

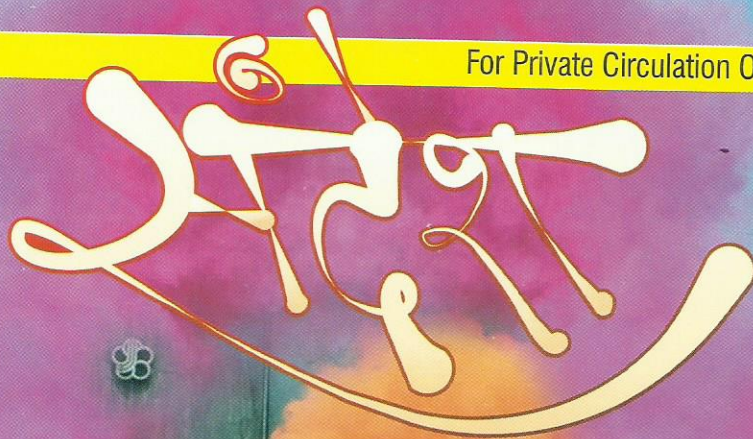


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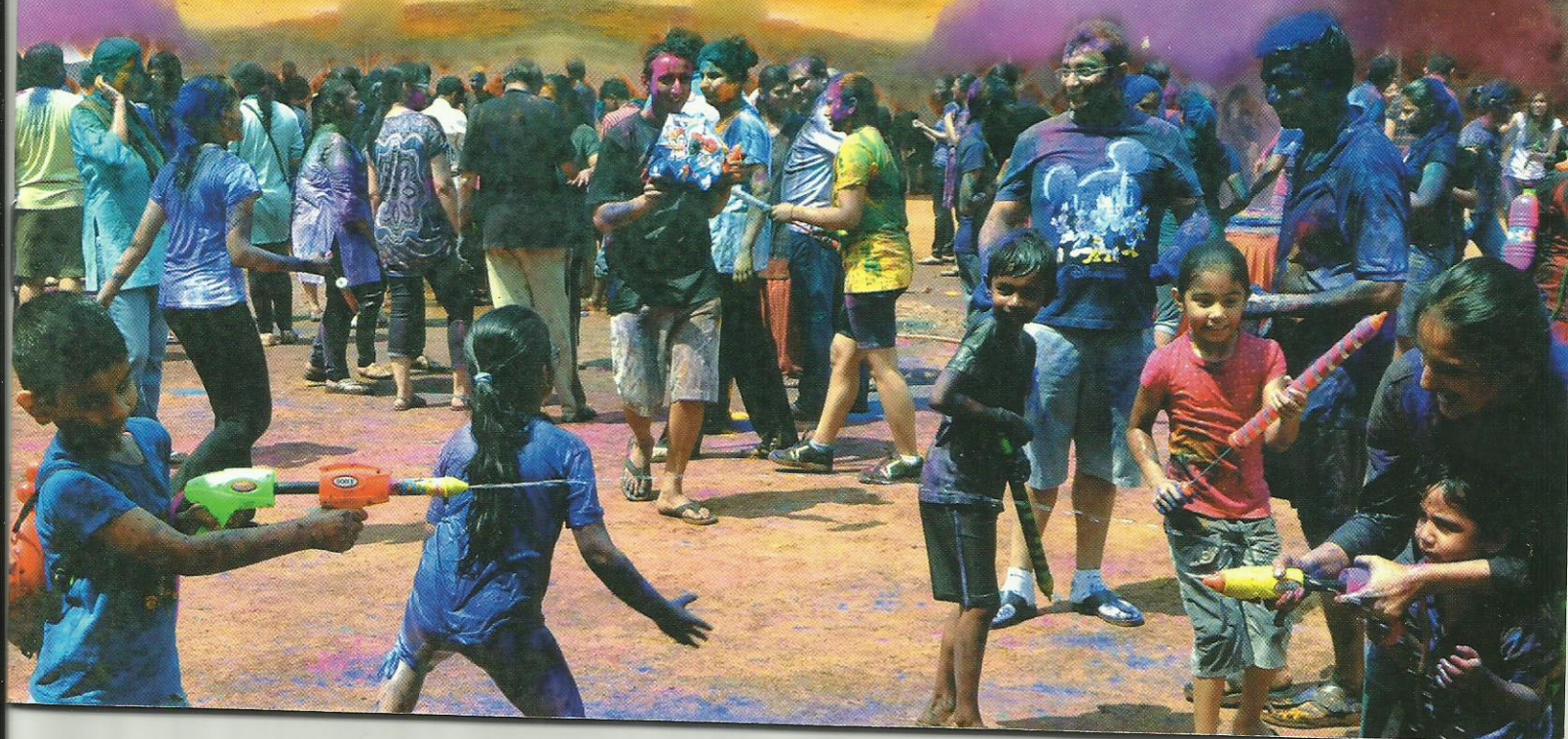
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APRIL 2013

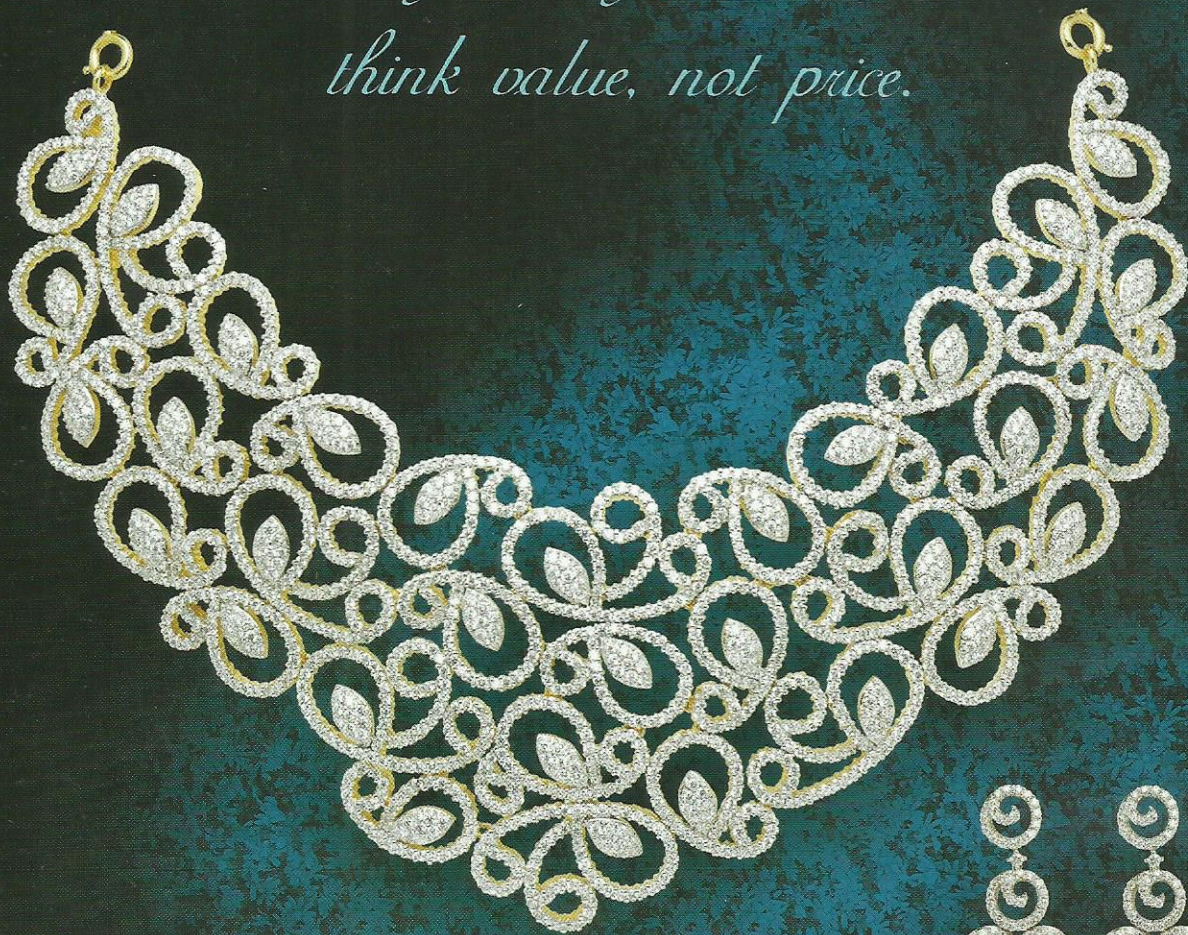
SANDESH News Letter
of JVPG Club



HISTORICAL HOLI
IPL SEASON-6 LIVE MATCHES AT FLOAT BAR
KIDDO BLAST THIS SUMMER VACATION
SUMMER COACHING CAMPS AT JVPG CLUB
BEAT THE HEAT
OBESITY

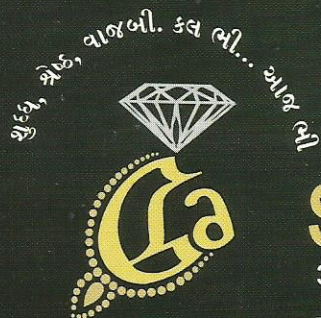


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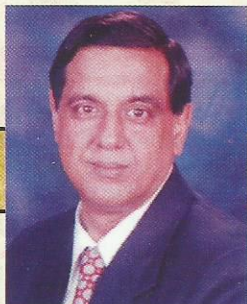
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FROM THE DESK OF THE PRESIDENT

Dear Members,

Hope you all would have enjoyed Holi, albeit with modesty and moderation, in view of the highly challenging circumstances being faced by the farmers and others of our state owing to drought like conditions.

As indicated in my last message, work on the "Software" aspect of the Club has started in good earnest.

Similarly, the "Hardware" aspect - i.e., developing infrastructure, such as Restaurants, Bars and various other areas has also been initiated. The same are being addressed on a fast-track basis, planning for which is in a reasonably advanced stage. It is our intent that before the close of this year, all of us will have an exhilarating experience.

The presently closed 'Float Bar' is being temporarily opened for enjoying the IPL 6 season 2013. I have asked my team to make the event a fun affair.

Have a lovely summer vacation with your children.

ANIL M. MAHESH

President

EDITOR'S NOTE

Dear Member,

Your club is at a juncture, in the life of thirty plus years of it's existence, from where given the right direction, it can achieve a crowning status as to its ability to impart a delightful experience to it's members and guests.

Towards this, software aspects such as institutionalizing complaints and suggestions system, systemizing various administrative processes, organizational restructuring, strengthening the hospitality backbone and coupled with various infrastructure upgradation projects entailing 'Float Bar', Ground floor Restaurant and Bar, Front and Rear entrances, Swimming Pool changing rooms as also other amenities are being taken up in full earnest. These are being planned in a manner, in terms of time frame, so that the benefits of all these become palpable to members and their guests during the current year.

Have a great year ahead!

KIRAN DALAL
Editor

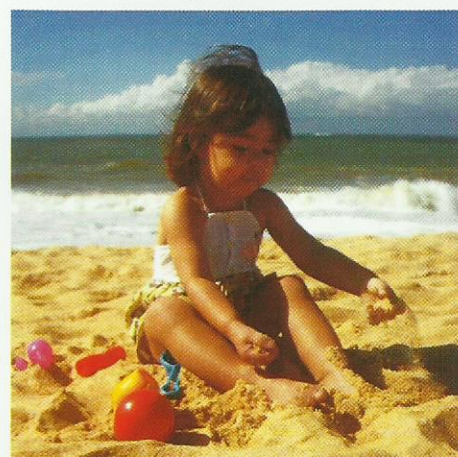
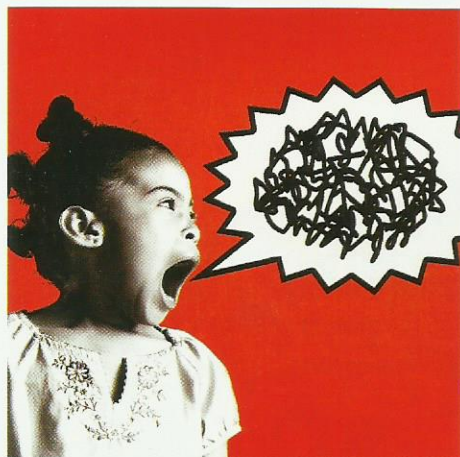
YASH BHUTA
Co-Editor

KIDDO BLAST THIS SUMMER VACATION



Ms. Manju Sadarangani
M.Sc., B.ED., DCM, D.Hed.,
M.B.A. in ED Mgmt.
Ex. Principal of Billabong
High International School

All kids need the special bonding time with their parents, especially at home. The summer vacation provides a valuable time for connecting with your loved ones and collecting memorabilia for a life time.



Come summer vacation and the parents get into a frenzy of plans to keep the kids occupied. Children of all ages are blessed with boundless energy. As constant care and supervision of young ones can be overwhelming at times, parents begin pushing their children into multiple activities and planning trips to get them out of their hair.

But most importantly, children need the special bonding time with their parents, especially at home. The summer vacation provides valuable time for connecting with your loved ones and collecting memorabilia for a life time.

LET US SEE WHAT WE CAN DO WITH OUR YOUNG 'UNS...

Reflect on pleasant moments: When you want to relax and your little one wants to play, draw your child into a conversation. Ask your child to reflect on some happy moments at school and elsewhere. Let her/him express what they learnt from these experiences. Laugh with your child, enjoy their special moment together, have happy memories together. You may want to capture it all on a DVD. Best time for this could also be the meal time...

Read over your child's report card together. Focus on the teacher's positive feedback first, hint of improvement in any area, or even constructive criticism, albeit nicely. Initiate the child to come forth with suggestions for self improvement.

Building bonds: Gather all your child's work, art books, homework sheets, etc., and then, sit with your child, discussing the progress. Did the handwriting improve and would she like to better her spellings? What about multiplication tables? Take care to see

that your tone is encouraging. Read over your child's report card together. Focus on the teacher's positive feedback first, hint of improvement in any area, or even constructive criticism, albeit nicely, must come only later. Initiate the child to come forth with suggestions for self improvement. Let the child never fear the report card but look at it as an objective tool like a mirror that helps you see yourself better. Let the child decide what to discard and what to hold on to before the new academic year begins.



This helps the child in being objective towards their work and focus on areas of improvement with clarity.

Discuss non-academic progress that your child has made. New friendships formed, control of temper, tantrums etc. should also be a part of discussion.

Who would like to help Mama in making breakfast or bear hugs for the one who does his/her bed first. Help the child learn to introspect and also feel like a responsible member of the family.

CREATIVITY TIME-INDOORS:

1. Bottles and Jars, Bathroom Mugs and Buckets... Let the child pick any one of the home articles and paint with the type of paint he or she can be permitted to use. Acrylic or water colours? Use your discretion and laying things on the newspaper make this a fun afternoon activity. Click a photograph or two for summer memories.
2. A cameraa simple one to start with. Let the child learn the elementary usage rules. They can be kept busy if you discuss what makes good close ups and what are good long distance shots and why some do not qualify to be part of the collection. Promise to develop the best few to put up in her room and do keep your promise. Let the action begin...



3. A toy microphone can make any kid turn into a rockstar bubbling with confidence. You and the family can sing along popular numbers, too. Music is the best stress buster for all age groups.
4. A toy mobile for asking questions within the audible range and trying to elicit full sentences or grammatically correct sentences. Use your imagination to get your child into a pretext talk with a teacher, grandparent etc.
5. Reading... a dying hobby with most children, can be encouraged at this time. Let the child pick his own book from the store or Juhu Gymkhana Club library. Reading and discussing the book at the table encourages the child to voice his/her views. The importance of returning the book to the library in time and keeping track of it at home is the start of inculcating responsibility.

Reading... the dying hobby with many can be encouraged at this time. Let the child pick his own book from the store or Juhu Gymkhana Club library.

In fact, Philately, Carrom board, Chess, Snakes and Ladders are back at home. So permit television only sparingly. Try not to encourage the play alone games over others requiring two or more friends. Learning to communicate, share, win, lose are all important to their self development.

In the era of Mobile and Internet, children are losing out on simple oral communication skills. So Ipad games, TV and Iphone games should be last on the to-do summer list.

CREATIVITY TIME –OUTDOORS



The tree climbing, the hop scotch or the hulla hoop fun times are already forgotten in many homes. Try playing it with them at least one Sunday morning... even your clumsiest efforts will bear fruit! You can let your children enjoy what they can in your neighborhood be it catching cock, seven tiles, fisherman's chain or the simple joys of cycling or running. Each parent can take the supervision duty on rotation. Children learn team play and also better their communication skills and basic courtesies of conversation, especially with adults around.

Let the child have fun with the plain chalk and enjoy scribbling where he is safe & enjoying bending over to draw. Outside your door a simple fun Rangoli with chalk or the building foyer or skateboard within the building compound.

We do not need to buy multiple gadgets and games, turning youngsters into numb and bored gadget freaks or even TV addicts. The more outdoor fun they seek the more creative, confident and healthy are their lives and yours too.

Let the child have fun with the plain chalk and enjoy scribbling where he is safe and enjoy bending over to draw. Outside your door a simple fun Rangoli with chalk or in the building foyer or skateboard within the building compound. One can also put up a basket ball ring outdoors.

Well, there is no ready made formula of outdoor activities for a child as there are various factors that influence what a parent decides. But, high octane physical activity and communication need to be in prime focus for children, especially during a vacation.

End the summer vacation putting up some photographs of all activities your child enjoyed, with family and friends. A small album with dates and comments is a good idea. Though they may not have been taken for a high end holiday, they will cherish the quality time you gave, with nostalgia, to bond with the family forever. Have a blast this summer and email in your fun filled photographs with details to put on our bulletin board or news.

Wishing all parents, grandparents, relatives and friends, a strong bonding time with the children at home and in your neighbourhood, this summer!

Suggestions and queries are welcome at manjusadarangani@gmail.com

IPL SEASON 6

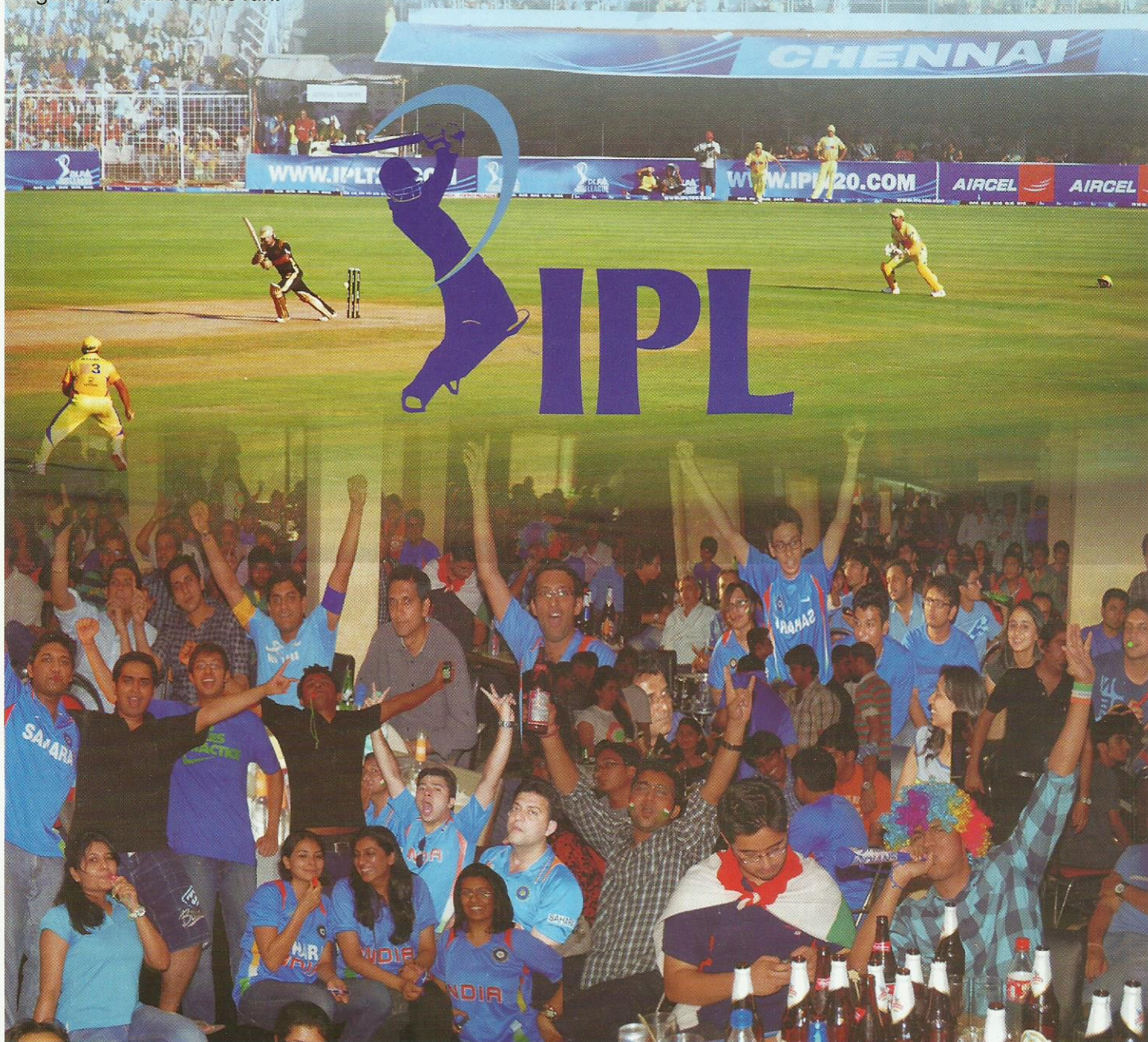
LIVE MATCHES AT FLOAT BAR

Due to members' demand, "THE FLOAT BAR", which is presently under renovation, will be temporarily opened just in time for avid cricket fans. IPL, the event that every cricket fan is waiting for, will begin from 3rd April 2013 and will continue till 26th May 2013.

During these days, you will notice everyone glued to the TV sets. People pray for their favourite teams to win and cheer for them from the first to the last ball.

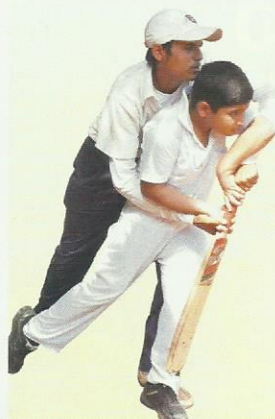
To ensure that you do not miss any action, JVPG Club will temporarily open 'The Float Bar' for its members, who can come and enjoy every minute there to view the IPL on the big screen. The fun of watching the game with other members robustly thumping for their favorite teams will get everyone's adrenaline flowing.

'The Float Bar' has also cooked up a special menu and an exciting range of drinks for its members and guests, to add to the fun.



SUMMER COACHING CAMPS AT JVPG CLUB

The Club will be conducting following summer coaching camps for members and children during the summer vacation period from 16th April to 15th June 2013. Members are requested to avail the facility. For registration contact the respective department / office / MSD.



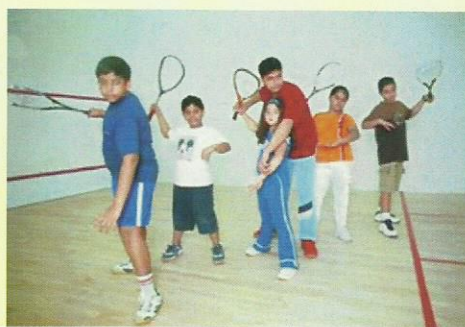
CRICKET SUMMER COACHING CAMP

Coach - Uday Tank
16th April to 31st May 2013
Time: 9.15 am to 11.00 am (Tuesday to Friday)
Venue: M. M. Ground, next to JVPG Club
Age group: 5 to 16 years
 Guests can also enrol for this coaching camp.



SQUASH SUMMER COACHING CAMP

Coach: Riaz Mohmd
15th April to 14th May 2013
15th May to 14th June 2013
Time: 3.30 pm to 5.30 pm
Age group: 7 years and above



SWIMMING POOL SUMMER COACHING CAMP

Coach: Anand Pardeshi
Period: 16th April to 15th June 2013
Age: 3 years and above
MORNING: (6 years onwards)
Time: 7.15 to 8.00 am
 8.00 to 8.45 am
 8.45 to 9.30 am

1st Batch: 16th to 30th April 2013
2nd Batch: 2nd to 16th May 2013
3rd Batch: 17th to 31st May 2013
4th Batch: 1st to 15th June 2013
EVENING:
 3.45 to 4.30 pm (3 to 6 years only)
 4.30 to 5.15 pm (6 years onwards)
 5.15 to 6.00 pm (6 years onwards)

ADVANCE COACHING:
 7.00 to 8.00 am
 3.45 to 4.45 pm
 4.45 to 5.45 pm



LAWN TENNIS REGULAR COACHING

New batches will start from 1st April 2013
Coach: Devendra Waghchaude
Period: 1st April to 30th September 2013
Time: 3.00 pm to 6.45 pm (4 batches)
Venue: JVPG Club, Lawn Tennis Court No. 2
Age group: 5 to 18 years



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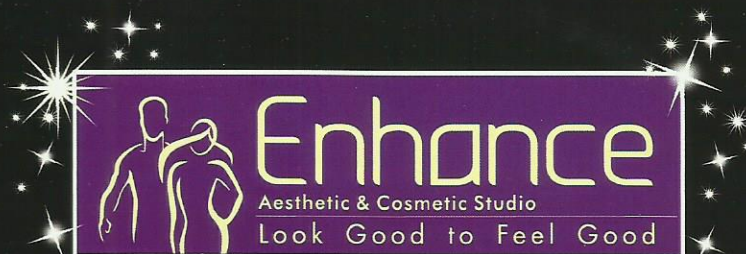
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FORTHCOMING EVENTS

S4 May 2013

SENIOR CITIZEN THEME BAR NITE - OCEAN THEME

Senior Citizen Sub-Committee presents 'Theme Bar Nite' on Saturday, 4th May 2013 at Activity Hall from 7.30 pm.

May 2013

TABLE TENNIS INTER CLUB LEAGUE TOURNAMENT

Table Tennis Inter Club League Tournament will be held in 2nd/3rd week of May 2013. Members interested to represent JVPG Club, may please contact TT department.

May 2013

BILLIARDS & SNOOKER HOME TOURNAMENT

Billiards & Snooker Sub-Committee proposes to conduct Billiards & Snooker Home Tournament during 1st/2nd week of May 2013.

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REMARKABLE SPORTSMANSHIP !!


In an extra-ordinary show of sportsmanship unheard of in these very competitive times, our Juhu Gymkhana team of Nikhil Rao and Keyur Gandhi conceded their quarter final match after being match point down at the MCF Tennis Open Tournament held at Borivali recently.

On being asked why did they do so, Nikhil Rao said "I had a prior engagement which I couldn't cancel and hence would not have been in a position to play the semi-finals. Hence, we decided to play the quarter finals in good competitive spirit but chose to give the opponents a walk over so the semi finals could at least be played and contested."

In doing so, our boys let go of the handsome prize money they could have got in the semis, should they have advanced, to which Nikhil further added "It's not about the money any more. After 25 years of Tennis, we've achieved almost all the money and grandeur the sport has to offer. It's time to give something back. Furthermore, our opponents were young boys, just getting into the sport and eager to make a mark.. It just




felt right to give them the opportunity and experience such an occasion would offer". Nikhil summed it all up by saying.. "I'm grateful to Keyur, who showed maturity way beyond his years to accept my decision in doing so. A mark of a true champion. In the end, we all won, Keyur and I, the opponents we played and the sport. How rarely does that happen now? A win-win situation for all!"




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HISTORIC

The festival of colors 'HOLI' was celebrated with full zeal and zest at the M. M. Grounds on 27th March 2013. The ground was beautifully decorated giving it a festive look.

Live music with the DJ playing robust music along with Punjabi Dhol welcomed the members and guests as they started pouring in to play Holi. Brimming with enthusiasm, no one was spared the vibrant colors, which was

available in abundance, adding to the ultimate fun.

The last time Holi was played was in 2005 under the chairmanship of Mr. Himanshi Gokani. Now after eight years, the same fun and frolic of vivid colors returned.

The rain-dance, however, was cancelled, due to the drought like situation in our state.

The crowd increased and so did the enthusiasm. Live DJ ensured that all



REAL HOLI

were on their feet, adding to the gaiety. More than 400 members and guests had come to play Holi.

Delicious spread of authentic traditional cuisine was served. Everyone enjoyed the Kathiawadi breakfast consisting of Fafda, Jalebi and Papaya Chutney, along with Tea & Coffee was served. Later, Khopoli Vada Pao, Mix Bhajias and the traditional Thandai was served which was relished by all. Dancing, spraying of

colors, playing around with near and dear ones continued. All arrangements were well arranged ensuring that all the members and guests enjoyed every minute of the celebration.

The event was organized under the aegis of the Entertainment sub-committee Chairman Mr. Vinod Jolly, Hon. Jt. Secretary Mr. Himanshu Gokani and coordinated by Mr. Jagdish Soda.



OBESITY

Obesity occurs when a person consumes more calories than he or she burns. For many people, this boils down to eating too much and exercising too little. But there are other factors that also play a role in obesity. These may include age, gender and heridity.



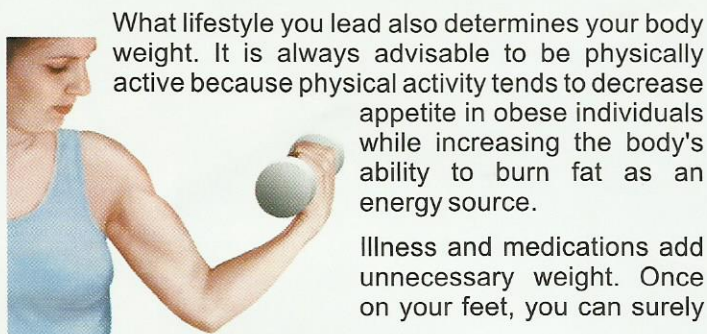
Obesity...do you mean fat!

Obesity is an excess of your total body fat. Simply put, having too much body fat. It is not the same as being overweight. A person may be overweight from extra muscle, bone, or water, as well as from having too much fat. But a person is considered obese when his or her weight is 20% or more above normal weight. Much more can severely interfere with health or normal function.

How...I mean what Causes Obesity?

Obesity occurs when a person consumes more calories than he or she burns. For many people this boils down to eating too much and exercising too little. But there are other factors that also play a role in obesity. These may include age, gender (women tend to put on more weight than men) and heridity (family history).

A person may be overweight from extra muscle, bone, or water, as well as from having too much fat. But a person is considered obese when his or her weight is 20% or more above normal weight.



What lifestyle you lead also determines your body weight. It is always advisable to be physically active because physical activity tends to decrease appetite in obese individuals while increasing the body's ability to burn fat as an energy source.

Illness and medications add unnecessary weight. Once on your feet, you can surely

burn it off. However, hormonal ailment, like underactive thyroid, need medical intervention to help you remain slim.

If you are sad, depressed or even bored, then tendency is to binge.... Now be alert on this one. Go out, seek a friend... all will be just fine.

So, what do I do now...

Easy! Change your lifestyle. Now wait, this is more easily said than done.



Green Tea – go for it. It is healthy, refreshing and helps you to remain slim. Flaxseed help you to bring down your cholesterol.

To follow a healthy lifestyle regime, take help from our nutritionist from the health club. Chart out a diet and exercise plan that will suit you. Every plan is unique to that person Don't make too many difficult changes. Otherwise, you won't follow the routine for too long. Some healthy change here and a alteration there will do the trick. Once you are used to it, then step it up.



Come make full use of the health club, the pool, the squash court. Include family and friends and have a fun element like swimming race, a game of squash, etc.

Do the Masala Bhangra.... Juhu Gymkhana has begun to

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hold Masala Bhangra dance classes. Join in the fun & burn away the fat...

This apart, try new age exercises like Hot Yoga, Pilates, Zumba dancing, or even martial art, like T'ai Chi, etc.

Come, make full use of the Health Club, the pool, the Squash court. Include family and friends and have a fun element like swimming race, a game of squash, new age exercises like Hot Yoga, Pilates, Zumba dancing, or even martial art, like T'ai Chi, etc.

Diet...Hey Bhagwan !!!

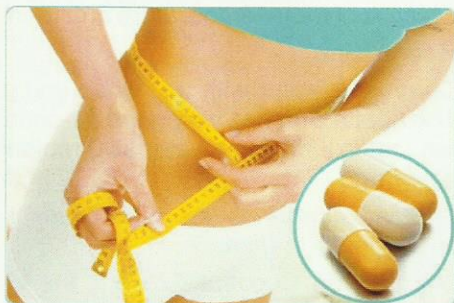
If you are saying "oh, my God..." here, then there is a simple solution to it all. Eat anything you want (medical advice taken into consideration). But the catch is, take only one helping. Do Not take a Second Helping at all. Let us see, how many of you can do that ?

You can dig into food that help you keep your weight down. Watermelon is a diuretic and helps you lose water. (Water adds to your body weight content). Citrus fruits and veggies like cabbage, carrots, broccoli, etc., help to increase metabolism that help one to burn fat and lose weight.

Green Tea – go for it. It is healthy, refreshing and helps you to remain slim. Flaxseed help you to bring down your cholesterol.

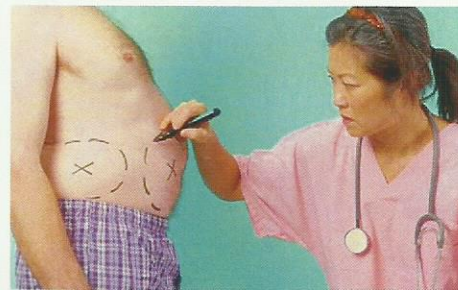
Drink a glass of water before you have your meals. It will fill your stomach and will also help digest food better.

Be aware of when you are eating. If you have your meals in front of the Television, then do just one thing at a time. Either you eat or watch the television. Don't mix both as they don't mix well. If you do eat while watching television, then you will end up eating more than required.



Likewise, when with friends, choose to be aware to your meals.

A half an hour of brisk walking before dinner will bring down the appetite. If you are habituated to take a walk after dinner, then do so after half an hour after your meals, not immediately after meals.



MEDICATIONS AND HERBAL REMEDIES

You may see ads for supplements and herbal remedies that claim they will help you lose weight. Many of these claims are not true. Some of these supplements can have serious side effects. Talk to your doctor before using them.

Most people also regain the weight when they stop taking the medicine, unless, of course, they have made lasting lifestyle changes.

SURGERY (only under medical advice)

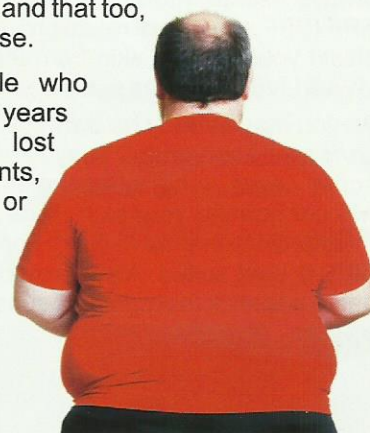
This is only as a final resort and that too, if your doctor advises likewise.

Surgery may help people who have been very obese for 5 years or more and have not lost weight from other treatments, such as diet, exercise, or medicine.

Surgery alone is not the answer for weight loss. It can train you to eat less, but you still have to do much of the work. You must be committed to diet and exercise after surgery. Talk to your doctor to learn if this is a good option for you.

So, if you fighting fat for some time now, you can be fighting fit anytime soon...

So, come on...let's go for it....



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BEAT THE HEAT

the summers are round the corner. With the heat already beating the heat down on us, and the sweat trickling down our backs, let us take a quick look at how we can enjoy this season without sweating it out...

Pull out your hats and the sunscreens. The summers are round the corner. With the sun already beating the heat down on us, and the sweat trickling down our backs, let us take a quick look at how we can enjoy this season without wilting.

Let us see what we can do to make the most of this season.

My face is my fortune

Oh Yes....

Before stepping out in the day time (especially between 10 am and 3 pm) always use an moisturizer that has an SPF (SPF is an Sun Protection Factor) to shield your delicate skin from the harsh UVA & UVB rays of the sun.

As you may already be aware, UVA and UVB rays are harmful. They cause early aging of the skin. In some cases, long exposure can also cause skin cancer without burning your skin. Today, we have a vast variety of moisturizers that have SPF. For Indian climates, an SPF of 30% is best suited. Also, protect your lips by applying a lip balm or lipstick that contains sunscreen.

Fashion Diva

If you don't care much about moisturizers, carry a fancy umbrella. Start a fashion trend. Flaunt a fancy umbrella or maybe even a hat....

Wear sunglasses. Get vitamin D safely through a healthy diet that may include vitamin supplements.

Want to swim

Take a splash in the pool at the Juhu gymkhana. The pool is exposed to the sun for some part of the day. As the day passes, the shadow of the health club building covers the pool. So mid-afternoon, take a jump in the pool. However, remember that even if you are going to swim, use a water resistant sun screen.

Use extra caution near water or sand as they reflect the damaging rays of the sun, which can increase your chance of sunburn.

Apply the sunscreen to dry skin 15 minutes BEFORE going outdoors. Re-apply sunscreen approximately every two hours or after swimming or sweating.

Regardless of which sunscreen you choose, be sure to apply it

generously to achieve the UV protection indicated on the product label.

Thanda Thanda - Cool Cool

We are not talking about cooling powders here, though there should be in your vanity case !

We are talking about a cooling drink. How about a cool lemonade or Cooling curds...

A cooling sherbet with sabjabee or coconut water Falooda or a mouth watering Fruit Platter (fruit salad) straight out of the fridge....

Pani re pani...

If nothing else, plain and simple water would do the trick. Avoid drinking cold water directly from the fridge. If you do drink anything cold straight out of the refrigerator, chances are that you may catch a cold. Blend cold water with water, which is of room temperature and then go for it.

Health Club

Carry your water with you when you go to the health club. The health club has very good air-conditioning and you may not feel like drinking water still, replenish. Take care not to dehydrate.

The restaurants at the Juhu Gymkhana offer a delicious variety for the summers.

Melting Pot, Coconut Grove... the names suggest some delicious eats. Go and try out some delectable variety of cooling diet and enjoy it... avoid anything that is oily and rich like pakodas, vadas, butter chicken and pungent food like spicy sambhar or any dish that is 'teekha'. Such foods will basically irritate your stomach & may cause indigestion...

If you get a sunburn, then, what to do....

It's important to begin treating a sunburn as soon as possible. Take a cool bath and apply moisturizer on damp skin.

Drinking extra water. A sunburn draws fluid to the skin surface and away from the rest of the body. Drinking extra water prevents dehydration.

If your skin blisters, seek a dermatologist.

So, take care and let's welcome the warm climates of nature and take pleasure in it.



MEMBER OF PARLIAMENT SHRI GURUDAS KAMAT ACCOMPANIED BY MLA ASHOKBHAU JADHAV VISIT THE JVPG CLUB



President, Shri Anil Mahesh offering
Hon. Club Membership
to Shri Gurudas Kamat, MP



President, Shri Anil Mahesh, felicitating
Shri Ashokbhau Jadhav, MLA
with a bouquet of flowers



President, Shri Anil Mahesh, Shri Gurudas Kamat,
Shri Ashokbhau Jadhav and Hon. Jt. Secretary
Shri Himanshu Gokani

Shri Gurudas Kamat (Member of Parliament) accompanied by Shri Ashokbhau Jadhav (MLA) and Shri Mahesh Malik General Secretary - Mumbai Northern District Congress Committee graced the JVPG Club by visiting on March 31 and was honoured by the Managing Committee with the Hon. Club membership for him and his family.

He had a look at various activities of the club and was impressed with the activities related to Health Club, Swimming Pool and other sports activities involving youth and senior citizens. He immediately assured full support as and when required.

His visit was followed by Lunch with all the Managing Committee members present.



Shri Gurudas Kamat, Shri Ashokbhau Jadhav and Shri Mahesh Malik enjoying their lunch
with the members of the Managing Committee

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MR. M. R. SINGH TAKES OVER CHIEF OPERATING OFFICER AT OUR CLUB

A former senior banker, Mr. M. R. Singh, joined the JVPB on 19th March 2013 as Chief Operating Officer

He brings with him extensive experience of holding senior positions at prestigious sports club like CCI, MIG, Bombay Gymkhana, Bombay Presidency Golf Club.

A sports person, Mr. M. R. Singh opted for VRS in the bank in order to pursue a career as an International Cricket Umpire. He has umpired in 10 ODI's, including 4 as third umpire.

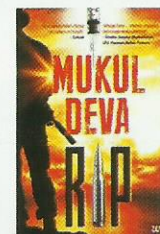
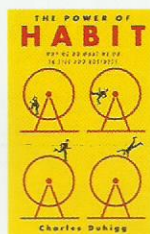
With his experience in banking and administration, clubbed with his knowledge of sports and with his extensive experience in various clubs, in area of sports, catering & hospitality, Mr. Singh is in a unique position to understand the workings of a sports club such as ours.

He hopes to introduce systems aimed at keeping the club running in a well-oiled manner and to enhance members' satisfaction and make their visit to the club a better experience.



M. R. Singh
Chief Operating Officer

NEW ARRIVALS AT THE LIBRARY



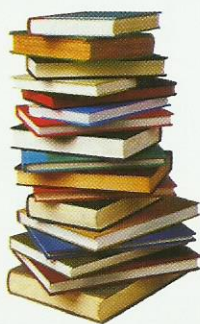
No.	AUTHOR	TITLE
1	Amish	Oath of Vayuputra
2	Mills & Boon	16 Titles
3	Reise Tiffany	The Prince, The Siren
4	Hocking Amanda	Switched
5	Zaidi Annie	Love Stories
6	Ashok Banker	Seed Of War
7	Manil Suri	The City Of Devi
8	Mukul Deva	RIP
9	Duhigg C.	The Power Of Habbit
10	Haider Shazaf	How It Happen
11	Sheela Anand	Don't Kill Him
12	Varma P.	Yudhishtir & Draupadi
13	Cook Robin	Nano
14	Basch P.	You Have to Stop this, This Book is Not Good for you
15	Hakawati Ammera	Desperate in Dubai
16	Zasak Markus	The Book Thief
17	Martin George	A Storm of Swords, A Feast for Crows, A Dance With dreams & Dust, A Clash of Kings
18	Diaz Junot	This is how you Lose her
19	Grover Nishi	Lose a Kilo a week
20	Kristin Cast	Awakened, Burned
21	Megan Hant	12 Shades of Surrender undone
22	Preeti Shenoy	The secret wish List
23	Cecelia Ahern	Girl in the Mirror

DISPOSAL OF OLD LIBRARY BOOKS

Members may note that the Club has identified a large number of old books for disposal.

A list of such books is put up at the library for perusal & books are available for inspection.

Members who are desirous of picking up any of these books free of cost may do so by 30th April 2013. The disposal will be on first-come-first served basis.



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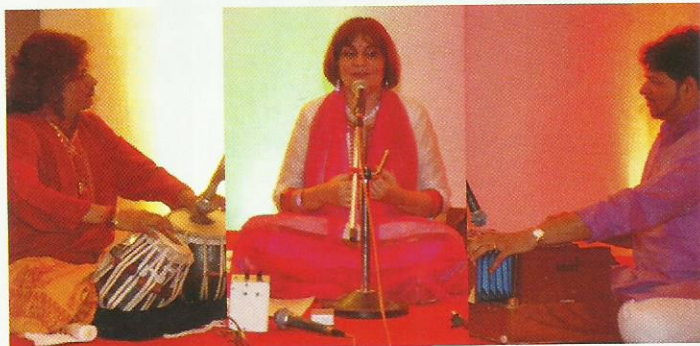
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SENIOR CITIZEN CORNER

SENIOR CITIZEN HOLI CELEBRATION & MUSICAL EVENING OF BOLLYWOOD RAGAS BY DHANSHREE PANDIT RAI



Dhanashree Pandit Rai - Classical Vocalist along with Tabla Maestro Pandit Kalinath Mishra and Harmonium & Organ Player Niranjana Lele



Satish C. Shah
Chairman - Sr. Citizen group



Past President Dwirek K. Raj offering bouquet to Dhanashree Pandit Rai

For the 29th Senior Citizen Get together to celebrate the Festival of colours HOLI, a musical evening of Bollywood Ragas by Classical Vocalist Dhanashree Pandit Rai was organized.

The evening began by applying a Gulal tikka to all the members. A total of 250 members and guests were present at this musical evening. The Welcome Address and vote of Thanks was given by was given by Shri Satish C Shah. Shri Kamlesh Daru introduced the Classical vocalist Dhanashree Pandit Rai.

A total of 16 different ragas with its use in a movie song were sung such as Raga Gara for the song Mohe Panghat pe from the movie Mughal e Azam, Rag Thumri in Umrao Jaan, Raag Bhupali for the song In Ankhon Ki Masti, Raga Piru for the song Rang Barse from the movie Silsila, Raag Bihag, Dil Cheez kya hain from the movie Umrao Jaan, Raag Mand for the traditional rajasthani folk song Kesariya Balam

At the end of the musical evening prizes were given out to the 8 most colourfully dressed men and women. Also early bird prizes were declared.

Our respected Past President Shri Dwirek K Raj expressed his excitement at the grand success of the event.

Also birthdays and Anniversaries were celebrated by cutting cakes.

To conclude the evening National Anthem was sung and this was followed by delicious Kathiawadi dinner which was prepared and served by Coconut Grove Caterers.



Asmita Shah felicitating Shri Gopinathan K, Practice Head for Managed Security & Network Services, Global Infrastructure Services (GIS), Wipro Infotech, with a bouquet of flowers.



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