



GHATKOPAR

JOLLY GYM KHANA

the joy of life

JOLLY N-JOY

IN HOUSE BULLETIN

ISSUE 41 - JULY TO OCTOBER 2024



"THE DECK" CAFÉ & RESTAURANT
(The Newly Renovated Gazebo)



COREFIT
GYM

THE NEWLY RENOVATED GYMNASIUM NAMED

OFFICE BEARERS

CA RAJNIKANT SHAH
Chairman

MANOJ AJMERA
Managing Trustee

Mukesh Badani
Hon. Secretary | Trustee

Paresh Shah
Hon. Secretary

Balwant Sanghrajka
Hon. Treasurer | Trustee

CA Mickin Sheth
Hon. Treasurer

Parag Gandhi
Sports Co-ordinator

Prashant Karia
Jt. Sports Co-ordinator

Nalin Mehta
Jt. Sports Co-ordinator

Boars of Trustees

Harish Gandhi

Dr. Sanjay Sanghavi

Parag Gandhi

Nilkant Datar

Pravin Patel

Nilesh Parekh

Managing Committee Members

CA Jitendra Zatakia

Nalin Mehta

Prashant Karia

Nishith Golwala

CAPT. Swaminathan Iyer

Jeram Bhanushali

Sanjay Rupani

Vishnukumar Talesara

Sanjay Muchhala

Amit Kotak

Jayprakash Daftary

Jayesh Vora



CA Rajnikant Shah
Chairman



Manoj Ajmera
Managing Trustee

*"Creativity is thinking up new things.
Innovation is doing new things."*

Dear Jolly Members,

We, at Jolly, have always encouraged creativity and innovation in all our decision-making as we have always believed that great work does not happen in an impulse but is a succession of little things that are brought together. We also believe that greater the difficulty, more is the glory to surmount it. Ideally you will never get bored when you try something new. There's really no limit to what you can do.

We had organized a successful Stand Up Comedy nite performed by well-known artists Pratyush Chaubey and Ojas Rawal which had the entire audience in splits. We also celebrated the Friendship Day at Jolly by organizing – Ek Shaam Doston ke Naam – where all Jolly members celebrated friendship in style. Even Jolly members thoroughly enjoyed “ Jhumka – A Musical Concept Show” and we celebrated 78 th Independence Day with Flag Hoisting ceremony attended by 325 members.

We take immense pride in inaugurating “The Deck” – Open Air Restaurant and newly renovated “ Meeting / Karaoke Room” with the latest amenities. We also inaugurated New Swimming Pool Diving Board and Renovated Gymnasium “Corefit” which is fitted with the latest Gymnasium equipments which are world class in style. Several Jolly members also attended a seminar “A talk on Health & Wellbeing” by Dr. Chintan Patel. The 39 th AGM of Ghatkopar Jolly Gymkhana was superbly conducted and well attended. Veterans Friendly Doubles Tournament also took place at Jolly.

Dandiya Raas was participated by 800+ members on a daily basis and the Pre- Diwali Carnival on open ground featuring a performance of folk artist Sairam Dave, spectacular fire work, an array mouthwatering food stalls, well decorative Selfie Corner, shop counters of Decorative diya and lamps as well as mehendi counter to enhance the feel of festival was a sure hit amongst the members.

**Assuring you all the very best as always,
Chairman and Managing Trustee**

Dear Jollyites,

Winter is the time for comfort, good food, warmth and lots of fun. With this, we welcome to yet another vibrant issue of our bulletin. Jolly Gymkhana has been synonymous with sports, culture, tradition and unity. It brings positivity to the lives of the members. With this intent, this issue showcases an array of events, festivals and activities conducted by the gymkhana in the last in the few month.

The silver lining of this issue are the newly inaugurated restaurant and cafe 'The Deck', Karaoke/ Meeting room and the state of the art gym "Corefit". In sync with our traditions and upkeep of our culture, this issue covers the successful and popular Navratri mahotsav and the rocking Diwali carnival performed by Sairam Dave.

The bulletin also covers the pictorial highlights of the stand up show featuring artist Ojas Rawal which was immensely appreciated by the audience. Veterans Friendly Doubles Badminton Tournament in association with NSCI also took place in Jolly. Innovativeness is Jolly Gymkhana's forte and so was the musical concept show Jhumka, whose vibrant photos are covered in the issue.

Not to leave sports behind, this issue covers an interesting read on 'Pickleball'. The members can find interesting and knowledgeable insights on the sport, which has found recent popularity with the Indian public.

To encourage a thrifty mindset, this issue brings forth an engaging article on passive income. The article aims to educate our members on the importance of passive income and ways to increase it.

Hope this year end takes you towards a better future and prosperity. Looking forward to a healthy, wealthy and happy next years,

Happy reading,

Members of Website, Bulletin and Affiliation Committee

Incharge : Paresh Shah

Convener : Prashant Shah

Jt. Convenor : Paresh Mehta

Members : CA Mickin Sheth

Special Invitee : Dr. Purvy Karia





MUKESH BADANI
Hon. Secretary



PARESH SHAH
Hon. Secretary

FROM THE SECRETARIES DESK HIGHLIGHTS JULY TO OCTOBER 2024



Youth Wing Sub Committee organized 1st Stand Up Comedy nite on Friday, 26th July 2024, performed by well-known artists Pratyush Chaubey and Ojas Rawal at Jasmine hall. The show hit the houseful board as it was attended by 460 members. There were no guest passes sold for this event.



26TH JULY 2024

JOLLY N-JOY



2ND AUGUST 2024



Ladies Wing Sub Committee organized 'Ek Sham Dosto Ke Naam' event on Friday, 2nd August 2024 at Jasmine Hall, which was themed on Friendship Day. This event conducted only for Jolly Gymkhana Ladies members, total 300+ members attended the event and celebrated Friendship day with their friends.

Event & Entertainment Sub Committee organized Jhumka A Musical Concept Show by Neeta Gala & her team at Jasmine Hall on 14th August 2024. The event was successful as total of 447 members & guests attended the event.



14TH AUGUST 2024





Ghatkopar Jolly Gymkhana celebrated 78th "Independence Day" with flag hosting ceremony on 15th August 2024 @ 8.30 AM at Gymkhana Ground with 325 members in attendance.



15TH AUGUST 2024



Seminar & Workshop Sub Committee conducted seminar on "A Talk on Health & Wellbeing" on Thursday, 15th August 2024 at Lilac Hall @10.00 AM. The speaker of the seminar was Dr. Chintan Patel – MS Ortho, a renowned knee surgeon.



The Deck
CAFÉ & RESTAURANT

“The Deck” Open Air Restaurant
was inaugurated by worthy hand
of
Shri. Manoj Ajmera, Managing
Trustee,
Shri. Rajnikant Shah,
Chairman
on Friday, 30th August 2024.



30TH AUGUST 2024



The newly renovated
“Meeting / Karaoke Room”
with latest amenities is being
operational from
11th September 2024

11TH SEPTEMBER 2024

12TH SEPTEMBER 2024



On Thursday, 12th September 2024
39th AGM of Ghatkopar Jolly Gymkhana
was conducted which was chaired by
Chairman, Managing Trustee,
Hon.Secretary, Hon.Treasurers, Sports Co-
ordiantor are seen on Dias and Trustees &
Managing Committee members, sub
committee members along with 422
gymkhana Life members attended AGM at
Jasmine Hall followed by dinner.





22ND SEPTEMBER 2024



Badminton Sub Committee organised Veterans Friendly Doubles tournament between Jolly & NSCI Club on Sunday, 22nd September 2024 with 50 participants all together.

Youth Wing Sub Committee organised Mr. Brain Show conducted by Bhupesh Dave on Friday, 27th September 2024 at Jasmine Hall with 300 members attending the event. This was a thrilling experience to members as the event covered sixth sense, thought reading, precognition, prediction & Tel -Kinesis.



27TH SEPTEMBER 2024



Pickleball: THE FASTEST GROWING SPORT FOR ALL AGES



What is Pickleball?

Pickleball is a game that is played on a smaller version of a tennis court. You can either play singles or doubles which means there will be two or four people playing on the court at once. Each competitor has a ping pong paddle in their hand and hits a plastic ball back and forth to the other side. The winning point is awarded to the competitor who either misses the ball on their side or if the opponent knocks the ball out of bounds. This is not a sport that requires vast amounts of agility and cardio such as tennis. It is easier and more manageable, making it a great sport for people of all ages, including kids and seniors. Pickleball is a combination of three different sports: tennis, ping-pong, and badminton.

THE BASICS OF PICKLEBALL

1. PICKLEBALL EQUIPMENT

Paddle: A solid paddle, larger than a ping-pong paddle but smaller than a tennis racket, made of wood, composite, or graphite.

Ball: A lightweight plastic ball with holes, similar to a wiffle ball, which travels slower than a tennis ball.

2. COURT DIMENSIONS

The court measures 20x44 feet, same for singles and doubles.

A 7-foot no-volley zone near the net, called the "kitchen", prevents volleys unless the ball bounces.

3. GAMEPLAY

Objective: Hit the ball over the net into the opponent's court without return.

The serve is underhand and must bounce before being returned.

The serving team can only score points; games go to 11 points, with a 2-point win requirement.

4. SERVE AND RETURN RULES

Double-bounce rule: Both teams must let the ball bounce once after the serve before volleys are allowed.

PICKLEBALL'S ORIGINS AND ARRIVAL IN INDIA

Pickleball originated in Bainbridge Island, Washington, in 1965. Three friends -- Pritchard, Bill Bell, and Barney McCallum-created the game using makeshift equipment, and it quickly gained local popularity.

In India, the credit for introducing pickleball goes to Sunil Valavalkar, the founder of the All India Pickleball Association (AIPA).

PICKLEBALL GOES PROFESSIONAL

What began as a recreational sport has transformed into a competitive one.

Fast forward to 2024, and the Monsoon Pickleball Championship in Mumbai offered a prize pool of USD 100,000. Nearly 800 players competed, and companies like Global Sports have been instrumental in supporting the sport's infrastructure and sponsorships. The India Open

in Mumbai was a massive success with over 700 athletes from 12 countries competing in it.

Today, India boasts over 1,000 pickleball courts, with Mumbai and Ahmedabad as major hubs. Delhi-NCR and Chennai are quickly catching up. An estimated 10,000 players now participate professionally, with more 'closet players', taking the tally to 70,000 across the country, according to Manish.

Pickleball has also gained traction with corporate professionals who find it an enjoyable way to de-stress and socialize outside of work.

The game's simplicity and community vibe have made it a hit.

A BRIGHT FUTURE

High-quality pickleball equipment, once hard to find, is now readily available in India, with brands like Selkirk, Franklin, and ProLite gaining popularity. Pickleball is riding a wave of euphoria. It's trendy, fun, and in the social media age, it's tailor-made for



instant gratification. Even Indian men are keen on taking a trip to the kitchen, thanks to pickleball. Celebrities, both from Hollywood and Bollywood, along with corporate leaders, are embracing the sport.

With global appeal and growing momentum, don't be surprised if pickleball makes its way to the Olympics in the future with a collaborative effort from its multiple stakeholders. Imagine the Olympics in India in 2036, with pickleball on the roster!



12TH OCTOBER 2024

Reopening Ceremony of Cricket Ground was done on Dusshera Saturday, 12th October 2024 by Sports Co-ordinator Mr. Parag Gandhi & Hon. Secretary Mr. Paresh Shah. Approx 120 + members were present for the ceremony.



Dandiya Raas was organised by Events & Entertainment & Ladies Wing Sub Committee from 3rd to 12th October 2024 & Ladies Rass Garaba on 14th October 2024. On an Average 800+ members participated on daily basis. Played Dandiya Raas on the beats of Neeta Gala at Jasmine Hall from 9.00 PM onwards. Gymkhana had arranged complementary Dinner on 4th, 5th, 11th and 14th October 2024.



JOLLY N-JOY



18TH OCTOBER 2024

Inauguration of Swimming Pool Diving Board by worthy hands of Chairman and Managing Trustee was done on Friday, 18th October 2024. Approx 100 + members witnessed the inauguration.



3RD TO 12TH OCTOBER 2024





Inauguration of renovated Gymnasium
“Corefit” happened by worthy hands of
Chairman and Managing Trustee on Tuesday,
22nd October 2024. Approx 150 + members
participated in the inauguration.



22ND OCTOBER 2024





Event & Entertainment Sub Committee had organized Pre Diwali-Carnival on open ground featuring a performance of folk artist Sairam Dave, spectacular fire work, an array mouthwatering food stalls, well decorative Selfie Corner, shop counters of Decorative diya and lamps as well as mehendi counter to enhance the feel of festival. Along with all there was creative and beautiful Rangoli at reception lobby. The event took place on Sunday 27th October 2024 starting from 6.00 PM onwards with attendance of almost 1500+ members & their guests.

27TH OCTOBER 2024



PARIS PARALYMPICS 2024: INDIA SHINES BRIGHT WITH 29 MEDALS, INCLUDING 7 GOLDS, AND A WHOLE LOT OF TRIUMPH

India's success at the Paris Paralympics can inspire a new era of inclusivity

The Paris Paralympics 2024 saw India secure 29 medals, a record haul including 7 golds. This achievement marks significant growth since 2016, with standout performances from athletes across 5 sports, particularly in track events, positioning India 18th overall.



Indian Paralympians outshined their Olympics colleagues this year winning 29 medals, the largest medals haul by an Indian contingent in either the Olympics or the Paralympics in history. This was the year India sent the highest number of para-athletes to the contest—84.

At the Paris Paralympics held between August 28 and September 8, India won seven gold medals, nine silver medals and 13 bronze. The 2024 medal haul took India past the 50-medal mark in Paralympics.

Twenty-three-year-old Avani Lekhara made history winning two gold medals, the first for an Indian woman at the Paralympics. Lekhara had been left paralysed from the waist down following a car accident when she was 11 years old. She first tried her hand at archery and then moved on to shooting. Lekhara had won two medals at the Tokyo Paralympics too—one gold for 10m air rifle standing, and one bronze for 50m rifle 3 positions.

India won two medals in the men's club throw F51 event. Thirty-five-year-old Dharambir Soorma won gold while 30-year-old Pranav Soorma won silver, recording India's first one-two in para-athletics. Sumit Antil won gold in javelin throw, Praveen Kumar in high jump T64, Nitesh Kumar in badminton men's singles and Harvinder Singh in archery.

India's first-ever Paralympic archery champion Harvinder Singh says, "Life for me has changed after sporting success." A dengue infection and the consequent treatment when he was less

than two years old had left both his legs impaired. He now says, "The greatest happiness I have is that of having proved myself. A person with a handicap is often looked at by society with pity. But when you prove yourself, prove your mettle and make a mark, then society starts looking at you as successful. Then you become a role model."

Singh says that while India's success at the Paralympics is being celebrated, the celebration is not of the same scale as the success. "Society needs to become more inclusive. Yes, people are gradually becoming more open-minded when they come to know of the success and struggle of Paralympians, but a lot remains to be done."

The archer worries that India's success at the Paralympics is making many feel that Paralympians have it easier than Olympians. "If you look at our performance, in many cases, you will see that the difference between our achievements and that of Olympians is minor. Para-sports today is not far from regular sports," he says.

SHINIER THAN GOLD

Aside from the gold medals, the nine silvers and 13 bronzes showed India's comprehensive success at the Paralympics. India currently ranks 29th among nations who competed at the Paris Paralympics. The other major achievements include that of Mariyappan Thangavelu. The 29-year-old won bronze in high jump T42 class, his third consecutive medal at a Paralympics. Thangavelu won gold in Rio 2016 and silver in Tokyo 2020.

Preethi Pal's bronze in the women's 100m T35 race was India's first-ever medal in a track event at the Paralympics. Deepthi Jeevanji became the first intellectually impaired Indian athlete to win a Paralympic medal with a bronze in the women's 400m T20 class. Sheetal Devi, 17 years old, became India's youngest Paralympic medallist winning bronze in a mixed team event alongside Rakesh Kumar.

Mona Agarwal, 37, who won silver at women's 10m rifle standing says she underwent extremely rigorous training. "I had a very tough training schedule. I would meditate for three hours a day, go to the gym and then spend four to five hours at practice." Agarwal suffers from polio which has affected both her legs.

She says that when she had to devote time to practise there were objections from the family on her husband's side. "They wanted me to give my time to the family as a daughter-in-law, wife and mother. They wanted me to fulfil my responsibilities at home. But I had only two years to make it to the Paralympics. So, I decided to be strict and slightly distanced myself from the family to focus on sports."

Paralympics in many ways redefines how society perceives ability and achievement. People battling several sorts of disabilities partake in the most difficult sports of the world. Success here represents years of overcoming societal barriers and prejudices. When a paralympian wins in sport, they win in life. In their victories and their celebrations, human civilisation evolves in real-time.

As the games conclude for India, the differently abled but exceptionally resolute para-athletes of the country made the big stage their own in a record-smashing medal haul of 29. India now stands at the 18th position in the points table.

Of the 29 medals in India's kitty, 7 are gold, which is another first for the country that started to make its presence felt only in the 2016 edition, where it won four medals. In the upswing in

performance, India had yielded 19 medals in Tokyo edition of Para-Olympics, a number that was surpassed this time.

Prime Minister Narendra Modi, in a post on X (formerly Twitter) lauded the achievement of Indian para-athletes and attributed it to their unwavering dedication and indomitable spirit.

"Paralympics 2024 have been special and historical. India is overjoyed that our incredible para-athletes have brought home 29 medals, which is the best-ever performance since India's debut at the Games," he said.

"This achievement is due to the unwavering dedication and indomitable spirit of our athletes. Their sporting performances have given us many moments to remember and inspired several upcoming athletes," Modi added.



THE PRIDE OF INDIA

AFFILIATED CLUBS

Ghatkopar Jolly Gymkhana proudly holds affiliations with several prestigious clubs in India and overseas. Please find below the updated list of our affiliations:

1. **UMED CLUB.**
Jodhpur (Rajasthan), India.
2. **PRESIDENCY CLUB**
Ootacamund, Ooty
3. **JAISAL CLUB.**
Jailsalmer, Rajasthan
4. **NEW FRIENDS CLUB**
Mathura Road, New Delhi
5. **THE SPORTS CLUB OF GUJARAT LTD.**
Sardar Patel Stadium, Ahmadabad
6. **RAJPATH CLUB LIMITED**
S.G. Road, Ahmadabad
7. **THE DARJEELING CLUB LTD.**
Nehru Road, Darjeeling.
8. **THE REGENCY CLUB.**
Kuttanellur, Kerala
9. **JAIN FARMS PVT. LTD.**
A) Bangalore:- Bagalur - Malur Road
B) Jaipur:- Geethanjali Tower, Ajmer
10. **GULMOHAR GREENS - GOLF & COUNTRY CLUB PVT. LTD**
Village- Kalot, Ahmadabad
11. **JWAJI CLUB Shrimant Madhav Rao**
Scindia Marg, Gwalior (M.P.)
12. **EMERALD GARDEN CLUB LTD.**
Jaipur Rajasthan

13. **DECCAN GYMKHANA**
Talim Pavillion, Pune
14. **INDORE TENNIS CLUB**
Indore, Madhya Pradesh
15. **BIKANER HERITAGE CLUB**
Bikaner, Rajasthan.
16. **I.B.P. CENTURY CLUB**
Maharanipeta, Visakhapatnam
17. **FIELD CLUB**
Udaipur (Rajasthan)
18. **THE BENARES CLUB LIMITED**
Club Road, Varanasi.
19. **THE MAHARAJA PRATAPSIKH CORONATION GYMKHANA**
Kevdabaug, Vadodara, Gujarat
20. **THE RESIDENCY CLUB**
Salai, Chennai
21. **THE NIZAM CLUB**
Saifabad, Hyderabad
22. **PIYUSH PALACE CLUB**
Ahmedabad, Gujarat
23. **BARAMATI CLUB**
Sayali Hills, Pune
24. **KENSINGTON CLUB**
Chandshi, Nashik



25. **SADUL CLUB**
Civil Lines, Bikaner (Rajasthan)
26. **PURI CLUB**
Raj Bhawan Road. Puri,
27. **WEST DELHI CLUB SOCIETY**
Darapur, Moti Nagar, Delhi-
28. **Royal Goldfield Club Resort Limited**
Dapoli, Ratnagiri
29. **CHIRAN FORT CLUB**
Begumpet, Hyderabad

INTERNATIONAL AFFILIATED CLUB

1. **AMBASSY CLUB**
Xuhui, Shanghai, China
2. **SINGAPORE SWIMMING CLUB**
Tanjong Rhu Road, Singapore
3. **INDIA CLUB**
P. O. BOX No. 679, OUD Mehta,
DUBAI, U.A.E.

RATE FOR ADVERTISING IN BULLETIN



QUARTER PAGE

₹20,000/-
105X149 MM



HALF PAGE

₹30,000/-
210X149
MM



FULL PAGE

₹50,000/-
210X297
MM



15% DISCOUNT TO MEMBER EXCLUSIVE OF GST APPLICABLE ON ABOVE MENTION RATES



THE VITAL ROLE OF PASSIVE INCOME IN ACHIEVING FINANCIAL FREEDOM

In today's fast-paced world, financial stability and freedom are goals that many aspire to achieve. While active income, earned through traditional employment, is the primary source of revenue for most, passive income has emerged as a crucial element in building wealth and ensuring long-term financial security. This article explores the significance of passive income, its benefits, and how it can transform your financial future.



Understanding Passive Income

Passive income refers to earnings derived from investments, properties, or side businesses that do not require active involvement once set up. Unlike active income, which demands continuous effort and time, passive income generates revenue with minimal ongoing work. Common sources include rental properties, dividends from investments, interest from savings accounts, royalties, and income from online businesses.

Benefits of Passive Income

1. **Financial Security and Independence** Passive income provides a safety net, allowing you to maintain your lifestyle even if you lose your primary source of income. It reduces financial stress and offers peace of mind, knowing that you have an additional revenue stream to rely on. Over time, this can lead to financial independence, where your passive income covers your living expenses, freeing you from the need to work for money.
2. **Time Freedom:** One of the most compelling benefits of passive income is the freedom it provides. With a steady stream of passive earnings, you can reclaim your time and pursue passions, hobbies, and activities that bring you joy. This time freedom enables you to live life on your terms, without being tied to a 9-to-5 job.
3. **Wealth Building:** Passive income is a powerful tool for wealth accumulation. By reinvesting your passive earnings, you can leverage compound interest and grow your wealth exponentially. Over time, this can lead to significant financial growth and increased net worth.
4. **Diversification of Income Streams:** Relying solely on a single source of income can be risky. Passive income allows for diversification, reducing your dependence on any one income stream. This diversification can protect you from economic downturns or job loss, ensuring you have multiple avenues for generating revenue.

How to Generate Passive Income

Investing in Real Estate: Real estate is a popular avenue for generating passive income. Owning rental properties can provide a steady stream of rental income, and real estate often appreciates over time, adding to your wealth.

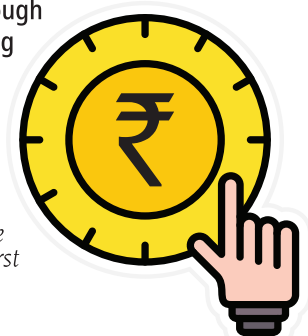
Stock Market Investments: Investing in dividend-paying stocks, bonds, and mutual funds can generate regular income. Many companies distribute a portion of their profits to shareholders, providing a consistent flow of passive income.

Creating Online Businesses: Online platforms such as e-commerce stores, blogs, and affiliate marketing can generate passive income. Once established, these businesses require minimal maintenance and can continue to earn revenue.

Royalties and Licensing: If you have creative talents, consider earning passive income through royalties. Authors, musicians, and inventors can license their work and receive ongoing payments for their creations.

Conclusion

Incorporating passive income into your financial strategy is not just beneficial but essential for achieving long-term financial freedom. It offers financial security, time freedom, and the opportunity to build substantial wealth. By diversifying your income streams and making strategic investments, you can create a more stable and prosperous future. Start exploring passive income opportunities today and take the first step towards financial independence.

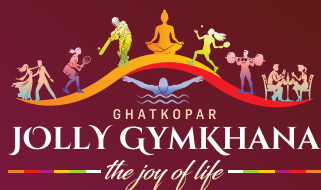




DIWALI CARNIVAL PERFORMED BY SAIRAM DAVE



NAVRATRI - 2024



Jugaldas Mody Marg, Kiro Road, Ghatkopar-West, Mumbai-400 086.
T: 022-2511 2137 - 2502 1066 | E: jollygymkhana@gmail.com | W: www.jollygymkhana.in