

OMKAR ALL INDIA OPEN MEN'S & W

JVPG CLUB CONDUCTED HIGHEST PRIZE



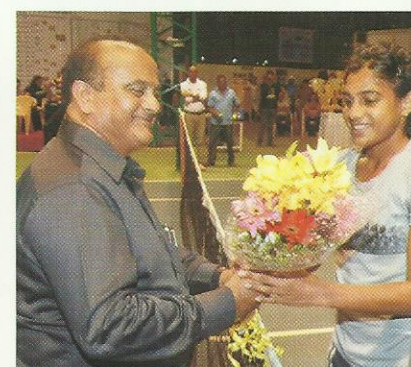
Women's Singles Winner
Natasha Palha in action



Prashant receiving Men's Singles Winners Trophy from Ajay Nair - Vice President HR, Omkar Realtors



Sowjanya Bavisetti receiving Women's Double Winners Trophy from Rajendra Varma - Director, Omkar Realtors



Natasha Palha Women's Singles Winner receiving bouquet from Sunil Shah



PRESS CONFERENCE ON 24TH JANUARY 2013

Bharat Deuppar, Chief Marketing Officer, Omkar Realtors, Sunil Shah - Chairman, Tennis Sub. Comm., Dr. Ojas Dave - Hon. Jt. Sec. and Tournament Secretary Dr. Uday Vora - Tournament Director



Top 8 seeds Men of the tournament

	Top
1 Vishnu Vardhan	1
2 Vijay Sundar Prashanth	2
3 Rohan Gide	3
4 Nitin Kirtane	4
5 PC Vignesh	5
6 Saurav Sukul	6
7 Shahbaaz Khan	7
8 Abhijit Tiwari	8

January 28th - Feb 3rd saw buzz of activities on our Tennis Courts as we entered the third edition of the prestigious JVPG Club All India Open Men's & Women's Tennis Tournament. This National Hard-court Tennis tournament is approved by All India Tennis Association (AITA) and Maharashtra State Lawn Tennis Association (MSLTA). The main sponsor of the tournament was Omkar Realtors and associate sponsors were Kamla Landmac Group, Bharat Group and Shreeram Cars Pvt. Ltd. Over 200 players participated in the tournament. For over 8 days, more than 1000 club members enjoyed the tennis matches.

The tournament over the years has provided a launching pad for promising youngsters from all over the country. It has also nurtured emerging players and have enhanced their talent. The skills of the participants are tested as they enter in the qualifying draws that lead them to the main

draw. Seasoned as well as upcoming stars on the horizon have vied for honours of All India ranking and one of the highest prize money. Success in this tournament gives them a platform to raise their level of game and compete globally. Soon we hope and wish to see some of this talent on the global canvas at the Grand Slams.

The hospitality and arrangements for the players, on and off the field was well appreciated by one and all. In recent memory we have seen that many Indian players have won Mixed Doubles titles at the Grand Slams, so JVPG Club has an added USP 'The Mixed Doubles', an event not commonly found at the national level. A massive chart showing the winners with photographs was put up by Tejas Parekh and Manan Vora. The midweek party for the players was attended by 100 players. Attractive prizes sponsored by Ashok Ahuja were distributed amongst the players. Publicity and the trophies were

arranged by Rakesh Gupta.

Lawn Tennis, Chairman Sunil Shah, Tournament Director Uday Vora and the members of the sub-committee have done an admirable job in getting the event to current standard. They owe this success to their corporate sponsors, the office bearers and managing committee of the JVPG Club who have stood by them and supported the event. This was the highest ever prize money offered to the players at the national level. The family, friends and tennis lovers watched top Indian tennis talent unfold on our courts.

India No. 4 Vishnu Vardhan was top seeded in mens singles but lost in the pre-quarter final to the upcoming player Mayur Mohit who ultimately reached the final. In the final Vijay Sundar Prashanth won the trophy defeating spirited Mayur Mohit, score: 6-3, 6-4. In the womens singles 2nd seeded Natasha Palha defeated Sharmada Balu in spirited encounter in 3 sets, score: 4-6, 6-3, 7-5.

WOMEN'S TENNIS TOURNAMENT 2013

MONEY RANKING TOURNAMENT IN INDIA



Selvaraj & Mayur Mohit receiving Men's Double Winners Trophy from Dr. Ojas Dave - Hon. Jt. Sec. / Tournament Sec.



Sharmada Balu Women's Double Winner receiving bouquet from Dr. Uday Vora.



Prashant receiving Mixed Doubles Winners Trophy from Mr. Autl Barot of Bharat Group



Men's Singles Winner Vijay S. Prashant in action

8 seeds Women of the tournament

Eetee Maheta
Natasha Palha
Nupur Kaul
Tarranum Handa
Vaniya Dangwal
Sharma Damini
Mukharji Anita
Sahni Nehal



WINNERS OF OMKAR ALL INDIA OPEN MEN'S & WOMEN'S TENNIS TOURNAMENT 2013

(LtoR) Prashant, PC Vignesh, Treta, Natasha Palha, Sowjanya Bavisetti, Sharmada Balu, Selvaraj and Mayur Mohit



BELANI CUP - JVPg CLUB FINISHES RUNNERS UP

Nikhil Rao, captain of the Team representing JVPg Club at the Belani Cup is a veteran. Having played the Belani Cup for over 23 years, he conceded it is the best ever performance by our club at the Belani Cup finishing runners up.

Along with Abhijeet he is credited to have scored the first ever 20-0 score in a Belani Cup match.

He thanked Uday Vora, Chairman Sunil Shah and his team members for their support and performance.

Belani Cup Team: Nikhil Rao - Captain, Abhijeet Muzumdar, Sahil Parekh, Rushab Mehta, Himanshu Bhatia, Keyur Gandhi, Manan Vora, Sanjeev Shah, Sagar Ahuja, Parth and Prashant and a special thanks to Nirmal and Kashyap who were also part of the team.



JVPg Tennis Team Members

JUNIOR PROMOTIONAL TABLE TENNIS TOURNAMENT 2013

JVPG Junior Promotional TT Tournament 2013 was held from 31st January to 3rd February 2013 at our club. More than 300 children participated in the tournament. This tournament is very popular among junior table tennis players of Mumbai city and suburban. In this tournament top 8 players of each category are not allowed to participate.

In the keenly contested finals in the Junior Girls Sanjna Choudhary prevailed over Disha Shridhankar and Junior Boys Jash Mehta prevailed over Akshay Gogri.



Sanjeev D. Shah
Chairman - Table Tennis

Category

Midget Girls
Midget Boys
Cadet Girls
Cadet Boys
Sub Junior Girls
Sub Junior Boys
Junior Girls
Junior Boys

Winner

Avril Saldanha
Sameehan Kulkarni
Tanishka Pawar
Hrshikesh Malhotra
Sanjna Choudhary
Jash Mehta
Sanjana Choudhary
Jash Mehta

Runner-up

Nikki Hemdev
Aadil Anand
Mahek Narnolia
Arnav Sanjeev
Mahika Kudtarkar
Hardik Panchal
Disha Shridhankar
Akshay Gogri



Sanjna Choudhary - Jr. Girls Winner in action



Dr. Ojas Dave Hon. Jt. Secretary cutting the ribbon on the occasion of tournament opening ceremony



Sanjna Choudhary - Junior Girl Winner receiving Trophy & Certificate from Hon. Sec. Anil Sampat



Jash Mehta - Jr. Boys Winner in action



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JVPG CLUB CRICKET FESTIVAL



Keyur Gandhi
Man of the Match &
Man of the Tournament

Inter Department T20 7-A Side Underarm Cricket Tournament 2013 was organized by Cricket Sub. Committee. It was held at the M.M. Ground on 26 & 27 January 2013. 16 teams participated in Seniors category, 4 teams in Juniors and 2 teams in Women's category. The M.M. Ground wore a festive look with ball to ball commentary. In a keenly contested final the Squash Strikers prevailed over the

Smiling Staffers. Score - Squash Strikers 58/3, Smiling Staffers 32/5.

Man of the match - Keyur Gandhi

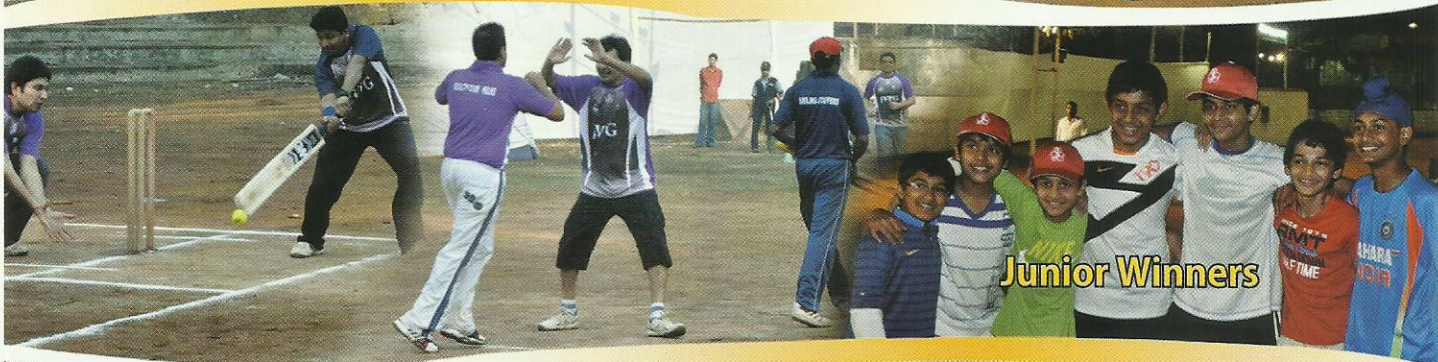
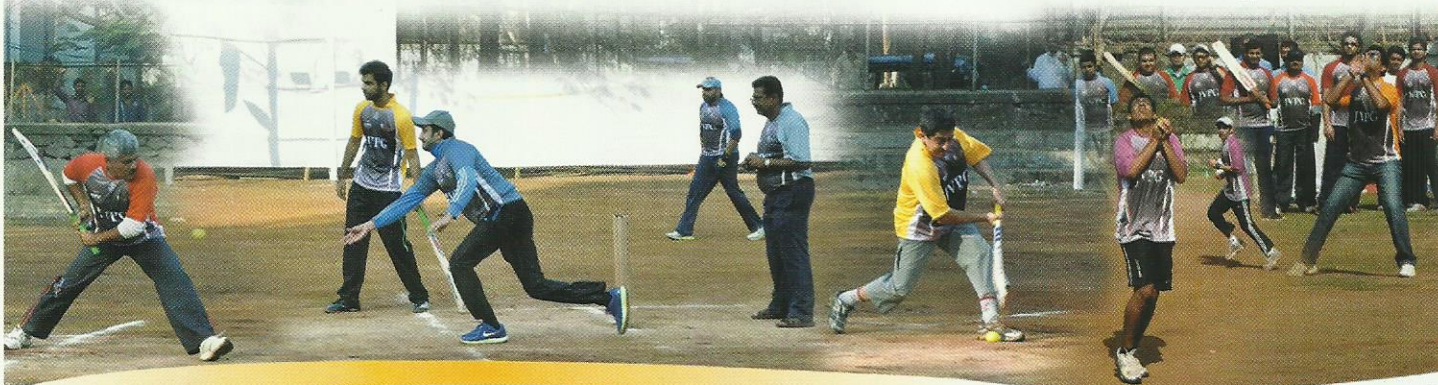
Man of the Tournament - Keyur Gandhi

A total 51 matches were played. More than 150 members participated in this event.

Organising Committee: Dipen Jhaveri, Bhavin Gala, Satyen Gandhi, Sanjeevkumar Shah, Sanjiv Zaveri, Dr. Malhar Mahadevia, Uday Tank.



Gurmeet Singh Ahuja
Chairman
Cricket Sub. Comm.



Junior Winners



Women - Winners

Women - Runner-up



**Winners
Squash Strikers**

**Smiling Staffers, Runner-up
with Jt. Sec. Ojas Dave & Cricket Chairman Gurmeet Ahuja**

BILLIARDS & SNOOKER DEPT.

BILLIARDS WORLD NO. 3 DHRUV SITWALA FELICITATION



Anil Sampat - Hon. Secretary presenting the cheque & trophy to Dhruv Sitwala as past president. Anil Mahesh looks on.

JVPG Club is proud of its achievers. This time the achiever is our soft spoken, gentle World No 3 Dhruv Sitwala. The club's management hosted a get together to celebrate this success and a token gesture presented him with a cheque for Rs.75,000/- on 11th January 2013. All his colleagues and friends in the department were there to cheer him on this occasion. Truly he is an inspiration to our youngsters that they can reach the top with grit, determination and hard work.

FELICITATION OF JVPG TIGERS SNOOKER TEAM (RUNNER-UP)



Bharat Mehta
Chairman
Billiards & Snooker



Dr. Ojas Dave - Hon. Jt. Secretary with JVPG Tigers (Runner-up in Mumbai Snooker League 2012) team capt. Bharat Mehta & Rajesh Vora

Following Junior players of Billiards and Snooker department were also felicitated for the following achievement in Maharashtra State Selection Tournament:

Rahul Sachdev - No. 2 (Senior)
Adit Raja - No. 2 Sub. Junior
Devendra Dongre - No. 3 Sub. Junior



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Salil Shah Saloni Shah Mrs. Kirti R. Shah



Dipen Jhaveri
Chairman - Entertainment

X'Mas Celebration

Over 1000 children many accompanied by their parents came to meet Santa on X'mas Eve and met their favourite toon characters and participated in the fun and frolic games.



New Year Eve

The club wore a festive look as it rung in the New Year 2013 with song, dance and fire crackers. The celebration held throughout the club premises was attended by over 1000 members. Special area for children with games, music, movies and security systems.



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MORE CONFIDENT.”

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Tisca Chopra (Actress)

HOW TO CHEAT THE CLOCK

Ageing is a biological process of wear & tear, which eventually leads to decline in structure and function of body cells. Ageing cannot be escaped but can certainly be delayed.

Ageing is contributed by external and internal (genetically programmed) factors. While we have no control over internal ageing, we can make lifestyle changes and reduce the impact of what external run could produce.

Following are a few tips to keep your skin young and healthy

- 1) Eat a well-balanced diet, rich in fibres, vitamins, minerals & anti-oxidants.
- 2) Stay hydrated with ample fluids comprising of 8-10 glasses of water & juices per day.
- 3) Good protection from the sun, which is a major factor in premature ageing, with sunscreens which offer UVA & UVB protection with a minimum protection factor of 30, large brimmed hats and sunglasses.
- 4) Avoid smoking.
- 5) Regular moderate exercise for 30-40 min per day.
- 6) Basic skin care routine of cleansing, toning & moisturising twice a day (morning & before going to bed).
- 7) Avoid deliberate tanning and out-door activities in the middle of the day, it not only gives deep tans but also dries up your skin, causing wrinkles.
- 8) Good 6-8 hours of undisturbed sleep daily is a must.
- 9) Satin pillow covers to reduce friction of facial skin while sleeping.

SPECIALISED CLINICAL TREATMENTS FOR AGEING SKIN

- 1) Regular application of AHA (Alpha Hydroxy Acid), Vitamin C and Retinoid Creams can reduce fine lines and improve skin texture.
- 2) Derma-fillers instantly improve volume loss and grooves in the face in addition to skin tightening effect.
- 3) Botox rejuvenates skin by reducing wrinkles and fine lines.
- 4) In addition to anti-ageing properties of resurfacing procedures like diamond skin polishing, fruit acids, peels & lasers, they also reduce pigmentation thus improving quality of skin.
- 5) Laser procedures also help eliminate unsightly facial veins, anagnas, thread veins, which occur with age.
- 6) Non surgical thread lift and radio frequency instantly tightens, firms and contours the skin on face and body.

Our life demands so much from us today that we hardly have time for ourselves. But, that should not be the way. One must take care now to prevent future discomfort.

So, pamper yourself, get that stunning look and bedazzle others!!!



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SENIOR CITIZEN FORUM



Satish C Shah
Convenor

RETRO BAR NITE - 21ST DECEMBER 2012

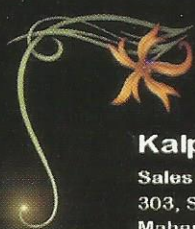
The 26th Senior Citizen Forum was a Retro Bar Night organized on popular demand by the members. A total of 120 members were present for this musical Bar Night. Singer Monie once again enthralled the members with his one man show. The music, food and beverages were enjoyed by all the members. Kudos to Satish Shah for yet another great program.



NEW YEAR CELEBRATION WITH PONK, SURTI UNDHIYU, JALEBI!!!

To welcome the New Year, the 27th Senior Citizen Forum organized an evening of fun, fellowship and special winter food from Gujarat. Total 140 members were present for the celebration. All had a wonderful evening which started from 6.30 pm and ended at 11.00pm.

The evening began by the members enjoying delicious Ponk, Ponk Vadas, Undhiyu and Matho which were specially brought from Surat. Puri & Jalebi were catered by our club caterers. Thereafter the ever popular game Housie was played. The Sr Citizens of our club had a wonderful evening and the food was enjoyed by everybody.



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CLUB CORNER

WHAT IS LAW? LAW IS AN ASS

The 28th get together was organised wherein total of 82 members were present. The welcome address was given by Shri Satish C Shah and Shri Kamlesh Daru introduced the Chief Guest Advocate Bharat Joshi.

A courtroom atmosphere was created in the Jasmine hall. Adv. Bharat Joshi spoke on the topic 'LAW IS AN ASS'.

He presented 4 different cases and 3 members from the audience were selected to be the judges. For every case 5 members from the audience were selected as jury. Adv. Bharat Joshi presented a case and asked the jury what their judgement would be. Next the opinion of the audiences were asked and finally Advocate gave a case and the jury was asked for their judgement. Next the audience was also asked for their opinion regarding the same and finally the judges views was asked. After receiving opinions from judges and jury, Adv. Bharat Joshi read out the judgement that was actually given by the Supreme Court.



Chairman Satish Shah addressing the gathering at the 'Law Is An Ass' event

At the end of the program Birthdays and Anniversaries falling in the month of February were celebrated by cutting cakes. This event was enjoyed by one and all.

BAR NITE @ JVPCLUB ROCKS

On a cold winter's nite - with many a quartz to kill - did the members and their guests gyrate to the super spinning of Alex, Da DJ and his troops.

While the 24th Nov's Bar Nite was a sell out and the party went on and on.....we sure had a rocking affair. The repeat on Dec 15th was not so well attended.

HIC HIC HURRAY!!!

The next time around be sure not to miss.



Vinod Jolly
Chairman - Bar &
Catering Sub. Comm.



Reflection by
Sanjeev Bagga,
who is the man
behind the bar nite.



'RANGBERANGI' HINDI KAVI SAMMELAN



'Rangberangi' Hindi Kavi Sammelan was organized by Library Sub- Committee on Sunday 3rd February 2013 from 10 am onwards at Orchid hall.

Shailesh C. Shah, Chairman, Library Sub-comm. welcomed the poets. The program was compered by Trilochansinh Arora and compered by Suresh Zaveri.

Prominent poets namely Trilochansinh Arora, Pravin Khanna, Ravi Yadav, Sparsh Desai, Nandlal Thaper, Rakesh Rathod, Dinesh Mishra and Pramila Sharma were invited for this event. They enthralled the audience for more than 2 hours with good quality poems on subjects covering politics, national and patriotism.

Around 60-70 members enjoyed this humour filled program.



Shailesh Shah
Chairman - Library

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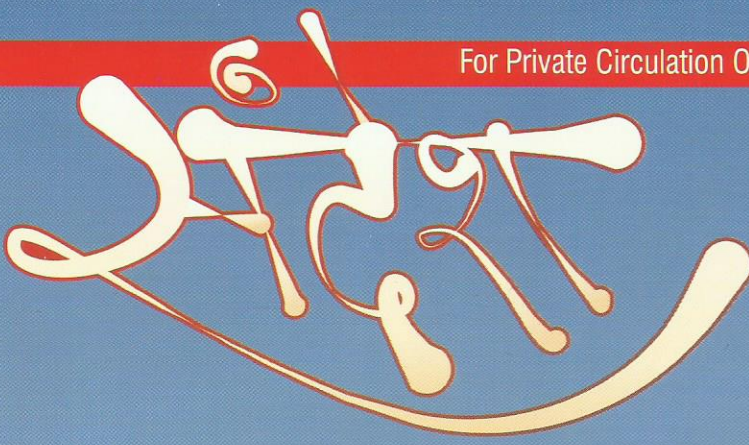


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SANDESH News Letter
of JVPG Club

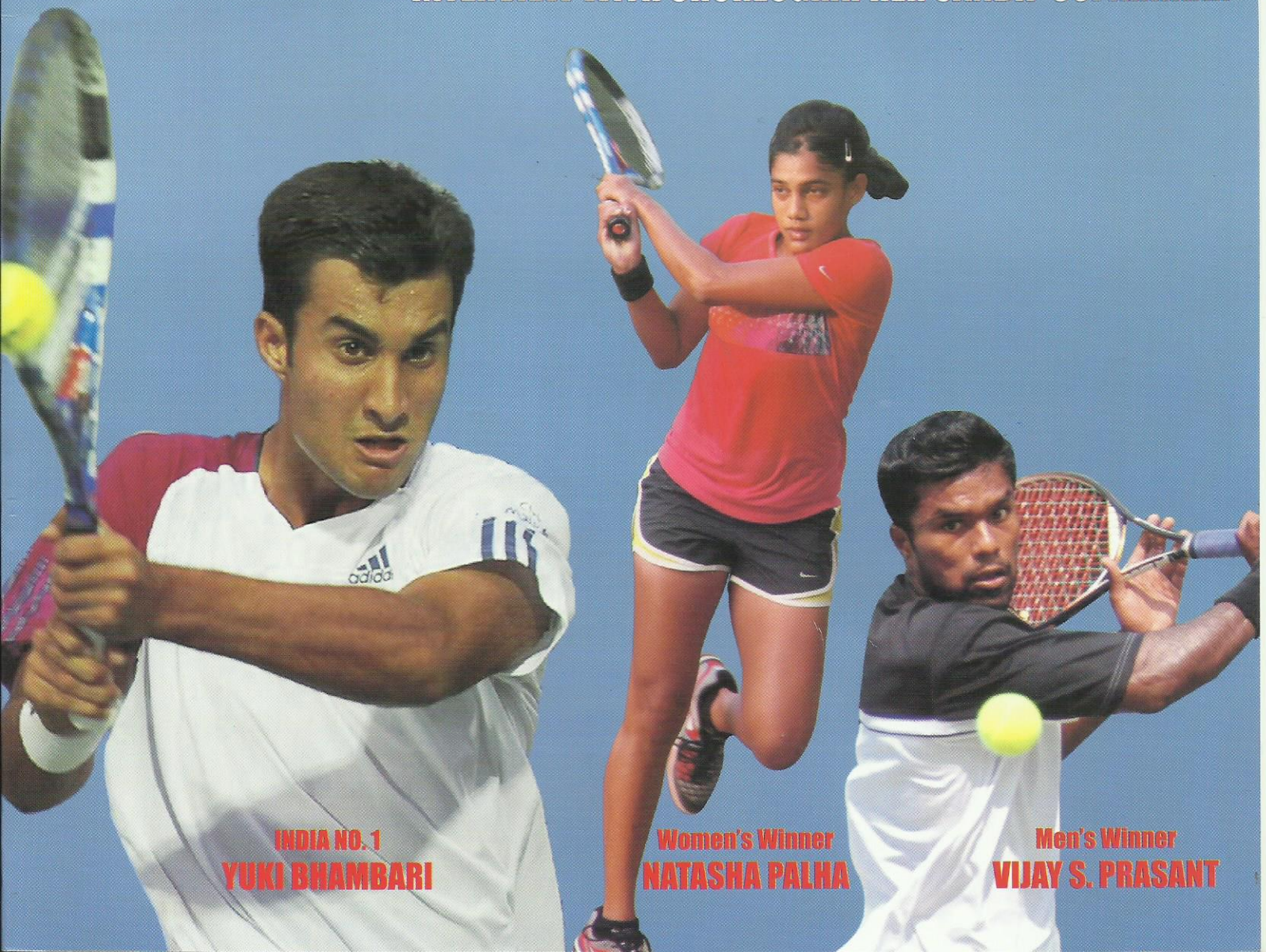


INDIA NO. 1 YUKI BHAMBRI @ JVPG CLUB

JVPG CLUB CONDUCT HIGHEST PRIZE MONEY RANKING TOURNAMENT IN INDIA

AIR-CONDITIONED SQUASH COURTS - YET ANOTHER JEWEL IN THE CROWN

INTERVIEW WITH CHOREOGRAPHER SANDIP SOPARRKAR



**INDIA NO. 1
YUKI BHAMBARI**

**Women's Winner
NATASHA PALHA**

**Men's Winner
VIJAY S. PRASANT**

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SANDIP SOPARRKAR

Come Let's Dance to his Tunes

Since the age of say 9 or 10 I had fascination for dancing. Since I loved dancing, I always wanted to go to Germany to learn. My father had his apprehension and told me that all the money he would spend on getting me trained for dancing in Germany can fetch him a lovely apartment instead.

"My grandmother was the founder member of the JVPG Club. Even today, I have fond memories of how my grand mother used to take us all to the club," says Sandip Soparrkar, choreographer and dance mentor of ballroom dancing. Tall, fair and handsome, reflecting rhythm and grace even from the way he shakes hands with me.

He shared with me the wonderful years of his childhood "My grandmother used to go to the club to swim and play racket games. As we were too young to do much, we used to sit and watch. All of us used to frequent the club restaurant those days. Oh the club is so beautiful!" he remarked. "It had a quaint, old world charm about it. There weren't so many members. After that I visited the club for a performance with Kitu sometime in the 90s. Recently, I have been there for the opening of Melting Pot and to attend an aerobic class my friend was taking. I truly love the club even today. Now the club has changed and for the better" he adds.

Always awestruck by his dancing, I inquired if he began dancing since a kid....

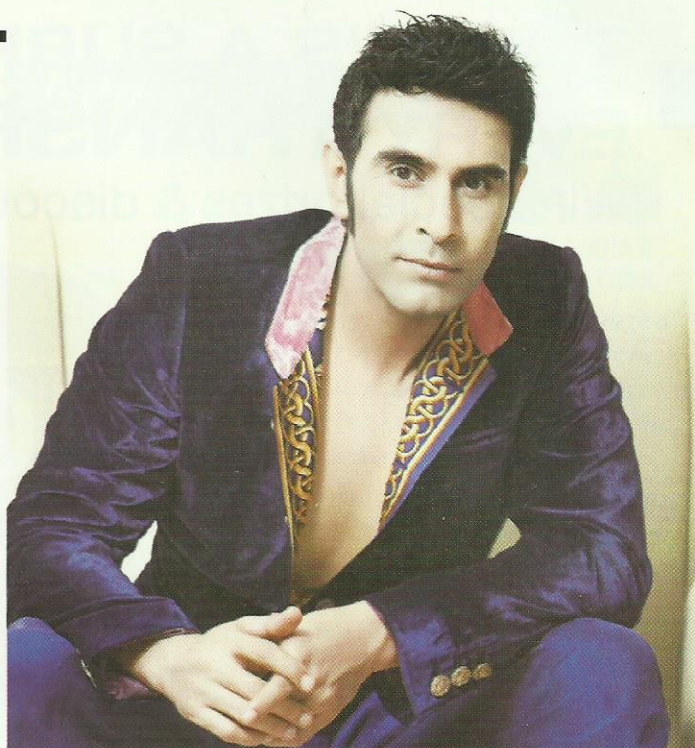
Sandip chronicles his journey "Yes, since the age of say 9 or 10 I had fascination for dancing. Since I loved dancing, I always wanted to go to Germany to learn. My father had his apprehension and told me that all the money he would spend on getting me trained for dancing in Germany can fetch him a lovely apartment instead."

"So to fulfill his wish I did not go to Germany and decided to do MBA and course in Hotel Management. Later I took up a job and at one point even headed a PR company. I still remember that in those days I used to work the whole day and would dance till 11pm."

"But one fine day, I decided to concentrate totally on my dancing... My father hesitated once again for my dance training in Germany. My grand mother came to my rescue and help me pursue my career in dancing. She succeeded in convincing my father and extended monetary support to me, to which I added the money I had earned through my modeling assignments and headed straight to Germany. Now I knew there was no stopping me."

SANDIP THE WRITER

"I write columns in the Asian Age by the name 'Box trot', like in

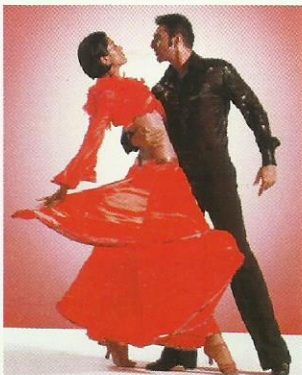


'Fox trot' (but naturally). "I have been writing for 3 years now and write on varied topics covering dancing."

THE NEW AGE RAMAYAN

"Some time back, I was invited to give a lecture at a very elite college on Latin American culture and traditions and how it has influenced our dance form. During the lecture, I pointed out the few similarities between Ramayana and Latin American history. I was taken aback when a youth sitting in front of me seemed unaware of the Ramayana. They knew a few stories from the epic, but not its details.

My grandmother was the founder member of the JVPG Club. Even today, I have fond memories of how my grand mother used to take us all to the club.



"Instantly, I decided to enact Ramayan in the manner today's youth will understand easily. I and my wife Jesse settled down to work on this project. We decided to take those episodes from Ramayana which were cornerstones of the epic like Sita's abduction, the Mareech turning into a golden deer etc. But to depict the Ramayana is no easy task. In Indian classical dancing we have many beautiful mudras and expression along with different forms to convey something poignant."

"With just the two of us and changing characters and roles made it ever harder. But with the blessings of the Almighty the show was huge success. Having held shows in US, UK, Germany etc we now plan to take it to other countries also."

"At my dance Academy Ballroom Dance Studio, I give my students more than dancing...I show and teach them our rich culture and traditions. These are the solid foundations on which we can create a platform for enacting drama through dance.

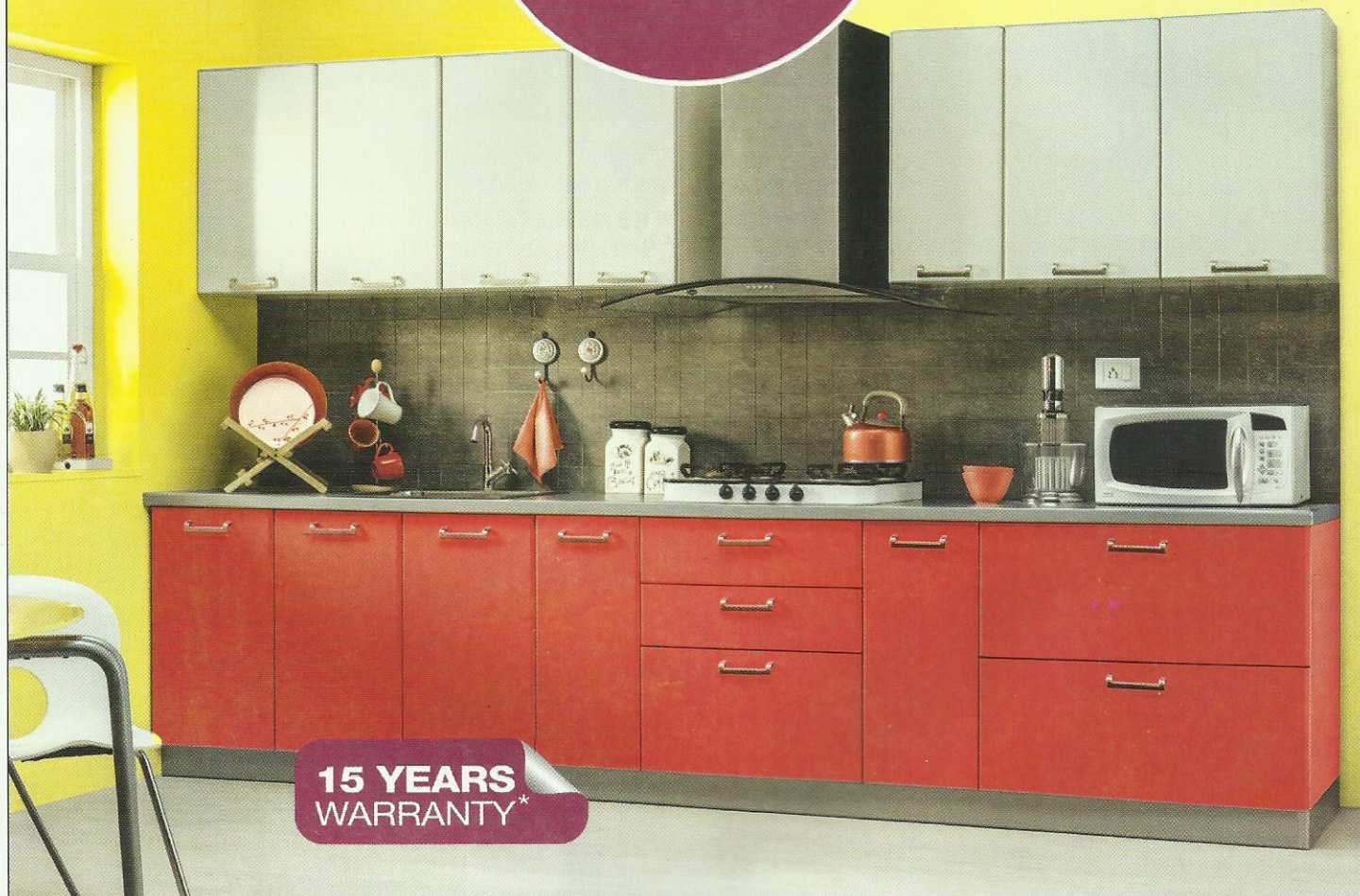
Interviewed by Preeti Koppikar

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FORTHCOMING EVENTS

22 Feb 2013

MASALA BHANGRA AND ZUMBA FITNESS WORKOUT DEMO

Health Club sub Comm. propose to conduct Masala Bhangra & Zumba Fitness Workout. Demo on 22nd Feb. 2013. For details contact Health Club reception.

22 Mar 2013

SENIOR CITIZEN HOLI CELEBRATION

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

March 2013

BADMINTON INTER-CLUB TOURNAMENT 2013

Badminton Sub Comm. propose to hold a Badminton Inter-club tournament in 3rd week of March 2013.

PROMOTIONS @ COCONUT GROVE - FEB. 2013



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Editorial



ANIL SAMPAT
Hon. Sec. & Editor

Friends,

One tune can change an evening, one idea can change a world, one step can start a journey; At JVPJ a journey called "SANDESH" that we started completes 2 years. Published as a 20 page magazine it has caught the fancy of both our member readers and the advertisers.

We have traced our journey with our past presidents and looked into their lives and how much the club meant to them. Their contributions and visions of our founders have given us our beautiful club which we and our children inherit. We have taken the path to recognise several celebrities who are one of us, having made their mark in their vocation. Also recognising our achievers and world beaters in sports have been on the agenda.

We have covered the various activities in sports, entertainment, lectures that bind our children, adults and seniors as a family. Sandesh has brought to you the development of clubs infrastructure in sports, restaurants, banquets, events.

Activities in our neighbourhood and institutions have been featured from time to time, apart from the routine notices and information bulletin.

A journey that has been rewarding. It is time to move on and take on more. I would like to invite all of you members to write in with your suggestions and articles as well, to make Sandesh more relevant to all of us.

Life isn't about having things to enjoy life. It's about enjoying life with the things you have.

Jai Hind

Anil Sampat



AIR-CONDITIONED SQUASH COURT - YET ANOTHER "JEWEL"!

Squash provides an excellent cardiovascular workout. In an hour of playing squash, a player could sweat out approximately 600 to 1000 calories. Squash also provides a good upper and lower body exercise by utilizing both the legs to run around the court and the arms and torso to swing the racquet.

This year in January, Juhu Vile Parle Gymkhana Club got its newly renovated Squash Court. It was inaugurated on 10th January 2013 by Bhavesh Shah, Chairman Squash Sub Committee in the presence of Ojas Dave, Hon. Jt. Secretary.

The Squash Courts are built on international standards and is complete with high powered air-conditioning. As Bhavesh Shah says "Air conditioning system is an essential item of equipment because it performs a vital role for the squash court. The AC system works as dehumidifier removes humidity from the air which comes from breath (due to exercise) perspiration and ambient weather."



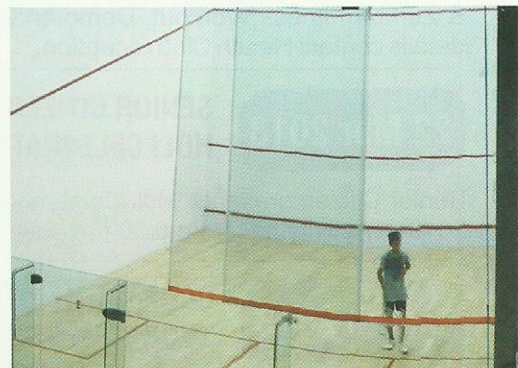
Sanjay Kalati, the Sub Committee member of Squash board, seconds the thought by saying that "Air-conditioned Squash Court is very important. It

keeps the temperatures constant while our seasons change."

"So, a player can play longer in summer without getting dehydrated, and on the other hand can be warm during winters. This way our Squash enthusiasts can play for much longer, be fitter and have more energy" emphasizes Ashish Mehta.

Bringing up a very valid point, he says that it also goes a long way in maintaining the quality of wood which would have otherwise been damaged by sweat of the players. The quality of the wood used in building the Squash Court at the Gymkhana and the technology is amongst the best says Dron Bakhai, Sub Committee member of the Squash Board. "The aim is to offer the best to members who are Squash enthusiasts and make them stars of India" says Mr. Bakhai.

"The Squash Courts which are of world class level will automatically attract the top players to practice there. Not just that, even aspiring players will get the best facilities to train themselves, if they wish, for national and international level tournaments" says Vivek Khanna.



The sport area boasts of three Squash Courts to allow its members to take maximum advantage of the sport. And just on the outside of the Squash Court are the expansive sitting arrangements for family and friends of the players.

IT'S A GAME

Developed at Harrow School, England, Squash is a high speed Racquet Sport also described as "jet-propelled chess". The game was previously called Squash Racquets, because of the "squashable" soft and hollow ball used in the game.

The Squash Courts are built on international standards & is complete with high powered air-conditioning.

Played by two or four players in a four-walled court, Squash is a demanding sport calling for a high level of physical as well as mental agility from its players. The aim of the game is to beat the other player by hitting the front wall

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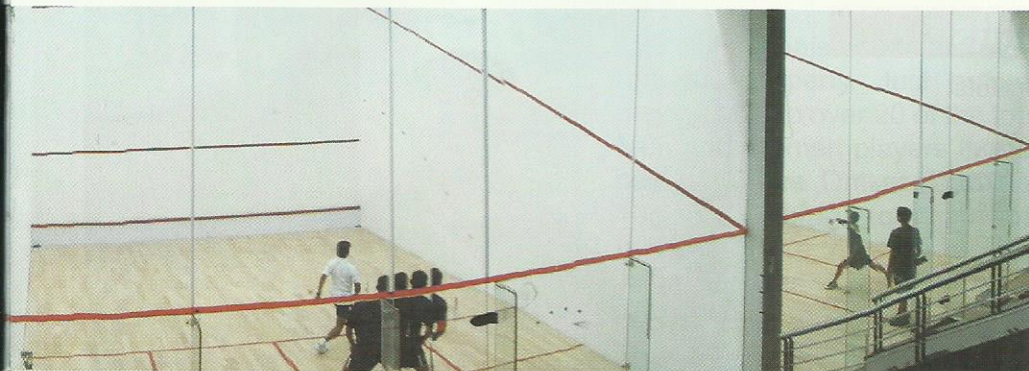
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IN THE CROWN *Squash – The Healthy Sport*



Bhavesh Shah
Chairman - Squash



with the ball and making the ball bounce twice on the floor before they can hit their turn.

Squash is an indoor game similar to racket ball, where you hit a hard ball off the walls and your opponent has to get to it before it bounces twice on the floor.

The Squash Courts which are of world class level will automatically attract the top players. Even aspiring players will get the best facilities to train themselves.

As of June 2009, there were players from nineteen countries in the top fifty of the men's world rankings, with England and Egypt leading with eleven each. The women's world rankings featured players from sixteen countries, led by England with eleven players. However, Jahangir Khan is considered the Number Uno Squash player who has dominated



Bhavesh Shah performing the coconut breaking ritual on the occasion of opening ceremony of air-conditioned Squash Courts.

this sport for 25 years. Asia also potent a good number of World class squash players.

Squash provides an excellent cardiovascular workout. In an hour of playing squash, a player could sweat out approximately 600 to 1000 calories. Squash also provides a good upper and lower body exercise by utilizing both the legs to run around the court and the arms and torso to swing the racquet. In 2003, Forbes rated squash as the number one healthiest sport to play. As Dron Bakhai says "It is a competitive game and you burn calories much faster, than while playing badminton or tennis..."

However, caution has to be exercised if you have crossed a certain age or if you are suffering from any heart ailment. Studies show that playing squash have, in some cases, caused the fatal irregular heart beats.

WIDER ACCEPTANCE

Squash has been featured regularly at the multi-sport events of the Commonwealth Games and Asian Games since 1998. "So ours is truly an international Squash Court and my aim is to help members who are Squash lovers to even reach the national level tournaments. I am very proud of the Squash Courts and so will our members be" adds Bhavesh Shah.

The members of the Juhu Vile Parle Gymkhana Club now have 3 wonderful squash courts where they can play the sport either as a game or practice for competition. They are truly happy and proud about it.



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CLUB CORNER

JVPG CLUB WELCOMES

NEWLY ELECTED Managig Committee MEMBER & TRUSTEE

Annual Election Results

No.	Names	Total
For Managing Committee		
1.	Bhuta Yash J.	885
2.	Deora Ashokkumar V.	623
3.	Doshi Sachin C.	789
4.	Gokani Himanshu V.	828
5.	Shroff Suresh M.	635
6.	Vora Pankaj M.	659
For Trustee		
A	Joshi Rahul M.	851
B	Raveshia Manoj L.	657

Following were declared elected to Managing Committee & Trustee



Bhuta Yash J.



Doshi Sachin C.



Gokani Himanshu V.

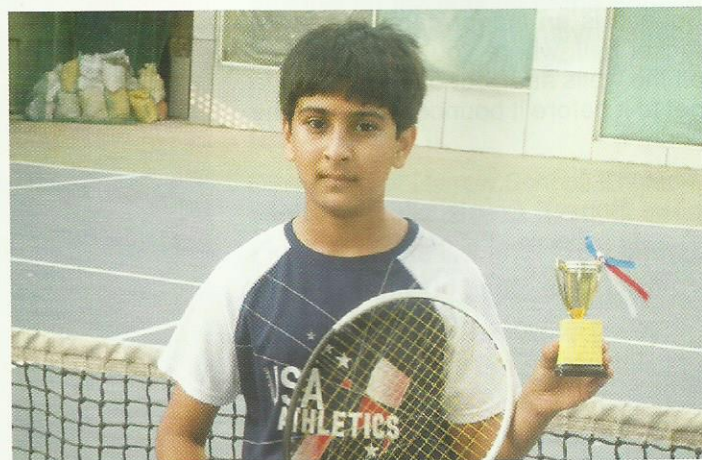


Joshi Rahul M.
elected as Trustee

ACHIEVEMENT - LAWN TENNIS



Aday Mehra Winner U/10

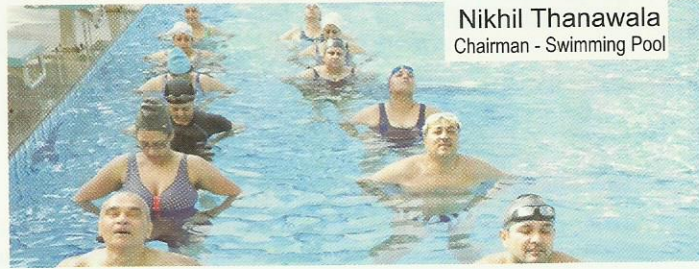


Akash Gandhi Semifinalist U/12

Our junior member Aday Mehra & Akash Gandhi participated in the All Mumbai Open Tennis Tournament 2013, held at Catholic Gymkhana, Santacruz. Aday Mehra won the Boys U/10 and Akash Gandhi reached the semifinal stage.

AQUA AEROBICS DEMO

Aqua Aerobics Demo was conducted by certified aqua aerobics trainer Anand Pardesi on 6th January 2013. About 20 members participated in the demo. Regular classes will commence from March 2013.



Nikhil Thanawala
Chairman - Swimming Pool

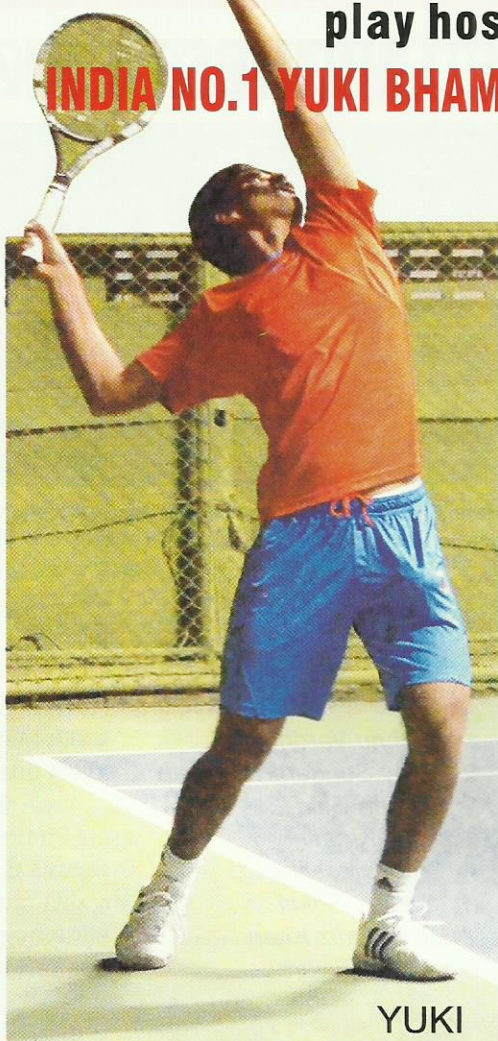
JVPG CLUB- TENNIS COURTS

play host to exhibition match

INDIA NO.1 YUKI BHAMBRI vs INDIA NO.4 VISHNU VARDHAN



Sunil Shah
Chairman - Lawn Tennis

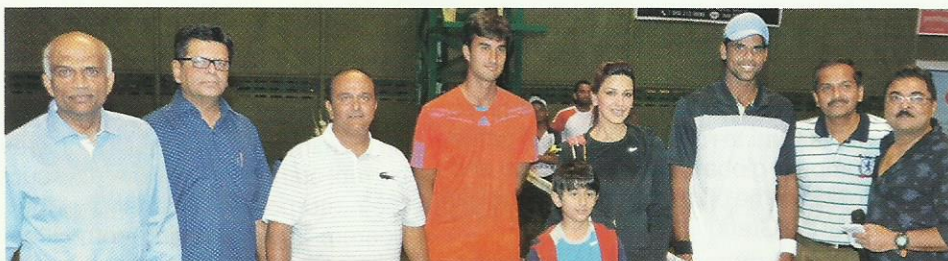


YUKI

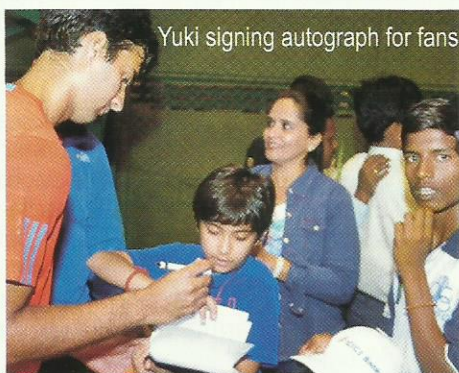
The clubs tennis courts are now real hot property. Just before playing host to over 20 of the top Men and Women players in the country at the Omkar All India Tennis ranking tournament (wherein these 20 were ranked within the first 30 of the Mens and Womens players in the country) we had the fast paced courts getting real hot with some action packed Tennis in a match featuring India's no. 1 Yuki Bhambri and India's No 4 Vishnu Vardhan. The exhibition match stretched over 2 hours and displayed some fast pace power Tennis wherein Yuki finally overcame challenger Vishnu. Over 300 Tennis fans had a glimpse of some great Tennis in our back yard thanks to the efforts of the Tennis sub committee led by chairman Sunil Shah and Tournament director Dr. Uday Vora.



VISHNU



(L to R) Rajesh Shah - President, Ashok Ahuja, Sunil Shah, Yuki Bhambri, Sonali Bendre with Son, Vishnu Vardhan, Dr. Uday Vora and Dr. Tejas Parekh



Yuki signing autograph for fans



Sonali Bendre presenting bouquet to Chief Referee & Tournament supervisor Anton D'souza of AITA

In an exciting exhibition match held on 26th January 2013, India No. 1 Yuki Bhambri defeated Vishnu Vardhan. (6-2, 6-3).

