

Issue-XXXI • October, 2019
(July - September 2019)

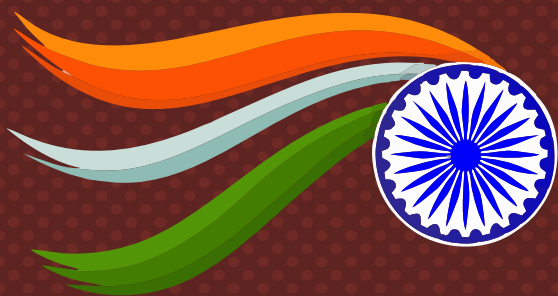


JOLLY N-JOY



IN HOUSE BULLETIN

A TRIBUTE TO INDIAN SPORTS WOMEN





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Message from Chairman and Managing Trustee



CA Rajnikant Shah
Chairman

Dear Members,
"A Journey of a Thousand Miles
begins with a single step."

- LAO TZU



Manoj Ajmera
Managing Trustee

We, at Jolly, strongly believe that the journey of a thousand miles begins with a single step. We don't have to be great to start but we surely have to start to be great. Great things are not done by impulse but by a series of small things brought together. We need to be content with small steps. That's all life is. Small steps that we take every day so that when we look back down the road it all adds up and we know we have covered a great distance. The secret of getting ahead is getting started and the secret of getting started is breaking your complex overwhelming tasks into small manageable tasks and then starting on the first one.

The last quarter was indeed a memorable one full of activities and action. A Self Defence Seminar was organized for members which helped them understand its importance and utility. Also a seminar on Equities and Economy - which was indeed very informative and apt by Speaker Vikram Kotak was organized jointly with Ghatkopar Investor Education and Welfare Association. Flag Hoisting ceremony was held at the Gymkhana to commemorate the independence of India. Under Arm Box Cricket Tournament was organized which saw good participation from members. Bhajan Sandhya program mesmerized all our members with its melodies. Ganesh Utsav festival was celebrated with equal fanfare by our members. Members always look forward to Dandiya Raas at Jolly and this year we even had a special Ras Garba Classes for our members. The Annual General Meeting took place in the month of September and was very smoothly conducted and well attended by members.

Assuring of the very best as always,
Chairman and Managing Trustee



Editorial

Dear Jollyites,

"Health is a state of body. Wellness is a state of being"

- J. Stanford

Jolly Gymkhana has successfully transcended the realms towards physical, mental and spiritual wellbeing of its members. Nevertheless, the club promises to reach pinnacles of wellbeing with every step. With this commitment, we welcome you with yet another issue of our bulletin this quarter. Monsoon showers in the last quarter have not dampened the spirits of our esteemed members and this issue showcases just that.

We bring forth to you the picture highlights of some energetic events that took place in the last quarter. The diversity, vibrancy and richness of our events have been portrayed in the picture highlights. Activities related to varied areas of the club comprising of sports, entertainment, seminars and talks on various themes have been presented in the pictures.

Amongst the numerous sports that the members can opt to play, swimming and squash are the most popular. The turnout at the health club has steadily increased over the years. This issue covers all the dynamic activities of these committees. The youth wing of the club has been the liveliest and this issue captures all their energy.

As always, this bulletin consists of intriguing and informative pieces on health and sports. In the recent times, India has seen the prowess and perseverance of women from diverse sectors of sports. We, at Jolly Gymkhana think it is time to celebrate these unsung heroes. In pursuit of this, we present a write up on successful Indian sportswomen of recent times. Health and sports are two different sides of the same coin. Hence, we also have an enlightening read on mental health. In keeping with our tradition of "Members First", we hope this bulletin invigorates and energises you.

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



Self Defence by Anjusha Chaughule held on Sunday, 7th July 2019 at Olive hall, 10.00 a.m. 100 Members attended. (Organised by Youth Wing Sub-Committee).



Bhajan Sandhya – Artist: Harish Gwala / Alpa Shah / Paresh Badani – Harisinh Solanki held on Saturday, 7th September 2019 at Jasmine hall, 9.00 p.m. 199 persons enjoyed the function. (Organised by Events & Entertainment Sub-Committee).



Flag Hoisting Ceremony – Independence Day held on Thursday, 15th August 2019 at Open Ground, 8.30 a.m.



Under Arm Box Cricket Tournament held on Sunday, 8th September 2019 at Skating Rink, 8.45 a.m. 12 teams consisting of 123 members participated. (Organised by Cricket Sub-Committee).



Ganesh Utsav festival held for 7 days from 02.09.2019 to 08.09.2019 and Satyanarayan Ganesh Puja held on 07.09.2019. Ganpati immersion was on 08.09.2019.



Seminar on Equities & Economy – Where Are We ? What Next ? by Speaker Shri Vikram Kotak held on Tuesday, 17th Sept. 19 at Lilac hall, 6.30 p.m. (Organised by Investor Education & Welfare Association Jointly with Ghatkopar Jolly Gymkhana).



Annual General Meeting held on Friday, 20th September, 2019 at Jasmine hall, 7.30 p.m. 260 members attended.



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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.



Dandiya Raas function held from 29.09.2019 to 08.10.2019 and Ladies Raas Garba held on Saturday, 12th October 2019. (Organised by Events & Entertainment and Ladies Wing Sub-Committee).

Squash

Squash is not only a sport but a ritual for people who regularly play it. Such is the loyalty the game has gathered across the world. The popularity of this sport has soared over the years and continues to do so. One of the major reasons for this is that it builds character to a person in the form of focus, resilience and sportsman spirit. Playing squash is fast paced and unlike many sports it seems like it never stops because of the enclosed area. Hence, it is all the more exciting for players. Squash is an important part of the Asian Games and is being actively encouraged across the country through tournaments being held by various clubs and educational institutions.

India has seen a phenomenal growth in this sport. Many Indians, both males and females have won various medals across tournaments. Today the Squash Federation of India organizes multiple tournaments across the country at all levels. Notably, squash tournaments are prevalently organized for the junior categories. This is enough evidence of the game's popularity in the junior category.

Over the years in Jolly Gymkhana, we have witnessed a steady and fast paced rise in squash players across ages and genders. In keeping with the growing demand, the squash court was revamped last year. Furthermore, the sub- committee has strived to work towards incorporating training and coaching for both beginner and advanced levels. The committee has carefully reworked the coaching sessions and the focus has been shifted towards younger kids with special training batches. Apart from this, regular players continue to play the game.

The committee has further strived hard to achieve success in their Annual Tournament, which saw a great turnout in entries. The tournament, under the aegis of the Managing Committee of the club and with the efforts of the Sub- Committee was a grand success.

The managing committee has been very forthcoming in all the coaching programmes and the annual tournament with their unconditional support and encouragement. The squash sub- committee further strives towards bigger and better events like an Inter club tournament to boost participation of our members in external arena.



SQUASH SUB-COMMITTEE

Incharge



Prashant Karia

Convenor



Raj Parekh

Jt.Convenor



Rajesh Modi

Members



Chetan Sheth



Dr. Mayank Shah



Maunil Vora



Tarachand Ganna

Swimming Pool



Swimming Pool is one of the important activity and center point of attraction of the Gymkhana. Swimming is probably the ultimate of burnout sports. Swimming is enjoyed by members irrespective of their age group.

Our members are becoming more health conscious and regularly utilizing the swimming pool facility to keep themselves fit. Throughout the year around 225-250 members generally come for swimming every day. In summer and vacation period figure even goes up to 350.

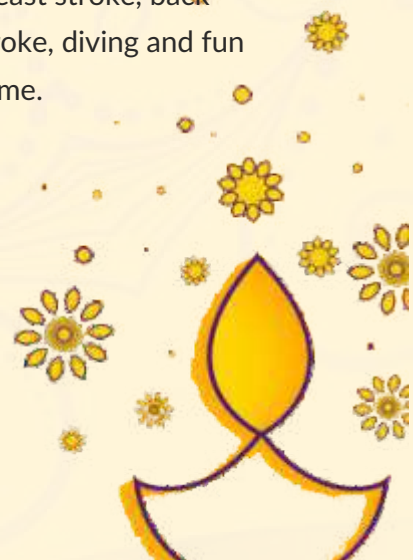


Summer coaching:- Basic and advance coaching, by professional coach was conducted for learners where in children , women and men took basic lessons of swimming during April-June summer vacation.

Aqua Zumba Demonstration by Charmi Jasani held on Saturday, 28th October 2018 at Swimming Pool, 8.30 a.m. 30 members attended.

Annual Swimming Pool competition held on Sun, 16th June 2019 at Swimming Pool, 7.30 a.m. 146 members

participated and more than 450 members participated in different events as free style, breast stroke, back stroke, diving and fun game.

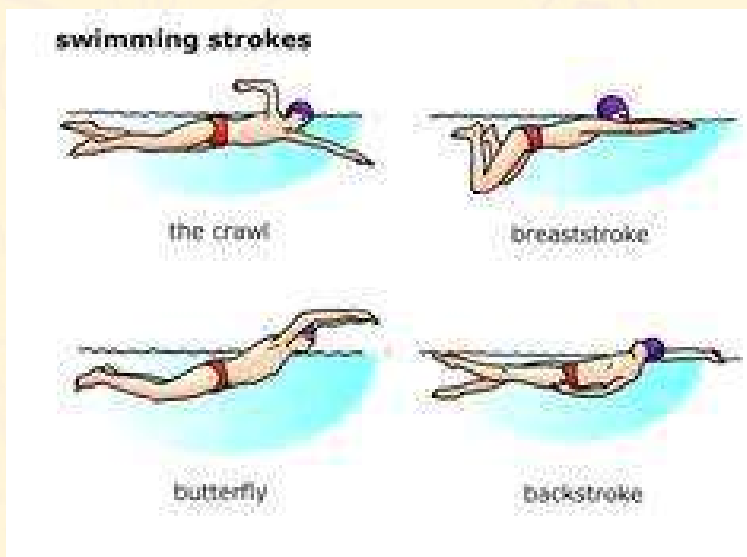




BENEFITS OF USING SWIMMING POOL

- ◆ Lower Stress, Higher Spirits and a better brain control
- ◆ Manage Cholesterol level better
- ◆ Reduces Asthma Symptoms & better weight control
- ◆ Increased muscle tone and strength
- ◆ Lower risk of Diabetes
- ◆ Improved flexibility
- ◆ A healthier heart
- ◆ The ability to do more with less

Air conditioners are installed for the comfort of the members in both ladies and gents changing room. Swimming pool periphery is beautified with several plantations, relax chairs are provided for relaxation. Sunday evening has become a pool side entertainment for family and friends of members.



SWIMMING POOL SUB-COMMITTEE

Incharge



Nalin Mehta

Convenor



Akshay Chaware

Jt. Convenor



Mahendra Senghani

Members



Jayant Tolia



Satish Bhojani



Nikhil Chheda



Jitendra Patel



Jatin Shah



Health Club



Our health club with facilities like Steam, Sauna bath, Jacuzzi, Chilled Shower, Massage. There is an increase in awareness about the use of health club facilities among our members.

Health club is a place devoted to enhancing overall well-being through a variety of professional services that encourage the renewal of mind, body and spirit.

BENEFITS OF USING A STEAM ROOM:

- Soothes mind & body to relieve stress & relax muscles,
- Deep cleanses the skin
- Boosts your immune system,
- Relieves discomforts of asthma, • allergies and arthritis,
- Relieves coughing, Relieves throat irritation by moistening the air,
- Relieves inflammation and congestion of upper respiratory mucous membranes,
- Loosens secretions and stimulates discharge of mucous from the throat and lungs,
- Increases body metabolism,
- Helps eliminate toxins,
- Relaxes Muscles,
- Keeps mucous membranes from excessive drying.

BENEFITS OF USING A SAUNA BATH

- Saunas relieve stress,
- Saunas relax muscles and soothe aches / pains in both muscles and joints,
- Sauna cleanses the skin,
- Saunas burn calories,
- Saunas improve cardiovascular performance,
- Saunas can help fight illness,
- Saunas flush toxins,
- Saunas can induce a deeper sleep,
- Saunas being about recreational and social benefits,
- Saunas just feel good.

BENEFITS OF USING A JACUZZI

- Reduce Stress,
- Ease muscle pain,
- Improve blood circulation

BENEFITS OF USING CHILLED SHOWER

- Enhance immunity against infections and cancer,
- Give your glands (thyroid, adrenals, ovaries/testes) a boost, improving,
- Crank up your metabolism to fight type 2 diabetes, obesity, gout, rheumatic,
- Normalize your blood pressure diseases, depression and more,
- Train and improve your blood circulation,
- Detoxify your body,
- Strengthen exhausted, irritable nerves,
- Improve hemorrhoids and varicose veins,
- Rejuvenate, heal and tone the skin,
- kidney function,
- Reduce stress by regulating your autonomic nervous system,

- Improve lymphatic circulation, thereby increasing immune function,
- Regulate temperature, fighting chronically cold hands and cold feet and excessive sweating,
- Hormonal activity,
- chronic pain,
- Fight fatigue,
- your breathing,
- Keep your hair healthy,
- Reduces aches & pains,
- Reduce swelling and edema

BENEFITS OF MASSAGE

- Anxiety,
- Digestive disorders,
- Fibromyalgia,
- Relaxation in headaches,
- Insomnia related to stress,
- Myofascial pain syndrome,
- Paresthesia's and nerve pain ,
- Soft tissue strains or injuries,
- Sports injuries,
- Temporomandibular joint pain.

Especially for our Ladies members, we have started the facility of massage even on Monday 11.00 a.m. to 5.00 p.m. There is an increase in number of members using health club facilities on regular basis. Almost more than 125 members are enjoying the facilities regularly. On an average 20 members are utilizing massage facility every day and to maintain the massage area hygiene we use disposable bed sheets.

HEALTH CLUB SUB-COMMITTEE

Incharge



Nalin Mehta

Convenor



Chandulal Patel

Jt. Convenor



CA Mukul Varma

Jt. Convenor



Jayesh Sanghrajka
(Gopal)

Members



Shridhar Shetty
(Muthuthayan)



Mahesh Velani



Hiten Doshi



Chunilal Chheda



Youth Wing



It is our constant endeavour, with a vision to organise Innovative & Creative, plus learning and entertaining programmes in the field of Education, Career Building, Individual Development, Information, Health, New Generation Issues and Awareness... etc of the Youth and all Members as a whole of our Jolly Gymkhana. The Tremendous response received from all the members in these areas is registered and acknowledged by all. Summary of the activities and programs organised by the Youth Wing Sub-Committee under the guidance of Managing Committee and the Trust Board...

1. 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.
2. A Workshop on Self Defence by Anjusha Chaugule held on Sunday, 7th July 2019, 10.00 a.m. 100 members attended and was fantastically acknowledged and appreciated by all members.



YOUTH SUB COMMITTEE

Incharge



Sanjay Rupani

Convener



Pratik Dave

Jt. Convener



Sonesh Dedhia

Members



Smit Shah



Anand Pandya



Mayur Kotak



Pankaj Chande



Gaurav Mody



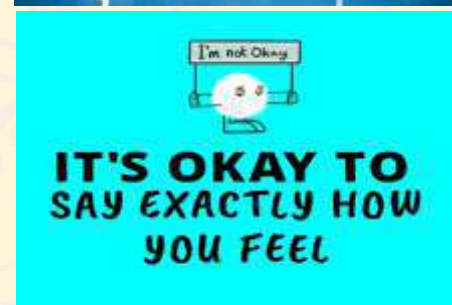
Chintan Desai



All you wanted to know about Mental Health!!!

Human beings are born mentally healthy and the onus lies on them alone to stay that way. A robust mental health has a direct and optimistic effect on person's academic, professional, social and personal success. It drastically improves the quality of lives. Unfortunately, it takes a back seat most of the times in our day to day lives. The precursor to preserve one's mental health is to be aware of your mental health condition and follow it up with a way of life which enhances it. A recent phenomenon to have hit the world of wellbeing is mindfulness. Mindfulness is the process of identifying one's own life experiences as they occur without any judgements. Being mindful enhances your mental well- being. Preserving and protecting your own mental health is far from rocket science. It simply requires incorporation of small habits and activities in your routine lives. A person can follow a few simple steps as follows to enrich their mental health:

- Value your ownself
- Stay positive
- Adopt a sport or hobby that interests you
- Break the monotony regularly with positive activities
- Stay connected with the right kind of people for you
- Set realistic goals for life
- Learn to deal with stress and realities of life
- Put in genuine efforts at whatever you do
- Approach for help whenever needed
- Do not attach social stigma to any mental ill health
- Be supportive and empathetic towards others
- Meditation or such other calming practices
- Accept failures and downsides of life



Experts say we all have the potential to develop mental health problems, no matter how old we are, whether we are male or female, rich or poor, or which ethnic group we belong to.

Almost one out of every five Indian experiences mental health problems each year. Further, a large proportion of the people who have a mental disorder have more than one and are not aware of it. Mental health disorders can be witnessed in behavioural expressions like sleep or eating disorders and so on. Further, each disorder can be categorised into various categories of depression, anxiety, mood disorders, anger issues, etc. Considering any of the symptoms of mental health issues as a normal way of life can have life changing impact and challenges to the victim's future. On the contrary, they need to be identified, diagnosed and treated.

There are various forms of mental health issues and each can be treated uniquely. It is important to approach a mental health expert like a psychologist or psychiatrist to identify mental health conditions, if need be. Also, it is imperative to recognise mental illness as a normal illness like any other. The stigma associated with it has to be eradicated and the mind-sets changed to promote a better world.



A Tribute To Indian Sports Women

We, at Jolly, have decided to dedicate this issue to Indian Sportswomen.

It goes pretty much without saying that life isn't a bed of roses for women athletes in India. Despite their best efforts, the gulf between male and female athletes in India keeps widening rampantly.

Take this for an example: The likes on Twitter and Facebook erupt like a volcano, the moment a male athlete wins a medal. Also, it is quite unsurprising to note that male athletes are paid way more than their female counterparts. Back in 2008, Abhinav Bindra turned into a national icon after becoming the first Indian athlete to win an Olympic gold medal (individual sport). On the other hand, countless women athletes are struggling to keep their bodies and souls together. Nobody talks about their achievements. Consequently, they end up fading away into the depths of oblivion.

Almost all of us know that R.S. Rathore won a silver medal in the 2004 Athens Olympics, but not many of us know that MC Mary Kom has won as many as six Boxing World Championships. Women athletes keep exceeding our expectations, but we hardly pay heed to all the good work done by them.

It is heartening to note that a considerable number of women athletes have made their presence felt in recent times. The likes of PV Sindhu and Hima Das have taken the sporting world by storm. Today, both these women have turned into role models and cultural icons.



Let us take a look at some of the rising women athletes who have made us proud in recent times:

PV Sindhu (Badminton)

She seems to have answered all her critics with her racquet. In the recently concluded Badminton World Championships, she decimated Nozomi Okuhara in straight sets to win her first gold medal. The world number 5 has won as many as five medals in six appearances at the world championships. Boy, that's no mean feat.





Hima Das (Track and field)

They say the size of your success is always measured by the strength of your desire. Hima Das, the 19-year-old sprinter, broke quite a few records during the 2018 edition of the Asian Games held in Jakarta by covering 400 metre, in a fraction over 50 seconds. Also, she won a gold medal in a track event during the IAAF World U20 Championships. She is the first Indian athlete to bag four gold medals in 15 days. Wow, these are staggering numbers!

Dutee Chand (Track and field)

She made journalists lose a lot of ink, after winning a gold medal in the women's 100 metre sprint at the World University Games (Napoli, 2019). The 23-year-old smashed quite a few records after clocking 11.32 seconds in the final and became the first Indian athlete to bag a gold medal at the event. One has to say that this lass from Odisha knows how to handle extreme pressure.



Mithali Raj (Cricket)

The seasoned and wise 'yodha' of the Indian Women's cricket team became a household name after leading her team to the finals of the ICC Women's World Cup 2017. In a career spanning over decades, she has scored more than 6,000 ODI runs. Also, she is the highest run-scorer for India in all three

formats of the game.

Sania Mirza (Lawn Tennis)

With 3 mixed doubles titles in her kitty, Sania Mirza is one of the finest female tennis players, the country has ever produced. At the very height of her powers in 2015-16, she ranked number one in the WTA doubles rankings, becoming the first Indian to achieve the feat.



Manasi Joshi (Para-Badminton)

Para-badminton player Manasi Joshi also created history by securing gold at the BWF Para-Badminton World Championships, just a day before Sindhu.

Manasi Joshi is an Indian Para-Badminton athlete who is currently World No. 2 in SL3 Singles. In 2011, she met with a road accident and lost her left leg. Despite the



handicap, she enrolled at P. Gopichand badminton academy at Hyderabad for training in 2018. In September 2015, she won a Silver Medal in mixed doubles at the Para-Badminton World Championship held in Stoke Mandeville, England. In October 2018, Manasi won a Bronze medal for India at the Asian Para Games 2018, held in Jakarta, Indonesia. She won a Gold medal for India at the Para-badminton World Championship 2019 held in Basel, Switzerland.



Several Indian women have participated in the Olympics in the past. Five women from India have won an Olympic medal and their names are as follows:- Karnam Malleswari, Mary Kom, Saina Nehwal, P.V. Sindhu, Sakshi Malik & Geeta Phogat. Sakshi is a Freestyle Wrestler and she won the nation a Bronze in the Rio 2016 summer Olympics.

Equally noteworthy are Swapna Barman (Athletics), Harmanpreet Kaur (Cricket), Manika Batra (Table Tennis), Vinesh Phogat (Wrestling), Manu Bhaker (Pistol Shooting), Pincky Balhara and Malaprabha Jadhav (Kurash), Ankita Raina (Tennis), Mary Kom (Boxing), Aditi Ashok (Golf), Rani Rampal (Hockey), Heena Sidhu (Pistol Shooting), Dipa Karmakar (Gymnastics), Deepika Kumari (Archery), just to name a few.

Let's take a look at these motivational quotes by twelve incredible women in sports.

"The hardships I faced in my formative years are the foundation of my strength." - MC Mary Kom

"Pull me down, I will come back stronger." - Dutee Chand

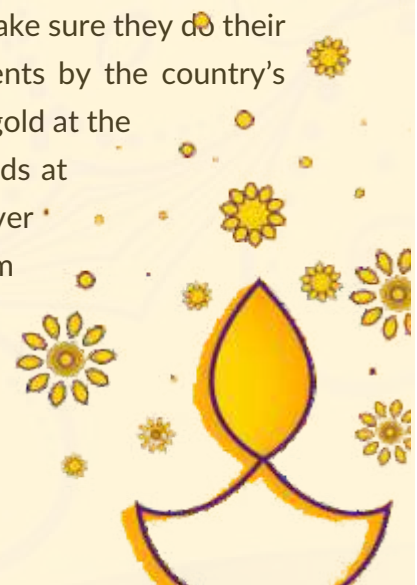
"On the field, it isn't about who you are, where you are from, and how long it has taken you to get there. Sports allow us all to dream a little." - Swapna Barman

"Ultimately, one excels only at the things one truly enjoys and is willing to work hard at." - Aditi Chauhan

After going through all of the aforementioned examples, I believe, it certainly wouldn't be wrong to say that women athletes in India are outplaying their male counterparts. For centuries, women are being told that they are, and will always remain, inferior to men. I, however, feel that women are way stronger than men (they have always been). Most of us just find it hard to come to terms with this fact.

Also the past year has been excellent for sportswomen in India, with many clinching international titles. We wholeheartedly acknowledge their feats and let us inspire ourselves from their achievements.

From being advised against pursuing sports as kids, to venturing into a male-dominated field where there is pay inequality, there is no doubt that sportswomen in India have it tough. From running track to playing badminton and tennis, these women in sports give it their all and make sure they do their best every time they're out on the field. To recall a few stellar achievements by the country's sportswomen this year, Dutee Chand became the first Indian sprinter to win gold at the Universiade in Naples, and Hima Das won five consecutive international golds at various events. Badminton star PV Sindhu also recently clinched India's first-ever gold at the BWF Badminton World Championships, and boxer MC Mary Kom won the President's Cup in Indonesia.



*Happy Diwali
& Prosperious New Year*



GHATKOPAR JOLLY GYMKHANA

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