

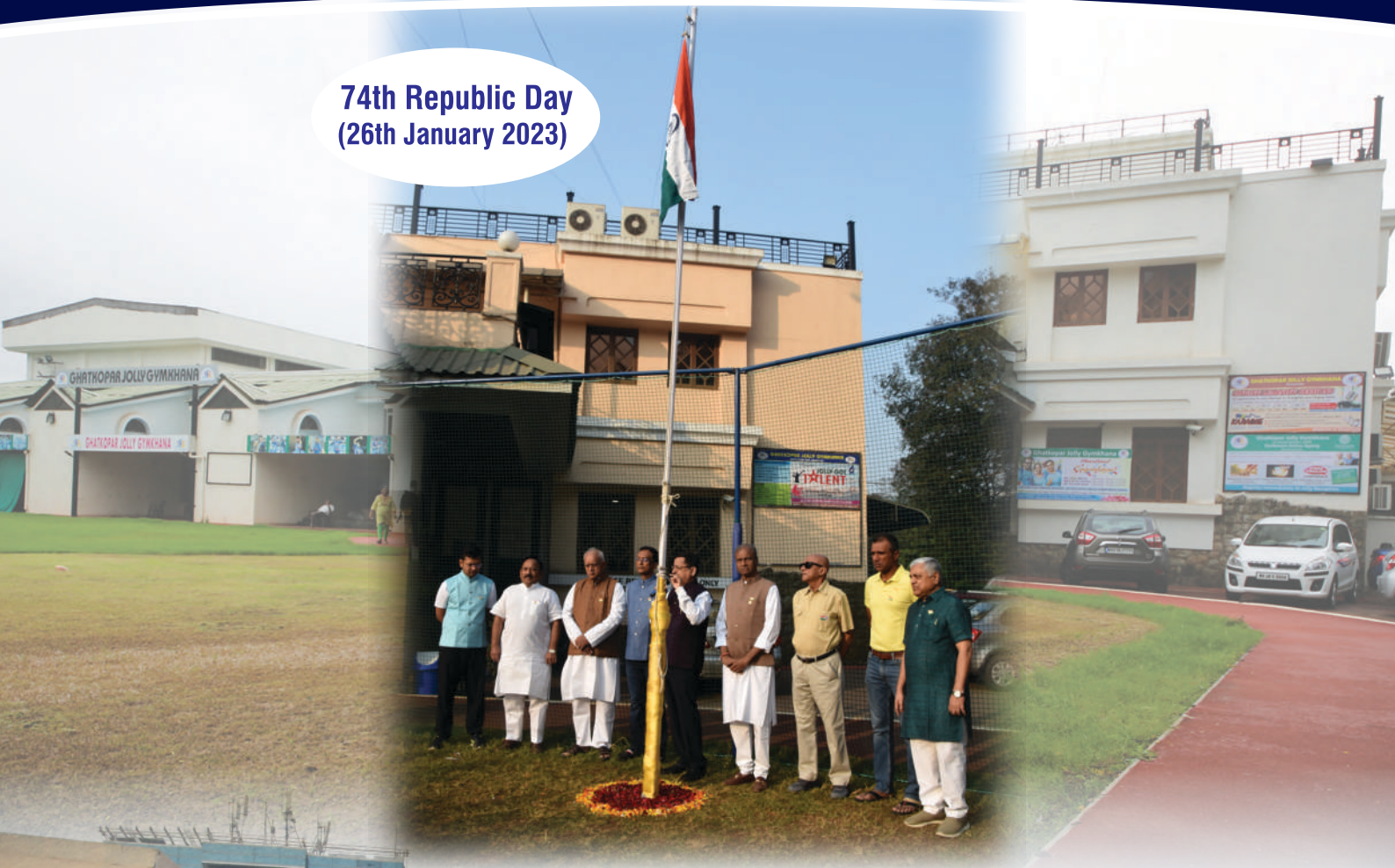


JOLLY

N-JOY IN HOUSE BULLETIN

ISSUE - XXXVII • JANUARY - MARCH 2023

74th Republic Day
(26th January 2023)



Ghatkopar Jolly Gymkhana Members participated in Tata Mumbai Marathon Run on 15th January 2023

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CA Rajnikant Shah

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Paresh Shah

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Vishnukumar Talesara



CA RAJNIKANT SHAH
Chairman

Dear Jollyites,

“Alone we are smart. Together we are Brilliant.” - Steven Anderson

It gives us immense pride in sharing with you that the first quarter of Year 2023 was full of activities, fellowship and events. We would like to once again reiterate that this only possible due to the hard work and planning of the entire team at Jolly and support from our members. As it is rightly said that if you want to walk fast, walk alone. But if you want to walk far, walk together. Individual Commitment to a group effort – that is what makes a team work successfully.

The month of January saw Inter School Cricket Tournament, Women’s Sports Day, Kite Festival, Ghazal Night, Inter Department Tennis Cricket Tournament and a lot more. Around 90 members our Gymkhana had participated in esteemed Tata Mumbai Marathon. Republic day was celebrated at our Gymkhana with great aplomb where 250 plus members participated and had shown their patriotism towards our great country.

We had the Friendly Women’s Volleyball matches, Annual Volleyball Tournament, Friendly Badminton and Billiards Tournaments. Annual Prize Distribution with Live Performances of Karaoke by Jolly members wherein all winners were felicitated with Trophies was held. Inter Club/Gymkhana Cricket Tournament was held wherein Jolly Gymkhana B-Team got Runners Up Trophy

Around a thousand ladies members of Gymkhana took part in Women’s Week Celebration in March by participating in various Sports, Games and entertainment programs. There was an Orientation Seminar on Fitness to beat the Covid and pollution related Sickness and increasing the Body’s immunity. We are proud to announce Ghatkopar Jolly Gymkhana Ladies Cricket Team won Mumbai Level Ladies Cricket Tournament jointly organized by our Cricket Sub Committee and Gujrati Mid-day.

Assuring you the best as always,

Chairman and Managing Trustee



MANOJ AJMERA
Managing Trustee

EDITORIAL

Dear Jollyites,

“Positivity is a choice and happiness of your life depends on the quality of your thoughts”

With this positive thought, we bring forth to you yet another issue of our Jolly Bulletin. The last quarter has been extremely sports oriented, vibrant and fabulous at Jolly Gymkhana. In the context of sports, this issue covers the major events organised by our club like Inter School Cricket Tournament, Sports Day event, Tata Mumbai Marathon coverage, Annual Volleyball Tournament, Ladies Cricket tournament in association with Mid- Day and the Inter Department Tennis Cricket Tournament.

This issue also focuses on several other festivals and entertainment events organised in the club. It covers pictorial presentations of the Makar Sankranti Celebrations, Ghazal Night and the wonderful Women’s Week Celebration. The colourful highlights of the Annual prize distribution are also duly covered for our members.

At the helm of International Women’s Week, we present an article on Women’s boxing in this Bulletin. The write up on IBA Women’s World Boxing Championship applauds the effort of Indian Women who have gloriously brought fame to our nation. Yet another interesting read in this bulletin is on the ICC Women’s T20 World Cup. It is heartening to see the growing popularity of women’s sports across the world.

To encourage a positive mindset, this issue brings forth an engaging article on positive affirmations. The success and happiness of our life largely depends on the positivity that we bring in ourselves. The article on positive affirmations attempts to emphasise on the power of positive affirmations and ways to achieve them.

Last but not the least, the issue covers an updated list of the affiliations with other clubs so as to keep our members informed about the same.

Happy reading,

Members of Website, Bulletin and Affiliation Committee

Incharge: Paresh Shah,

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

Members: CA Mickin Sheth, Paresh Mehta,

Special Invitee: Dr. Purvy Karia



MUKESH P. BADANI
Hon. Secretary



PARESH C. SHAH
Hon. Secretary

FROM THE SECRETARIES DESK : HIGHLIGHTS JANUARY - MARCH 2023

Cricket Sub-Committee had organised Inter School Cricket Tournament - 2023 from 2nd to 9th January 2023. Total eight renowned Schools from Mumbai participated and enjoyed the matches. Final match of 35 Overs, won by Don Bosco School, Matunga against Swami Vivekanand School, Chembur on dated 30th January 2023. Prize distribution was done on the same day.



INTER SCHOOL CRICKET TOURNAMENT

Sports Day Event on Sunday, 8th January 2023 was organized by Ladies Wing Sub-Committee on open ground for Women and Children. We got an enthusiastic response from all members, as total 942 members have participated in different sports categories.



SPORTS DAY EVENT FOR WOMEN AND CHILDREN

HIGHLIGHTS JANUARY - MARCH 2023

90 Jolly members had participated in esteemed Tata Mumbai Marathon for the 42 km full, 21 km, and 10 km half marathon run on Sunday, January 15, 2023, started at 6 a.m. onwards. Four Jolly Members had completed 40 km and 10 km marathon runs, and 82 Jolly Members completed 21 km marathon run. Jolly Gymkhana had celebrated Marathon Run by organizing Get-Together on the same day at 7.30 p.m. at Jasmine Basement Hall. 115 Marathon Runners had enjoyed the Get together and celebrated the victory followed by lavish dinner.



MARATHON GET TOGETHER

On the occasion of Makar Sankranti, Kite festival was organized in open ground on Sunday, 15th January 2023. 250 plus members came together along with their family and witnessed vibrant and different shapes kites flying.



KITE FESTIVAL

Restaurant, Bar and Fast Food Sub-Committee had organized Gazal Night by Hukum Prajapati with Ponk Party on Friday, 20th January 2023 at 1st Floor Terrace followed by delicious dinner. 161 Jolly Members with their guest enjoyed the mesmerizing event.



GAZAL NIGHT

HIGHLIGHTS JANUARY - MARCH 2023

There was Inter Dept. Tennis Cricket Tournament organised by Cricket Sub-Committee on 26th, 28th & 29th January 2023 respectively. Total 7 teams participated.



INTER DEPT. TENNIS CRICKET TOURNAMENT

Jolly Members had witnessed Unfurling of Flag by Chairman Shri Rajnikant Shah on 74th Republic day (26th January 2023) in open ground. 250 plus members had participated and shown their patriotism towards our Country.



FLAG HOISTING CEREMONY

To encourage the hidden talent of our members, Youth Wing Sub-Committee had organized Jolly Got Talent event on Sunday, 29th January 2023 in open ground. 45 members had enrolled and showcased their different talents.



HIGHLIGHTS JANUARY - MARCH 2023



JOLLY GOT TALENT

Annual Volleyball Tournament was held on 11th & 12th February 2023 by the Multi Turf Sub Committee. On February 12, 2023, a women's friendly volleyball match was also organised by the Multi Turf Sub Committee to encourage women's participation in volleyball sports. We got an overwhelming response, as total 65 members had participated in the volleyball tournament.



ANNUAL VOLLEYBALL TOURNAMENT

ICC WOMEN'S T20 WORLD CUP 2023



AUSTRALIA BEAT SOUTH AFRICA TO CLAIM AN INCREDIBLE SIXTH TITLE | WOMEN'S T20WC 2023

ICC Women's T20 World Cup 2023 was concluded in South Africa on the 26th of February 2023. This was the 8th edition of the ICC Women's T20 World Cup. Since its inception in 2009, the Women's T20 World Cup has been dominated overwhelmingly by the Australians, winning 7 titles out of a total of 8 titles. The winner of the Women's T20 World Cup 2023 has been decided on 26th February 2023 when the two best teams of the tournament faced each other to clinch the ICC Women's T20 World Cup 2023 title. The final match was played between the Australian women's and South African women's teams and Australia Women won the women's T20 World Cup 2023 by 19 runs.

Badminton Sub-Committee had organised a Friendly Badminton Tournament on Sunday, 12th February 2023. Total 30 members had enthusiastically participated.

Billiards Sub-Committee had organised a Friendly Billiard Tournament on Sunday, 26th February 2023. Total 16 members had enrolled themselves and enjoyed the friendly tournament.

HIGHLIGHTS JANUARY - MARCH 2023

Annual Prize Distribution Ceremony with Live performance of Karaoke held at open ground on Sunday, 12th February 2023. All Winners were felicitated with Trophies according to their achievements in the respective sports followed by delicious dinner.



ANNUAL PRIZE DISTRIBUTION CEREMONY

Inter Club/Gymkhana Cricket Tournament was held on 18th & 19th and 25th & 26th February 2023 by the Cricket Sub Committee. Jolly Gymkhana B-Team and other 7 teams from Mumbai had participated. Bombay Gymkhana won the final match and Jolly Gymkhana B-Team got Runner-up Trophy.



INTER CLUB CRICKET TOURNAMENT

IBA WOMEN'S WORLD BOXING CHAMPIONSHIP 2023**IBA Women's World Boxing Championship 2023: India Proud Moment, Four Female Boxers Win Gold Medals**

At the IBA Women's World Boxing Championship 2023, Nikhat Zareen, Lovlina Borgohain, Saweety Boora and Nitu Ghanghas flourished with their gold medals. All these four women from India took the honours in their respective bouts.

Now, this time it was a roaring success for the nation in the 13th edition of the Women's World Boxing Championship 2023 organised by the International Boxing Association (IBA). The tournament was scheduled between March 15 to March 26, 2023.

India shines at the 13th edition of the IBA Women's World Boxing Championship 2023 held in New Delhi. The competition concluded with 4 female winners who nailed to grab the gold medals in different categories.

Rates For Advertisement In Bulletin**Quarter page - Rs. 15,000/-****Half page - Rs. 25,000/-****Full page - Rs. 40,000/-****Plus GST 18% extra.****15% Discount to Member exclusive of GST applicable on above mention rates**

HIGHLIGHTS JANUARY - MARCH 2023

On the occasion of International Women's Day, Jolly Gymkhana had organised Women's Week Celebration from 1st to 4th March 2023 by incorporating various Sports, Games and Entertainment Programs and Grand Finale with theme of Pre- Holi Carnival Bash Bollywood Rasiya held on 6th March 2023. Total approx. 990 ladies members took part in different scheduled events and enjoyed the week.



INAUGURATION



YOGA



BOX CRICKET



TABLE TENNIS



CARROM

HIGHLIGHTS JANUARY - MARCH 2023



AEROBIC

WE ARE PROUD OF OUR ESTEEMED MEMBER'S ACHIEVEMENTS

MR. PRASHANT KARIA



INDIA MASTERS		
PRASANNA KUMAR(C)	JISHANAND KOTTAMALA	
VINAY NARAYANAN	SRINIVASAN SUDARSHAN	
SUNEEL CHINHA	VINOD MUNIKRISHNA	
NAGESH SINGH	NARESH KHURANA	
BHASKAR SHETTY	MANISH MITTAL	
KARTHIK N	PRASHANT KARIA	
SUPPORT STAFF		
COACH - PRASANNA KUMAR		
ISF MEMBER - MILIND PUNJIA		

We at Ghatkopar Jolly Gymkhana are proud to announce that our member and Cricket player Mr. Prashant Karia has been selected to play for the India Masters (Above 40) Cricket team for the upcoming Indoor Cricket NEW ZEALAND ASIA CUP Organised By the INDIAN INDOOR SPORTS FEDERATION under the Auspices of World Indoor Cricket Federation. The participating teams are New Zealand, Sri Lanka, Singapore, UAE And India. The Tournament was held in Bangalore from 2nd May to 6th May 2023.

MR. YOGESH SANGHAVI



We at Ghatkopar Jolly Gymkhana are proud to announce that our member and BADMINTON player Mr. Yogesh Sanghavi being National Winner in men's doubles 60 age category in All India Masters Doubles Badminton Championship at Udaipur, Chandigarh, Panchkula and Goa will be representing India at the *World Masters Badminton Championship in South Korea* to be played during 11th to 17th September 2023.

THE POWER OF POSITIVE AFFIRMATIONS

Affirmations (meaning a statement said with confidence about a perceived truth) have helped thousands of people make significant changes in their lives. But they don't always work for everyone. Why can one person have great success using this tool while another sees no results at all?

An affirmation can work because it has the ability to program your mind into believing the stated concept. This is because the mind doesn't know the difference between what is real or fantasy. When you watch a movie and you start to laugh or cry your mind is empathizing with the characters on the screen even though it is only Hollywood magic.

There are both positive and negative types of affirmations. I'm sure many of us can remember as a child being told by a teacher, parent or coach that we didn't have the ability to do something, or we were too fat, clumsy, etc. These unwholesome statements can stay with us in the conscious or unconscious mind, and we then reinforce them throughout our lives.

If an unwholesome belief is deeply rooted in our unconscious mind then it has the ability to override a positive affirmation even if we aren't aware of it. This is why for many people affirmations don't seem to work as their afflicted thought patterns are so strong that it knocks out the effect of the positive statement. So how can we add more muscle to an affirmation so that it has the power to triumph over our negative thinking? Here are some suggestions on how to make them work for you.

Five Steps to Make Affirmations More Effective & Powerful

Step 1: Make a list of what you've always thought of as your negative qualities. Include any criticisms others have made of you that you've been holding onto; whether it's something your siblings, parents and peers used to say about you when you were a child, or what your boss told you in your last annual review. Don't judge if they're accurate and remember we all have flaws. This is one of the beauties of being human. Simply make a note of them and look for a common theme, such as "I'm unworthy." This will be a great place to start making a shift in your life.

Step 2: Now write out an affirmation on the positive aspect of your self-judgment. You may want to use a thesaurus to find more powerful words to beef up your statement. For example instead of saying, "I'm worthy," you could say, "I'm remarkable and cherished." After you have written your affirmation, ask a close friend to read it to see if they have any suggestions to make it stronger.

Step 3: Speak the affirmation out loud for about five minutes, three times a day -- morning, mid day and evening. An ideal time to do this is when you're putting on your make up or shaving, so that you can look at yourself in the mirror as you repeat the positive statement. Another option that helps to reinforce the new belief and would be easy to do at work is to write out the affirmation several times in a notebook. Notice over time as you write it if your style of writing changes. This could be a clue as to how your mind perceives the new concept.

Step 4: Anchor the affirmation in your body as you are repeating it by placing your hand on the area that felt uncomfortable when you wrote out the negative belief in step one. Also "breathe" into the affirmation while you are saying or writing it. As you reprogram your mind, you want to move from the concept of the affirmation to a real, positive embodiment of the quality you seek.

Step 5: Get a friend or coach to repeat your affirmation to you. As they are saying for example, "you are remarkable and cherished" identify this statement as 'good mothering or good fathering messages. If you don't have someone who you feel comfortable asking then use your reflection in the mirror as the person who is reinforcing the healthy message.

Mindfulness meditation is a very effective method to help you uncover your unconscious thought patterns and allows you to categorize them identifying what is wholesome, negative or afflicted. Mindfulness is not about change, rather it's about the power and ability to accept first what is -- then to transmute towards what is possible. Try it and see how your life improves!

HIGHLIGHTS JANUARY - MARCH 2023

Cricket Sub-Committee and Gujarati Mid-Day had jointly organised Ladies Cricket Tournament on 17th,18th & 19th March 2023 on Gymkhana ground. From Mumbai 26 Teams had participated. We are proud to announce Ghatkopar Jolly Gymkhana Ladies Cricket Team won Mumbai Level Ladies Cricket final match against Mahyavanshi Yogesh Patel Club. .



MID-DAY LADIES CRICKET TOURNAMENT

Marathon & Fitness Sub-Committee had organised Orientation on Fitness subject to Beat the Covid and pollution related sickness, make your body immune to all sickness by being fit held on Sunday, 26.03.2023. 85 plus Members attended the Seminar.



MARATHON ORIENTATION FITNESS

02 NEW CLUB AFFILIATIONS WITH UPDATED LIST OF AFFILIATION

SR.	CLUB NAME	ADDRESS	TEL. NO.	E-MAIL
NATIONAL AFFILIATED CLUB :				
1.	UMED CLUB	Old Public Park, Gaushala Grounds, Jodhpur-342006 (Rajasthan), India.	0291-2511010 / 2619999 / 2629999 Fax No. 0291-2512024.	info@umedclub.com & secretary@umedclub.com WEBSITE:WWW.UMEDCLUB.COM
2.	PRESIDENCY CLUB	Ootacamund, Adj. to Breeks Stadium, Next to Botanical Garden, Ottley Road, Ooty – 643 001, India.	(0423) – 2452310 / 452315 / 452320 09698966843 Fax No: (0423) - 2452325	presidencyclub@gmail.com
3.	JAISAL CLUB	Jethwal Road, Jailsalmer – 345001 Rajasthan, India.	(02992) – 255555 / 254999 Fax No.: (02991) – 2435349	info@jaisalclub.com website: www.jaisalclub.com
4.	NEW FRIENDS CLUB	New Friends Colony, Mathura Road, New Delhi - 110065, India.	(91-011) 26916725 (91-011) 26328235 (91-011) 26326656	nfclub94@yahoo.co.in
5.	THE SPORTS CLUB OF GUJARAT LTD.	Sardar Patel Stadium, Navrangpura, Ahmadabad – 380 014.	(079) 26440371/73 / 26560597 Fax No.(079) 26440514	mailbox@sportsclub-gujarat.com Website:www.sportsclub-gujarat.com
6.	RAJPATH CLUB LIMITED	S.G. Road, Ahmadabad – 380509 Gujarat, India.	079 – 26861432-33-36-38 and 29705181-84, Mobile No:9327919757	rajpath@rajpathclub.com roombooking@rajpathclub.com Website: www.rajpathclub.com
7.	THE DARJEELING CLUB LTD.	7, Nehru Road, Darjeeling.	91-354-2254342 / 2254349 7679807548 Telefax:- 91-354-2254348	darjclub@gmail.com darjeelinggymkhanaclub1909@yahoo.com Website: www.darjeeling club.com
8.	THE REGENCY CLUB	Kuttanellur, Thrissur, Kerala - 680 014.	0487-2353101 / 2350872/73 Fax:-2355651	mail@regencyclubthrissur.com Website: www.regencyclubthrissur.com
9.	JAIN FARMS PVT. LTD.	A) Bangalore : Bagalur - Malur Road Project, Belathur Post, Hosur Tq, Bagalur – 635124	Mr. Neeraj – 09314640689 / 09828089451	jainfarmsblr@yahoo.com Website: www.jainfarms.com
		B) Jaipur : No. 109, 1st Flr. Geethanjali Tower, Opp ESI Dispensary, Ajmer Road, Jaipur – 302001.	Mr. Neeraj – 09314640689 / 09828089451	
		C) Kodaikanal : Valakattu Vodai, Villapati, Pallangi Road, Kodaikanal – 624101.	Mr. Satheesh – 08883386119	
10.	GULMOHAR GREENS - GOLF & COUNTRY CLUB PVT. LTD	Next to "Gokul-Vrindavan", Opp. Country Club, (Goyal Water Park), Village-Kalot, Ahmadabad – 382 110.	079-30613100 / 30613101 / 30002549 9687628050/51/52/53 Fax:-079-30613181	info@gulmohargreens.com Website: gulmohargreens.com
11.	JIWAJI CLUB	Shrimant Madhav Rao Scindia Marg, Gwalior – 474 009. (M.P)	2324110 / 2636212	Jiwajclub1@yahoo.co.in Website:- www.jiwajclub.com
12.	EMERALD GARDEN CLUB LTD.	712/1, Rampura Road, Jaisingpura (Bhakrota), Off. Ajmer Road, Jaipur – 302 026, Rajasthan, India.	0141 2944340 / 41 / 42 Fax: +91141-2974344	Email: Info@Emeraldgardenclub.Com Website: www.Emeraldgardenclub.Com
13.	DECCAN GYMKHANA	Talim Pavilion, 759/2 Pune :411004	020 - 2567 5994 / 25663970	Email: deccangymkhana@gmail.com Website: http://deccangymkhana.co.in
14.	INDORE TENNIS CLUB	7, Race Course Rd, Old Palasia, Indore, Madhya Pradesh 452003	0731- 4066055	Email:itc_indore@rediffmail.com Website: www.indoretennisclub.com
15.	BIKANER HERITAGE CLUB	Lal Garh Complex, Near Hotal Sagar, Bikaner, Rajasthan.	9983337397 / 9828384183	Email : info@bikanerheritageclub.com Website:- www.bikanerheritageclub.com
16.	I.B.P. CENTURY CLUB	D.No. 15-3-15, Maharani-peta, Visakhapatnam – 530 002.	0891-2562573 – 2567471 – 2714274 Fax:- 0891-2714102	Email: secretary@ibpcenturyclub.in Website: ibpcenturyclub.in
17.	FIELD CLUB	Fatehpura, Udaipur (Rajasthan)	0294-2416199 – 2560105 Fax:- 0294-2421312	Email: fieldclubindia@fieldclubindia.com Website:- www.fieldclubindia.com
18.	THE BENARES CLUB LIMITED	S-2/650, Club Road, Varanasi.	0542-2500508 / 2500351	Email: benaresclub@hotmail.com Website:- www.benaresclub.com
19.	THE MAHARAJA PRATAPSIKH CORONATION GYMKHANA	Behind Jilla Panchayat Bahvan, Jawaharlal Nehru Marg, Shiyabaug, Kevdabaug, Vadodara, Gujarat 390 001.	0265-2433536 / 0265-24339890265	Email: info@poloclubofbaroda.org Website: www.poloclubofbaroda.org
20.	THE PRESIDENCY CLUB	Fairlawns, 51, Ethiraj Salai, Chennai – 600 008.	044-2822 6881 / 5214 6805 / 06, 044-4214 6805	Email: admn@thepresidencyclub.com guesthouse@thepresidencyclub.com Website: www.thepresidencyclub.com
21.	THE NIZAM CLUB	The Nizam Club Saifabad,Hyderabad – 500 004.	040-23237097 / 23231054 / 23230262	Email: thenizamclub@gmail.com Website: www.nizamclubindia.com
22.	PIYUSH PALACE CLUB	Village Goblej, Bareja-Kheda Highway NH No. 8, Goblej, Kheda, Ahmedabad, Gujarat – 387 540.	9974028864	Email: Secretary@Piyushpalace.com Website: www.Piyushpalace.com
23.	BARAMATI CLUB	Sayali Hills, Bhigwan Road, Baramati, District - Pune – 413 102.	02112-244069	Email: info@baramaticlub.com Website: www.baramaticlub.com
24.	KENSINGTON CLUB	55, Boat Club Road, Chandshi, Nashik - 422 003.	7774004203 / 46064934	Email: info@thekingsclub.co.in Website: www.thekensingtonclub.co.in
25.	RISHIKESH CLUB (Agreement in process)	1-C Block, Rishikesh, State- (Uttarakhand), Country- INDIA	+91-7534028919	Email:- rishikeshclub9@gmail.com Website: www.RishikeshClub.in
INTERNATIONAL AFFILIATED CLUB :				
1.	AMBASSY CLUB	502 Huaihai Middle Road, Xuhui, Shanghai, China, 200031	+86 21 6437 9800 / 021-52062586	Email : zhujialei2002@hotmail.com Website:- www.ambassyclub.com
2.	SINGAPORE SWIMMING CLUB	45 Tanjong Rhu Road, Singapore – 436 899.	+ 65 6342 3600 / Fax:- 65 6344 4476	Email: FrontdeskR@sswimclub.org.sg sports@sswimclub.org.sg Website:- www.sswimclub.org.sg



HOUSIE BY RISHI NANDA - MAHABHARAT & RAMAYANA LIVE



PUNJAB DI KUDI



PRE-HOLI CARNIVAL BASH THEME - BOLLYWOOD RASIYA

GHATKOPAR JOLLY GYMKHANA

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