



JOLLY N-JOY

IN HOUSE BULLETIN



OPENING OF RENOVATED AIR CONDITIONED BADMINTON COURT



OPENING OF RENOVATED "SYMPHONY BAR"





OFFICE BEARERS

Chairman
Rajnikant Shah

Managing Trustee
Manoj Ajmera

Hon. Secretaries
Jitendra Zatakia
Mukesh Badani

Hon. Treasurers
Balwant Sanghrajka (Trustee)
Nalin Mehta

Sports Co-ordinator
Parag Gandhi

Board of Trustees
Jayprakash Daftary

Nilkant Datar
Dr. Janak Gandhi
Dr. Sanjay Sanghavi
Harish Gandhi
Pravin Parekh
Pravin Patel

Managing Committee Members

Jeram Bhanushali
Mathuradas Bhanushali
Hitesh Bilakhia
Nishit Golwala
Dilip Khatau
Rajesh Patel
Sanjay Rupani
Paresh Shah
Arvind Shah
Nitin Thakkar

MESSAGE FROM CHAIRMAN AND MANAGING TRUSTEE



Rajnikant Shah
Chairman

Dear Members,

*" In this world nothing is certain
but death and taxes"
– Benjamin Franklin.*



Manoj Ajmera
Managing Trustee

Dear Members,

Heartiest Greetings from Jolly! We know that everyone everywhere is discussing just one word – GST and rightly so as it is a giant step taken by the leaders. Each one of us may have a different opinion but one thing is certain – This is not the end but start of a journey. Implementation will have its set of teething problems but we surely hope that GST – Good and Simple Tax and One Nation, One Tax as it is called paves the way of progress for us as surely India is on the cusp of a revolution.

Our quarter was equally striking with the Splendid April with some dazzling Musical Nite Program. Another Noteworthy event was the Informative Seminar on Right to Information program enjoyed by one and all. Our Congratulations to the Deal on Wings Team for having won the Jolly Premier League T-10 Cricket Tournament. We would specifically like to mention that 1st Open Swimming Competition under the auspices of GMAAA was held in April at Jolly where 23 other clubs and 226 individual participants were present. We are proud of the fact April month saw the reopening ceremony of newly renovated Air-conditioned Badminton Court.

Jolly Summer Bonanza was truly a fun-filled extravaganza enthralling all the Enthusiastic Jolly members. Another New Concept of Open Air Cinema – Silent movie Sholay and Dangal was one more feather in the Jolly's cap and it was attended by Mr. Ramesh Sippy and Mrs Kiran Joneja Sippy. Another Musical Dhamaal was in the form of Jolly Idol which has now become an event which everyone looks forward to. Another super Seminar was the Insights Sharing Session on Map to Millionaire by Dr. Sneha Desai in the month of May.

We had the Annual Sports Tournament in the month of June in as many as 12 different faculties. We had also arranged the ICC Champions Trophy 2017 on LED Big Screen for all our members. There was the re-opening ceremony of newly renovated Symphony Bar. Also The Gujarati and Hindi Hasya Kavi Sammelan had put all our members in Laughter Mode. Karaoke Singing Session on every Tuesday Evening Started with 80 participating singers.

Assuring you of the Best,
Chairman and Managing Trustee.



EDITORIAL

Dear Jollyites,

Life is full of beauty. Notice it. Notice the smiling faces. Smell the rain, and feel the wind. Live your life to the fullest potential, and fight for your dreams.

We welcome the rains and the season of rainbows hoping it colours our lives and refreshes our minds. Just like the rain starts with a single drop same is the way that our Project committee has built this gymkhana brick by brick working hard by putting all efforts to make our Gymkhana a Pride of our city. No stone is left unturned to see to it that our gymkhana is the most modernised and updated by engaging professional agencies to guide the Project Committee. The Air conditioned Badminton Court and the renovated Bar Room "Symphony" are just a couple of examples of the vision and execution of the Project Committee. We also take a glance at the Sports and other facilities of our Gymkhana.

We take a look in to the efforts taken by the Swimming & Health Club and the Gymnasium Sub Committees.

We take a glance at the highlights for the Quarter of April-May-June 2017.

The Bulletin, Website & Affiliation Sub Committee is pleased to announce one more Affiliation with The Nizam Club, Hyderabad taking our count to 22 National affiliations and one international affiliation.

Warm Regards,

Happy Reading,

Members of Website, Bulletin and Affiliation Committee.

Incharge : Paresh Shah, Convener : Mickin Sheth.

Members : Pankaj Vora , Punit Mehta, Prashant Rupani & Prashant Shah

BULLETIN, WEBSITE & AFFILIATION SUB-COMMITTEE

INCHARGE



Paresh Shah

CONVENOR



Mickin Sheth

JT. CONVENOR



Pankaj Vora

MEMBER



Punit Mehta

MEMBER



Prashant Rupani

MEMBER



Prashant Shah

Special Invitee : Digish Pandit • Rajan Jasani



PROJECT REPORT



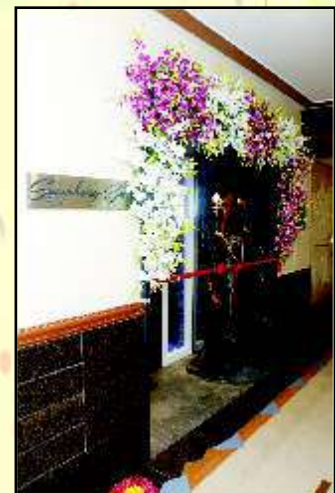
The Project Sub-Committee has undertaken number of projects in the past and we all are enjoying the same. Our Gymkhana is called as the **Pride of Eastern suburb**. During past 20 years, Jolly Gymkhana has been converted from few facilities to an ultra modern Gymkhana by creating various luxurious and exclusive sports and other facilities and its time to time upgradation and renovations.

Photographic highlights of various sports & other facilities at Jolly Gymkhana are given in this bulletin.



The Project Sub-Committee always plan to complete the work systematically by engaging professional agencies to carry out the work and try its level best to produce best results which are appreciated by one and all. During the last year, the Project Sub-Committee has undertaken the following tasks:

- 1) Fast Food area was made decorative with light and landscaping work.
- 2) Digital display board installed at venue area to show names of party and function for information of guests attending the function.
- 3) Gymkhana's various activity photographs are relayed on display screen throughout the day near the reception area.
- 4) The hydraulic lift installed at the main entry gate is very useful to Divyang & senior persons visiting Gymkhana.
- 5) Painting, polishing and repair work completed in the following area :-
 - Basement Banquet hall and entrance area.
 - Olive D.J. Hall, Lilac hall and stair case, Chess-Carrom room, Card Room-bar room passage, Ground pavilion galas.
 - Gymkhana building, Outside wall and inner compound wall of Gymkhana building.
 - 9 guest rooms and passage.
- 6) Additional Safety net frame provided on compound wall facing main road and railway side.
- 7) LED lights provided in walking track area at railway side for good visibility.
- 8) LED lights replaced at Table Tennis playing area.
- 9) New Ghatkopar Jolly Gymkhana acrylic Sign Board 30ft X 2ft installed above the ground pavilion.





- 10) New relax shade provided in swimming pool deck.
- 11) Replaced Chairs and Sofa in member's lounge near Reception and Restaurant.
- 12) Replaced chairs and sofa in Restaurant.
- 13) Badminton court renovated with flooring, polishing, wall painting, new LED lights and converted in to an **AIR CONDITIONED BADMINTON COURT** which was re-opened on 25.04.2017. All players and members are very happy with the Air Conditioned Badminton court.
- 14) Bar room was renovated with interior modern decorative look and elegant décor with more facilities, space and separate smoking room. Renovated **"Symphony Bar"** was re-opened on 15-06-2017.



Project Sub-Committee proposes to undertake the following implementation in the near future.

- 1. Renovation of card room and common wash room near Card, Bar & Billiard Rooms.
- 2. Renovation of Restaurant.
- 3. Hydraulic lift for Senior Citizens from Basement to first floor terrace.



PROJECT SUB-COMMITTEE

Project Co-ordinator

Convener

Members



Pravin Parekh

Rajesh Patel

Satish Shah

Mukesh Badani

Dharmendra Madhani

Anuj Patel



PHOTOGRAPHIC HIGHLIGHT OF SPORTS & OTHER FACILITIES AT A GLANCE....



GYMKHANA VIEW FROM GROUND



GYMKHANA ENTRANCE VIEW



GYMKHANA LOBBY & RECEPTION



MEMBERS LOUNGE



WAY TO RESTAURANT



RESTAURANT ELEGANT LOOK



JASMINE BANQUET HALL



LILAC BANQUET HALL



LANTANA MULTIPURPOSE HALL



OPEN TERRACE



OLIVE D.J. PARTY HALL



LOBBY TO GUEST ROOM, SWIMMING, TENNIS & BADMINTON COURT



GUEST ROOM



LOBBY TO FAST FOOD AREA



FAST FOOD AREA



KIDS PLAY AREA



CRICKET



LAWN TENNIS COURT



VOLLEY BALL



SKATING RINK



A.C. BADMINTON COURT



CARROM & CHESS



SWIMMING POOL



TABLE TENNIS



JOLLY N-JOY

IN HOUSE BULLETIN



HEALTH CLUB



SYMPHONY BAR



CARD ROOM



BILLIARD



GYMNASIUM



SQUASH COURT



WALKING TRACK



OPEN GROUND AERIAL VIEW AT NIGHT



SWIMMING POOL



Swimming is probably the ultimate of burnout sports. It's ironic because millions of people who swim as their regular exercise love the medication aspect of it; you don't wind up with any orthopedic injuries.

As a regular practice swimming coaching camp was held for members of all age groups during the summer vacation i.e from April to June 2017 which included aqua and diving besides our regular basic and advanced level coaching. More than 200 members took the benefits of coaching and were very happy to be trained by professional agency.

We are thankful to Mr Paul and his team of Ayolian Agency for maintaining the pool excellently throughout the year. We have organized 1st Open Mumbai Level Swimming Championship 2017 & Annual Swimming Gala with lot of hardwork and the events were successful with smooth operations.

1ST OPEN SWIMMING CHAMPIONSHIP -2017 UNDER THE AUSPICES OF GMAAA

Ghatkopar Jolly Gymkhana under the auspices of GMAAA organised for the first time open swimming championship on 22nd & 23rd April 2017. It was a huge success as 23 clubs from Mumbai participated with 732 individual entries & 226 individual participants.

During opening ceremony and throughout the championship our chairman Shri Rajnikant Shah , Managing Trustee Shri Manoj Ajmera , Shri Pravin Parekh, Hon. Secretaries Shri Jitendra Zatakia & Shri Mukesh Badani , Hon. Treasurers Shri Balwant Sanghrajka, Shri Nalin Mehta, Sports Co-ordinator Shri Parag Gandhi , our Trustees and Managing Committee members Shri Pravin Patel, Shri Nitin Thakkar, Shri Mathuradas Bhanushali, Shri Dilip Khatau , Shri Nishith Golwala, Shri Sanjay Rupani and many members from our gymkhana were present for the event to motivate & felicitate the winners in various categories.

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

Almost 40 members from our club participated in the championship and the following members were the podium finishers.

ANNUAL SWIMMING GALA
held on 4th June 2017

with around 400 participants in 26 different events like free style, breaststroke, back stroke, im and diving. children and adults had lots of fun during the gala. members were very happy.

In the age group of Above 55+ record number of entries were received this year i.e. more than 25 members participated in various events.



Nivedita Rao
(AM 3730)

Event	Time	Rank
50 M. Back Stroke - Women	01:14.65	Gold
50 M. Breast Stroke - Women	01:09.32	Silver
50 M. Free Style - Women	01:09.42	Bronze



Jugnu Chandra
(LM 3056)

Event	Time	Rank
50 M. Back Stroke - Men	00:43.39	Gold
50 M. Free Style - Men	00:30.29	Silver
50 M. Breast Stroke - Men	00:44.32	Bronze
50 M. Butterfly Stroke - Men	00:43.27	Bronze

SWIMMING POOL SUB-COMMITTEE

Incharge



Nalin Mehta

Convenor



Akshay Chaware

Jt. Convenor



Jayant Tolia

Members



Satish Bhojani



Chandulal Patel



Nikhil Chheda



Hetal Pathak



Mahendra Senghani

HEALTH CLUB

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."

The various facilities that our Health Club includes are :-

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

Health benefits

- Relieve stress.
- Relax muscles and soothe aches/pains in both muscles and joints.
- Flush toxins.
- Cleanses the skin. Improve cardiovascular performance.
- Burn calories.
- Can help fight illness.

STEAM - A steambath is a steam-filled room for the purpose of relaxation and cleansing.

Benefits Of Using A Steam Room

- Increases body metabolism
- Deep cleanses the skin
- Helps eliminate toxins
- Boosts your immune system
- Relieves discomforts of asthma, allergies and arthritis
- Relieves throat irritation by moistening the air
- Relaxes muscles
- Relieves coughing
- Relieves inflammation and congestion of upper respiratory mucous membranes.

JACUZZI - a large bath with a system of underwater jets of water to massage the body.

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

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

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

Massage therapy can provide many benefits, such as:

- Increased circulation
- Stimulation of the lymph system, the body's natural defense against toxic invaders
- Release of endorphins, the body's natural painkiller
- Improved range of motion and decreased discomfort associated with lower back pain
- Relaxation of injured and overused muscles
- Reduced muscle spasms and cramping
- Increased joint flexibility
- Help recover from strenuous workouts
- Pain relief from migraines
- Reduce post-operative adhesions and edema, as well as reduced scar tissue



HEALTH CLUB SUB-COMMITTEE

Incharge



Nalin Mehta

Convenor



**Shridhar Shetty
(Muthutheyan)**

Jt.Convenor



Mukul Varma

Members



Mahesh Velani



Hiten Doshi



Chunilal Chheda



GYMNASIUM



The Sub-Committee is very happy to report that members are utilising Gymnasium and taking advantage of new tread mills installed recently.

Members are very pleased with new machines and also professional trainers to support their fitness. With installation of new machines and trainers, more members have started taking advantage of Gymnasium.

Sub-Committee of Gymnasium is pleased to have support of members of Trust Board and Managing Committee to upgrade the Gymnasium from time to time. We provide best services to members including professional trainers, fitness consultant and dietician.



Women's day was celebrated at Gymkhana and special session was held for Ladies members on that day for fitness training at Gymkhana which encourages more members to use the same.

We are also happy to have Annual Sports Tournament 2017 in Gymnasium and members were very excited to participate. It went in good spirit of the game.



GYMNASIUM SUB COMMITTEE



Incharge
Pravin Patel



Convenor
Haren Merchant
Members



Jt. Convenor
Amit Mehta



Dinesh Sawla



Mahendra Dedhia



Naresh H. Shah



Pratik Bhayani



Jayesh Mehta



Hitesh Patel



Jitendra D. Zatakia
Hon. Secretary



Mukesh P. Badani
Hon. Secretary

FROM THE SECRETARIES DESK : HIGHLIGHTS OF THE LAST QUARTER



Musical Nite held on Saturday, 8th April, 2017 at Jasmine Basement Hall, 9.00 p.m. 503 persons attended. (organised by Events & Entertainment and Ladies Wing Sub-Committee).



Seminar on Right to information held on Sunday, 9th April, 2017 at Jasmine Basement Hall, 9.30 a.m. (organised by Seminar & Workshop Sub-Committee).



Jolly Premier League T-10 Cricket Tournament Sandu Cup held on 8th,9th, 15th & 16th April, 2017 at open ground, 10.00 a.m. 12 teams consisting of 168 members participated. Final match won by Deals on Wings Team (organised by Cricket Sub-Committee).



Felicitation of Jolly Ex Cricket Captain Mr. Prashant Karia



1st Open Swimming Championship 2017 under the auspicious of GMAAA held on 22nd & 23rd April, 2017 at Swimming Pool, 7.15 a.m. 23 Clubs from Mumbai Participated, 732 individual event entry and 226 individual participant. (organised by Swimming Pool Sub-Committee).



Reopening ceremony of newly renovated Air Conditioned Badminton Court held on 25th April, 2017 at 7.00 p.m

**Jolly Summer Bonanza 23rd April to 28th May 2017 at Open Ground, 7.00 p.m. onwards.
(organised by Events & Entertainment and Ladies Wing Sub-Committee).**



Musical Ankakshari	Sunday, 23rd April 2017	350 Persons enjoyed
Maharashtra Day	Monday, 1st May 2017	225 Persons enjoyed
Sab Khelo Sab Jeeto	Sunday, 7th May 2017	325 Persons enjoyed
Hum Bhi Agar	Sunday, 21st May 2017	200 Persons enjoyed
Bachhe Hote	Sunday, 28th May 2017	275 Persons enjoyed



Open Air Cinema – Silent Movie Sholay and Dangal held on 30th April, 2017 at Open Ground. 7.30 p.m. adding glamour to our exotic event, witness the presence of Mr. Ramesh Sippy Film Producer & Director and Actor Mrs. Kiran Joneja Sippy. (organised by Youth Wing Sub-Committee).



Jolly Idol Audition held on 30th April, 2017 (75 participants) & 2nd audition on 7th May 2017 (37 participants) at Lantana Banquet. (organised by Events & Entertainment and Ladies Wing Sub-Committee).



Jolly Idol Grand Finale held on 14th May, 2017 (21 participants) at Jasmine Basement Hall, 7.30 p.m. (organised by Events & Entertainment and Ladies Wing Sub-Committee).



Insights Sharing Session on Map to Millionaire by Dr. Sneha Desai held on 21st May, 2017 at Jasmine Basement Hall, 10.00 a.m. (organised by Youth Wing Sub-Committee).

ANNUAL SPORTS TOURNAMENT 2017

No.	NAME OF SUB COMMITTEE	DAY & DATE	VENUE & TIME	ATTENDANCE
1.	Badminton	3rd , 4th, 10th & 11th June 2017	Badminton Court, 10.00 a.m. onwards	110
2.	Billiards	27th & 28th May / 2nd, 03rd, 10th & 11th June 2017	Billiards Room, 11.00 a.m.	46
3.	Card Room	11th June 2017	Card Room, 10.00 a.m.	21
4.	Carrrom	04th, 10th & 11th June 2017	Carrrom Room, 9.00 a.m.	74
5.	Chess	28th May 2017	Lantana Hall, 9.00 a.m.	40
6.	Gymnasium	27th May 2017	Gymnasium, 10.00 a.m.	21
7.	Lawn Tennis	3rd June 2017	Lawn Tennis Court, 7.00 a.m.	20
8.	Skating	27th May 2017	Skating Rink, 6.00 p.m.	18
9.	Squash	10th & 11th June 2017	Squash Court, 3.00 p.m. / 10.00 a.m.	38
10.	Swimming Pool	4th June 2017	Swimming Pool, 7.30 a.m.	95
11.	Table Tennis	4th & 11th June 2017	Table Tennis Room, 9.00 a.m.	91
12.	Yoga	10th June 2017	Jasmine Basement Hall, 7.00 a.m.	104







ICC Champions Trophy 2017 India V/s. Pakistan Live Telecast on LED big screen on Sunday, 11.06.2017 and final match on Sunday, 18.06.2017 at 3.00 p.m. onwards.



Re-opening ceremony of newly renovated Symphony Bar held on Thursday, 15th June 2017, 7.00 p.m.



Gujrati & Hindi Hasya Kavi Sammelan held on 17th June, 2017 at Jasmine Basement Hall, 9.00 p.m. 350 persons attended. (organised by Events & Entertainment and Ladies Wing Sub-Committee).



GHATKOPAR JOLLY GYMKHANA

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