



JOLLY N-JOY

IN HOUSE BULLETIN



**CHAIRMAN
AND
MANAGING COMMITTEE
ELECTION
HIGH LIGHTS**



OFFICE BEARERS

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CA Rajnikant Shah

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Manoj Ajmera

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CA Jitendra Zatakia
Mukesh Badani

Hon. Treasurers
Balwant Sanghrajka (Trustee)
Nalin Mehta

Sports Co-ordinator
Parag Gandhi

Board of Trustees
Dr. Janak Gandhi
Dr. Sanjay Sanghavi
Harish Gandhi
Jayprakash Daftary
Nilkant Datar
Pravin Parekh
Pravin Patel

Managing Committee Members

CA Dharmesh Mehta
CA Mickin Sheth
Capt. Swaminathan Iyer
Hitesh Bilakhia
Jeram Bhanushali
Nishith Golwala
Parag Gandhi
Paresh Shah
Prashant Karia
Sanjay Rupani
Vishnukumar Talesara



MESSAGE FROM CHAIRMAN AND MANAGING TRUSTEE



CA Rajnikant Shah
Chairman

Dear Members,

“It doesn't matter where you came from.
All that matters is where you are going.”



Manoj Ajmera
Managing Trustee

We at Jolly strongly feel that a Clear Vision, backed by definite plans gives you a tremendous feeling of confidence and personal power. So it's very important to be knowing your plans, your goals and your vision and its only then that you will progress towards your destination. Clear goals enable you to release your full potential for personal and professional success. Goals enable you to overcome any obstacle and to make your future achievement unlimited.

We congratulate 3 of our Jollyites – Vipul Mehta, Hetal Khatau and Falgun Shah for having such Goal and successfully completing Comrades Marathon held in Durban, South Africa. Equally noteworthy are our 40 Jollyites who have completed the Everest Base Camp. Our heartiest Congratulations to one and all.

We had the entertaining Dil Se Program – A R Rahman's Songs in the month of July. Election fever gripped our Gymkhana in the month of August and we congratulate elected Chairman and members of the Managing Committee. We wish and believe that Jolly achieves greater heights with their leadership and team work. To achieve our Motto, Vision & Goal, various Sub Committees are appointed. The names, designation and photos are included in this Bulletin.

We celebrated Navratri and Ganpati Festival with equal fanfare and gusto. There was reopening Ceremony of the Cricket Ground and we had Tennis Cricket Tournament in August. Looking forward to developments and lots of activities and bonhomie in the coming quarters.

Assuring you of the best,
Chairman and Managing Trustee



EDITORIAL

Coming together is a beginning.

Keeping together is progress.

Working together is success.

It's time to start something new and trust the magic of new beginnings. Sometimes the most ordinary things can be made extraordinary simply by doing it with the right people. That's called TEAMWORK and we at Ghatkopar Jolly Gymkhana believe in our team which has led to the transformation of our Gymkhana to be the Pride of Mumbai.

In this edition of the Bulletin we look at the new Managing Committee and the newly formed sub committees.

The highlights of the last quarter which was a quite eventful one are showcased.

We cover the Badminton, LawnTennis/Skating and the Table Tennis sub committees in this bulletin.

The enthralling experience of 40 of our Jollyites to climb the Everest Base Camp under the able guidance of Capt Swaminathan is worth reading and the narrative literally takes us to the Himalayas and encourages many more of us to join them in their next endeavour.

In our fast paced life we hardly get the adequate amount of sunlight and proper diet and are confined to our offices or cubicles for the most part of the day. We take some efforts to increase the health awareness amongst our Jollyites by sharing some tips for Bone Health.

The Bulletin Website and Affiliation Sub Committee will strive hard to add more affiliations and also urge our Jolly friends to visit our website more often.

Happy Reading.

Happy Reading,

BULLETIN, WEBSITE & AFFILIATION SUB-COMMITTEE

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

Members : Mickin Sheth, Kamlesh Doshi • Special Invitee: Purvy Karia



OFFICE BEARERS (2017-2020)

Chairman



CA Rajnikant Shah

Managing Trustee



Manoj Ajmera

Hon. Secretaries



CA Jitendra Zatakia



Mukesh Badani

Hon. Treasurers



Balwant Sanghrajka (Trustee)



Nalin Mehta

BOARD OF TRUSTEES (2015-2021)



Dr. Janak Gandhi



Dr. Sanjay Sanghavi



Harish Gandhi



Jayprakash Daftary



Nilkant Datar



Pravin Parekh



Pravin Patel

MANAGING COMMITTEE MEMBERS (2017-2020)



CA Dharmesh Mehta



CA Mickin Sheth



Capt Swaminathan Iyer



Hitesh Bilakhia



Jeram Bhanushali



Nishith Golwala



Parag Gandhi



Paresh Shah



Prashant Karia



Sanjay Rupani



Vishnukumar Talesara



**GHATKOPAR JOLLY GYMKHANA
CONSTITUTION OF VARIOUS SUB-COMMITTEE 2017-2018
SPORTS COORDINATORS**

SPORTS COORDINATOR



PARAG GANDHI

JT. SPORTS COORDINATOR



PRASHANT KARIA

JT. SPORTS COORDINATOR



CA DHARMESH MEHTA

BADMINTON SUB-COMMITTEE

Incharge



Nilkant Datar

Convenor



Ravi Doshi

Jt. Convenor



Apurva Dave

Members



Dr. Janak Gandhi



Nilesh Vira



Mahesh Gondalia



Sachin Mehta



Vipul Sapani



Dushyant Bhatia



Rajeev Karia

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Members



Ankit Khokhani



Vishal Desai



Parth Chhadva



Rohan Shah



Poojan Patel (Desai)

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Convenor



Nikhil Doshi

Members



Bhagwan Velani



Dr. Falgun Shah



Virendra Parmar

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Convenor



Mathuradas Bhanushali

Convenor



Buntly Doshi

Jt. Convenor



Jitendra Thakkar

A. CRICKET A/B/C TEAM (SEASON BALL) MEMBERS



Hemant Gandhi



Ratan Karkera



Deepak Desai



Nemish Shah



Dr. Tapan Shah



Devang Gosalia



Ramesh Nanda



Anand Thakkar

B. CRICKET TENNIS BALL TEAM MEMBERS



Nilesh Sarvaiya



Ashish Shah



Brijesh Nagda



Parag Babariya



C. CRICKET LADIES TEAM MEMBERS



Manali Rawal



Kalpana Varia



Jagruti Aurangabadwala



Toral Doshi

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Pravin Patel

Convenor



Amit Mehta

Jt. Convenor



Mahendra Dedhia

Jt. Convenor



Jayesh Mehta

Members



Dinesh Sawla



Hitesh Patel



Naresh H. Shah



Khemant Nandu

HEALTH CLUB SUB-COMMITTEE

Incharge



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Convenor



Chandulal Patel

Jt. Convenor



CA Mukul Varma

Jt. Convenor



Gopal Sanghrajka

Members



Shridhar Shetty
(Muthutheyyan)



Mahesh Velani



Hiten Doshi



Chunilal Chheda

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Incharge



Vishnukumar Talesara

Convenor



Haresh Kamdar

Jt. Convenor



Jinendra Vora

Members



Ashish Mehta



Vimal Patel



Parth Mehta



Hitesh Shah

MARATHON & FITNESS SUB-COMMITTEE

Incharge



Capt. Swaminathan Iyer

Convenor



Dr. Chetan Shah

Jt. Convenor



Gyanesh Kanodia

Members



Sanjay Panchamia



Nitin Upadhyay

Special Invitee



Toral Khatau

SQUASH SUB-COMMITTEE

Incharge



Prashant Karia

Convenor



Raj Parekh

Jt. Convenor



Rajesh Modi

Members



Chetan Sheth



Dr. Mayank Shah



Maunil Vora



Tarachand Ganna

SWIMMING POOL SUB-COMMITTEE

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Convenor



Akshay Chaware

Jt. Convenor



Mahendra Senghani

Members



Jayant Tolia



Satish Bhojani



Nikhil Chheda



Jitendra Patel



Jatin Shah

TABLE TENNIS SUB-COMMITTEE

Incharge



CA Dharmesh Mehta

Convenor



Nitin Thakkar

Jt. Convenor



Pradeep Shah

Jt. Convenor



Jitendra Shah

Members



Dr. Ashesh Gala



Jatin Mehta



Dr. Kalpesh Shah



Sandeep Panchamia



Bhavesh Shah

Special Invitee



Toral Doshi



VOLLEY BALL SUB-COMMITTEE

Incharge	Convenor	Jt. Convenor	Members			
						
Vishnukumar Talesara	Dhaval Kenia	Jenil Sanghavi	Premal Shah	Naishal Patel	Parin Rupani	Bhavesh Mehta

YOGA SUB-COMMITTEE

Incharge	Convenor	Jt. Convenor	Jt. Convenor	Members			Special Invitee		
									
CA Mickin Sheth	Arvind D. Shah	Nikhil Parikh	CA Dhanesh Savani	Subhash Parekh	Jitendra Shah	Mukund Jobanputra	Amita Parekh Traditional Yoga	Kiran Doshi Power Yoga	Pallavi Sanghavi Sarvangha Yoga




BULLETIN, WEBSITE & AFFILIATION SUB-COMMITTEE

Incharge	Convenor	Jt. Convenor	Members		Special Invitee
					
Paresh Shah	Digish Pandit	Prashant Shah	CA Mickin Sheth	Kamlesh Doshi	Purvy Karia

CARD ROOM SUB-COMMITTEE

Incharge	Convenor	Jt. Convenor	Members				
							
Jeram Bhanushali	Mahesh Bhanushali	Kishor Kamdar	Harish Shah	Sunil Jethalal Shah	Kamlesh Doshi	Rajesh Thaker	Jethalal Bhanushali

EVENT AND ENTERTAINMENT SUB-COMMITTEE

Incharge	Convenor	Jt. Convenor	Members				
							
Balwant Sanghrajka	Mukesh Badani	Pankaj Doshi	Ketan Parekh	Kiran Bhayani	Digish Pandit	Jitendra Sharma	Ketul Jhatakia

HOUSE KEEPING AND SECURITY SUB-COMMITTEE

Incharge	Convenor	Jt. Convenor	Members	
				
Capt. Swaminathan Iyer	Bhadresh Shah	Ashish Zatakia	Mukesh Badani	Pravin Patel

LEGAL SUB-COMMITTEE

Incharge	Convenor	Members		
				
Harish Gandhi	Adv. Saunak Satpute	Dr. Sanjay Sanghavi	Paresh Kothari	Adv. Sunil Kharwal



LADIES WING SUB-COMMITTEE

Advisor	Advisor	Convenor	Jt. Convenor	Members					
Giribala Shah	Rupal Ajmera	Harsha Badani	Aarti Sanghrajka	Alpa Chheda	Gopi Mehta	Manisha Badani	Nehal Kothari	Purnima N Shah	Alpa Rupani

MEMBERSHIP SUB-COMMITTEE

Incharge	Convenor	Jt. Convenor	Members	
CA Mickin Sheth	Shah Arvind	Jayesh Vora	Paresh Shah	Amit Kotak

PROJECT SUB-COMMITTEE

Incharge	Convenor	Members			
Pravin Parekh	Nilkant Datar	Satish Shah	Mukesh Badani	Chetan Mehta	Bhagwandas Patel

RESTAURANT, BAR & FAST FOOD SUB-COMMITTEE

Incharge	Convenor	Jt. Convenor	Members			
Dr. Sanjay Sanghavi	Bharat Rupani	Shailesh Mehta	Kamlesh Shah	Jayesh Shah	Rakesh Badani	Manoj Sanghavi

SEMINAR & WORKSHOPS SUB COMMITTEE

Incharge	Incharge	Convenor	Members					Special invitee	
Dr. Janak Gandhi	CA Jitendra Zatakia	ADV. Vinod Sampat	CA Ashit Shah	Dr. Bipin Shah	Adv. Nilesh Joshi	Dr. Paresh Ved	Manish Turakhia	Anjan Ashar	Adv. Ramesh Chheda

VENUE SUB-COMMITTEE

Incharge	Convenor	Members		
Hitesh Bilakhia	Sanjay Muchhala	Manoj Sanghavi	Dharmesh Gandani	Amit Shah

YOUTH SUB COMMITTEE

Incharge	Convenor	Jt. Convenor	Members					
Sanjay Rupani	Pratik Dave	Sonesh Dedhia	Smit Shah	Anand Pandya	Mayur Kotak	Pankaj Chande	Gaurav Mody	Chintan Desai



Jitendra D. Zatakia
Hon. Secretary



Mukesh P. Badani
Hon. Secretary

FROM THE SECRETARIES DESK : HIGHLIGHTS OF THE LAST QUARTER



Felicitation of our Jolly Members Mr. Vipul Mehta, Miss. Hetal Khatau & Mr. Falgun Shah on 2nd July 2017 at Lilac Banquet Hall for completing Comrades Marathon held on 4th June 2017 at Mariitzburg, Durban.



Dil Se (A.R. Rahman's Songs) – Akash Oza / Vinti Singh / Vaibhav Vashist held on Saturday, 15th July, 2017 at Jasmine Basement Hall, 9.00 p.m. 375 persons enjoyed the function. (Organised by Events & Entertainment and Ladies Wing Sub-Committee).



Election for the post of Chairman and 14 members of Managing Committee Members (2017-2020) held on Sunday, 13th August 2017 at Jolly Gymkhana.



Flag Hoisting Ceremony – Independence Day held on Tuesday, 15th August 2017 at Open Ground.



Ganesh Utsav festival for 7 days (25.08.2017 to 31.08.2017).
Satyanarayan Ganesh Puja held on 30.08.2017.
Ganpati immersion on 31.08.2017



Janmashtmi Celebration was held on Tuesday, 15th August, 2017 at Lilac Banquet Hall (Organised by Yoga Sub Committee)



Annual General Meeting held on Friday, 15th September, 2017 at Jasmine Basement Hall, 7.30 p.m.

Reopening Ceremony of Cricket Ground and Tennis Cricket Tournament 2017 on occasion of Dusshera held on Saturday, 30.09.2017 at open Ground / 8.30 a.m. 8 Teams participated. (Organised by Cricket Sub-Committee).



JOLLY NAVRATRI FESTIVAL 2017 FOR 11 DAY





JOLLY NAVRATRI FESTIVAL 2017 FOR 11 DAY



Jolly Navratri Festival 2017 for 11 days – Dandiya Raas function held from 21st to 30th September 2017 and Ladies Raas Garba held on Sharad Purnima, 5th October 2017. (Organised by Events & Entertainment and Ladies Wing Sub-Committee).



- For Advertisements in the Bulletin Please contact Mr. Vikas, Ghatkopar Jolly Gymkhana
- Rate for Advertisements are :

Quarter Page	:	Rs. 10,000/-
Half Page	:	Rs. 15,000/-
Full Page	:	Rs. 25,000/-
- 15% Discount to Members exclusive of GST applicable on above given rates.

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.



BADMINTON



Earlier very few countries in the World were popular for badminton. Now India is also part of it with Saina Nehwal, PV Sindhu, Srikanth, Ajay, Saurbh, Kashyap & many more. Now people are watching and enjoying this famous game on TV and screen. Not only Children but people in age group of 30 years and above are taking very active part in this game for fitness.

Indian Shuttlers continue to perform very well at Tournaments and players are now recognize as heavy weight by other countries like Indonesia, Japan, China who dominated the game in recent past.

Considering importance and popularity of this game, Jolly Gymkhana is also trying it's best to provide more facilities to badminton players and also organizing coaching and competition.

It is very proud moment for Jolly Gymkhana to highlight the achievement of our new young shuttlers.

District State Selection

Karan Doshi reached 3rd place in District State Selection held at CCI from June 26th to July 1st.

MSSA mssa.co.in/

In a recently concluded badminton tournament by Mumbai School Sports Association (MSSA) held at CCI from September 30 to October 7;

Our members, Kushal Thakkar, Dhruv Patel & Harshil Doshi won the Team Event Finals and lifted the prestigious MSSA Shield. They won 2-0 against the team from Arya Vidyamandir, Bandra.

In Individual event, Siya Singh reached Runners-Up and lost well fought match. She took the game in 3 sets and scored 21-19, 18-21 & 21-9.

Dhruv Patel, reached 3rd place and Harshil Doshi, reached 4th Round in an Individual Event.

MSSA is autonomous sports body established since 1893 and conducts tournaments in 20 different disciplines of Sports.

DSO

DSO – District Sports Office, the official sports body which comes under Sports Authority of India, conducts sports tournament across the Country. The levels are Taluka, Zone, State, & Nationals.

Harshil Doshi won the Maharashtra West Zone level after winning at Taluka Level and will now represent at State Level.

Dhruv Patel & Kushal Thakkar won the Taluka level and reached upto Semi Finals at Maharashtra West Zone level.

These players are now actively participating various sub-junior and juniors state selection tournaments held at Thane, Goa, Ratnagiri, etc.

While we write this bulletin, Siya Singh advances in to Quarter Final at All India Sub Junior Ranking Badminton Tournament at Goa.

Yogesh Sanghvi won Silver Medal in 50+ Mens Doubles Category at Sudama Cup Veteran Badminton Tournament recently held at Chandigarh.

We wish all our Players to perform at their best.





April 25, 2017 was a very eventful day. After lot of home work and persistence our badminton court was renovated and a new Air Conditioned Badminton Court was inaugurated on April 25, 2017.

Badminton Sub Committee has planned following events in next couple of Months.

1. Jumble Doubles – November
2. Friendly Match with Chembur Gymkhana – November 3rd week
3. Inter Club Tournament – December 1st week
4. 6th Inter School Badminton Tournament – January last week

Our 2 teams participated in Inter Club Badminton Tournament, held at Matunga. The team reached upto pre quarter finals and lost to Matunga Gymkhana.

Chembur Gymkhana invited our Badminton Team for a Friendly Tournament on October 1, 2017. Our 7 pairs played with them and won 7-2.

The sub-committee organized quarterly tournament on 8th & 9th July 2017.

Following activities were conducted in 2016-17

1. We at Jolly celebrated the moment and gathered to watch P V Sindhu on big screen on August 19, 2016. The Lilac Hall with 75+ member cheered PVS and showed patriotism when P V Sindhu received Silver Medal.
2. Badminton Sub Committee orgained Inter Club Tournament on September 23, 2016. This was the first time Inter Club Tournament was organized with more than 1 Club. Teams from 9 Gymkhanas participated in the Event
3. Extending our Association with Chembur Gymkhana, a Friendly Tournament was played on September 28, 2016.
4. Our quarterly Jumble Doubles Tournament was held on February 26, 2017. 45+ members participated in the tournament.
5. We celebrated Women’s Day by providing Basic Coaching for a week. 63 members took advantage of the coaching.
6. A new Air Conditioned Badminton Court was inaugurated on April 25, 2017.
7. Our Annual Badminton Tournament was held on June3rd to June11th. 110 members participated in the Event.
8. On July 9th, we organized Open Doubles Tournament were 50 members participated.
9. Our members enjoyed the legends vision world tour India that was held on 4th Nov 2017 at NSCI



BADMINTON SUB-COMMITTEE

Incharge
Nilkant Datar

Convenor
Ravi Doshi

Jt.Convenor
Apurva Dave

Members

Dr. Janak Gandhi Nilesh Vira Mahesh Gondalia Sachin Mehta Vipul Sapani Dushyant Bhatia Rajeev Karia

LAWN TENNIS / SKATING



LAWN TENNIS:

Lawn Tennis is becoming an upbeat Sport with an increase in number of members using the facility .

Under the guidance of our coaching team M/s Grand Slam Tennis Academy - Mr. Sujai Mahadevan and Mrs. Neena Sharma, the Gymkhana is looking forward to groom promising new players in Lawn Tennis.

During Women's Day, we organised special coaching for our female members. We got enthusiastic response from 24 members and basic coaching was given to develop their interest in the game.

Lawn Tennis Summer Vacation Coaching Camp was held for 2 months in April-May 2017 with very good participation.

Lawn Tennis Annual Tournament was held on Saturday, 3rd / Sunday, 4th June 2017 with 20 participants.



SKATING:

Skating rink has been used by members satisfactorily.

Skating Summer Vacation Coaching Camp was held for 2 months in April and May 2017 with very good participation.

Skating Annual Tournament was held on Saturday, 27th May / Sunday, 28th May, 2017 with 18 participants.



LAWN TENNIS - SKATING SUB-COMMITTEE

Incharge
Vishnukumar Talesara

Convenor
Haresh Kamdar

Jt. Convenor
Jinendra Vora

Members

Ashish Mehta

Vimal Patel

Parth Mehta

Hitesh Shah



TABLE TENNIS

INFRASTRUCTURE AT OUR GYMKHANA

With the support of Managing Trustee and Managing Committee since last nine years we have two ITTF approved championship level tables, optimally air conditioned & evenly illuminated with requisite lumens room having anti-slip, cushioned pink synthetic material flooring & wall colors as per international standard and as per the guidance & suggestions of formal national champion Shree Kamlesh Mehta. Room has locker facility for 56 members.

INITIATIVES BY SUB-COMMITTEE

- Former veteran National Table Tennis champion, K.K. Rai, has been appointed continuously as coach since last two years. Strict exercise regime, sharpening of reflexes and appropriate tactics & techniques are some of the hall-mark of newly appointed coach. He has been tutoring using robot too. He puts in about 15 coaching hours/week and his style has been appreciated by all coaching participants.
- To promote the game amongst female members of our gymkhana, free coaching is being given by marker on specified days & time. Female members have given overwhelming response to this initiative.
- During summer vacation, special coaching camp is organised to suit school & college going student members of our Gymkhana by Dattaprasad Debu.

IMPACT OF OUR INITIATIVES

- Annual tournament held in June 2017 had over 130 participants for various events. Mixed doubles event was part of tournament for the event.
- We are participating since last two years in Mumbai district club tournaments this year we have participated in two teams & performance & exposure is excellent at Mumbai level.

- ABOVE 16-40 YRS MENS SINGLES : WINNER: Jay Bhanushali
- ABOVE 40-55 YRS MENS SINGLES : WINNER: Manish Tolia
- ABOVE 55 YRS MENS SINGLES : WINNER: Jayant Tolia
- ABOVE 40-55YRS MENS DOUBLES : WINNER: Manish Tolia & Rajesh Patel
- ABOVE 55 YRS MENS DOUBLES : WINNER: Mathuradas Bhanusali & Nitin Thakkar
- U-10 YRS BOYS SINGLES : WINNER: Jeet Mehta
- ABOVE 12-14 YRS BOYS SINGLES : WINNER: Bhavya Bavishi
- ABOVE 10-16 YRS GIRLS SINGLES : WINNER: Stuti Aurangabadwala
- ABOVE 14-16 YRS BOYS SINGLES : WINNER: Jevin Modi
- ABOVE 10-12 YRS BOYS SINGLES : WINNER: Vatsal Bhimani
- WOMENS DOUBLES :WINNER: Toral Doshi & Jagruti Aurangabadwala
- MIX.~D DOUBLES :WINNER: Nitin Thakkar & Manisha Mevawala
- ABOVE 40 YRS WOMENS SINGLES : WINNER: Manisha Mevawala
- ABOVE 16-40 YRS WOMENS SINGLES : WINNER: Toral Doshi
- ABOVE 16-40 YRS MENS DOUBLES : WINNER : Jay Bhanushali & Jenil Dharod

TABLE TENNIS SUB-COMMITTEE

Incharge	Convenor	Jt.Convenor	Jt.Convenor
CA Dharmesh Mehta	Nitin Thakkar	Pradeep Shah	Jitendra Shah

Members				Special Invitee
Dr.Ashesh Gala	Jatin Mehta	Dr.Kalpesh Shah	Sandeep Panchamia	Bhavesh Shah
				Toral Doshi



EVEREST BASE CAMP (EBC)

The mountains were calling.. and it was impossible to resist the allure of the Himalayas for a group of Jollyites belonging to the Marathon group.

In the years past Capt. Swaminathan, his wife Seema, Dr.Parag Shah and Jayendra Bhojani from Ghatkopar Jolly Gymkhana had all trekked up EBC at various times. Their tales and the mesmerising pictures of the mighty Himalayas inspired others to think about walking up the mighty Himalayas...

A group of 40 Jollyites packed their bags, strapped on their mountain boots and out they went to climb the Everest Base Camp (EBC). EBC is situated at an altitude of 5365 mtrs.

When Capt. Swaminathan announced the EBC plan among Jollyites, in a matter of days 40 people had signed up. And the preparations started in right earnest from April this year. Other than the regular training with Striders the group also did special training on Thursdays. A few treks to the western ghats also were organised.

Immediately after Dussera on October 1, the group boarded the flight to Kathmandu and were all set to start their journey into the mountains the next day.

From Kathmandu you take a flight to Lukla and then begin your Padayatra to EBC. A word about Lukla airport. It is possibly among the most dangerous airports in the world. A small airstrip surrounded by Himalayas and most times by fog too. It is the skill and experience of the pilots that get you in and out of Lukla.

So next day early in the morning 40 of us reached Kathmandu airport to board the planes. But then the weather gods had other ideas... Lukla it seems was enveloped in fog and visibility had dropped to near zero and no flights were taking off. What to do? Except twiddle your thumbs and pray pray they did until 5 in the evening and had to return back from the airport crestfallen.

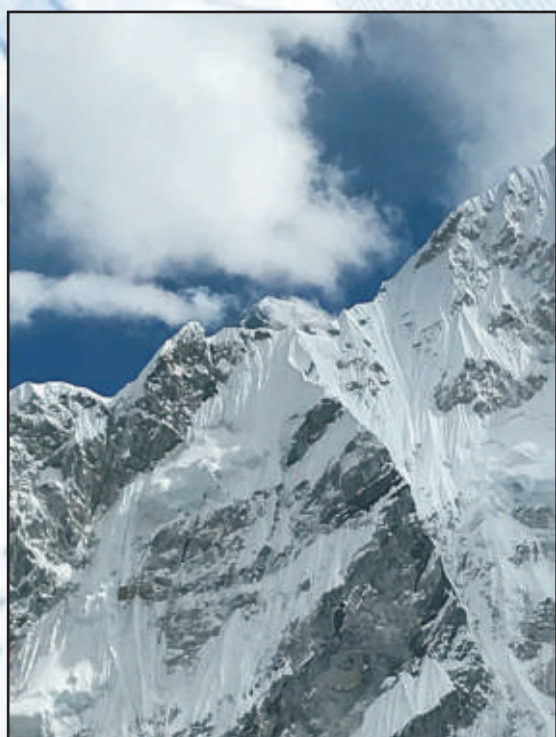
The next day again was a repeat of the previous day... Actually this is also one factor which makes such treks difficult... the unpredictability of mountain weather... The fog rises up as the sun rises... and then its curtains for any flying.

On the third day the group decided to take helicopters to Phakding which is beyond Lukla. Phakding is at a height of 2652 mtrs. and some time has to be given to acclimatise. High altitude as all of us know, puts a lot of stress on our bodies. Breathing issues and mountain sickness are common ailments and it is very important to get used to the heights before taking up any activity in the high mountains. However since they had already lost a couple of days the group decided to trek to Namche Bazar without rest. Luckily none fell sick. The temperature at Namche Bazar was around 12 C. Cold by Mumbakar standards :).

Day by day the group made their way from Namche Bazar to Tengboche and thereon to Dingboche. Rested at Dingboche for a day, again to acclimatise to the environment around you.

Every day you climb around 10-12 kms. Start the day early and end the day's trek by around 4 PM. And once you are in the rest house (called tea houses) there is nothing much to do. And the trick is not to hit the sack until night fall. So you end up playing cards or some board games or just moving about. If you lie down you would doze off pretty quick.

TREKKING TO EVEREST BASE CAMP (EBC) BY 40 MARATHONERS OF JOLLY GYMKHANA





For vegetarians breakfast was toast and tea. Those who ate eggs were slightly luckier. In the sense they could also have omelette. Lunch was during the trek and was confined to fried rice, potatoes and Nepali dal and rice. Dinner was a repeat of Lunch :(In any case due to altitude the intake had reduced, and with the choice available, a blessing in disguise.

Brushing your teeth and doing your morning chores was an uncomfortable luxury in the freezing weather. And no attached washrooms... only common ones.

The environment around is unforgiving. Strong winds blow from the snow peaks, temperatures freezing. Neither do you want to eat anything nor drink water... but then you must drink water adequately because that is one vital source of oxygen. Running and training for marathons helped. Trained you for endurance and mental toughness. But then this experience was also different and unique.

On the 9th October they started their trek from Dingboche and reached Lobuche by late afternoon. On 10th October all of them got up with a sense of excitement and started trek from Lobuche early. They reached Gorekshep. The temperatures were now a freezing zero to minus 3C. Kept trekking and presently they reached EBC.

The feeling on reaching EBC cannot be described in words. The mighty mountains towering all over you. Shades of brown and white. Rocks rocks and more rocks. The white reflecting stark against the sunlight. It was a surrealistic experience. A sense of disbelief that you were just about three thousand metres away from the roof of the world. A sense of fear.... mountain peaks towering all over you and to think that just 2 years back massive earthquakes flattened the Base camp. Makes you think how insignificant you are in front of nature... And then having kept their trust with the mountains they trekked back to Gorekshep for a well earned rest.

On the return trek they took a slightly different route. As they started the trek the next day from Gorekshep snow began to

fall....that was a magical experience.... white fluffy snow falling all over you... and jingle bells and lights and Santa on reindeer...imagination running riot.

Trekking to Periche and thereon to Namche Bazar and then to Lukla. From Lukla airport they took the flight back to Kathmandu.

Boy, were we happy to get back to civilisation !!!! But also a tinge of regret...an end of an unforgettable experience of leaving behind something magical.

And the Himalayas like an enchanting maiden is already beckoning back...Mount Everest...who knows?



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BADMINTON WORLD FEDERATION

Indian players dominate the latest Badminton World Federation (BWF) Ranking

- PV Sindhu Jumps to Second Spot in Latest BWF World Rankings ...
- Five Indian shuttlers in top-20 of BWF men's rankings-

For a long time, cricket was considered to be the only sport in India which brought laurels and produced champions on a consistent basis. But there has been a shift in that norm in the last few years with badminton emerging as a strong contender, following the performances of Saina Nehwal, P.V. Sindhu, Srikanth Kidambi etc on the global stage.

However, the encouraging aspect about badminton is the emergence of a newer crop of players, who have been doing equally well in tournaments so far.

As many as five Indian shuttlers feature in the top 20 of the Badminton World Federation's men's singles rankings for the first time ever. Sameer Verma joined K Srikanth, B Sai Praneeth, HS Prannoy and Ajay Jayaram in the top 20 according to the BWF ranking released ending September 2017.

After a quarter-final exit at the Japan Open Superseries, ending September 17 Srikanth maintained his position as world No 8, while Prannoy was the biggest mover, up four spots to 15th. Sai Praneeth and Jayaram also maintained their positions at 17th and 20th respectively, while Verma moved up from 21st to 19th.

Women also did equally well as we saw PV Sindhu jumps to 2nd Spot in BWF World ranking and Saina Nehwal maintained her spot at 12th BWF World ranking. Among Indians, only Prakash Padukone and Saina Nehwal have ever achieved 2nd Spot in BWF world ranking and now PV Sindhu has done it

The Olympic and World Championship Silver medalist PV Sindhu last reached her best ranking following her win at the India Open Super Series back in April. Sindhu climbed in the ranking and came courtesy her superb run in the Korean Open Super series. Sindhu currently has 81106 points against her name. Meanwhile, Saina Nehwal remained static as World No 12 with 52300 points.

The success has come about not by accident but through long years of planning and execution. In short, a system at work.

Many experts think Pullela Gopichand and Saina Nehwal contributed a lot behind the rise of Indian badminton

The big shift came about with Gopichand taking over as chief national coach in 2006; two years later, he set up an academy in Hyderabad. Bringing all players under one roof, organising national camps and exposure trips made a huge difference. Many Senior Players including Saina were earliest trainees at Gopichand's Academy.

Saina's influence can't be overstated. The breakthrough came at the Beijing Olympics in 2008, when, aged 18, she stretched Indonesia's Maria Kristin Yulianti to three games and became the first Indian badminton player ever to reach an Olympic quarterfinal. The following year she would become the first Indian to win a Superseries title in Indonesia. She returned to the Olympics four years later, in 2012, to bring back a bronze fallen apart. Saina play made believe that we too can dream, we too can win. She kicked started this revolution in the sport.

This year's successes have an additional spark: Gopichand's decision, at the start of the year, to bring in Indonesian coach Mulyo Handoyo to provide sharp, focused mentoring for the top national singles players. Apart from one all-Indian Superseries final and a World Championships silver to show for tangible gains, the battery of men's singles players - led by Kidambi Srikanth - have grown more menacing than ever.

Indian players are no longer expected to just show up at tournaments. They're expected to win. There are no more 'how did we manage to pull that off' in gushed tones, it's now about 'when are we getting the next title home'.

We also have a very promising batch of juniors who will lead the next wave and as a powerhouse in the sport we only stand to grow stronger. The pool of talented players is getting larger and we should move quickly now and keep up the momentum."





BONE HEALTH: TIPS AND TOP FOODS

BONE HEALTH: TIPS AND TOP FOODS TO KEEP YOUR BONES HEALTHY

Bones play a vital role to the human body by providing structure, protecting organs, anchoring muscles, assisting movements and storing calcium. While it is important to build strong and healthy bones during childhood and adolescence, it is equally essentially to maintain a good bone health in adulthood too. The capacity of the human body to make new bone mass reduces as one ages. This leads to bone loss and a lot of serious health hazards like osteoporosis, arthritis and weak and brittle bones. However, this can be avoided by taking certain precautions with respect to diet, physical activity and other lifestyle factors. Protecting your bone h

However, it is not completely impossible. Focusing on a few tips can help you achieve that:

- Include plenty of calcium in your diet.
- Gain adequate levels of Vitamin D to ensure absorption of calcium.
- Engaging in physical and weight bearing exercises ensures slow bones loss.
- Visit your doctor for Bone Density Test, which will help you to ascertain your actual bone loss.



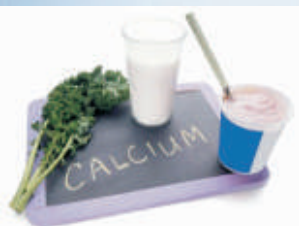
SUPER FOODS FOR BONE HEALTH:

Diet plays a major role in supporting bone health. Calcium and Vitamin D are the pillars of strong bones. While sunlight remains by far the best source of Vitamin D, there are some foods which help you gain this vitamin. A diet rich in these will keep you in strong bone health. These are the top 7 super foods which help acquiring calcium and Vitamin D:

1. **Yogurt-** Yogurt, simply put as dahi is a rich source of calcium and is fortified with Vitamin D apart from the proteins. There are ways in which we Indians include yogurt in our diet like buttermilk, raita and sweetened varieties. So, this makes it a tasty treat to get your daily needs of calcium and Vitamin D.



2. **Milk-** Milk is rightfully the brand ambassador for calcium. Blend it into a smoothie, whip up a hot chocolate or drink up straight from the glass, this magic drink will make sure it gives you a large portion of your daily calcium requirement.



3. **Cheese-** By far the most exotic and delicious way of gaining calcium, cheese not only has a good amount of calcium, it also contains a small amount of Vitamin D. Cheese is a superb accompaniment to sandwiches, salads and spreads. You will not need to force feed your kids on this one.



4. **Spinach-** Spinach is a godsend for those who dislike dairy products. Studies say one cup of cooked spinach contains 25% of your daily calcium, plus fibre, iron and Vitamin A. It makes for a lip smacking soup or a sabzi. Spinach and cheese is a good combination for various dishes as they taste delicious and provide a substantial amount of calcium.



5. **Tofu-** A recent entrant in the Indian kitchen, tofu is made from Soya milk. It tastes and looks like paneer and is versatile enough to be eaten in any form. It is highly rich in calcium and is commonly added to vegetables and salads. It can easily be picked up from any supermarket.

6. **Sesame seeds-** Sesame seeds, popularly known as 'white til' contain large amounts of Vitamin D and K, phosphorous, magnesium and calcium. All of these are important for bone health. A generous sprinkle of these over your food will ensure healthy bones along with crunchy taste.



7. **Nuts-** We Indians love nuts as royal foods. Nuts like almonds, pistachios, walnuts and peanuts are regularly eaten raw as well as cooked and added to Indian food and sweets. However, a lesser known fact is that these contain calcium too along with proteins and omega-3 Fatty acids.



Small changes and minor alterations in the diet and lifestyle go a long way in getting your calcium and Vitamin D levels up. They act as prevention rather than cure. Each of the calcium rich food can be cooked and eaten in various ways to deliver a gastronomical delight. Doctors also recommend supplements too in case of deficiencies, which should not be avoided at any cost. So.....Happy eating to a strong bone health!

Dietary sources of calcium in nuts

Nuts	Calcium (milligrams per 100 g)
Almonds	230 mg
Groundnuts	50 mg
Pistachio	140 mg

