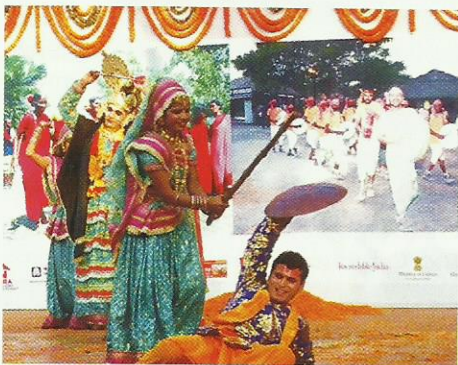
in water. Let the mixture stay in water till it cools. Squeeze out extra water from the mixture. Fill your pichkaris with natural green color.

Juhu Gymkhana is celebrating holi in a musical way. A melodious evening of Bollywood Ragas by Dhanashree Pandit Rai organized by Senior Citizen Forum will be held on Friday 22nd March from 6.30pm onwards. The programme will be held at the Activity Hall.

#### Trivia:

**In Bengal**, Holi is known by the name of 'Dol Jatra', 'Dol Purnima' or the 'Swing Festival'. The festival is celebrated in a dignified manner by placing the idols of Krishna and Radha on a decorated palki which is then taken around the city. The devotees take turns to swing them while women dance around the swing and sing devotional songs. All this while men keep spraying coloured water and colour powder at them.

The head of the family however observes fast and prays to Lord Krishna as well as Agnidev. Once the rituals are over, he smears Krishna's idol with gulal and offers "bhog" to both Lord Krishna and Agnidev.



#### Barsana

**Holi of Barsana**, the birthplace of Radha is of particular interest. Here, men from Nandgaon, the land of Krishna come to play Holi with the girls of Barsana and hope of raising their flag over Shri Radhikaji's temple. But, instead of colours they are greeted with sticks by the gopis. Hence, the Holi get its new name here-**Lathmaar Holi**. But the next day, it is the turn of men of Barsana. They reciprocate by invading Nandgaon and drench the womenfolk in colours of **kesudo**, naturally occurring orange-red dye and **palash**.

#### Rajasthan

##### Celebrations by Royals

On this day even the royals of Rajasthan don a festive spirit and mingle with the commoners. Infact, royal courts all over North India have refined the festival into an art. Rajput men would ride their steeds through the white and pink clouds of colour, throwing colour powders on each other. Even the members of the royal families are not immune from being drenched by colour.



##### Braj Mahotsav

The Braj Festival is held in honour of Lord Krishna a few days before Holi. The festival is marked by verve and zest. Villagers, in gay, multi hued attire, can be seen singing and performing the raslila depicting the immortal love-story of Radha and Krishna.

##### Folk Traditions in Rajasthan

**Mali Holi:** The colourful festival of Holi is played in many different ways. The 'mali' or gardener community of Rajasthan has a unique style. It is similar to the Latmaar Holi of Barsana.

**Gair at Godaji:** Men from 12 villages collect at Godaji village near Ajmer in Rajasthan to play gair a few days after holi. Each village brings his own drummer and gair troupes. It makes a wonderful and picturesque sight.

**Dolchi Holi at Bikaner:** In Bikaner district, members of 'Harsh' and 'Vyas' communities have been celebrating Holi by throwing water at one another since a long time. A specially designed vessel called 'dolchi' made from camel skin is used for the purpose and the water is thrown only at the back of an individual.

##### Holi in Mathura-Vrindavan

Come to Mathura-Vrindavan every year to feel the essence of Holi in the very land of Lord Krishna. People relive the legends of Holi associated with Radha and Krishna and the gopis. The

underlying feeling of this fun-frolic was love and devotion. Myriad colours of Holi give rise to love and adds romance in the air.

##### Celebrations continue for a week

People of Mathura and Vrindavan celebrate Holi for over a week. Each major Krishna temple celebrates Holi on a different day. Of immense interest is the celebrations at the famous **Banke Bihari Temple at Vrindavan**. Drenched in the colours of Holi people can be found totally immersed in the spirit of devotion here.

Another interesting place for Holi celebrations is **Gulal-Kund in Braj**; a beautiful little lake near Govardhan mountain. Pilgrims can see the re-enactments of Holi throughout the year at this lake. Local boys, acting in the Krishna-Lila dance drama troupes keep enacting the scenes of Holi for the pilgrims.

##### Holi in Manipur

In Manipur, the festivities of Holi continues for six days starting on the full moon day of Phalguna. It may also be noted that the traditional and the centuries old Yaosang festival of Manipur amalgamated with Holi with the introduction of Vaishnavism in the eighteenth century.



Besides, there is also a tradition of preparing a thatched hut of hay, twigs and sticks and then setting them ablaze. The next day boys make groups and play Holi with girls. Girls, in Manipur, are smart and extract money from the boys for playing colours with them.

##### Holi in Temples

Devotees, dress themselves in the traditional white and yellow turbans and sing devotional songs in the Krishna temples. They also play gulal with each other in front of the temple completely enjoying in the mirth associated with the festival.

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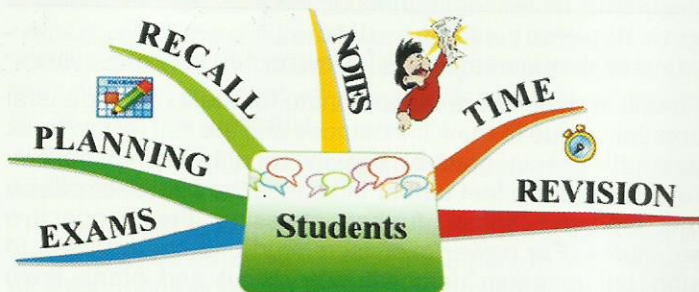
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# EXAM TIME

**Nervous time for every student, a test for how much he or she has absorbed during the whole year. And most importantly the recall value.**

**C**ome March, the exam time comes marching along and fast. Its nervous time for every student, a test for how much he or she has absorbed during the whole year and most importantly the recall value. The most crucial factor for any student is how much does he/she recalls when taking an exam.

To minimize your stress, here are some tips for those of you who are appearing for these exams.



## REVISION TIPS

### Oh my Math and Science!!

Plan your revision. Work out a time table for each subject and be true to it. Revise and complete the subject in time as in school. This will give you a sense of achievement and build your confidence. While revising a subject, practice writing. This would be an actual simulation of the examination itself.

While revising, vary subjects and their difficulty so you don't get bored. Set realistic targets of what you can achieve in the time available.

Spend as much time on recall as on reading. Practice writing answers as you would do in the exam. This will help you remember the important points when you answer each paper.

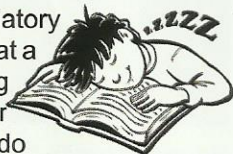
Monitor your progress. Make sure you allocate adequate time for fun and relaxation as well.

## TIME OUT

To prevent mental fatigue, take a short break as soon as you notice your mind is losing concentration. You will then be able to come back to your revision refreshed. It is important to relax. Your mind and body perform at their best only if you get adequate rest.

## ZZZZZ- MAINTAIN A REGULAR SLEEP PATTERN

A regular seven hours of sleep is mandatory for the body to function well. Also, sleep at a regular time; don't alter your sleeping cycle. Try and stop working an hour before bedtime. You will find it helpful to do some muscular relaxation, which is particularly effective in relieving stress.



## YUMMY - WHAT TO EAT

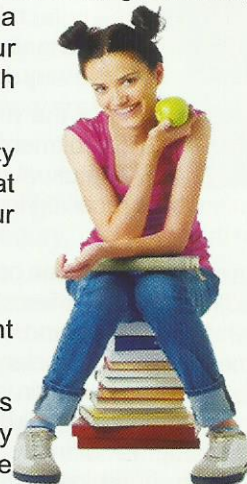
Food rich in vitamins and proteins, such as green leafy vegetables and fresh fruits, are a must. The nutrients will help your brain stay sharp. Avoid food with high fat content.

Don't drink too much coffee, tea or fizzy drinks. This might keep you awake at night and reduce the clarity of your thinking.

## NO DISTRACTIONS

Don't get involved in unimportant issues.

Right now, the board examinations should be your only focus. Stay away from distractions that could cause loss of concentration or unwanted anxiety. Stick to activities that do not break your study continuum.



## HEY BHAGWAN... THE POWER OF POSITIVE THINKING



Spend time with people who have a positive effect. It will help you immensely. Tell yourself "All is well"

## PRACTICE RELAXATION TECHNIQUES

Practice deep breathing, meditation and yoga as forms of relaxation. They help your body relax and reduce stress. Alternately, take a brisk walk in fresh air after your day's revision is over.

If you believe in God, pray before you start studying. Prayer will help increase confidence in you and reduce stress as well.

So, do well and wish you lots of luck with your exams.



# CONTRAINDICATED EXERCISES

**"A contraindicated exercise is a movement that is not recommended because it is potentially dangerous."**

MOHAN SAVALKAR

**T**he fitness industry has made significant advancements in using research to improve the biomechanics of lifting, to prevent imbalances and injuries in sports and in life.

However, fact is that with all this new knowledge, common biomechanical errors still exist and are performed in fitness centers every day, everywhere.

Likely, some of the most common errors that exist include, excessive recruitment of the hip flexors during abdominal exercises. The usual reasons behind poor lifting technique is exercisers receive incorrect instruction or copy what they see in the gym.

In many cases these problems can be corrected by a few simple adjustments. The first step is to evaluate the problem and identify what is incorrect and why. If it is a simple technique error where muscle strength/balance and flexibility are not contributing factors, the correction is easy. Switching from leg raise to reverse curls is an easy adjustment, that improves recruitment while reducing risk of injury. If though, the biomechanics are altered due to musculoskeletal issues, additional strategies must be utilized to make the necessary corrections.

Regardless of the problem, there exists a solution and for the most part the first step is focus on the movement efficiency. Although ego seems to be a very influential factor when it comes to resistance training, it is an anchor to the adaptation progress. Exercisers need to understand that it is the quality of the movement that is most influential not the total load moved. Many people spend many hours in the gym with little effect.

The following exercises have been deemed contraindicated as they present more risk than reward. For each exercise a modification exists that reduces the risk for injury while maintaining or increasing the effectiveness of the movement for the desired results. Each includes a problem and a solution. For those movements that cannot be corrected to proper performance, remove the exercise from the program and replace it with another more effective exercise.

## LEG LIFTS & THROW DOWNS

**Problem:** Abdominals do not insert on the femur, so the upper leg shouldn't be moving during the abdominal exercise. Recruitment of the hip flexors pull on the iliac and lumbar spine leading to potential posterior disc compression. Throw downs can also cause abdominal strains and facial tears.

### Alternate : Reverse curl-up

A posterior pelvic tilt is requisite to correct exercise performance when the femur presents as the resistance

arm. Hip flexion with an anterior pelvic tilt is undesirable as it places limited load on the abdominals and potentially compresses the intervertebral discs.

Lie flat on your back with both hands behind your head or



along side, contract your abs, bend and draw your knees into your chest and raise your hips slightly off the floor. Slowly lower back to the start position.

### ANCHORED SIT-UPS

(With a dumbbell or where the instructor holds your feet down)

**Problem:** Increases hip flexor activity; may cause disc compression; increases risk for low back pain aggravation.

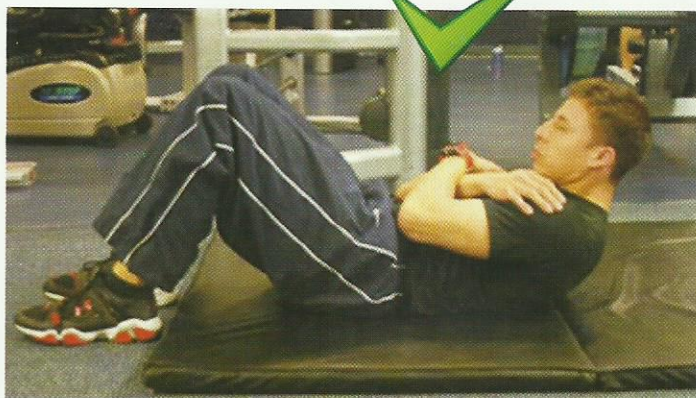
Sit-ups in general are inappropriate for most of the general population due to trunk imbalances and the risk for low back pain. Sit-ups in general heavily recruit the hip flexors. Anchoring one's feet further increases the hip flexor pull on the hip and spine, further stressing the connective structures. For newer exercisers, curl ups can be used to start but research demonstrates rollout and prone knee flexion on the ball promote more abdominal activation.

### Alternate: Abdominal curl-ups

Abdominal curl-ups place the majority of the resistive stress in the rectus abdominis. Curl-ups also are effective for engaging the trunk musculature without hip flexion.

Lie on your back with your knees bent, feet flat on the ground and arms folded across your chest or alongside your body. Breathe out and curl your rib cage towards your pelvis.

Next issue we shall look at two shoulder exercises that are deemed contraindicated.



### Have fun get fit.

Please note that this is not medical advice. Kindly consult your doctor before embarking on any fitness program.

# MEMBERSHIP OPTIONS NOW OPEN

## LIMITED NUMBER OF 1 YEAR / 3 YEAR TERM MEMBERSHIP NOW OPEN

A limited number of Term Membership is open and will be accepted by the club under two sub categories viz: 1 year and 3 years.

The current rates (subject to changes) are as follows:

- a) 1 Year Term membership: Rs. 1.25 lacs plus taxes.
- b) 3 Year Term membership: Rs. 3.00 lacs plus taxes.

The membership allows the member, spouse and 2 children under 18 to utilise the clubs facilities for 1 & 3 years respectively. If the children are above 18 but below 25, (then within the overall limit of 2 children) they are permitted to use the club on payment of an additional annual fee of Rs.25,000/- per such child.

Annual membership and departmental fees are payable as applicable to all members.

The membership carries no voting rights, is not transferable and cannot be renewed. However the person may reapply for fresh membership at terms and conditions prevailing at that the time of application.

Other terms and conditions apply. Contact Members Service Desk for details.



## MARRIED DAUGHTER'S MEMBERSHIP LAST DATE EXTENDED TO 31ST DECEMBER 2013

Members Daughters (Married) membership is now open and all eligible "married daughters" can now apply to be a part of the clubs fraternity. The last date for such admission has been extended upto 31st Dec 2013. Nearly 100 members have availed of this scheme and a few more memberships under this category are still available.



Those daughters who failed to apply for membership before their marriage are eligible to apply for membership under this category.

There is no time limit for application under this category. Irrespective of the years of marriage, the member can apply for his/her daughters membership, provided the membership of the main member is valid and in good standing. Further more the children of such married daughters will also be eligible to apply for membership subsequently (on payment of appropriate charges and under prevailing rules of the club). There is however a late fee for this category which is based on the number of years since marriage took place.

Please contact the Member Service Desk for details.

## CORPORATE MEMBERSHIP NOW OPEN INCENTIVES FOR YOUR SENIOR EMPLOYEES WITH THE PRESTIGIOUS MEMBERSHIP OF JVPG CLUB

JVPG Club offers a unique opportunity to all corporates to apply for membership, which can be rewarded to their senior and performing staff.

The membership permits a corporate to appoint one person of their organisation to be nominated as a member of JVPG Club.

The membership is valid for 20 years, after which it can be renewed on payment of prescribed fees applicable at that point of time.

What's more, the corporate can even change their nominee upto 4 times during the 20 year period.

The membership allows the nominee, spouse and children under 18 to utilise the clubs facilities. If the children are above 18 but below 25, (then within the overall limit of 2 children) they are permitted to use the club on payment of an additional annual fee of Rs. 25,000/- per such child.

Annual membership and departmental fees are payable as applicable to all members.

The membership carries no voting rights.

Other terms and conditions apply.

Contact Members Service Desk for details.



## ORDINARY MEMBERSHIP

Sons and Daughters of Life /Founder members are eligible to apply for Ordinary membership when they turn 18. The applications can be made upto 3 months before/after they turn 18. Sons who turn 18 are not permitted to use the club or its facilities unless they have opted for and are granted a membership in their own capacity.

Daughters on the other hand can utilise the club under their parents membership till the day they get married; irrespective of their age. However they must apply for a membership under their own name before the marriage. Those who fail to do so will have to apply under the 'Married Daughters' category, where the prevailing fees and penalties will apply. However those daughters who wish to can apply for their Ordinary membership at any point after they turn 18. Those who are admitted as Ordinary members are eligible to apply for Life membership after a cooling period of 90 days and on payment of prescribed fees.

## SPOUSE MEMBERSHIP

Deceased member's spouse are now eligible to apply for membership to the club at any point in their life, irrespective of the period elapsed since the death of the spouse. The process is simple and entails a simple application with a nominal fee. It is important that the membership of the spouse must be active and valid at the time of his/her death.

Please contact the Members Service Desk for more details.

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## PLANNING A PARTY? THINK OF JVPG CLUB BANQUETS

**W**hether its 25, 50 or 500 people, JVPG Club now offers 4 halls and 3 terraces to have your own party at amazing low rates.

**Food Choices:** You have a choice of 3 catering vendors

- a) Aditi Fast Food which offers you a complete Veg. package with Snacks, Chaats, Pizzas, South Indian delicacies etc...



Coconut Grove



- b) Coconut Grove offers you mouth watering Punjabi, Indian, Malvani Cuisine in Veg. and Non Veg. with Snacks, Starters, Cocktails and Desserts.

- c) Melting Pot offers you a range of Multi Cuisine Food from Indian, Chinese, Sea Food, Tandoor and Starters for your special occasions.

**Decoration:** At very affordable rates from Om Decorators, with variety to suit all budgets.

## FUSION NITE



**F**usion Nite was held on 8th March 2013, from 8 p.m. to 11 p.m. in Activity Hall. This event was sponsored by UB Group to promote Antiquity Blue Whisky. "Tribal Flora" a well known group performed live during this event. About 125 people enjoyed the evening. Besides the promoted whisky, other alcohol brands and a wide variety of vegetarian and non vegetarian starters was also served. The Fusion music provided by Tribal Flora was appreciated by one and all.

## MASALA BHANGRA DEMO

A demo class of Bhangra Masala was conducted on 22nd February 2013 by Shalini Bhargav and it got a overwhelming response. Over thirty members enrolled for the event. The unique feature of the classes will be 2 sessions of Bhangra Masala and 1 session of Zumba every week, thus members will enjoy best of both styles of fitness workouts.

The classes have commenced from 4th March 2013 (Mon-Wed-Fri, timings 8.15 am - 9.15 am). Contact the Health Club reception for details.

Join the classes and dance your way to fitness.



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### DO'S & DON'TS GENETIC IT AWARENESS

The Senior Citizen Forum conducted its 30th program which turned out to be extremely informative for the 52 members who attended it. Shri Satish C. Shah, Convener welcomed all by introducing the Chief Guest Mr. K.Gopinathan (Wipro) And Mr. Manu Bhaskar and Mr. Deval Mazmudar (IndusInd Bank).

Mr. K.Gopinathan and his team shared the basic safety techniques that should be taken care while using PC / Laptops / I Pads etc. The pros & cons of IT awareness was conveyed in short and simple slides. Queries of members were well attended to by Mr. K.Gopinathan, Mr. Manu Bhaskar and Mr. Deval Mazmudar.

This unique program by the Senior Citizen Cell when ended left the members with well gathered information which they can use in day to day life.

As a token of appreciation the guests were felicitated by the members by giving bouquets.



Dr Jatin Damania felicitating Shri Manu Bhaskar Executive IndusInd Bank with a bouquet of flowers.

### I-CARD EXTENDED 2015



The identity card issued to the members carry a validity date of 31 March 2013.

All these cards are now automatically valid upto 31 March 2015, which please note.

The extension in validity is applicable to all cards issued to the Life, Ordinary, Founder, Associated Founder, Life Founder and Institutional members and their dependants subject to all other club rules.


Memberships in the category of Service, Honorary, Temporary, Term, Playing, Sports etc. will be valid only upto the date of the validity of their respective membership.





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