

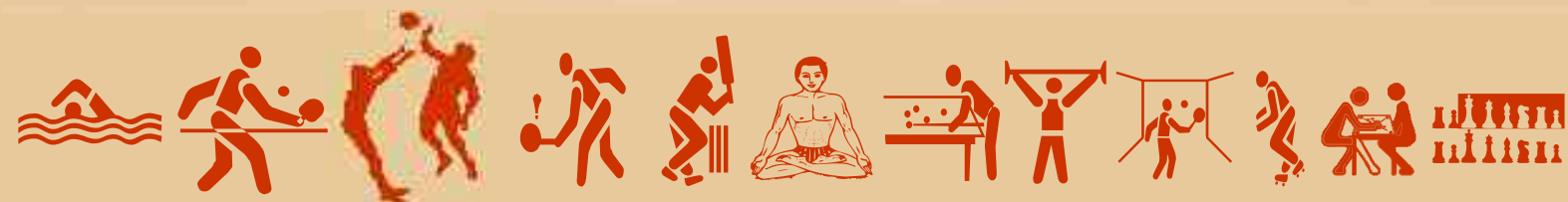


# JOLLY N-JOY

IN HOUSE BULLETIN



Stay Cool this  
SUMMER





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CA Rajnikant Shah

### Managing Trustee

Manoj Ajmera

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## Message from Chairman and Managing Trustee



CA Rajnikant Shah  
Chairman

Dear Members,

“The future depends on what  
we do in the present.”

– Mahatma Gandhi



Manoj Ajmera  
Managing Trustee

We, at Jolly, advocate that the secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly. Certainly living in present helps in stress release and we learn to appreciate the world more with improved creativity and social skills. As is wisely said, Life can only be understood backwards, but it must be lived forwards.

Year 2019 began with a bang with our Annual Prize Distribution Ceremony followed with the excellent response received in 4th Maharashtra Veteran State Ranking Table Tennis Tournament which took place at our Gymkhana. All the members also enjoyed the Music Mania Concept – V4 Once More. 120 Members of our Gymkhana participated in Tata Mumbai Marathon. Our Jolly Ladies Cricket team reached the Finals of the Ladies Cricket Tournament jointly organized by our gymkhana with Mid-day. We also celebrated Republic day with members and conducted our annual Flag Hoisting Ceremony. Inter Department Tennis Cricket Tournament was also participated by members with lot of enthusiasm.

The highlight of this quarter was certainly the Women’s Week Celebration which was enthusiastically participated and thoroughly enjoyed by one and all. Around 209 Schools and 351 students participated in the 6th Inter School Badminton Tournament. 8 Clubs participated in the Inter Club Cricket Tournament at our Gymkhana. Seminars on Advance Payment of Income Tax and Motivational Speech was very informative and enlightening. Last but certainly not the least, Shankar Jaikishan ke Anmol Geet Mahotsav and Jollywood Musical Nights wherein Jolly members themselves participated enthralled the audiences and made them spellbound.

Assuring you of the Best,  
Chairman and Managing Trustee.



## Editorial

Dear Jollyites,

We welcome you to yet another vibrant season in Jolly Gymkhana. Though it is the season of sweltering heat but the club promises our members some very cool events and activities these holidays.

We present to you the picture highlights of some awesome events that took place in the last quarter. Amongst the vivacious pictures, the Womens Week is definitely worth a mention. The members can browse through the highlights and gauge the success the club has had with these events.

Jolly Gymkhana is not only synonymous with sports but also with out of the box events. This can be definitely evidenced in the events conducted by our Workshops and Seminar committee presented in this issue. Needless to say, we have superlative marathoner members with us. You can read through their achievements through our coverage on the activities of the Marathon committee. Badminton is a popular sport in our club and we have also put forward Badminton committee activities.

Summer season has just begun and we are sure most of you are ready to pack your bags. So, in this issue we present to you an exotic locale where you can cool off your heels with your loved ones. The write up on “Tawang” will surely be an interesting read. We are sure everyone has already ordered their share of mangoes this season. But, did you know that it is known as a “super food”. Let’s discover this and much more on the king of fruit “Mango” in this issue along with a few magnificent mango recipes.

Last but not the least, how can we not capture the cricket fever. I am sure with IPL and the upcoming World Cup, our very own JPL is getting all our members excited.

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



Annual Prize Distribution Ceremony held on Saturday, 5th January 2019 at Jasmine Hall, 6.00 p.m. onwards. 450 members attended.



4th Maharashtra Veteran State Ranking Tournament Hosted by Ghatkopar Jolly Gymkhana held on Saturday, 5th & Sunday, 6th January 2019 at T.T. Room, 9.00 a.m. 290 persons participated. (Organised by Table Tennis Sub-Committee).



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 enjoy the event. (Organised by Events & Entertainment Sub-Committee).





**Ladies Cricket Tournament jointly organized by Mid-Day & Ghatkopar Jolly Gymkhana held on Friday, 18th, Saturday 19th & Sunday 20th January 2019 at Cricket Ground, 8.30 a.m. 21 teams participated. Final match played between Jolly Ladies Team V/s. Chak De Bombay Rockers. Match won by Bombay Rockers Team. (Organised by Cricket Sub-Committee).**



**Tata Mumbai Marathon Run at 6.00 a.m. (120 members participated) and Marathon Get-together function held on Sunday, 20th January 2019 at Lilac hall, 7.30 p.m. 125 members attended. (Organised Marathon & Fitness Sub-Committee).**



**Flag Hoisting Ceremony - Republic Day held on Saturday, 26th January 2019 at Open Ground, 8.30 a.m. 260 members participated.**



**Inter Dept. Tennis Cricket Tournament – 2019 held on Saturday, 26th & Sunday, 27th January, 2019 at Open Ground, 9.00 a.m. 9 teams consisting of 117 members participated. (Organised by Cricket Sub-Committee).**



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

PROGRAMME/EVENT	DAY/DATE	VENUE/TIME	CATEGORIES
Finals of the Inter-College Football Vase	Friday 01.03.2019	1.00 p.m. to 2.00 p.m.	1-45
Table Tennis	Saturday 02.03.2019	1.00 p.m. to 2.00 p.m.	09
Football Vase		1.00 p.m. to 2.00 p.m.	1-22
Dash Board	Sunday 03.03.2019	1.00 p.m. to 2.00 p.m.	1-22
Table Tennis		1.00 p.m. to 2.00 p.m.	275
Badminton	Monday 04.03.2019	1.00 p.m. to 2.00 p.m.	50
Badminton		1.00 p.m. to 2.00 p.m.	60
Badminton	Tuesday 05.03.2019	1.00 p.m. to 2.00 p.m.	46
Badminton		1.00 p.m. to 2.00 p.m.	101
Badminton	Wednesday 06.03.2019	1.00 p.m. to 2.00 p.m.	10
Badminton		1.00 p.m. to 2.00 p.m.	18
Badminton	Thursday 07.03.2019	1.00 p.m. to 2.00 p.m.	16
Badminton		1.00 p.m. to 2.00 p.m.	88
Badminton	Friday 08.03.2019	1.00 p.m. to 2.00 p.m.	88
Badminton		1.00 p.m. to 2.00 p.m.	92







**6th Inter School Badminton Tournament Under Aegis of MSDBA held on 1st, 2nd, 3rd, 4th 9th & 10th March 2019 at Badminton Court. 209 Schools consisting of 351 students participated. (Organised by Badminton Sub-Committee).**



**Inter Club/Gymkhana Cricket Tournament – 2019 held on Saturday, 2nd & Sunday, 3rd, Saturday, 9th & Sunday 10th March 2019 at Open Ground, 9.00 a.m. 8 Clubs participated. Final Match played between Chembur Gymkhana V/s. Pravin Tambe Cricket Academy. Match won by Chembur Gymkhana. (Organised by Cricket Sub-Committee).**



**Talk on Motivational Speech by Dr. Sundeep Kochar held on Sunday, 03rd March 2019 at Olive hall, 9.00 a.m. 61 members participated. (Organised by Seminar & Workshop Sub-Committee).**



**Seminar on Advance Payment on Income Tax by Income Tax Department held on Friday, 8th March 2019 at Lilac Hall, 4.00 p.m. 125 persons attended. (Organised by Seminar & Workshop Sub-Committee).**





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. (Organised by Events & Entertainment Sub-Committee).



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. (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. 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](mailto:jollygymkhana@gmail.com) along with change in address if any or may submit details at Reception Counter.





## Badminton

Dear Members,

2018-19 was once again a very memorable and sporting year. This year our Gymkhana as a Team event and our individuals players in Juniors and Masters category made remarkable progress in various tournaments.

Activities within the Club

We received very tremendous response in our Annual Summer coaching camp held during April 2018 to June 2018. 84 member's students participated in the Summer coaching.

84 member's students participated in the Summer coaching.

1. We got overwhelming response in our Annual Badminton tournament with 174 members participating in the tournament which held for 4 days during June 2018.
2. In February 2019, we organised Jumble Doubles Friendly tournament for the members wherein around 50 members participated in the Event.
3. We organised our prestigious and trade mark tournament – Ghatkopar Jolly Gymkhana Inter School Tournament from March 1 to 10, 2019. This was the 6th year, we have been organising this event. 363 students from 209 schools across Mumbai participated in this event.
4. We celebrated Womens Week by Our Womens members playing friendly tournament.



### Intra Club Events

As a part of our mutual reciprocal arrangement with Chembur Gymkhana;

We invited Chembur Gymkhana for Friendly Badminton Masters Doubels tournament on October 21, 2018.

We were invited by Chembur Gymkhana for reciprocal club match on September 18, 2018.

Jolly Gymkhana Performance in External Tournaments

In Badminton, players aged 35 years & above are categorised as Masters. This is official Category recognised the Badminton Association.

1. **Motilal Cup** - Our Masters team made a significant progress in Motilal Cup held from June 5th to 10th at Bombay Gymkhana.

Our Master team participated in Inter Club Badminton Tournament held at Matunga Gymkhana from November 16-18.

Our pair Yogesh Sanghvi and Rajeev Karia played superbly to out beat the No.1 seeded pair 90+ category.

We also played independent doubles events and made significant progress.

2. **Mumbai Games 2019** - Our Players Ravi Doshi and Yogesh Sanghvi participated in Mumbai Games affiliated with Maharashtra Olympic Association and came Runners-Up in Doubles 90+ category.



3. **G D Birla** - We participated in G D Birla Memorial Cup Tournament held at Bombay Gymkhana.

G D Brila was one of the best tournaments of the year, which brought our Club in main force and the Club to reckon with. We performed magnificently well both at the Team event and at an Individual level.

At a team level we out beat CCI. We reached Semi Finals at the Team Event.

Our Master team made marvellous progress in this tournament.

We missed the Cup title by whisker. Our was the only team which had all Life Members in the team unlike other team where they had professionals as a playing member.

At individual level our pair of Yogesh Sanghvi and Chetan Vora won the Runners-Up title in 90+ Category.

4. **Old Monk, Pune** - Our Masters team, participated in Old Monk Tournament at Pune. Our pair Yogesh Sanghvi and Chetan Vora won the Doubles 90+ title.

**Others**



Our Member Mr. Yogesh Sanghvi participated in National Badminton Selection Tournament held Goa. Yogesh, won the doubles 100+ title and thereby qualifying for World Championship. We take immense pride in informing that Yogesh Sanghvi will represent India in 100 + category at World Championship which is going to be held at Poland.

We wish Yogesh Sanghvi All the Best and wish him to bring laurels to our Club and Country.

HIGHLIGHTING SIGNIFICANT ACHIEVEMENTS IN 2018-19		
Yogesh Sanghvi & Chetan Vora	Winners – Doubles 90+	Old Monk, Pune
Yogesh Sanghvi & Ravi Doshi	Runners-up Doubles 90+	Mumbai Games, Mumbai
Yogesh Sanghvi & Chetan Vora	Runners-up – Doubles 90+	G D Birla, Mumbai
Yogesh Sangvhi	Winner – Doubles 100+	National Selection, Goa
Siya Singh	Winner - Girls Under 15	Mumbai School Sports Association
	Winner – Girls Under 15 & 17	Ghatkopar Jolly Gymkhana Inter School
Harshil Doshi	Winner – Doubles Under 15	Ghatkopar Jolly Gymkhana Inter School
	Runners Up – Singles Under 15 / 17,	Ghatkopar Jolly Gymkhana
	Doubles Under 17	Inter School

**BADMINTON SUB-COMMITTEE**

**Incharge**

**Convenor**

**Jt.Convenor**

**Members**



Nilkant Datar



Ravi Doshi



Apurva Dave



Dr. Janak Gandhi



Nilesh Vira



Mahesh Gondalia



Sachin Mehta



Vipul Sapani



Dushyant Bhatia



Rajeev Karia



**Seminar & Workshops**

Talk on Motivational Speech by Dr. Sundeep Kochar held on Sunday, 3rd March 2019 at Olive hall, at 9.30 a.m. 61 members participated.

Dr. Sundeep Kochar is internationally renowned celebrity Astrologer, Vastu Consultant, Motivational Speaker. He explained the participants for living life successfully. Our future is pre-defined and not within the power of human beings. So we must accept everything in all situation and not to have imaginary fear or tension which will affect our health. Similarly, we should not expect anything from anybody and try our best to maintain relation with all. These will result in living life satisfactory and happily.

Seminar on “Advance Payment of Income Tax and other related problems” by Income Tax Department, Vashi was organized on Friday 8th March, 2019 at Lilac Hall at 4.30 p.m. About 125 persons participated. The following dignitaries were present.

- 1) Shri Yogendra Chaudhry, IRS - Pr. Commissioner of Income Tax 27, Mumbai.
  - 2) Shri V. Jenardhanan, IRS - Jt. Commissioner of Income Tax Range 27(1) and 27(3), Mumbai.
  - 3) Shri P.R. Mirdha - Jt. Commissioner of Income Tax Range 27(2), Mumbai
- With 3 Assistant Commissioners and 6 Income Tax Officers.

Chairman Shri Rajnikant Shah welcomed all the dignitaries from Income Tax Department and participants. Pr.CIT Shri Yogender Chaudhary addressed the gathering and requested all to pay tax honestly for development of Nation and to avoid any unpleasant actions by the Department. The roads, railways, bridges, hospitals, schools and many such other infrastructures are possible, if you pay taxes honestly. If anybody is facing any difficulty for any matters related to administration, you can meet any time during office hours to him or Joint CIT. All the dignitaries replied the queries raised by participants during seminar and also after the seminar.

Hon. Secretary Shri Jitendra Zatakia coordinated the seminar and proposed hearty vote of thanks to all dignitaries and members present at the seminar.



**SEMINAR & WORKSHOPS SUB COMMITTEE**

**Incharge**



**Dr. Janak Gandhi**

**Incharge**



**CA Jitendra Zatakia**

**Convenor**



**ADV. Vinod Sampat**

**Members**



**CA Ashit Shah**



**Dr. Bipin Shah**



**Adv. Nilesh Joshi**



**Dr. Paresh Ved**



**Manish Turakhia**



**Anjan Ashar**





## Marathon and Fitness



Season Eleven of Marathon and Fitness training started in full swing immediately after Tata Mumbai Marathon.

It has been an amazing journey of 10 years for the Marathon and Fitness group... and the group continues to grow from strength to strength participating in various racing events across the country and the world.

In 2018 an important initiative was started by Jolly Gymkhana when the Managing Committee decided to promote fitness for children upto age 14 years. The idea was to promote sports and inculcate in our young members the importance of fitness. And another important decision that was taken was to entrust the training to a professional outfit like Striders who are now nationally renowned for Marathon and Fitness training.

About 25 children were enrolled for Fitness training. The trainings are imparted during the evening hours for 3 days a week in the Gymkhana. Special trainings are conducted on Sunday morning at various locations like Juhu Beach, Chowpatty, Arey Colony etc. The feedback given by parents of these young ones are very encouraging. Maybe, very soon we would have National champions developed through this initiative.

In June 2018 we had 2 of our runners- Hetal Khatau and Falgun Shah complete their second BACK to BACK Comrades run of 89 Kms in good time.

Jolly flag was flying high with our members participating in New York, Ladakh, BNP, Satara, Hyderabad, Chennai, Bangalore and various other races around the world. 30 of our runners also participated in the second edition of the prestigious TATA Ultra Marathon of 35 Kms and 50 Kms at Lonavla in February this year.

As always Jolly send the largest contingent of runners, around 150 of them, to the Tata Mumbai Marathon held on 20, January 2019.

In order to feed our spiritual side, some of our members also did the Mansarovar expedition in August 2018.

The good times keep rolling....

### MARATHON & FITNESS SUB-COMMITTEE

**Incharge**



**Capt. Swaminathan Iyer**

**Convenor**



**Dr. Chetan Shah**

**Jt. Convenor**



**Gyanesh Kanodia**

**Members**



**Sanjay Panchamia**



**Nitin Upadhyay**



## Reasons you must head to Tawang this Summer

Northeast India continues to be a fascinating destination for many an offbeat traveler. It has caught the attention of travelers who like nature and getaways that do not fall on the usual tourist map. One of the most spectacular places to visit in northeast India is Tawang in Arunachal Pradesh

Located at an elevation of 10,000 ft above sea level, this mountain town is amongst the untouched and lesser-explored hilly terrains of the country.

On the one hand, it is home to the 17th century Tawang monastery that stands amidst scenic views of lush green mountains. On the other hand, it has the Tawang War Memorial which pays tribute to soldiers who died during the 1962 Sino-Indian war. Be it the waterfalls, the traditional houses, the monasteries, the lakes or the weather, this wonderful Buddhist destination is worth visiting at least once in a lifetime.

Tawang is a town in Arunachal Pradesh, profusely bestowed with pristine nature and a vibrant ethnicity. There is a mesh of India and China which can be witnessed during your trip to Tawang. The popular Tawang Monastery plays a special role in attracting different travelers here.

Summer is best time to visit Tawang. The temperature during this time ranges between 5 degrees celsius and 25 degrees celsius. The days are pleasant and nights are colder.

Seasons	Months	Temperature
Summers	April to June	5°C - 22°C
Monsoon	July to September	15°C - 20°C
Winters	October to February	2°C - 10°C

Top places to visit in Tawang

### Madhuri Lake

Formed by a flash flood after an earthquake in the year 1950, Madhuri Lake is originally known as Shonga-tser Lake, which is one of the most popular lakes in Tawang, Arunachal Pradesh. The lake was renamed so after the shooting of Bollywood movie Koyla, starring Madhuri Dixit, the beautiful actress. The lake has been surrounded by wonderfully lush valleys, and snow-capped mountains. A leisure walk is the best way to explore the picturesque surroundings of the lake



### Tawang Monastery

The largest monastery of India and the second largest one in Asia, Tawang Monastery is one of the most popular attractions of Arunachal Pradesh. The state's crown of Buddhism, Tawang Gumpa is also referred to as Galden Namgyal Lhatse. This sacred site is the nucleus of the Lamaistic faith of the Mahayana school of Buddhism in the north-eastern region. The monastery was founded in 1860-61 by Merak Lama Lodre Gyamtso as per the wishes of Nagwang Lobsang Gyatso, the 5th Dalai Lama. It belongs to the Gelugpa sect of Buddhism. Lying amidst the might Himalayan ranges, above the sea level of 10,000 feet above the sea level, it offers a nice view of the Tawang-Chu valley. Tawang Monastery is not a religious center for the residents of Tawang but is also home to over 300 monks. This monastery holds 17 gompas in the region.

### Sela Pass :-

Known to be the gateway to Tawang Valley, Sela Pass is one of the most-visited tourist attractions in Arunachal Pradesh. Lying at an altitude of 14000 feet above the sea level, this pass is counted amongst the high-altitude motorable passes, around the world. While driving on the pass, enjoy some most mesmerizing views of the snow-class Mountains. During the winter season, a sheet of white snow covers the pass. While driving towards Tawang, you come across Paradise Lake (or Sela Lake) that freezes in winters. Enjoy the captivating sight of gleaming sunrays, touching the white mountain tops



Nuranang Waterfalls :Also known as Jang falls or Bong Bong Falls, Nuranang waterfalls are located around 40 km from Tawang town. These waterfalls are placed at an elevation of around 6000 feet and are one of the most stunning waterfalls in Arunachal Pradesh state. River Nuranang originates from the northern slope of Sela pass and form Nuranag waterfalls before it meets River Tawang. While on your way to Tawang, do halt at these waterfalls to have a good time with your loved ones. Stop here on your way to Tawang.

### Pankang Teng Tso Lake

Blessed with serene surroundings and wonderful scenery, Pankang Teng Tso Lake is one of the most popular lakes in Tawang, Arunachal Pradesh. Located around 17 km away from the main town in an open valley, the lake is surrounded by blue lapis flowers in summers, and a blanket of snow in the winters. This lake was formed during an earth quake and lies in pine forest. Trunks of dead trees can be seen emerging from the blue waters of the lake. The lake remains frozen during the winter months and thus summers is the best time to visit it.



### How to reach : By air

Nearest airport from Tawang is located in Tezpur (Salonibari Airport) at a distance of 387 km. The airport is directly connected to Kolkata and Guwahati through Air India flights. In October 2014, Government of Arunachal Pradesh Government started helicopter facility to connect



Tawang and Guwahati. The service is available twice a week.

Nearest international airport from Tawang is located in Guwahati (Lokpriya Gopinath Bordoloi International Airport), at a distance of 480 km. This airport is connected to major Indian cities like Delhi, Mumbai, Kolkata and International cities like Bangkok and Paro.

### By road

Best way to reach Tawang through road is via cab or bus services. Arunachal Pradesh State Road Transport Corporation (APSRTC) and other private agencies have introduced regular bus services, most of which connect Tawang to Tezpur (319 km), Bhalukpong (262 km), Nagaon (383 km), Missamari (320 km), East Kameng (381 km), Dhula (420 km), Itanagar (440 km), Sagali (502 km), Udalguri (390 km) and other towns and cities.

### By train

Nearest railway station from Tawang is Rangapara Railway Station, at a distance of 383 km. It is well connected to major cities and towns of North-east India. About 88 stations are directly connected to Rangapara Railway Station.



## The Not So "AAM" Mango

Summers are the bearer of the sweet aroma of memories of vacations, lazy afternoons and mangoes. Indisputably, the mango is known as "The king of the fruits" due to its exoticness, uniqueness of flavour, fragrance and taste, it is the most popular fruit in India and abroad.

### DID YOU KNOW??????

The mango tree is believed to be originating in the sub-Himalayan plains of the Indian subcontinent. Botanically, this exotic fruit belongs to the family of Anacardiaceae, a family that also includes numerous species of tropical fruiting trees in the flowering plants like cashew and pistachio.

Mango fruit is a nutritionally rich fruit with the unique quality of being a functional food, hence often labeled as a "super fruit."

Its scientific name is *Mangifera Indica*.

### BUST THESE MYTHS:

#### DOES MANGO MAKE YOU GAIN WEIGHT?

Summer is here and what excites all of us about this sweltering season is the arrival of the Mango. This fruit is loved by all young or old but lately it has been infamous for its sugar content and is considered as a cause of weight gain so can mangoes really make us fat?

#### THE ANSWER IS NO IF YOU EAT SMART.

A medium sized mango contains 150 calories. Further, eating mangoes at a correct time of the day will never make you gain weight. It is preferable to eat mangoes during the first half of the day. Do away with eating a mango with or after meals. Instead eat mangoes as a substitute to breakfast, evening snacks or your mid-morning meal.

#### IS MANGO SAFE FOR DIABETICS?

Mangoes are not just safe for diabetics, but it is recommended that diabetics eat one mango a day. Mangoes are low on Glycemic Index and high in other nutrients which helps regulate blood sugar.

#### DOES MANGO RAISE BODY TEMPERATURE?

Soaking mango in water at least half an hour before you eat will not raise your body temperature. In fact, it will leach out all the Phytic acids that warm your body.

#### DOES MANGO GIVE ACNE AND BOILS?

Mangoes do not contribute to acne or boils too. In fact, they are rich in carotene responsible for flawless skin. They also have collagen which is a catalyst in smoothening out wrinkles. The vitamin E in it also nourishes the scalp and hair

### KNOW WHATS IN THE MANGO YOU EAT!!!! WHY IS MANGO A SUPER FOOD???

- Mango fruit is rich in pre-biotic dietary fiber, vitamins, minerals, and polyphenolic flavonoid antioxidant compounds.
- According to new research study, mango fruit has been found to protect us from colon, breast, leukemia and prostate cancers. Several trial studies suggest that polyphenolic antioxidant compounds in mango are known to offer protection against breast and colon cancers.
- Mango fruit is an excellent source of Vitamin-A and flavonoids like  $\beta$ -carotene,  $\alpha$ -carotene, and  $\beta$ -cryptoxanthin. 100 g of fresh fruit provides

### THREE SPLENDID MANGO RECIPES YOU MUST TRY THIS SUMMER MANGO VEGGIE NUTTY SALAD

Prep Time- 10 mins

Cook Time- 10 mins



Six ingredients and a simple dressing create a unique salad. Perfect for the holidays or for the times you want something extra delicious with your dinner.

Cuisine: Mediterranean

Servings: 6-8

#### Ingredients

- 1 mango, in cubes or sticks
- 2 oranges, peeled and each piece cut in half
- 1 lettuce, chopped
- 1 Avocado pitted and sliced
- 5-6 Walnuts
- 1 small bunch basil, chopped

#### For the dressing:

- 3 tablespoons honey
- 3 tablespoons balsamic vinegar
- 5 tablespoons olive oil
- Pinch of salt and pepper

#### Instructions

1. In a shaker or in jar with a lid, shake well the ingredients for the dressing until a mixture is achieved.
2. In large bowl, mix the ingredients for the salad and drizzle with the dressing.
3. Serve immediately.
4. Eat with a meal or a cold soup.



### EXOTIC MANGO SALSA

Prep Time: 10 minutes Cook time: 4 minutes



A few ingredients and spices create a glorious salsa to be served with any chips of your choice. This is surely a hit with the kids.

Cuisine: Mexican

Servings: 2

#### Ingredients:

- 1 mango, pitted and diced
- ½ mango mashed and pulped
- ½ cup cucumber, diced
- ½ cup tomato, diced
- ¼ cup red onion, diced
- 1 tablespoon coriander chopped
- juice from ½ a lime
- ½ teaspoon cumin powder
- ¼ teaspoon paprika or red chilli powder
- ¼ teaspoon Oregano or mixed herbs
- ½ teaspoon salt

#### Instructions:

1. Mix mango, mango pulp, cucumber, tomato, red onion, coriander, lime juice, and salt in a small mixing bowl
2. Mix in the other spices and herbs and put in the refrigerator to chill
3. Serve with taco chips, potato chips or any other crisps of your choice

765 IU or 25% of recommended daily levels of vitamin-A. Together, these compounds have been known to have antioxidant properties and are essential for vision. Vitamin-A also required for maintaining healthy skin. Consumption of natural fruits rich in carotenes is known to protect from lung and oral cavity cancers.

Fresh mango is a good source of potassium. 100 g fruit provides 156 mg of potassium while just 2 mg of sodium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.

It is also an excellent source of vitamin-B6 (pyridoxine), vitamin-C and vitamin-E. Consumption of foods rich in vitamin-C helps the body develop resistance against infectious agents as well as scavenge harmful oxygen-free radicals. Vitamin B-6 or pyridoxine required for GABA hormone production within the brain. It also controls homocysteine levels within the blood, which may otherwise be harmful to blood vessels resulting in coronary artery disease (CAD), and stroke.

Further, it composes moderate amounts of copper. Copper is a co-factor for many vital enzymes and is also required for the production of red blood cells.

Additionally, mango peel is also rich in phytonutrients, such as the pigment antioxidants like carotenoids and polyphenols

### MAGNIFICENT MANGO FALOODA

Prep and cook time: 20 mins

A mangotastic version of the royal Indian dessert- falooda. The richness of mango brings an exotic twist to this falooda.

Cuisine: Indian

Servings: 5 Glasses

#### Ingredients

2 cups roughly chopped mangoes

#### Instructions:

1. Combine the roughly chopped mangoes and sugar in a mixer and blend till smooth.
  2. Just before serving, put ¼ cup of the prepared mango pulp in a tall glass, add 2 tbsp of soaked falooda sev.
  3. Add 2 tbsp soaked falooda seeds and 1 tbsp of chopped mangoes.
  4. Pour ¼ cup of the milk, 1 scoop of mango ice-cream and again 1 tbsp of chopped mangoes over it.
  5. Repeat steps 2 to 4 to make 4 more glasses.
  6. Serve immediately.
- Enjoy a mangoeyyyyy summer!!!!!!



- 10 tablespoons chopped mangoes
- 5 scoops mango ice cream
- 2 tablespoons sugar
- 10 tablespoons soaked falooda/ chia/ sabza seeds
- 10 tablespoons soaked falooda sev
- 1 1/4 cups chilled milk



# LIST OF RECIPROCAL CLUB

<b>1. UMED CLUB.</b>	Old Public Park, Gaushala Grounds, Jodhpur-342006 (Rajasthan), India.	0291-2511010 / 2619999 / 2629999 Fax No. 0291-2512024.	info@umedclub.com umedclub@sify.com & secretary@umedclub.com Website: www.umedclub.com mail@presidency.com
<b>2. PRESIDENCY CLUB</b>	Ootacamund, Adj. to Brecks Stadium, Next to Botanical Garden, Ottley Road, Ooty – 643 001, India.	(0423) – 2452310 / 452315 / 452320 Fax No: (0423) - 2452325.	
<b>3. JAISAL CLUB</b>	Jethwal Road, Jaisalmer – 345001 Rajasthan, India.	(02992) – 255555 / 254999 Fax No.: (02991) – 2435349	blackstore@mailinfinity.com Website:-www.jaisalclub.com
<b>4. NEW FRIENDS CLUB</b>	New Friends Colony, Mathura Road, New Delhi: - 110065, India.	26328235 (91-011) 26326656 (91-011) 26916725 (91-011) Fax No. (91-011) 26917890	nfclub94@yahoo.co.in
<b>5. THE SPORTS CLUB OF GUJARAT LTD.</b>	Sardar Patel Stadium, Navrangpura, Ahmadabad – 380 014.	(079) 26440371/73 26560597 Fax No.(079) 26440514	mailbox@sportsclub-gujarat.com Website:www.sportsclub-gujarat.com
<b>6. RAJPATH CLUB LIMITED</b>	S.G. Road, Ahmadabad – 380509 Gujarat, India.	079 – 26861432-33-36-38 and 29705181-84, Mobile No:9327919757	rajpath@rajpathclub.com roombooking@rajpathclub.com Website: www.rajpathclub.com
<b>7. THE DARJEELING CLUB LTD.</b>	7, Nehru Road, Darjeeling.	91-354-2254348 / 2254349 Telefax:- 91-354-2254348	darjclub@gmail.com Website: www.darjeeling club.com
<b>8. THE REGENCY CLUB</b>	Kuttanellur, Thrissur, Kerala – 680 014.	0487-2353101 / 2350872/73 Fax:-2355651	mail@regencyclubthrissur.com Website: www.regencyclubthrissur.com
<b>9. JAIN FARMS PVT. LTD.</b>	A) Bangalore:- Bagalur - Malur Road Project, Belathur Post, Hosur Tq, Bagalur – 635124.  B) Jaipur:- No. 109, 1st Flr, Geethanjali Tower, Opp ESI Dispensary, Ajmer Road, Jaipur – 302001.  C) Kodaikanal:- Valakattu Vodai, Villapati, Pallangi Road, Kodaikanal – 624101.	Mr. Ramesh / Mr. Satish – 09865224249 / 09942389933  Mr. Neeraj – 09314640689 / 09828089451  Mr. Satheesh – 08883386119	jainfarmsblr@yahoo.com Website: www.jainfarms.com
<b>10. GULMOHAR GREENS - GOLF &amp; COUNTRY CLUB PVT. LTD</b>	Next to "Gokul-Vrindavan", Opp. Country Club, (Goyal Water Park), Village-Kalot, Ahmedad – 382 110.	079-30613100 / 30613101 / 30002549 9687628050/51/52/53 Fax:-079-30613181	info@gulmohargreens.com Website: gulmohargreens.com
<b>11. JIWAJI CLUB</b>	Shrimant Madhav Rao Scindia Marg, Gwalior – 474 009. (M.P.)	2324110 / 2636212	jiwajclub1@yahoo.co.in Website:- www.jiwajclub.com
<b>12. EMERALD GARDEN CLUB LTD.</b>	712/1, Rampura Road, Jaisingpura (Bhakrota), Off. Ajmer Road, Jaipur – 302 026, Rajasthan,	0141 2944340 / 41 / 42 Fax:+91141-2974344	Email: Info@Emeraldgardenclub.Com Website: www.Emeraldgardenclub.Com
<b>13. DECCAN GYMKHANA</b>	Talim Pavilion, 759/2 Pune : 411004	020 - 2567 5994 / 25663970	Email: deccangymkhana@gmail.com Website: http://deccangymkhana.co.in
<b>14. INDORE TENNIS CLUB</b>	7, Race Course Rd, Old Palasia, Indore, Madhya Pradesh 452003	0731- 4066055	Email:itc_indore@rediffmail.com Website: www.indoretennisclub.com
<b>15. BIKANER HERITAGE CLUB</b>	Lal Garh Complex, Near Hotal Sagar, Bikaner, Rajasthan.	9983337397 / 9828384183	Email : info@bikanerheritageclub.com Website:- www.bikanerheritageclub.com
<b>16. I.B.P. CENTURY CLUB</b>	D.No. 15-3-15, Maharanipecta, Visakhapatnam – 530 002.	0891-2562573 – 2567471 – 2714274 Fax:- 0891-2714102	Email: secretary@ibpcenturyclub.in Website: ibpcenturyclub.in
<b>17. FIELD CLUB</b>	Fatehpura, Udaipur (Rajasthan)	0294-2416199 – 2560105 Fax:- 0294-2421312	Email: fieldclubindia@fieldclubindia.com Website:- www.fieldclubindia.com
<b>18. THE BENARES CLUB LIMITED</b>	S-2/650, Club Road, Varanasi.	0542-2500508 / 2500351	Email: benaresclub@hotmail.com Website:- www.benaresclub.com
<b>19. THE MAHARAJA PRATAPSIKH CORONATION GYMKHANA</b>	Behind Jilla Panchayat Bahvan, Jawaharlal Nehru Marg, Shiyabaug, Kevdabaug, Vadodara, Gujarat 390 001.	0265-2433536 / 0265-24339890265.243.39890265. 243.3989 0265.243.3989	Email: info@poloclubofbaroda.org Website: www.poloclubofbaroda.org email us: info@poloclubofbaroda.org
<b>20. THE PRESIDENCY CLUB</b>	Fairlawns, 51, Ethiraj Salai, Chennai – 600 008.	044-2822 6881 / 7, 044-4214 6805	Email: admn@thepresidencyclub.com Room Reservation:- Website: www.thepresidencyclub.co\
<b>21. THE NIZAM CLUB</b>	The Nizam Club Saifabad,Hyderabad – 500 004.	040-23237097	Email: thenizamclub@gmail.com Website: nizamclubindia.com
<b>22. PIYUSH PALACE CLUB</b>	Village Goblej, Bareja-Kheda Highway NH No. 8, Goblej, Kheda, Ahmedabad, Gujarat – 387 540.	9974028864	Email: Secretary@Piyushpalace.com Website: www.Piyushpalace.com
<b>INTERNATIONAL AFFILIATED CLUB:-</b>			
<b>1. AMBASSY CLUB</b>	502 Huaihai Middle Road, Xuhui, Shanghai, China, 200031	+86 21 6437 9800 / 021-52062586	Email : zhujialei2002@hotmail.com Website:- www.ambassyclub.com



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