

Issue-XXVIII • January, 2019
(Oct. - Dec. 2018)



JOLLY N-JOY

IN HOUSE BULLETIN

Happy
New
Year

2009



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

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Dr. Sanjay Sanghavi

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Pravin Patel

Managing Committee Members

CA Dharmesh Mehta

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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,

“ If you have the courage to begin,
you have the courage to succeed”



Manoj Ajmera
Managing Trustee

First of all, we wish a magnificent year - 2019 to all Jollyites! This year you got to follow your passion. You have got to figure out what it is you love – who you really are. And have the courage to do that. We believe that the only courage that anybody ever needs is the courage to follow your own dream. Courage is not the absence of fear, but rather the judgement that something else is more important than fear. It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.

The last quarter of 2018 was full of action and we celebrated festivals of Navratri and Diwali with lot of style and panache. Cricket at Gymkhana was in full flow as we had the Tennis Cricket Tournament, U 19 cricket net practice and Inter School Cricket Tournament. We also had a Badminton Friendly Tournament, Aqua Zumba Demonstration and Cooking Contest and Workshop which saw good participation. The year ended in bang with the Suryanamaskar event which saw participation from a record 1900 approx registrations from 50 different institutions. Finally, Santa's Carnival – Xmas saw members mingling and having a gala time to the maximum.

Twenty years from now we will be more disappointed by the things that we did not do than the things we did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

Assuring you of the best as always,
Chairman and Managing Trustee.



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 on Friday, 12th, Saturday (709 persons), Saturday, 13th (827 persons) and Thursday, 18th October 2018 (787 persons) at Jasmine Hall, Dinner 7.30 p.m. onwards Navratri 9.00 p.m. onwards. (Organised by Events & Entertainment and Ladies Wing Sub-Committee).



Ladies Raas Garba held on Tuesday, 16th October 2018 at Jasmine Hall, 2.30 p.m. 533 ladies members present. (Organised by Events & Entertainment and Ladies Wing Sub-Committee).



Reopening Ceremony of Cricket Ground and Tennis Cricket Tournament 2018 held on Friday, 19th & Sunday, 21st October 2018 at Cricket Ground / 9.30 a.m. 12 teams consisting of 144 members participated. (Organised by Cricket Sub-Committee).

Badminton Friendly Tournament
 between Jolly Gymkhana
 and Chembur Gymkhana held
 on Sunday, 21st October 18
 at Badminton Court, 9.00 a.m.
 (Organised by Badminton Sub Committee).

Aqua Zumba Demonstration
 by Charmi Jasani held
 on Saturday, 28th Oct. 2018 at Swimming Pool,
 8.30 a.m. 30 members attended.
 (Organised by Swimming Pool Sub Committee).



U-19 Cricket Net Practice held from 01.11.2018 to 31.01.2019 - M/W/F or T/T/S at Cricket Ground, 4.30 p.m. to 6.30 p.m. 165 students participated. (Organised by Cricket Sub Committee).



Rangoli and Diwali Lightings on occasion of Diwali Festival 2018.



Cooking Contest & Workshop by Chef Navin Khadilkar held on Saturday, 24th Nov 2018 at Lilac Hall, 4.30 p.m. Workshop – 108 Participants and Cooking contest – 30 Participants in different age groups. (Organised by Youth Wing Sub Committee).



Inter School Cricket Tournament – 2018 held on 1st to 8th December, 2018 at Open Ground, 10.00 a.m. 8 Schools participated. Final match played between Fatima High School V/s. O.L.P.S. High School. Match won by Fatima High School. (Organised by Cricket Sub Committee).



Aditya Vandana held on Sunday, 16th December 2018 at Open Ground, 7.00 a.m. 1500 plus persons participated. (Organised by Yoga Sub Committee).



Santa's Carnival – X-Mas' held on Tuesday, 25th December, 2018 at Open Ground, 5.00 p.m. 1423 persons 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.



Event & Entertainment



1. Sangeet Sandhya - Pallavi Dabholkar, Sagar Sawarkar, Nirupama Rege and Bilu held on Saturday, 14th April 2018 at Jasmine Hall. 288 persons enjoyed the function.



2. Jolly Summer Bonanza held as follows:-

Day & Date:	Programme:	Participants:
Sunday, 22nd April 2018	Casino & Traditional House	250
Sunday, 29th April 2018	Musical House	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





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

4. **Jolly Idol Grand Finale** with 21 participants held on Sunday, 01st July 2018. 381 members attended.

JUNIOR CATEGORY WINNER

DIVYAAN PANDYA

SENIOR CATEGORY WINNER

SHAILESH MEHTA

JOLLY IDOL-2018 RUNNER UP

JAGDISH UDESHI & SHREYANSH SHAH

SPECIAL APPRECIATION

RIYA BHADRA

JOLLY IDOL-2018 WINNER

BHOOMI DEDHIA



OUR CONGRATULATIONS TO ALL WINNERS.



5. **Gujarati Kasumbal Diaro** – Nathudan Gadhvi, Rajubhai Gadhvi, Gopal Barot and Harsha Barot held on Saturday, 4th August 2018 at Jasmine Hall. 442 persons enjoyed the function.



6. **Dandiya Raas on the beats of Avishkar** held on Friday, 12th, Saturday (709 persons), Saturday, 13th (827 persons) and Thursday, 18th October 2018 (787 persons) at Jasmine Basement Hall, Dinner 7.30 p.m. onwards Navratri 9.00 p.m. onwards. (Organised by Events & Entertainment and Ladies Wing Sub-Committee).



EVENT AND ENTERTAINMENT SUB-COMMITTEE

Incharge



Balwant Sanghrajka

Convenor



Mukesh Badani

Jt. Convenor



Pankaj Doshi

Members



Digish Pandit



Jitendra Sharma



Ketan Parekh



Ketul Jhataki



Kiran Bhayani

Ladies Wing



1. 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. 550 Females members participated.



3. Talk session on skin and hair care by Dr. Avani Maniar – Dermatologist and Cosmetologist, MD, DVD (skin) held on Tuesday, 21st August 2018. 280 Females members participated.



Yoga

“Yoga is the journey of the self, through the self, to the self.”

–The Bhagavad Gita

Yoga means addition – addition of energy, strength and beauty to body, mind and soul. Yoga is about clearing away whatever is in us that prevents our living in the most full and whole way. With yoga, we become aware of how and where we are restricted — in body, mind, and heart — and how gradually to open and release these blockages. As these blockages are cleared, our energy is freed. We start to feel more harmonious, more at one with ourselves. Our lives begin to flow— or we begin to flow more in our lives.

If you are looking for a more flexible, strong, capable body and a clear, positive heart and mind then yoga is for you. It's a great form of exercise that will improve your fitness, as well as aiding your mental well being. 'Yoga' is a Sanskrit term meaning 'to join, unite or yoke together', and the essential purpose of yoga is to bring together body, mind and spirit into a harmonious whole. The central methods of yoga are physical postures or 'asanas' and movement, breathing techniques or 'pranayama' and meditation. Yoga includes guidance on healthy lifestyle, eating habits and positive mental attitude.

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. Apart from the Normal Yoga sessions we also celebrate festivals like Maha Shivratri and Gokulashtami with equal fanfare. 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.

3 Yoga Sessions were conducted by renowned Yoga Trainer and Therapist Shri Sandeep Solanki who is a faculty of Kaivalyadham and Sommaiya College in the month of February and all Yoga Sadhakas were benefitted by his knowledge.

Also a seminar on Pranic healing by renowned Pranic Healer Shraddha Parekh was held in the month of March which was very informative and enjoyed by one and all. Also Bhakti Yoga was organized on the occasion of Ram Navami. Also an exclusive session on Pranayam by a Senior Teacher of Ghantali Mitra mandal – Smt. Neela Salve was conducted.

Well known Yoga Guru Mr. Devang Shah and Forum Shah conducted a 3 day Workshop whereby they taught asanas to be practiced on a daily basis with special focus on senior citizens in the month of April.

The Month of May saw a special workshop by well known eye specialist – Dr. Siddharth V Mehta on eye care and how Yoga can benefit in improving our eyesight. Also heartfulness Meditation Camp was held to understand and learn meditation techniques.





Six meals a day keeps obesity away...

A good way to avoid weight gain as you age? Eatttt.....

Research shows that people who eat meals regularly throughout the day tend to have smaller waists than people who sometimes skip breakfast, lunch, or dinner.

Regular eaters not only weigh less and have smaller waists but also are less likely to develop metabolic syndrome or experience insulin resistance -- conditions that can pave the way for heart disease and diabetes.

Benefits of more meals a day - Eat many small meals throughout the day instead of three large ones. This helps keep your appetite from getting out of control, so you eat less overall throughout the day.

Six is better than three.....?

Are you still stuck in the three-meals-a-day mindset? Many people get hung up on the misconception that eating anything beyond their allotted three meals per day constitutes a failure of dietary willpower. But while it's true that eating empty-calorie snack foods between meals is no recipe for health, limiting yourself to the traditional breakfast-lunch-dinner feeding format may not be doing you any favors, either.

Your new recipe for healthy eating: Six is better than three.

It sounds like a contradiction, but with a focus on diversity and proper portion size, eating six mini meals instead of three large meals each day will add variety to your diet and can help you feel fuller and be healthier overall.

Ditch the Word "Snack"

Your first step in eating six diverse meals is to kick the word "snack" out of your vocabulary. It often conjures up images of low-nutrition or high-fat items such as chips, pretzels, or ice cream. These types of snacks won't help you lose weight or make your diet any more diverse.

Your second step is to focus on size. Doubling your number of meals shouldn't double the food you eat each day. Instead, your three big meals become six mini meals. You should continue to take in roughly the same number of calories each day, assuming you are not currently overeating.

Finally, make each mini meal an opportunity to vary and balance your diet to include the proper amount of protein, complex carbohydrates, and healthy fats as well as important vitamins and minerals.

More Is Less

The health bonuses of eating more meals are varied. Studies show that people who eat more meals tend to eat a greater variety of foods and are more likely to meet their daily nutritional needs.

Eating frequently may also help control your appetite, which in turn could help you control your weight. And by breaking up your three big meals into six smaller meals spaced evenly throughout the day, you may also lower your blood cholesterol and your risk of heart disease.

Don't Space Out

With three squares a day, meals tend to be too far apart, which allows blood sugar levels to drop down low. When this happens, the urge to reach for unhealthy snacks in order to satisfy cravings can get you into trouble.



2019



GHATKOPAR JOLLY GYMKHANA

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