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Managing Trustee

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CA Jitendra Zatakia

Mukesh Badani

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Sports Co-ordinator

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Capt. Swaminathan Iyer

Jeram Bhanushali

Nishith Golwala

Paresh Shah

Prashant Karia

Sanjay Rupani

Vishnukumar Talesara

**CA RAJNIKANT SHAH**
Chairman

Dear Jollyites,

“Talent wins games but teamwork and intelligence wins Championships”

We, at Jolly, strongly believe that TEAM – Together Each Achieves More. It is said that if you want to go fast, go alone; if you want to go far, go together. Team Spirit fuels individual strength for a mutual success. Therefore, Team Spirit is paramount in any organization.

The second and third quarter at Jolly were phenomenal with lots of developments and happenings. Khel Mahotsav was jointly organized along with Metro City Mirror which saw multi-sports contests and lot of participation from members. Women's Single Wicket Cricket Tournament and 3 days long Mixed Box Cricket Tournament on Multi-Turf was organized for the first time. There was Annual Sports Tournament which saw maximum participation and activity from the members. Every Sunday in the entire month of May was thoroughly enjoyed by members by way of Jolly Summer Bonanza and we got very positive reviews for the same.

We have celebrated all festivals and days in style be it the International Yoga Day, Kargil Vijay Diwas with Special Jolly Monsoon Run, Independence Day – Azaadi ka Amrut Mahotsav with 5km Marathon Run continuous for 3 days in a row culminating in Independence Day, Parade and Flag Hoisting Ceremony which was attended by members in large numbers.

We had also organized three very informative Seminars for our members on topics like “GST on Immovable Property” Health is Wealth and Panel discussion on “winning strategy in volatile stock market”.

Our Annual General Meeting was also energetic and lively and we inaugurated our new Jolly Gymkhana Website. We celebrated 100 years of Bollywood Music by Bhavin Shastri which was loved by one and all. Looking forward to exciting times with Tennis Cricket Tournament and Navratri celebration for 11 days with food and fun on the beats of Avishkar.

Assuring of the very best as always,

Chairman and Managing Trustee**MANOJ AJMERA**
Managing Trustee

EDITORIAL

Dear Jollyites,

“Life is a big canvas, throw all the paint on it”

What is life without some colour, some fun and lots of entertainment? With Covid-19 becoming a distant past, everyone is back into their lives with zest. Keeping with this beautiful thought, we bring to you another colourful issue of our bulletin to celebrate life.

The last few months have been very eventful and colourful at Jolly Gymkhana. We present to you the same through the pictorial highlights of the super successful Summer Bonanza, exciting Khel Mahotsav and our Annual Sports Tournament. This issue will also bring to you the highlights of the International Yoga Day Celebration, Box Cricket Tournament and such other wonderful events in our club. It also gives us immense pleasure to inform all our readers that Jolly Gymkhana has taken a stride towards being digital. Our brand new website is under development and will be fully operational at your service in a short time.

In keeping with our sporting spirit, we have an enjoyable write up on the **Birmingham Commonwealth Games 2022**. Through this issue of our bulletin, we also commemorate the **resilient and unforgettable journey of Roger Federer**, the greatest tennis player world can witness. Last but not the least, we bring to forth to you an article on Intermittent Fasting which will help you to understand this latest diet trend and its implications. With this, we hope you celebrate the colours of life through this bulletin issue. Also wishing you a **Happy Navratri and a Prosperous Diwali** in advance.

Happy reading,

Members of Website, Bulletin and Affiliation Committee

In-charge : Paresh Shah

Convener : Digish Pandit, **Jt. Convener** : Prashant Shah

Members : Mickin Sheth, Kamlesh Doshi

Special Invitee : Purvy Karia



CA JITENDRA D. ZATAKIA
Hon. Secretary



MUKESH P. BADANI
Hon. Secretary

FROM THE SECRETARIES DESK : HIGHLIGHTS OF THE LAST FIVE MONTHS

KHEL MAHOTSAV

Khel Mahotsav jointly organised by Metro City Mirror and Ghatkopar Jolly Gymkhana held on 26th, 27th & 28th May 2022. 200 + persons participated in Cricket, Badminton, Chess-Carrom, T.T., Drawing. Prize Distribution Ceremony held on 5th June 2022 in the Open Ground.



INTERNATIONAL YOGA DAY

International Yoga Day held on Tuesday, 21st June 2022 at Lilac Hall. 85 members participated.



GANESH UTSAV FESTIVAL

Ganesh Utsav Festival held from 31st August to 6th September 2022 and **Satyanarayan Pooja** held on 5th September 2022. **Ganesh Visarjan** was on 6th September 2022.



HIGHLIGHTS OF THE LAST FIVE MONTHS

JOLLY SUMMER BONANZA



Dance Show by Jolly Members on Sunday, 8th May 2022



Musical Tambola held on Sunday, 15th May 2022



Musical Housie held on Sunday, 5th June 2022



Deli-E-Dairo held on Sunday, 22nd May 2022



Casino Night held on Sunday, 29th May 2022

HIGHLIGHTS OF THE LAST FIVE MONTHS

ANNUAL SPORTS TOURNAMENT 2022 held from 4th to 26th June 2022



Badminton



Lawn Tennis



Table Tennis



Carrom



Gymnasium

HIGHLIGHTS OF THE LAST FIVE MONTHS

ANNUAL SPORTS TOURNAMENT 2022
held from 04th to 26th June 2022



Squash



Yoga



Chess



Billiards



Card Room Notrump Tournament

THE PICTURE SAYS IT ALL.

ONE OF THE BEST SPORTING PICTURE EVER. TWO MOST COMPETITIVE FIERCE RIVALRY BUT SEE THE RESPECT THAT RAFAEL NADAL HAS FOR THE LEGEND ROGER FEDERER WHO PLAYED HIS LAST MATCH AT THE ROD LAVER CUP.

Roger Federer, born 8 August 1981 is a Swiss former professional tennis player. He was ranked world No. 1 by the Association of Tennis Professionals (ATP) for 310 weeks, including a record 237 consecutive weeks, and finished as the year-end No. 1 five times. He won 103 ATP singles titles, the second most of all time, including 20 Grand Slam singles titles, a record eight men's singles Wimbledon titles, an Open Era record-tying five men's singles US Open titles, and a record six year-end championships.



Roger Federer retirement takeaways ;

1. *Embrace hard work*
2. *Conduct your life with class*
3. *Retire at the right time*
4. *Ultimate greatness is when competitors cry for you*
5. *Rivalry in the court and close friendship both are possible*
6. *Men can cry - vulnerability is greatness*

No one had greater racquet-head speed, or stronger wrists; those wrists allowed him to deploy an astonishing range of slices and spins, and to play close to, and often inside, the baseline. "He just takes the time away from you," Tommy Haas, his friend and former competitor, told me while watching Federer play a few years ago. "Anyone else would have hit that ball four hundredths, five hundredths of a second later, but that, in tennis, makes such a difference. Inches on the court

that suddenly seem so much further away playing Roger." He could half-volley his groundstrokes, or knife the ball to skid a slice, or feather it to die on the bounce. He even seemed to know when he could make mistakes, and which points were critical. He did all of this, somehow, without obvious effort. When he struck his forehand—blurred racquet meeting blurred ball—his focus was perfect, his gaze a still point.

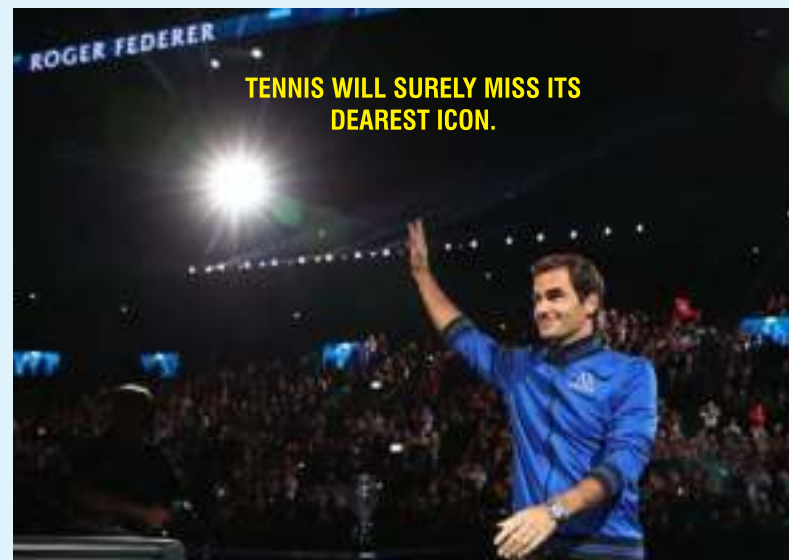
"For me, it was about how did I manage my schedule, was I happy on and off the court, did I like my life on the tour?" he said during his final press conference, when asked about how he felt about where he stood in the greatest-of-all-time debate. "And I did. I think I had the best of times." Who can argue that?

Federer played during an era where he dominated men's tennis along with Rafael Nadal and Novak Djokovic as the Big Three, collectively considered by some to be the three most successful male tennis players of all time.[c] A Wimbledon junior champion in 1998 and former ball boy, Federer won his first major singles title at Wimbledon in 2003 at age 21.

A versatile all-court player, Federer's perceived effortlessness has made him highly popular among tennis fans. Originally lacking self-control as a junior, he transformed his on-court demeanor to become well-liked for his general graciousness, winning the Stefan Edberg Sportsmanship Award 13 times. He has won the Laureus World Sportsman of the Year award a record five times. Outside of competing, he played an instrumental role in the creation of the Laver Cup team competition. He is also an active philanthropist. He established the Roger Federer Foundation, which targets impoverished children in southern Africa, and has raised funds in part through the Match for Africa exhibition series.

It used to be easy for Roger Federer's many fans, and his fewer critics, to characterize - and to caricature - him. He was sublime; he was Swiss; he was elegant.

Federer has never been the fastest player on tour, but he was always one of the quickest, able to levitate in that little split-step hop long enough to read the angle, anticipate the shot.



TENNIS WILL SURELY MISS ITS DEAREST ICON.

HIGHLIGHTS OF THE LAST FIVE MONTHS

KARGIL VIJAY DIWAS

Kargil Vijay Diwas – Jolly Monsoon Run held on Sunday, 24th July 2022 at Outside Gymkhana. 200 plus members participated.



AZADI KE GARVA KA MAHAPARVA

Parade and Flag Hoisting Ceremony – 75th Independence Day held on Monday, 15th August 2022 in the Open Ground.



HIGHLIGHTS OF THE LAST FIVE MONTHS

ANNUAL GENERAL MEETING AND INAUGURATION OF NEW INTERACTIVE WEBSITE

Annual General Meeting and Inauguration of New Interactive Jolly Gymkhana Website with latest updates held on Tuesday, 9th August, 2022 at Jasmine Basement Hall.



HIGHLIGHTS OF THE LAST FIVE MONTHS

JOLLY NAVRATRI MAHOTSAV 2022

Jolly Navratri Mahotsav 2022 from 26th September 2022 to 5th October 2022 and Ladies Raas Garba on 8th October 2022 with Live Orchestra, food and fun.



HIGHLIGHTS OF THE LAST FIVE MONTHS

MIXED BOX CRICKET TOURNAMENT

Mixed Box Cricket Tournament scheduled from 23rd to 25th September 2022 at Turf Court.



HIGHLIGHTS OF THE LAST FIVE MONTHS

100 YEARS OF BOLLYWOOD MUSIC

100 Years of Bollywood Music by Bhavin Shastri held on 10th September 2022 at Jasmine Hall.



SEMINAR – GST ON IMMOVABLE PROPERTY

Seminar – GST on Immovable Property Speaker – CA Ashit Shah held on Sunday, 31st July 2022 at Lilac Hall. 30+ members attended.



SEMINAR – HEALTH IS WEALTH

Seminar – Health is Wealth Speaker – Dr. Chetan Shah and Dr. Narendra Dedhia held on Sunday, 21st August 2022 at Lilac Hall.



CAN LIMITING WHEN YOU EAT MAKE YOU SLIMMER AND HEALTHIER ?

Intermittent fasting (IF), one of the most talked about diets right now, is a way of eating that designates periods of time for eating and for fasting. There are a few approaches, but the two most popular are 16:8, which is very similar to chauthihar, where the designated eating period for whole day's meals is squeezed into an eight-hour window and fasting for the remaining 16 hours, and 5:2, in which five days of the week are spent eating normally and two are spent fasting (usually defined as eating only 500 to 600 calories per day).

Why would someone opt for this way of eating versus a standard diet, such as going low carb or low fat? Some people say fasting has loads of health benefits. "The research so far proves the benefits of IF to the extent that it is worthwhile as a method to lose weight, manage your blood sugar, and slow down the aging process.

We decided to dive into them and explore 12 possible health benefits of Intermittent Fasting.

12 Possible Health Benefits of Intermittent Fasting :

1. Weight Loss

Most people start IF to lose weight. And that claim seems to hold up, at least in the short term. IF may contribute to weight loss for overweight or obese individuals. Published research data from 27 studies had found that IF helped participants lose up to 13 percent of their weight.

When the diet is done properly, IF can be as effective as normal caloric restriction. Some people, especially busy people who don't have time to devote to meal planning, might even find a time-restricted diet easier to follow than something like the keto diet or the paleo diet.

2. Reduced Blood Pressure

IF may help lower high blood pressure in the short term. A pilot study published in June 2018 in Nutrition and Healthy Aging found that 16:8 significantly decreased systolic blood pressure in the 23 study participants. As the Mayo Clinic notes, systolic blood pressure is the top number in your blood pressure reading and indicates the force of the heart against your artery walls each time it beats.

Having a healthy blood pressure is important — unhealthy levels can hurt your heart, brain, kidneys, and eyes.

But so far the research shows that these blood pressure benefits last only while someone is doing IF. Once the diet ended and people returned to eating as was normal for them, researchers found that blood pressure readings returned to their initial levels.

3. Reduced Inflammation

IF reduces inflammation, a condition that can lead to various diseases such as diabetes, multiple sclerosis, and inflammatory bowel syndrome. That reduction, the study found, was due to a reduction in cells that cause inflammation — called "monocytes" — in the blood.

4. Lower Cholesterol

According to research, various forms of IF, including alternate-day fasting and 5:2, can help lower LDL ("bad") cholesterol, among other markers of cardiometabolic health, such as blood pressure. LDL cholesterol can raise your risk of heart disease or stroke. The researchers also noted that IF reduced the presence of triglycerides, which are fats found in the blood that can lead to stroke, heart attack, or heart disease,

5. Better Outcomes for Stroke Survivors

Healthier cholesterol levels and lower blood pressure (two benefits noted above) play a major role in helping reduce your risk of stroke. But that's not the only possible stroke-related benefit of IF. According to published article it was found that fasting may provide a protective mechanism for the brain and enhance recovery from a stroke, partly because of IF's anti-inflammatory effect.

6. Boosted Brain Function

IF may improve mental acuity and concentration. It was found that fasting every other day may enhance memory. A study taken to look at how IF affects human brains and found that it doesn't seem to lead to short-term cognition benefits among healthy people, but it may guard against the development of a neurological disorder.

7. Cancer Protection

A fasting diet may reduce cancer risk by slowing the ability of cancer cells to adapt and spread and by improving the effects of cancer treatment, according to a review published. Cancer Of course, it's also important that people undergoing cancer treatment consult their healthcare team before making changes to their diet.

8. Increased Cell Turnover

The period of rest involved in IF increases autophagy, which is “an important detoxification function in the body to clean out damaged cells. Put differently, a break from eating and digestion gives the body a chance to heal and get rid of junk inside the cells that can accelerate aging.

9. Reduced Insulin Resistance

IF may help stabilize blood sugar levels in people with diabetes because it “resets insulin.”The idea is that restricting calories may improve insulin resistance, which is a marker of type 2 diabetes. Fasting, such as the kind of fasting associated with IF, encourages insulin levels to fall, which may play a role in reducing the risk for type 2 diabetes. Check with your doctor before trying intermittent fasting if you have any type of diabetes.

10. Lower Risk of Cardiovascular Issues

When insulin levels fall, so does the risk of dangerous cardiovascular events, such as congestive heart failure, which is important for people with type 2 diabetes to consider because they are twice as likely to develop and die from heart disease than adults without diabetes,

11. Increased Longevity

There have been a few animal studies that have shown IF may extend life span, possibly because fasting seems to build resistance to age-related diseases. A study published found that IF slowed the aging process within cells of fruit flies, helping the fruit flies live longer.

12. A Better Night's Sleep

One theory suggest that IF regulates circadian rhythm, which determines sleep patterns. A regulated circadian rhythm means you'll fall asleep easily and wake up feeling refreshed.

The other theory centers on the fact that having your last meal earlier in the evening means you'll have digested the food by the time you hit the pillow. Going to sleep with a full stomach (especially if that last meal involved heavy or spicy foods) can interfere with digestion or give you heartburn, which can make it hard to fall asleep.

HIGHLIGHTS OF THE LAST FIVE MONTHS

WINNING STRATEGY IN VOLATILE EQUITY MARKET

Winning Strategy in Volatile Equity Market jointly held by IEWA & GJG on Thursday, 22nd September, 2022



BIRMINGHAM 2022 COMMONWEALTH GAMES

The recent Commonwealth Games, officially known as the **XXII Commonwealth Games** and commonly known as Birmingham 2022, was held in Birmingham, England from 28th July, 2022 to 8th August, 2022.

It was an international multi-sport event for members of the Commonwealth of Nations. There were 280 events spread across 20 sports. The motto of the Games was “**Sport is just the beginning**”.

Seventy two Commonwealth Nations participated in the Games.

The Games were inaugurated by the then Princes of Wales, **Prince Charles**, who in the wake of the death of his mother Queen Elizabeth II has been appointed as the King of Great Britain, King Charles III.

The Indian Contingent at the Games, the biggest ever, put in a splendid performance, bagging **22 Gold Medals, 16 Silver Medals and 23 Bronze Medals**. This is by far the best performance by an Indian contingent at any Commonwealth Games, ending up 4th in the medals tally.

The 72 Commonwealth nations participating in the Games had fielded in the various events. As the various events at the Games were conducted at a time suitable for viewing live on television in India, the nation could witness the performance of the Indian Sportspersons as they piled on achievement after achievement.

While our country has had as good record internationally in events such as Boxing (Men's & Women's), Wrestling (Men's & Women's), Weight Lifting (Men's & Women's) and kept up this creditable record in the Birmingham 2022, what came as a surprise was the performance of the nation's Badminton Squad (Men's & Women's).

P.V. Sindhu bagged the Gold Medal in the Women's Single Event.

Lakshya Sen bagged the Gold Medal in the Men's Singles Category.

Then **Satwik Sairaj Rankireddi** and **Chirag Shetty** to get for the country the Badminton Men's Doubles Gold Medal.

Then the above mentioned badminton players joined forces with others to clinch the Silver Medal in the Badminton mixed team event.

The Gold Medal bagged by **P. V. Sindhu** in the Women's Singles Badminton Event was incidentally, the **200th Gold Medal won by India, overall, in CWG history**.

All in all, a truly memorable and laudable performance by our Sportspersons, who will surely be eager to go on to perform even better in the various games (Asian, Olympic and Commonwealth) in future.



P.V. Sindhu won her first CWG Gold Medal in Women's Singles.

Mirabai Chanu was the First Indian to win Gold at CWG 2022.

Jeremy Lalrinnunga was the First Indian Man to clinch top podium at Birmingham.

**GOLD MEDAL WINNERS FOR INDIA
IN
COMMONWEALTH GAMES
2022**



Nikhat Zareen
Boxing Women's Light Flyweight



Vinesh Phogat
Wrestling Women's
Freestyle 53 kg



Ravi Kumar Dahiya
Wrestling Men's Freestyle 57 kg



Naveen
Wrestling Men's Freestyle 74 kg



Nitu Ghanghas
Boxing Minimum Weight



Bajrang Punia
Wrestling Men's Freestyle 65 kg



Sakshi Malik
Wrestling Women's
Freestyle 62 kg



Amit Panghal
Boxing Flyweight



Deepak Punia
Wrestling Men's Freestyle 86 kg



Mirabai Chanu
Weightlifting Women's 49 kg



Jeremy Lalrinnunga
Weightlifting Men's 67 kg



Sudhir
Para Power Lifting Men's Heavyweight



Bhavina Patel
Table Tennis Women's Singles
Classes 3-5



Achinta Sheuli
Weightlifting Men's 73 kg



Eldhose Paul
Men's Triple Jump



**Lovely Choubey, Pinki,
Nayanmoni Saikia,
Rupa Rani Tirkey**
Lawn Bowls Women's Fours



Sharath Kamal
Table Tennis Men's Singles



**Sharath Kamal,
Sreeja Akula**
Table Tennis Mixed Team



**Sharath Kamal, Sathiyana Gnanasekaran,
Harmeet Desai, Sanil Shetty**
Table Tennis Men's Team

**Swimming Regular Basic
and Advance Coaching
started from
Tuesday, 12th July 2022
from 8.00 am to 9.00 am
&
5.00 pm to 6.00 pm.**

WOMEN'S SINGLE WICKET CRICKET TOURNAMENT 2022

1st time **Women's Single Wicket Cricket Tournament 2022**
held on **Sunday, 29th May 2022** in the **Open Ground**. 32 players participated



AZADI KA AMRUT MAHOTSAV

5 km Marathon Run for 3 Days in Group of 5
held on Saturday 13th, Sunday 14th & Monday 15th August, 2022
180 Members Participated.



Parade and Flag Hoisting Ceremony on the 75th Anniversary of the Independence Day of our Nation

GHATKOPAR JOLLY GYMKHANA

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