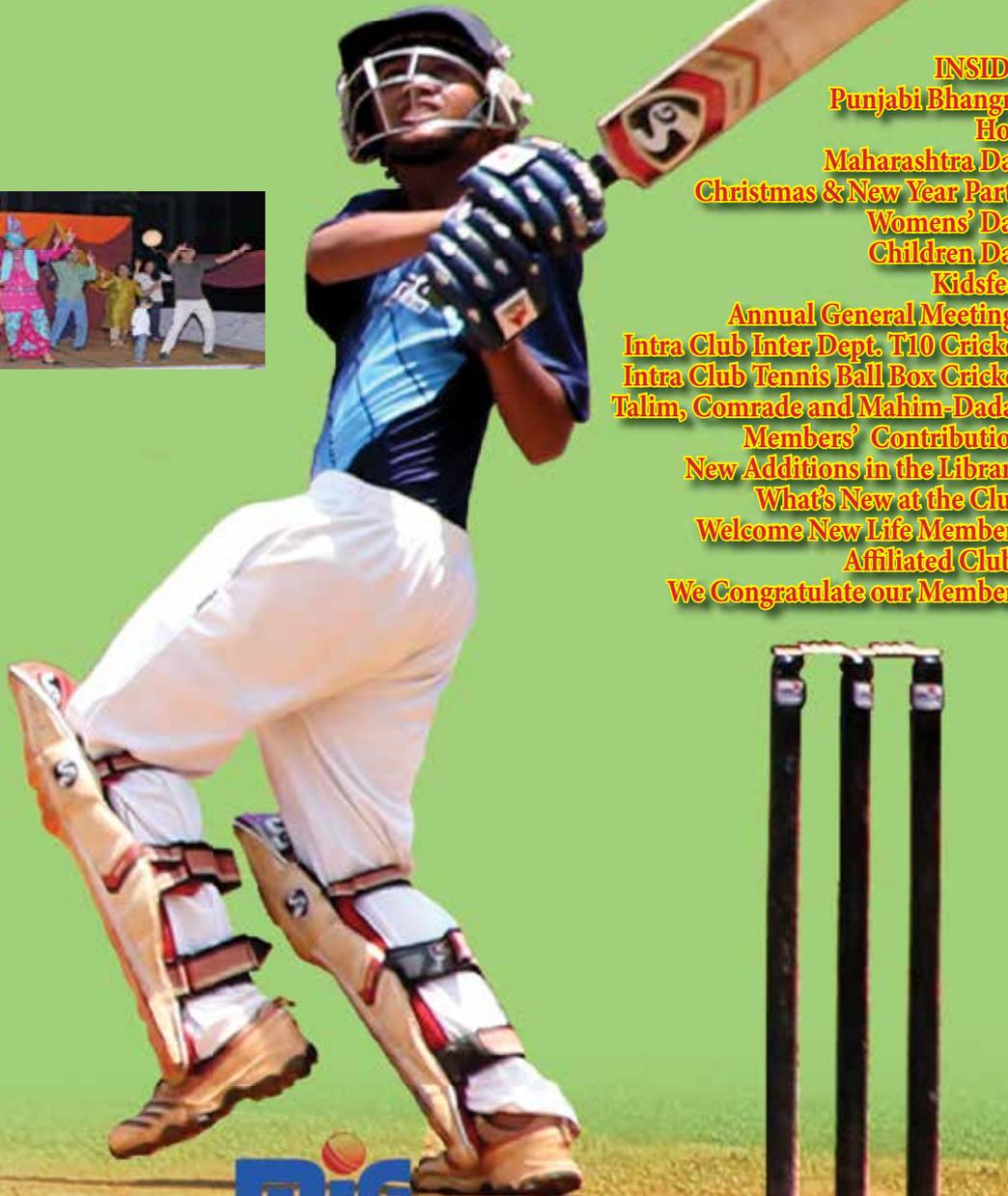


Panorama



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- Punjabi Bhangra**
- Holi**
- Maharashtra Day**
- Christmas & New Year Party**
- Womens' Day**
- Children Day**
- Kidsfest**
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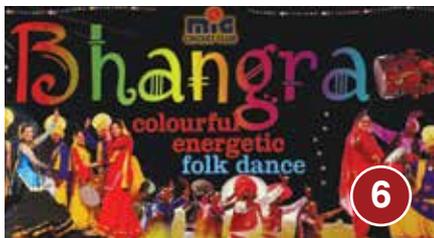


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-



एक कदम स्वच्छता की ओर



The official journal of the MIG Cricket Club
First half of 2017

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Our issues would be out every half yearly in June and December.

Payment for advertisements are to be made in advance and in favour of
MIG Cricket Club

Look for Advertisement Appeal included in this issue.

Designed, published and executed by Theo Braganza of The Marine Sports - Publishing Division, at 63A, Gokhale Road, Dadar, Mumbai 400 028

From the General Secretary's Desk

It is with a great sense of fulfillment that today we revive and publish the first issue of our magazine- Panorama. We are very happy that now we have an organ through which we can reach out to our members and promote our club to the sports fraternity of Mumbai.

As I sit there on the desk of the General Secretary today. I am overwhelmed with the growth of the club from a tent to three storied building with all major facilities that are available with bigger clubs and gymkhanas in Mumbai.



When I went through the events of the club, I was astonished at the number of activities we organised. I must thank those who took the initiative and who handled all of them professionally. I must tell you, that the members were very appreciative and thank me, but all this was due to your efforts and hard work of the team- Board of Trustees, Managing Committee and the Club Committee heads.

Finally, may I request all our members to get involved in the club's activities. Do come up with ideas and suggestions to take the club to greater levels. I am sure the Managing Committee will welcome this. I take this opportunity to sincerely thank the members of the managing committee and all the other active members of our club, the members, not forgetting the staff for the tremendous assistance and support that they have provided since inception.

From the next issue we propose to include a section- RESPONSE, where members can vent, share and put across their ideas, suggestions and even criticism, which will be all published. Please write to- 'panorama@migcricketclub.org'

I also take this opportunity to appreciate and laud the untiring efforts of Theo Braganza who first suggested the revival of Panorama and his drive to publish and be self-sufficient. With his efforts we reach out to the sports fraternity not just of Mumbai and India, but through a e-copy edition throughout the world.

Nikunj Vyas
General Secretary
MIG Cricket Club

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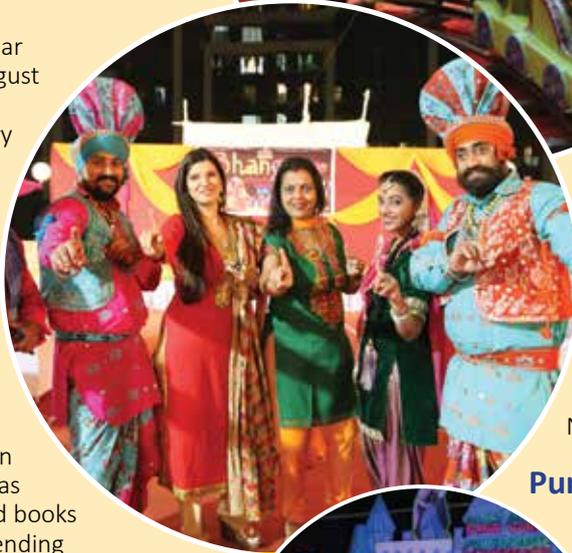


Siddharth Pardhe
Representative, BOT

Club Events

Club's AGMs

The 43rd AGM for the year 2012-13 was held on August 28, 2016, also the 44th AGM was held on January 7th, 2017, while the 45th AGM was held on February 25th 2017 transacting the usual business of confirming and adopting the previous year's Minutes, adopting the Annual Report and the Statement of Accounts. These three AGMs held in the span of six months has brought the business and books of the Club which was pending for years, up-to-date and the Managing Committee can carry out the activities of the club without any hassle.



Diwali Festival

An Exhibition cum sale from 21st to 25th October 2016 wherein stalls of wellness products, stationery and gift items, confectionaries, diyas, torans and many more item were kept for display and sale.

Famous Marathi actor Shri Sunil Barve was invited as a chief Guest for the inauguration of the exhibition.



Diwali Pahat

On the day of Diwali i.e. 30th October 2016, Laxmi Puja was performed wherein all members of our club were invited.

This was the first time that our club organized 'Diwali Pahat' a musical programme by Mandar Apte & his Group on Tuesday, 1st Nov 2016 at the Roof Top, which began at 6.30 am in the morning, with devotional classical music setting the mood for the rest of the performances. Club arranged Special Maharashtra Diwali faral and snacks with soft drink and various types of juices. The entire club was decorated with colorful lamps, rangoli and various types of the flowers.



The main motto was to bring all our members together to celebrate the festival. It was a very historic and memorable event for all members who attended.

Children Day

A children Party was arranged on the occasion of Childrens Day i.e. 14th November 2016 and which was a huge success. Cultural and social programs like singing, dancing and entertaining with other musical instruments were organised. The club arranged various games for childrens. Gifts and chocolates. were distributed to the children

Welcoming the Afghanistan Cricket Team

The club welcomed Afghanistan Under-19 National Cricket team which was organized by way of musical entertainment event, MIG Melody Makers our group performed on 22nd November 2016 at Roof Top.

Punjabi Bhangra

An evening with Punjabi Bhangra and Special Punjabi Cuisine was arranged on 9th December 2016 on Roof Top for members and their guests.



Christmas Party

The club organized Christmas Party on 24th December 2016. This year we were able to organize the same on our playground with some Funk, Ghetto, and Hip Hop with a DJ. A canvas was displayed which had hosting White Christmas theme party. The dress code for the party was white, red and gold. Club arranged various games for children like Jingle Bell game, Find Santa Reindeer, Santa Says etc. Members, guest and children were around 400 in numbers, enjoyed the evening fun filled party.

Welcoming the New Year

Every year 31st December 2017 is celebrated as New Year party this time club organized the party on play ground after 10 years and was a huge success. New Year's Eve was celebrated in the evening with an excellent DJ Bollywood and Hollywood Songs. Flashing strobe lights with fantastic ambience decorated as per the theme. Delicious food and beverages were available to the members and their guest. A gathering of around 800 who enjoyed the bringing-in of the 2017 New Year.

Gazal Nite

Gazal Night program was held for members and their guests

on 14th January, 2017 at 7.30 pm in Banquet (Galaxy) Hall by Ghazal Singer Rochana Dahanukar. The event was appreciated and enjoyed by all.

Republic Day

On the occasion of 68th Republic Day of India, flag hoisting was conducted on 26th January, 2017 at Roof Top. All Members were invited along with play school children of "Prangan Playgroup, Nursery, Daycare Center" in Bandra (East) accompanied by their parents and teachers. Flag hoisting was done by our groundsmen.

Women's Day

Every year 8th March 2017 is celebrated as International Women's Day and accordingly our club organized an event only for Ladies at Cloud 9 Bar with Red & White dress code. DJ and flashing strobe lights with fantastic ambience were decorated as per the theme. The atmosphere and music rocked the entire evening and the ladies had a great time. The participants were in their best costumes dressed according to the party theme. DJ played the songs which were just appreciate for the occasion, with mixture of Hollywood and Bollywood dancing numbers. Later prizes were given to the best dress and best dancer.

Holi

The cultural event for Holi as celebrated by the club was held on 13th March 2017 with some refreshing thandai and multi cuisine food options. This year's holi celebrations were back with water, after 2016 drought like situation in Maharashtra. There were 450 people which included the members and their guests who enjoyed the Holi celebrations. There was a DJ who gave the right music for the occasion.

Gudipadwa - Marathi New Year

On the auspicious occasion of Gudi Padwa, 28th March 2017, MIG members had the opportunity of listening to renowned Hindustani classical singer Padmashri Padmaja Phenay Joglekar. She is a disciple of Pandit Jasraj, who has been acclaimed, the world over, an extremely talented versatile and creative vocalist. With her melodious voice, she thoroughly enthralled MIG music lovers.

At the end of this program, number of members appreciated and thanked the club for arranging this live performance by a great personality and expected that many more such program be organized in future.

Maharashtra Day

Maharashtra Day on 1st May was celebrated at our club by arranging Laavni Performance and folk songs by most popular Laavni Dancer Nayna Randive and her Group at Roof Top starting at 7.30 pm. The event started with the Maharashtra traditional way celebrating by playing Tutari and Dhol-Tasha with Shri Ganesh Swaagat Geet all are wearing traditional Maharashtra dress. Also, Maharashtra cuisine was arranged with different and famous mouth-watering dishes.

In the end, as per Maharashtra tradition, ladies greeted each other with Haldi Kunku and rose flower.

Housie

Housie, one of the most popular games amongst MIG members, has been conducted every month. A specially designed software is used to help organize Housie game to call out numbers using a random number generator just by clicking.

There are 3-4 Housie sessions organised and people walk away with exciting cash prizes. At the end of each session there is Lucky Draw for all participants.

With good response to the Housie players came to the venue with great enthusiasm to enjoy fun filled evening.

Feedbacks received from members that Housie should be conducted more often.

MIG Melody Makers

The Bollywood songs by MIG Melody Makers with Nandu Kerkar & his Groups was organized at the club on Saturday, 27 May 2017 at 7.30 pm in Banquet (Galaxy) Hall. Musical instruments were played along with the groups singing songs, to make the mood livelier.

Kidfest

Kidfest was designed for our children of MIG Club to make learning fun through art and craft creativity, drama (theatre) and dance fusion, Personality development, public speaking and storytelling with the help of our creative professional experience teachers, it was a great success and the children benefitted by learning these skills right from the age of 5. Kidfest works around the interest of today's new generation which occupies, keep them busy and involved in activities which would discover and thus be confident of their skills.



Intra Club Inter Department T10 Cricket Tournament 2017



Swimming & Health Club team at the toss.



Match in progress

Intra Club Inter Department T-10 Cricket Tournament for members was played on Sunday, 23rd April 2017 on our ground. Members were eagerly waiting for this tournament as this was the opportunity for the ones who have retired or have not played the game for long time, to get back to the cricket field.

This tournament was of 10 over's each a side and consisted of four teams i.e. Managing Committee, Swimming & Health Club, Bar and Indoor section. Each teams had 12 players and the players were selected based on the department they represent. To lift the excitement of the game, certain area on the ground were marked wherein if the ball passes within that mark, the score will be doubled.

Necessary kits and bats were made available and different coloured T-Shirts were distributed by the club. Also live commentary, food & beverages were arranged during the match.

Winners and Runner-Up trophies along with trophies for Man of the Match for every match, Best Batsman and Best Bowler were distributed. The final match was played between Managing Committee and Swimming Health Club which was won by the Managing Committee.



Akshay Borkar receiving the prize for the Best Batsman



Kaustubh Gupta receiving the prize for the Best Bowler



Prasad Gore receiving the prize for the Best Fielder



The Runners Up, Swimming & Health Club team with their trophy.



The Winners, Managing Committee team with their trophy

Intra Club Tennis Ball Box Cricket Tournament

Intra Club Tennis Ball Box Cricket Tournament for members was organized for the first time in 2016 on 7th & 8th May. The tournament was planned in the IPL format, by inviting owners to buy the 8 teams. There were two groups A & B with 4 teams in each group. Matches were played of 5 over's per inning. The winner of first edition were 7 Greens team who was awarded

with trophy and cash prize worth 15,000/-, with 11 Musketeers as runner-up

Seeing the tremendous footfalls for the event, the managing committee decided to make it every year event and thus second edition was organized on 4th & 5th May 2017 with the similar formats. The winner was again 7 Greens and runner up was DFS.

Tanuj Pokharna receiving the prize for the Best Batsman



Akshay Borkar receiving the prize for the Best Bowler



Divakar Shetty receiving the prize for the Man of the Series



Ketki Shetty receiving the prize for the Best Women Cricketer



Two teams captain - Amit Dani and Nikunj Vyas toss for the game.



The match in progress



The Runners Up - Team DFS



The Winners - Team 7 Greens





Talim, Young Comrade and Mahim-Dadar Tournaments

The combined Prize Distribution for Padmakar Talim Shield, Young Comrade Shield and Mahim-Dadar Challenge Shield, tournaments organised by the MIG Cricket Club, for the years 2015-16 and 2016-17 was held on 14th June 2017, at the Galaxy Banquet Hall of the MIG Cricket Club with former Sri Lankan cricketer Roshan Mahanama as the Chief Guest and former Indian cricketer Abey Kuruvilla as the Guest of Honour. Prof. Dr. Umesh Khanvilkar, Jt. Hon. Secretary of the Mumbai Cricket Association along with the Office Bearers of the MIG Cricket Club occupied the dias.

Deepesh Sule introduced members on the dias, the Chief Guest, Guest of Honour and also welcome them. Amit Dani gave the history of the three Tournaments and MIG Cricket Club role in enhancing the tournaments from their original founders.

Padmakar Talim Shield for the year 2015-16 was given to the winner Dr. D.Y. Patil Sport Academy who won by 6 wickets against MIG Cricket Club, Abhay Wagmare was applauded as Best Bowler with 3/34 and Shashank Singh scoring 77 Runs as Best Batsman. For the year 2016-17 the winner were Parsee Gymkhana who won by 129 runs against New Hind Sporting Club with Shivam Malhotra 3/36 as Best Bowler and Bravish Shetty as the Best Batsman scoring a magnificent 186 runs.

Young Comrade Shield for the year 2015-16 was won by Cricket Club of India by 5 wickets playing against Karnataka S A, Aniket Redkar 4/70 in 1st Innings and 8/56 in second innings stood as the Best Bowler and Sujit Nayak as the Best Batsman for scoring 49 runs in first innings and 34 runs in the second innings. For the year 2016-17 the shield went to Dr. DY Patil Sports Academy as they scored a splendid 315/2 in 81 overs taking a lead in first innings against Fort Vijay Cricket



Winners, Padmakar Talim Shield for 2015-16, Dr. D.Y. Patil SA



Winners, Padmakar Talim Shield for 2016-17, Parsee Gymkhana



Winners, Young Comrade Shield for 2015-16, CCI



Winners, Young Comrade Shield for 2016-17, Dr. DY Patil SA.

Club, Shivam Dube 4/56 as Best Bowler and Shoibh Shaikh scoring 127 runs was awarded as the Best Batsman.

Mahim Dadar Challenge Shield for the year 2016-17 was given to Amar CC who won by 4 wickets against Baronet CC with Jai Prakash Yadav 4/11 as Best Bowler and Harshad Singh scoring 41 runs as the Best Batsman.



Winners, Mahim-Dadar Challenge Shield for 2016-17, Amar CC.

The trophies and prizes were given by Roshan Mahanama, Abey Kuruvilla and Prof. Dr. Umesh Khanvilkar, From the MIG Cricket Club, Sanjeev Patki, the Chairman, Sidharth Pardhe, Trustee and Nikunj Vyas, General Secretary also gave away the prizes.

Roshan mentioned that one shouldn't only play for rewards, but know what the gentleman game is all about and also being good human being.

Nikunj Vyas proposed the Vote of Thanks.



Roshan Mahanama addressing the gathering

Member's Contributions

Weehawken

A Travelogue of a Cozy City

Weehawken is a cute and cozy city, located very close to New York City, just across the Hudson River. It has the charm of a laid back town, in contrast to the busy city.

If you are planning to visit New York City for work or sight-seeing, where would you stay? New York or Manhattan can be very expensive. I highly recommend staying in Weehawken which is quieter and at least 30% cheaper to rent through Airbnb. Though it lies geographically in the neighbouring state of New Jersey, it takes just 20 - 30 minutes to travel to Times Square, and much less in off-peak traffic hours.

Weehawken is situated on the southern end of the 180-foot-high cliffs known as the Palisades. During the Revolutionary War, George Washington's soldiers used the cliffs as a lookout for British ships on the Hudson River. At least 18 documented duels also took place there, including the one that ended Alexander Hamilton's life on July 11, 1804, and the one that took the life of his son Phillip, in 1801.

While its earlier residential and commercial growth took place atop those cliffs, there has been extensive development on the waterfront in the last decade. The earlier architecture was the traditional American houses, but the newer constructions include many multi-storey condominiums as well. The waterfront road on the cliff is the Boulevard East Street, and is the place to visit. Neat and well laid out parks and public spaces along this road offer unhindered, spectacular views of the river and the New York City skyline. A row of beautiful houses all along the long and winding street add to its charm. Very close by is the town market area, consisting of restaurants, designer cafes, nail parlours, laundromats, grocery stores and banks.

Travel options to Manhattan are many - bus, ferry and train. Buses are frequent and cheaper. A one way ride from Weehawken to Port Authority bus terminal costs \$3. The route passes through the underground Lincoln tunnel which is a great piece of engineering, passing below the Hudson River. An Uber or Lyft ride can cost about \$22 - 30, including toll. The New York ferry connects Port Imperial in Weehawken to 39th Street in midtown Manhattan with just a 8 minute ride which costs \$9 one way. There are also connections to the Wall Street and world financial center. The train takes slightly longer - the Hudson-Bergen light rail line connects Weehawken to nearby Hoboken along the river, from where one can take the Path train to the World Trade Center in Manhattan.

It is a quiet place, so close to New York City, yet away from its hustle and bustle

Manhattan Skyline



Art Expo NY 2017 Exhibit Sanjay Marathe

Sanjay Marathe exhibited his fine art photographs at the recent Art Expo New York - from 21st to 24th April 2017 at Pier 94 in New York City. He displayed 14 framed landscapes, wildlife and cityscapes printed on paper, canvas and new media like aluminium and acrylic. Each year thousands of art industry insiders flock to Artexpo New York in search of the art and artists that will shape trends in galleries worldwide. Hosting more than 32,000 avid art enthusiasts annually, it is the largest international gathering of qualified trade buyers—including gallery owners and managers, art dealers, interior designers, architects, corporate art buyers and art & framing retailers. Artists from all over the world showcase their art at the expo.



Will the Most Vital Document

CA Dr. Rajendrakumar Jain & Puru Jain

When ever any discussion on Will starts then the first question arises why one should make the Will ? To answer this we should know advantages of the making Will.

Advantages of Making Will

It ensures, how one's hard earned money and property should be inherited.

Facilitates to tackle stringent legal formalities of succession of property.

Bridges communication gap within the family

In today's fast and modern era communication amongst family members is reduced to a great extent, so all family members are unaware about investment or financial affairs of the other members, In Will you can narrate in detail your financial assets and family values and expectations from your family members, and being written document it has long lasting impact.

Secrecy, In most cases people don't want to disclose during their lifetime how their property will be distributed, since it affects attitude of the family members towards them, particularly who are unhappy with the distribution or bequeathing of assets

Tax planning, property transferred under Will is excluded from the definition of the transfer (ref sec 47(iii) of Income Tax Act) That means no capital gain tax on property transferred under Will. It also it is excluded from deemed income u/s 56(vii) of Income Tax Act, hence no income tax on assets transferred to non relatives. Even you can create HUF (Hindu Undivide Family) of your family members or relatives by gifting some amount.

It ensures that wealth is transferred to people you choose, interest of the weak or of minors are provided for, and your wealth is distributed without family disputes.

Will facilitates to dispose property in different fashion, Other wise it is not possible under succession laws. The legal reason for it is "If a person dies without a Will, the law of succession applies based on the religion of the deceased. Just to give example if a Hindu dies and he is survived by mother, father, wife, one son and one daughter. In that case as per hindu succession laws his property Will be distributed in equal proportion to his mother, wife, son and daughter. Father Will not get any share.

Preparation of Will

Will is the most selfless document on Earth, where its preparer does not keep any thing for himself.

Making of Will is a simple process, yet being a legal document it needs lot of care.

This whole process can be divided in three parts.

1. Pre drafting actions
2. Drafting of Will
3. Post drafting Formalities and precautions.

Pre Drafting Actions

To make up your mind for preparation of Will requires lot of guts, thinking and deliberation, that's why it is said that "Person needs will to make a Will". After making up your mind:



- List out all your movable and immovable assets.
- Decide who will be the beneficiaries (whom you want to bequeath the property)
- Draw your charity plans, do you wish to create any charitable trust, or give donation etc.
- Do you want to give property with some condition i.e. to maintain to some one /to bear expenses of marriage of relative/ education of any dependent .
- Decide who will be executor of the will and discuss with him and obtain his consent that he is willing to act as an executor.
- Take a certificate from the doctor about your sound mind. .With above details you are ready to draft a Will.

Drafting of a will

Will being a very technical document, further more, it becomes operational after death of a writer, so there is no chance to correct any mistake or lacuna of the Will. Some times mistakes in the Will may be turnout to be very fatal and defeat the whole purpose of the Will. So thrust should be on flawless Will.

Normally wills are challenged on the ground of Unsound mind of testator, undue influence, forged signature, improper witness etc.

1. Proper preamble like identity of the testator of the Will.
2. Why he is making this Will.
3. Revocation of all earlier Will made by him.
4. Beneficiaries details and precise details of assets to be distributed,
5. Details of the executor
6. Other details like charity, annuity, conditions etc.
7. Witness.
8. Technical precautions if you write Will on stamp paper, it eradicate the issue when it was written, if you take family doctor as witness then issue of "sound mind" of testator is taken care of.
9. Precaution for witness, have preferably young witness, and make sure that they are not beneficiary in the Will, else to that extent it becomes void, write their complete address while signing so in case Will is challenged they can be presented before court. It is advisable to take a professional as one witness then he can take care of technical requirements .

Post Drafting Precautions

Registration of Will: It is very common question Does Will need to be registered?

As per Indian Registration Act, registration of Will is optional, yet if you wish to register it, it has simple procedure, go to Registrar's Office along with the witness, they charge very nominal fees for registration of the Will (it is kept in a sealed envelope) and you will be given the registration details. After showing death certificate of the writer they will issue a copy of

the Will

It is difficult to challenge registered Will on the ground of undue influence, timing, also it can not be tampered or destroyed, since it will be in the custody of the Registrar.

But at same time it is very cumbersome to amend /modify the registered Will.

Next question arises does you should discuss with the beneficiaries of existence or contents of Will?

There is no straight jacket answer to this question. If not discussed then how they will come to know about existence of Will. If family members come to know the details of Will then, In difficult family circumstances it may work adversely for the testator, even chances of tampering /stealing of the Will can't be ruled out.

If Will is destroyed with fire/ flood, or you kept with friend and he died before handing over to the successor or if any one had tampered it, then the whole purpose of the Will, will be defeated. So information of existence of Will and its safe keeping is very critical.

It is advisable to review the Will every three years, because in that span of time many changes might take place, like assets may increase or decrease, beneficiaries also might increase or decrease or may change. Copies of Will has no validity, only original Will can be probated.

Few Terminologies: Understanding of following terminology is very relevant while dealing the Will.

Testator: is the person who writes the Will.

Beneficiary: person who gets property under the Will.

Executor: After the death of the testator who executes the Will. He can apply to the court for probating, take charge of assets and distribute the assets as written in the Will and confirmed by the court.

Probating of Will or probate: After the death of the testator, the Will needs a confirmation from the appropriate court, for probating will needs to be presented before the court, court invites objections to the Will and beneficiaries, and after satisfaction court confirms the Will. This process is called probating or execution of the Will.

Ancestral property: Anything received from father, father's father or father's father's father is termed as ancestral property, per Indian Succession Act.

Joint Will: Under Indian Succession Act various types of Wills are prescribed, but most relevant is Joint Will, where two person (say husband and wife) can make Joint Will, where property of deceased will go the survivor and then survivor has a right to enjoy or dispose the property. This type of Will is very useful, since now a days most of the properties are in joint name of husband and wife and difficult to bequeath any ones share in the property. And no one know who will die first.

Foreign Assets and Will: if you have assets in foreign country, then it is advisable to make separate Will for the assets of each country. Because each country has its own rule of inheritance. Like in Arab countries they observe only Shariat Laws for Inheritance, and per Shariat Law a person can bequeath only his 1/3 property.

In few European countries they need 3 witnesses. In countries like USA they have inheritance tax such technical things needs to be taken in consideration, hence it is recommended to have country specific Will.

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The Land beyond my Mirror

Devika Kothari

'Beep! Beep! Beep!' the sound of my alarm rattled me out of my sleep, and I reluctantly opened my eyes and groggily got out of bed. I quickly brushed my teeth, and headed down, expecting to see a delicious breakfast laid out on the table by mother. But it was bare, and the dining room, deserted. I headed into the kitchen to find it in the same state. Walking round the house, I called to my parents, but to no avail. Dejected and confused, I headed back to my room, unable to comprehend what had just happened. A sat on my bed, my gaze lingering on every on every object in the room, pondering over the extraordinary events, until it landed on my mirror. And my heart stood still...

I stared at the mirror in disbelief, and was frozen in place with my mouth hanging open. My mirror wasn't reflecting me! Instead, it was showing me something I would never forget...

I got up and walked up to the mirror, waving my hand in front of the smooth glass, my eyes glued to the image it showed me. I could see a market, one of vibrant colours, with figures actually moving around! Those who were men wore vivid bolero jackets and loose trousers, some with turbans on their heads, while the faces of the women were veiled by translucent fabrics of varying shades. I stood stock still, before reaching out a hand to touch the mirror.

Suddenly, there was a flash of light, and I was sucked into the mirror! My whole body felt as if it were being pulled apart. I felt completely dehydrated, and my lungs seemed to have stopped working. I gasped for air, but it was a futile attempt. But this strange feeling. It stopped as soon as it started, and I found myself in the same marketplace as depicted in the mirror!

I stared around, transfixed. The screams and shouts of vendors attracting the attention of customers shook me out of my trance. My gaze washed over the numerous people milling around, the vibrant fruits and vegetables displayed along with ornate, bejewelled artefacts, over the azure sky, until it landed on her. The same crimson hair, pale skin, green eyes and slender, tall figure. It was my mother. I ran over to her, calling out her name, but her eyes... they seemed to be glazed over. I frantically tried to get her attention, but in vain. Then, suddenly, with a 'poof', a massive giant, with large round eyes and a simply enormous nose, appeared in front of me!

'Want your mother back?' he practically spat out. I nodded slowly rooted to the spot, and unable to take my eyes off him. 'Then answer my riddle!' he boomed. 'What has four legs in the morning, two legs in the afternoon and three in the evening?'

I racked my brains, and suddenly the answer popped into my head. 'A human!' I cried. 'One crawls in childhood, using four limbs, walks on two legs during adulthood and needs a walking stick, a third leg, in old age!'

The giant looked stunned. His eyes were wide, and his colossal nose twitched, but he kept his promise. In a flash of light, and the same choking feeling, I stood before my mirror, staring at myself. As I watched, a note drifted down to my feet. It read, 'You haven't seen the last of me!' Then, it burnt up in my hands, but painlessly. I heard my mother calling me down. I smiled, and, disregarding the note, headed down, towards what would finally be an ordinary day.

Contributions from Members welcome please be short and brief so that many contributions can be accommodated

Poems

Inner Voice

What is your deepest voice?
 Know it; make happiness a choice
 Adam and Eve is a couple in love
 With two toddlers to complete their love
 Here's a couple as happy as can be
 Renders a story for you and me
 One day, after a hard day's work
 Adam came home to an unusual scene
 Unwashed dishes, bowls, and fork
 Adorned table, and dinner nowhere seen
 Eve may need help, Adam gushed
 Rolled up his sleeves, to kitchen he rushed
 Not only did he do the dishes
 But, fixed dinner with good wishes
 Adam continued his work, feeling good
 And feeding kids with fresh cooked food
 Amidst this, Eve did the disappearing act
 Adam was left clueless for a fact
 Half-way through feeding kids, he did rush
 To find Eve alone, sobbing and expecting mush
 For all his help, Adam thought he'll be thanked
 But, Eve's demeanour left him totally blanked
 Eve was upset with him – and terribly as well
 How can you ignore me, was her yell
 Adam said – what I did is all for you
 How can you say, I have ignored you
 A chat with someone who cared about me
 Isn't all that I needed?
 Tired was I, with kids nagging me
 Couldn't you think what I needed?
 For Adam, it suddenly became all too clear
 He did what 'he' thought for his wife dear
 But, all she needed was a conversation
 And his act, only raised her frustration
 With good intentions and deep love
 Misunderstandings are still possible
 Doesn't always require push and shove
 For relations to be sour and terrible
 'How well you know her need'
 'What you do to meet her need'
 This is all it takes to prevent bleed
 Strong relation need none other feed
 Divorce, in contrast, stems from 'what I need'
 And, from 'can she meet my need'
 If not, can I dispense her off, to bleed?
 To find a new feed; to meet my need
 How can 'I' be happy; what 'others' can do
 Can't define a true relation
 How can 'others' be happy; what 'I' can do
 Can define a strong relation
 All relations – personal or otherwise
 Thrive on this fundamental premise
 Personally, it'd be spouse, friends, kith and
 kin,
 Professionally, its stakeholders or society we
 live in
 Building a family of strong relations
 Or divorcing to bleed many relations
 Is only about your choice
 And, depends on your deepest voice
 Now, what is my deepest voice?
 Is it what 'others' could do?
 Or is it what 'I' should do?
 This will define my choice
 What is your deepest voice?
 Know it; make happiness a choice

Dr. Sanjay Kulkarni

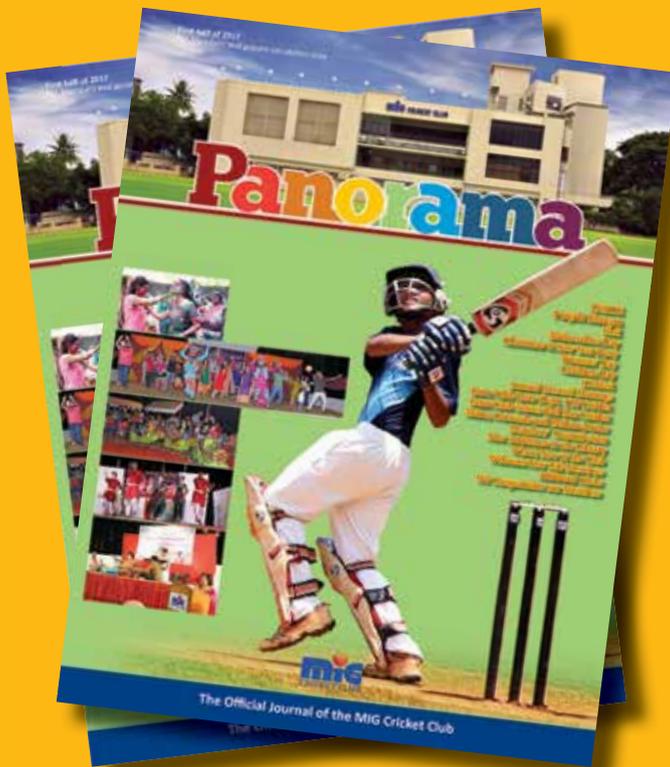


MSC Hailey

Oh my dear, on the last day as I Set Sail;
 Setting it off the mast though, this unfortunate time;
 I Salute you, As The Last Master,
 Oh Hailey! Leaving last in line.
 The Demolisher awaits you arrogantly,
 mercilessly ignoring your wail.
 The Ship that brought commerce and culture together,
 MSC Hailey;
 Served me, us and everyone with sumptuous amounts
 of wine and cream'd bailey
 Like the odometer, I wish there was a Learn-ometer
 and Earn-ometer onboard;
 Letting people know, what a Sailor has learnt,
 earned, and galore'd.
 You are an Institution in varied means amongst us, seaferrers and our life;
 An Ode To You as we, today enjoy a living
 with our kids and wife.
 I know, in times past, the Sailor you served,
 "gifted" immense pain;
 Presenting you the shameful title of "The Most Embarrassing Grounding; To
 the Nose"
 Yet you remained stern, and made your was
 and Impressions arose.
 May Be or not, your sacrifices may go vain,
 forgotten from memory;
 But truth be told, Hailey, My Dear, you have
 increased our allotment summary
 I admit, guilt shall fill me, leaving you in a slaughter house;
 While I return safely, to my loving spouse.
 But Hailey, obvious as it is in everyone's path,
 be it air, sea or land;
 I Wish I could un name you but Destiny has it written, "Everything with a
 name, end".
 I bid Goodbye & hope to Sail aboard you again in your next birth under the
 same name and longer berth like this line
 and I also hope to be there to steer you thru the oceans under the same
 designation for li'l longer time
 few capitalisation pf words and what u have written is ready to go.. may be
 first one or two lines of harsh's version
 u can add...
 O my Dear, on the Last day on the ship I Salute You as the Last Master of MSC
 Hailey
 Soon you will go under hammer, where many had wine whisky and cream of
 Irish Bailey
 I wish, like kilometer gauge there were Learnometer n Earnometer with you
 on board
 to let people know many of us have learnt how much and how many became
 d'money lord!
 You had become the part of institution in many of seafarers and shore
 people's life
 and because of You today they are enjoying n living happily with their kids n
 wife
 I have also seen you some time in the past where man had made you suffer
 lot of pain,
 and gave you also ashamed title of world's most embarrassing grounding on
 your nose!
 Even after that you still remained strong and gave aroma
 for us like flower of Rose
 May be all your sacrifice will go in vain and forgotten
 from the human memory,
 but the truth is also that, my dear Hailey you have increased our allotment
 summary!
 Let me admit, that i will be feeling a lot guilty,
 to leave you in a slaughter house;
 while i will go on leave to celebrate my safe returning
 to the comforts in my house
 but my dear Hailey, it is a known fact,
 that in everyone's path, be it air sea or land,
 destiny has already written, for everything
 with a name has to come to an end;
 Goodbye and hope to see you again in your next birth under the same name
 and longer berth like this Line
 and I also hope to be there to steer you thru the oceans under the same
 designation for li'l longer time...

Deepti Buch

CONCEPT NOTE & APPEAL



The **PANORAMA** is revived and now in your hand, its much more brighter and better.

AN APPEAL FROM THE GENERAL SECRETARY



On behalf of the present Managing Committee, I am pleased to inform you that our house magazine - Panorama which was started in 1995 and unfortunately ceased publication in 2006 is being revived.

The magazine has new look, new features and is far more member friendly than before. A copy will also be mailed to all members, besides being available at selected points at the club and all free of cost.

To promote the club and its activities, events will be well documented, especially the cricketing and sporting events. We will be also sending the magazine to all the cricket clubs, gymkhanas, affiliated clubs, sporting associations, government sports departments, prominent cricketers, sportsmen, sports dealers, media of Mumbai. A digital copies will also be sent to all cricketers, sportsmen, associations, sports goods manufacturers, dealers, media in India and Cricket Boards, Sports Federations of the world.

To achieve all these we need the cooperation of all our bankers, suppliers, commercial organisation, builders especially those in sports to make use of this platform to reach out not just our members, but the people of Bandra and to the sporting community of India.

A moderate tariff is fixed just to overcome the cost of printing and dispatching.

The Managing Committee joins me in an appeal to all to use this window to reach out to this community.

I thank you in anticipation.

s/d

Nikunj Vyas
General Secretary
MIG Cricket Club

TARIFF

The Managing Committee has taken sporting decision to fix the Tariff more to provide a window to those who support the club and the magazine - Panorama

All Pages are in colour

Inside Pages	Rs. 15,000/-
Double spread (centre page)	24,000/-
Inside first cover	26,000/-
Inside back cover	24,000/-
Back cover	35,000/-

Special put-out, poster, cricket itinerary, calendar, diary etc will be additional depending on the cost involved.

Reach out to 5000 MIG Cricket Club members, the clubs and gymkhanas of Mumbai, the cricket including cricketers and sports fraternity of Mumbai.

Through 12,000 digital copies to the Boards of the world, cricket associations in India, schools, colleges and sports institutions in India, the sports goods trade in India.

For further details call or write to: Administration Manager: Gauri Naik
Email: gauri.naik@migcricketclub.org | **Mob: 9867237576**

ADVERTISEMENT FORM

The General Secretary
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Health is Wealth

Dr. Mrs. Vaijayanti Mahajan

We've been hearing the statement "Health is Wealth" since our childhood. However, not all of us are acquainted with its literal meaning. It means that no matter how wealthy you are, if we are not healthy, there is nothing we can cherish in life.

People are suffering from overweight, obesity, diabetes, high cholesterol, high blood pressure, heart diseases, kidney problems and so many other unknown problems and a lot of these problems occur because of our lifestyle. What's the point if you can afford to go to a luxurious 5 star hotel for lunch but can't eat there because of your health. Or you can't enjoy a drink with your friends once in a while simply because you over did drinking during your younger days? Money means nothing when it doesn't afford you the time and means to spend it on yourself and your loved ones. Staying healthy therefore becomes a necessity.

Earlier, the life of our grandparents was good and their livelihood was very healthy because of the hunting, farming, ploughing, harvesting, planting, walking, running, etc. In the recent decades, the growth of technologies has decreased the man efforts in every walk of life.

The World Health Organization (WHO) defined health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

11 Tips to Stay Healthy:

- Exercise
- Balanced diet
- Healthy eating habits
- Eat right Quantity
- Avoid smoking
- Control drinking
- Use less salt
- Lots of fluid
- Proper sleep
- Think positive
- Social wellness

1. Exercise: Exercise-Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Then lets see some of few benefits of exercise.

- Controls weight
- Healthy heart
- Improves your mood
- Energy for daily chores
- Better sleep
- Better sex life
- Make you happy

2. Balanced Diet: A balanced diet that is made up of carbohydrates, proteins, fats, vitamins and minerals. It's recommended our total daily calorie intake should comprise of: Carbohydrates-50-70%, Protein 15-25%, fat – LESS THAN 30%

CARBOHYDRATES

Good Carbs: Good carbs are good becoz of the fiber vitamins and minerals, which they have.

Vegetables: all of them. It is best to eat a variety of vegetables every day.

Whole fruit: apples, banana strawberries, papaya, watermelon etc., etc.

Legumes: lentils kidney beans, peas, etc.

Nuts: Almonds, walnuts, hazelnuts, macadamia nuts, peanuts etc.

Seeds: Chia seeds, pumpkin seeds.

Whole grains: Choose grains that are truly whole, as in pure oats, quinoa, brown rice or red rice, etc.

Tubers: potatoes, and sweet potatoes etc.

Bad Carbs: Bad carbs are bad becoz they lack in fiber, vitamins and minerals and are only sugars.

Sugars: Table sugar, honey, jaggery

Sugary drinks: Coca cola, pepsi, red bull, etc. sugary drinks are some of the unhealthiest drinks you can put into your body.

Fruit juices: Unfortunately, fruit juices may have similar metabolic effects as sugar-sweetened beverages.

White bread: these are refined carbohydrates that are low in essential nutrients and bad for metabolic health. This applies to most commercially available breads.

Pastries, cookies and cakes: these tend to be very high in sugar and refined wheat.

Ice cream: Most types of ice cream are very high in sugar, although there are exceptions.

Candies and chocolates: If you're going to eat chocolate, choose quality dark chocolate.

French fries and potato chips: Whole potatoes are healthy, but french fries and potato chips are not.

PROTEINS

It's important to eat the right amount and the right kind of protein to get its health benefits.

Seafood is an excellent source of protein because its usually low in fat. ...

White-meat poultry. ...

Milk, cheese, and yogurt. ...(high saturated fatslim milk).

Eggs. (high saturated fats) ..

Beans. ...

Peas

Mushrooms white and cooked

Leafy vegetables

Chickpeas

Quinoa

Soy products(tofu/paneer/edamame)

Lean beef.

Chia seeds, sesame seeds, sunflower seeds

Nuts – Almonds, walnuts (cashews/pistachios/peanuts ...

Good but with high calories)

Fruits – Apricots/dates/raisins/guava/prunes/avocado)

FATS

Good fats:

Oils – sunflower oil, safflower oil, rice bran oil

Fatty fish: - Mackerel

Nuts: Almonds, walnuts,

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Fruits: - Avocado

Bad fats

Animal fats – Beef, pork, chicken fat, whole milk, butter, cheese, ghee .

Tropical oils :- Coconut oil, palm oil

Hydrogenated fats (Trans fat) :-

Bakery products – Khari, toast, biscuit, cakes

Oils :- Reheating of oil Fried foods and snacks Margarine

Tips for making changes at home:

Select dairy products made with 1% or non-fat milk instead of whole or 2% fat milk.

- Substitute fish, chicken, legumes, nuts and seeds for red meat at meals each time
- Limit fast foods meals 1-2 /week
- Read food labels to select foods with NO Trans Fat. Avoid foods with partially hydrogenated vegetable oil or shortening ingredients and preservatives in the list.
- Cook in vegetable oil rather than butter, ghee and margarine.

3. Healthy eating habit: It's not just what you eat, but when you eat

Eat breakfast, and eat smaller meals throughout the day. A healthy breakfast can jump start your metabolism, while eating small, healthy meals (rather than the standard three large meals) keeps your energy up.

Avoid eating at night. Try to eat dinner earlier and fast for 8-10 hours until breakfast the next morning. Studies suggest that eating only when you're most active and giving your digestive system a long break each day may help to regulate weight.

DO NOT SKIP MEALS.

4. Eat right: Key to any healthy diet is moderation. But what is moderation? In essence, it means eating only as much

food as your body needs. You should feel satisfied at the end of a meal, but not stuffed. Moderation is also about balance. How much to eat?

5. Avoid smoking: Smoking ruins your health, sooner or later. Cancer, lung diseases and heart problems all result because of smoking.....

6. Control your drinks: Alcohol may relax you after a hard day's work, but it also reduces the number of white blood cells (WBC fights germs) and thereby indirectly weakens the immunity system.

7. Useless salt: Reduce the salt intake in your diet, as it may lead to strokes and heart diseases in future.

8. Have lots of fluids: Drink at least 8-9 glasses of water every day. It not only flushes your system but also keeps your skin good and healthy.

9. Proper sleep: Get a minimum 8 hours sleep because it relaxes your mind and keeps you healthy.

10. Thinks Positive: Always think positive. Your body reacts to mood and state of mind.

A unhappy person is more prone to fatigue and illness. Adapt to a positive and healthy lifestyle and be happy.

11. Social wellness: Build good relationships with other, deal with conflicts appropriately, connect to positive network .All this will help you in reducing the stress.

Take care your body it's the only place you have to live in!! Your Wealth is your Health!!

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The Backpack... Does it pack your back with lots of pain?

Dr Mustansir Abbasi

Heavy backpacks have a destructive impact on the posture and spinal health.

Carrying too much weight contributes to poor disk alignment and forces your head forward which leads to muscle fatigue and strain, especially in your back and shoulders.

Heavy loads cause injuries that last a lifetime. Injuries to shoulders, neck and back will cause recurring pain and problems.

65% of students are carrying more than the SAFETY GUIDELINE of 10-15% of body weight. Many children, teens, and adults are carrying up to 40 lbs. In their back packs.

The guidelines recommend:

Users' weight.....	Backpack weight
25 Kg.	No more than
3.5 Kg.	
35 Kg.	No more than
5.5 Kg.	
45 Kg.	No more than 7
Kg.	
60 Kg.	No more than 9
Kg.	

The average school student has a score for pain of 5.8 on a pain rating scale of 1-10.

Up to 66% of school medical staff reported seeing students with pain or injury attributed to carrying backpacks.

Up to 60% of children will experience back pain by the time they are 18 years old.



In my clinic I see around 65% of adolescents' for backpack related injuries.

Orthopedic Academy and our research states that backpack injury is a significant problem for children.

58% have seen patients complaining about back or shoulder pain related to backpacks

65% of my patients whom i recommended to modify use of a backpack, improved or corrected their back problems.

Ways to Prevent Backpack Injury :

1. Avoid a wrong type of backpack
2. Wear a backpack properly.
3. Distribute the weight properly. Put the heavier items on the bottom and against the back to keep the weight off of your shoulders and to maintain neutral posture.
4. Take the backpack off when you will be standing for a long period of time. Extended carrying time increases the pressure on your spine.
5. Wear both shoulder straps. Carrying a heavy backpack using one strap shifts the load to one side, which can lead to neck muscle spasms and low back pain. In addition, the unequal weight distribution makes it difficult to walk properly. Make sure the straps are firmly tightened to hold the backpack 2" above your waist.

Always Choose a Backpack with:

1. Thickly padded shoulder straps. Non-padded straps dig into the shoulders causing upper back and shoulder pain. Eventually arms and hands will tingle and become weak due to nerve compression and a compromised circulatory system.
2. A lumbar support. The lumbar cushion will redistribute weight to the lower extremities, creating a fulcrum that facilitates an upright standing position and good posture that is essential for proper spinal health.
3. The lumbar cushion will shift the majority of the weight to the hips.
4. This cushion pulls the shoulder straps back to promote upright posture and the shoulder straps are used to balance the load.
5. A padded back
6. A waist belt that distributes weight evenly. The belt shifts the weight off the shoulders, neck and upper back to the lower back. This will prevent injury and is more comfortable.
7. Multiple compartments that allow better weight distribution.
8. A small backpack, as much as the need !

Ways to Lift a Backpack correctly.

1. Face the backpack before you lift it.
 2. Bend at the knees and lift with your legs, not with your back.
 3. Keep the pack close to your body.
- ...and If you are using a rolling backpack, beware of tripping over it.

Carry only what you need. Every extra item adds weight! Take care of your back, before your back , backs off, leading to back problems till the back end of your life!!!! Return back to healthy back soon, Amen!!!

ALL THE BEST!

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Bordeaux Skyline

Dr. Amit Rangnekar

Bordeaux is a picturesque city located in south west France on the banks of the Garonne River, known for the world's finest wines. Bordeaux is an hour's flight from Paris, or a two hour train journey through the super-fast TGV trains.

Almost the entire city of Bordeaux is a UNESCO-world heritage site and its classical and neo classical, honey coloured, stone architecture takes one back into the eighteenth century, when most parts of this grand city were commissioned by King Louis XV. Bordeaux is the fifth largest city in France and the local inhabitants are called the "Bordelais". The spectacular city scape across the river front is flat, with similar architecture of arches, roofs and chimney stacks (photo below). Affordable and convenient buses and trams connect the entire city, and operate for nearly 20 hours a day.

Several tours for all budgets within and outside Bordeaux, are available with expert guides and using various modes of transport including Segway two-wheelers. We booked four such tours and am sharing my experiences below.

The open bus Bordeaux city tour costs Euro 12, comes with an audio guide, covers all important places of interest and introduces one to the culture and heritage of Bordeaux. This stylishly elegant city has the best of hotels, gourmet food, shopping, splendid churches and museums, all in a classic renaissance era setting. The lively Rue Sainte-Catherine, a two km long pedestrian shopping district, ranks among the largest shopping districts in Europe and offers excellent value for all budgets. The Quai De Marques is a range of outlet shops on the riverfront with designer and fashion brands at discounted rates, throughout the year. The Lindt chocolate outlet there, offers yummy Swiss chocolates at delightfully low prices, a super gift to carry back home. The La Rive Gauche, a local traditional brasserie (casual dining restaurant) on the Quai serves classy French cuisine, especially the Foie Gras, in a stunning setting.

In the city centre is the Grand Theatre with its magnificent façade, twelve Corinthian columns twelve statues of goddesses on the top structure and is superbly illuminated at night. The Palais de la Bourse, a spectacular business exchange on the riverfront is a symbol of Bordeaux's grandeur, and looks mesmerizing during the day and night.

The Le Petit Commerce Restaurant, located behind the Palais De La Bourse, offers the freshest and tastiest local



The Palais De La Bourse

cuisine, at economical rates, and where the locals throng during meal times. Their delectable sea food specialities include crabs, fish, prawns, lobsters, mussels and oysters, accompanied with the finest wines, and varieties of fresh bread. Irresistible aromas from small bakeries waft through out Bordeaux and cold mornings make for fresh hot coffee and warm croissants (crescent shaped flaky bread) with Brioche (rich soft bread with high butter and egg content). The local favourite is Canelé (pronounced as can-lay), a small cylindrical pastry with a thick caramelized crust and a soft tender custard centre, flavored with rum and vanilla. Another local delicacy is the Moelleux au Chocolat, a soft crusty chocolate topped cake, filled with gooey salted molten caramel, which oozes out with every scoop, a treat fit for the Gods.

The Romans introduced wine to the Bordeaux region in the first century and the current annual turnover from the wine business is a staggering 25 billion Euros with over 300,000 acres of vineyards and over 10,000 chateaux or estates which produce and bottle wines. Bordeaux wines have been conferred Grand Cru (great growth) wine classification, bestowed only on vineyards of exceptional quality, who are allowed to display their exalted chateaux names on the label with the Grand Cru tag. The grapes used in Bordeaux Red wines are Merlot and Cabernet Sauvignon, while White Bordeaux is made from Sauvignon Blanc.

The La Cité du Vin, is a global wine museum spread over ten floors, with an iconic façade that changes colours based on the season and the time of the day. The museum highlights the evolution of wine and provides interactive insights into the heritage, dynamics and nuances of wine production across every major wine region in the world through immersive exhibits, movies and touch screens. The Euro 20 trip comes with an audio guide and culminates with a complimentary glass of wine on the belvedere (building with a view), from any of the wine growing regions in the world. A super sensory experience for the wine aficionado.

A visit to Saint Emilion, a quaint town, 30 minutes from Bordeaux, known for its legendary wines, completes the ultimate wine pilgrimage. The tour takes you through the town's cobbled streets, imposing cathedrals, medieval architecture and open air cafes. Next are visits to two premier Grand Cru chateaux with a tour of the production, vineyard and storage chambers. A tasting session with a professional sommelier (wine expert) provides deep insights into the art of serving and drinking wines, as well appreciating the fine nuances of wine like age, blend, colour, weight and the food that best complements different wines. This is the most exotic wine experience in the world and the Euro 100 charge for a



Bordeaux



half day tour by an air-conditioned van is worth every cent. The best time to visit the chateaux is during the wine season from end May to September.

Toulouse, France's fourth largest city, also located on the river Garonne, 250 km from Bordeaux, is well connected by super-fast trains (2 hours) which charge only Euro 20 one way if booked online in advance. The Canal du Midi, a world heritage site, passes through Toulouse and strategically connects Toulouse to the Mediterranean Sea (150 km) and the Atlantic Ocean (230 km) away. Toulouse is called la Ville Rose (pink city) as its buildings are made of light pink terracotta bricks and houses the Basilica of St Sernin, a world heritage site.

Toulouse is the centre of the European aerospace industry, with an Airbus plant situated there. The Airbus plant and the Aeroscopia museum, which houses a collection of iconic aircrafts, are a 20 minute drive from the city centre. The Aeroscopia museum outlines the evolution of aviation history and displays aeroplanes from across the world in the huge exhibition hall. One can explore the cabin and cockpit of the Airbus A300B the world's first wide body airliner, as well as the Airbus "Super Guppy", a humongous transporter plane used to ferry aircraft components including wings. The piece-de-resistance is the Concorde supersonic passenger airliner which used to fly London – New York in 3 hours clocking Mach II speed of over 1500 kmph from the 1970s to the 1990s, a speed unmatched since, for passenger planes. One can take a selfie inside any

of these planes including the Concorde cockpit, a dream come true for any aviation buff.

The tour to the Airbus plant has to be booked online much in advance through Manatour, and very few tours with English guides are available. The highlight is a visit to the observation tower of the assembly line of the Airbus A380 a double-deck, wide-body, four-engine jet airliner, which is the world's largest passenger airliner. The engineering intricacies and the sheer scale of the A380 are mind boggling. The spectacular view of the A380 assembly line and the videos and explanation by the guide can turn even the persons least interested in aviation into huge fans of aviation technology and Airbus. Unfortunately, no photos are allowed inside the Airbus plant, to capture these memories of a lifetime. The plant and museum tours can be combined for Euro 23, which is absolute value for money. But, the museum and plant are located in a very large industrial area, and connectivity to and from the Toulouse city center via public transport is poor and tedious. It is advisable to book a taxi from Toulouse which costs Euro 30 one way and then request the staff at the museum to book the return taxi which costs the same, expensive for an individual but economical for a family.

Travel tips- Locals are friendly but find it difficult to understand our pronunciations and accents, hence carry a city map, as pointing out a place on the map greatly helps when one seeks directions. Check the weather forecast before planning your travel, showers can ruin an outdoor plan. Tickets for buses and trams are available at automated kiosks at the bus and tram stops, but have to be again swiped through the machine inside the tram or bus, to register the starting time of the journey. Free Wi-Fi is available in all good hotels and most good restaurants, so keep the "mobile data" option off unless you have a free data plan. For charging mobiles, normal chargers work throughout France, global adapters are not required.

Bordeaux and its enchanting surroundings offer an esoteric experience and a wealth of culture, heritage, and gastronomy that are waiting to be explored by intrepid travelers, bon appetit and bon voyage!



Grand Cru Chateaux, storage chambers

Life after Death

Neha Khilnani

I was living a simple life, when I was struck by dengue fever and leptospirosis (a very dreadful disease caused by rat urine mixing in water and enters your body) together on 17th August 2014. This was the day that brought me face to face with death and it was a testing phase of my life. I had become very ill and both my kidneys and liver had got damaged and I had slipped in coma. I went through a phase of anguish, pain, suffering and tears. My long hair was always my identity which I had lost due to strong medication. This disease was so dreadful that I had lost my capability to stand and walk. Often I thought of the over ambitious and self-centric life I led a fear gripped my heart, attacking me in my mind, my thoughts and my sleep.

One sudden day in my ICU Lilavati Hospital bed when I was in coma I saw Jesus Christ in graveyard waiting to hold me (come my child) is what I remember I could hear him saying. I didn't wanted to go to Jesus because I was too much attached to my son. God saw my pain and this came alive in my life drawing me out of the deep dark phase I was going through, threatening to destroy me completely. I would have perished but the nonstop prayers, love, instant effective medication and overwhelming support from my family close friends doctors friends from MIG Club many more pushed me through every single moment of despair as a winner.

I am doing much better today and a well-known Hair Aesthetician. It's a long way ahead, but one thing is for sure that I am not alone. Every single moment I talk to my creator, thanking him, seeking his guidance for I have put my hope in him and I know he will never fail me.

I have learnt that the journey of life is short and the best we can do is pray for those who need it. We have to live and spread the message of love and hope. Everything around us may fall but in him we can overcome everything, trust me every prayer that you offer for someone else will have blessing on your life as well.



Khi Creamy Cheesy Dip

Manali Shah



Ingredients

DIP

- $\frac{3}{4}$ cup hung curd
- $\frac{1}{4}$ cup cheese spread
- $\frac{1}{4}$ cup cream
- $\frac{1}{4}$ cup finely chopped capsicum (red, yellow & green)
- $\frac{1}{4}$ finely chopped onion
- 1 $\frac{1}{2}$ tsp oregano
- $\frac{1}{2}$ tsp pepper
- $\frac{1}{2}$ tsp chilli flakes
- 3 – 4 chopped basil leaves
- Salt to taste

SALAD*

- 1 cucumber (thick juliennes)
- 1 carrot (thick juliennes)
- 1 tsp Virgin olive oil
- 1 $\frac{1}{2}$ Italian seasoning
- $\frac{1}{4}$ cup finely chopped purple cabbage

GARNISHING

- Basil Leaves
- Coloured capsicum juliennes

Method

DIP

- Mix all the ingredients in a mixing bowl
- Refrigerate for 1 hour

SALAD

- Mix cucumber, carrot, cabbage olive oil and Italian seasoning in a mixing bowl and marinate it for 2 hours
- Serve the dip cold with marinated salad. Garnish with basil leaves and coloured capsicum juliennes

*Can also be served with potato wafers / Monaco or 50- 50 biscuits / nachos chips.

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Poems

My Toy Story

Stories of Woody and Buzz,
On these do I fuss.
Building blocks and mechanix,
Super summer camp robotics.
Playdates leave a real mess,
Unlike scrabble and chess,
Sculpting with play dough,
Races! Get, set, go!
Noisy crackers of Diwali,
And a pichkari in Holi,
Pitching tent on a pole,
hammering a whack-a-mole.
Falling like a domino,
and card games like Uno.
Still at 2 on Rubiks cube,
squeezing paste out of tubes,
Many Legos, one beach set,
how I wish for a pet.
Mastering the Art of
swimming,
In sports have started
winning.
Basket, base and football.
no place for dolls.
Playing with pretty barbies,
don't fancy flying Frisbees.
Once sushed by a pacified,
will thunder as a plane flier.

Dr Susheel Kumar

कहे कवी, सुने रवि

ऐ सूर्य देवता, अब जाने भी दो ना,
अपना गुस्सा थोड़ा कम करो ना
कुछ तो ख़याल, हमारा करो ना
अपना पारा कम करो ना
यहाँ लोगों में है गुस्सा-ओ-ग्राम
जुबों तीखी और मिझाज गरम
आप ही इख्तियार करो ना
अपना पारा कम करो ना
धरती पर रहना इतना आसान नहीं
आलम ये, के बोझ उड़ने देते ही नहीं
ऐसे में आप ही कुछ करो ना
अपना पारा कम करो ना
यहाँ सबकी हो रही है खिंचातान
कोई बॉस से तो कोई अपनों से परेशान
अब आप ही कुछ मदद करो ना
अपना पारा कम करो ना
मार्च के टार्गेट और मई जैसे दिन
अब नहीं हो रहा, अब चाहिए कोई जिन्न
अब कोई तो नयी तरकीब दो ना
अपना पारा कम करो ना
माना के गलती अपनी ही है
पेड़ कम और बिल्डिंगे बहुत है
इसकी सज़ा औरों को मत दो ना
अपना पारा कम करो ना
हम तो सिर्फ गुज़ारिश कर सकते है
शक्तिशाली आप, कुछ भी कर सकते है
अपनी आँखे थोड़ी छोटी करो ना
अपना पारा कम करो ना
आप जो न देखो, वो हम दिखा सकते है
सबके एहसास बयान कर सकते है
रविजी, नाचीज़ कवी की बात समझ लो ना
अपना पारा कम करो ना

Dr Sanjay Kulkarni

Save Our Mother

Our Earth is a blessing,
Yet we treat her as a curse.
We're all so very different,
But this diversity is hers.
She is our mother,
She's the reason why we're here.
Yet we resolve to pollute her,
To our hearts she's not so dear.
We must give her the respect she
deserves
And must strive to save her oil
reserves.
We must look after her
And ensure our children are not as we
were.

For she is our Mother.
She's OUR Mother Earth.
And if we don't look after Her,
We'll lose our worth.
All the water we waste, since we do in
such haste,
We don't realise it'll cost our lives.
So save this liquid gold, the young and
the old,
For it's the only cure for thirsty lives.
Our future and Hers,
Lies in our hands, a crossing of roads.
A path to destruction, a path to
nature's grace,
Alas, they look alike, which one will
we take?

You and I, we must try,
To save this planet.
This planet crying out for help.
For she is the reason we are here.
For she is our Mother.
She's OUR Mother Earth.
And if we don't look after Her,
We'll lose our worth.

Devika Kothari

The Mental Asylum

Living in a world where it's kill or be killed
Existing in a reality where money's above life,
Alive on an Earth where the rich squander and
waste
And laughing at the poor's plight and strife.
Waiting, watching, the world as it is,
The two sides balanced on the edge of a knife.
Rich, poor; black, white; chaos and peace
Are all essential to life; they're the gum
That holds the Earth together.
But whenever I feel some
Overwhelming problems in my life,
I climb into my mental asylum.
In my mind, the shelter I seek
From the funny world outside,
The place where I fly over mountains,
The place where I visit monuments
without a hounding guide.
The only one site in the universe
Where I do not need to take a side.
My peaceful place can be anywhere,
I just need to be alone.
I close my eyes and enter my asylum,
Where the seeds of peace are grown.
And will grow into magnificent olive trees,
With doves living on them when they're grown.
In my mind, in my soul,
I live without responsibilities,
Fly through cottony clouds,
And swim through oceans with the greatest of ease.
But sadly, as life must go on,
All of this must cease.
To stay away for far too long,
From the rat race of life, the ultimate spree.
To continue thinking of a better tomorrow
Sadly cannot be.
But if I ever need a break or some peace,
I only need to close my eyes and see,
I only need to close my eyes and see.

Rahul Ambegaonkar

Ducklings and Cygnets

Where birds are chirping & making merry
Come to ducklings in a lake for a story
In a lovely lake was flock of ducklings
Among them was a chick, weakling
Everyone made fun of this weakling,
And, called it the ugly duckling
Chick stayed by itself as if in fear
No duckling ever considered coming near
Everyone mocked this chick weakling,
And, called it the ugly duckling
One fine day, the chick realized its true self
It sympathized with ducklings and their self
Everyone, now in awe, admired,
And wondered if it were an ugly duckling
Grace and confidence did the chick beget
Ducklings wondered who it had met
None other than its true self had the chick
met,
Ugly duckling, no more – t'was a majestic
cygnet
Ugly duckling or majestic cygnet,
What you dream of, is what you beget

Dr. Sanjay Kulkarni

My Peaceful Place

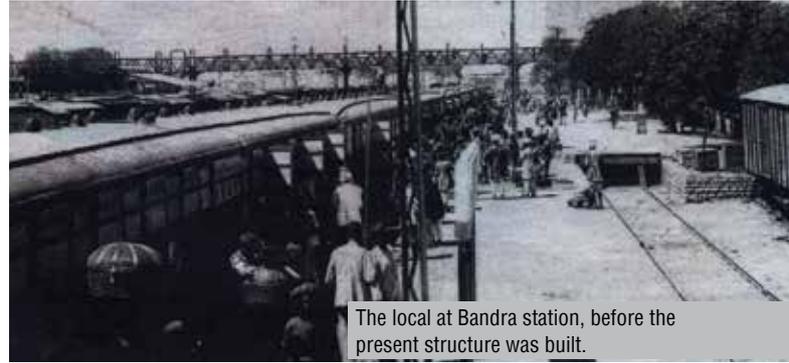
Vaishnavi Redekar

Peaceful place is a place where you feel, relax, free, calm and quite like a beach, garden, sitting in your gallery, being alone or sitting under a tree. But have you ever thought that it is safe for you. Sometimes sitting alone has a different feeling like fear. My peaceful place is going to my village lying on my grandmother's lap. I get all the love, affection and specially safety. My grandmother lives in our village. We always go to meet her in our holidays. She cooks my favourite dishes and when we reached she would always give me a big hug with all her love for me. I would always put my head on her lap and watch everyone through our gallery. Early in the morning we could hear all the birds chirping cheerfully. It was so peaceful. I would always sit on the stairs outside the house and drink my milk. Whenever I would ask my grandma about her peaceful place she would always say living in the village was a peaceful place for her. I never understood how a village can be a peaceful place. That moment something flashed across my mind and I understood that a peaceful place is not a place where you feel relax or chill.

Living in a village is a different feeling. You can feel the cool breeze, the fresh air, clean environment and much more. What else do you need? A peaceful place is a place where you can hear the trees shaking, the birds chirping, the breeze, your mind refreshing and you feeling very cool and happy and your heartbeat beating joyfully. It is not necessary for us to go a village for a peaceful place. In our cities we cant hear the trees shaking; we can just the noises of trains, busses, cars and bikes in the traffic. So the cheerful voice of the birds disappears. Even in our free time we just put our headphones on and listen to the music, watch television or play on ipad that we never get time to listen to our voices. We have to go to school offices so we use cars, busses, trains, taxies, etc., which are our enemies not friends. I agree sometimes it does help us but makes the fresh air polluted. Factories leave polluted air through the chimney. People cut trees to build houses and make paper. And last but not the least our friend water. People through garbage in water like sea and oceans, which we feel is the most peaceful place. Do you think doing all these things we will have a peaceful city. Will our friends the water, air and trees will like it. Will we get fresh air and fresh water to drink. Instead of hearing songs from the mobile you should plant trees and try to hear your own heartbeat. Live peacefully In a city with fresh air and water.

Now the government has planned a village theme and built hotels, resorts, residential township and much more for us to get a feel of a village, but after all it is artificial. It is not necessary for us to build an artificial village for a peaceful place. We all can make our city a peaceful place, a peaceful world. It is not always that you feel peaceful because if your mind is not peaceful than what's the use of going to that place. Our mind is not fresh or peaceful because we use gadgets such as television, phone, tab, etc. This affects your mind and you eyes become weaker, you get spectacles, you get black circles, and your mentality decreases, you become weak. To make our mind peaceful we should stop using gadgets and sit in your gallery or anywhere and feel it when you breathe in and excel how the air goes in and comes out. This makes us feel fresh and joyful. And from now we have decided that we will plant more trees, use gadgets only half an hour and help our government to clean the water and decrease noise pollution and make the world a better and a peaceful place.

The West Side Story



The local at Bandra station, before the present structure was built.

On April 12, this year the Western Railway completes 150 years of its journey, started on 12 April 1867, when the first local of four cars (one third of the one that runs today), started from Virar (then known as Viraur) to Bombay Back Bay, which was located between Marine Lines and Churchgate. The services was run by BB&CI – Bombay Baroda and Central India Railway Company, which was funded by the Maharaja of Baroda, which was 12 years old then, which ran a service from Bombay to Baroda.

The first local was a four car steam engine, which was faster than the time taken today, as there were fewre stops- Neel (Nalasopara), Bassein (Vasai), Panjo (between the two creeks of Vasai), Berawla (Borivli), Pahadee (Goregaon), Andaru (Andheri), Santa Cruz, Bandora (Bandra), Mahim, Dadure (dadar) and Grant Road.

The train had three classes, the first class, the second class, which also had a smoking zone and exclusive coach for women and a third class section.

The third class fare was three pies, while the first class fare was seven pies (16 pies made one anna and 16 annas made one rupee).

There was only one service that departed Virar at 6.45 am and returned at 5.30 from Back Bay. In 1892, the BB&CI increase the service and ran 4 train from Virar, 1 from Borivli and 27 from Bandra. In 1900 the service was raise to 5 from Virar, 7 from Borivli, 3 from Andheri, 29 from Bandra. In 1925, the services was upgranded and steam was replased by electric. The Governor of Bombay, Sir Leslie Wilson inaugurated the electric local, which was then the 3rd in Asia and 24th in the world, even before Belgium annd Denmark.

Today the Western Railway has 1,323 services carrying 35 lakh passengers daily.



The four car engine local when it started in 1867.

The Trials of the Orb

Devika Kothari

"Ow!" I yelled, as pain shot through my toe, and knelt down to pick up the copy of 'Nicholas Nickleby' that had toppled over onto my foot, hastily putting it back before the librarian came over. I looked at my friends, Elena and Alex, to see the latter holding a dusty volume. "This was behind the rest of the books," he said, answering my unspoken question. "It says... 'Dark Secrets of the Past, and Those Awakenings.' But..." he pulled the cover, trying to open it. "...it just won't open!"

I took the book from Alex, and checked to see if he spoke the truth. Miraculously, though, it opened before me as though nothing was out of the blue. A page, possibly torn out, drifted to the ground, the yellowing paper softly crinkling. It bore a message that read:

"To the one who opens the book. You are the Chosen Defender. At your abode, you will find the Orb of Defence. Take it to the forest at midnight and utter, "I, the Defender have arrived to fulfil my duty." You will undergo two trials, which you must overcome to destroy Enchantra, the evil force pervading the world."

I looked up at the disbelieving eyes of my friends, matching their frightened looks with mine. "Let's go. We have work to do. And we must do it fast."

I stood, gazing at the orb on my bed, wonderstruck. It was made of crystal, with colourful mist swirling within, forming fire, water, and other mesmerising elements of nature. Taking a deep breath, I picked it up.

Electricity coursed through me, awakening my senses, and my blood seemed to gush faster. My room was illuminated by the aura it radiated, and the beams danced on my walls to a song of their own. My chest heaving, I prepared myself for the events to come...

At exactly a quarter to 12, I snuck out of home, and, meeting Alex and Elena at my gate, set off for the woods. We arrived in 10 minutes and my breaths grew quicker, ragged and uneven as trees began to surround us and the temperature dropped. I chose a copse at the centre of the forest to utter the magic words...

Gripping the orb tightly, I looked one last time at my friends, to see concern etched on their faces. My heart pounding, I shakily began to chant, "I, the Defender have arrived to fulfil my duty."

The moment I uttered the last syllable, a bright light enveloped me, causing me to clamp my eyes shut. My whole body began to tingle, as if someone were passing an electric current through me. All of a sudden, the sensation stopped. The light diminished. I dared to open my eyes, and my eyelids fluttered, adjusting to the darkness that surrounded me.

I was in what seemed to be a cavern, with so high a ceiling, it wasn't visible. I wondered what danger would come my way when a silvery glow appeared in the distance. With bated breath, I watched it inch closer, assuming the shape of three maidens. They drew closer, and my breathing completely stopped.

They were gorgeous. Perfectly chiselled faces with the most dainty, delicate features scrutinised me. Their flawless golden locks cascaded down their backs, and their lips stretched into identical, charming, ethereal smiles. I stood there, dumbstruck, admiring the pristine beauty before me.

As one, their mouths opened, and they began to sing the most melodious of songs, songs that drew me to them....

"Sirens," I thought. "Greek maidens who lured sailors to themselves and then murdered them!"

It took all my willpower to move my gaze from them, and for the next five minutes I focused my thoughts only on banishing Enchantra. Then, as the torture, the sweet torture, was getting unbearable, there was a blinding flash of light and the sirens vanished.

"One down, one to go," I thought.

My surroundings changed yet again. I found myself chained to a large chair before a table in a large, dark room. My mind raced in all directions, as I noticed to cloaked man sitting across the table.

"I am Hypnos, God of Sleep and Hypnotism," he said. "I will attempt to put you into an eternal slumber, which must not succumb to."

Without warning, my eyelids drooped, as waves of sleep oozed over me. My thoughts wandered to my inviting bed, awaiting me in my bedroom. Just as before, I focused on

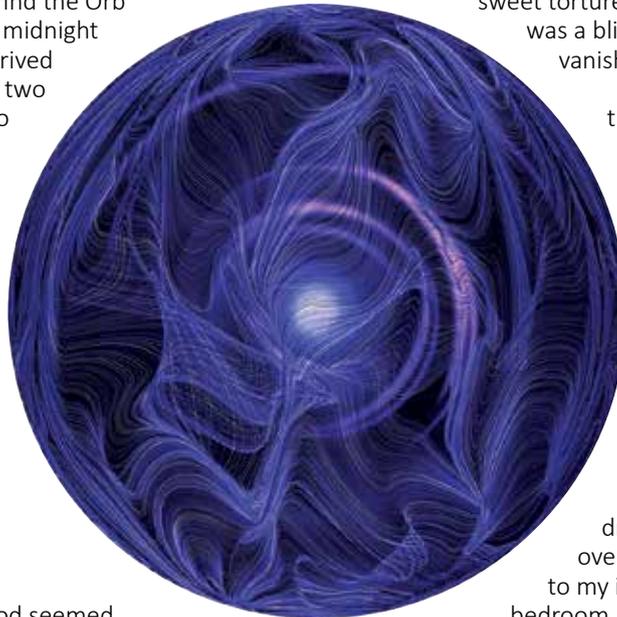
Enchantra, and subduing her. It took all my energy, but I somehow managed not to drift. Again, the sensation receded after a few minutes, and I relieved a long sigh of relief. Once again, I was surrounded by a golden aura, and with the same tingling sensation, I found myself back in the clearing, my friends standing at my side...

"Where'd it go?" asked Elena. "The orb?"

That's when it struck me. During my journey, the hourglass of time had frozen. Giving my friends a hasty excuse, I observed my surroundings, realising what Enchantra's destruction had resulted in. The forest seemed verdant, the leaves of the majestic tree a deeper hue of green. All the colours and shapes around me seemed to have sharpened. Proud of myself, I returned home, grinning like a Cheshire cat...

Back in my bedroom, I was stunned to see the orb, in all its glory, on my bed. Beside it was a note and the dusty volume from the library. Picking up the note, I read it aloud.

"I may have gone, but I will return, greater and more powerful than ever before. I await you, Defender, on the battlefield.



New in Vidyadeep Library

Managing Oneself: *Peter, Drucker*

Filters Against Folly: *Garret, Hardin*

The Lessons of History: *Will and Durrant*

Random House Guide to Good Writing: *Ivers, itchell*

Influence: The Psychology of Persuasion (Collins Business Essentials): *Cialdini, Robert B.*

Perilous Interventions: The Security Council and the Politics of Chaos: *Puri, Hardeep Singh*

Genghis Khan and the Quest for God: *Weatherford, Jack*

Mastery (The Robert Greene Collection): *Greene, Robert*

A Mind for Numbers: How to Excel at Math and Science (Even If You Flunked Algebra) *Oakley, Barbara*

The Paradox of Success: When Winning at Work Means Losing at Life (Tarcher Master Mind Editions): *O'Neil, John*

A More Beautiful Question: The Power of Inquiry to Spark Breakthrough Ideas: *Berger, Warren*

Zero to One : Note on Start Ups, or How to Build the Future: *Thiel, Peter*

The Hard Thing about Hard Thing: Building a Business When There are No Easy Answers: *Horowitz, Ben*

Peak: Secrets from the New Science of Expertise: *Ericsson, Ander*

Seeking Wisdom : From Darwin to Munger Third Edition: *Bevelin, Peter*

Good To Great: Why Some Companies Make the Leap...And Others Dont: *Collins, Jim*

How to Get from Where You Are to Where You Want to Be: The 25 Principles of Success: *Canfield, Jack*

When Genius Failed: The Rise and Fall of Long-Term Capital Management: *Lowenstein, Roger*

13 Techniques For Discovering and Taking Advantage of Life's Good Breaks: *Gunther, Max*

Super 30 Changing the world 30 Student at a Time Anand Kumar: *Mathew, Kumar*

Nani Palkhiwala The Courtroom Genius: Sorabjee, Soli J

अदृष्ट : भारत सासणे

यक्षांची देणगी : जयंत नारळीकर

औदुंबर : श्री.दा.पानवलकर

विदेही : विजया राजाध्यक्ष

कोबाल्टब्लू : सचिन कुंडलकर

एकेक पान गळावया : गौरीदेशपांडे

प्रेषित : जयंत नारळीकर

गारंबीची राधा : श्री. ना. पेंडसे

अरे संसार संसार : प्रभाकर पेंढारकर

Sasane : प्रभाकर पेंढारकर

सलाम : मंगेश पाडगावकर

भटके पक्षी : मंगेश पाडगावकर

छोरी : मंगेश पाडगावकर

कबीर : मंगेश पाडगावकर

मोरू : मंगेश पाडगावकर

सूरदास : मंगेश पाडगावकर

एक झूज वाऱ्याशी : पु.ल.देशपांडे

ती फुलराणी : पु.ल.देशपांडे

तीन पैशाचा तमाशा : पु.ल.देशपांडे

तुका म्हणे आता : पु.ल.देशपांडे

खिदल : पु.ल.देशपांडे

मैत्र : पु.ल.देशपांडे

गुणगाईन आवडी : पु.ल.देशपांडे

गणगोत : पु.ल.देशपांडे

अघळपघळ : पु.ल.देशपांडे

पुरचुंडी : पु.ल.देशपांडे

मण्यांची माळ : सुनिता देशपांडे

सोयरे सकळ : सुनिता देशपांडे

कोंडमारा : अनिल अवचट

भावमुद्रा : दुर्गा भागवत

दुपानी : दुर्गा भागवत

एक गांव एक पाणवठा : बाबा आढव

ज्ञानेश्वरीतील लौकीक सृष्टी : म.वा. धोंड

छांदसी : पुरुषोत्तम रेगे

अक्षरांचा श्रम केला : विलास सारंग

श्री ज्ञानेश्वर वाङ्मय आणि कार्य : न.र. फाटक

श्री एकनाथ वाङ्मय आणि कार्य : न.र. फाटक

Members desiring to donate books new or old to the Library, are most welcome to do so, due acknowledgement will be issued, for these generous donation.

What's New In The Club

Gymnasium

Our Gymnasium was due for the renovation and needed a face lift. The equipments were old and needed to be replaced, along with the old AHU. Accordingly, in the month of November 2016 renovation work of the Gym section was taken up. A new ACAHU, new treadmills, elliptical, exercise bikes, dumbbells and some other gym equipment were purchased and replaced. Also the electrical, flooring and painting were done and a new music system was installed. The Gym renovation work was successfully carried out and new revamped gym was opened for the member from 5th December 2016.



A view of the gym with new equipments



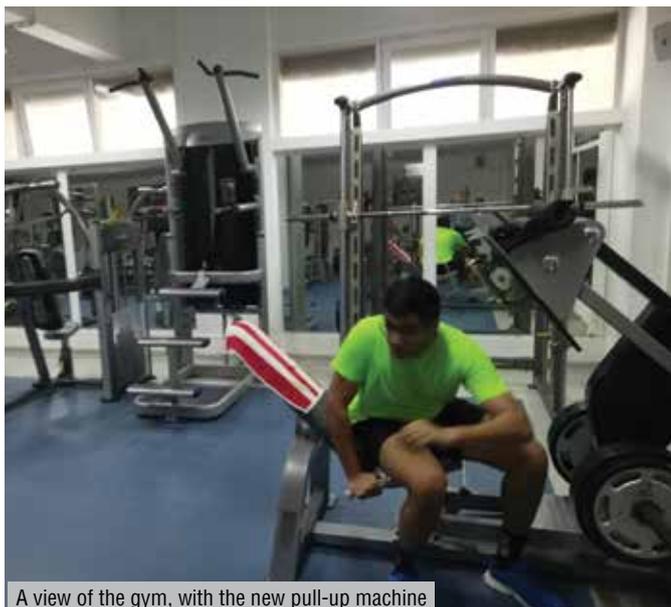
A member on the abdomen machine.



Seated calf raises



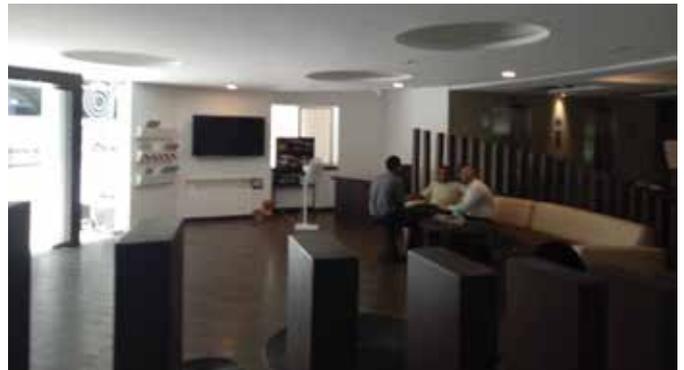
Incline-decline bench



A view of the gym, with the new pull-up machine

Lobby

Accordingly, in the month of April-May 2017 renovation work of the lobby section was taken up. The POP work was successfully done. Also painting work, with new LED lights were fixed and a new sofa was replaced. The lobby and entrance of the club now has a smarter look.



New Life Members' Dinner Party



A view of the gathering

General Secretary, Nikunj Vyas, welcome all the invitees, on behalf of the entire members of the club.

In his speech he mentioned that new members to our club means with new ideas, new enthusiasm, greater fellowship and greater service. He encouraged the invitees to introduce themselves and lets us know why you love our club and what you can do for our club and community.

He further added that the MIG Club is dedicated for preserving and promoting the cultural, artistic, architectural and historic resources.

112 New Life Members were invited for Welcome Dinner Party, out of which 70 showed up. Each of the Trustee Member, Managing Committee Members and COO gave a short introduction to all the new Members. The entire Trustee, Managing Committee Members and COO speech was very effective and one of our most valuable membership benefits is our impressive list of reciprocal clubs. As one plans their summer and fall travels, we urge you'll to take full advantage of reciprocal-club privileges. Also, feel free to let us know if you experience something particularly impressive on your visits to other clubs. As we continue to grow in our benchmarking, it is important for us to be aware of best practices we could apply in our operation.

The General Secretary, further mentioned he was humbled by the kindness, support and compliments that members continue to shower on him, the Managing Committee and our staff. It truly makes us feel like family as we interact at various events or sponsored member activities.

Every convention-associated person who has visited the club has been tremendously impressed. Beyond our facilities and services, they appreciate our history. We are proud that



The new members studying the club's brochure.



The Managing Committee

the BHARAT RATNA SACHIN TENDULKAR is our member.

Our Club Library is connects members who love to read. It's an opportunity to build connections with fellow members who enjoy reading.

The entire club staff has been enthusiastic and supportive, which has made our job even more easilier and rewarding.

We are Affiliated to these Clubs In India and Abroad

Members can avail of the Facility

AHMEDABAD - ELLISBRIDGE GYMKHANA, Netaji Marg, Ahmedabad 380 006, Tel.: (079) 26425240/ 1/ 2/ 3/ 4/ 5, Email: info@ellisbridgegymkhana.com

AJMER - AJMER CLUB, Civil Lines, Ajmer 305 001, Tel.: (0145)- 2624303/ 2621322, Web: www.ajmerclub.com Email: ac.ajmer@rediffmail.com

AURANGABAD - AURANGABAD SPORTS CLUB, 6 KM Stone. Ahmednagar Road. Waladgaon, Aurangabad 431002, Tel.: (0240) 2554771/72/73/74, Email: asclub51@hotmail.com Web: www.asclub-hotel.com

BANGALORE- BOWRING INSTITUTE, 19, St. Mark's Road, Bangalore 560 001, Tel: (080) 40414243- 9, Email: bowringinstitute@hotmail.com

BANGALORE- INDIRANAGAR CLUB, 9th Main, 4th Cross, Hal 2nd Stage, Bangalore 560 008, Tel: (080) 25280323/ 51153378/ 79, Email: indiranagarclub@gmail.com

BANGALORE- KARNATAKA STATE CRICKET ASSOCIATION, Members Pavilion, M. Chinnaswamy, Stadium, M.G.Road, Bangalore 560 001, Tel: (080) 22861513 / 3289 / 9631 / 9649, Email: rooms@ksca.co.in

CHENNAI - MADRAS CRICKET CLUB, "Chepauk", 1-Babu Jagjivan, Ram Rd., Chennai 600 005, Tel: (044) 2852 3976, 28563301, 28550310, 28550341, Email: mccgm@eth.net

COCHIN - LOTUS CLUB, Warriam Road, Emakulam, Cochin 682 016, Tel: (0484) 2352456/ 2366737/ 2381595,

COORG - BAMBOO CLUB, Post Box No. 17, Polibetta, Kodagu 571 215, (Coorg), Tel: (08274) 251342/ 251880, Email: bamboclubpbt@bsnl.in

DARJEELING - THE DARJEELING CLUB LTD., 7, Nehru Road, Darjeeling 734 101. Tel: (0354) 2254348/ 2254349, Email: majorsrana@yahoo.co.in Web: www.planetersclub.org

GOA- CLUBE TENNIS DE GASPARD DIAS, Miramar, Panaji, Goa 403 001 Tel: (832)2462220/1, Email: reservations@clubegaspardias.com

GWALIOR - JIWAJI CLUB, Shrimant Madhav Rao, Scindia Marg, Gwalior 474 009, Tel: (0751) 2324110, 2336212, Email: jiwajiclub1@yahoo.co.in

HYDERABAD- THE NIZAM CLUB, Saifabad, Near Nampally Stn. Hyderabad 500 004, Tel: (040) 23237097/ 1054, 23242781/ 19/23210595, Email: thenizamclub@gmail.com

INDORE- YESHWANT CLUB, Race Course Road, Indore 452 003, Tel: (0731) 2544534/ 5041263/ 5041264/ 5006005, Email: yclub@sancharnet.in

JAIPUR - JAIPUR CLUB LTD., Jacob Road, Opp. Pwd Office, Jaipur 302 006., Tel: (0141) 5101690, Email: jcl@jaipurclub.com

JAISAMER- JAISAL CLUB, Jethwai Road, Rico Colony, Jaisalmer 345 001, Tel: (02992) 254999, 255555, Email: jaisalclub24x7@gmail.com

JODHPUR - UMED CLUB, Old Public Park, Gaushala Grounds, Jodhpur 342 006, Tel: (0291) 2511010, 2619999 / 2629999, Email: secretary@umedclub.com

KODAIKANAL - THE KODAIKANAL CLUB, Seven Road Junction, Kodaikanal 624 101, Tel: (04542) 241341/ 241342/ 243846

KOLHAPUR- RESIDENCY CLUB, Near New Palace, Tarabai Park, Kolhapur- 416 003, Tel.: (0231)2651477, 2661423, 2581827/ 28/ 29/ 30, Email-contact@residencyclubkolhapur.in

KOLKATA - THE SATURDAY CLUB LTD., 7, Wood Street, Kolkata 700 016, Tel.: (033) 22405961 / 62 / 63 / 22835285 / 86., Email: satclub@vsnl.com

KOTA - KOTA CLUB, 8th Km., Kaithun Road, Kota, Tel: (0744) 2112663,

Email: kota.club@gmail.com

MANGALORE- EDEN AQUATIC CLUB, Shradhananda Ashram Road, Adav. Mangalore 575 005. Tel.: (0824) 2211617/ 2216006

MOHALI - PUNJAB CRICKET ASSOCIATION, P.C.A. Stadium Sector 63, S.A.S. Nagar, Mohali 160 059, Tel: (0172) 2232300/1/2/

MYSORE - SRI KANTEERAVA NARSIMHARAJA SPORTS CLUB, Narsimharaja Boulevard, Mysore 570 011, Tel: (0821) 2520743 / 2442520

NAGPUR - GONDWANA CLUB, Seminary Hills, Nagpur 440 006, Tel: (0712) 2510183, 2511509 / 2511355,

NAGPUR - VIDARBHA CRICKET ASSOCIATION RECREATION CLUB, Wardha Road, Village Jamtha, Dist. Nagpur 441114., Tel: (07103) 202293, Email: vcarc@vca.co.in

NASIK - NASIK CLUB, Sarada Activity Centre Nandinee, Nasik Pune Rd., Nasik 422 011, Tel: (91-0253) 2411254, 2417931, 2416307, Email: nasikclub@deshdoot.com

NEW DELHI - NEW FRIENDS CLUB, New Friends Colony, Mathura Road, New Delhi 110025, (011) 26916725, 26326656, 26328235, Email: nfclub94@yahoo.co.in, info@newfriendsclub.org, Web: www.newfriendsclub.org

OOTY - PRESIDENCY CLUB OOTACMUND, Adj. to Brecks Stadium, Next to Botanical Garden, Ottley Road, Ooty 643 001, Tel: (0423) 2452310 / 2441166 / 2445271, Email: presidencyclub@ymail.com

PUNE - DECCAN GYMKHANA, Talim Pavilion, 759/2, Deccan Gymkhana, Pune 411 004, Tel.: (020) 25675994, Email: deccangymkhana@gmail.com

PUNE - POONA CLUB LTD., 6-Bund Garden Road, Pune- 411 001, TEL- (020) 2636 0083 / 5 / 6 / 2084, Email- poonaclub@vsnl.com

PUNE - ROYAL CONNAUGHT BOAT CLUB, 7/8 Boat Club Rd. Pune-411001, Tel.: (020)26113512 / 13 / 14 / 15, Email- reception@boatclubpune.com

PUNE - PYC HINDU CLUB, CTS.No. 766, F.P. No. 244, Bhandarkar Road, Pune 411004, Tel: (020) 25663006/7/8, Email: roomreservation@pycgymkhana.com

SANGLI - AMBRAI OFFICERS CLUB, Behind Ambrai Garden, Vakharbhag, Sangali 416 416, Email: ambraiclubsangli@gmail.com

SECUNDERABAD - SECUNDERABAD CLUB, Picket, Secunderabadclub.org, Tel: (040) 27804840/41/ 42/ 43, Email: contactus@secunderabadclub.org

SHILLONG - THE SHILLONG CLUB LTD., Post Box. No. 45, Kacheri Road. Shillong 793 001, Meghalaya. Tel: (0364) 2226872 / 6938/ 5497/ 3071

THIRUVANANTHAPURAM - TRIVANDRU CLUB, Vazhuthacaud, Thiruvananthapuram 695 010, Tel: (0471) 2726 444/ 446 /413/ 415/27266591/ 2722718/ 19/ 2722730, Email: trivandrumclub@asianetindia.com

UDAIPUR- FIELD CLUB, Fatehpura, Udaipur 313 001, Tel: (0294) 2560105, 2560564, 2526317, 2524816, Email: info@fieldclubindia.com

VALSAD- BULSAR DISTRICT CRICKET ASSOCIATION, Stadium Rd., Valsad 396 001, Tel: (02632) 253347 / 248742 / 43 / 75, Email: bdca12@yahoo.com

VISAKH - THE WALTAIR CLUB, Waltair Uplands, Visakhapatnam 530 003, Tel: (0891) 2565740, 2565240, 2562182, Email: info@waltairclub.com, Web: www.waltairclub.com

ABROAD

COLOMBO - THE COLOMBO SWIMMING CLUB, "Strom Lodge", 148, Galle Road, Colombo 03, Tel: +94-11-4723955, Email: admincsc@slnet.lk

We Congratulate Our Members

Gauri Karhade (15) daughter of Sanjay Karhade, for winning the Ultimate Bangalore Challenge 2017 and being 2nd in the International category of the 10th Annual US Kids Golf European Championship played at Luffness New Golf Club, Scotland from May 30 to June 1, 2017 and being part of the winning team 'International' which beat team 'Europe' for the Van Horn Cup played at Gullane Golf Club, Scotland on June 2, 2017.

Priya Desai: Awarded a gold medal for securing the highest marks in the aggregate in the Five Year LLB (Sem X) Examination 2016 conducted by the University of Mumbai. Felicated for the same at the Mumbai University convocation by Mr. Mukesh Ambani

MIG Cricket Academy Winner of Sontosh Kumar Ghosh Trophy U-16 Cricket Tournament.

MIG Cricket Academy Winner of Lashkaria Little Champs U-14 Cricket League 2017.

MIG Cricket Club Runner's Up of Santacruz Gymkhana Premier League Box Cricket Tournament 2017 and **Man of the Series** **Ninad Borkar.**

MIG Cricket Club Runner's Up of 69th Police Invitation Shield Cricket Tournament 2016.

Dr. Anagha Joshi Won Gold Medal in the Women's 40+ Maharashtra Veteran's State Ranking Table Tennis

Tournament held at PYC Hindu Club, Pune on 22nd & 23rd April 2017.

Table Tennis the following Members of our Club have won various Medals in the 24th Veteran's National Table Tennis Tournament held at

Mahalunge Balewadi, Pune from 17th to 22nd January 2017.

- 1 Dr. Anagha Joshi,** Gold Mixed Doubles 50+, Gold Women's Doubles 50+ Silver Maharashtra 'A' Team Womens 50+
- 2 Neeta Kulkarni,** Gold Women's Doubles 50+, Silver Maharashtra 'A' Team Womens 50+, Bronze Mixed Doubles 50+
- 3 Jayant Kulkarni,** Gold Maharashtra 'A' Team Mens 60+, Gold Men's Doubles 60+
- 4 Suhas Dandekar,** Gold Maharashtra 'A' Team Mens 60+, Silver Mixed Doubles 60+.

Table Tennis the following Members of our Club have won various Medals in the State Table Tennis Championship held at Juhu Vile Parle Gymkhana on 6th & 7th January 2017.

- 1 Jayant Kulkarni,** Silver Mens 60+
- 2 Neeta Kulkarni,** Silver Womens 50+
- 3 Suhas Dandekar,** Bronze Mens 60+

Table Tennis, the following Members of our Club have won various Medals in the 5th Maharashtra Veterans State Ranking Table Tennis Tournament at Nagpur held from 17th & 18th December 2016.

- 1 Dr. Anagha Joshi,** Gold Womens 50+
- 2 Suhas Dandekar,** Silver Mens 60+



Priya Desai: Awarded a gold medal for securing the highest marks in the aggregate in the Five Year LLB (Sem X) Examination 2016 conducted by the University of Mumbai. Felicated for the same at the Mumbai University convocation by Mr. Mukesh Ambani

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