

JOLLY N-JOY



IN HOUSE BULLETIN



India
The land of festivals!



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Message from Chairman and Managing Trustee



Rajnikant Shah
Chairman

Dear Members,

Coming Together is the Beginning,
Staying Together is Progress,
And Working Together is SUCCESS!



Manoj Ajmera
Managing Trustee

On the Developmental front, the good news is we have affiliated with Gujarat Sports Club at Ahmedabad in this quarter and there are a few more affiliations in the pipeline. Also another milestone achieved by our gymkhana is that we have added 2 more additional Exquisite Looking Guest Rooms making our final tally to 9 Guest Rooms in all.

Last quarter was equally exciting and entertaining... Music Enthusiasts were treated with Musical Programmes like " Sangeet with Saregama , Zindagi ka Safar dedicated to Rajesh Khanna and Sangeet Sandhya with Devotional Songs. Jolly Annual Prize Distribution ceremony was held with great success.

Even the Yoga Kundalini, Aqua Aerobic and Water Rocket Workshops were enjoyed by one and all.

Jolly Monsoon Minithon 2012 was a fantastic experience for all the Jollyites wherein 506 members participated and equal number of eager supporters cheered all the participants.

The 27th Annual General Body Meeting of our gymkhana held on 28th September, 2012 was well attended, lively, vibrant and fruitful. We received some great positive feedbacks and suggestions from the members which was a very encouraging sign. Any idea/suggestion for improvement and betterment of the functioning/facilities of the gymkhana by the members is always welcome.

In our journey to serve the gymkhana, we look forward for your continuous support and extend our warm greetings for coming Navratri, Dassera and Diwali Festivals....

Chairman and Managing Trustee



Editorial

India is the cradle of the human race,
the mother of history,
the grand mother of legend and
the great grandmother of tradition and festivals.

— Mark Twain

Dear Jollyites,

Season's Greetings.

Life is a Festival. We at Jolly not only believe in this but even follow the same in true spirit. Be it any festival we celebrate it in style at Ghatkopar Jolly Gymkhana.

Festivals in India are an integral part of people's life. Festivals of India portray the rich cultural heritage of the country. In this issue we highlight the festivals celebrated across the country during the whole year.

We go through the highlights of the quarter July-August-September which gave us a varied range of activities like the Monsoon Minithon, Annual Prize distribution ceremony, Ladies Musical Housie, Yoga workshops, Flag hoisting on the Independence day, Ganesh Utsav, Musical events including a tribute to the Super Star Rajesh Khanna and last but not the least the Annual General Meeting of the Gymkhana.

Carrying on with our intent of highlighting an activity of the gymkhana in each issue, we focus on the sincere efforts taken by the Swimming Sub Committee in making the Swimming Pool one of the Best and well maintained in the city.

As we had hoped in our earlier issue, it really turned out to be India's best Olympic performance by India's Shining Stars making us proud with the highest medal tally and also strive harder for better performances and laurels.

In our repeated efforts to add flavors to the reading content of our bulletin, we eagerly await your response and would love to have your feedbacks and suggestions.

Happy Reading.

Best Regards,

The Bulletin, Website and Affiliation Sub Committee.

Paresh Shah • Rashmi Zaveri • Mickin Sheth

Digish Pandit • Rajan Jasani • Pankaj Vora • Jasmin Parekh



Highlights of Last Quarter

HIGHLIGHTS IN THE MONTH OF JULY 2012



Annual Badminton Tournament 2012 for the different age groups was held on 23rd, 24th June & 1st July 2012.



A friendly Badminton Tournament between Jolly Gymkhana Vs MCF Sports Complex was held on 15th July 2012 from 8.30 a.m. onwards at Jolly Gymkhana Badminton Court.



'LADIES MUSICAL HOUSE' programme organised by Ladies Wing Committee was held on Wednesday, 4th July, 2012 at Jasmine Basement Banquet Hall. Approx 200-225 Ladies attended the programme.



Houseie is being regularly organized on every Sunday from 6.30 p.m. onwards on 1st Floor Terrace by Events & Entertainment Committee.



SANGEET WITH SAREGAMA – "Mera Ishq Sufiyana with Junoon" programme was organised by Events & Entertainment Committee and Ladies Wing was held on Saturday, 7th July, 2012 at Jasmine Basement Banquet Hall. 525 members and their guests attended the programme.



Yoga – Kundalini Dhyana workshop was held on 26th July, 2012 at Jasmine Basement Banquet Hall from 7.00 a.m. onwards. Shri Guruji Shivanand Das was invited for workshop.



Highlights of Last Quarter



"Jolly Monsoon Minithon 2012" for members was held on Sunday, 12th August 2012 from 6.00 a.m. onwards. 506 members participated.

**HIGHLIGHTS
IN THE
MONTH OF
AUGUST 2012**



Flag Hoisting Ceremony held on Wednesday, 15th August 2012 at 8.30 a.m. in the open Cricket Ground.



'Zindagi Ka Safar' programme in memory of Late Rajesh Khanna organised by Events & Entertainment Committee and Ladies Wing was held on Saturday, 25th August, 2012 at Jasmine Basement Banquet Hall.

HIGHLIGHTS IN THE MONTH OF SEPTEMBER 2012



AQUA AEROBICS (It includes any aerobic activity that's performed in pools, other water sources) coaching started at Swimming Pool w.e.f. 1st September 2012.



Jolly Annual Award Ceremony 2012 took place on 2nd September, 2012 with great success in Jasmine Basement Banquet Hall. We have distributed more than 250 prizes to the winners of various competitions held during sports week.



Highlights of Last Quarter

HIGHLIGHTS IN THE MONTH OF SEPTEMBER 2012



Along with Prize distribution we had a musical dance programme along with prize distribution and dinner which was enjoyed by 400 to 450 Members.



Ghatkopar Jolly Gymkhana organized Ganesh Utsav festival for 7 days from 19th to 25th September, 2012.

Two more additional Guest Rooms started w.e.f. Wednesday, 19th September, 2012 (Ganesh Utsav).



Annual General Body Meeting was held on Friday, 28th September, 2012 at Jasmine Basemnet Hall. 350 Members attended the said meeting. Meeting was followed by Dinner.



"SANGEET SANDHYA" & DEVOTIONAL SONGS programme organised by Events & Entertainment Committee and Ladies Wing was held on Saturday, 22nd September, 2012 at Jasmine Basemnet Banquet Hall. 130 persons approx. attended the programme.



Water Rocket Workshop was organized by Carrom, Chess and Art Sub-Committee on Sunday, 30th September, 2012. 51 Students participated.

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OTHER ACTIVITIES IN SWIMMING POOL



Summer Vacation Coaching Camp was held for 2 months in April and May with very good participation, members took the advantage of Basic and Advance coaching facility, ladies members also took basics lessons from ladies coach.



Annual Swimming Competition was held on 10th June 2012. Competitions were held in different age categories comprising of freestyle, breast stroke, diving and fun games. Nearly 300 members participated in all the competitions.



Regular Basic Swimming Coaching started from 1st October, 2012.

Swimming Pool

Swimming Pool is one of the important activity and heart of Gymkhana. Our Club is no exception to that. Throughout the year around 225-250 members generally come for swimming everyday. In summer and vacation period figure even goes upto 350-475.

We all know because of modern hi-tech machines, cars, etc, our day-to-day hard, physical work has reduced significantly. Our lifestyle has become sedentary. Because of these factors, the occurrence of lifestyle diseases such as diabetes, blood pressure, arthritis etc has increased significantly. To counter these, there is no alternative but to exercise.

To improve the skill of members and their children every year we conduct coaching camps. To boost the moral we every year conduct swimming competitions. We conduct free style, breaststroke, diving and fun games. Really it's must attend event of our club. Considering the heavy turn out swimming pool committee and staff has to be very vigilant about the quality of water. We check water quality regularly. We are proud to tell you that its one of the best maintained pool in Mumbai. Even members and guests praise the maintenance of the pool and Ozone plant.

BENEFITS OF USING SWIMMING POOL

LOWER STRESS, HIGHER SPIRITS AND A BETTER BRAIN: Swimming releases feel-good chemicals known as Endorphins-one of swimming's most pleasant side effects. In addition to a natural high, swimming can also evoke the relaxation response the same way Yoga works on the body.

LOWER RISK OF DIABETES: When it comes to warding off diabetes, there are few prescriptions as powerful as aerobics exercise. Men reduced their risk of diabetes with just 30 minutes of breast stroke swimming 3 times per week.

IMPROVED CHOLESTEROL: Being healthy is more about having the right ratio of cholesterol in your body.

IMPROVED ASTHMA SYMPTOMS: Not only can pool workouts help you avoid asthma attacks if you are prone to them. Even those without asthma could benefit from swimming, as the exercise can increase the lung volume and ensure proper breathing techniques thus decreases snoring and mouth-breathing.

WEIGHT CONTROL: Swimming is now recognized as one of the biggest calorie burner around, and it's great for keeping weight under control.



Aqua aerobics demonstration was held on 23rd & 24th June 2012 for members and we have already started coaching of aqua aerobics to our members w.e.f 1st September 2012.



Swimming Pool

A HEALTHIER HEART: Swimming is an aerobic exercise, it serves to strengthen the heart, not only helping it to become larger, but making it more efficient in pumping which leads to better blood flow throughout your body.

IMPROVED FLEXIBILITY: Unlike exercise machines in a Gym that tend to isolate one body part at a time (like a bicep curl machine for example), swimming puts the body through a broad range of motion that helps joints and ligaments stay loose and flexible. It also helps you a good stretch from head to toe.

INCREASED MUSCLE TONE AND STRENGTH: Swimming is a great way to increase muscular strength and muscle tone compared to several aerobic exercises. Like running for example when a jogger takes few laps around the track, that jogger is only moving his or her body through air. A swimmer, on the other hand is propelling himself through water a substance about 12 times as dense as air. That means that every kick and every arm stroke becomes a resistance exercise and it's well known that resistance exercises are the best way to build muscle tone and strength.

THE ABILITY TO DO MORE WITH LESS: Swimming offers something that no other aerobic exercise does i.e. the ability to work your body without harsh impact to your skeletal system. When the human body is submerged in water, it automatically becomes lighter. When immersed you only have to bear 10% of your own weight. The other 90% is handled by the pool. This means that the pool provides an ideal place to work stiff muscles and sore joints, especially if you are overweight or suffer from arthritis.

YOU JUST MIGHT LIVE LONGER: If the previous nine reasons were not enough to convince you of the health benefits of swimming, perhaps this one will. It can keep you from dying.

Swimming can atleast help you avoid dying prematurely. Researches at the University of South Carolina followed 40,547 men aged 20 to 90 for 32 years and discovered that those who swam had a 50% lower death rate than runners, walkers or men who got no exercise.

Benefit of swimming article is compiled by Dr. Ved Paresh a consultant Diabetologist at wellness Diabetes. He is a life member of our Gymkhana and is a regular swimmer since last 15 years.

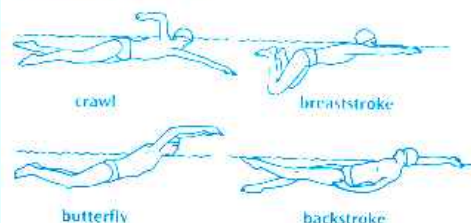
SWIMMING POOL OZONE TREATMENT PLANT

Ozone treatment plant was installed on 04th April, 2010 for improvement in quality of pool water which is attained by elimination of chemical content. Swimming pool water pollution is mainly caused by swimmers. The pollutants can be divided into three groups : Micro Organisms, Organics and Solid Particles.

Each swimmer carries a large number of micro organisms such as bacteria, virus which can cause disease. Organics come from urine, sweat and saliva which contain ammonia, urea and amino acids. These react with chlorine and form chloramines which irritate the eyes and skin. Solid particles are due to skin flakes, hair and dust.

TYPES OF SWIMMING STROKE:-

swimming strokes



GHATKOPAR JOLLY GYMKHANA ANNUAL SWIMMING COMPETITION - 2012



JUGNU CHANDRA - 07 TROPHIES



ARYAN SHAH - 06 TROPHIES

16TH ASIAN GAMES



Indian swimmer Virbhawal Khade clinched a bronze medal in the 50 metre butterfly event at the 16th Asian Games in Guangzhou on Tuesday.

Khade thus became the first Indian since 1986 to win a swimming medal as the country's only medal so far was claimed by Khajan Singh 24 years ago.



Swimming Pool

KEY BENEFITS OF USING OZONE IN SWIMMING POOLS

- * Bacteria kill rate is up to the thousand times faster
- * 50% stronger oxidizer than chlorine.
- * Reduces traditional chemical use between 60%-90%
- * Reduce handling and storage of unsafe chemicals.
- * Reduce constant purchasing of harmful chemicals.
- * No formation of dangerous by-products.
- * Eliminate red, irritated eyes and dry, itchy skin.
- * Eliminate costly replacement of faded swimwear.
- * Remove unpleasant chlorine/chloramines odors.
- * No adverse health or environmental effects.
- * Improvement of the filter and coagulant capacities. This leads to a reduction of coagulant use and less backwashing of the filter is required.



We are very thankful to Water wise Systems (Roman Group of Industries) for the guidelines and installation of Ozone Plants.

Regular water check up is carried out for maintaining hygienic water and regular maintenance of filtration and ozone plant is carried out by experts. We appreciate the extra effort being put up by Mr. Paul and his staff (Ayolian Agency) for maintaining the swimming pool.

New relax chairs & umbrellas have been added for the comfort of members and plantation is also carried out for beautification of swimming pool.

All these activities are carried out with the support of staff, swimming pool committee and management committee of Jolly Gymkhana.

Incharge : Nalin Mehta

Convenor : Akshay Chaware

Jt.Convenor : Jayant Tolia

Members

Satish Bhojani, Nikhil Chheda,
Pradeep Shah, Chandulal Patel, Hetal Pathak





India - The Land of Festivals!

India is a land of great diversity. It is described as a land of many religions and innumerable languages, it might well be described as a land of festivals as well. Indians love celebrating. Every little occasion from the harvesting of crops, welcoming the spring or rain, to seeing the full moon lends itself to joyous celebrations splashed with colors, music, folk dances and songs. Even the birthdays of divine beings are celebrated by connecting them with particular festivals.

The Indian calendar is one long procession of festivals. These are as varied in origin as they are large in number. India is a multilingual, multi-religious, multi-cultural nation.

The homes are neatly decorated, new dresses are worn for every occasion, prayers offered to Gods, and lot of sweets and goodies are cooked. Most of these festivals are common to most part of India however they may be known by different names in different parts of the country. Different cultures also mean that different rituals are followed.

Indian festivals are celebrated according to the solar and lunar calendars. Consequently, dates & months may vary accordingly.

In today's world, there is so much of monotony and pressure in everyone's life that every once in a while we all want to escape from it, and what better way to do so other than celebrating festivals. In fact our happiest childhood memories are more often than not, of celebrating festivals with family and friends. Who doesn't enjoy giving and receiving gifts, partying, enjoying and celebrating with the loved ones?!

Among all the countries of the world, India is the one with a large geographical area, supporting people from all communities and religions of the world. We celebrate festivals of each religion with equal zeal and vigor, and this also proves each time how our unity lies in diversity.

India's rich heritage has been built over the centuries and this has led to a huge variety in Indian life, soul and festivals. There is a great diversity in the Indian regions and these diversities have brought about an assortment of rituals and festivals too.

Each religion follows its own calendar for deciding the day on which the festival is to be celebrated. For example, the Hindu festivals are determined by the lunar Hindu calendar. Thus the dates of the Hindu festivals do not match with the solar Georgian calendar.

Since India has a large Hindu population, it is natural that most of its festivals are Hindu festivals. Since the Hindus personify nature and human feelings, they have about 3.3 millions gods and goddess, and thus a number of festivals to worship them. We often see that some festivals are more popular in a particular region. Chhat, for instance, is a festival chiefly celebrated in Bihar whereas Diwali is celebrated all over India.

The festivals which are celebrated throughout India are called national festivals, and the whole of India comes together to celebrate it. Diwali is the festival of Hindus but you won't find a single Muslim or a Christian child who stays at home when all his friends and neighbors are busting crackers at the local park!

Again do you think that on Christmas Eve, when all the churches and restaurants are dressed up for a long party, the people belonging to the other communities stay back at home and gaze at the festivities going on? No, not at all! They are out there partying as hard as, if not harder than their Christian friends! This is where the strength of India lies – in its diversity lies its unity.

Indian festivals are celebrated according to the solar and lunar calendars. Consequently, dates & months may vary accordingly.

Here's a list of common festivals celebrated all over India.

JANUARY:

LOHRI : Lohri marks the culmination of winter, and is celebrated on the 13th day of January in the month of Paush or Magh, a day before Makar Sankranti. For Punjabis, this is more than just a festival, it is also an example of a way of life. Lohri celebrates fertility and the spark of life. People gather round the bonfires, throw sweets, puffed rice and popcorn into the flames, sing popular songs and exchange greetings.

MAKAR SANKRANTI / PONGAL : These are celebrated predominantly in the southern part of India. This harvest festival marks the commencement of the sun's journey to the Northern Hemisphere. People take dips in rivers and worship the sun. In Gujarat, Makar Sankranti is celebrated by the flying of kites.

REPUBLIC DAY: Celebrating the anniversary of India's establishment as a Republic 26th January 1950, all the state capitals resound with the beating of drums and parading of the army. Delhi, the national capital of India has the grandest parades, displaying India's strength in terms of the armed forces and weapons. These are followed by floats and dancers from all parts of the country.



India - The Land of Festivals!

FEBRUARY :

MAHA SHIVRATRI : This is a day of fasting dedicated to Lord Shiva, the third deity of the Hindu trinity. Religious people stay awake and chant prayers the whole night. Processions to the festivals are followed by chanting of mantras and anointing of lingams.

VASANT PANCHAMI is a festival in honor of Saraswati, the goddess of wisdom and learning.

MARCH :

HOLI : This is one of the most exuberant festivals and also the most colorful. It heralds the advent of spring and the end of winters. It is celebrated by throwing colored water and powder at each other. On the eve of Holi, bonfires are built to symbolize the destruction of the evil demon Holika.

MAHAVIR JAYANTI : is a major Jain festival and commemorates the birth anniversary of Mahavira, the 24th and last Jain Tirthankar. It is a day of prayer. There are celebrations in all Jain temples and pilgrimages to Jain shrines.

RAM NAVAMI : is the day of Rama's birth and is celebrated as a day of great piety, with the chanting of prayers and the singing of ballads.

APRIL :

EASTER AND GOOD FRIDAY : Good Friday is observed in India in April every year, broadly on the pattern adopted worldwide. Christians from all stratas of society visit the Church to attend the Mass held on this occasion. Easter Sunday, which follows Good Friday is celebrated with much joy and gaiety. Processions are taken out in some parts of the country.

BAISAKHI : Baisakhi, celebrated with joyous music and dancing, is New Year's Day in Punjab. It falls on April 13, though once in 36 years it occurs on 14th April. It was on this day that the tenth Sikh Guru, Guru Gobind Singh, founded the Khalsa (the Sikh brotherhood) in 1699. The Sikhs, therefore, celebrate this festival as a collective birthday.

ID-UL-FITR OR RAMAZAN ID : is a day of feasting and rejoicing as it marks the end of the end of Ramazan (Ramadan), the Muslim time of fasting.

MAY - JUNE :

BUDDHA PURNIMA : The Buddha's birth, enlightenment and his reaching nirvana are all celebrated on this day. The Buddha is supposed to have gone through each of these experiences on the same day, but of different years.

JULY :

NAGA PANCHAMI : This festival is dedicated to Ananata, the serpent whose coils Lord Vishnu rests between universes. Offerings are made to snake images. Snakes are supposed to have the power over the monsoon rainfall and keep evil from homes.

AUGUST :

RAKSHA BANDHAN : is an integral part of the Hindu family structure whereby a woman ties a rakhi or decorative thread on the wrist of her brother to remind him to protect her if the need arises.

INDEPENDENCE DAY : The anniversary of India's independence commemorates the day on August 15th. The prime Minister delivers an address from the ramparts of Delhi's Red Fort. It is celebrated all over the country with meetings and flag-hosting ceremonies.

SEPTEMBER - OCTOBER - NOVEMBER :

JANAMASHTAMI : The birth of lord Krishna, the eighth incarnation on earth of Lord Vishnu, is celebrated throughout India. Devotees celebrate it by fasting and prayers, which is followed by feasting and merriment.





India - The Land of Festivals!

ONAM : Is celebrated in Kerala, Andhra Pradesh and Tamil Nadu. It is celebrated against a setting of lush green vegetation. This picturesque harvest festival brings ten days of colour, feasting, boat races, song and dance to the state.

GANESH CHATURTHI : This festival is dedicated to the popular elephant headed God, Ganesha. Pune, Chennai and Mumbai are the important centers of celebration. In Maharashtra, huge images of Ganesha are carried in procession. On specific dates in the following ten days, these images are immersed in the sea or rivers with thousands of worshippers dancing and singing after them.

NAVARATRI/DUSSEHRA/DURGA POOJA. : Navaratri, the Festival of Nine Nights, is celebrated in honor of goddesses Durga, Lakshmi, and Saraswati. The tenth day, Dussehra, commemorates the victory of Rama, of the epic Ramayana, over Ravana. In many places it culminates with the burning of huge images of Ravana and his accomplices, celebrating the victory of the good over evil. Re-enactments of the epic Ramayana takes place in various places.

GANDHI JAYANTHI : A solemn celebration marking the birth date of Gandhiji, the father of the nation, includes prayer meetings at the Raj Ghat where he was cremated.

DIWALI OR DEEPAWALI : This is perhaps the happiest of Hindu festivals. Of all the festivals celebrated in India, Diwali is by far the most glamorous and important. It is a festival of lights symbolizing the victory of righteousness and the lifting of spiritual darkness. Countless number of lamps are lighted at night, giving the impression that the stars have descended on earth.

GURPURAB: The birth anniversaries of Guru Nanak, the founder of Sikhism (October-November), and of Guru Gobind Singh, the last Guru (December-January), are important festivals of the Sikhs. In addition to the reading of the holy verses, the Guru Granth Sahib, the Sikh holy book, is carried in procession.

GOVARDHAN POOJA : A Hindu festival dedicated to the holiest of animals for the Hindus, the cow.

GURU NANAK JAYANTHI is celebrated as the birth anniversary of Guru Nanak, the founder of Sikh religion.

DECEMBER :

CHRISTMAS : Christians in India celebrate their festivals broadly on the pattern adopted worldwide. However some influence of local Indian tradition has been absorbed into the festivities. Christmas is a major event in all Indian Christian households and one can see Goa come to life at this time of the year.

Thus, the Indians keep celebrating festivals through out the year. Each festival has its own unique way of celebration and thus adds to the excitement and break the drudge of daily life. Not only does this make this beautiful land all the more appealing to the world, it proves, how the Indians are truly capable of innovating ways of celebrating the joyous occasion called life!

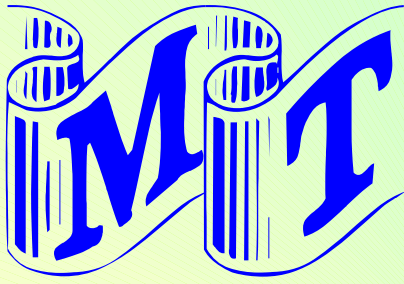
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Forthcoming Events

- **Santa's Carnival will be held on Tuesday, 25th December 2012.**
- **"New Year Eve" will be held on Monday, 31st December 2012.**
- **Housie & Karaoke on every Sunday from 6.30 p.m. onwards.**

*Important
Announcement*



RUPESH SIR'S

MEHTA TUTORIALS

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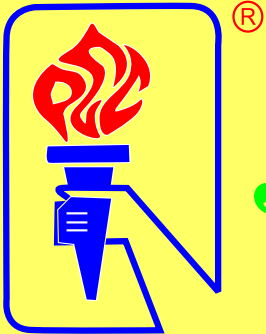
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India's Shining Stars

The 2012 London Olympics saw India clinch an unprecedented six medal, the highest in numbers in the history of the Games. Take a look at the six sportspersons who made the Games memorable.

GAGAN NARANG : Gagan would be the first person to tell you that a bit of disappointment will always surround his bronze-winning effort in London.

The Indian entered the Games in terrific form and was a favourite in the 10m air rifle event along with Abhinav Bindra, the Beijing gold medalist.

While Bindra failed to make the final, Gagan qualified for the final with a score of 598/600, just one point behind the joint leader Niccolo Campriani and Alin George Maldoveanu.

The Indian was in the running for a silver but a 9.5 with the eighth shot cost him dearly as Campriani held on while Maldovenau claimed gold.

VIJAY KUMAR : In a high-profile shooting contingent that included Abhinav Bindra, Ganag Narang and Ronjan Singh Sodhi among others, Vijay Kumar entered the 25m rapid fire pistol qualifiers without a lot of expectations.

But a fourth-place finish meant the whole of India was watching the six-man final with bated breath and Vijay did exceptionally well to hold his own against some world class shooters to claim the silver.

After shooting 585 over two stage of the qualification, the Indian was consistent right through the final but could not match the highly-accurate Leuris Pupo of Cuba.

SAINA NEHWAL : No athlete would want to win a medal the way Saina did. Having stormed into the semi-finals without dropping a game, the Indian was up against Yihan Wang, the world's best player and lost 21-13, 21-13.

She was up against another tough opponent in the semi-finals, China's Xin Wang.

Saina lost the opening game, in which she showed signs of dominating her opponent towards the end. But Wang had twisted her ankle during the first game and had to concede the match after just one point in the second.

Saina said she was not happy at the way she won the medal, India's first in the sport, but was delighted that India left a mark in badminton at the Games.

MC MARY KOM : A five-time world champion, Mary Kom had waited for many years to make her Olympic debut. With women's boxing set to make its debut in London, Mary had her chance but not without a price.

The Indian won all her world titles in the 46Kg and 48Kg categories and would have to compete in the 51Kg category, the lowest in the Games.

After a lot of hard work and numerous attempts to put on weight, Mary entered the ring, clearly struggling on power and in height against almost everyone else in the category.

But the mother of two fought with all her heart, punched well above her weight, and finally fell to eventual gold medalist Nicola Adams in the final four. This was a bronze worth its weight in gold.

YOGESHWAR DUTT : Dutt came to London determined to make up for the disappointment of the 2008 Beijing Games, where he missed a medal by a whisker.

The 29-year-old came through the qualifier but went down to Besik Kudukhov in the Round of 16, which ended his hopes of a silver or gold.

Fortunately, Kudukhov made the final and Dutt had a shot at the medal thanks to the repechage round although he would have to beat three wrestlers in less than an hour to reach the podium.

Dutt, however, showed great grit and courage and above all, a lot of intelligence on the mat, as he beat Franklin Matos Gomez, Masoud Esmail Poorjouybari and Myong Jong Ri to take the bronze despite a swollen eye.

SUSHIL KUMAR : The best, it seems, was saved for the last.

India's flag-bearer at the Opening Ceremony and the 2008 Beijing Games bronze medallist was six minutes away from winning a gold in the 66kg freestyle event.

On the final day of the Olympics, the star wrestler took centre stage against the Beijing gold medallist Ramazan Sahin in the round of 16.

An upset 3-1 win over the Turk made him a favourite to make the final and he beat Ikhtiyor Navruzov and Akhzurek Tanatarov to set up the gold medal match with Japanese Tatsuhiro Yonemitsu.

A stomach bug set him back in the final and the Japanese proved too good for the Indian but the silver has ensured him a place in history as the first athlete of independent India to win two Olympic medals.



MEDAL NAME SPORT EVENT DATE

SILVER	VIJAY KUMAR		
	Shooting Men's 25m rapid fire pistol	August 3	
SILVER	SUSHIL KUMAR		
	Wrestling Men's 66kg freestyle	August 12	
BRONZE	GAGAN NARANG		
	Shooting Men's 10m air rifle	July 30	
BRONZE	SAINA NEHWAL		
	Badminton Women's singles	August 4	
BRONZE	MARY KOM		
	Boxing Women's 51kg	August 8	
BRONZE	YOGESHWAR DUTT		
	Wrestling Men's 60kg freestyle	August 11	

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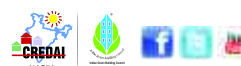
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