



JOLLY



N-JOY

IN HOUSE BULLETIN

ISSUE - XXXVIII • APRIL - AUGUST 2023



Opening of newly renovated Health Club was held by worthy hands of Chairman Shri Rajnikant Shah and Managing Trustee Shri Manoj Ajmera along with Trustees, Managing Committee, Health Club & Swimming Pool Sub-Committee members on 16th July 2023.



38th Annual General Meeting held on 04.08.2023. Centre Chairman CA Rajnikant Shah giving welcome address; his right Shri Manoj Ajmera - Managing Trustee; Left & Right Hon. Secretaries Shri Mukesh Badani and Shri Paresh Shah; his Left Hon. Treasurer Shri Balwant Sanghrajka and Shri Nalin Mehta; and his extreme right Sports Coordinator Shri Parag Gandhi.

OFFICE BEARERS**Chairman**

CA Rajnikant Shah

Managing Trustee

Manoj Ajmera

Hon. Secretaries

Mukesh Badani

Paresh Shah

Hon. Treasurers

Balwant Sanghrajka (Trustee)

Nalin Mehta

Sports Co-ordinators

Parag Gandhi

Prashant Karia

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Dr. Sanjay Sanghavi

Harish Gandhi

Jayprakash Daftary

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Capt. Swaminathan Iyer

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Sanjay Muchhala

Sanjay Rupani

Vishnukumar Talesara

**CA RAJNIKANT SHAH**
Chairman

Dear Jollyites,

We, at Jolly, undoubtedly reaffirm the golden proverb - Health is Wealth and strongly urge all to invest in their own health as it gives superlative returns. It is that state of well-being which is free from diseases, both physical and mental and one must have that as their topmost priority.

The Summer months at Jolly were action packed full of activities. Our Gymkhana saw a lot of developments and renovation – Swimming Pool Gents and Ladies Changing Room, splashy Health Club and the swanky Badminton Court. We also saw quite a few Seminars on - Let's Explore Public Speaking by Nancy Shah, New Age Digital Marketing by Vinika Shah, Thalassemia and Anemia Awareness by Dr Nitin Shah and Dr Rajesh Chokhani, Mind and Wellness Coaching by Meenal Majethia and Redevelopment of Housing Projects by Adv. Vinod Sampat and Adv. Divyakant Mehta. On the Entertainment side, our members were enthralled with programs like Rang Kusumbal Dairo by Sunil Soni and team, Dil Se.. Melodious Songs of AR Rehman and Aaya Saawan Jhumke.

Jolly Premier League T-10 Cricket Tournament was enjoyed by one and all. Friendly Table Tennis Doubles Tournament was organized and our members also participated in Maharashtra State Ranking Carrom Tournament. International Yoga Day, Box test Cricket Friendly Tournament and Khel Mohatsav saw tremendous response from members. Summer Bonanza organized on all Sundays of April, May and June had a lot of exciting events with different themes saw maximum membership attendance.

Annual Sports Tournament in 13 different disciplines was contested competitively by all members and all Jollyites displayed a camaraderie of true sportsmanship and gamesmanship.

Our Annual Accounts were finalized, Audited and signed on 6th July 2023 and will be put before Annual General Meeting scheduled on 4th August 2023.

Assuring you all the very best as always,

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

EDITORIAL

Dear Jollyites,

“Health is an asset of which we have no idea till we lose it”

With this healthful thought, we bring forth to you yet another issue of our Jolly Bulletin. Jolly gymkhana has always been a frontrunner to promote health as a way of life. This is evident in the last quarter as it has been extremely health focused and sports oriented. In this context, this issue covers the annual sports tournament organised by our club, box test cricket tournament and crossfit training activities. With a special emphasis on health, this issue also brings forward the highlights of wellness seminar on Thalessemia and also covers the digital seminar and talk on public speaking.

There are several other events and seminars which the club had conducted, the pictorial highlights of which are covered in this issue. We, at Jolly gymkhana encourage an all-round development of our members and hence we bring forth a summary of the seminar on redevelopment of housing projects and the Metro Mirror Khel Mahotsav.

To encourage a healthy mindset, this issue brings forth an engaging article on nutrition ‘From Millennials to Millets- A nutritious revolution begins’. In sync with our theme of health this article aims to educate our members on the importance of right nutrition using simple millets. Last but not the least the latest Korea Open Super 500 Badminton Tournament winners Chirag Shetty and Satwicksairaj Rankireddy have been duly applauded in an article on the tournament.

Hope this monsoon brings you showers of health, wealth and happiness. Looking forward to a healthy, wealthy and happy next quarter,

Happy reading,

Members of Website, Bulletin and Affiliation Committee

Incharge: Paresh Shah

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

Members: Mickin Sheth, Paresh Mehta,

Special Invitee: Dr. Purvy Karia



MUKESH P. BADANI
Hon. Secretary



PARESH C. SHAH
Hon. Secretary

FROM THE SECRETARIES DESK : HIGHLIGHTS APRIL - AUGUST 2023

Events & Entertainment Sub Committee had organised Rang Kasumbal Dairo by Sunil Soni & team on 1st April 2023 at Jasmine Hall from 9.00 pm onwards along with delicious dinner. We got excellent response as 477 members and 90 guests had attended this event and made the memories together with jolly members.



RANG KASUMBAL DAIRO

Table Tennis Sub-Committee had organised a Friendly Table Tennis Doubles Tournament on Sunday, 9th April 2023 from 9.00 a.m. onwards.



FRIENDLY TABLE TENNIS DOUBLES TOURNAMENT

HIGHLIGHTS APRIL - AUGUST 2023

Opening ceremony of newly renovated Swimming Pool gents changing room was held by worthy hands of Chairman CA Shri Rajnikant Shah and Trustee Mr. Pravin Parekh alongwith the Managing Committee and Swimming Pool Sub Committee.



RENOVATED SWIMMING POOL CHANGING ROOM

We are happy to announce that the opening ceremony of newly renovated Badminton Court held on Sunday, 9th April 2023 at 10.00 a.m. by worthy hands of Chairman CA Rajnikant Shah, Trustees, Managing Committee Members, Badminton Sub-committee members and members of Gymkhana.



OPENING CEREMONY OF NEWLY RENOVATED BADMINTON COURT

MEN'S DOUBLES FINAL OF THE KOREA OPEN SUPER 500 BADMINTON TOURNAMENT**CHIRAG SHETTY, SATWIKSAIRAJ RANKIREDDY CLINCH KOREA OPEN TITLE**

Chirag Shetty and Satwiksairaj Rankireddy secured a remarkable victory in the men's doubles final of the Korea Open Super 500 badminton tournament, defeating the world number one Indonesian pair with a score of 17-21, 21-13, 21-14. After losing the first set, the Indian duo displayed exceptional improvement and skill to overcome the top-seeded Fajar Alfian and Muhammad Rian Ardianto.

This year has been a successful one for Satwik and Chirag, as they have already secured the Indonesia Super 1000 and Swiss Open Super 500 titles. Since teaming up, Satwik and Chirag have achieved remarkable success, securing numerous prestigious titles. Their impressive list of accomplishments includes winning the gold medal at the Commonwealth Games, Thomas Cup, and a bronze medal in the World Championships. Additionally, they have emerged victorious in various tournaments across different levels of the BWF World Tour.

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HIGHLIGHTS APRIL - AUGUST 2023

The Cricket Sub-Committee organised the Jolly Premier League (JPL) T-10 Cricket Tournament on 8th, 9th, 15th and 16th April 2023 at the Gymkhana Ground. 12 Members Teams containing 164 players had participated in the tournament. In the Jolly Premier League T- 10 the main sponsorer was Neelsidhi Group owned by Mr. Kalpesh Palan & Mr. Darshan Palan, the Cup named “Neelsidhi Cup” also there were 12 co-sponsorer for each team.

“One Force Team” won the final match of the tournament, the match was sponsored by ‘Procom Office Solutions’ owned by Mr. Samir Shah and Mr. Jilesh Zaveri.



JOLLY PREMIER LEAGUE (JPL) T-10 CRICKET TOURNAMENT

“Summer Bonanza” on every Sunday had been organized by Events and Entertainment alongwith Ladies Wing Sub-Committee it contained various programmes during summer vacation. Below are the details of respective events, all events had followed by Housie and Fast Food items were served on payment basis.



On 9th April 2023 there was Khel Khel Mein by Grishma
Total attendance was 250 plus.



On 16th April 2023 there was Musical Tambola by Max
Total attendance was 300 plus.



On 23rd April 2023 there was Karaoke Night by Jolly Members
Total attendance was 400 plus.



On 30th April 2023 there was Aap Ki Farmaish, By Ashish & Team unique Musical concept
Total attendance was 350 plus..



On 07th May 2023 there was Casino Night by Max
Total attendance was 300 plus.



On 14th May 2023 there was Jodi Jalwa by Grishma
Total attendance was 300 plus.



On 21st May 2023 there was Back to School by Max
Total attendance was 325 plus.



On 28th May 2023 there was Big Quiz Show by Max
Total attendance was 250 plus.



On 4th June 2023 there was Musical Night by Hemang Joshi
Total attendance was 350 plus.

HIGHLIGHTS APRIL - AUGUST 2023

Swimming Pool Sub-Committee had initiated Aquatic Training Program "AI CHI & AQUA FITNESS" by Dr. Tapan Shah - M. PT (Ortho & Sports) from 10th August 2023 on every Thursday & Friday from 3.00 pm to 4.00 pm & 4.00 pm to 5.00 pm at Swimming Pool. Free demo session was conducted on 2nd & 3rd August 2023 and attended by more than 60 members.



AQUATIC TRAINING PROGRAM

Events & Entertainment Sub-Committee had organised Nayab Nagme...Nineties Ke melodious songs from Golden Era of Kumar Sanu, Udit Narayan, Anuradha Paudwal & Alka Yagnik on Saturday, 12th August 2023 at Jasmine Hall with flavorful dinner. This was a live concert and enjoyed by 363 members and 106 guests.



NAYAB NAGME...NINETIES KE

On 15th August 2023, 77th Independence Day celebrated at Jolly Gymkhana. Flag Hoisting Ceremony was held in presence of 300 plus members, by worthy hands of Chairman Shri Rajnikant Shah & in presence of Hon. Secretaries, Hon. Treasurer, Trustees and Managing Committee Members at open ground.



FLAG HOISTING CEREMONY - 77TH INDEPENDENCE DAY ON 15TH AUGUST 2023

HIGHLIGHTS APRIL - AUGUST 2023

ANNUAL SPORTS TOURNAMENT - 2023 WAS HELD FROM JUNE 2023.



Lawn Tennis Annual Tournament
held on 3rd & 4th June 2023
with 27 participants.



Badminton Annual Tournament
held on 10th, 11th, 17th, 18th,
24th & 25th June 2023
with 213 participants



Gymnasium Annual Tournament
held on 11th June 2023
with 24 participants



Basketball Annual Tournament
held on 11th June 2023
with 71 participants



Yoga Annual Tournament
held on 17th June 2023
with 108 participants



Carrom Annual Tournament
held on 17th & 18th June 2023
with 216 participants



Squash Annual Tournament
held on 17th & 18th June 2023
with 51 participants



Billiard Annual Tournament
held on 24th, 25th, 30th June &
1st and 2nd July 2023
with 56 participants



Swimming Pool Annual Tournament
held on 18th June 2023
with 218 participants



Football Annual Tournament
held on 18th June 2023
with 92 participants



Table Tennis Annual Tournament
held on 18th & 25th June 2023
with 141 participants



Chess Annual Tournament
held on 25th June 2023
with 114 participants

A NUTRITIOUS REVOLUTION BEGINS



From Millennials to Millets : A Nutritious Revolution Begins”

In the fast-paced world of the millennial generation, where convenience often takes precedence over nutrition, it is crucial to take a step back and consider the impact of our dietary choices on both our health and the planet. Amidst the plethora of food options available, there is one group of superfoods that stands out: millets. Traditionally grown and consumed in various parts of the world, these tiny grains are making a remarkable comeback, captivating the hearts and palates of millennials. With their numerous health benefits and sustainable characteristics, millets are undeniably a boon for the health-conscious millennials of today.

2023: The Year of Millets

As the world faces ongoing challenges related to climate change, food security, and health issues, 2023 emerges as a pivotal year for millets, often referred to as the "miracle grains." These small-seeded, ancient grains are captivating the attention of farmers, nutritionists, and consumers worldwide due to their numerous benefits. In this article, we will explore why 2023 is being hailed as the year of millets and how these tiny powerhouses are poised to transform our global food landscape

Millets: A Nutritional Powerhouse

Millets have been consumed for thousands of years in many cultures, primarily in Asia and Africa. These ancient grains are packed with essential nutrients that cater to the nutritional needs of the modern-day millennials. Rich in protein, fiber, vitamins, and minerals, millets offer a myriad of health benefits that can significantly contribute to overall well-being.

Firstly, millets are a treasure trove of protein, making them a vital source of plant-based protein for vegans and vegetarians. With the growing interest in sustainable and ethical eating, millennials are embracing millets as an eco-friendly alternative to animal-based proteins.

Secondly, millets are a boon for those seeking to manage their weight. The high fiber content in millets promotes satiety, preventing overeating and aiding in weight management. Moreover, millets have a low glycemic index, making them an ideal choice for maintaining stable blood sugar levels and reducing the risk of diabetes.

Thirdly, these grains are a powerhouse of vitamins and minerals, including B vitamins, iron, magnesium, and phosphorus. These nutrients are essential for maintaining energy levels, supporting the immune system, and promoting bone health, all of which are vital for millennials leading active and dynamic lifestyles.

Millets and the Environment: A Sustainable Choice

Apart from their nutritional benefits, millets possess exceptional sustainable qualities, aligning perfectly with the eco-conscious mindset of millennials. These ancient grains require significantly less water and are more resilient to climate fluctuations compared to conventional cereal crops like wheat and rice. In an era plagued by concerns of water scarcity and climate change, millets offer a ray of hope for a sustainable future.

Furthermore, millet cultivation encourages biodiversity, providing a habitat for various beneficial organisms and promoting ecological balance. Unlike monocropping systems that strip the land of its natural fertility, millet farming nurtures the soil, preserving its health for future generations.

Reinventing Millets: A Millennial Trend

As the interest in healthy and sustainable lifestyles grows, millets are experiencing a renaissance. Millennials are keen on exploring diverse culinary experiences and have embraced millets as a versatile ingredient that can be incorporated into a plethora of dishes.

From millet-based breakfast cereals and energy bars to savory dishes like millet pilafs and salads, creative chefs and home cooks are exploring the endless possibilities millets offer. With their unique nutty flavor and pleasant texture, millet dishes cater to the discerning palates of millennials, elevating their eating experience.

Empowering Farmers and Local Communities

The growing demand for millets has not only empowered farmers economically but has also revived traditional agricultural practices that were being overshadowed by modern industrialized agriculture. By embracing millets, millennials are directly contributing to the livelihoods of local farmers and supporting sustainable agriculture.

Moreover, the resurgence of millet-based products has provided a platform for small-scale farmers and local communities to showcase their traditional knowledge and culinary heritage. As millennials actively seek transparency and authenticity in their food choices, millets serve as a bridge between traditional wisdom and modern preferences.

Conclusion

As millennials redefine their priorities and adopt a conscious approach to their dietary choices, millets have emerged as a boon for health and sustainability. Beyond being mere food grains, millets symbolize a return to our roots, embracing age-old wisdom, and treading on a path that nourishes not only our bodies but also the planet.

The millennial generation has the power to shape the future of food, and their choice to embrace millets is indeed a step in the right direction. With their nutritional potency, sustainable characteristics, and culinary versatility, millets offer a solution to the pressing challenges of health and environmental sustainability that the world faces today. So, let us come together as millennials and celebrate the return of these tiny grains with enormous potential – millets!

HIGHLIGHTS APRIL - AUGUST 2023

Metro City Mirror jointly with Jolly Gymkhana organised Khel Mahotsav on 11th, 12th & 13th May 2023 they have conducted Cricket (Team Event), Badminton, Table Tennis in respective department and Chess, Carrom and Drawing in Lilac Hall. 400 plus people were participated enthusiastically in various events and shown their sportsmanship. Prize Distribution Ceremony of the same was held on Sunday, 21st May 2023 @ 4.00 pm at open ground. Shri. Manoj Ajmera - Managing Trustee graced the occasion.



METRO MIRROR KHEL MAHOTSAV

Multi Turf Sub-Committee had organised Box Test Cricket Friendly Tournament Season I on 13th May at 3.00 pm onwards & 14th May at 9.00 am onwards. We had received a fabulous response, as 137 members had participated in the tournament. Finale match held on 21st May 2023 at 8.30 pm onwards.



BOX TEST CRICKET TOURNAMENT

Jolly Gymkhana Multi Turf Sub-Committee had organised Cross Fit & Functional Training courses conducted by Fitness Forever – Stretch-Yo / Card-Yo / Strength-Yo / Flow-Yo / Ab-Yo / Cross-Yo from 01st June 2023. 32 members registered for Batch I from 6.30 am to 7.30 am & 30 members registered for Batch II from 7.30 am to 8.30 am. During 22nd May to 31st May 2023 free trail sessions had conducted by the Fitness Forever.



CROSS FIT & FUNCTIONAL TRAINING COURSES

HIGHLIGHTS APRIL - AUGUST 2023

Annual Card Room Notrum and knockout 27/21 tournament held on Sunday, 28th May 2023. 90 plus members had participated in the said tournament.



ANNUAL CARD ROOM TOURNAMENT

The Youth Wing Sub-Committee had organised Seminar I - Lets Explore Public Speaking by Ms. Nancy Shah from 10.00 am to 11.15 am and Seminar II - New Age Digital Marketing by Ms. Vinika Shah, Google Certified in Digital Marketing from 11.30 am to 12.45 pm at Lantana Hall on Sunday, 16th April 2023. Total 100 plus members had attended the seminar and got to learn new things through seminars.



DIGITAL SEMINAR & PUBLIC SPEAKING

Seminar & Workshop Sub-Committee had organised Seminar I - Thalassemia & Anemia Awareness, by Dr. Nitin Shah and Dr. Rajesh Chokhani from 10.00 am to 12.00 noon and Seminar II - Mind & Wellness Coaching by Ms. Meenal Majethia 11.45 am to 12.30 pm at Lilac Hall on Monday, 1st May 2023. 55 members had attended the said Seminars and gained the knowledge.



THALASSEMIA & WELLNESS SEMINAR

HIGHLIGHTS APRIL - AUGUST 2023

Yoga is an old discipline of Hindu Philosophy from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness. Our Yoga Sub-Committee had organised "International Yoga Day" on 21st June 2023. About 156 members had taken part and celebrated the International Yoga Day by performing yoga together.



INTERNATIONAL YOGA DAY

Seminar on Redevelopment of Housing Projects by Faculty Adv. Vinod Sampat and Adv. Divyakant Mehta held on 2nd July 2023. About 80 plus members attended the seminar.



SEMINAR ON REDEVELOPMENT OF HOUSING PROJECTS

HIGHLIGHTS APRIL - AUGUST 2023

Events and Entertainment Sub Committee had organized Aaya Sawan Jhumke on Saturday, 8th July 2023 at Jasmine Hall from 9.00 pm onwards and delicious dinner. This was a live concert and enjoyed 300 members and 94 guests All had delighted with the performance of singers.



AAYA SAWAN JHUMKE

After newly renovated Health Club opening on dated 16th July 2023 below are the facilities opened for Jolly Members.



STEAM ROOM



JACUZZI



MASSAGE ROOM



SAUNA BATH

NEWLY RENOVATED HEALTH CLUB

HIGHLIGHTS APRIL - AUGUST 2023

Jolly Gymkhana Members of Carrom had taken a part in Maharashtra State Ranking Carrom Tournament on 14th, 15th & 16th July 2023. Incharge of sub committee Mr. Nalin Mehta along with sub-committee and members had witnessed the game. Jolly Ladies members had also visited and they all got inspiration from the players.



MAHARASHTRA STATE RANKING CARROM TOURNAMENT

Wimbledon 2023 : Carlos Alcaraz Beats 23- Time Grand-Slam Champion Novak Djokovic To Claim Title



Wimbledon 2023 Winner: 20 years old Alcaraz broke several records with his win over Djokovic in the final at the Centre Court 16 July 2023.

Carlos Alcaraz, the 20-year-old Spaniard, has beaten four-time defending champion Novak Djokovic in the men's singles final of Wimbledon 2023. Despite losing the first set 1-6, Alcaraz came back to win the second set in a tie-breaker before taking the third set 6-1. Djokovic, meanwhile, fought to force the match into a decider by winning the fourth set but Alcaraz came out on top in the fifth set to clinch the championship winning the final 1-6, 7-6(6), 6-1, 3-6, 6-4..

The World number 1 ranked men's singles player became the fifth youngest man to win a second major title in the open Era. He also became the third youngest man in Open Era to win Wimbledon before turning 21 with the other two being Bjorn Borg and Boris Becker. In addition, Alcaraz became the second youngest player to defeat Djokovic in a major.



Events and Entertainment Sub-Committee had organized Dil Se...Melodious songs of A. R. Rahman on Saturday, 20th May 2023 at Jasmine Hall evening with flavorful dinner. This was a live concert and enjoyed by 510 Members and 55 Guests. All had delighted with the performance of singers.



GHATKOPAR JOLLY GYMKHANA

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