



JOLLY N-JOY

IN HOUSE BULLETIN

ISSUE 42 - NOVEMBER 2024 TO MARCH 2025

GRAND MUSICAL LIVE CONCERT OF
SONU NIGAM



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MESSAGE FROM CHAIRMAN AND MANAGING TRUSTEE



CA RAJNIKANT SHAH
Chairman



MANOJ AJMERA
Managing Trustee

“ A Little Progress Each Day Adds up to Big Results ”

Dear Jolly Members,

We, at Jolly, urge our members to celebrate and strive all the little progress that we achieve every day and one day we will surely achieve the big results that we have set our eyes upon as everyone says that Life is surely a Journey and not a destination.

There has been fantabulous progress in all departments and activities at Jolly in the last few months. The Squash Court was reopened after renovation with a swanky look. We witnessed the Annual Volleyball Tournament, Inter School Cricket Tournament, Jolly Premier League, Christmas Carnival with Circus Theme which was enjoyed by one and all at Jolly. Narmada Kidney Foundation along with Ghatkopar Jolly Gymkhana had organized an event about awareness of Kidney Donation and organ donation in general which was a wonderful initiative. Khel Mahotsav by Mumbai Samachar in association with Jolly was organized to promote physical fitness and sportsmanship.

Jolly Members thoroughly enjoyed programs like Bollywood and Beyond – Live Musical Concert as well as the New Year’s Eve – wherein almost 1000 members and their guests welcomed 2025. Maharashtra State Ranking Carrom Tournament and Suryanamaskar Event also took place at Jolly which saw fantastic footfalls and excellent enthusiasm by Members. It was followed by some Wonderful events like the Kite Festival, Tata Mumbai Marathon, Inter Department Annual Tennis Cricket Tournament and 76 th Republic Day Celebration.

We, at Jolly, also saw the Pre-Valentine’s Day Couple Party and Annual Prize Distribution Ceremony. “Sonu Nigam Live Concert” brought together 4000+ music enthusiastic members and their guests. We also celebrated the Women’s Week in style followed by Holika Dahan and T-20 Knockout Inter Club/Gymkhana Cricket Tournament. “Antarvan” – a symphony of flavors – a fine dining restaurant was renovated and opened for all members.

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

Dear Jolly Members,

“In Summer, the Song Sings Itself”

Ghatkopar Jolly Gymkhana is full of action packed this Summer like every Summer. Last few months have seen a whirlwind of activities and all of you who have missed out on live action can certainly go through the pictorial highlights which clearly depicts all action that took place at Jolly in the last few months and others can relive their memories. We understand that many of our Jolly Members are in the age bracket of 40-65 which we often describe as midlife and for them we have a beautiful article that will prep you up for a Midlife Reset and inspire you for a new beginning. Also for Sports enthusiasts we have an article on the Young Indian Grandmaster – Gukesh Dommaraju and we bid farewell to R Ashwin who made us all spellbound with his lovely spells. Also we were equally thrilled like you all when India lifted the ICC Champions Trophy 2025 and we have tried covering that also in this bulletin.

Summer Season is back and so would be vacation time, IPL, mangoes and soothing summer drinks. Our advice would be to enrol in any one or more of the various activities of the Summer Coaching camp at Jolly. Infact the good news is that it is Free Summer Coaching for Members upto 21 Years of age. You may experience fine dining at its best at Antarvan – A symphony of Flavors which is the newly renovated restaurant at Jolly. You may also enrol for the Sports Specific Training which will elevate your game, unleash your inner potential and help you excel in your chosen sport. Do participate in the Summer Bonanza 2025 and enjoy with your family at Kids Play Zone, Family Entertainment with delicious food and dessert and play and win Housie every Sunday this summer. Every Sunday there would be a variety of programs with different themes to uplift your entertainment to the next level. We are also eagerly waiting for the Pickleball Court and Chess Room to begin soon. With so many options don’t miss out on having fun this Summer at Jolly.

Make the best of Jolly this Summer and have a Jolly Good Time!!!!

Happy Reading,

**Members of Website,
Bulletin and Affiliation Committee**

Incharge	: Paresh Shah
Convener	: Prashant Shah
Jt. Convenor	: Paresh Mehta
Members	: CA Mickin Sheth



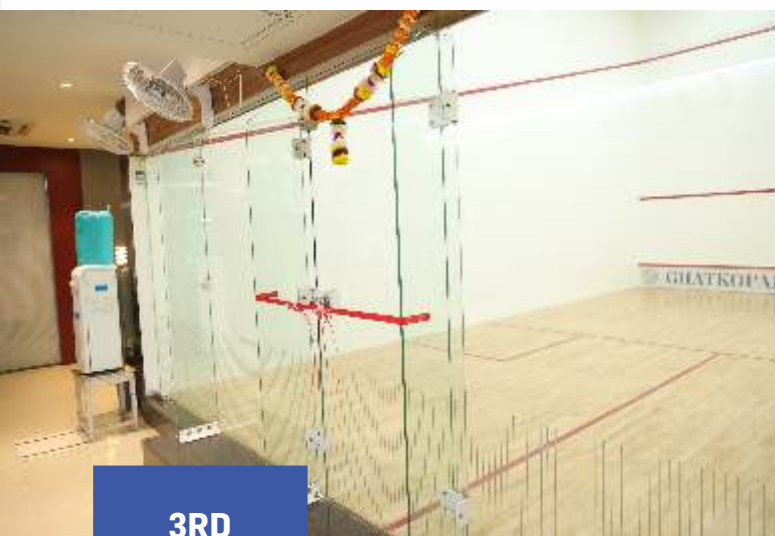


MUKESH BADANI
Hon. Secretary



PARESH SHAH
Hon. Secretary

FROM THE SECRETARIES DESK HIGHLIGHTS NOVEMBER 2024 - MARCH 2025



**3RD
NOVEMBER
2024**

On 3rd November 2024 Squash court reopening ceremony held after renovation, by worthy hand of Shri. Paresh Shah Hon. Secretary, Shri. Prashant Karia Incharge of Squash Sub Committee and Squash committee members and players



Multi Turf Sub Committee successfully organized an engaging Annual Volleyball Tournament (Men's & Women Mix Team) on 30th November & 1st December 2024 at Multi Turf court that brought together 120 enthusiastic participants. The chief guest was Mr. Sanjay Naik, General Secretary of Maharashtra State Volleyball Association. The tournament showcased teamwork and sportsmanship as members competed in an electrifying atmosphere.

**30TH
NOVEMBER
&
1ST
DECEMBER
2024**

1ST
DECEMBER
2024



Narmada Kidney Foundation in association with Ghatkopar Jolly Gymkhana had organized an event about awareness of kidney donation on Sunday, 01st December 2024 in open ground and indoor games like badminton, Table Tennis and carrom. The event was a wonderful initiative to promote understanding of kidney health, organ donation and its life saving potential. It had been witnessed testimonials from those whose lives had been transformed by kidney transplants.



3RD, 4TH, 5TH,
6TH, 9TH, 10TH,
11TH & 12TH
DECEMBER
2024



Cricket Sub Committee had organized Inter School Cricket Tournament on 3rd, 4th, 5th, 6th, 9th, 10th, 11th & 12th December 2024 on open ground. This tournament brought together teams from Mumbai and suburban area schools to showcase their cricketing skills. Pawar Public School won the inter school tournament.



7TH, 8TH,
14TH & 15TH
DECEMBER
2024



Jolly Premium League being conducted on 7th, 8th, 14th & 15th December 2024. Members had shown their cricketing skills. The event filled with competitive spirit. The Champion trophy was won by Rajesh Royals.

**21ST & 22ND
DECEMBER
2024**

Khel Mahotsav by Mumbai Samachar in association with Ghatkopar Jolly Gymkhana was organized on 21st & 22nd December 2024. It was a significant sports event that aimed to promote physical fitness and sportsmanship. The games covered in the event were Chess, Carrom, Badminton, Table Tennis. The prize distribution conducted on 22nd December 2024.



Karaoke professional Training in well equipped Karaoke room is started. Members are taking Karaoke coaching with professional coach.



**24TH
DECEMBER
2024**

Bar Sub Committee had organized Bollywood & Beyond Live Musical Concert on 24th December 2024 at Terrace. 150+ members gathered and enjoyed on the live music on the tunes of A to Z Bollywood band





Ladies Wing Sub Committee along with 1500+ Member and their guests welcomed Santa Claus on Wednesday, 25th December 2024 on Gymkhana Ground by organizing Christmas Carnival with Circus Theme. There were plenty of attractions such as Games, Dance performances of kids, Jumbo Slides, Fun City, Double Decker Bus and Cross Fire.



31ST
DECEMBER
2024



Event and Entertainment Sub Committee has organized New Year Eve on 31st December 2024. Almost 1000 members and their guests welcomed 2025. It was a thrilling experience for members as there were many attractions such as DJ, live singing, international dance troupe and acrobatic. On the count of 12 night the fire work show began, all welcomed 2025 with cheers, applause and heartfelt embraces among loved one.

**11TH TO 13TH
JANUARY
2025**

Carrom Sub Committee has organized 2nd Ghatkopar Jolly Gymkhana Maharashtra State Ranking Carrom Tournament 2024-2025 on 11th, 12th & 13th January 2025 in Lilac Hall. Total 300+ participants showed their sportsmanship, after concluding the tournament on 13th January 2025 Prize Distribution ceremony held.



**12TH
JANUARY
2025**



On the occasion of Makar Sankranti, Kite Festival was organized in open ground on Sunday, 12th January 2025. 300 + members came together along with their family and witnessed vibrant and different shapes of kites flying.

**12TH
JANUARY
2025**

Yoga Sub-Committee has organized Surya Namaskar on Sunday, 12th January 2025 on open ground. About 1500 + people from 50 Institutes from different places have enthusiastically performed 108 Surya Namaskar on Chair as well. Hoardings has been prepared as per the Institution names to take the pictures at selfie corner



**19TH
JANUARY
2025**

Tata Mumbai Marathon, which contains 42 kms of gruelingly exhilarating distance running, held on Sunday 19th January 2025. Marathon & Fitness Sub Committee had encouraged 300 + members to participate in the same.

After concluding the Marathon, Members enjoyed the Get together function on the same day from 7.00 PM onwards at Lilac Hall, the function attended by 125 members.





YOUNG INDIAN GRANDMASTER

- **Second-youngest Grandmaster In History (2019)**
- **Becoming World Champion (2023-24)**



Indian GM Gukesh Dommaraju is the current world chess champion, defeating GM Ding Liren in the FIDE World Championship on December 12, 2024. He is the youngest undisputed world champion in chess history, at 18 years and six months old, shattering the previous record of 22 years and seven months which was set by GM Garry Kasparov in 1985. Gukesh became the challenger to the world championship in April 2024 by winning the 2024 FIDE Candidates Tournament with a score of 9/14, which also made him the youngest-ever Candidates Tournament winner.

A chess prodigy, Gukesh earned the GM title at 12 years, 7 months and 17 days of age—narrowly missing GM Sergey Karjakin's record at the time by 17 days. In July 2022, he achieved a live rating of 2700, the fourth-youngest player to ever do so. In September 2023, he was ranked eighth in the world and first in India—ending GM Viswanathan Anand's 37-year reign as India's top-rated player.

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JOLLY GYMKHANA
GHATKOPAR (W)**

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Shamita Shetty

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Andheri | Bandra | Chembur | Mangalore | Vashi | Udupi
(Coming Soon)

**26TH
JANUARY
2025**



The 76th Republic Day was celebrated with great enthusiasm and patriotism at the open ground of Gymkhana on 26th January 2025 at 8.30 AM. Approx 400 + Jolly Members had witnessed Unfurling of Flag by Chairman Shri Rajnikant Shah followed by singing of national anthem



**8TH
FEBRUARY
2025**



Ladies Wing Sub Committee has organized Pre-Valentine's Day Couple Party on Saturday 8th February 2025 at Jasmine Hall. Approx. 200+ Members were present during the event and shared the love, togetherness with each other. Also enjoyed delicious dinner after the event.



**9TH
FEBRUARY
2025**

Annual Prize Distribution Ceremony - 2024 held on 9th February 2025 on open ground. Members had been felicitated with the trophies as per their respected achievements in the sports competitions. As per every year we had felicitated coaches also during this event. Almost 535 members attended and enjoyed delicious dinner after the event

2ND
MARCH
2025

'Sonu Nigam Live Concert' organized by Events & Entertainment Committee on Sunday; 2nd March 2025 on open ground of Gymkhana. The event was a grand musical extravaganza that brought together more than 4000+ music enthusiastic members and their guests. The event witnessed an overwhelming response with a packed audience. Members enthusiastically engaged, singing along with Sonu Nigam's popular songs that created an electrifying atmosphere in gymkhana ground.



4TH TO 7TH
MARCH
2025



Ladies Wing Sub Committee has organized Women's week 2025 on the occasion of Women's Day, the event was scheduled from 4th March to 7th March 2025. Various games and fun filled activities was arranged by respective coordinators. The finale theme was 'Jolly Play' live with Pallavi Dabholkar, Nirupama Rege and Anchor - Niharika Dalal.

Jolly Ladies members has enthusiastically participated in each and every event. The overall attendance was approx. 300+.



13TH
MARCH
2025



Holi is a festival of colors. Ghatkopar Jolly Gymkhana members came together to celebrate an auspicious occasion of Holika Dahan on 13th March 2025. Members were delighted by having thandai.

15TH, 16TH
&
22ND, 23RD
MARCH
2025



Cricket Sub Committee has organized T – 20 Knockout Inter Club/ Gymkhana Cricket Tournament 2025 on 15th, 16th & 22nd, 23rd March 2025. Final Match played in between Ghatkopar Jolly Gymkhana A Team and Bombay Gymkhana, winner trophy was grabbed by Bombay gymkhana



Newly renovated swimming pool passage is now in function. The passage is renovated with new lighting and decorated with game themed posters, due to this the look of passage has enhanced.



30TH
MARCH
2025

antarvan
A Symphony of Flavors



Midlife Reset : Fuel Your Best Years Yet



Midlife, often referred to as the “middle path,” is not just a bridge between youth and old age—it’s a unique phase that offers a powerful opportunity for transformation. Spanning the ages

of 40 to 65, these years come with significant life changes: children leaving home, aging parents, career shifts, and physical changes that reflect the passage of time. But far from being a decline, midlife can be a time to re-centre and rediscover vitality. With thoughtful care for both body and mind, you can enter this phase healthier, sharper, and more balanced than ever before.

1. Understanding the Midlife Shift

Midlife often comes with subtle but important physiological and emotional changes. Energy levels may fluctuate, metabolism slows down, and hormonal changes can cause mood swings or sleep disturbances. Mentally, many people begin to reassess their life’s direction—leading to what’s often called a “midlife crisis.” But this period is less about crisis and more about clarity. Recognizing the natural transitions of this life stage is the first step to adapting in healthy and meaningful ways. With awareness, you can begin to take proactive steps to support your long-term well-being.

2. Physical Health: Nurturing Your Body for the Years Ahead



As the body ages, it begins to demand more conscious care. Nutrition becomes not just a matter of weight management but of preserving heart health, bone density, and energy. Eating a balanced diet rich in colorful vegetables, whole grains, lean proteins, and healthy fats can drastically reduce the risk of common midlife ailments such as high blood pressure, diabetes, and joint problems. Just as important as what we eat is how we move. Regular exercise is the single most effective prescription for aging gracefully. Activities such as brisk walking, yoga, swimming, or strength training not only maintain muscle tone and cardiovascular health but also elevate mood and reduce anxiety. Sleep, too, plays a critical role in physical recovery. Ensuring seven to eight hours of restful sleep each night can improve everything from immune function to memory retention. Physical well-being in midlife is less about perfection and more about consistency—doing something for your body every day, no matter how small, keeps the aging process in your favor.

3. Mental Health: Strengthening Emotional Resilience

Mental health in midlife is often shaped by the stress of juggling multiple responsibilities—caring for children, supporting aging parents, managing work, and preparing for retirement. These pressures can become overwhelming if not balanced with moments of inner calm. Developing mental resilience involves both self-awareness and intentional rest. Practices such as meditation, journaling, or even quiet time outdoors allow the mind to reset. Emotional health also thrives on connection.



Maintaining friendships, having regular conversations with loved ones, or joining community groups can dramatically reduce feelings of loneliness and stress. Equally important is allowing yourself to feel and express your emotions, rather than bottling them up. Seeking professional help from a counselor or therapist when needed is not a sign of weakness, but a commitment to your mental strength.

4. Purpose and Fulfilment: Reimagining Your Identity

Many people in midlife experience a quiet shift in identity. With children growing up and careers stabilizing or evolving, there is often a desire to reconnect with passions that were once set aside. This is a valuable time to rediscover what brings you joy.



Whether it’s painting, gardening, traveling, writing, or learning something new, creative and purposeful pursuits breathe energy into life. Finding a new purpose—something that makes you feel useful, creative, and excited—can be deeply healing. For some, this might mean volunteering in the community or mentoring others in their profession. For others, it’s about pursuing long-delayed dreams. Having a reason to wake up with enthusiasm contributes directly to both mental clarity and physical motivation.

5. Preventive Care and Routine Check-Ups: Staying Ahead

Prevention becomes more important with age. While diet, exercise, and stress management form the pillars of good health, regular medical check-ups are your early warning system. Routine blood work, cancer screenings, blood pressure monitoring, and dental and vision exams can catch issues before they become problems. For women, mammograms and bone density tests become increasingly important. For men, prostate health and cholesterol levels should be

monitored closely. These check-ups are not only about detecting illness, but about fostering an ongoing relationship with your health. By being proactive, you empower yourself to age with confidence.

6. Social Wellness: The Power of Human Connection

Loneliness can quietly creep in during midlife, especially after children leave home or major life changes occur. Staying socially connected is essential for mental and emotional wellness. Positive relationships—whether with a spouse, friend, sibling, or neighbor—can provide the emotional fuel needed to cope with life’s changes. Even short conversations or shared experiences can uplift your spirit. Creating time for connection, no matter how busy life gets, is a form of self-care that’s often overlooked. Whether it’s a weekly dinner with friends or a chat



with a neighbor, these moments build emotional strength and prevent isolation.

Conclusion:

Midlife as a New Beginning

Midlife is not an ending—it’s a chance to recalibrate, rediscover, and rejuvenate. By investing in your physical and mental health with consistency and compassion, you lay the groundwork for decades of active, meaningful living. This phase of life can be filled with grace, joy, and wisdom—if you make space for your own well-being. Let midlife be the beginning of your best years yet.

INDIA WIN ICC CHAMPIONS TROPHY 2025



India made it back-to-back global cricket tournaments with a four-wicket victory over New Zealand in the ICC Champions Trophy final in Dubai.

Rohit Sharma led the chase with 76 off 83 balls, and KL Rahul's unbeaten 34 helped India cross the finish line on 254-6 in 49 overs to win the Champions Trophy third time.

Half-centuries from Daryl Mitchell and Michael Bracewell earlier helped New Zealand, who won the toss and chose to bat first, put on 251-7 in 50 overs on a slow, two-paced Dubai wicket.

Sharma ended all speculation about his potential retirement from one-day internationals in the post-match news conference.



RAVICHANDRAN ASHWIN ANNOUNCED HIS RETIREMENT FROM INTERNATIONAL CRICKET



On December 18, 2024, after the third Test match of the Border-Gavaskar Trophy against Australia in Brisbane. He stated that it would be his last day as an Indian cricketer in all formats at the international level.

In 2015, he was awarded the Arjuna award by the Government of India. He was awarded Padma Shri, the fourth highest civilian award, by the Government of India in January 2025.

Career highlights

Ashwin is India's second-highest wicket-taker in Test cricket, with 537 wickets in 106 Tests and scores 3503 runs. He also played 116 ODIs with 156 wickets and scores 707 runs. As well he played 65 T20Is with 72 wickets and scores 184 Runs.

Future

Ashwin plans to continue playing cricket at the club level and in franchise leagues like the IPL, where he is contracted to Chennai Super Kings.



Dear Members,

We are in the process of issuing new RFID Membership Cards for Life Members, Associate Members, Minor Life Members and Associate Spouse Members. To ensure that your new card has the correct information, please provide the following details:



Life Membership Number

Full Name

Mobile Number

Email Address

Recent Photograph
(In jpg, jpeg, png format)
(with a white background)

All members are requested to share the above-mentioned details ASAP for the new RFID Card ASAP.

Old card will discontinue shortly.

You can submit these details
Via email to admin@jollygymkhana.in

Kindly send your information at the earliest to help us process your card without delay.

Hurry Up!

All are requested to note the same and provide the mentioned details at the earliest.

Please ignore this message if details are already sent.