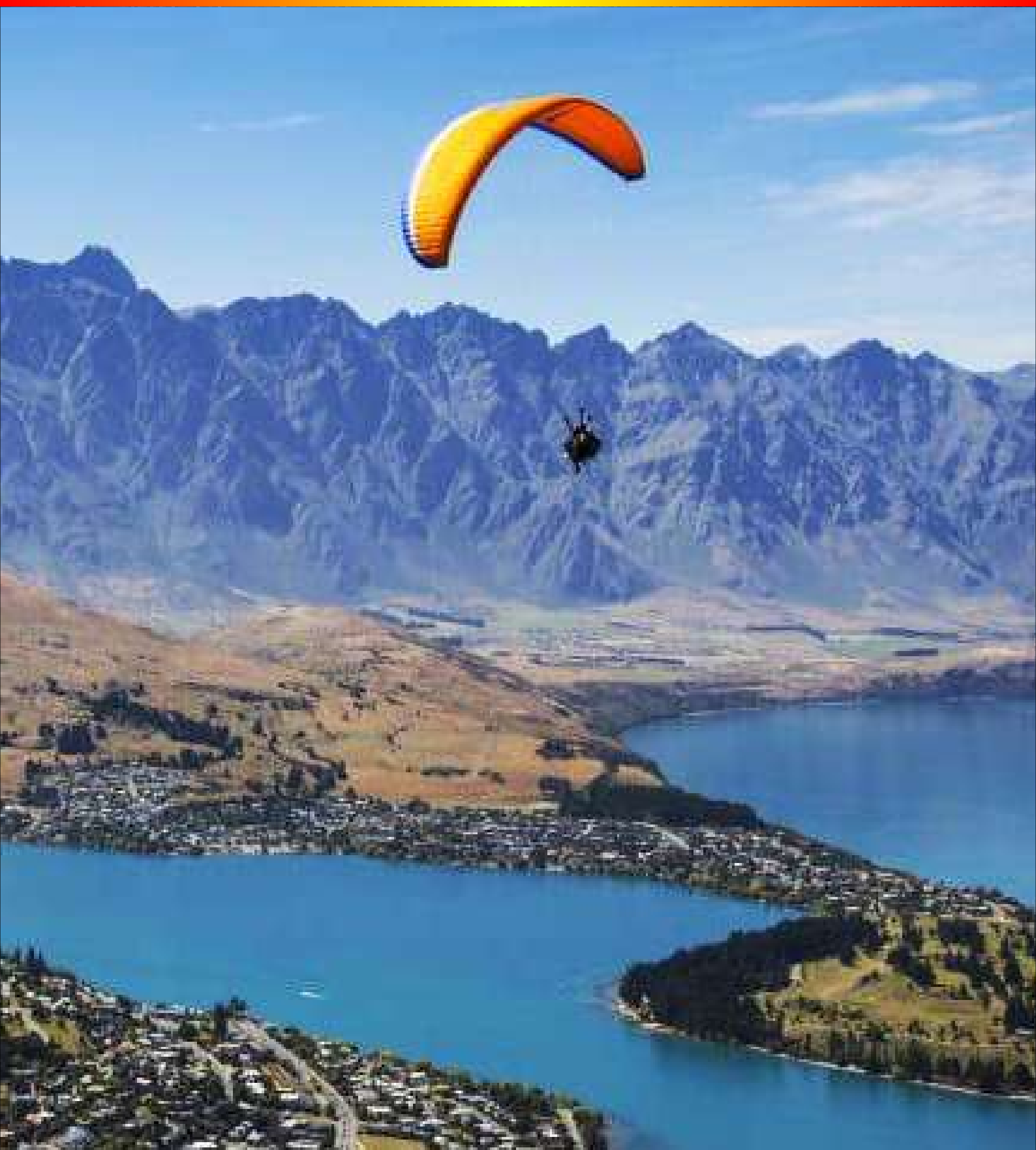


Issue-XXX • July, 2019
(April - June 2019)



JOLLY N-JOY

IN HOUSE BULLETIN





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CA Rajnikant Shah

Managing Trustee

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Prashant Karia

Sanjay Rupani

Vishnukumar Talesara

Message from Chairman and Managing Trustee



CA Rajnikant Shah
Chairman

Dear Members,

“Every Day is another chance to get stronger,
to eat better, to live healthier
and to be the best version of you.”



Manoj Ajmera
Managing Trustee

We, at Jolly, truly believe that fitness helps us think better, feel better, and move better. Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.

We began the last quarter with our JPL – Jolly Premier League 2019 which enthralled one and all who participated. We had the Jolly Summer bonanza which multiple themes of Casino Night, Sab Khelo Sab Jeeto, The Big Boss House, The Big Bollyquiz Show, Musical Tambola and Game Show followed with the famous Traditional Housie every Sunday throughout summer which showed solid participation of members.

Pujya Saint Gyanvatsalji visited Ghatkopar Jolly Gymkhana and gave a spellbinding speech on “Living in the Present” enriching us with his words of wisdom. April and May also saw several Summer Coaching Camp and Workshops on Aqua Zumba, Preksha Dhyana, Speech and Drama, Crush Fitness, Rubik Cube Learning, Enjoy a Ball Summer Camp apart from our normal traditional sports being conducted at the Gymkhana. We also organized a seminar on “Amnesty Scheme under VAT 2019” for the benefit of all members.

We saw members participating enthusiastically in our Annual Sports Tournament 2019 in the month of June. The World Cup match between India and Pakistan was telecasted live on big screen for members. International Yoga Day was celebrated with great fanfare which saw performances for several members and was loved by one and all. There was an informative Seminar “Talk on Ayurveda” by Dr. Bina Swamy. We also had the highly entertaining -- Laxmikant Pyarelal Night swooning the members with golden melodies.

Assuring you of the best as always,

Chairman and Managing Trustee.



Editorial

Dear Jollyites,

We welcome you with yet another intriguing issue of our bulletin this quarter. Monsoon has begun with a bang and the lovely showers are a great relief to all of us from the sweltering heat. Like the monsoon, this issue promises to charge you up wholly.

We bring forth to you the picture highlights of some awesome events that took place in the last quarter. The pictorial presentation showcases the diversity and substance of our events, each different from the other; yet invigorating our minds and bodies. The sporting tournaments, entertainment activities, seminars and talks on various themes have been presented in the pictures. Further, this issue of the bulletin covers the highpoints of billiards, cricket, table tennis and volley ball in our club.

Jolly Gymkhana has been a front runner in cricket always. This is evident in the number of tournaments held by the club. The annual inter school and inter club tournaments have been well received by the participants this year too. Special mention goes to the Ladies cricket tournament organized by our club in collaboration with Mid Day, where our team was the runner up. Jolly Premiere League, being the flagship cricket event of our club was held with a lot of fanfare and enthusiasm. Our club has ensured consistent exposure of the members to the game of table tennis. They have not only organized regular inter club tournaments but also have hosted the Maharashtra State Veteran ranking tournament in our premises with over 270 participants. The club has not been far behind in Volleyball with its annual tournament. Billiards has steadily become popular with our club members. The annual billiards tournament witnessed participation from 55 members and was a huge success.

In this issue, we also have some stimulating reads. The article on adventure sports is definitely exciting. The write up on Queenstown will motivate you to make some travel goals for your next trip. Last but not the least, we have listed down some tips and precautions to guard yourself from the heavy Mumbai showers. Till then.... enjoy the rains....and stay safe!!!!

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



“Jolly Premier League T-10” Cricket Tournament 2019, was held on 6th, 7th, 13th & 14th April, 2019 (Organised by Cricket Sub-Committee)

Jolly Summer Bonanza held as follows

Day & Date	Programme	Participants
Sunday, 21st April 2019	Musical House followed by Traditional House	300
Sunday, 28th April 2019	Casino Night followed by Traditional House	375-400
Sunday, 05th May 2019	Sab Khelo Sab Jeeto followed by Traditional House	350-375
Sunday, 12th May 2019	The Big Boss House followed by Traditional House	250 plus
Sunday, 19th May 2019	The Big Bollyquiz Show followed by Traditional House	400 plus
Sunday, 26th May 2019	Musical Tambola followed by Traditional House	475 plus
Sunday, 02nd June 2019	Game Show followed by Traditional House	475 plus





Jolly Summer Bonanza



“Living in the present” Speech by Pujya Saint Gyanvatsaldasji held on Sunday, 05th May 2019 at Jasmine Hall, 9.30 a.m. 500 members attended.



Seminar on “Amnesty Scheme under VAT 2019” by Income Tax Department held on Friday, 17th May 2019 at Lilac Hall, 5.00 p.m. 65 persons attended (Organised by Seminar & Workshops Sub-Committee).

Summer Coaching Camp and Workshops 2019

ACTIVITY	CAMP I	CAMP II	ACTIVITY	CAMP I	CAMP II
Cricket	15th April to 31st May 2019		Table Tennis	10th April to 6th May 2019	15th May to 10th June 2019
Badminton	15th April to 13th June 2019	15th May to 14th June 2019	Preksha Dhyan	13th April to June 19	
Billiards	15th April to 10th May 2019	13th May to 7th June 2019	Workshop on Speech and Drama by Helen O'Grady International...	15th to 20th April 2019	13th to 18th May 2019
Chess	-	14th May to 8th June 2019	The Education Academy		
Lawn Tennis	8th April to 4th May 2019	06th to 31st May 2019	Crush Fitness	17th April to 10th May 2019	
Skating	15th April to 9th May 2019	13th May to 6th June 2019	Rubik Cube Learning	15th to 24th April 2019	
Squash	15th April to 10th May 2019	13th May to 7th June 2019	Enjoy a Ball Summer Camp	22nd to 27th April 2019	20th to 25th May 2019
Swimming Pool	9th April to 4th May 2019	7th May to 8th June 2019			
Aqua Zumba	9th April to 4th May 2019	7th May to 8th June 2019			

ANNUAL SPORTS TOURNAMENT 2019

Volley Ball	Saturday, 20th and Sunday, 21st April 2019
Lawn Tennis / Skating	Sat, 1st June /
/ Snooker	Sun, 2nd June 2019
Badminton / Squash	Sat, 8th June 2019
/ Snooker	
Badminton / Carrom / Chess	Sun, 9th June 2019
/ Snooker / Squash / T.T.	
Badminton / Yoga	Sat, 15th June 2019
Badminton / Carrom /	Sun, 16th June 2019
Gymnasium / Swimming / T.T.	
Card Room	Sun, 30th June 2019







“International Yoga Day” held on Friday, 21st June 2019 at Jasmine Hall, 6.45 a.m. 100 members participated. (Organised by Yoga Sub-Committee).



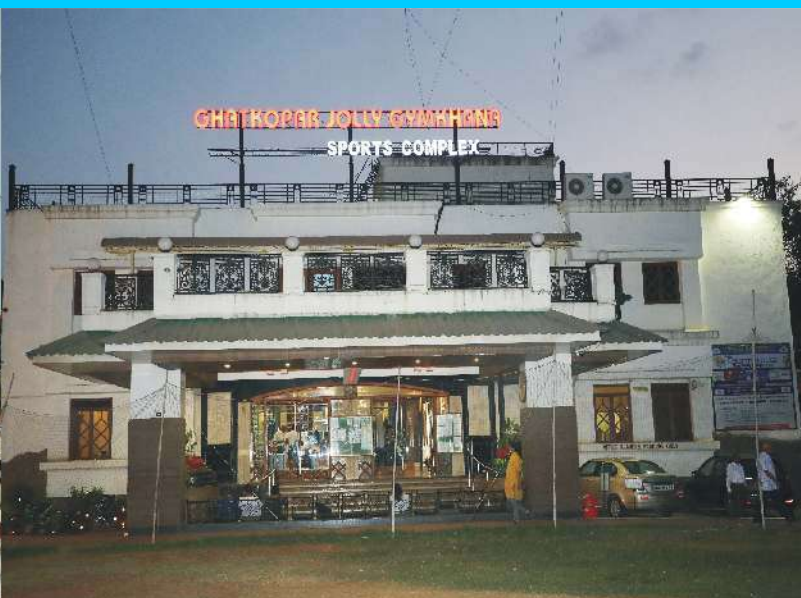
“Talk on Ayurveda” by Dr. Bina Swamy held on Sunday, 23rd June 2019 at Olive Hall, 10.00 a.m. 97 members attended. (Organised by Seminar & Workshop Sub-Committee).



“Laxmikant Pyarelal Night” held on Saturday, 29th June 2019 at Jasmine Hall, 9.00 p.m. 500 members enjoyed the function (Organised by Events & Entertainment Sub-Committee).



World Cup India V/s. Pakistan Live telecast shown on Big screen held on Sunday, 16th June 2019 at Olive Hall, 3.00 p.m. (Organised by Cricket Sub-Committee)



“Ghatkopar Jolly Gymkhana” “Sign Board” installed.



Cricket

Cricket Season for 2018-19 opened with its usual fanfare on the auspicious occasion of "Dussehra" i.e. Friday, 19th October 2018 and to mark the occasion an Internal Tennis ball Tournament was organised for the members as part of the inaugural celebration and 12 teams consisting of 144 members participated in same.

The Summer Coaching Camp 2019 was conducted for 1½ months wherein 8 nets in morning and 7 nets in evening are conducted under the guidance of expert coaches. 305 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-19 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.
2. Inter School Cricket Tournament – 2018 held from 1th to 8th December, 2018 at Open Ground, 10.00 a.m. 8 Schools participated. Fatima High School won the Match and O.L.P.S. High School was Runner up.
3. 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 from Mumbai participated. Final Match won by Bombay Rockers Team. Our Ladies Cricket team was Runner up.
4. Inter Dept. Tennis Cricket Tournament – 2019 held on Saturday, 26th and Sunday, 27th January, 2019 at Open Ground, 9.00 a.m. 9 teams consisting of 117 members participated.





5. Jolly cricket team played Cosmopolitan tournament in the month of February 2019 and reached quarter final.
6. 9th Inter Club/Gymkhana T-20 Cricket Tournament – 2019 was held on 2nd & 3rd and 9th & 10th March 2019. 8 teams participated in the said tournament. The final match of Inter Club / Gymkhana Cricket tournament was played between Chembur Gymkhana V/s. Pravin Tambe Cricket Academy. Match won by Chembur Gymkhana.
7. JPL players auction held on 9th March 2019 in the presence of team sponsorer at Lilac Banquet Hall, 7.30 p.m. The auction was held as per IPL procedure.
8. Jolly Premier League T-10 Cricket Tournament 2019, was held on 6th, 7th, 13th & 14th April, 2019 at Open Ground for Jolly Members. 12 teams consisting of 184 members participated. Final match was won by Rajesh Royals Team sponsorer by Mr. Paresh Thakkar. Live telecast was broadcasted on you-tube. 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, 14th April, 2019 at Jolly Gymkhana Ground.
9. Ghatkopar Jolly Gymkhana also gives Nets to MCA organized summer selection camps. Nets were given for under 16 and under 19 boys in morning and in afternoon under 21. We are organizing nets for Ladies members also.

CRICKET SUB-COMMITTEE

Incharge



Nishit Golwala

Convenor



Mathuradas Bhanushali

Convenor



Buntly Doshi

Jt. Convenor



Jitendra Thakkar

MEMBERS



Hemant Gandhi



Ratan Karkera



Deepak Desai



Nemish Shah



Dr. Tapan Shah



Devang Gosali



Ramesh Nanda



Anand Thakkar



Nilesh Sarvaiya



Ashish Shah



Brijesh Nagda



Parag Babariya



Manali Rawal



Kalpana Varia



Jagruti Aurangabadwala



Toral Doshi



TABLE TENNIS

The Sub-Committee has conducted the following tournaments and coaching during the year.

1. We held Maharashtra State Veteran ranking Table Tennis Tournament along with MSTTA at our gymkhana. The number of participants across the state of Maharashtra were more than 270 during the tournaments. The tournament was conducted in our badminton court 21 members from our Gymkhana participated in the tournament. Our members are participating in Inter Club Tournament at Mumbai District level regularly.
2. Annual Table Tennis tournament held on 9th and 16th June 2019 at Table Tennis Room. 130 members participated.
3. We have started advance coaching from Guru Prasad Parte Academy a professional firm conducting TT coaching for table tennis 3 days in week and about 35 players are taking regular coaching. We give special privilege & attention to students below the age of 21 years.
4. The Summer Vacation Coaching Camps was successfully organised in the month of April & May with response from school kids.

We regularly keep inter club matches for the competition temperament & exposure to our members.



TABLE TENNIS SUB-COMMITTEE

Incharge



CA Dharmesh Mehta

Convenor



Nitin Thakkar

Jt. Convenor



Pradeep Shah

Jt. Convenor



Jitendra Shah

Members



Dr. Ashesh Gala

Members



Jatin Mehta

Members



Dr. Kalpesh Shah

Members



Sandeep Panchamia

Members



Bhavesh Shah



VOLLEY BALL



With great support and enthusiasm of members and fellow players, The Annual tournament was held on 20th and 21st April 2019.

The tournament was a complete success with full of competitiveness and true sportsmanship among players and their respective teams. This whole event would not have been successful without the great support of Managing Committee and respective sports in-charges.

Now apart from gymkhana activities lets us know some facts about volleyball,

- (i) The game of volleyball was invented in 1895 by William G. Morgan.
- (ii) The first World Championships were held in 1949 for men and 1952 for women.
- (iii) Volleyball were first introduced as Olympic sports in 1964.
- (iv) Most volleyball players jump about 300 times a match.
- (v) Volleyball took some of its characteristics from tennis and handball.
- (vi) The first two-man beach game was played in 1930.
- (vii) Volleyball was called mintonette at first but it was later changed to volleyball.
- (viii) The first special designed ball for the sport was created in 1900.
- (ix) Volleyball is the second most popular sport in the world today, exceeded only by soccer.
- (x) The longest recorded volleyball game was in Kingston, North Carolina. It took 75 hours and 30 minutes.

We together as members of Jolly Gymkhana as well as sub-committee members of Volley Ball along with support of managing team we look forward to make the sport even better day by day.

VOLLEY BALL SUB-COMMITTEE

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



BILLIARDS

The game of billiards and snooker continues to gain popularity as more and more members continues taking active interest. Our members have started representing gymkhana in two major events organised by billiards and snooker Association Of Maharashtra (BSAM) in year 2018. Annual sports Tournament 2019 was held for juniors and seniors on 1st 2nd 8th 9th June 2019 with total participation from over 55 players. Billiard table's cloth change and other minor maintenance was done in May 2019.

Some of the major benefits of Snooker are:

- **Helps build focus** – Playing snooker requires a great amount of focus and concentration. Your ability to focus on a given objective is essential in achieving happiness and attaining goals. In snooker, players must focus on their targets (the cue ball and the target ball), the angle of their own cue, the angle the cue ball will move in once it is hit and if the cue ball will strike the target ball.
- **Enables stretching and balance** – Playing requires a lot more stretching than a person would not normally do. Having to bend across the table top to reach the cue ball at a desired angle requires a player to be moderately flexible, especially with complex shots. snooker also enhances balance as the game requires you to stand on one foot at certain time, promoting stability.
- **Helps build control** – Studies have shown that individuals who play cue sports like snooker, billiards and pool are less likely to panic amid crisis. The levelheadedness of those who play concentration games are able to think clearly and logically, enabling them examine the most pertinent facts and details and encourage them to go into action without becoming hysterical.
- **Sharpens the mind** – Those who frequently play snooker, billiards and pool often have sharper minds. Pool requires performing mental mathematical estimates and calculations, such as basic geometry and physics. These skills are necessary to calculate precise angles and trajectories and to determine how much force to apply during a strike so as not to under or overshoot a target. Having a sharp mind enables one to think on their feet faster and pick up on little details.
- **Hones good hand-eye coordination** – Playing snooker can also increase your eye-and-hand coordination. In the above bullet regarding how snooker can sharpen the mind, all that is for nothing if the player cannot apply those calculations to the table. The hand-eye coordination involved is a crucial factor in winning a game of pool. Your hands become swift and agile and can perform minute, finite tasks.
- **Tones muscles** – The physical benefits of playing pool include low-impact toning of the back, hip and leg muscles pertaining to continuous bending and reaching to facilitate arm/hand setups and the exercises found in cue-stroking movements.
- **Improves cognitive skills** – The mental stimulation of pool is rich and variable, owing to the virtually infinite table layouts that each broken rack presents. These layouts challenge the player's imagination, visualization and creative problem-solving skills and requires constant improvisation in order to pocket balls and achieve good position on further shots as skills increase.



BILLIARDS SUB-COMMITTEE

Incharge



Jayprakash Daftary

Members



Ankit Khokhani



Vishal Desai



Parth Chhadva



Rohan Shah



Poojan Patel



One stop shop for all your adventure needs – Welcome to Queens town

The resort town of Queenstown, situated in the South Island of New Zealand, has been named the Adventure Capital of the World. Its astonishing scenery, plethora of outdoor activities and vibrant atmosphere reinforces Queenstown as favorite visitor destination all year round.



Surrounded by majestic mountains and nestled on the shore of clear Lake Wakatipu, Queenstown is filled with adrenaline inducing thrills that will make your stay truly memorable. There is something for everyone and every skill level!

Winter sport enthusiasts head to Queenstown to hit the slopes of the four international ski areas. Amongst them you can find the Remarkables, renowned for its black slopes reserved for outstanding skiers along with Coronet Peak that remains open in summer and offers exceptional mountain bike adventures. You are guaranteed a huge amount of fun! Besides the finest skiing and snowboarding, New Zealand's premier snow sports destination offers snow-shoeing, ice-climbing, mountaineering and more!

Get your heart pumping and tick off some of your bucket list activities with bungee jumping, skydiving, paragliding, ziplining, jet boating and river rafting activities available in the region.

Queenstown is also world renowned for its mountain bike trails, from easy scenic tracks to country lanes and farmland trails. For the most adventurous, venture in heli-bike rides and in the Southern Hemisphere's only gondola accessed downhill mountain biking.



POPULAR THINGS TO DO FOR ULTIMATE THRILL

Here are some of the best Queenstown activities that await you and will excite the thrill-seeker in you. And also offer you on an altogether different level of adventure. Have a look!

SKYDIVING

It takes courage to step out of perfectly good aeroplane in mid flight; but if you are going to jump you might as well do it. New Zealand's first Skydive operation has world leading skydive facilities, including the largest

plane capacity in New Zealand. Jump from 9,000, 12,000 or 15,000 feet above Queenstown and feel the exhilarating thrill of freefalling, followed by blissfully parachuting back down to earth.



BUNGY JUMPING WITH AJ HACKETT BUNGY

Not only is Queenstown the adventure capital of the world, but it is also the location of the 'World Home of Bungee Jumping' The Kawarau Bridge Bungy!

In November 1988, Bungy pioneers AJ Hackett and Henry van Asch jumped into the World spotlight by launching the world's first commercially operated bungee jumping site, off the historic Kawarau Bridge. With over 26 years of operating experience they have become

renowned as one of the most exhilarating things to do in Queenstown.

If you want to be tied up and thrown off with a friend, then this is the Bungy Site for you, as it offers Queenstown's only Tandem Bungy Jump. Just remember that sharing the thrill doesn't mean halving the fear!

PARAGLIDING

Launching from the top of the Skyline Gondola Paragliding will have you sailing high over Queenstown and Lake Wakatipu in a tandem flight experience that's hard to beat. Flights can be tailored to suit your requirements, offering thrill seekers the opportunity to amp up the ride. Optional video and photos of your experience are also available on request. The



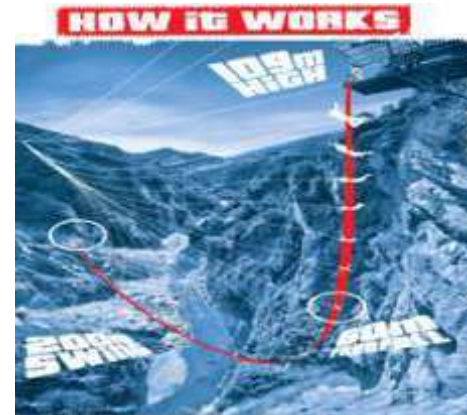


entire experience takes approximately an hour, with actual flight time ranging from 8 – 12 minutes. A short walk up to the launch site is required along with a reasonable standard of fitness.

SHOTOVER CANYON SWING

The Shotover Canyon Swing is the world’s highest cliff jump. Located in the heart of the adventure capital of the world, Canyon Swing is the most adventurous thing you’ll do in this adrenaline-filled place.

First, you jump off a cliff 109m high (the length of nearly 2.5 commercial aero planes!), experience a 60m free fall, and then swing over 200 meters out into the stunning Shotover Canyon. The adrenaline rush is unlike any other. Gravity is a toy - play with it



HELI SKIING WITH SOUTHERN LAKES HELISKI

The ski season in Queenstown is internationally renowned and sees people from all around the world trying out the numerous ski fields all while enjoying the breathtaking scenery. Heliskiing is the ultimate form of skiing adventure. Southern Lakes Heliski offers access to a wide range of terrain around Queenstown and Wanaka, ranging from beginner to advanced

ZIPLINING

Ziptrek is a thrilling eco-adventure that combines adventure & exploration in a spectacular 1-3 hour Zipline journey through the forest canopy. Fasten your harness and feel the breeze on your skin as you whiz down thrilling ziplines that will have you zipping down the mountain from tree to tree. Guides will be on hand to help you launch from each tree deck and also receive you at the end of each line. All you have to do is concentrate on your own enjoyment. At each tree house suspended high above the ground, enjoy views of stunning Lake Wakatipu and the magnificent



Remarkables mountain range

RIVER SURFING

Surfing is for the ocean right? Well you are in for a surprise, River surfing have taken the popular ocean based sport and adapted it for Queenstown’s unique river based conditions. Surf standing river waves, ride whirl pools, and conquer the rapids of the Kawarau River.



JET BOAT

Considered the must-do New Zealand jet boating experience, the KJet fleet of jetboats skim along the crystal clear waters and offer 360 degree spins and high speed twists and turns across some of New Zealand’s most scenic waterways; Lake Wakatipu, the Kawarau River and the Shotover River.

WHITEWATER RAFTING

Queenstown operators operate a selection of thrilling whitewater rafting experiences on the Shotover and Kawarau Rivers in Queenstown. Tackle the impressive grade 4-5 rapids and journey through a 170 meter long Oxenbridge Tunnel in complete darkness all while enjoying the superb scenic river surroundings.

Don’t forget your swimming gear, snacks and a change of clothes, wetsuits are provided. Rafting is restricted to persons 13 years of age and over.

Are you Monsoon safe?



It's been a bit since the rains have hit Mumbai and the clouds have been generous so far. So did you soak yourself in the first showers of these monsoons?

Did you take a stroll down your lane and let the pleasant breeze hit your face? The sudden change in weather that this season brings is always welcome; specially post the scorching summer heat. But while the monsoon comes as an awaited season round the year, it is also a fertile one for most germs and diseases to spread. However, with a few precautions, you can enjoy a healthy monsoon.

KEEP AN EYE ON THE WATER:

Come rains and water borne diseases are always on a surge.

Boil or filter it, but ensure that you consume water that is absolutely clean. Prevent the purchase of water from outside, however, if it is essential pick up packaged drinking water only.

A heavy downpour leads to water that often remains stagnant and becomes a breeding ground for mosquitoes, resulting in malaria and dengue. Ensure to cover any water left open in your house and if you reside near a water body, make rampant use of mosquito nets and repellents.

While we love to get wet in the rains, walking bare feet in puddles or stagnant water is a bad idea. This water often collects sewage, filth, and other harmful substances and gets you in direct contact with germs that can cause fungal and bacterial infections.

Prevent stagnation of water near your house, fountains, potted plants, flower pots, coolers etc. All sources of water such as storage tanks should be covered and cleaned to avert breeding of mosquitoes.

Leptospirosis is a common disease in monsoons. So, if you have an open wound or bruised skin, avoid skin contact with monsoon water as it will attract germs



WASH/SANITIZE YOUR HANDS:



If you're a regular with public transport, you'd be collecting many more germs this season. Consuming food without getting rid of them will lead to several gastro intestinal diseases. Avoid eating without using a good cleanser for your hands. Preferably use a medically tested cleanser to wash away impurities and keep the infections at bay. While washing hands with warm water is the best precaution, always keep a sanitizer handy so that you can use it if a washroom isn't available.

EAT COOKED OR GRILLED FOOD:

There's obviously something about this weather that gets our taste buds tingling. A little shower and we all scream for vada pav and bhajiya. While completely ignoring these foods is becoming a little too harsh on yourself, it's just better to restrict your temptations. It is smart to eat only cooked or freshly prepared foods since this prevents the growth and accumulation of bacteria. Cooling or refrigerating of foods promotes the flourishing of bacteria. Ensuring washing your fruits and vegetables thoroughly with warm water before consumption is a safe option. You could also choose food that has been grilled or fried.

DON'T IGNORE SYMPTOMS:

While you can be slightly less worried during the other months, certain symptoms require special attention during this season. Any kind of moisture becomes a breeding ground for bacteria. A persistent fever must always be diagnosed. Also breathlessness, severe muscle ache, nausea, blood in stools, and jaundice signs like white or clayish stools and yellowing of skin must be diagnosed; which commonly occur during this season.

We may crib about messy roads and floods, but we can't deny the fact that we all love the season for the joy it brings — the beautiful breeze, the kids playing on the streets and people enjoying the showers. So instead of spending most of your monsoons recovering from ill health, taking these precautions will let you enjoy this season.



GHATKOPAR JOLLY GYMKHANA

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