

Issue-XXIV • January, 2018  
(October, 17 - December, 17)



# JOLLY N-JOY

IN HOUSE BULLETIN



Happy New Year!

# 2018



**OFFICE BEARERS**

**Chairman**

CA Rajnikant Shah

**Managing Trustee**

Manoj Ajmera

**Hon. Secretaries**

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,  
“Excellence is a Journey,  
not a Destination”



**Manoj Ajmera**  
Managing Trustee

We, at Jolly, certainly believe that Excellence is a continuous process in the journey of life and therefore we always live in the present and neither in the glory of the past or dreams of the future. We always give 100 percent to the action that is to be performed as we know to get best we have to give our best. In this journey of excellence, we are bound to encounter speed breakers and signals but we will take all these impediments to pause, rethink and strive harder and stronger than before to overcome it. What makes the journey the most beautiful and memorable is the strong support, faith and love of all our members and that is the strength that keeps us moving ahead.

In the Last Quarter, we celebrated the Illuminating Pre Diwali Get-together which surely succeeded in igniting love, peace and harmony in all of us. The Highlight of the last quarter surely was the Dileish Doshi and Pallavi Dabholkar Musical night enthralling each and everyone in the program. For the very first time in the history of Jolly Gymkhana we organized the Sub Committee meeting cum Get-together where everyone participated and shared ideas and acknowledged the benefits of such a event and welcomed such initiatives.

The Inter School Cricket Tournament was held in the month of December which saw participation of 8 schools. Aditya Vandana or Suryanamaskar Event took place at our Gymkhana wherein 1338 people from 45 different Yoga institutes in and around Mumbai participated. It was a very well managed program and got wide coverage in local newspapers as well. A very Pertinent and Educative seminar on Organ Donation – Life after Death for Jolly members was also very well organized. The year ended beautifully with the Xmas and New Year Celebrations.

We wish a very Happy New Year 2018 to all our Jolly members,  
Chairman and Managing Trustee.



## EDITORIAL

Dear Jollyites,

*"As the future is unwritten...*

*Let us start with a blank page this 2018....*

*We can help write that with setting goals".*

With an eventful 2017, we hope all of you are set to welcome the New Year. It is time to form new resolutions for the year 2018 and bid adieu to 2017. We, at Jolly Gymkhana would like to reiterate that resolutions are not meant to be broken. It has been our utmost priority to help you achieve positivity, peace and good health through the various activities and sports offered by the club. Hence, we urge the members to take advantage of the state of the art sporting facilities of the club to the maximum.

The last quarter has been marked by a host of exciting events. The electrifying Christmas Carnival and the New Year's Party were enjoyed by a large number of members. Also, our newly renovated squash court was inaugurated by our Chairman Shri Rajnikant Shah on 4th December 2017. The vigour of these events has been colourfully presented in our highlights section.

In today's hectic life, yoga seems to be a perfect solution to find a balance of body, mind and soul. A special mention goes to the event of "Aditya Vandana" organized by the yoga department on 17th December 2017, where over 1000 yoga enthusiasts participated.

Further, we have covered the Ladies wing, Squash, Yoga and Entertainment committees in this issue.

So, let us come together and strive to give flight to our resolutions. We wish each and every one a healthy, wealthy and a prosperous 2018.

Happy Reading,

**MEMBERS OF WEBSITE, BULLETIN AND AFFILIATION COMMITTEE**

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

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



Jitendra D. Zatakia  
Hon. Secretary



Mukesh P. Badani  
Hon. Secretary

## FROM THE SECRETARIES DESK : HIGHLIGHTS OF THE LAST QUARTER



Rangoli, Lighting during Diwali Celebrations



Pre Diwali Get-together – Cracker show, Fire works, DJ & Multicolour Lights held on Wednesday, 18th October 2017 at Open Ground. 900 persons enjoyed the function. (Organised by Events & Entertainment and Ladies Wing Sub-Committee).



**Musical Night – Dileish Doshi & Pallavi Dabholkar held on Wednesday, 18th October 2017 at Jasmine Basement Hall. 508 persons enjoyed the programme. (Organised by Events & Entertainment and Ladies Wing Sub-Committee).**



**Get to-gether for 40 Jollyites who climbed Everest Base Camp in October 2017 held on Tuesday, 07.11.2017 at Lilac Banquet Hall. 110 persons attended. (organised by Marathon & Fitness Sub-Committee).**



**Sub Committee Meeting cum get together held on Tuesday, 14.11.2017 at Jasmine Hall. 150 sub-committee members attended the meeting.**



**Inter School Cricket Tournament – 2017 held on 9th to 16th December, 2017 at Open Ground. 8 Schools participated. Final match played between Fatima High School V/s. B.A.K. Swadhyay Bhawan High School. Match won by B.A.K. Swadhyay Bhawan High School by 4 wickets. (Organised by Cricket Sub-Committee).**



**Seminar On Organ Donation – Life After Death held on Sunday, 17th December 2017 at Lilac Banquet Hall. 60 members participated. (Organised by Seminar & Workshop Sub-Committee).**



**Aditya Vandana 60/108 rounds of Surya Namaskar held on Sunday, 17th December 2017 at Open Ground, 7.00 a.m. approx. 1300 persons participated. (Organised by Yoga Sub-Committee).**



Santa's Carnival – X-Mas' held on Monday, 25th December, 2017 at Open Ground. 1835 persons enjoyed the function. (organised by Ladies Wing Sub-Committee).



“New Year Eve” live performance by Amit Jadhav held on Sunday, 31st December, 2017 at Open Ground. 675 persons enjoyed the function. (Organised by Events & Entertainment 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](mailto:jollygymkhana@gmail.com) along with change in address if any or may submit details at Reception Counter.



## YOGA

“When this body has been so magnificently and artistically created by God, it is only fitting that we should maintain it in good health and harmony by the most excellent and artistic science of Yoga.”

**Derived from the Sanskrit word yuj, Yoga means union of the individual consciousness or soul with the Universal Consciousness or Spirit. In other words it is the union of the body with your mind, mind with the soul and finally soul with the supersoul. The body is your temple. Keep it pure and clean for the soul to reside in.**

**Yoga is a 5000-year-old Indian body of knowledge. Though many think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul. The science of Yoga imbibes the complete essence of the Way of Life.**

**Yoga at Jolly Gymkhana takes place in 3 different categories :** 1) Ashtang or Traditional Yoga 2) Sarvang Yoga and 3) Power Yoga. The Traditional Yoga Classes wherein we perform asanas, pranayam, mudras, bandhas, Shuddikriya, Meditation, etc are conducted daily except Sundays. Apart from the Normal Yoga sessions, We also arrange for Bhakti Sangeet and celebrate festivals like Navratri, Maha Shivratri and Gokulashtami with equal fanfare. We believe that Mantra Yoga/ Japa Yoga are excellent practices even for a person who is unable to perform physical practices. It improves concentration, steadiness and stability of mind. 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.

The highlight of Yoga is the Aditya Vandana which took place on 17th December, 2017 and was attended by 1365 people from 44 institutions in and around Mumbai. Everyone participated in performing either 60 or 108 Suryanamaskars as per their capacity. The whole idea of the Program was to promote a healthy society and provide a platform for all Yoga Lovers to meet and progress on the path of Yoga. This was successfully managed and was covered in many local newspapers. Even a senior citizen, Smt Arunaben who is 83 years old successfully completed 108 Suryanamskars. All the participants were served breakfast and will be given certificates. The participating institutions having participants exceeding a certain limit will be given trophies by the Gymkhana. This was the 4th year that this event was successfully carried out by Ghatkopar Jolly Gymkhana and every year it is greater, grander and better.



The Entire Sub Committee being felicitated on the Occasion of Sun Salutation



1338 Participants from 44 different institutes performing Surya Namaskar at Ghatkopar Jolly Gymkhana Ground.



Three Cheers to Ever Enthusiastic Jolly Yoga Volunteers!!!



Janmashthmi Celebrations held by Yoga Sub Committee



## SQUASH

“Pain comes and goes, glory stays forever.” This was rightly said by the famous squash player Jahangir Khan. Squash is the most under rated game that is being played in India. Invented in 1830, this is now an international sport. In 2003, Forbes rated squash as the top healthiest sport. However, its popularity is growing here steadily. Even though history says that squash was played in India since the British era, its organized promotion commenced with the formation of the Squash Rackets Federation of India (SRFI). With this, the sport has escalated to great heights in India with over 20 state associations and affiliated units to the SRFI. A lot of clubs are actively involved in the development of this sport and players.

Snapshot of the top players in India:

The last few years have been the coming of age of Indian Squash, with our players winning laurels at the international arena. Here are our top players of the recent times:

- Cyrus Pocha
- Ritwik Bhattacharya
- Saurav Ghosal
- Joshna Chinappa
- Dipika Pallikal
- Siddharth Suchde
- Janet Vidhi

Besides providing an excellent cardiovascular workout, squash seasons a player to develop quick mental reflexes due to the nature of the game. It is said that an hour of this game can expend 600 to 1000 calories. It also provides a full body workout by exercising both the legs in running around the court and arms and torso in swinging the racquet.

In the light of the growing fondness of this game, Jolly Gymkhana has taken sincere efforts to provide the best facilities to Squash enthusiasts. The following are some of the recent highlights of the club efforts:

- The opening of the newly renovated Squash court on 4th December 2017 by our respected Chairman Shri Rajnikant Shah.
- The renovated squash court boasts of state of the art facilities.
- Dedicated basic and advanced training for all ages.
- Weekend training to lend flexibility and convenience to members who can't make it during the week.
- Active involvement of members from the age 9 years to 55 years in the sport and its coaching.

The Squash sub- committee and the In Charge Prashant Karia have chalked out certain plans for the future. They include:

- Training for and participation in Inter Club Tournaments.
- Conduction of an internal tournament where members of all ages can compete.





- **Introductory/ Beginners Workshop**

Our members can vouch for the benefits of the game. In the words of our members:

“Best game for physical and mental work out...”- Raj Parekh

“I started at the end of 42 years, 15 years back and still playing, it seems I am still 42 years old...”- Rajesh Modi

In the upkeep of the spirit of the game and preservation of our squash court and facilities, here are a few pointers- Squash court etiquette and equipment- Tips for Squash players.

- Wear clean special indoor court shoes with gum sole shoes.. Make sure to wear the shoes when you reach the court as it helps to safe guard the court and keep it clean.
- Racquets as prescribed for Squash with appropriate grips. Make sure the racquet is in good condition with good condition strings.
- Special Squash balls.
- However, uncommon it may seem, Squash requires protective gear for your eyes. Many organizing bodies recommend players to wear Polycarbonate goggles.
- Wear clothing suitable for high intensive sport like Squash. It should be relatively loose, comfortable and water absorbent.
- Wearing a wristband is recommended as the sport involves a lot of swinging of the hand and wrist to provide good hand support.
- Maintenance of the above equipment in terms of condition and cleanliness is a must.

Using the right kind of gear is as important as playing the game correct. So, happy Squash- ing!!



## SQUASH SUB-COMMITTEE

**Incharge**



**Prashant Karia**

**Convenor**



**Raj Parekh**

**Jt. Convenor**



**Rajesh Modi**

**Members**



**Chetan Sheth**



**Dr. Mayank Shah**



**Maunil Vora**



**Tarachand Ganna**

## EVENTS & ENTERTAINMENT & LADIES WING



1. KITE FLYING FESTIVAL HELD ON SUNDAY, 15TH JANUARY, 2017 AT OPEN GROUND, 4.00 P.M. 700 PERSONS ENJOYED KITE FESTIVAL.
2. SANGEET SANDHYA – ARTISTS ANIL BAJPAI / VINAY RAJ / RAINA LAHIRI / PRIYANKA SINGH) HELD ON FRIDAY, 17TH MARCH 2017 AT JASMINE BASEMENT HALL, 9.00 P.M. 500 PERSONS ATTENDED.
3. MUSICAL NITE HELD ON SUNDAY, 08TH APRIL 2017 AT JASMINE BASEMENT HALL, 9.00 P.M. 503 PERSONS ATTENDED.
4. JOLLY SUMMER BONANZA HELD AS FOLLOWS:

DATE & DAY	PROGRAMME	PARTICIPANTS
SUNDAY, 23RD APRIL 2017	MUSICAL ANTAKSHARI	350 PERSONS
SUNDAY, 01ST MAY 2017	MAHARASHTRA DAY	225 PERSONS
SUNDAY, 07TH MAY 2017	SAB KHELO SAB JEETO	325 PERSONS
SUNDAY, 21ST MAY 2017	HUM BHI AGAR BACHHE HOTE	200 PERSONS
SUNDAY, 28TH MAY 2017	BOLLYWOOD BLASTER	175 PERSONS

5. JOLLY IDOL 2017 AUDITION WITH 75 PARTICIPANTS HELD ON SUNDAY, 30TH APRIL, 2017 & 7TH MAY, 2017 AT LANTANA BANQUET HALL FROM 9.30 A.M. ONWARDS.
6. IN GRAND FINALE, THERE WERE 21 PARTICIPANTS FOR JOLLY IDOL, WHICH WAS HELD ON SUNDAY, 14TH MAY, 2017 AT JASMINE BASEMENT HALL, 7.30 P.M. 320 PERSONS ATTENDED. THE WINNERS WERE AS UNDER:-

WINNER OF “JOLLY IDOL 2017”:-

JUNIOR CATEGORY WINNER:- MAHEK SINGH

SENIOR CATEGORY WINNER:- UPENDRA SAMPAT

RUNNER-UP:- RACHANASHAH

WINNER:- NIHARI MEHTA

7. HASYA KAVI SAMMELAN – ARTISTS WAHEGURU BHATIA (CHINDWADA), KULDEEP SINGH THAKUR (INDORE), SADIYA HASSAN (BHOPAL), HARISINH SOLANKI (BARODA), NALSHAD KOTADIA (SURAT), DINESH BAWRA (MUMBAI) HELD ON SATURDAY, 17TH JUNE, 2017 AT JASMINE BASEMENT HALL, 9.00 P.M. 350 PERSONS ATTENDED.





8. DIL SE (A.R. RAHMAN'S SONGS) – ARTISTS AKASH OZA / VINTI SINGH / VAIBHAV VASHIST HELD ON SATURDAY, 15TH JULY, 2017 AT JASMINE BASEMENT HALL, 9.00 P.M. 375 PERSONS ATTENDED.



9. DANDIYA RAAS ON THE BEATS OF AVISHKAR AS FOLLOWS:-

EVENT:	DAY & DATE	VENUE	PERSONS
<b>DANDIYA RAAS</b>	Thursday, 21.09.2017	Jasmine Basement Hall / 7.30 p.m. dinner and Navratri at 9.00 p.m.	603
	Friday, 22.09.2017		841
	Saturday, 23.09.2017		877
	Sunday, 24.09.2017		832
	Monday, 25.09.2017		727
	Tuesday, 26.09.2017		674
	Wednesday, 27.09.2017		717
	Thursday, 28.09.2017		664
	Friday, 29.09.2017		883
	Saturday, 30.09.2017		847
<b>LADIES RAAS GARBA</b>	Thursday, 05.10.2017	Jasmine Basement Hall, 2.00 p.m.	848



10. PRE DIWALI GET-TOGETHER – CRACKER SHOW, FIRE WORKS, DJ & MULTICOLOUR LIGHTS HELD ON WEDNESDAY, 18TH OCTOBER, 2017 AT OPEN GROUND, 7.30 P.M. 900 PERSONS ENJOYED THE FUNCTION.





11. MUSICAL NIGHT – ARTISTS DILEISH DOSHI & PALLAVI DABHOLKAR HELD ON WEDNESDAY, 18 OCT. 2017 AT JASMINE BASEMENT HALL, 9.30 P.M. 508 PERSONS ENJOYED THE FUNCTION.
12. SANTA’S CARNIVAL - X-MAS CELEBRATION HELD ON MONDAY, 25TH DECEMBER, 2017 AT OPEN GROUND, 5.00 P.M. 1835 PERSONS ENJOYED THE FUNCTION.
13. “NEW YEAR EVE” LIVE PERFORMANCE BY AMIT JADHAV HELD ON SUNDAY, 31ST DECEMBER, 2017 AT OPEN GROUND, 7.00 P.M. 675 PERSONS ENJOYED THE FUNCTION.



## EVENT AND ENTERTAINMENT SUB-COMMITTEE

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

## LADIES WING SUB-COMMITTEE

<b>Incharge</b>	<b>Advisor</b>	<b>Advisor</b>	<b>Convenor</b>	<b>Jt. Convenor</b>	<b>Members</b>					
										
Balwant Sanghrajka	Giribala Shah	Rupal Ajmera	Harsha Badani	Aarti Sanghrajka	Alpa Chheda	Gopi Mehta	Manisha Badani	Nehal Kothari	Purnima N Shah	Alpa Rupani



GOODBYE

2017



### GHATKOPAR JOLLY GYMKHANA

Jugaldas Mody Marg (Kirol Road), Ghatkopar (W), Mumbai - 400 086.

Tel.: 2511 2137 / 2502 1066 • Fax : 2512 2726 • E-mail : [jollygymkhana@gmail.com](mailto:jollygymkhana@gmail.com) · [jolly@jollygymkhana.in](mailto:jolly@jollygymkhana.in)

Website : [www.jollygymkhana.in](http://www.jollygymkhana.in)