

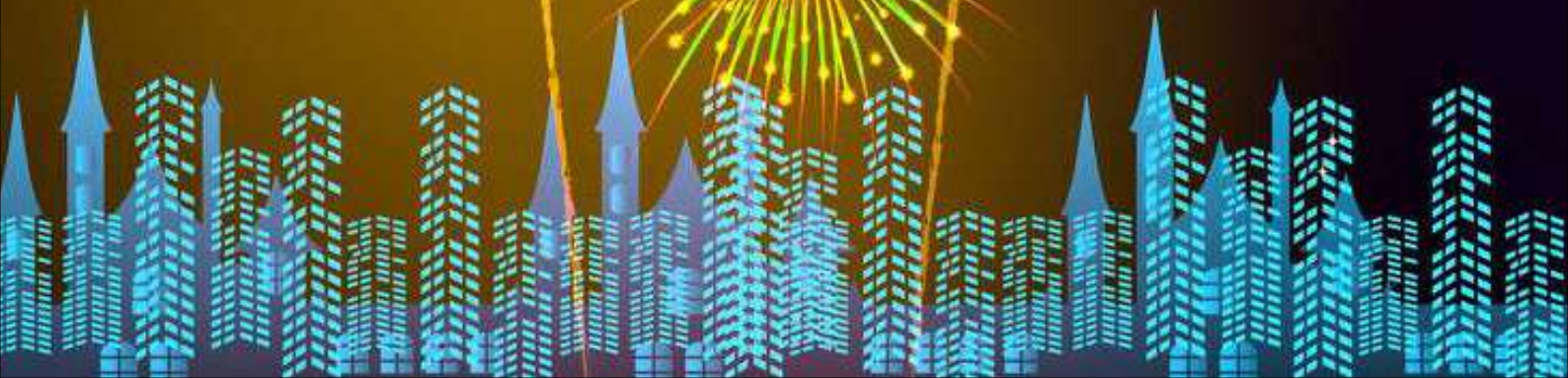
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(Oct.- Dec. 2019)

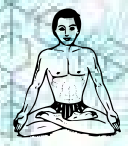


JOLLY N-JOY

IN HOUSE BULLETIN

2020





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Message from Chairman and Managing Trustee



CA Rajnikant Shah
Chairman

Dear Members,

“ Learn from yesterday, Live for today
and Hope for Tomorrow”

— Japanese Proverb



Manoj Ajmera
Managing Trustee

First of all let us wish all our Jolly members a lovely and wonderful 2020 with lots of joy and happiness for you and your family. There is no greater guarantee of a long, happy, healthy, and prosperous life than for you to be continually working on being, having, and achieving more and more of the things you really want. We wish that this year will enable you to release your full potential for personal and professional success and to make your future achievement unlimited.

The last quarter at Ghatkopar Jolly Gymkhana was full of excitement and entertainment. The quarter began with a bang on the beats of Avishkar and members played Dandia Raas with full fervor. Cricket Season was in full swing with Tennis Cricket Tournament, Internal Cricket Season Tournament, U-19 Cricket Coaching and Inter School Cricket Tournament which saw participation from 8 different schools.

Our Gymkhana also witnessed Internal Badminton and Squash Tournament which saw some really great competition and spirit from our members. Khel Mohatsav was jointly organized between Ghatkopar Jolly Gymkhana and Metro City Mirror which saw people taking part in different sports and activities.

December saw Magical Pancham – RD Burman Nite and all Jolly members were enthralled with some very fine performances. The Grand Suryanamaskar event saw participation from 2100+ people from 48 institutes all around Mumbai and was an event full of action. The quarter ended with X-Mas Carnival with members and their children enjoying the event to the maximum.

Assuring you of the very best as always,

Chairman and Managing Trustee.



Editorial

Dear Jollyites,

“What the new year brings to you will depend a great deal on what you bring to the new year”

We, at Jolly Gymkhana wish all our members a happy new year- 2020. The new year is definitely a new chapter, a new verse in this book of life. Ultimately, it is we who will write the chapters of this book. Jolly Gymkhana strives to contribute to the life of every member meaningfully. It has successfully added pages to this book of life through physical, mental and spiritual wellbeing of its members. The club promises to continue doing so with zeal and enthusiasm. With this commitment, we welcome you with yet another issue of our bulletin this quarter.

The year 2019 at Jolly Gymkhana ended with a bang with many events and tournaments taking place. We present the picture highlights of some wonderful events that took place in the last quarter. The zest of the participating members has been brilliantly captured in the pictures.

Amongst the numerous sports played by the members, Yoga is actively taken up by our members. The yoga committee presents its activities in this issue of bulletin. The focal point remains on the magnanimous event of 108 Suryanamaskars that was productively held in the month of December. Additionally, the bulletin showcases the vigour and dynamism of our Ladies Wing and the Events and Entertainment committee. These committees add a lot of colour and flavor to the entertainment of the members through the various events organized by them.

The bulletin also brings to you two write ups on travel and health. Travelling is the best way to learn through experiences and we at Jolly Gymkhana encourage that spirit through this article. Also, the write up on health brings forth important tips that can be incorporated by the members in their daily lives this winter season.

Once again wishing everyone love, prosperity, peace and light this new year.

Happy reading,

Members of Website, Bulletin and Affiliation Committee

Incharge: Paresh Shah • Convener: Digish Pandit • Jt. Convenor: Prashant Shah

Members: Mickin Sheth, Kamlesh Doshi



Jitendra D. Zatakia
Hon. Secretary



Mukesh P. Badani
Hon. Secretary

FROM THE SECRETARIES DESK : HIGHLIGHTS OF THE LAST QUARTER



Dandiya Raas on the beats of Avishkar held from 29th September (588 persons), 30th September (548 persons), 01st October (864 persons), 2nd October (590 persons), 3rd October (548 persons), 4th October (890 persons), 5th October (883 persons), 6th October (583 persons), 7th October (958 persons) and 8th October 2019 (582 persons) at Jasmine Hall, 9.00 p.m. (Organised by Events & Entertainment Sub-Committee).

Shri Parag Shah, MLA & Other Dignitaries also witness the Dandia Rass on 5th & 12th October 2019.



Ladies Raas Garba on the beats of Avishkar held on Saturday, 12th October 2019 at Jasmine hall, 2.00 p.m. 882 Ladies members enjoyed the function (Organised by Ladies Wing Sub-Committee).



Re-opening Ceremony of Ground and Tennis Cricket Tournament 2019 held on Tuesday, 8th October 2019 at Open Ground, 8.30 a.m. 8 teams consisting of 122 members participated. (Organised by Cricket Sub-Committee).



Internal Cricket Season Tournament 2019 held on Sat, 12th, Sun, 13th, Sat, 19th & Sun, 20th Oct. 2019 at Open Ground, 8.30 a.m. 4 teams consisting of 68 members participated. (Organised by Cricket Sub-Committee).



U-19 Cricket Coaching at Open Ground, 4.30 pm to 6.00 pm. 134 students participated. (Organised by Cricket Sub-Committee).



Internal Badminton Friendly Tournament held on Sunday, 10th November 2019 at Badminton Court, 9.00 a.m. 45 members participated. (Organised by Badminton Sub-Committee).



Internal Squash Tournament – 2019 held on Saturday, 30th November 2019 at Squash Court, 9.00 a.m. 32 members participated. (Organised by Squash Sub-Committee).



Khel Mahotsav jointly organised by Metro City Mirror and Ghatkopar Jolly Gymkhana held on 21st, 22nd & 23rd November 2019 - Cricket, Badminton, Chess-Carrom, T.T., Drawing.



Inter School Cricket Tournament – 2019 held from 7th to 14th December, 2019 at Open Ground, 10.00 a.m. 8 Schools Participated. Final Match won by B.A.K. Swadhyay Bhavan School.



Magical Pancham (R.D. Burman Nite) – Artists Srijiit Chakrovorty, Shlok Chaudhary, Jolly Das and Achor Rashi Mody held on Saturday, 14th December 2019 at Jasmine hall, 9.00 p.m. 355 persons enjoyed the function. (Organised by Events & Entertainment Sub-Committee).



Surya Namaskar held on Sunday, 15th December 2019 at Open Ground, 6.30 a.m. 2100 persons participated. (Organised by Yoga Sub-Committee).



X-Mas Carnival held on Wednesday, 25th December 2019 at Open Ground, 5.00 p.m. 1650 Members, Guests and their children's enjoyed the event. (Organised by Ladies Wing Sub-Committee).



● For Advertisements in the Bulletin Please contact Mr. Vikas, Ghatkopar Jolly Gymkhana

● Rate for Advertisements are :	Quarter Page	:	Rs. 15,000/-
	Half Page	:	Rs. 25,000/-
	Full Page	:	Rs. 40,000/-

- All members are hereby requested to update their E-Mail on jollygymkhana@gmail.com along with change in address if any or may submit details at Reception Counter.
- In case members are not receiving Whatsapp Messages, they are requested to save the Number 9930651466 in their Mobile and send your Name and Membership Number so as to activate the same.

Yoga

**"Yoga is the journey of the self, through the self, to the self." -
- The Bhagavad Gita**

Yoga at Jolly Gymkhana takes place in 3 different categories : 1) Ashtang or Traditional Yoga 2) Dynamic Yoga and 3) Power Yoga. The Traditional Yoga Classes are conducted daily except Sundays. Also we conduct Shuddhi Kriya every quarter which is purification or cleansing of the body. Shuddhi Kriya cleanses and activates all vital organs of the body especially the digestive, respiratory, circulatory and nervous systems.

Dynamic Yoga basically involves doing Yoga involving props having many excellent benefits of body alignment, body flexibility and strengthening of bones and muscles etc. It is carried on Tuesdays, Thursdays and Saturdays. Also we run 2 batches of the very popular Power Yoga which involves intense workouts primarily focusing on weight management issues and overall health and well being of a person. Power Yoga sessions are carried on Monday, Wednesdays and Friday every week.

We recently started a 3 month course on Preksha Dhyana also at Ghatkopar Jolly Gymkhana with a tie up with Preksha Foundation affiliated with Vishwa Bharti. We also have talk by eminent experts in field of Yoga and allied areas. Dr Sharvari Abyankar gave an excellent talk on Ayurveda which was appreciated by one and all. We also celebrated World Environment Day by having a Yagna performed with a tie up with Arya Samaj Ghatkopar.

Annual Yoga Tournament was participated by more than 80 participants. Our Judges Dr Sandeep Dongre and Rashmita Bapat also gave an extraordinary performance. International Yoga Day was celebrated on 21st June

with some special memorable performances by students of Traditional, Power and Dynamic Yoga.

As seen above, the Yoga subcommittee is active throughout the year with a range of programs and seminars for the benefit of all. The highlight surely was-----

Suryanamaskar – Ghatkopar Jolly Gymkhana - 2019

This year, Yoga Sub-Committee of Ghatkopar Jolly Gymkhana had organized 6th Jolly Suryanamaskar 2019 Friendly Challenge wherein a record 2100 registrations were done from approx 48 institutes in and around





Mumbai. People do 60/108 Suryanamaskars as per their choice and are awarded Certificates for their successful attempts. Also the gymkhana awards trophies to few institutes who satisfy their criteria. This program is getting popularized and well appreciated by one and all due to several reasons - Excellent Organizing, Planning, Management and Execution and Time Bound Program. All the participants participate with full enthusiasm and discipline and look forward to this program every year.

This event is possible only due to strong support received from Chairman- Shri Rajnikant Shah, Managing Trustee – Shri Manoj Ajmera and the entire team of Managing Committee and Board of Trustees.

Also Yoga Sub Committee Incharge – Shri Mickin Sheth and its team members - Shri Arvind Shah, Shri Nikhil Parikh, Shri Dhanesh Savani, Shri Subhash Parekh, Shri Jitendra Shah, Shri Mukund Jobanputra, and Special Invitees – Smt. Amita Parekh, Smt. Kiran Doshi and Smt. Pallavi Sanghvi have as always put in their great efforts to make this program successful.

Under the expert guidance, inspiration and motivation from Yoga Teacher Shri Anil Ashar this program is surely promoting Health and Yoga Awareness in the society.

The main attraction this year was the Selfie Point and participants also performed 60/108 seconds Plank. For the elderly people, there was the provision for doing Chair Suryanamaskar and the elders did that very well. The Chief Guest of the event was the Renowned Mr. Ravi Dixit – Director at Kaivalyadham Institute.

"You cannot always control what goes on outside. But you can always control what goes on inside."

Yoga Sub Committee takes this opportunity to wish all Jolly members and their family members a Fantastic 2020!



YOGA SUB-COMMITTEE

Incharge



CA Mickin Sheth

Convenor



Arvind D. Shah

Jt.Convenor



CA Dhanesh Savani

Jt.Convenor



Nikhil Parikh

Members



Subhash Parekh



Jitendra Shah



Mukund Jobanputra

EVENTS & ENTERTAINMENT

1. MUSIC MANIA CONCEPT

V4 Once More...4 Voices, 1 Band – Ekta Purecha, Arohi Kothari, Kaushal Purecha, Tejas Kothari held on Friday, 11th January 2019 at Jasmine Hall, 9.00 p.m. 259 persons enjoyed the event.



2. SHANKAR JAIKISHAN KA ANMOL GEET MAHOTSAV

Mukhtar Shah / Priyanka Mitra / Sarvesh Mishra held on Wednesday, 20th March 2019 at Jasmine Hall, 9.00 p.m. 598 persons enjoyed the function.



3. JOLLYWOOD MUSICAL NITE WITH LIVE BAND

Performance by our own talented Members held on Saturday, 30th March 2019 at Jasmine hall, 9.00 p.m. 399 persons enjoyed the function.



4. JOLLY SUMMER BONANZA HELD AS FOLLOWS

Day & Date	Programme	Participants
Sunday, 21st April 2019	Musical Housie followed by Traditional Housie	300
Sunday, 28th April 2019	Sab Khelo Sab Jeeto followed by Traditional Housie	375-400
Sunday, 05th May 2019	Casino Night followed by Traditional Housie	350-375
Sunday, 12th May 2019	The Big Boss House followed by Traditional Housie	250 plus
Sunday, 19th May 2019	The Big Bollyquiz Show followed by Traditional Housie	400 plus
Sunday, 26th May 2019	Musical Tambola followed by Traditional Housie	475 plus
Sunday, 02nd June 2019	Game Show followed by Traditional Housie	475 plus
Sunday, 09th June 2019	Housie	350 plus





5. LAXMIKANT PYARELAL NIGHT –

Artists - Sriijit Chakravorty / Anand Bahal / Anil Bajpai / Shefali Taggarsia Achor – Rashi Mody held on Saturday, 29th June 2019 at Jasmine Hall, 9.00 p.m. 500 persons enjoyed the function.



6. BHAJAN SANDHYA –

Artist: Harish Gwala / Alpa Shah / Paresh Badani – Harisinh Solanki held on Saturday, 7th September 2019 at Jasmine hall, 9.00 p.m. 199 persons enjoyed the function.



7. DANDIYA RAAS on the beats of Avishkar held from 29th September (588 persons), 30th September (548 persons), 01st October (864 persons), 2nd October (590 persons), 3rd October (548 persons), 4th October (890 persons), 5th October (883 persons), 6th October (583 persons), 7th October (958 persons) and 8th October 2019 (582 persons) at Jasmine Hall, 9.00 p.m. (Organised by Events & Entertainment Sub-Committee).



8. MAGICAL PANCHAM (R.D. BURMAN NITE) – Artists Sriijit Chakravorty, Shlok Chaudhary, Jolly Das and Achor Rashi Mody held on Saturday, 14th December 2019 at Jasmine hall, 9.00 p.m. 355 persons enjoyed the function. (Organised by Events & Entertainment Sub-Committee).

EVENT AND ENTERTAINMENT SUB-COMMITTEE

Incharge



Balwant Sanghrajka

Convenor



Mukesh Badani

Jt. Convenor



Pankaj Doshi



Digish Pandit



Jitendra Sharma

Members



Ketan Parekh



Ketul Jhatakia



Kiran Bhayani

LADIES WING

1. Women's Week Celebration (Sports & Talent) 1st to 06th March 2019 (Organised by Ladies Wing Sub-Committee):-

PROGRAMME / EVENT:	DAY-DATE:	VENUE & TIME:	ATTENDANCE:
Inauguration	Friday 01.03.2019	Lilac Hall, 2.00 p.m. to 5.00 p.m.	162
Traditional Yoga			
Game Show & Bachpan Ke Din			
Table Tennis	Saturday 02.03.2019	T.T. Room 2.00 p.m. to 3.00 p.m.	22
Nutritional Talk		Lilac Hall 3.00 p.m. to 4.00 p.m.	120
Crush Fitness	Sunday 03.03.2019	Lilac Hall 4.00 p.m. to 5.00 p.m.	130
Garba Workshop		Lilac Hall 3.00 p.m. to 5.00 p.m.	239
Fitness	Monday 04.03.2019	Lilac Hall 2.00 p.m. to 3.00 p.m.	38
Awareness Programme by Gynaecologist		Lilac Hall 3.00 p.m. to 4.00 p.m.	60
Aqua Yoga		Swimming 3.00 p.m. to 4.00 p.m.	46
Dance Fitness	Tuesday 05.03.2019	Lilac Hall 4.00 p.m. to 5.00 p.m.	80
Badminton		Badminton 2.00 p.m. to 3.00 p.m.	28
Gymnasium		Gym 3.00 p.m. to 4.00 p.m.	19
Box Cricket	Tuesday 05.03.2019	Skating Rink 3.00 p.m. to 5.00 p.m.	36
Power Yoga		Lilac Hall 3.30 p.m. to 4.15 p.m.	68
Dynamic Yoga	Wednesday 06.03.2019	Lilac Hall 4.15 p.m. to 5.00 p.m.	68
Finale Celebration – Housie / D.J. Party		Jasmine Basement Hall, 2.00 p.m.	350





2. **Ladies Raas Garba** on the beats of Avishkar held on Saturday, 12th October 2019 at Jasmine hall, 2.00 p.m. 882 Ladies members enjoyed the function (Organised by Ladies Wing Sub-Committee).



3. **X-Mas Carnival** held on Wednesday, 25th December 2019 at Open Ground, 5.00 p.m. 1650 Members, Guest and their children's enjoyed the event. (Organised by Ladies Wing Sub-Committee).



LADIES WING SUB-COMMITTEE

Incharge



Balwant Sanghrjka

Advisor



Giribala Shah

Advisor



Rupal Ajmera

Jt. Convenor



Aarti Sanghrjka

Members



Alpa Chheda



Gopi Mehta



Manisha Badani



Nehal Kothari



Purnima N Shah



Alpa Rupani



BHUTAN –ONE STEP CLOSER TO SOUL

Abundant natural beauty, breath-taking landscapes, magnificent monasteries, ancient Buddhist temples, fluttering prayer flags and happy faces is how I would begin to describe Bhutan! Yes, a journey through the magical and breathtaking lands of this country would surely be a good start to get yourself introduced to the happy country!

The small and predominantly Buddhist nation of Bhutan, tucked between China and India, is lanced by deep ravines and coated with thick woods. The country has no traffic lights. Years ago, Gross National Happiness was identified by the nation as being more important than Gross National Product (GNP). Monasteries—often massive and commanding—abound; monks, when not in prayer or meditation or chores are often found playing board games, sharing stories, laughing or all three. Archery is the national sport and green chili peppers together with ‘cheesy sauce’ is the national dish. Ask any resident, and likely you’ll find they truly do love their king and queen.

The wonderful Thimphu valley in Bhutan

The serene atmosphere, fresh mountain air, clean roads, zero pollution, zero traffic and a simple yet beautiful culture coupled with warm, inviting Bhutanese locals shows that the world could be quite different just a few miles north-east of India. Bhutan is a much-loved and pampered younger brother of India who fondly refers to our nation as, ‘Bada Bhai’!

On that note, let’s have a look at 10 reasons why Bhutan is one of the most-preferred destinations for a holiday and why it has to be on your travel list next!

1) The Pursuit of Gross National Happiness Bhutan was one of the first countries in the world to proudly embrace the philosophy of ‘Gross National Happiness’. In a world that is constantly trying to outsmart one another at the cost of its people and resources, Bhutan is one country that lays more prominence on the prosperity and happiness of its populace. This unique philosophy has even been recognized on an international level by the United Nations. Truly, a terrific reason to visit one of the happiest countries in the world!

2) There Are No Traffic Lights and No Traffic! Bhutan is one of the least polluted countries in the world today where carbon emissions are negligible and people consciously work towards a clean and green environment. This is a country where there is absolutely no traffic, people do not honk horns on the roads, they follow traffic rules and most of all and because road discipline is very religiously observed.

3) Welcome to the Land of Culture & Heritage! Bhutan is a country where ancient culture thrives in the best way possible! The Bhutanese have slowly and steadily marched towards progress but they have always been grounded to their beliefs and traditions. Gho, traditional costume for men and Kira, traditional costume for women in Bhutan.

4) A Spiritual Haven to Discover Inner Peace In Bhutan, Buddhism is not a religion, it’s a way of life! People are generally content and peaceful often meditating at the many Buddhist monasteries or contributing their fair share and participating in the traditional festivals. What better place than Bhutan to help you achieve that sense of happiness, content and peace of mind?

5) Be Amazed by Stunning Natural Beauty The Paro Valley, a land of abundant natural beauty Bhutanese law dictates that atleast 60% of land should be under forest cover at any given time! This bodes well with the country as it currently has about 71% forest cover that helps in maintaining and preserving the natural eco-system of this destination. The hilly landscapes, a variety of flora fauna, lush green valleys, sparkling water bodies along with verdant slopes and mountains provide a unique bio-diversity and balance of nature to the country. Natural beauty is at its best and more importantly, the environment is pure and significantly pollution-free for locals as well as tourists.

6) A Wonderful Hike to Tiger’s Nest Monastery One of the most significant and iconic monasteries of Bhutan! Tiger’s Nest Monastery or Paro Taktsang is a Buddhist temple complex perched on a clifftop in Paro Valley. The monastery, built in 1692, is dedicated to Guru Padmasambhava (Guru Rinpoche or Second Buddha)—the founder of Buddhism in Bhutan. The view from here is one of spectacular wonder, calmness and peace of mind!

7) A reason to celebrate, bond together and have fun – Tshechu (Festivals) The cultural diversity of Bhutan is reflected in the many colourful festivals (Tshechu) celebrated around the country. These are annual social gatherings that are held in every district of Bhutan where the festivities, events and even the month of celebration are unique from one another. The Punakha Tshechu celebrated at the iconic, Punakha Dzong is one of the most popular festivals in the country.

8) Visit The Palace of Great Happiness – Pungtang Dewa Chhenbi Phodrang Undoubtedly one of the most beautiful monasteries in the country! The Punakha Dzong is a lovely riot of colours, especially in spring, when the purple jacaranda trees bloom in all their glory against the white-washed walls of the monastery and the picture-perfect backdrop of the lush green mountains. It is lovingly placed on the banks of the confluence of Mo Chhu (Mother) and Po Chhu (Father) Rivers. Whitewater river rafting is a well-known adventure sport along these rivers!

9) A Mountain Pass Worth Passing Through! A stunning view of the memorial chortens at Dochula Pass, Image Courtesy – explorerbhutan.wordpress.com Dochula Pass, on the way between Thimphu and Punakha, is a sight to behold! Also known as the ‘Druk Wangyal Chortens’, you will find 108 memorial stupas which have been commissioned by the eldest Queen Mother, Ashi Dorji Wangmo Wangchuk of Bhutan. Another reason why Dochula Pass is a must-visit tourist attraction in Bhutan is the breath-taking 360 degrees panoramic view it offers of the surrounding snow-clad Himalayan ranges. The Dochula Pass is also home to the beautiful Druk Wangyal Lhakhang Temple and Royal Botanical Park (the very first botanical park of Bhutan).

10) Buddha Dordenma – The One Who Is Awake! Buddha Dordenma statue overlooking the capital city of Thimphu, This Buddha statue alone is enough to make you want to visit Bhutan atleast once in your lifetime! The Buddha Dordenma Statue is located on top of a hill at Kuenselphodrang Nature Park in Thimphu. The statue represents Shakyamuni Buddha in a sitting meditative position and the throne on which the Buddha sits is a huge meditation hall. The massive statue is made of bronze and gilded in gold. It measures 51.5 metres in height, making it one of the largest Buddha statues in the whole world. The serene expression, benevolent eyes, the half-smile and the quiet calm posture of the Buddha exudes peace and content unlike any other!

Why is Bhutan a "must do " destination for Indian tourists?

It remains one of the most exclusive tourist destinations in the world today. Every year about 5,000 foreign tourists (the number is strictly regulated by the Tourism Authority of Bhutan-TAB) from all corners of the globe pay upwards of US\$200 a day to visit this enchanting kingdom. This is in accordance with the Government’s policy of restricted tourism intended to protect the nation’s rich culture and tradition and it’s fragile environment. The same, however, does not apply to Indians. In other words, the cost of travel can be about the same as a trip to any other Indian hill station.

Which is the best time to visit Bhutan?

Every season in Bhutan has its own charm. Autumn is a lovely season when the skies are blue, the air is fresh after the rains, the trees are shedding their leaves creating a kaleidoscope of colours. Winters are very cold and in most parts of Bhutan eg. Paro, Thimphu, Dochula Pass, Bumthang etc., it snows. It is a fabulous season if you can bear the cold. The summers are as it should be - very pleasant. The skies are clear with occasional rains to clear the air.

Which areas can I visit in Bhutan?

Ans: The promoted areas are Paro, Thimphu, Punakha, Wangdi, Trongsa, Bumthang, Mongar and Tashigang. However, the places that are frequently visited are Paro, Thimphu, Wangdi and Punakha.

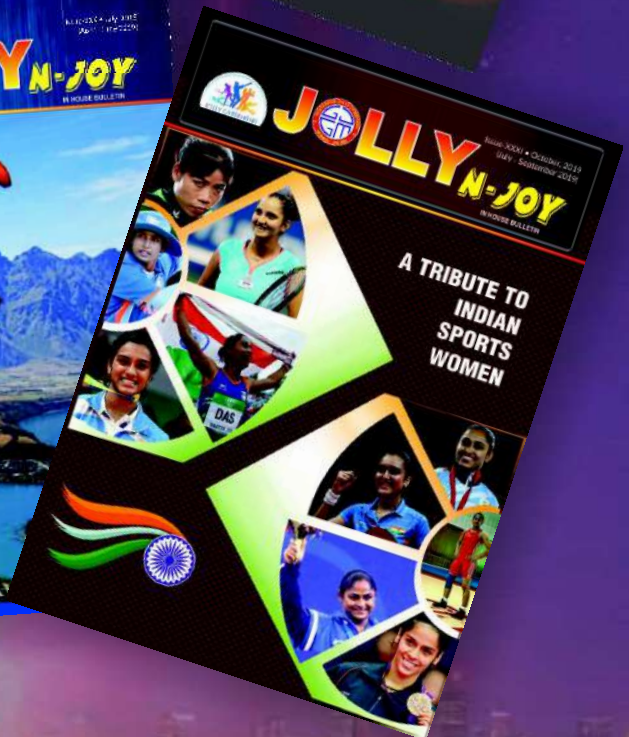
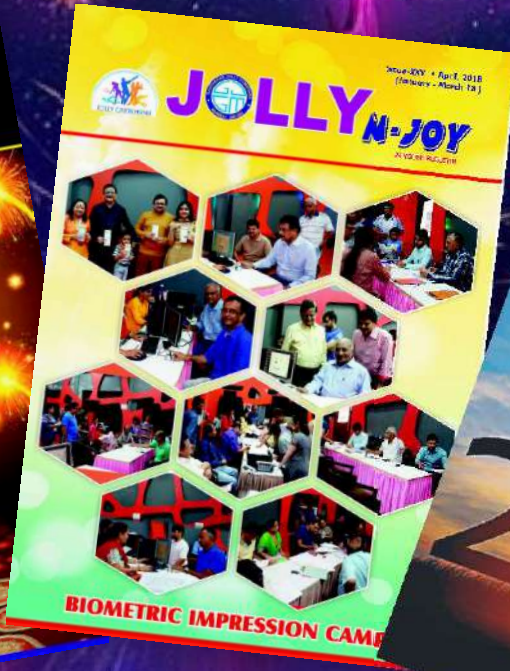
Do Indians require permits to enter Bhutan?

Yes. But passports are NOT required. Any photo identity like a ration card or a driver’s license or an electoral voting card would suffice. Based on this ID card, permits to enter Bhutan are issued.

To sum it up, Bhutan is one of the most enchanting and most culturally preserved nations in the world, untouched by the outer world of technology. Television and internet were introduced as recently as in 1997. The beauty of this land is just beyond words and I truly believe that you have to take a trip to truly experience it.



HAPPY NEW YEAR



GHATKOPAR JOLLY GYMKHANA

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