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**SOLAR ENERGY
HEALTH FOCUS**

**BELIEVE IN YOURSELF
DEALING WITH EXAMINATION STRESS**





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FROM THE DESK OF THE PRESIDENT



My dear fellow members,

This is the first issue of Sandesh after the 2013/14 election year and, probably, my last message to you. After over 20 years of active club life, I feel the energy has almost drained off & one feels the need to rejuvenate &, maybe, come back after a break.

I have enjoyed my innings and would hasten to add that the 33rd AGM, over which I presided, was most satisfying and highly educative. I have realised that administrative and fiscal prudence are as important in a fiduciary capacity as are brick and mortar developments in an institution such as ours.

I have learnt the hard way that one of the important traits of a leader (read president) is to manage to say 'No'. Some structural changes are warranted, which I would be sharing with my colleagues in the managing committee.

To the best congregation of members, I express my gratitude and bid adieu.

Anil Mahesh
President

EDITOR'S NOTE

Dear Members,

It is time for me to wish farewell. It has indeed been an absolute pleasure to serve you all as a member of the managing committee for several years and recently as the secretary of our club. I have sincerely tried to discharge my duties with honesty and integrity.

I wish to extend my gratitude to all my fellow colleagues in the managing committee and all the various sub-committees for extending their full support and efforts in making our second home – our club more efficient and enjoyable.

KIRAN DALAL
Editor

YASH BHUTA
Co-Editor



DEALING WITH EXAMINATION STRESS



Article by **SONAL CHABRIA**

1. ORGANIZE

Make sure you have all the things necessary for the exam: your stationery, your identity ticket, your watch etc. Last-minute searching for things can stress your mind further and create panic during the exam which can be disastrous.

2. DIET

Before you go to the exam, eat food that is energy producing and at the same time not too heavy on your stomach that make you sleepy in the examination hall. Never go in on an empty stomach as you can end up concentrating more on your hunger than your exam paper. Fruits and proteins are good source of energy. Avoid intake of heavy carbohydrates like rice and potatoes which will make you sleepy. If possible carry a water bottle to the exam hall to re-hydrate.



3. RELAX

One hour before the exam, relax!! Don't stress yourself feeding more information to your already worked-up brain. Whatever you have learnt, be confident of it and try to picture a calm stream, or take some deep breaths. You have done your preparation and now you should prepare yourself to

give your best. A tired mind will do no good, so it is necessary to go into the hall with a refreshed mind. You have worked hard for it and nobody can take away your hard work. What you give always comes back to you. Remember this nature's law. If you are not prepared well, let your mind accept the fact. It is not possible to go unprepared and expect no stress and good results. Instead of trying to revise that very last point you forgot to learn, try and briefly go over the different topics in your head so that way you keep an organized and open mind without putting pressure on yourself to learn that other point. The chances are you'll only remember what you learnt just before the exam and panic with the other parts.

4. PLAN

Once you get the question paper in your hand, read all the questions and make a quick rough plan how you are going to invest your time for doing your best. Mark the questions which you know the best and attempt them first. In this manner, you will increase your confidence further. Appreciate yourself for remembering the solutions and answers; your brain will work better. Never curse yourself if you forgot or didn't study something which you thought about studying. Remember it is too late now, and that your focus should be on the present moment.

5. CROSS-CHECK

It is very, very important to check your answers again in the end. The last 15 minutes should be to review your paper. Recheck every answer with patience and you will be surprised by how many careless faults

STRESS can show itself in many ways. Some of the common signs are your heart racing, stomach cramps, trouble sleeping, losing your appetite or overeating. Here are some tips to help you chill out.

These are tips for **next year**, to be better prepared because as the exams are nearing you must have already told yourselves how you will be better prepared next time. Just keep this in mind:

1. START STUDYING EARLY

Start studying as soon as your teacher announces the exam. Even before that, read over your notes after each class to make sure you understand them. Put the notes in your own words.

You can prepare even more by thinking of questions that your teacher might ask on an exam. Write the questions down and answer them after your class is finished. This will make studying easier.



2. HAVE A PLAN TO MANAGE YOUR TIME

Cramming all night doesn't usually work. Plan your study time ahead so you'll feel confident for the exam.

Plan to have enough time to study about 50 minutes at a time with five or 10-minute breaks. Have a snack, watch some TV or go for a walk. Study so you understand the material and not just to memorize it. Plan to study in a place where you can concentrate without distractions.

3. BE HEALTHY

Studies show that taking the time to get some exercise and eating healthy improves performance on exams. So get out and get moving. When we're stressed we sometimes want to eat junk food but eating healthy will actually make you feel better.



Also, get enough sleep - especially in the days before your exam. Good sleep helps you remember what you learnt.

4. PRACTICE, PRACTICE, PRACTICE

Ask your teacher for a practice test. If there isn't one, make your own. Answer the questions with friends and grade each other's work.

5. CHILL OUT, TRY THESE RELAXATION TECHNIQUES

Think about the stress you're feeling. Write down your stressful thoughts.

Whenever a stressful thought pops into your head, replace it with a positive one. For example, replace "I'm going to fail this exam" with "I'm going to study early so I can ace this exam."

Also, you may want to practice deep breathing. Take a few deep breaths, breathing from deep within your abdomen and not just your chest. Let them slowly out.



This will get more air into your lungs and will help you relax.

6. VISUALIZE SUCCESS

This one might seem a little out there, but sometimes it helps to imagine success. Think of yourself writing the exam and knowing the answers. Visualize the A+ on the paper after writing the exam. When you imagine yourself being successful, you're more likely to succeed. But don't just visualize studying - you actually have to do it!

7. TALK TO SOMEONE

If you find that you're still stressed, talk to someone you trust, whether it's a parent, teacher, school counselor or friend. They will help you put things in perspective.



*We all have a job and responsibility on the planet. As students it is your job to study. Not every one can come first but everyone can give their best...that's what is expected of you. Put in your best, nothing more nothing less. When you don't give your best you are cheating yourself and that's the worst thing one can do. So when ever you feel you are slacking just think of this. Don't compete against a Ramesh, Suresh or Nina, compete with yourself and that's when you will shine. **The secret of your success is hidden in your daily routine.***

All the best for now and always.



FORTHCOMING EVENTS

17 MAR 14 HOLI CELEBRATION

Entertainment Sub-Committee presents 'Holi Celebration' on 17th March 2014 at M.M Ground from 9.30 am onwards. For more details contact Member Service Desk.

30 MAR 14 SR. CITIZEN - MUSICAL NITE BY POOJA GAITONDE

Senior Citizen Sub-Committee presents Musical Nite on 30 March 2014 at Activity Hall 6.30 pm onwards. For more details contact Member Service Desk.

MAR 14 TENNIS HOME TOURNAMENT

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

01 APR 14 LAWN TENNIS COACHING

Tennis regular coaching for next batch start from 1-04-14. Session - 1-04-14 to 30-09-14. For registration Tennis Dept./Office.

APR 14 SQUASH REGULAR COACHING

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

27 APR 14 SR. CITIZEN - 'LECTURE' BY DR. SAEVESH VORA

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

30 MAY 14 THE BAYER NATIONAL SCRABBLE CHAMPIONSHIP '14

The Bayer National Scrabble Championship will be held at our club. It's organized by the Mumbai Scrabble Club in association with the Scrabble Association of India and it will be held from 30th May to 1st June 2014.

10 APR 14 SQUASH SUMMER COACHING

Squash Summer Coaching Camp will be held from 10th April to 10th June 2014. Batches 10.30 am to 11.15 am and 11.15 am to 12.00 noon. For registration Tennis Dept./Office.

PROMOTIONS - MARCH 2014



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WOMEN'S WELLNESS WORKSHOP

The Library Team organized a workshop by Dr. Sejal Desai – Obstetrician & Gynecologist on Saturday Morning, Feb 15 2014. The event was a grand success with over 75 people turning up right on time to be a part of this Interactive & Educative forum.

Dr. Sejal Desai who conducted this workshop spoke about everything we need to know about women's health from adolescence to menopause, including:-

- Important Vaccinations
- Prevention of Cancer
- Newer Advances in Obstetrics (Delivery)
- Infertility
- Contraception

- Important Check-ups
- Female Cosmetic Surgery & much more

The workshop was dedicated to educating women to make informed decisions about health, well-being and personal safety for themselves and their families. The Library Team's goal to conduct this workshop was to provide educational and recreational opportunities that empower and enlighten women to sustain a healthy lifestyle by nurturing the mind, body and spirit.

The workshop focused on physical and mental wellness issues facing women. Dr. Sejal shared her thoughts regarding these issues including staying healthy



Yash Bhuta
Chairman, Library Sub-Comm.

and work/life balance. There were discussions with the audience. Through this open discussion, members learnt & shared their experiences.

The program went on for 2 hours and ended with a vote of thanks by Meena Shah. The workshop was much appreciated by all the members present there.



JVPG CLUB WELCOMES NEWLY ELECTED MANAGING COMMITTEE MEMBERS

Annual Election Results

No.	Names	Total Votes
For Managing Committee		
1.	Choksi Jinesh H.	803
2.	Dave Ojas D.	803
3.	Khanna Dinesh R.	132
4.	Shah Satish C.	815
5.	Thakkar Rajesh D.	136

Following were declared elected to Managing Committee



Shah Satish C.



Dave Ojas D.



Choksi Jinesh H.

HEALTH FOCUS

Instead of just following trends and spending money, eat healthy, sleep well and exercise regularly. Chances are you will live a better life with that, than buying Herbal products.

So, we all are shopping at Natures basket for herbal produce. Rice sugar salt & wheat...

That's all we hear when it comes to being healthy because that's the way to go but, just because you spend a lot of money to buy a health product, doesn't mean you are getting what you think you're getting.

Herbal products are big business, part of the enormous natural health product market which is estimated to generate billions of dollars of sales a year in North America alone.



Nearly 60 per cent of the products contained DNA from at least one plant species that wasn't listed on the product label. Some St. John's work, for instance, contained senna, which can be toxic if taken regularly, adding senna can cause chronic diarrhea and can damage the colon and the liver.

More than 20 per cent of the products contain fillers such as rice, soybeans and wheat. People trying to stick to a gluten-free diet would not know to avoid them because these filler ingredients were not listed on labels.

Only two of the companies came through with a perfect record — all their products were what they claimed to be. Conversely, all the products of two other companies either contained contaminants or undisclosed fillers or were not the product they were supposed to be.

So instead of just following trends and spending money, eat healthy, sleep well and exercise regularly. Chances are you will live a better life with that, than buying Herbal products.

SO...OVERWEIGHT...

Are You or Aren't You?

First you need to calculate your body mass index (BMI). This is the method the government uses to determine who's at a normal weight, who's overweight, and who's obese. To get your BMI, divide your weight in pounds by 2.2 to convert your weight to kilograms. Then divide your height in inches by 39.37 to convert it to meters. Multiply your height in meters by itself, and then divide your weight in kilograms by that number. Say you weigh 150 pounds and you're 5'7" (67 inches). Your BMI figures would look like this:

$$150 \text{ divided by } 2.2 = 68.2$$

$$67 \text{ inches divided by } 39.37 = 1.70$$

$$1.70 \times 1.70 = 2.89$$

$$68.2 \text{ divided by } 2.89 = 23.59$$

A normal BMI is between 19 and 25. A BMI over 25 is considered overweight. And a BMI over 30 is considered obese.

NEW WORKOUT TRENDS

This is a workout I tried last year and it did help me with weight loss, so I thought I would share:



People can't stop talking about kettle bells as the new trend in weight lifting. So, the question becomes what are kettle bells and are they better for sculpting and toning than dumbbells or traditional free weights?



Article by SONAL CHABRIA

WHAT IS A KETTLE BELL?

A kettle bell is a cast iron weight shaped like a ball with a handle on top. These weights are used during ballistic training, which is a form of weight training. Kettle bells are used to combine cardio fitness with strength and flexibility.



How can they help my fitness?

They became popular several years ago, and you can find kettle bell classes offered at gyms nationwide. Part of their popularity is their ability to elevate the heart rate while strengthening muscles.

Translation: You get a lot of bang for your fitness buck. Unlike bars or barbells, kettle bells centers of gravity shift as you swing and sling them, creating a functional form of fitness.

An added bonus: The swinging motion makes it easy to transition between sets, creating a calorie-torching workout.

Kettle bell workouts are momentum-based and incorporate a wider variety of muscle groups than traditional workouts that use free weights or dumbbells. Most moves make you.

For example, many exercises that require kettle bells also blend lower body and core exercises such as the squat or lunge. These exercises are usually done at a cardio pace, increasing the intensity of the workout and combining endurance with strength training.

In addition to these features, the kettle bell's round shape creates a pulling effect on the muscles which helps to build strength in your ligaments and tendons, preventing injury

The short answer: No. Kettle bells and dumbbells are simply different.

For example, a small study by California State University found that after only six weeks of training, a group that worked out with free weights was able to squat an average of 18 pounds more than a group that trained with kettle bells. The results were consistent when comparing the upper body strength of the two groups as well.

THE TAKEAWAY

If you are solely interested in building strength and muscle power, stick to the free weights, but if you are looking for a way to burn fat while increasing muscular and cardiovascular endurance, kettle bells are the workout tools for you.

ALSO

Doing just one type of exercise every day can put excess strain on a particular muscle group, which increases the possibility of injury. That's where cross training comes in. When

you cross train, you're basically mixing it up with different kinds of exercises so that you don't overexert certain muscles. So in other words, don't just focus on building muscles; work a cardio routine into your workout as well, or vice versa.



For example, instead of pumping iron for hours on end, you could run on a treadmill for 30 minutes, and then lift some weights to build muscle strength.

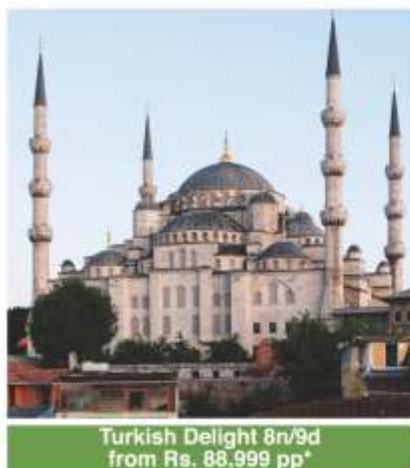
You could then cycle for another 30 minutes. Cross training can help ensure that you're working out your entire body and not putting too much stress on any one group of muscles.

BEWARE

If you've ever had a tough coach or trainer, chances are you've heard the mantra "no pain, no gain." Although working out can certainly be intense and maybe even uncomfortable, pain is not necessary for a successful workout. In fact, pain when working out could be a warning sign of muscle exhaustion or even a torn ligament. Although you might feel compelled to push through the pain while exercising, you should always listen to your body.

Of course, this doesn't mean you shouldn't challenge yourself to get the most out of your workout; just make sure to listen to what your body is saying as you do so. Take rest if you feel lightheaded, and don't keep going if you feel weak. If you think you've strained a muscle, cool down and relax. ■

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BELIEVE IN YOURSELF

“Believe and act as if it were impossible to fail”

There are some people who have got oozing confidence in themselves and they approach every task in their lives with contagious enthusiasm and rock solid faith in themselves.

As said by a great person, 'when you doubt your power, you give power to your doubt', you certainly do not want your life to be controlled by overwhelming self-doubt and crushing fear of defeat. There are some people who have got oozing confidence in themselves and they approach every task in their lives with contagious enthusiasm and rock solid faith in themselves. These people are generally positive people who do not lose faith and hope very easily in the wake of every little challenge. Their zeal for life and its various challenges is infectious. But, then there are some of us who deny that faith in ourselves. The people who do not believe in themselves and let themselves slip away into the abyss of self-doubt are constantly burning in the agony of it. Their life becomes difficult at every step because every time they face a demanding situation, they become certain that they will not be able to cope up with it. Here in this article, we have given some simple tips to follow to learn how to believe in yourself.

BELIEVING IN YOURSELF



RECOGNIZE YOUR DOUBTS

Every time a doubt arises in your mind, do not let it pass by so easy. Ask yourself why the doubt arose, try to recognize the doubt and trace it back to its true roots. If you will dissect your doubt then you can

defeat it in your head and not let it take over your practical sense. You will find out that most of these doubts will arise as a defense mechanism to any new change, because of your lifelong habit of doubting your capabilities; your mind has become stubborn and does not want to accept any new change. The irrationality of your doubts will help you eradicate it and slowly you will learn to ignore your doubts. Sometimes a particularly defeating life situation or how you have been brought up makes you a doubter; if you will learn to recognize your doubts, you will also learn to associate with the main reason why you became a doubter in the first place and hence, will slowly resolve the issue bit by bit.

REMOVE NEGATIVITY FROM AROUND YOU

Do not listen to toxic people or people who do not show enough trust in your abilities. These negative people themselves think that everything is impossible; hence if you will stay around them then you will be pushed down into the state of hopelessness. On the contrary, surround yourself with positive people and learn from their hopeful attitude towards life. You can borrow some of the positive enthusiasm for life from these people and inculcate positivity in you. Such people will always be ready to clear your doubts and buck you up, therefore you can even discuss your doubts with them so that they can help you break these complex doubts into simple ideas and help you recognize its irrationality.

REMIND YOURSELF OF YOUR SUCCESSES

Do not take your winnings lightly; do not think that it was a matter of chance. Always give yourself the due credit for success. To achieve success in



Article by
Shivani V. Khetan

anything is not an easy task and if you have done that then you deserve appreciation for it. Make a list of all the things that you have achieved and take pride in it. Tell yourself that it was difficult but not impossible and you proved your potential in it. Every time you feel like your potential is not up to the task then refer to the list and be reminded that you can achieve anything. This will reassure you that you are capable of success and glory.

LOVE YOURSELF

Spend more time with yourself and do not over criticize your performance. Do not justify anything unnecessarily but give yourself the due credit for everything good you have done. Accept yourself as who you are, with all your flaws and positives. Be your own critic and your own best friend; talking to yourself will give you ample amount of clarity and confidence. Stop the mental condemnation and find ways to love yourself. Self doubting leads to self depreciation which leads to a destructive mindset.

GIVE YOURSELF CHANCES

You need to be patient with yourself and give yourself more chances. You will fail because it is the law of nature, sometimes we fail and sometimes we win but give yourself more space. If you fail in your endeavors then tell yourself that tomorrow is another day and you will again give your hundred percent. In life it does not matter if you win or lose, what matters is the satisfaction which we get from the honesty of knowing that we tried our best. When you will start giving yourself chances and forgiving yourself for failing, then your doubts will start taking a backseat and you will start to learn to believe in yourself.

हमारी मुंबई, मधुमेह मुक्त मुंबई



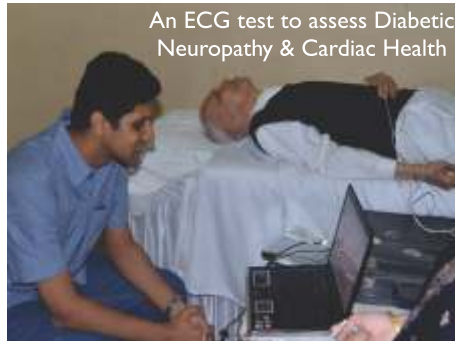
PAVANKUMAR SARAF
Chairman, Health Club

स्वस्थ नागरिक किसी भी राष्ट्र की सबसे बड़ी संपत्ति होती है, और हमारी परंपरा में देह को मंदिर भी कहा जाता है, किंतु २१ वीं सदी की भाग-दौड़ भरी जिंदगी में आमतौर पर लोगों के पास इतना वक्त नहीं रहता कि वे देह को मंदिर की तरह सँवार सके। फलस्वरूप अनेक तरह की बिमारियाँ हमारे चारों ओर बड़ी तेजी से फैल रही है। इन्हीं में से एक बिमारी है मधुमेह (Diabetics)। यह जीवन शैली से जुड़ी एक ऐसी बिमारी है, जो धीरे-धीरे हमें अपनी गिरफ्त में ले लेती है। आज हर तीसरा भारतीय या तो इसके शिकंजे में है या इसके दरवाजे पर खड़ा है।

मधुमेह मुक्त मुंबई का संकल्प लेकर ९ फरवरी २०१४ को हमारे क्लब में एक बेहद महत्वपूर्ण कार्यक्रम आयोजित किया गया। जिसमें ग्लोबल हॉस्पिटल, माउंट आबू, राजस्थान के मधुमेह विशेषज्ञ डॉ. श्रीमंत साहु ने मधुमेह के विविध पहलुओं पर प्रकाश डाला।

आयोजन के प्रारंभ में क्लब के हेल्थ क्लब के अध्यक्ष श्री पवन सराफ ने आयोजन की प्रासंगिता और उसके महत्त्व पर प्रकाश डालते हुए अतिथियों और आदरणीय वक्ता

तथा गणमान्य पदाधिकारियों का परिचय कराते हुए उनका स्वागत किया। क्लब के अध्यक्ष श्री अनिल महेश, उपाध्याक्ष श्री मोहन जैन, ट्रष्टी श्री राहुल जोशी, बह्माकुमारीज संस्था के विलेपार्ले केंद्र प्रमुख बी.के.



योगिनी दीदी तथा डॉ. साहु ने दीप प्रज्वलित कर आयोजन का शुभारंभ किया। क्लब के अध्यक्ष श्री अनिल महेश ने आयोजन में आर्थिक सहयोग करनेवाले रेन्बो पेपर मिल की मालकीन श्रीमती द्रोपतीदेवी गोयंका तथा जय इंटरप्राइज के श्री जतिन भूता एवं डॉ. तेजस पारेख का पुष्प गुच्छ देकर कृतज्ञता व्यक्त की।

आयोजन के आरंभ में बी.के. योगिनी दीदी ने राजयोग की महत्ता पर प्रकाश डालते हुए अपने आशिरवचन द्वारा कार्यक्रम का बकायदा शुभारंभ किया।

सुबह १० बजे से शाम ६ बजे तक साढ़े तीन सौ से भी अधिक उपस्थित जनों के समक्ष बड़े ही रोजक एवं ज्ञानवर्धक ढंग से डॉ. साहु ने मधुमेह जैसी बिमारी के सारे आयाम प्रकट किए और उपस्थित जनों की तमाम समस्याओं का समाधान प्रस्तुत किया। उनकी ऑडियो विड्युअल प्रस्तुति से तमाम श्रोता गढ़ अभिभूत हो गए।

अंततः डॉ. तेजस पारेख ने सभी के प्रति आभार व्यक्त किया तथा बी.के. योगिनी दीदी ने सबको यह संकल्प दिलाया कि वे इस रोग का डटकर सामना करें।

क्लब द्वारा आयोजित यह कार्यक्रम अत्यंत महत्वपूर्ण रहा जिसकी सार्थकता पर सभी ने संतोष व्यक्त किया।



Set of 5 DVDs of entire program available @ 150/-. Contact Mr. A. Damodaran, Manager - Sports

GHAZAL NITE BY SIRAJ KHAN

The Ghazal evening by Siraz Khan for the 42nd Sr Citizen was well attended by almost 125 members. The event began at 7.15 pm with a welcome address by the Chairman Shri Satish C Shah following which, President Shri Anil Mahesh spoke a few words as well as presented flowers to Shri Siraz Khan. Then Dr Jatin Damania introduced the artist of the evening Shri Siraz Khan.

Before the start of this melodious evening, Birthdays and Anniveraries for the month of February were celebrated by cutting a cake.

The members had a real wonderful time listening to the wonderful gazals sung by popular and famous ghazal singers like Pankaj Udhas, Jagjit Singh, Mehndi Hassan and other popular artists in the voice of Siraz Khan. His melodious voice mesmerized everyone. The programme ended at 9.45 p.m was followed by a delicious dinner catered by Aditi Caterers which everyone enjoyed.



SATISH C. SHAH
Chairman, Sr. Citizen Sub-Comm.



VALENTINE'S DAY GALA NITE



Hon. Jt. Sec. Himanshu Gokani does it again. 14th February, VALENTINES DAY, was a great success. For the first time, float was decorated so beautifully. From 8.30pm to 1.30am we saw happy, in love faces (whether it was with their partners or their whiskey, it does not matter, as long as love was present ;)).

Music was to the taste of the crowd present, presented by DJ Alex. Love birds rocked the floor instantly. Instant couple photographs in front of a big heart shaped balloon was truly appreciated.

Food was excellent. What members enjoyed most were the gift vouchers which were given for the best couple and the best gown. So now looking forward for the next Valentine's Day.



BELANI CUP 2014 JVPg CLUB TEAM FINISHES RUNNERS-UP

The JVPg Tennis Team participated in the Prof. N. J. Belani Shield Inter Club Tennis Tournament 2014. We had won all the preliminary matches played at home ground and also away matches. In the semi-finals we defeated the Shivaji Park Gymkhana team. In the finals held at Khar Gymkhana, Khar Gymkhana won the finals with narrow margin. Last year also we were finished Runners-Up. This is the second consecutive year we finishing Runners-Up.



SUNIL SHAH
Chairman
Tennis Sub. Comm.

Nikhil Rao, captain thanked Uday Vora, Chairman Sunil Shah and his team members for their whole hearted support.



*Semi-final in action
with Shivaji Park
Gym at JVPg Club*

JVPg Belani Cup Team 2014: Nikhil Rao - Captain, Keyur Gandhi, Abhijeet Muzumdar, Himanshu Bhatia, Sahil Parekh, Sanjeev Shah, Dr. Uday Vora, Rushab Shah, Pratik Agarwal Krushmi Chheda and Parth Shah.



President Anil Mahesh with Leander Paes on the final day of the Prof. N. J. Belani Cup final match at Khar Gymkhana



OUR TEAM WITH
LEANDER PAES

(L to R) Rushabh Shah, Keyur Gandhi, Sahil Parekh, Leander Paes, Krushmi Chheda, Nikhil Rao (Capt.), Himanshu Bhatia, Pratik Agarwal and Parth Shah

JOY'S VICTORY AT AITA VETERANS TOURNAMENT



Our Club's Tennis Dept. Staff Mr. Joy Mathew had participated in the Khar Gymkhana 45+ Doubles 'All India Veterans Open Ranking Tennis Tournament' held at Khar Gymkhana in February 2014 and achieved laurels by winning the Men's Doubles Crown along with partner Sudhir Gothe. **Score:** 6-1, 4-6, 10-8

BADMINTON HOME TOURNAMENT

The Badminton Sub-Committee conducted the Badminton Home Tournament 2013 - 2014 from 6th to 9th February at the Badminton Court. The tournament witnessed a great turnout of participants of all ages for competing in various categories. All the matches were played well and tough in true spirit of sportsmanship by the participants. After the finals, prizes were distributed followed by dinner.

The list of winners of the Badminton Home Tournament 2014 is given below:



ADITYA D. PANDYA
Chairman
Badminton Sub. Comm.



Girls U/10 Singles: Mehek Nayak
Boys U/10 Singles: Deviah Jain
Girls U/13 Singles: Khushee Tela
Boys U/13 Singles: Deviah Jain
Girls U/19 Singles: Anushi Desai
Boys U/19 Singles: Yuvraj Shah
Girls U/19 Doubles: Anushi Desai & Jyotika Mehta
Boys U/19 Doubles: Nathan Nerde & Aditya Saraf
Women's Singles: Urvi Pandya
Men's Singles: Suraj Jairaj
Women's Doubles: Hemal Motasha & Akansha Mahajan
Men's Doubles: Varun Motasha & Vishal Matreja
Veteran's Singles: Sushil Jain
Veteran's Doubles: Dr. Yash Lokhandwalla & Sushil Jain
Mixed Doubles: Rajiv Soni & Urvi Pandya
Family Doubles: Hemal Motasha & Varun Motasha



FEEDBACK

To,

Date: 19.02.2014

The Editor & Co-Editor

'SANDESH'

Juhu Vile Parle Gymkhana,

N.S. Road No. 13, Juhu, Mumbai 49.

Attn.: Mr. Kiran Dalal & Mr. Yash Bhuta

Sub.: Ref. Deciphering Energy Bills

Dear sir,

At the outset let me congratulate both of you to start new column on issues that "Impact our daily Lives". I am highly impressed to read the information provided in February' 2014 issue by Mr. Prasad Kulkarni. Kindly convey my personal regards to Mr. Prasad for informative topic on power consumption. Mr. Prasad has written that "it is our duty (as the responsible members of the society) to ensure survival of resources for future generation. Consumer awareness is the first step to better management and optimization of resources.

With a view of further encouragement to the topic of Mr. Prasad I enclosed the comparison of LED Lights VS. Incandescent light bulbs V.S CFLS. In my opinion led (Light emitting diode) and an ultimate ECO friendly solar power is the need of the day. Even if a small project of solar energy is set up in proper manner using the right types of material and through study, it gives the best results. We can save lots of day energy by installing grid connected solar system, in case of compound and street lights (in night time) Electrical energy can be saved by installing battery operated solar system.

I am extremely happy to state that two of our senior members 1) Mr. Kirti Gandhi L-909 and 2) Mr. Shailesh C Shah F-18 are taking excellent interest and promoting solar energy in Ashok Nagar society of JVPD Scheme, I am sure lots more members will follow them soon in the mission of ECO friendly Environment.




In conclusion, solar energy is not only sustainable, it is renewable and this means that we will never run out of it, it is about as natural source of power as it is possible to generate electricity. Solar system is a valuable technology that is increasingly competitive with traditional source of energy, moreover, its benefits are undeniable in the future, Solar Power is all but assured to have lasting and overwhelmingly positive impact on our society. Let our coming generation enjoy this evergreen this evergreen fruit of nature. Ultimately, Solar energy can increase the economic and physical security of each Indian Citizen.

Thanking you,

Your faithfully,

Chandravadan J. Doshi (L-365)

Comparison Chart LED Lights vs. Incandescent Light Bulbs vs. CFLs

			
	LED Bulbs	Incandescent Light Bulbs	Compact Fluorescents (CFLs)
ENERGY EFFICIENCY & ENERGY COSTS			
Life Span (average)	50,000 hours	1,200 hours	8,000 hours
Watts of electricity used (equivalent to 60 watt bulb). LEDs use less power (watts) per unit of light generated (lumens). LEDs help reduce greenhouse gas emissions from power plants & lower electric bills	6 - 8 watts	60 watts	13-15 watts
Kilo-watts of Electricity used (30 Incandescent Bulbs per year equivalent)	329 KWh/yr.	3285 KWh/yr.	767 KWh/yr.
IMPORTANT FACTS			
Sensitivity to low temperatures	None	Some	Yes-may not work under negative 10 degrees Fahrenheit or over 120 degrees Fahrenheit
Sensitive to humidity	No	Some	Yes
On/off Cycling Switching a CFL on/off quickly, in a closet for instance, may decrease the lifespan of the bulb.	No Effect	Some	Yes - can reduce lifespan drastically
Turns on instantly	Yes	Yes	No - takes time to warm up
Durability	Very Durable - LEDs can handle jarring and bumping	Not Very Durable -glass or filament can break easily	Not Very Durable - glass can break easily
Heat Emitted	3.4 btu's/hour	85 btu's/hour	30 btu's/hour
Failure Modes	Not typical	Some	Yes - may catch on fire, smoke, or omit an odor
LIGHT OUTPUT			
Lumens	Watts	Watts	Watts
450	4-5	40	9-13
800	6-8	60	13-15
1,100	3-13	75	18-25
1,600	16-20	100	23-30
2,600	25-28	150	30-55
ENVIRONMENTAL IMPACT			
Contains the TOXIC Mercury	No	No	Yes - Mercury is very toxic to your health and the environment
RoHS Compliant	Yes	Yes	No - Contains 1mg-5mg of Mercury & is a major risk to the environment

SOLAR ENERGY



CHANDRAVADAN J. DOSHI

then flow into the electric current. It is necessary to have solar cells & collect & transform solar energy into usable electricity.

In addition to the Last Month's article on **'Deciphering Energy bills: Let there be light!'** I further would like to add to it with information on 'Solar Energy'

Nature has given us everything including Human Being. Human being is blessed with brain to understand, what he/she can achieve from various quality of nature. Today human being has understood & evaluated the power of Sun light and has also learnt the usage of the same in daily life, thus saving the environment & use the precious electricity free of cost as a nature's gift.

This is the reason that Sun rays received from millions of kilometers is able to lighten the house in even most remote places where human created electricity cannot reach.

Solar power, not only lightens the human hearts but it also provides enough light to keep our motherland brighten even after dusk. This is due to the storage of solar power which again creates so many mini "Suns" to provide illumination.

What is Solar Energy?

Solar power is the energy received from the Sun. The Sun has been used for drying clothes and growing food for thousand of years but only recently Sun has been used for Solar Power. Concerned over pollution, environmental, Degradation and resources depletion have led to an increasing awareness of the importance of developing of the solar energy. It can be harnessed like any other type of energy and use to create electricity to run home, business, offices and even manufacturing units. It is very important and best of all; solar energy is free and does not compromise the environment.

How it Works?

The Sun provides the earth with two major forms of energy, heat & light. PV (Photovoltaic Panels) converts Sunlight into electricity. When a Photon (The particle in Sun Light) hits a solar panel and it is absorbed into a solar cell, it energy causes those electrons to get excited and start moving from the top to bottom layer in the same direction. The electrons are forced to move by electric fields within the panels. They

The cost saving on electrical bills & the positive effect on environment makes it an increasing attractive alternative for the human mankind in all fields. We seek your support to save nature and precious electricity by the help of Sun Power which again is the need of the day.

Solar energy is the most readily available source of energy. It does not belong to anybody and is, therefore, free. It is also the most important of the non-conventional sources of energy because it is non-polluting and, therefore, helps in lessening the greenhouse effect.

This electricity can either be used as it is or can be stored in the battery. This stored electrical energy then can be used at night. SPV can be used for a number of applications such as:

- a. Domestic lighting
- b. Street lighting
- c. Village electrification
- d. Water pumping
- e. Desalination of salty water
- f. Powering of remote telecommunication repeater stations
- g. Railway signals.



Solar electricity in 2014 is no longer an imaginary, fringe idea. With photoelectric cells and a solar electric panel system, a household can easily reduce its electricity consumption and realistically reverse its cost by generating more energy than the energy being consumed. As a result,

every new homeowner should at least consider the potential of installing solar photovoltaic power in their home.

Article written by – Mr. Chandravadan. J. Doshi
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“HAPPY FAMILY PVT LTD”

TAKES AWAY 5 MAJOR AWARDS!



Juhu Gymkhana Member Raghuvir Joshi bags Best Director....along with 4 other categories. The film Premier was show cased for the JVPJ Gymkhana Members at Juhu, PVR in December 2013.

How our JVPJ Gym is constantly endeavouring to promote and nurture all talents, in sports, academy and social, drama, films, culture etc... we have so many programs done by various departments promoting various kind of talents in all age group.

Earlier this month, the Transmedia Gujarati Awards took place at Tulip Star in Mumbai and were attended by thousands. The awards recognize major achievements by Gujarati artists in the fields of drama, television, and film. This year, the film “Happy Family Pvt Ltd” was not only honored with nominations in 12 Categories, but went home with 5 major wins! Producer, Anand Doshi, said, “I feel very proud of the entire team. We have been receiving many requests from all over Gujarat to run the film for a longer period of time – and seeing this response – I do see a re-release in the near future.”

Rajeev Mehta, who plays the role of an egoistic businessman in the film, took away the award for Best Actor. Soniya Shah, who plays the calorie conscious “Kimi” in the film, won Best Actress. Vrajesh Hirjee, who is no stranger to both the big and small screens, won for Best Actor in a Negative Role. Debutant director, Raghuvir Joshi, won for Best Director. The catchy tunes of the film & background score did not go unnoticed as Advait Nemlekar bagged the award for Best Music Director.

This family entertainer released on December 6, 2013 across 100+ screens in both Gujarat and Mumbai. So for all of you who missed out, seems like you can look forward to catching this awesome family comedy the second time around!

