

IN HOUSE BILL ETIN





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
Paresh Shah
Prashant Karia
Sanjay Rupani
Vishnukumar Talesara

MESSAGE FROM CHAIRMAN AND MANAGING TRUSTEE



CA Rajnikant Shah Chairman

Dear Members,

"Your Positive action combined
with positive thinking
results in Success."



Manoj Ajmera Managing Trustee

We, at Jolly, always believe in staying positive and happy. It is ideal to work hard and never give up hope. Be open to criticism and keep learning from it. Surround ourselves with happy, jolly, warm and genuine people. Once we start replacing all our negative with positive thoughts, we will start having positive results. Successful people always maintain a positive focus in life no matter what is going around them.

The last Quarter at Jolly was very riveting and fascinating. It all began with Jolly Premier League T-10 Cricket Tournament which was well played by all. Next Jolly witnessed the entertaining Sangeet Sandhya and we alongwith Metro Mirror organized KhelMahotsav which saw 600 plus participants. 2nd Open Swimming Championship saw participation from 700 plus people all around Mumbai. Amongst the various informative sessions, we had organized Heartfulness Meditation Camps, Knowledge Session on Nutrition and Fitness and Talk on Modern Woman by Kajal Oja Vaidya.

Jolly Summer Bonanza which was conducted on every Sunday drew on an average 300 plus participants and several spellbinding programs like Casino, Housie, Karaoke, Musical Antakshari, Sab Khelo Sab Jeeto, Surprise Event etc. Special mention is necessary for Jolly Idol program which is growing leaps and bounds in its grandness and style each and every year.

We had conducted the Annual Sports Tournament in almost 11 different categories and it got tremendous response and participation from all our members.

As always assuring you of the very best,

Chairman and Managing Trustee.



EDITORIAL

Dear Jollyites,

"As we welcome the new change towards the season of showers, we also welcome change in life-change in thoughts and processes towards positivity and well being of mind, body and soul"

It is raining sports and fitness in Jolly Gymkhana this season. With every new quarter, the Gymkhana finds ways to scale new heights with sports tournaments and other unique events. Time and again, the club has strived to offer something worthwhile and interesting for every person, old or young. Likewise, every issue of the bulletin showcases the vigour of these events organized by the club.

We have had an eventful last quarter with Ghatkopar Jolly Gymkhana organising sports tournaments and events like the Open Swimming Championship. The club has also successfully curated various sessions addressing the mental wellbeing of the members touching across diverse areas of knowledge and information. Various sports departments had organized their annual tournaments with large participation fruitfully. This issue of the bulletin brings forth the highlights of the same.

In this issue, we have covered three vital areas within the club-, Cricket, Swimming Pool and Health club and Events and Entertainment and the Ladies wing. With JPL going strong since years, the Cricket department has achieved accolades from each and every member. Further, they have made a mark across other tournaments, both external and inter departmental. Swimming and Health club has seen growing participation of members as a result of state of the art facilities and infrastructure. A big round of applause goes to the Events and Entertainment and Ladies Wing Sub Committees of the club for organizing colourful events to entertain families of the members.

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



Jolly Premier League T-10 Cricket Tournament – Main Sponsorer Sandu Developers held on 7th, 8th, 14th & 15th April, 2018 at Open Ground, 10.00 a.m. 12 teams consisting of 180 members participated.

Final Match won by Arihant Jewels team. (Organised by Cricket Sub-Committee).



Sangeet Sandhya - Pallavi Dabholkar, Sagar Sawarkar, Nirupama Rege and Bilu held on Saturday, 14th April 2018 at Jasmine Hall, 9.00 p.m. 288 members enjoyed the event. (Organised by Events & Entertainment Sub-Committee).



Annual Volley Ball Tournament – 2018 held on Saturday, 21st and Sunday, 22nd April 2018 at Volley Ball court, 6.00 p.m. onwards. 56 members participated. (Organised by Volleyball Sub-Committee).

JOLLY SUMMER BONANZA

(Organised by Events & Entertainment Sub-Committee)

Day & Date:	Programme:	Participants:
Sunday, 22nd April 2018	Casino & Traditional Housi	e 250
Sunday, 29th April 2018	Musical Housie	350
Sunday, 06th May 2018	Karaoke	400
Sunday, 13th May 2018	Musical Antakshari	350
Sunday, 20th May 2018	Sab Khelo Sab Jeeto	300
Sunday, 27th May 2018	Surprise Event	325









2nd Open Swimming Championship – 2018 held on 28th Saturday & 29th Sunday April 2018 at Swimming Pool, 7.15 a.m. 700 persons all over Mumbai participated. (Organised by Swimming Pool Sub-Committee).



Heartfulness Meditation held on 17th to 19th May 2018 at 7.15 am to 8.15 a.m. 50-60 members participated. (Organised by Yoga Sub-Committee).



Knowledge Session on Nutrition & Fitness by speaker Smitha Shetty held on Sunday, 20th May 2018 at Lilac Hall, 10.00 am. 100 members participated. (Organised by Marathon & Fitness Sub-Committee).





Talk On Modern Woman...Pros and Cons by Kajal Oza Vaidya held on Thursday, 14th June 2018 at 2.30 p.m. 585 ladies members participated. (Organised by Ladies Wing Sub-Committee).



Jolly Idol Audition held on Sunday, 17th June 2018 with 98 participants & semi-final held on 24th June 2018 with 39 participants at Lantana banquet hall.



ANNUAL SPORTS TOURNAMENT 2018

DEPT.	DAY & DATE
Lawn Tennis	Sat, 2nd June 2018
Skating	Sat, 2nd June 2018
Snooker	Sat, 2nd / Sun, 3rd / Fri, 8th
	/ Sat, 9th / Sun, 10th June 2018
Squash	Sat, 9th / Sun, 10th June 2018
Carrom	Sun, 10th / Sun, 17th June 2018
Chess	Sun, 10th June 2018
Table Tennis	Sun, 10th / Sun, 17th June 2018
Badminton	Sat, 16th / Sun, 17th / Sat, 23rd
	/ Sun, 24th June 2018
Yoga	Sat, 16th June 2018
Swimming	Sun, 17th June 2018
Gymnasium	Sun, 17th June 2018



Metro Mirror and Ghatkopar Jolly Gymkhana organizes Khel Mohatsav – Chess, Carrom, Table Tennis, Badminton, Cricket and Drawing held on 19th, 20th and 21st April 2018 at Badminton, T.T., Lantana Hall. 600 plus persons participated.

Prize distribution held on 22nd April 2018 at Jasmine Hall.





Cricket Season for 2017-18 opened with its usual fanfare on the auspicious occasion of "Dussehra" i.e. Saturday, 30th September 2017 and to mark the occasion an Internal Tennis Ball Cricket Tournament was organised for the members as part of the inaugural celebration and 8 teams consisting of 127 members participated in same.

CRICKET



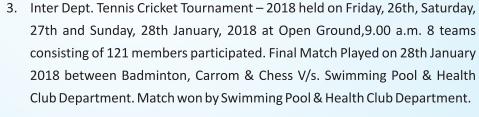
The Summer Coaching Camp 2018 was conducted for 1½ months wherein 8 nets in morning and 10 nets in evening are conducted under the guidance of expert coaches. 393 boys and girls took part.

Our Gymkhana also arranges regular cricket nets for our members and enthusiastic Ladies members along with nets for various age group boys under the charter of "Mumbai Cricket Association".

The tournaments organized by Gymkhana were as follows:-



- 1. U-17 Cricket Net Practice was organized every Monday/ Wednesday / Friday or Tuesday / Thursday / Saturday from November to March at Cricket Ground from 4.30 p.m. to 6.00 p.m.
- Inter School Cricket Tournament 2017 held from 9th to 16th December,
 2017 at Open Ground, 10.00 a.m. 8 Schools participated. B.A.K. Swadhyay
 Bhawan High School won the Match and Fatima High School was Runner up.





- 4. 8th Inter Club/Gymkhana T-20 Cricket Tournament 2018 was held on 10th & 11th and 17th & 18th February 2018. 8 teams participated in the said tournament. The final match of Inter Club / Gymkhana Cricket tournament was played between Khar Gymkhana V/s. Matunga Gymkhana. Match won by Matunga Gymkhana.
- 5. Ghatkopar Jolly Gymkhana Senior Cricket Team won the COSMOPOLITAN CRICKET SHIELD TOURNAMENT conducted by MCA among 64 renowned Cricket Clubs of Mumbai. The final match was played at Wankhede Stadium on Sunday, 25th February 2018. This was the first time Ghatkopar Jolly Gymkhana Senior Team won the Cosmopolitan Shield.



- 6. JPL Get to-Gather briefing of the team and honoring of sponsorers held on 13th March 2018 at Lilac Banquet Hall, 7.00 p.m. 80 members attended.
- 7. Ladies Cricket Tournament jointly organized by Mid-Day & Ghatkopar Jolly











- Gymkhana held on Friday, 23rd, Saturday 24th & Sunday 25th March 2018 at Cricket Ground, 8.30 a.m. 26 teams from Mumbai participated. Final Match won by Ghatkopar Jolly Gymkhana Ladies Cricket Team. Our Ladies Cricket team became champion.
- Jolly Premier League T-10 Cricket Tournament 2018, was held on 7th, 8th, 14th & 15th April, 2018 at Open Ground for Jolly Members. The cup was sponsored by Sandu Developers and was called The Sandu Cup. 12 teams consisting of 180 members participated. Final match was won by Arihant Jewels Team sponsorer by Mr. Bhavin Shah. Live telecast was broadcasted on Rajesh Cable and also on u-tube by Jain TV. Various sponsorers sponsored the team with specific name. It was grand occasion not only for Jolly Gymkhana but for entire Ghatkopar. Prize Distribution Ceremony was held on Sunday, 15th April, 2018 at Jolly Gymkhana Ground.
- Ghatkopar Jolly Gymkhana also gives Nets for MCA organized summer selection camps nets were given for under 16 and under 19 boys in morning and afternoon special camp nets for Ladies cricket.





CRICKET SUB-COMMITTEE

Incharge





Mathuradas Bhanushali



Bunty Doshi



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



SWIMMING POOL

Swimming pool is the center point of gymkhana. It is one of the best exercise. After sports activities all members come to pool to enjoy and relax. All the members and their guest appreciate the cleanliness and maintenance of the pool in suburb.

Swimming builds endurance, muscle strength and cardiovascular fitness. helps maintain a healthy weight, healthy heart and lungs. tones muscles and builds strength. provides an all-over body workout, as nearly all of your muscles are used during swimming.

Swimming burns calories, so helps you lose weight and swimming for weight loss has been regularly praised for its cardiovascular health benefits, especially for older people. ... This means that swimming will give your cardiovascular system an excellent workout.

As a regular practice swimming coaching camp was held for members of all age groups during the summer vacation i.e from April to June 2018 which included regular basic and advanced level coaching. More than 250 members took the benefits of coaching and were very happy to be trained by professional agency.

We are thankful to Mr Paul and his team of Ayolian Agency for maintaining the pool excellently throughout the year. We have organized 2nd Open Mumbai Level Swimming Championship 2018 & Annual Swimming Gala with lot of strength and the events were successful and smoothly.

2ND OPEN SWIMMING CHAMPIONSHIP -2018 UNDER THE AUSPICES OF GMAAA

Ghatkopar Jolly Gymkhana under the auspices of GMAAA organised for the second time open swimming championship on 28th & 29th April 2018. It was a huge success as 29 clubs from Mumbai participated with 850 individual entries & 240 individual participants with support of Chairman Shri Rajnikant Shah, Managing Trustee Shri Manoj Ajmera, Trust Board and Managing Committee the event completed successfully.

During opening ceremony of the championship Our Hon. Secretary - Shri Mukesh Badani, Shri Balwant Sanghrajka - Hon. Treasurer / Trustee, Shri Nalin Mehta - Hon. Treasurer / Incharge Swimming Pool Sub-Committee, Shri Parag Gandhi - Sports Co-ordinator, Managing Committee Members, Swimming Pool Sub-Committee and many members from our gymkhana were present for the event to motivate & felicitate the winners in various categories.

ANNUAL SWIMMING GALA held on Sunday, 17th June 2018 with around 430 participants in different events like free style, breaststroke, back stoke, im and diving. children and adults had lots of fun during the gala. members enjoyed the competition.













Almost 50 members from our club participated in the championship and the following members were the podium finishers.

JUGNU CHANDRA EVENT Men Under 25 years 50 M. Butterfly Stroke 50 M. Free Style 200 M. Individual Medley 50 M. Breast Stroke	RANK 1 1 2 2	AMAN BAVDANE EVENT Men Under 25 years 50 M. Back Stroke	RANK 2	
MAHENDRA SENGHANI EVENT Men Above 45 years 50 M. Back Stroke 50 M. Free Style	RANK 1 3	DEEPAK DESHPANDE EVENT Men Above 45 years 50 M. Free Style 50 M. Breast Stroke	RANK 2 3	
BHARAT KANAKIYA EVENT Men Above 45 years 50 M. Back Stroke	RANK 2	PRITESH SANGHVI EVENT Men Under 45 years 50 M. Free Style	RANK 3	

Achievement of our Visually Impaired Kanchanmala Pande (26 years) Nagpur Girl she won Gold Medal in 200 mts Medley event in S-11 category at World Para Swimming Championship in Mexico in 2017.



Disabled swimmer Kanchanmala Pande makes history for India.

All the participating clubs & members were very happy with our services and maintenance of pool and appreciated the smooth functioning of the championship.



SWIMMING POOL



Convenor















Jitendra Patel **Jatin Shah**



EVENTS & ENTERTAINMENT









2. Jolly Summer Bonanza held as follows:-

Day & Date:	Programme:	Participants:
Sunday, 22nd April 2018	Casino & Traditional Housie	250
Sunday, 29th April 2018	Musical Housie	350
Sunday, 06th May 2018	Karaoke	400
Sunday, 13th May 2018	Musical Antakshari	350
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Sunday, 27th May 2018	Surprise Event	325











- 3. Jolly Idol Audition held on Sunday, 17th June 2018 with 98 participants & 24th June 2018 with 39 participants at Lantana banquet hall.
- Jolly Idol Grand Finale with 21 participants held on Sunday, 01st July 2018. 381 members attended.

Our Congratulations to all winners.

JUNIOR CATEGORY WINNER

DIVYAAN PANDYA SENIOR CATEGORY WINNER SHAILESH MEHTA

JOLLY IDOL-2018 WINNER BHOOMI DEDHIA **JOLLY IDOL -2018 RUNNER UP** JAGDISH UDESHI & SHREYANSH SHAH

SPECIAL APPRECIATION

RIYA BHADRA

UB-COMMITTEE

Incharge



Convenor



Balwant Sanghrajka Mukesh Badani

Jt. Convenor



Pankaj Doshi



Ketan Parekh



Kiran Bhayani



Digish Pandit



Jitendra Sharma



Ketul Jhatakia

LADIES WING



Sports Event for Female and Children held on Sunday, 7th January 2018. 320 participants in 874 event categories.



2. Talk on modern Women Pros and Cons by Kajal Oza Vaidya held on Thursday, 14th June 2018. 585 Females members participated.







ING SUB-COMMITTEE

Incharge

Advisor

Advisor



















Balwant Sanghrajka Giribala Shah Rupal Ajmera Harsha Badani Aarti Sanghrajka Alpa Chheda

Gopi Mehta Manisha Badani Nehal Kothari Purnima N Shah



HEALTH CLUB





Health Club provides a relaxing atmosphere , comfort & a positive influence on mood & has therapeutic benefits for the muscular, cardiovascular & respiratory systems.

The various facilities that our Health Club includes are :- Steam, Sauna, Jacuzzi, Massage Room, Chilled Shower and A.C. changing room.

SAUNA: A small room used as a hot-air or steam bath for cleaning and refreshing the body. health benefits.

• 1. relieve stress. • 2. relax muscles and soothe aches/pains in both muscles and joints. • 3. flush toxins. • 4. cleanses the skin. • 5. improve cardiovascular performance. • 6. burn calories. • 7. can help fight illness.

SAFETY PRECAUTIONS FOR USING SAUNA ROOM

• Avoid alcohol before or after sauna • Don't use for more than 10-15 minutes. • To cool down gradually. • Drink 2-4 glasses of cold water after each sauna bath. • Don't use sauna when you are ill, & if you feel unwell during your sauna, head for the door. A cool head is the best way to keep your hot

STEAM -A steam room is an enclosed space with large amounts of high-temperature steam, creating a high-humidity environment. is a heated room that people use for relaxation and to relieve some medical conditions.

Benefits Of Using A Steam Room

• Increases body metabolism • Sitting quietly for 05 minutes in steam reduces stress levels. • Deep cleanses the skin • Helps eliminate toxins • Boosts your immune system • Relieves discomforts of asthma, allergies and arthritis • Relieves throat irritation by moistening the air • Relaxes muscles • Relieves coughing • Relieves inflammation and congestion of upper respiratory mucous membranes According to reports "In the damp conditions of steam baths and whirlpools, sweat doesn't easily evaporate. Stifling the means for dissipation of heat drives the skin temperature up, which in turn increases the core temperature" Therefore, many of the risks of using steam room are associated with high heat & moisture which may result in the following health risks.



• DIZZINESS • NAUSEA • FAINTING • HIGH HEAT IN BODY & MOISTURE

AVOID USING STEAM ROOMS:

- 1) WHEN INDIVIDUAL IS UNDER THE INFLUENCE OF ALCOHOL, DRUGS OR CERTAIN MEDICATION.
- 2) AFTER A MEAL WHICH MAY CAUSE INCREASED DIZZINESS.
- 3) NEVER EXERCISE IN STEAM ROOMS AS IT INCREASE CORE BODY TEMPERATURE.
- 4) PREGNANT WOMEN & INDIVIDUAL'S WITH HEART PROBLEMS SHOULD AVOID STEAM ROOMS.

A Jacuzzi is a large circular bath which is fitted with a device that makes the water move around, a system of underwater jets that keep the water in a bath or pool constantly agitated to relax & massage the body.

Below are just some of the benefits of soaking in the JACUZZI

- Improves sleep. ... Reduces stress and anxiety. ... Reduces arthritic and chronic pain. ...
- Lowers blood sugar. ... Lowers blood pressure. ... Promotes Healthier, Younger Looking Skin. ...
- Decreases Frequency of Migraines and Tension Headaches.

MASSAGE involves working and acting on the body with pressure. Techniques are commonly applied using hands, fingers, elbows, knees, forearm, feet or a device. The purpose of massage is generally promoted as treatment for stress or pain.

Massage therapy can provide many benefits, such as:

• Increased circulation. • Stimulation of the lymph system, the body's natural defense against toxic invaders. • Release of endorphins, the body's natural painkiller. • improved range of motion and decreased discomfort associated with lower back pain. • Relaxation of injured and overused muscles. • Reduced muscle spasms and cramping, increased joint flexibility,

Help recover from strenuous workouts.

• Pain relief from migraines. • Reduce post operative adhesions and edema, as well as reduced scar tissue.

Incharge



Nalin Mehta



Chandulal Patel CA Mukul Varma





Gopal Sanghrajka



Shridhar Shetty (Muthutheyan)



Mahesh Velani



Hiten Doshi



Chunilal Chheda





GHATKOPAR JOLLY GYMKHANA



GUEST ENTRY RULES

- Due to Security Reasons and as per the directives of Government, it is advisable for us to prevent the entry of undesirable / non-eligible guests and also individuals posing as member.
- 2) In order to detect this and for better control, we request to all our Members they should ask their Guests to carry relevant Photo Identities to enable our people manning the reception and/or security to verify the same before being allowed into the Gymkhana.
- 3) Member can bring maximum 6 Guest on week days and maximum 4 Guest on Saturday, Sunday and Public Holidays.
- 4) Guest must be accompanied by a member.
- 5) Person can come as guest for maximum 3 consecutive days.
- 6) Person can come as guest for maximum 8 times in a month.
- 7) Guest must use Paid Entry Pass for particular facility for which entry pass is issued. Guest are not allowed to enter in any of the other facilities without paying additional charges for another facilities. If guest is found using another facilities without payment STRICT ACTION will be taken against Guest as well as Member who had introduced him / her at the TIME OF ENTRY at Reception.
- 8) Any person found inside the Gymkhana without introduction by a MEMBER is liable for legal action of Tress Passing.
- 9) W.e.f. 1st August 2018, Guest entry inside Gymkhana will be allowed upto 10.00 p.m. only.



- 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.



GHATKOPAR JOLLY GYMKHANA



ANNOUNCES

Revised

Life Membership Fees

w.e.f. - 1st September 2018

Rs. 15,00,000 + GST

Dear Members,

The Managing Committee at it's meeting held on 24th July 2018 have revised the Life Membership fees w.e.f 1st September 2018 as under.

Present

Full Payment

Revised

❖ Life Membership ❖

Existing Fees up to 31-08-2018

Life Member Fees : ₹ 10,00,000 G.S.T 18% : ₹ 1,80,000 Total : ₹ 11,80,000

Revised Fees w.e.f. 1-9-2018

Life Member fees : ₹ 15,00,000 G.S.T 18% : ₹ 2,70,000 Total : ₹ 17,70,000

❖ Life Membership Under Concessional Category ❖

Existing Fees up to 31-08-2018

For Minor Son upto 18 years/Unmarried Daughter

Life Member Fees : ₹ 5,00,000 GST 18% : ₹ 90,000 Total : ₹ 5,90,000

Revised Fees w.e.f. 01-09-2018

For Minor Son upto 18 years/Unmarried Daughter

Life Member Fees : ₹ 7,50,000 G.S.T 18% : ₹ 1,35,000 Total : ₹ 8,85,000

❖ Fees For Transfer of Life Membership ❖

Existing Fees upto 31-08-2018

Transfer Fees : ₹ 3,00,000 G.S.T 18% : ₹ 54,000 Total : ₹ 3,54,000

Revised Fees w.e.f. 01-09-2018

Transfer Fees : ₹ 4,50,000 G.S.T 18% : ₹ 81,000 Total : ₹ 5,31,000

Hurry up..... Avail benefit of present Membership Fees on or before 31-08-18. Forms available at Gymkhana Office













GHATKOPAR JOLLY GYMKHANA