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*“Gratitude makes sense of our past and creates a vision for tomorrow”*



**CA SHILPA LAHOTI**  
EDITOR

*Dear Members,*

**W**ith an open heart I would like to express my sincere gratitude to all the members for supporting GSC United with a landslide victory. I welcome you all to this unique edition of Team Spirit. We will be introducing our new teams with new success stories written. Change is inevitable and the only constant. I promise you all the impact, experience, quality, and delivery will also remain at its constant best.

I feel lucky to be a part of GSC United Team led by the visionary, Dr. Vinay Jain - President, ably supported by CA Sanjay Maloo - Hon. Gen. Secretary and Shri Sunil Kabra - Hon. Treasurer.

I welcome you to this new edition of Team Spirit with promising content for your knowledge and business. I thank all advertisers and stake holders for supporting this edition. This edition is a pure showcase of gratitude, success and innovation.

In the very first month we witnessed the promised mega event GM Ranga Rang Holi. With the decoration giving a globe-trotting experience, this Holi had a different vibrance. For the first time in the history of GSC, the Holi passes were sold out on day one and the Management took the immediate decision to make it exclusive for members. A multi-cuisine platter was arranged with everlasting touch to the taste buds of every member. We had one of the greatest singers of all time, the legendary & Padma Shri awardee, Shri Sonu Nigam for the Holi Celebrations, who enthralled the audience with his melodious and magical voice. The members had a lovely life time experience enjoying Sonu Nigam's live performance in our very own "GSC". With an overwhelming response, GSC ki Holi recreated history again with showers of colours, flowers and happiness. I congratulate Shri Vinod Podaar - Chairman (Cultural), for the huge success etched in the very first quarter.

I congratulate him further again along with CA Anil Agrawal - Chairman (Religious Initiatives) for the successful organization of "Jai Shri Ram -

Ramayan" a theatrical and musical play by Puneet Issar. The initiative was well supported and welcomed by GSC members with their overwhelming participation. It was a proud moment to witness the success of Ladies Box Cricket by Ms. Rakhi Sonigra - Chairperson (Ladies Box Cricket) and Glitz and Glam by Ms. Tanvi Rao - Chairperson (Ladies Wing). I am proud to be a part of a Management who believe in honouring and celebrating womanhood. It was quite memorable to see GSC lady member's huge participation and engagement in the two mega events.

I thank you for the overwhelming response for the 20th GSC Summer Coaching Camp and would like to congratulate all the Chairman for working tirelessly to promote sports & talent.

The role of a Hon. Jt. Treasurer is to work closely with the Hon. Treasurer and help in keeping sound financial position of the club.

I welcome all members with their ideas and suggestions as the Editor of Team Spirit. Your feedback and suggestions may be published after review of the Management. I would like to thank my team for the success of Team Spirit 2023.

**"Our Best is Your Best"**

CA Shilpa Lahoti  
- Hon. Jt. Treasurer



*It's not what the vision is,  
it's what the vision does*



**DR. VINAY JAIN**  
PRESIDENT

***Dear Members,***

I would like to begin by saying thank you for the immense support and love, you have given me, which is a constant reminder that our team's vision for GSC has taken its right path. I welcome you all to this new chapter of Team Spirit 2023 which will be the point where innovative editions begin.

I express my humble gratitude towards Shri Pradeep Rathod ji, our mentor for his constant guidance and support. I am glad to be a part of a team with CA Sanjay Maloo - Hon. Gen. Secretary and Shri Sunil Kabra - Hon. Treasurer. I thank all members for supporting GSC United during elections 2023-2026. It's a proud moment and I welcome our new team with promising visions and new commitments.

I congratulate our star member, Mr. Chirag Shetty for his historic win of winning Gold Medal for India at the Asia Badminton

Championships after a gap of 58 years. I thank all GSC members for gathering for his warm welcome with pomp and glory at the club.

I congratulate Shri Vinod Podaar, Vice President - I & Chairman (Cultural) for the huge success of GM Ranga Rang Holi 2023, a mega event delivered as promised. It was an encore of a historic celebration with a participation of more than 9500 members. With unplanned challenges like going housefull on the very first day of tickets sale and making it a celebration exclusive for members, everything was re-organized and well executed with a smile. I thank all the vendors who greatly contributed in making it a historic feat. We created yet another grand memory with innovations and happiness spread across making it the iconic grandeur of the suburbs. The F&B part was marvellously executed by the Shri Pradeep Jain, Vice President - II and his team.

I extend congratulatory wishes to CA Anil Agrawal - Chairman (Religious Initiatives) for the successful organization of "Jai Shri Ram - Ramayan" - the theatrical epic by veteran artist, Shri Puneet Issar. The musical epic was a memorable play enjoyed by countless members at GSC.

I am also very happy to congratulate Ms. Rakhi Sonigra - Hon. Joint Secretary - II and Ms. Tanvi Rao - Chairperson (Ladies Wing) for the successful organising of "Ladies Box Cricket" and Glitz & Glamour, special ladies' events. Womanhood was truly celebrated for GSC women members in both the events. Women play many important roles in our lives and making them feel special by celebrating their being is a complete honour.

Shri Bharat Gala - Chairman (Projects) has envisaged the future projects. He is

conducting continuous meetings with architects and contractors regularly for increasing the aesthetic value of our Club

I am happy to witness the GSC Cricket Fever through the GSC T10 & GSC 45+ T10 cricket series. I congratulate Shri Kaushik Mehta, Chairman - Cricket and his team for its successful completion, showcasing the spirit of true sportsmanship.

I am delighted to congratulate Rakhi Sonigra for "Icon Badminton Cup", Shri Someel Shah for "Inter Academy Squash Tournament" and Shri Satish Agarwal for "GSC Summer Volleyball" successes. It's a pleasure, to see the club active through various engaging sports tournaments and championships.

It's a pleasure to conduct the 20th GSC Summer Camp for the benefit of the students during summer vacation. I am glad to see the overwhelming participation of children for this edition of Summer Camp. The Coaching classes have been carefully tailored as per the requirements of GSC Children for quality learning under the leadership of Shri Vinod Podaar, Vice President - II, Shri O. P. K. Joshua, Promoter Member, Shri Pradeep K Chehria, Promoter Member and Prof. Ambalal Patel, Life Member with active support of Shri Pradeep Jain, Chairman - Swimming Pool, Mrs. Rakhi Sonigra, Chairperson - Indoor Sports, Shri Satish Agrawal, Chairman - Volleyball, Shri Kaushik Mehta, Chairman - Cricket and Shri Someel Shah, Chairman - Indoor Sports. The first three months have been an acceleration of successful events on various fronts for our Management with your support. I wish for your continued support for making GSC - a world brand. I would like to conclude by expressing my thought

**"Dreams & Teams work Together."**

Dr. Vinay Jain  
President



**CA SANJAY MALOO**  
HON. GEN. SECRETARY

***Dear Members,***

**I** welcome you all to another successful edition of Team Spirit 2023. I thank all members for the tremendous support to GSC United during the elections 2023-26. I am glad to be once again a part of the management team led by the visionary Dr. Vinay Jain - President.

I congratulate the New Management Team on receiving new responsibilities to deliver further and work for the betterment of the club. Administration empowers every organization and with Shri Mahesh Bang & Shri Pravin Kothari as Hon. Jt. Secretary-I and Shri Harsh Chandak and Ms. Rakhi Sonigra as Hon. Jt. Secretary-II, I commit to strengthen the foundation of the

***“Visionaries see beyond the boundaries of eyesight”***

administrative pillars of the Club. I would like to thank the entire GSC Staff for looking after the club affairs very efficiently and smoothly.

I am glad that Our team and Management has achieved great and successful events in the very first three months. Be it the sports arena with the successful and innovative GSC 45+ T10 Cricket Series, the exciting GSC Summer Volleyball, the enjoyable Inter Squash Tournament or the women empowering - Women's Box Cricket, or be it the cultural front with the historic GM Ranga Rang Holi 2023, Jai Shri Ram - Ramayan or the Women's special Glitz and Glamour or even awareness programs like Thoda Gyan Thodi Muskaan - medical talk with humor or the Reading - A life skill - an event to promote reading; our management is striving hard to bring about innovation and betterment to the lifestyle of GSC Members.

All Chairmen and Chairpersons will be working with respective Sub-Committees. This will ease the workload of the Chairmen and Chairpersons increasing the overall engagement of GSC Members in the Club daily. We are working on streamlining the process for conducting mega events in the Club.

Our Staff are very dedicated and are working hard to provide uninterrupted services to our members. Senior Executives are managing the team under the guidance of the Office Bearers

and are executing the instructions in the most efficient manner. Due to the recent renovation of all the facilities and efficient administration, our club is ranked as one of the best clubs in the entire city of Mumbai. Our membership has become a status symbol and is marked with lots of respect by other clubs in Mumbai.

We are continuously striving to provide world class experience to our members and working towards the betterment of the club in-order to enhance the value of the membership of our club. We are using technology to increase transparency in the operations of the club and to improve security standards of the club. We are facing difficulty in providing seamless parking to the members in the club premises and are working towards creating additional parking spaces for the members. The entry of members into the club as well as various facilities inside the club premises is streamlined so as to ensure that non-members are not able to enter the club premises. Members are requested to co-operate for the betterment of the club.

We are also working on upgrading the facilities at the Club with the approvals and processes which are in the pipeline. We, as a Management, constantly commit to work towards the betterment of GSC Members.

***“Mountains move for a determined team”***

CA Sanjay Maloo  
Hon. Gen Secretary



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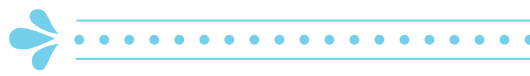
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## “Individuals go far, teams go farther”



**SUNIL KABRA**  
HON. TREASURER

### *Dear Members,*

I would like to welcome you to this fresh new special edition of Team Spirit with “NayiSoch, Nayi Disha”. I humbly express my sincere gratitude to all GSC Members, who whole heartedly supported our Team GSC United in the Election 2023-26. With my team, I commit to always strive for the accountability and transparency in the operations of GSC and making GSC – an international global brand.

I am thankful to be a part of a team led by the dynamic, Dr. Vinay Jain – President and CA Sanjay Maloo – Hon. Gen. Secretary. I have been engaging in the governance of the Club for many years and I am glad to receive a chance to continue to do so.

Since we have completed only few

months under the present tenure, we can reaffirm that like in the previous tenure, we will ensure that no deposits will be withdrawn for renovations of club facilities and organizing mega events with overwhelming participation of members & their guests.

I would like to congratulate the entire team for achieving and creating a historical feat with GSC GM Ranga Rang Holi 2023. The Holi celebrations has not only set a standard for the festival of colours but also a landmark for every mega event, GSC will conduct in future. GSC was shining by holding the largest gathering in Mumbai with great appreciation for innovation in the decoration and food for its members and guests. We had exclusive participation of more than 9500 members who enjoyed every moment of the entire event. I congratulate the committee for working tirelessly on different aspects and planning with various vendors to make this a great success. I thank the staff for their assistance in the execution and smooth functioning of the historic GSC Ki Holi.

We also witnessed the great musical and theatrical epic “Jai Shri Ram-Ramayan”. I am thankful for the overwhelming response for the play. It showcases the great history and culture in its exclusive grandness.

We have requested each chairman to prepare their operational and financial budget so as to analyse the income and expenditure of their department and find ways & means to increase the revenue of the club so that the club can provide world

class services to its members and maintain its financial health.

Every chairman – chairperson has been allotted with a sub-committee to create an ease in organizing and conducting seminars and events. We have successfully received sponsorships with the help of these sub-committees reducing the financial burden of expenses on the Club. I thank all the Sponsors for their successful contribution as this has created opportunities of branding with us.

We have streamlined the process of payment approvals, where in the signatures are in the following order - Staff in charge, Manager, HOD, Convener, concerned Chairman, Hon. Gen. Secretary, Concurrent Auditor, Hon. Jt. Treasurer and finally the Hon. Treasurer. This ensures that there is total transparency and system driven payment by following laid down procedures without any favouritism and interference by any part of the management team.

We have started deploying the club funds into high yield bonds issued by the nationalized banks so as to get better returns than the fixed deposits placed with the same nationalized banks. The returns are 50% higher than the fixed deposits with no TDS on such bonds which augurs well for the Public Charitable Trusts like us.

I believe that checking on the financial health of GSC will be my primary objective and I will always strive hard to do so.

**“Visions are realized under multiple eyes.”**

Sunil Kabra  
Hon. Treasurer

## VICE PRESIDENT - I



**VINOD PODAAR**  
VICE PRESIDENT – I  
CHAIRMAN – CULTURAL,  
HORTICULTURE &  
HOUSEKEEPING

*Dear Members,*

**A**t the onset, I would like to express my utmost gratitude to GSC members for overwhelming support and love. I am honoured to be a part of the dynamic team led by Dr. Vinay Jain – President, CA Sanjay Maloo – Hon. Gen. Secretary and Sunil Kabra – Hon. Treasurer. I congratulate CA Shilpa Lahoti – Chairperson – Team Spirit and her team, on the success of this summer edition.

I believe a cleaner environment leads to a greener & healthy environment. I am glad to handle the responsibility of maintaining the GSC Green Kingdom through Housekeeping - Horticulture & Beautification of the Club. The innovative pebble walk promenade is a bridge connecting healthy habits and nature. I recommend GSC members to walk bare feet and gain the benefits through pressure applied on acupressure points.

As the Chairman – Cultural, I am glad to announce another great successful GSC ki

Holi. I would like to thank members for making it the Talk of the Town once again, I promise to a grander Holi celebration in the forthcoming years. We received a great response from M/s Jainson for Jai Shri Ram – Ramayana: the epic theatrical. MLA Vidya Thakur also appreciated the organization of the event. With the formation of Cultural Sub-Committee, I promise you to conduct/organize many innovative and meaningful cultural events in the years to come.

The 20th Summer Coaching Camp has commenced in two batches; first batch in April-May and second batch in May-June. I congratulate the team for its grand success. We will be organizing the closing ceremony with great pomp and celebration. I commit to continue working towards maintaining the green heart of GSC and its members.

**“In every walk with nature one receives far more than he seeks”**

Vinod Podaar - Vice President – I  
Chairman – Cultural,  
Horticulture & Housekeeping

## VICE PRESIDENT - II



**PRADEEP JAIN**  
VICE PRESIDENT – II,  
CHAIRMAN – SWIMMING POOL

*Dear Members,*

**“Lifestyle innovates your World”**

**L**ife and Style together is transforming GSC into a rich and established brand. As the Vice President-II, I thank you all for the love and support during the Elections 2023-2026. I would like to warmly welcome everyone to the Summer Edition of Team Spirit 2023 with fresh perspective and innovation.

I am lucky to be a part of the visionary team led by Dr. Vinay Jain – President, CA Sanjay Maloo – Hon. Gen. Secretary and Sunil Kabra – Hon. Treasurer.

I thank you all for your overwhelming support at the GSC Mango Festival 2023 – the biggest mango festival of Mumbai.

It was a successful showcase of creative and unique mango products. We will be further organizing Beer & Wine festival in winters and many more events in the interest of the members.

As the Chairman – Swimming Pool, I am delighted to inform you that we will be giving the Swimming Pool a complete makeover with major renovation and repairs during the next six months. It's our vision to provide you nothing but the best. We also are in a constant process to upgrade your lifestyle with international standard facilities.

Pradeep Jain  
Vice President – II,  
Chairman – Swimming Pool

## HON. JT. SECRETARY - I



**PRAVIN KOTHARI**  
HON. JT. SECRETARY – I  
CHAIRMAN – REPAIRS & MAINTENANCE

### *Dear Members,*

**I**t's an honour to be a part of the excellent team led by Dr. Vinay Jain – President, CA Sanjay Maloo – Hon. Gen. Secretary and Shri Sunil Kabra – Hon. Treasurer. I thank all GSC members for trusting and electing us as the Governing Council at Elections 2023-2026.

As Hon. Jt. Secretary-I, I promise to follow the vision and work towards complete welfare of GSC Members.

*“Quality Maintenance is a sustainable approach”*

Pravin Kothari  
Hon. Jt. Secretary – I  
Chairman – Repairs & Maintenance

## HON. JT. SECRETARY - II



**RAKHI SONIGRA**  
HON. JT. SECRETARY–II  
CHAIRPERSON – SPORTS (INDOOR–I)

### *Dear Members,*

**W**ith a big smile, I thank you all GSC family members for electing our team for GSC elections 2023 – 2026. I am very happy and lucky to be a part of the progressive team led by Dr. Vinay Jain – President, CA Sanjay Maloo – Hon. Gen. Secretary and Shri Sunil Kabra – Hon. Treasurer. With all your love and support, as the Hon. Jt. Secretary-II,

I commit to bring about more innovation and prioritize the smooth functioning of GSC.

As the Chairperson – Sports (Indoor-I), I am glad to celebrate the grand success of GBL season 5. With maximum participation, we received overwhelming response for Women's Box Cricket Tournament. I am also delighted, with the success of the first season ever of Badminton Icon Cup. We are currently working on organizing Women's Throwball and Antakshri.

I would like to congratulate GSC Badminton teams for participating in the prestigious GD Birla Tournament.

I promise to develop and innovate the Club Culture, always!

*“GSC is a family of winners.”*

Rakhi Sonigra  
Hon. Jt. Secretary-II  
Chairperson – Sports (Indoor-I)



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## HON. JT. SECRETARY - II



### HARSH CHANDAK

HON. JT. SECRETARY – II,  
CHAIRMAN – ROOMS, BANQUETS  
& YOUTH WING.

#### *Dear Members,*

**A**s the HJS-II and Chairman - Rooms, Banquets & Youth Wing, I commit to strive for the comfort and fitness of GSC Members. I also believe in promoting the youth to participate more in the club activities and functioning for newer ideas and suggestions. Walking into the footsteps of Pradeep Jain ji, I commit to maintain the legacy of our upgraded Rooms and Banquets in the forthcoming years.

We are also planning the GSC Marathon with complete training for different age groups. An innovation and push for the members to take a step towards their physical and mental fitness. I congratulate all youth for their sports and academic achievements. I wish to bring a change in the youth culture at GSC which will be motivation enough to take the path growth and success.

**“Own your story, lead with passion.”**

Harsh Chandak  
Hon. Jt. Secretary – II,  
Chairman - Rooms, Banquets & Youth Wing.

## CHAIRMAN - FINANCE



### CA PRADEEP BANKA

CHAIRMAN – FINANCE

#### *Dear Members,*

**I** am extremely grateful to GSC members for electing and supporting my candidature for the 7th consecutive term. It has been a pleasure serving you all for the past two decades. From the time I first assumed office as a GC member, I have tried my level best to increase the Club revenue, implement better systems for finance control, to ensure proper accounting and maintaining healthy financial position of the Club.

In my present role of Chairman - Finance, I'll continue to carry forward in keeping sound financial position by continuous improvement of finance control systems and work for overall better of sports at GSC.

I express my utmost gratitude to you all for your overwhelming support for Seminar on Academic Excellence by Shrishti Banka. I commit to work on solutions tailored for the financial growth of GSC.

**“Your prosperity, our responsibility”**

CA Pradeep Banka  
Chairman - Finance



## *“Build Your Priorities with Excellence”*



**Mr. BHARAT GALA**  
CHAIRMAN – PROJECTS  
& FUTURE DEVELOPMENT

### *Dear Members,*

I would like to congratulate all the GSC Members for casting their votes and making me and my Team winners of the election for the period 2023-2026. Not to forget, it is your support and love that kept me on the list of first five winners throughout. You are the primary reason behind this remarkable victory and it's an honour to be a part of good dedication team. I have been an active member of the Club, managing various roles for the last 18 years. I would like to thank Pradeep Rathodji, Dr. Vinay Jainji, Shri Sunil Kabraji, Shri Vinod Podaarji, Shri Pradeep Jainji and the entire team for their support. I hereby commit and continue to serve the Club for better.

After the election, I have been given the responsibilities to Chair the Department of of Projects & Future Development. I thank the management for giving me an opportunity to work in anentire different Department than the earlier one. Initially, myself along with team have decided to beautify the areas of GSC and go along with the mindset of younger generation of new choices and ideas.

We have also decided to beautify the Yoga Centre and create a peaceful, calm mind with chanting of mantras for the benefit of members who are attending Yoga classes.

After suggestion built in past from our President, Dr. Vinay Jain, we will also be working on additional Ladies Toilet facilities for our female members and Guests whenever they attend any events organised by the Club and make them comfortable.

We will also be working on the long pending demand of members; to beautify the Kids zone with latest playing equipment.

Further, myself and the team have also decided to beautify the areas of C1, C2 Stilt areas along with undertaking the renovation of Badminton Court which is in the pipeline.

I am glad to inform you all that we are in the process of constructing our Dream Project, a 7 floor Podium, Open Parking area to park around 650 cars to solve the biggest parking issue for our members.

The plan is discussed with the architect and under process as per BMC regulations.

Last but not the least, I thank all my project and development team and the Committee Members for their undivided attention and support.

With this brief, I conclude my message and very soon members will see beautification of GSC in the aforesaid areas.

Mr. Bharat Gala  
Chairman - Projects &  
Future Development

## CHAIRMAN - BYE LAWS



### **P K SABLOK**

CHAIRMAN – BYE LAWS, DISCIPLINARY &  
SPORTS DEVELOPMENT BOARD

*Dear Members,*

**A**s the Election Officer of GSC Election 2023- 2026, I would like to thank our election commission team for their hard work, which resulted into the smooth organization of the event. As the Chairman – Bye Laws, Disciplinary & Sports Development Board, I would like to commit to members to seek their welfare always. We look forward to maintain safety and security of members, without the misuse of member's privileges. We believe members must enjoy all facilities and the Club events with their family and friends, maintaining proper law and order.

I would like to congratulate all the Sports Scholarship awardees for their august performance in various sports. We will be continuing with the scholarships with new rules and regulations. I urge the youth to perform better and seek more opportunities for making a sports career.

I promise to always maintain the welfare of GSC members as my priority.

**“Winning isn't everything, but wanting to win is.”**

P K Sablok

Chairman - Bye Laws, Disciplinary &  
Sports Development Board

## CHAIRMAN - RELIGIOUS INITIATIVES



### **CA ANIL AGRAWAL**

RELIGIOUS INITIATIVES

*Dear Members,*

**I**welcome all GSC members to this fresh summer edition of Team Spirit and express my humble gratitude for electing our team at the GSC Elections 2023-2026. As the Chairman – Religious Initiatives, I believe religion is the commencement of faith. An awareness and engagement in religious events and activities brings peace and serenity in our lives. I thank all GSC members for their unconditional love and support for GSC Jai Shri Ram – Ramayan event. The grandness of the sets did complete justice to the theatrical epic. More than 4000 members attended the event and enjoyed the dramatic tale. Another amazing event was THE SECRET MANTRA for Peace, Prosperity and Family Harmony conducted by Sadguru Rameshji and Guruma (The Enlightened Spiritual Masters).

We shall be organizing many mega religious functions in the forthcoming months. I look forward to bring forth a soulful connect with yourselves at very own second home, GSC.

**“When Life Gives You More Than You Can Stand, You Kneel!”**

CA Anil Agrawal  
Religious Initiatives



About us

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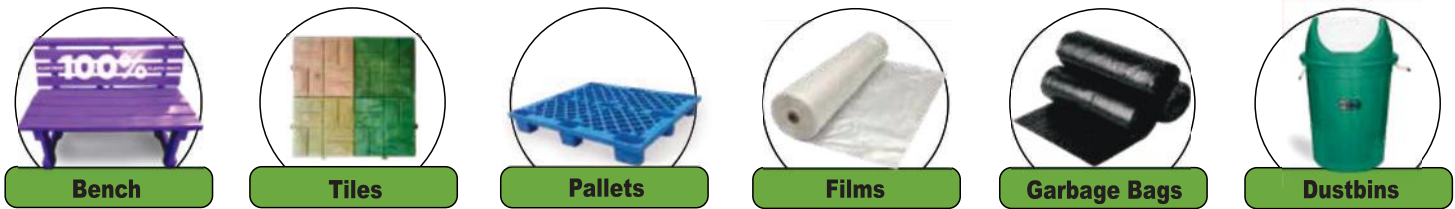
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## CHAIRMAN - CARD ROOM & VOLLEYBALL



*Dear Members,*



**SATISH AGARWAL**

CHAIRMAN – CARD ROOM & VOLLEYBALL

**A**s the Chairman – Card Room & Volleyball, I commit to promote sports and health for the benefit of members. I am glad to witness the epic success of Summer Volleyball 2023. With over 50 participants, the sport was enjoyed with a great enthusiasm.

We are soon organizing Women's Throwball Tournament with the support of Ms. Rakhi Sonigra for promoting participation of women in sports. We also plan to make a Women's Throwball Court exclusively for GSC Women to practice and enjoy the sports, with the aid of the Projects Team.

*“Let's Sportify our GSC Community”*

Satish Agarwal  
Chairman – Card Room & Volleyball

## CHAIRMAN - CHAIRMAN CRICKET



*Dear Members,*

*“There is no limit to what can be accomplished.”*



**KAUSHIK MEHTA**

CHAIRMAN – CRICKET

**A**s the Chairman – Cricket, I welcome you all to another year of fun filled tournaments on the cricket ground. I express utmost gratitude for the enthusiastic participation at the successful 45+ Series, T10 Series and 45+ T10 Series. I am glad to be the pioneer of the innovative 45+ T10 Cricket Series. I congratulate all the winner and thank sponsors for their contributions for the various tournaments.

We are aggressively upgrading our most popular sports - cricket on the ground and indoor cricket nets. We are contemplating to conduct GSCPL T20 (for under 16 category) so as to shortlist talents who will represent GSC in the MCA Tournaments. We are progressively working on building GSC under 16 Cricket Team who will be competing in tournaments organized by various clubs, home and away.

I recommend all Cricket enthusiasts to join the GSC Cricket Academy which will be mentored and provided coaching by experienced and talented Coaches. There will be provision of training, physiotherapy and sports psychologist for the students of the academy.

I gladly congratulate all the GSC winning team of the 40+ MCC Tournament.

I commit to continue innovating various tournaments and promote the youth to play their best on the cricket ground.

Kaushik Mehta  
Chairman – Cricket

## CHAIRMAN - HEALTH CLUB



**VIVEK NARSARIA**  
CHAIRMAN – HEALTH CLUB

*Dear Members,*

**I**ts an honour to be part of the power personified team led by Dr. Vinay Jain – President, CA Sanjay Maloo – Hon. Gen. Secretary and Sunil Kabra – Hon. Treasurer. I thank all GSC members for their immense support for making our team victorious at GSC elections 2023 – 2026.

As the Chairman – Health Club, I commit to prioritize Health, Fitness and Nutrition for members. We will be soon organizing a power lifting tournament for members. We have introduced many new equipment at the Health Club. I also urge members to use our crossfitcentre Burn Out which has been specially designed for keeping your fitness in check.

I congratulate Smit Rao for winning silver medal at the state championship of power lifting. I urge the youth to participate in sports and carve a career of energy and fitness.

**“Utilize ability in abundance for legendary fitness.”**

Vivek Narsaria  
Chairman – Health Club

## CHAIRMAN - SPORTS



**SOMEEL SHAH**  
CHAIRMAN – SPORTS

*Dear Members,*

**“The Perfect Sport is where power meets precision.”**

**A**s the Chairman – Sports (Indoor – II) & a national level player myself, I commit to always promote and support the youth, to build a career in sports and make GSC proud.

I am glad to receive the overwhelming support and participation at the GSC Inter Academy Squash Championship conducted at our Club, which was a perfect blend of enthusiasm and play. I congratulate the winners of the tournament.

We also recently felicitated children of age group 5-14 years for Lawn Tennis with T-shirts and Kits to promote participation in the sport.

I am glad to inform you that we have renovated the Billiards Room by adding two more Billiards Tables and changing the Lights of all the Billiards Table. Further, we are in the process of renovating the Lawn Tennis Court after rainy seasons for benefit of our members. It's my vision to organize an international Squash tournament abroad especially for GSC Kids.

I will also be soon organizing Domestic and International trips for GSC members during Diwali and Christmas Vacation.

Someel Shah  
Chairman – Sports

## CHAIRMAN - MEDICAL CELL



**DR. MUKESH AGRAWAL**  
CHAIRMAN – MEDICAL CELL

*Dear Members,*

I thank all of you for electing me as GC member. I also thank Dr. Vinay Jain for designating me as the Chairman - Medical Cell. I am a Gynecologist and Senior IVF Consultant with more than 30 years of experience in infertility management. I am the Founder and Director of Aarush IVF & Endoscopy Centre at Malad and Mira Road.

With health at the top most priority in my vision for GSC, the Medical Cell will be revamped and better equipped. GSC will have more tie-ups with top-most hospitals and healthcare organizations for blood tests and general check-ups with maximum discount for GSC members exclusive. I believe a regular medical check-up should be mandatory, hence GSC will conduct medical check-up camps with panel of the best doctors and consultants periodically. Being a sports club known for providing the best of sports facilities, I believe that a Physiotherapy Cell is a prominent necessity, which will be a part of future development projects.

Staffs are one of the strongest pillars at GSC. Keeping their wellness and knowledge in mind, we

will be providing necessary vaccinations to all staff of in-house restaurants. The front desk staff and coaches at various facilities in the Club underwent Certified CPR training by the qualified Doctor Team of Kokilaben Hospital on 7th May 2023. The objective of this training was to make the staff able and ready to attend to any medical emergency in the Club.

The GSC Medical Cell will be conducting many seminars and health talks for the knowledge and awareness of the medical world to the members. My commitment to you in the innovation at every step. I would like to thank the members for the overwhelming response for “Thoda Gyan, Thodi Muskaan” - Talk by Dr. Tushar Shah which was conducted on 15th April 2023. With a belief that laughter is the best medicine, this talk was a perfect blend of comedy and medical knowledge. With your constant support, we shall grow together tenfold healthier.

*“Healthy bodies create healthy minds”*

Dr. Mukesh Agrawal  
Chairman - Medical Cell

## CHAIRMAN - LIBRARY



**CHANDRAKANT AGRAWAL**  
CHAIRMAN – LIBRARY &  
EDUCATIONAL INITIATIVES

*Dear Members,*

*“Reading is always the past, present & future”*

As the Chairman - Library & Educational Initiatives, I commit to work towards empowering library students by provision of a Library which is enriched with an environment focussed on academics and study. With the suggestions by Library Students, we have made some modifications and additions to the GSC Library and are constantly focussing on upgrading the GSC Library to suit the requirements of the Library Students. I am proud to say that GSC Library is the most preferred library for serious study amongst the western suburbs.

As the Chairman - Housie, I take delight in the successful running our Weekend Housie ever Sunday. We also conducted the Bumper Housie on 7th May, 2023 and received overwhelming

participation from more than 300 members. We also conducted Housie on Mother's Day on 14th May for Womens Only. We will further continue with more innovative games for the happiness of members.

We recently celebrated World Book Day by conduction Reading - a Life Skill event where we promoted reading by a panel of renowned authors. Dr. Raina Vinay Jain and Prof. Simson Kochan also shared their perspectives in development of reading habits. We would definitely be organizing educational events with innovation for adding to the knowledge bank of all GSC members.

Dr. Mukesh Agrawal  
Chairman - Medical Cell

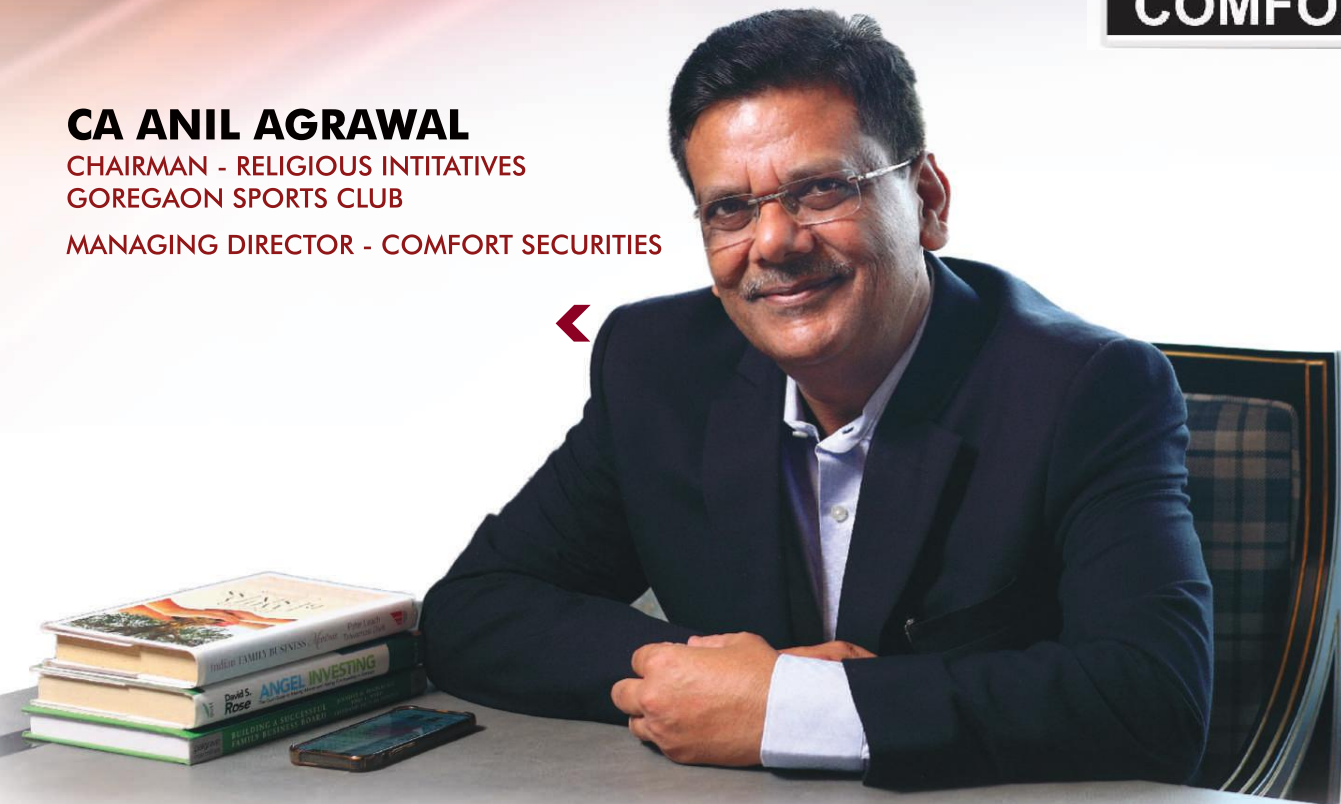
# Best Wishes



## CA ANIL AGRAWAL

CHAIRMAN - RELIGIOUS INITIATIVES  
GOREGAON SPORTS CLUB

MANAGING DIRECTOR - COMFORT SECURITIES



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## CHAIRMAN - MEMBERSHIPS



*Dear Members,*

**I** am proud to be a part of the team led by note-perfect Dr. Vinay Jain – President, CA Sanjay Maloo – Hon. Gen. Secretary and Sunil Kabra – Hon. Treasurer. I would like to personally thank all GSC members for choosing us to serve you better by voting us at the Elections 2023 – 2026. I take this as a personal achievement, as this is my first term ever at GSC as the Governing Council Member 2023 -2026. As the Chairman – Memberships, I commit to shoulder the responsibility with innovating member benefit initiatives. We will, as a team, pursue the growth of our Club in every sphere.

**“Innovation is the catalysing ingredient for successful growth”**

Lalit Jain  
Chairman – Memberships



**LALIT JAIN**  
CHAIRMAN – MEMBERSHIPS

## CHAIRMAN - F & B



*Dear Members,*

**I** am happy to inform you that we have been working on the improvement of GSC Room Service. With set menu from Good Times, we have also added two food trollies for Lunch and Dinner Room service for the provision of warmer food. We are further proposing liquor service in rooms. With progress as our only goal many projects are in the working and we are also planning the biggest Rajasthani Food Festival in the forthcoming months.

I am glad to say that we have received very good feedback from members after the renovation of Golden Peacock and Water Front Café (earlier Aditi Fastfood) & Bleu Restobar (earlier Bling). There has been increase in the profits and an improvement in the service provided to members. I congratulate the Projects Team for creating a better ambience for the members at these restaurants. Goodtimes Restaurant will also undergo a makeover soon, and will have a completely new menu and experience for members.

I commit to win over hearts with our work, over & over again.

**“Good taste is the secret language of a healthy palate.”**

Ramakant Parasrampur  
Chairman F & B



**RAMAKANT  
PARASRAMPURIA**  
CHAIRMAN – F & B

## CHAIRMAN - IT



**JITENDRA GUPTA**  
CHAIRMAN - IT CELL

*Dear Members,*

**W**e have Technology integrated with Softwares providing good user experience. With the raising demand, IT Infra needs constant upgrade. Me and IT sub-committee with EDP dept is working to towards it.

We have Boom Barriers integrated with Car Number plate recognition system.

We have installed bigger LED Screen on the bridge connecting A & B Block. Our social media handles working at their best and my team is working on making it more engaging and interesting for GSC members.

We have installed CCTV at the Volleyball court area and enabled enhanced Wi-Fi at the 4th floor lobby of A Block. Currently we are working towards enabling all Rooms with Wi-Fi and digital (Card) lock facilities.

We are also working on the website and making the GSC app more user friendly.

We have installed more CCTV cameras in the premises for better surveillance and security. Our EDP department functioning at its best to help you with awareness through regular broadcasts by GSC.

We are in the process of forming IT Group, where in we would like members who are into IT Industry and professionalsto join in.

Please write to us at [edp@gsc.in](mailto:edp@gsc.in) for suggestions and feedback.

I commit to enhance and bring about the complete digitization of GSC in the forthcoming years.

**"Raise the tech for the rising next generation."**

Jitendra Gupta  
Chairman - IT

## CHAIRPERSON - LADIES WING



**TANVI RAO**  
CHAIRPERSON-LADIES WING  
& PERFORMING ARTS

*Dear Members,*

**I** am extremely delighted be a part of the Governing Council led by Dr. Vinay Jain - President, CA Sanjay Maloo - Hon. Gen. Secretary and Shri Sunil Kabra - Hon. Treasurer. I am the youngest member of the current Governing Council and every day is a new experience for me in managing the affairs of the department and responsibilities given to me. I welcome everybody to this summer edition of Team Spirit with newer ideas showing fresh perspectives. I would like to congratulate CA Shilpa Lahoti and her team for this successful edition.

As the Chairperson - Performing Arts & Ladies Wing, I believe we have created memorable moments in the past and now I would like to create footprints of empowerment and innovation. I express my utmost gratitude to all GSC women members for their overwhelming support

for the mega event Glitz & Glamour - celebrating womanhood. The celebration has created shining and glamorous imprints for GSC women members.

We also organized a special intimate gathering for all GSC mothers on Mother's Day on 14th May 2023. With a knowledgeable session on empowering mothers we also organized an entertaining Housie with many take- aways and goodies.

We are progressively working on building an exclusivemulti-activity room for various performing arts and skill building activities for kids. We have already replaced / bought new items for kids playing area for the time being till the new renovated kids playing area is ready.

With women's health and innovation for kids as my priority, I further commit fill the canvas of GSC with remarkable events benefitting the women and children of GSC.

Tanvi Rao  
Chairperson - Ladies Wing  
& Performing Arts



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**LALIT JAIN**  
CHAIRMAN - MEMBERSHIP  
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VICE PRESIDENT - I



**PRADEEP JAIN**  
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HON. GEN. SECRETARY



**MAHESH BANG**  
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**PRAVIN KOTHARI**  
HON. JT. SECRETARY - I



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HON. TREASURER



**CA SHILPA LAHOTI**  
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CHAIRMAN - PROJECTS &  
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CHAIRMAN -  
CARDROOM & VOLLEYBALL



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**CA ANIL AGRAWAL**  
CHAIRMAN -  
RELIGIOUS INITIATIVES



**LALIT JAIN**  
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**CHANDRAKANT  
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CHAIRMAN - LIBRARY &  
EDUCATION INITIATIVE



**RAMAKANT  
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CHAIRMAN - FOOD  
& BEVERAGES



**DR. MUKESH  
AGRAWAL**  
CHAIRMAN -  
MEDICAL CELL



**JITENDRA GUPTA**  
CHAIRMAN - IT CELL



**KAUSHIK MEHTA**  
CHAIRMAN -  
SPORTS (CRICKET)



**SOMEEL SHAH**  
CHAIRMAN -  
SPORTS (INDOOR)



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Late Surendra Pandya



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Late Raghav Suvarna



Late Prabhakar Modak



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Dr. Sunil Agrawal



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Pawan M. Bairagra



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Chief Operating Officer



**CA Dinesh Banka**  
Chief Financial Officer



**Goapaal Megani**  
Manager-F & B



**Deep Savant**  
Manager-Project



**Rajesh Meena**  
Manager-Project



**Manoj Pillai**  
Manager - HRD



**Pratiksha Shetty**  
Manager-Legal

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Sr. Graphic Designer



**Shlok Netawane**  
Jr. Graphic Designer

# NAYI SOCH NAYI DISHA

THANK YOU FOR YOUR CONSISTENT  
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**GSC ELECTION 2023-2026**

I WOULD LIKE TO EXPRESS MY UTMOST  
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COMMITMENTS TOWARDS GSC



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As the Hon. Treasurer  
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## SUNIL S. KABRA

Hon. Treasurer,  
Goregaon Sports Club (2023 - 2026)  
Managing Director,  
S.A. Pharmachem Pvt. Ltd.





***Dr. Vinay Jain***  
*won the maximum votes  
and support, also emerging as  
the most efficient leader*





*Landslide  
Victory with*

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## GOREGAON SPORTS CLUB ELECTION 2023-2026

### 24 Winning Candidates

Position	Candidate's Name	Votes
1	Dr. Jain Vinay Dharamchand	3290
2	Podaar Vinod Vishwanath	3013
3	Kabra Sunil Satyanarayan	2967
4	Gala Bharat Vasanji	2959
5	Jain Pradeepkumar Ghanshyamdas	2933
6	Rao Tanvi Dinesh	2879
7	Chandak Harsh Shivkumar	2872
8	Sonigara Rakhi Jitendra (Jain)	2839
9	Lahoti Shilpa Lalit CA	2773
10	Agrawal Mukesh Hariram Dr.	2768
11	Banka Pradeep Parmeshwar CA	2764
12	Bang Mahesh Ghanshyamlal	2746
13	Maloo Sanjay Hanumanprasad CA	2726
14	Agrawal Anil Beniprasad CA	2691
15	Mehta Kaushik Harilal	2691
16	Aggarwal Satishkumar Puranchand	2648
17	Narsaria Vivek Rajkumar	2609
18	Jain Lalit Tarachand	2525
19	Agrawal Chandrakant Hariram (Babubhai)	2501
20	Shah Someel Paresh	2490
21	Agrawal Dhaval Shyam	2488
22	Gupta Jitendra Satyawan	2461
23	Kothari PravinkumarAshulalji	2350
24	Parasrampuria Ramakant Basudeo (RP)	2289



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MARCH 7, 2023

# Ranga Rang HOLI 2023

GSC organized its historic GM Ranga Rang Holi 2023 on 7th March 2023 on a very grand scale, under the leadership of Shri Vinod Podaar, Chairman – Cultural.





As promised, GSC GM Ranga Rang Holi 2023 was back with same enthusiasm and grandness. For the very first time, the passes were sold out and Housefull on the first day of sale. Due to the overwhelming response from members, the Management decided to conduct this Holi exclusively for members. With Global Village as the theme, the global experience through decoration was brought down to GSC Homeground. Fulon ki Holi, organic colours and the rain dance brought about the true essence of the festival.

Famous Bollywood star Sonu Nigam touched hearts of the audience with his musical notes. Members grooved to the music of DJ Alex and enjoyed the festival with their hearts out. GSC Panel of Caterers left no stone unturned for satisfying the palate of every member by bring about every cuisine of the table. With the great support of the staff and leadership of the Management, GM Ranga Rang Holi was a big hit with participation of more than 9500 members, making the festival a joyous celebration.







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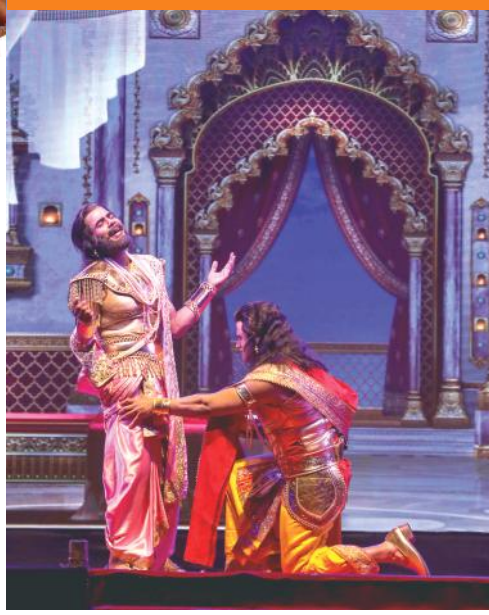
# GSC Jainson Jai Shri Ram



MARCH 30, 2023

# Ramayana

GSC CONDUCTED JAINSON JAI SHRI RAM - RAMAYANA, A THEATRICAL PLAY BY SIDDHANT ISSAR ON 30TH MARCH 2023, UNDER THE ABLE GUIDANCE OF VINOD PODAAR - CHAIRMAN CULTURAL AND CA ANIL AGRAWAL - CHAIRMAN RELIGIOUS INITIATIVES.



On the occasion of Ramnavami, GSC conducted a timeless epic and theatrical play GSC Jainson Jai Shri Ram - Ramayana by Siddhant Issar. The play was conducted by team of 80 members and Puneet Issar's character also added colour and charisma to the play. The performance was synonymous to a powerhouse of creative and strong actors.





Every character's act was justified with the grand sets and their synced coordination. The well-known MLA, respected Ms. Vidya Thakur also graced the event and spoke words of gratitude for the Club for organizing this event.





APRIL 01, 2023



GSC CONDUCTED A MEGA EVENT SPECIALLY FOR GSC WOMEN MEMBERS, GSC NAASH GLITZ & GLAMOUR - CELEBRATING WOMANHOOD, UNDER THE LEADERSHIP OF MR. TANVI RAO - CHAIRPERSON - LADIES WING & PERFORMING ARTS ON 1ST APRIL 2023.

## GSC Naash

# Glitz & Glamour Celebrating Womanhood

GSC conducted a grand event in the dedication of all women, GSC Naash Glitz and Glamour powered by Raddison Resort and Spa and mobile partner Rhythm for women, by women and of women. Organizing a glamorous entry, full of paparazzi, GSC Women members entered like a celebrity. With a very pretty selfie points and with innovative stalls like 360-degree video stall, photobooth, make your own perfume, make up and numerology stalls, women members enjoyed the services for free and made sure they engaged to the fullest. GSC also organized a musical virtual bingo along with lucky draw prizes. Five women were selected from a more than 1000 women and titled as Ms. Glitz & Glamour. They were also given books on travel by author Ashna Shah. GSC women returned home with happy memories from the photobooth and amazing return gifts by GSC.



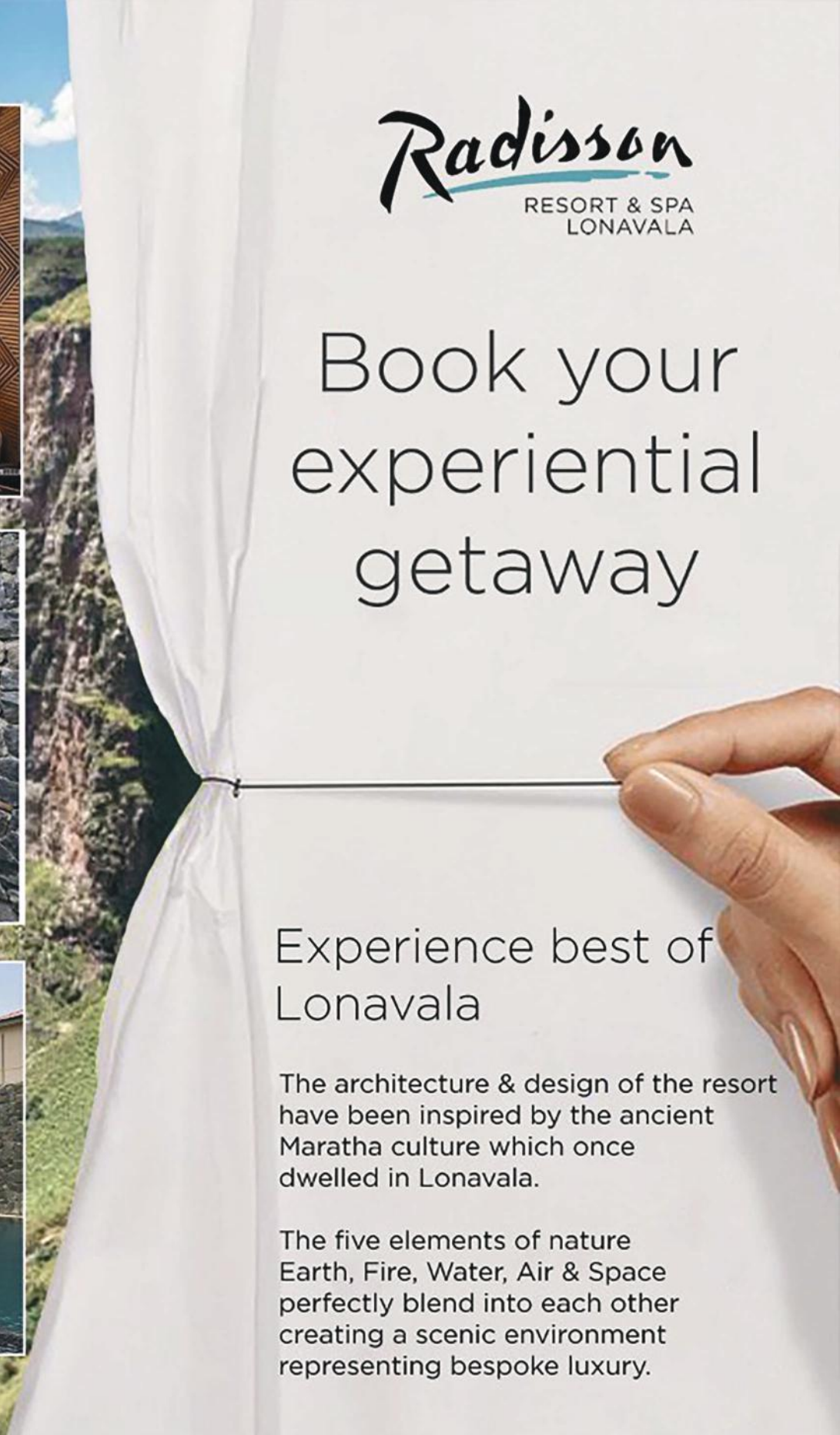




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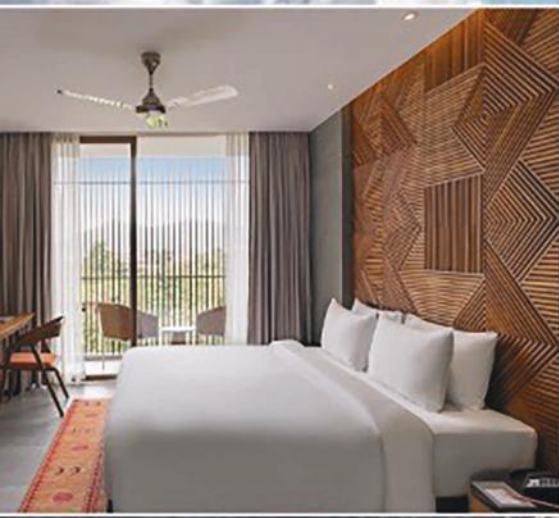


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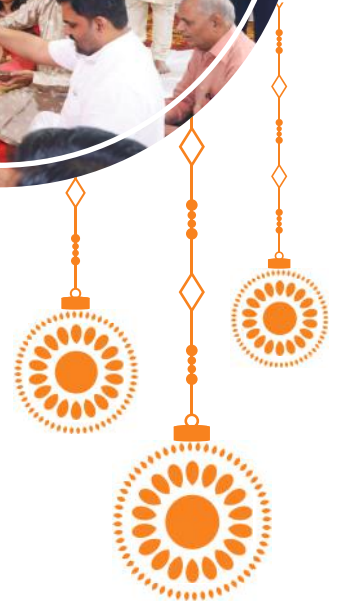
# THE OATH

# CEREMONY

**The Oath Ceremony with the New Management was conducted on 23rd February 2023.**

The Oath Ceremony with the New Management was conducted on 23rd February 2023 after landslide victory of Team GSC United, lead by Dr. Vinay Jain. Winning 23/1 seats, the Management underwent many portfolio changes.

A pooja was conducted before the Oath Ceremony. All the 24 candidates were assigned various portfolios after screening their strength and seniority. After receiving the portfolios, all candidates took an Oath of fulfilling their responsibilities with full commitment and responsibility. The Oath was taken in front of more than 500 members, which was followed by a feast.





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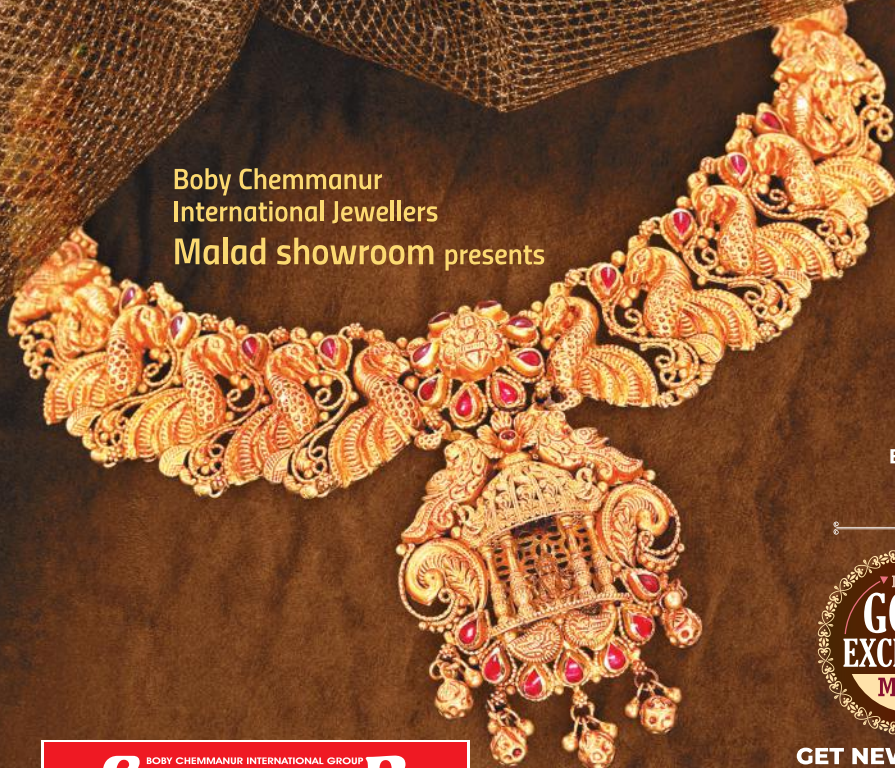
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# Republic Day

JANUARY 26



26 January 2023

Chief Guest  
Mr. Shyam Sunder Pansari | Capt. Vipin Rehani

Guest of Honour  
Vijay K... | Mr. Ra...sh Mo...



GSC organized flag hoisting ceremony on 26th January 2023 to celebrate 74th Republic Day



Republic Day is the day when India marks and celebrates the date on which the Constitution of India came into effect on 26th January 1950. Republic Day is the day when India marks and celebrates the date on which the Constitution of India came into effect on 26th January 1950. Chirag Shetty, international shuttler was the Guest of Honour on this occasion. With patriotism and great respect, the flag hoisting was conducted following the honour with national anthem. GSC Members came in large numbers to salute the Indian National Flag and show their respect. Some children showcased Judo act and gymnastics on the occasion too.





March 10, 2023



# Post Holi Appreciation Cerebrations

GSC CONDUCTED A POST  
HOLI CELEBRATION ON  
10TH MARCH 2023



After an overwhelming response was received by more than 9500 GSC members, GSC Management decided to express gratitude to GSC Panel of decorators and Caterers and vendors who contributed in its grand success. On this occasion, GSC Staff also celebrated Dr. Vinay Jain – President's birthday on 10th March 2023. The staff expressed their gratitude through messages and heartfelt thank you messages for the visionary leader.



**D**r. Vinay Jain expressed his humble gratitude towards the staff efforts. He further congratulated all vendors for contributing to the success of the Grand GSC Ki Holi. Every vendor was felicitated with a bouquet, memento and gold coin for their effort.



*Seminar on Achieving*

# ACADEMIC EXCELLENCE

January 26, 2023

**GSC ORGANIZED A SEMINAR WITH SHRISHTI BANKA ON 26TH JANUARY 2023 ON ACHIEVING ACADEMIC EXCELLENCE AND CHOOSING THE RIGHT CAREER OPTION.**

**W**ith an overwhelming response by the youth, Shrishti Banka shared her experiences and journey through her many degrees earned. As an independent woman, she is a true example of living a quality life. She spoke about her academic experience helping the youth connect with their own turmoil. Many students asked her advice and took her suggestions. She has authored a book of poems. She also distributed the book to students, motivating them to live more than just academics but towards personal development.



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*April 15, 2023*

# *Thoda* **GYAN** *Thodi* **MUSKAAN**



**GSC CONDUCTED A MEDICAL EVENT  
THODA GYAN THODI MUSKAAN –  
TALK BY DR. TUSHAR SHAH,  
UNDER THE LEADERSHIP OF  
DR. MUKESH AGRAWAL – CHAIRMAN –  
MEDICAL CELL ON 15TH APRIL 2023.**



**G**SC conducted a medical seminar infused with humour, Thoda Gyan Thodi Muskan - A Talk by Dr. Tushar Shah. He is a well-known stand – up physician and also a laughter challenge finalist. GSC also witnessed a housefull within an hour for this event. An overwhelming response for sure, members also laughed their hearts out while carefully listening to medical information. People were glued to their seats for more than an hour, as they were engrossed in the talk by this laughter challenge fame. An informative and humorous talk, the event was also graced by our guest of honour – Kanhaiyalal Saraf ji. Members congratulated Dr, Mukesh Agrawal ji for the grand success of his first event and he promised to organize many more such innovative events.



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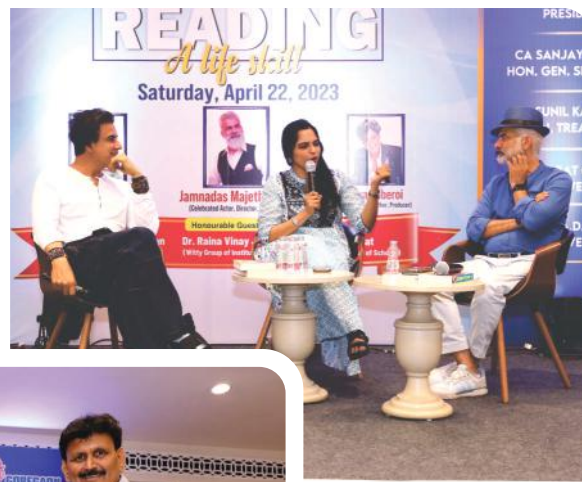


by  
**MR. VICKY GORAKSHA**

# Reading A Life Skill

April 22, 2023

**GSC CONDUCTED AN EVENT -  
READING - A LIFE SKILL UNDER THE LEADERSHIP  
OF MR. BHARAT GALA - CHAIRMAN PROJECTS &  
FUTURE DEVELOPMENT, ON 22ND APRIL 2023**



On the eve of World Book Day, GSC conducted Reading – A life skill event, which was graced by an amazing panel – Mr. Jamnadas Majethia (JD), Mr. Karan Oberoi and Ms. Reeta Ramamurthy Gupta. The event was also graced by special guests Dr. Raina Vinay Jain from Witty Group of Institutions and Prof. Simson Kochan from Holy Angel English School. The panel discussed their

journey of authoring books and suggested ways to our members to promote reading. Mr. Mitesh Gaiwala was kind enough to donate 200 books to the GSC Library. He also donated Peace Lily plants, as it was World Earth Day on the event day. Our Special guests

– Dr. Raina Vinay Jain and Prof Simson Kochan shared their thoughts about habitual reading. GSC celebrated World Earth Day and World Book Day, creating awareness about the jewels of nature and knowledge.



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# Annual General Meeting



**THE 42ND AGM WAS CONDUCTED ON 19TH FEBRUARY 2023, AFTER THE ELECTION 2023-26.**



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# An Extraordinary NATIONAL ACHIEVEMENT in the History of International BADMINTON



MAY 1, 2023

GSC celebrated the historic victory of our very own GSC shining star, Chirag Shetty with magnificence and joyous smiles. Chirag Shetty, the arjuna awardee won the Badminton Asia Championships at Dubai with another talented player, Satwik Rankireddy.



The Badminton Asia Championships is a tournament organized by governing body Badminton Asia to crown the best badminton players in Asia. The tournament started in 1962 and is held annually since 1991. Gold medal was won by India in 1965 by senior play Dinesh Khanna and now after 58 years the duo was victorious with Gold Medal. It has indeed been a proud and celebratory moment for India and GSC.

The Management and GSC members first welcomed our star player with the traditional garland, respecting and commemorating the victory and its grandness for the country. A procession with dance and music was organized for the international shuttler who made us very proud, again.

We wish Chirag Shetty the best of luck and success for all his future endeavors.





# VOLLEY BALL



GSC VOLLEYBALL WINTER LEAGUE WAS ORGANIZED BY OUTDOOR CHAIRMAN AND THE FINALS TOOK PLACE FROM 13TH JANUARY TO 29TH JANUARY 2023.

Jan 13 - Jan 29 2023



**GSC** conducted the first ever season of Volleyball Winter League in January 2023. The matches were played between 7 teams name Superstar, Warrior, Challengers, Blasters, Gladiators, Riders & Kings with a total of 63 participants. A game of 3 sets with 15 points each was played. **The Finals took place between two extremely skilled teams viz. Gladiators and Blasters.** With great sportsmanship and enthusiasm, the finals were enjoyed by many members and Team Gladiators won the match.



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# 45+ CRICKET SERIES

CRICKET IS IN THE SOUL OF GSC. AFTER A SUCCESSFUL GSC T20 SERIES, 45+ SERIES COMMENCED FROM 9TH JANUARY 2023 TO 12TH FEBRUARY 2023.



**G**SC organized the Season 5 of 45+ Cricket Series. This is one of the most successful series showcasing the GSC Cricket fever. More than 250 participated in 8 teams namely **Blasters, Challengers, Gangsters, Warriors, Superstars, Riders, Chargers & Gladiators**. The grand finals took place between Team Blasters and Team Challengers. Team Blasters won the finals winning Rs. 75,000. The Runner up team Challengers won a sum of Rs. 50,000. Nandkishore Maheshwari won the Man of the Match title with an amount of Rs. 10,000. Best Batsman was won by Alok Somani, Best Bowler Title was won by Pravin Kothari and Best Wicketkeeper was won by Amol Polke with a sum of Rs. 5,000 each. The finals were celebrated with a grand Gala dinner enjoyed by the participants, members, families and friends.



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March 17, 2023



# Women's Box Cricket



GSC conducted Women's Box Cricket, an initiative to celebrate women playing sports and women's day under the leadership of Rakhi Sonigra - Chairperson Sports (Indoor - I) on 17th March 2023.

GSC conducted GSC Women's Box Cricket to celebrate womanhood and promote playing sports. A fun-filled event with more than 100 GSC women participated. Team Avengers were the winners and Team Red Wings were the runner ups. Matches were also conducted for Senior Citizen women. Team Super Queen emerged as winners and Team Super Women were runner up in this category.

Everyone enjoyed this fun filled sporty day out and women returned home with broad smiles and emotions of happiness which were scored beyond boundaries.





Mar 22, 2023 – Apr 6, 2023

# T-10

GSC conducted the GSC T-10 Cricket series from March 22, 2023 to April 6, 2023 under the leadership of Mr. Kaushik Mehta – Chairman – Cricket.



GSC conducted the 2nd successful season of GSC T-10 Series. From Cricket enthusiasts to sports lover, the participation for this series was joyous and grand. Following a professional selection process, 128 participants were selected. With 8 talented teams, the finals were played between Team Challengers and Team Warriors. The team which was victorious Team Warriors and Team Challengers won the Runner Up cup.

Many Titles were also recognized and awarded to various player participants.

Magic Moment Tournament	Amarkant Jain
Man of the Match	Aryan Patni
Catch of the Tournament	Shashwat Jhunjunwala
Best Wicketkeeper	Raghav Tibrewala
Maximum Fours	Aryan Patni
Maximum Sixes	Aryan Patni
Orange Cap	Aryan Patni
Purple Cap	Avin Patel
Man of the Series	Aryan Patni
Best Fielder	Jigar Shah
Fair Play Team Award	Super Kings
Emerging Players of the Tournament	Kunvar Mahajan Krish Subramaniam Sidharth Mohite Simrat Bhamra Bhavnit Birdi Akhil Subramanian

**The Series were enjoyed by many members and the finale was celebrated with a grand gala dinner.**



Apr 9, 2023

# ICON

## Badminton Cup

GSC conducted GSC Icon Badminton Cup on 9th April 2023, under the leadership of Rakhi Sonigra – Chairperson – Sports (Indoor-I).

The war of shuttles took place at GSC Icon Badminton Cup amongst 6 talented teams namely Brahmos, Agni, Prithvi, Fighter Jets, Submarines & Missiles. With participation of 50 players, Badminton was enjoyed with great sportsmanship and happiness. Team Fighter Jets emerged winners against Team Missiles. The championship finale was enjoyed and celebrated with grand dinner.





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# 45+ T10 series

GSC organized the GSC 45 plus T10 series under the leadership of Kaushik Mehta – Chairman – Cricket from April 11 to April 23, 2023.



GSC conducted the first ever innovative and exciting GSC 45 plus T10 Cricket series. Maintaining the cricket fever at GSC, members kept playing, creating many joyous and memorable cricket moments. After playing innumerable matches, Team Warriors emerged as winners while Team Gladiators were titled the Runner Up team. The Finale was followed by huge gala dinner.



Magic Moment Tournament	Sachin Khatarde
Man of the Match	Vijay Singh
Catch of the Tournament	Ashish Chaparia
Best Wicketkeeper	Vipul Gala
Maximum Fours	Gautam Parekh
Maximum Sixes	Sushil Patil
Orange Cap	Gautam Parekh
Purple Cap	Sachin Khatarde
Man of the Series	Sachin Khatarde
Best Fielder	Rajesh Gadgil
Fair Play Team Award	Challengers





APRIL 29, 2023

# GSC INTER ACADEMY SQUASH CHAMPIONSHIP

GSC INTER ACADEMY SQUASH TOURNAMENT WAS CONDUCTED ON APRIL 29, 2023 UNDER THE GUIDANCE OF SOMEEL SHAH, CHAIRMAN SPORTS (INDOOR – II).

The War of racquets was witnessed at its best at GSC during the Inter Academy Squash Tournament. With various categories like Mixed U-13, Boys U15, Men's, Women's and Women's Icon. The matches were thoroughly enjoyed by the over more than 35 participants.

## The winners were as follows

Mixed U-13	
Winner	Sanaya Gajria
Runner – Up	Aurum Shenoy
Boys U-15	
Winner	Mst. Het
Runner – Up	Dev Sangoi
Men's	
Winner	Jyotirmay Bhadech
Runner – Up	Ruhhan Arora
Women's	
Winner	Dhriti Sharma
Runner – Up	Komal Gandhi
Women's Icon	
Winner	Pujita Mohta
Runner – Up	Mehak Gupta



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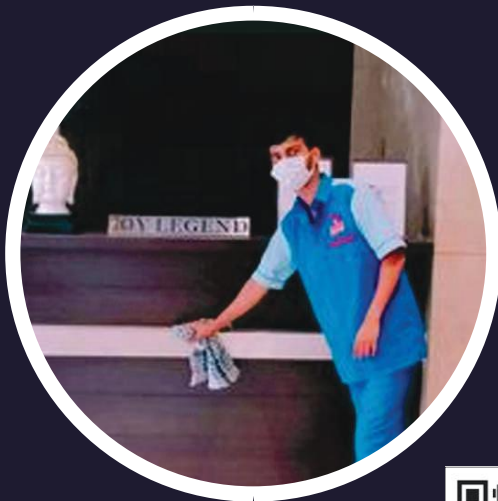
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APRIL 15, 2023



# GSC INTER STAFF SPORTS DAY

**GSC CONDUCTED INTER-STAFF SPORTS DAY FOR ALL STAFF MEMBERS BOTH MEN & WOMEN ON 15TH APRIL 2023.**

GSC conducted Inter-staff sports Day, a recreational day for all staff members on 15th April 2023. GSC women also assured great participation spirit as Throwball, Tug of War and Box Cricket was organized for them. The male staff only played cricket. More than 100 staff members participated and enjoyed the much-needed break. GSC believes that Staff health, both physical and mental is of utmost importance. The Club keeps organized indoor and outdoor sports events for staff every six months.



Sport	Winner	Runner-up
Women's Throwball	Jidnyasa Gaikwad Trishla Page	Shivani Jotshi Florina D'Souza
Women's Box Cricket	Team Chamakte Sitare Trishla Page Jidnyasa Gaikwad Floriana D'Souza	Team Gangster Shivani Jotshi Pranjal Ghag Asma Baig
Tug - of - war	Pranjal Ghag Jidnyasa Gaikwad Florina D'Souza	Shivani Jotshi Trishla Page Asma Baig
Men's Cricket	Janta Raja Team Captain: Suhas Mohite	Health Club Captain: Abhijeet Badge



Best Batsman	Best Bowler	Best Fielder	Man of the Match	Man of the Series
Omkar Thakur	Amit Sanap	Punit Shah	Akshay Narvekar	Priyanshu Mishra



April 15-16, 2023



# Summer Volleyball Championship

**G**SC is all about breathing and living sports and the Club conducted GSC Summer Volleyball with abundant love for the game. With an amazing number of 50 participants, no stone was left unturned in the organization of the tournament.

Team Heat Waves emerged as winner against Team Fire. The Finals were celebrated with grand dinner and members enjoyed with happy memories.



GSC conducted GSC Summer Volleyball Championship on 15th and 16th April 2023, under the leadership of Satish Agrawal - Chairman - Volleyball.





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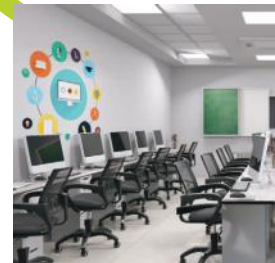
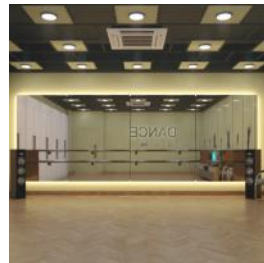
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# HEALTH CORNER



## POLYCYSTIC OVARY SYNDROME (PCOS)

**P**olycystic Ovary Syndrome, also known as PCOS, is a common hormonal disorder among women of reproductive age. It affects around 10% of women worldwide, and is one of the leading causes of infertility in women.

PCOS is a condition caused by an imbalance of hormones in the body, particularly high levels of androgens (male hormones). This can result in irregular or absent menstrual cycles, ovarian cysts, difficulty in getting pregnant, and other health issues. Women may have excessive hair growth on the face, chest, and back, acne, weight gain, and mood swings.



These symptoms can have a significant impact on a woman's quality of life, both physically and emotionally. If left untreated PCOS can lead to obesity, diabetes, hypertension and uterine cancer.

The exact cause of PCOS is still unknown, but genetics and lifestyle factors such as diet and exercise have been found to play a role. There is no cure for PCOS, but it can be managed with the following treatment

Treatments can include lifestyle changes, medications or a combination of both.

### FOR WOMEN NOT PLANNING TO CONCEIVE

- ▶ Lifestyle changes such as maintaining a healthy diet, regular exercise, and stress management can help to improve PCOS and its associated symptoms. Therefore PCOS patients should focus on improving their lifestyle.
- ▶ Hormonal birth control pills which help to regulate menstrual cycles can be given, some forms of pills will also improve acne and reduce excess hair growth by reducing androgen levels.
- ▶ PCOS patients have insulin resistance and some may have family history of diabetes. Once insulin is under control, some people will see improvement in PCOS. Therefore Metformin and inositols are prescribed to improve glucose metabolism.

### FOR WOMEN PLANNING TO CONCEIVE

- ▶ Most of the PCOS patients do not ovulate, therefore they are prescribed oral ovulation inducing drugs like letrozole and clomiphene citrate. If oral drugs fail, gonadotropin injections can be given to induce ovulation but taking care to avoid Ovarian hyperstimulation and multiple pregnancy. Sometimes laparoscopy is required to check tubal patency and at the same time ovarian drilling can be done to correct hormonal imbalance.
- ▶ In vitro fertilization (IVF): This is an option for people with PCOS when medication doesn't help in conceiving, IVF specialist remove eggs from the ovary and fertilizes wife's eggs with husband's sperm to form embryo in an IVF lab before transferring into the uterus.

***In Conclusion, Pcos Women Can Lead A Healthy Normal Life With Proper Guidance And Care And By Adopting Healthy Lifestyle And Proper Medical Treatment.***

**Dr. Mukesh Agrawal MD**  
Gynaecologist & IVF Specialist

**Dr. Simi Kwar MS**  
Gynaecologist & IVF Specialist



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# A Super Salute to our Super Fit

## 70's GSC Members

*Old Age is a Social Construct rather than a Definite Biological State*

WE WEARING DIAPER AT THE SAME TIME, WE DIDN'T GROW UP TOGETHER, HOWEVER, I WAS IN THE CRIB, AND THEY WERE PLAYING CRIBBAGE IN THE NURSING HOME

- JAROD KINTZ

For untold centuries in India, it has been routinely regarded as immoral to neglect the needs of ones elder. In India, around 2\3rd of the population is below or close to 30, so does talking about old age people ( which exist) sounds awkward?

In India most of the aged poor are merely existing with out proper food, shelter or medical care. The assistance provided by the government is negligible. Social and religious organisation also are not doing much. We can see many elders living as beggar in the cities. Many dies hunger; those who do not starve to death may die of loneliness. The whole concept of age care in India is an ancient part of our civilization, whereas ageing as a problem is a product of

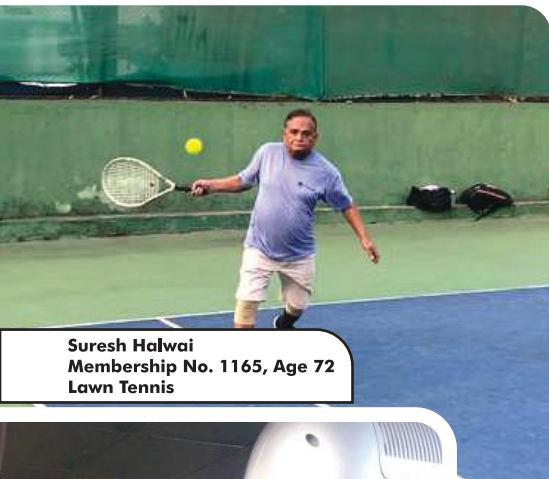
modern India. In modern time due the urbanisation and the job requirement of the young people the ideal family system had gradually broken down. People are following western countries and nuclear family system is fast coming up leaving the old people helpless and neglected. Young people think old as a source of hindrances in their progres, they find it difficult to meet the needs of the old people. Elderly people do not require luxury, they seek love, affection, and company.



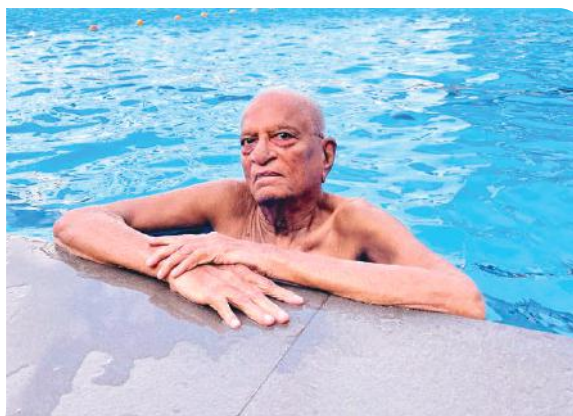
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Membership No. 1493, Age 76  
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Table Tennis



**Suresh Halwai**  
Membership No. 1165, Age 72  
Lawn Tennis



**Rasiklal Doshi**  
Mem. No. 3077, Age - 85  
Swimming Pool



**Surendra Makharia**  
Membership No. 3331  
Regular Gym User



**Capt. Vijaykumar Vasudev**  
Membership No. 5406  
Regular Gym User



In a sense my disbelief is wisdom. Those of a middle generation, if charitable or sentimental, subscribe to the wisdom myth, while the callous

see them as a dispensable objects, like broken furniture or dead flowers. For the young, elderly people scarcely exists unless they are unavoidable members of the same family - farting, slobbering, perpetually mislaying teeth and bifocals. Once this old people might have been young and beautiful, once they might have been some young man/ women's dream baby but now, they are snoring with their mostly toothless mouth pointing at the ceiling.

So dear friends everything gets olds, including us. Yes you can stay young at the age of 80, but body shows up the sign of getting older and wiser. I believe that every wrinkle on the face of an old person is the sign of his /her wisdom and practical knowledge which he/she has gathered over the years.



**Ramesh Maniar**  
Membership No. 2008  
Billiards



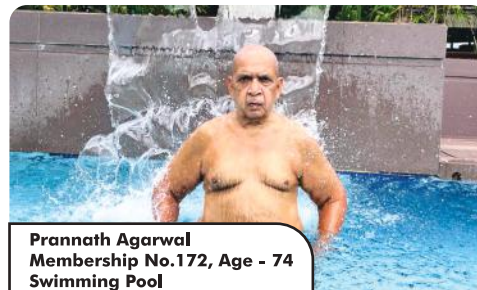
**Jugalkishor Asawa**  
Membership No. 7417  
Regular Gym User



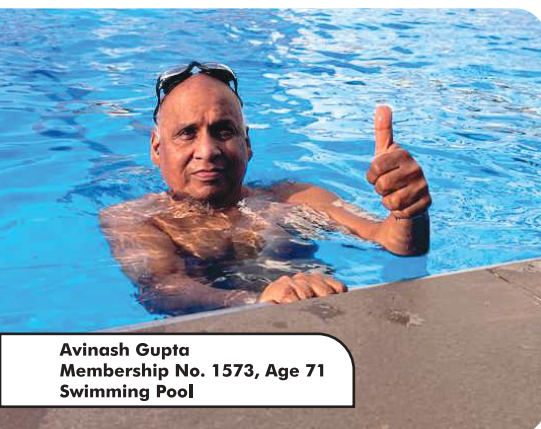
**Kirit Shah**  
Membership No. 180  
Regular Gym User



**Dr. Arun Acharya**  
Membership No. 6253  
Regular Gym User



**Prannath Agarwal**  
Membership No.172, Age - 74  
Swimming Pool



**Avinash Gupta**  
Membership No. 1573, Age 71  
Swimming Pool

Every old face encapsulates a story. You can see immense emotions and feeling subaquatic in their eyes. Elderly people don't want

anything from you except your time, so, try to give them the respect and time they deserve. Always remember that every old person had been young and every young person has to grow old one day, if he/ she is ordained to live long. Give the old a feeling that you look forward to them for their advice and guidance in life.

Plz ..... Don't forget that Growing old is an inevitable physical and mental transition that doesn't have to be painful or debilitating. They want their children to be with them in the evening of life, to provide warmth and comfort them. Think on moral grounds..... Why do we tend to forget that the reason we studied, we are alive is our parents, reason we survived all the disease is our mother's care. The hands who made us walk is our parents; but, when our time comes to show our gratitude, we back out. I would like to believe in the myth that we grow wiser with age.



**Dr. Harsha Jain**  
Orthospine Centre and Physiorehab Care



# *Congratulations*

**CHIRAG  
SHETTY**

**SATWIK  
RANKIREDDY**



**GOLD MEDAL**

**Asia Badminton Championships 2023 Dubai**

**Momentous & Historic Win after 58 Years!**





*Congratulations*



**Rajesh Bhanushali** Mem No. 6899  
**& Prasad Shetty** Mem No. 3370  
 for Winning  
**GOLD MEDAL**  
 G.D. Birla tournament

*Congratulations*



**Anish Anil Maurya**  
 Membership no : 5743  
 for winning  
**One Silver & Two Bronze Medals**  
 RGOI National Skating Championship 2022-2023, Belgaum

*Congratulations*



**Abir Seth**  
 for winning

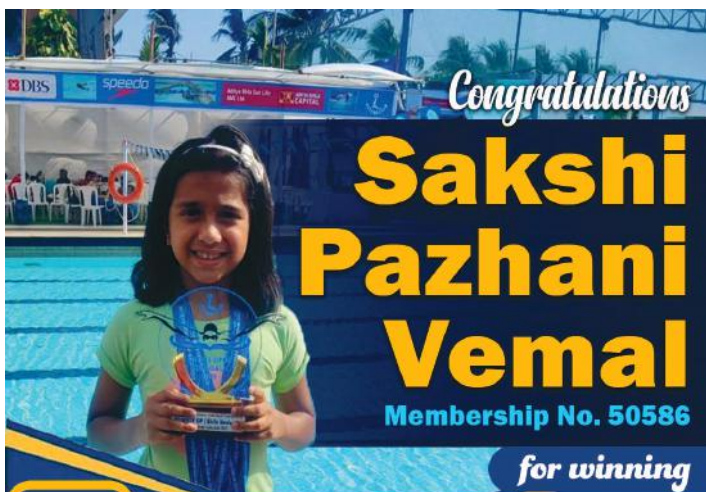
- GOLD - Freestyle 50 Meters
- GOLD - Backstroke 50 Meters
- GOLD - Freestyle 100 Meters
- GOLD - Individual Medley 100 Meters
- SILVER - Butterfly 50 Meters
- SILVER - Breaststroke 50 Meters

MIG Cricket Club 8<sup>th</sup> Open Swimming Gala 2023

*Congratulations*



**Smit Manoj Rao**  
 Membership No : 53168  
 for winning  
**Silver Medal**  
 Maharashtra State Unequipped Powerlifting Championship 2023



*Congratulations*  
**Sakshi Pazhani Vemal**

Membership No. 50586

*for winning*

- |  |   |
|--|---|
| <b>36<sup>th</sup> Otters Open Swim Gala</b> | <b>Bronze- 50 meters butterfly stroke</b> |
|  | <b>Silver- 50 meters backstroke</b>       |
|  | <b>Silver- 50 meters breaststroke</b>     |
|  | <b>Gold- 100 meters Individual medley</b> |



*Congratulations*  
**Mitansh Mehul Jain**

Membership No : 53236

*for Securing*

**3<sup>rd</sup> Position**

**Men's Open, Squash**  
**Aavhan IIT, Powai**



*Congratulations*  
**Aanika Pravin Bhatia**

*for winning*

- |  |  |
|--|--|
| <b>Bronze - 50 meters Breaststroke</b>           | <b>Matunga Gymkhana 12<sup>th</sup> Open Meet 2023</b> |
| <b>Silver - 50 meters Back</b>                   |  |
| <b>Silver - 100 meters IM</b>                    |  |
| <b>Gold - 50 meters Freestyle</b>                |  |
| <b>Gold - 50 meters Butterfly</b>                |  |
| <b>Gold - 200 meters 4x50mtr IM Relay</b>        |  |
| <b>Gold - 200 meters 4x50mtr Freestyle Relay</b> |  |
- in Swimming*



*Congratulations*  
**Aarya Pravin Bhatia**

- |  |
|--|
| <b>Silver - Freestyle 50 meters</b>                    |
| <b>Silver - IM 100 meters</b>                          |
| <b>Gold - 4 x 50 meters IM Relay 200 meters</b>        |
| <b>Gold - 4 x 50 meters Freestyle Relay 200 meters</b> |

**Matunga Gymkahana 12<sup>th</sup> Open Meet 2023**



*Congratulations*

**VIDHANT  
AAYANKOVIL**

Membership no : 50805  
*for winning*

**SILVER MEDAL**

at  
**MSSA Martial Arts (Judo)**

*Congratulations*

**Purna  
Parwani**  
Membership no : 7325  
*For winning*

**Vijay  
Parwani**  
Membership no : 7325  
*For winning*

**3 Gold Medals**  
5,000 metres,  
1,500 mtrs & 800 mtrs

**1 Gold Medal**  
10,000 metres

Category : 55 +

**3rd Mumbai Suburban Masters Athletic Championship 2022**

*Congratulations*

**Darsh  
Ankit  
Kedia**  
*for winning*

**Silver Medal**

**MSSA Badminton Tournament  
at CCI Club, Mumbai**

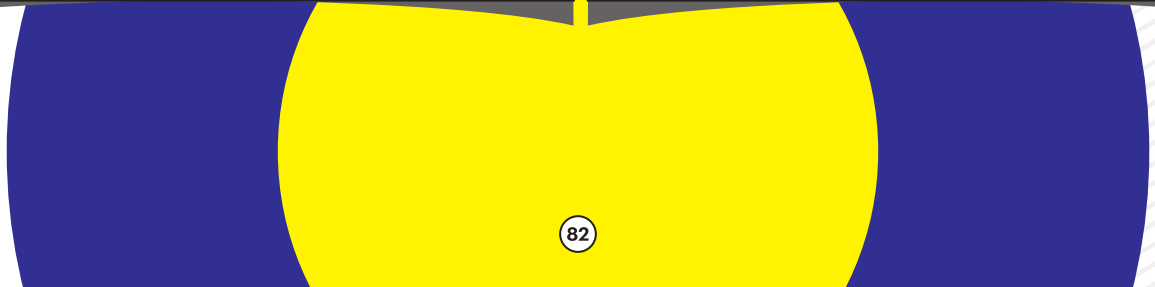
Category  
**U-10**

*Congratulations*

**Kashika  
Mahajan**  
*for securing*

**2<sup>nd</sup> Position**

**Sports Fest, IIT Bombay in Womens Doubles**






*Congratulations*  
**MEHR SHAH**  
*for winning*  
**SILVER MEDAL**  
MSSA Martial Arts (Judo)  
Category : U-8, 30 Kgs



*Congratulations*  
**RENUSHKA  
AYYANKOVIL**  
Membership no : 50805  
*for winning*  
**BRONZE MEDAL**  
at  
MSSA Martial Arts (Judo)



*Congratulations*  
**Arnav Manoj Karnavar**  
Membership No : 7222  
*for winning* **Gold Medal**  
in Table Tennis  
Maharashtra State Senior  
Table Tennis Championship, Pune



*Congratulations*  
**Ansh Anuj  
Jalota**  
Membership No. 7842  
*for securing*  
**2<sup>nd</sup> Position**  
All India Tennis Championship, Jaipur





**Congratulations**

**Apoorwa Deepak Gupta**

Membership No. 6759  
for winning

Bronze - 50 meters Breaststroke  
Bronze - 50 meters Freestyle

**Matunga Gymkhana 12<sup>th</sup> Open Meet 2023**

**Congratulations**

**Avni Deepak Gupta**

Membership No. 6759  
for winning

Bronze - 50 meters Butterfly

**Matunga Gymkhana 12<sup>th</sup> Open Meet 2023**

**Congratulations**

**JIYANA MUDIT MEHTA**

For appreciation in

**INDIA BOOK OF RECORDS**

For identifying the flags of 21 countries in 1 minute, at the age of 3 years & 5 months

**CONGRATULATIONS**

**KUMAR AJWANI**

Completed

**BOB GOLDEN QUADRILATERAL RUN**

5932.72 Kms in 100 days  
(08-11-2022 to 15-02-2023)





*Congratulations*  
**ZEESHAN  
MRUGESH  
SHAH**  
*for winning*  
**GOLD MEDAL**  
MSSA Martial Arts (Judo)



*Congratulations*  
**Ketaki Aniket Thite**  
Membership no : 7789  
*for winning*  
**2 Gold Medals**  
*for both the Team  
and Individual Events  
in Badminton*  
Mumbai Schools' Sports Association,  
Badminton Tournament, CCI




*Congratulations*  
**Yatish  
Ramakant  
Thakur**  
Membership No : 3213  
*for winning*

**Silver**  
in  
Discus Throw

**Gold**  
in  
Hammer Throw

**Silver**  
in  
Shot Put

National Veteran Sports &  
Games Championship, Nashik



*Congratulations*  
**Zayan  
Samir  
Kapadia**  
Membership No : 64107  
**Runner up**  
Boys Under-15 Badminton  
**Maharashtra State Open Badminton Tournament**






**CHIDANAND ACHARYA**  
FINANCIAL ADVISOR

**Aaj ka SWAG**  
**Kal ki happiness**  
**guaranteed<sup>+</sup>.**

PRESENTING MAX LIFE



BECAUSE FOR YOUR LOVED ONES

**YOU ARE THE DIFFERENCE™**

**Enhanced Flexibility | Liquidity | Enhanced Protection | Guaranteed Maturity**

Your family looks up to you to make their dreams a reality.  
With **Smart Wealth Advantage Guarantee**, you can.

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- Organisation when it comes to LIFE INSURANCE .
- Is Max Life Insurance Reliable? , check its current CSR, which is 99.34% its the Highest Claim Settlement % in comparison of other companies.
- Here in Max Life we help you to protect your family and financial growth for lifetime.

**For more details**

**Chidanand Acharya :- 9892116439 | Email: cpacharya293@yahoo.co.in**

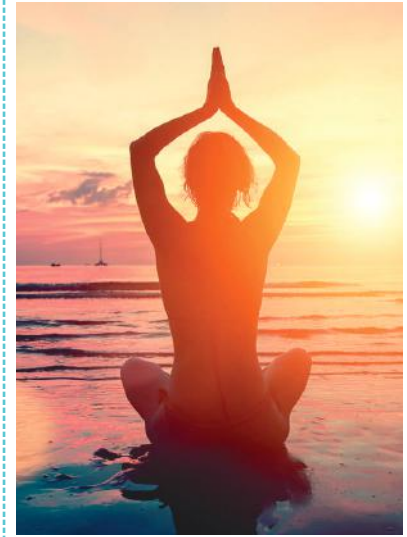


# Heal With YOGA

**Y**oga is not magic, but it is a magical toolkit for healthy living rooted in ancient science. Most people relate to yoga initially as purely a physical activity or a breathing exercise, however Yoga is a way of life which offers a blueprint for holistic healing of the mind, body and spirit.

"We hold our issues in our tissues", our mind and body are connected, and each affects the other. Given our fast paced and overwhelming lifestyle, we are always pressed against time. We do not have enough time to resolve many issues and challenges, which leads to anxiety, frustration, and irritation. If this state is unresolved for a longer duration, we fall prey to various psychosomatic disorders like Diabetes, Hypertension, Obesity, Migraine, PCOD and many other lifestyle diseases.

Yoga being holistic in nature helps in bringing the perfect balance between the mind and the body. The purpose of yoga is to strengthen the body's inherent defence mechanism to put up a brave fight against the offenders so that inner natural powers of body and mind are helped to gain homeostatic balance. Yoga offers various tools and techniques which accelerate the process from being in disease to being at ease. These tools are broadly divided into following categories.



## Yama Niyama

They are social and personal codes of conduct which help in bringing a balanced and harmonious relationship between us and our environment.

## Asana

Asana cultivates adequate muscle. They help in eradicating the disturbance in the tonic rhythm of the body and re-establishing harmonious functioning of the whole system.



## Mudras & Bandhas

Mudras and Bandhas help in changing the internal pressure of the body affecting visceral tone and glandular secretion.

## Pranayama

Pranayama helps in improving the functioning of respiration by promoting circulation, nutrition and health of vital organs.

## Shuddhi Kriya

They detoxify the body from inside by removing excess phlegm, waste material or toxins. Not only the toxins from the physical body are cleared but they also help in mental catharsis.

## Yogic diet

Yogic diet is an important subject and if given a fair bit of consideration to what to eat, how to eat, how much to eat and when to eat, one can stay healthy by eliminating a large chunk of junk from their body.

## Meditation

Meditation is medication for lifestyle diseases. It helps to bring emotional stability and an integrated personality.



Yoga regards every disease as a critical change in the body as a whole. Hence no single practice of any asana, mudra or pranayama can help in eliminating the disease. But it's a combination of various practices which helps in cultivating the correct psychophysiological attitude by bringing a perfect balance between physical, mental, social, intellectual, emotional and spiritual well-being of a person.

However, one must always learn the suitable yogic practices under the guidance of a certified Yoga therapist as not every technique can be recommended to everyone. A Yoga therapist designs a yogic protocol very carefully considering the limitations, age, range of motion and overall health condition of the patient.

**From disease to ease, embark the journey to well being by healing with Yoga.**



Renu Jain (Yoga Therapist)  
Membership No: 4725





A. Almeida

9820115147

# **PERSONAL CONSULTANCY SERVICES**

**Medical Admissions, NEET - PG, NEET - UG.**

**B/12, Divya Smruti, Opp. Toyota Showroom,  
Link Road, Malad (West), Mumbai - 400 064.**

# GPS Infotech

# Did You Know the Moon Speaks of Transformation?

How often have you associated the moon with metamorphosis? Perhaps not too often.

Metamorphosis is assumed to be exclusive to butterflies and moths. However, that is not always the case. Metamorphosis is a broader concept and of much more substance than it is given credit for. Let us find out more about the astonishing correlation between the moon and metamorphosis.

## Moon and Metamorphosis

The moon is perhaps one of the most beautiful things to exist and it is a truth that is hard to defy. The moon goes through eight phases and is treasured in each one of those phases. During the hours of darkness, the moon's radiance sways us off our feet in the blink of an eye, without us realizing it. One minute we are staring outside our windows and the next minute the moon has us gazing at it with starry eyes. Even though none of us have been fortunate enough to view the moon intimately, we have visualized it to appear a certain way. Irrespective of the phase of the moon, it is naturally elegant and never fails to astonish us. The moon offers more than an exceptional sight by the window if looked at closely. It speaks to us about metamorphosis in ways we cannot imagine.

Like the moon, we all go through life's phases and have our share of flaws. We are only human. The uncanny resemblance between the moon and our journey of life has now been brought into existence. The moon never sticks to one phase. Instead of drowning ourselves in a pool of self-pity, let us start making an effort to be grateful for the phases of life that increasingly help us love ourselves a little more. We are given a chance to imbibe the lessons from the respective phases and embrace every flaw. Believe in your beauty and the power of inspiring the ones around you.

Each phase is only aimed at helping us transform into a better version of ourselves. It's almost as if the moon is beaming at the world each night, sleekly reminding us 'Do not forget to shine even in the absence of light'. This is your sign to BiE the moon and love yourself more each day!

Vedika Vivek Narsaria  
Membership No: 308





 **Ashwamedh**  
Swimming Academy

# REFRESH YOUR MIND AND SOUL

Sanjay Khanvilkar



9004775566

204, Irkhade Bhavan, Budha Galli, Varsova,  
Andheri (W), Mumbai 400 061

“

My name is Ridhhaan Jain, I am 9-year-old. I am an author, audiobook narrator, motivational speaker, child philanthropist and founder of Ridhzworl Publishing. Isn't that great for a 9-year-old! I and my parents have put a lot of effort and worked hard to reach till here and I promise to work even harder to earn more titles.



Ridhhaan Jain  
Membership No: 50984

I am sure by now you are curious to know more about me and what do I do so. I have written 4 books and narrated their audiobooks. The names of my books are "Once Upon In My Mind", "The Mirror and The Greedy Man", "The Despicable Virus" and "Penny and The Monsters". My first audiobook was launched at Poona Blind School in Koregaon Park. I was ecstatic and amazed to see the visual impaired children yet so powerful and kind. They fell, they stood, looking at them I learnt we should never give up. Whenever I think about them, they make me emotional. Whatever I earn from my audiobook I share with them for their welfare. I also support an NGO name BVJSS(Bhatkya Vimukt Jati Shikshan Sanshta) in Pune. This NGO has more than 350 orphan children. They help them with accommodation and education. I often visit them to spread love and spend time with them. We have lot of fun by playing sports together, doing activities, and storytelling. I have run donation camp for them and that earned me a position of Brand Ambassador of BVJSS. The children there are so endearing, sincere, and hardworking. I request you all to visit them with family and friends. They need your love and support. I guarantee it will be one of your best experiences.

”

After my first visit at the blind school, I wanted to support and give platform to other talented children like my parents did for me. Last year in 2022, I initiated a story writing competition where I sponsor book publishing of winning stories. I was so happy to see so many children from multiple countries participating in my competition. 8 winners were chosen by our 3 judges and a moderator. I take a pride to announce that book "Once Upon In Our Minds" will be launched on 21st April 2023 and the hard work of our 8 winners, my full RidhZWorld team will show to the World. In few months the second season of my story writing competition will take place and I hope we able to reach more children and they get the chance to participate.

visit at the blind school, I wanted to support and give platform to other talented children like my parents did for me. Last year in 2022, I initiated a story writing competition where I sponsor book publishing of winning stories. I was so happy to see so many children from multiple countries participating in my competition. 8 winners were chosen by our 3 judges and a moderator. I take a

To conclude about myself, I am an emotional and a self-motivated child, I want to make this World a better place by helping others. I am passionate about reading so I request you to read as it will improve your vocabulary and will allow you to broaden your thoughts and imagination. Other than this I love singing but in my tune. I enjoy playing outdoor sports especially cricket, golf, and swimming. Thank you for allowing me to express and giving a platform to introduce myself. I wish you all be happy.



Advik Sharma  
Membership No - 7263



## *The frost demon of the spring*

Winter had given in, there was no dead sign  
of morning dew  
It was the time for action, but only for a few

The sun beat down mercilessly, no sign of  
the swirling fog  
I heaved a sigh of relief, and went out for a  
jog

Though the sun tarnished my skin, a cool  
wind kept blowing in the air  
It caused my goosebumps to appear, and  
blew away my hair

Glistening with sweat, I panted all the way  
On the arsenic-black road where cherry  
blossoms lay

Oh! What a beautiful sight, I felt heaven was  
nigh  
But my happiness was short timed, as I felt  
something soar through the sky

Every window in my sight was frosted, it was  
interrupting my peace of mind  
Who was that strange creature, who was he  
trying to find?

Then I felt my body freeze, who was this  
awkward ghost?  
Who devoured its prey by covering it in  
frost??

Prisha Hadkar  
Membership No - 902



## Can we save **MOTHER EARTH?**

My granny has witnessed gigantic rivers.  
Wow it would be so much fun.  
But they say its drying now,  
Can anything be done ?

I have heard of dense forests.  
But when I searched, I found none.  
They say we have cut them down now,  
Can anything be done ?

Our national park is no neater.  
As we see people litter.  
Spoiling our environment is not fun,  
Its high time something should be done.

Ever increasing global warming,  
Has given us ample warnings.  
If we want a better future,  
We must take care of our mother nature.

It is our responsibility and we cannot run.  
Let us pledge to do everything that can be done.  
No time is left, nature has given us a hint.  
I promise to reduce my carbon footprint.

Anaisha A. Shah  
Membership No - 7315

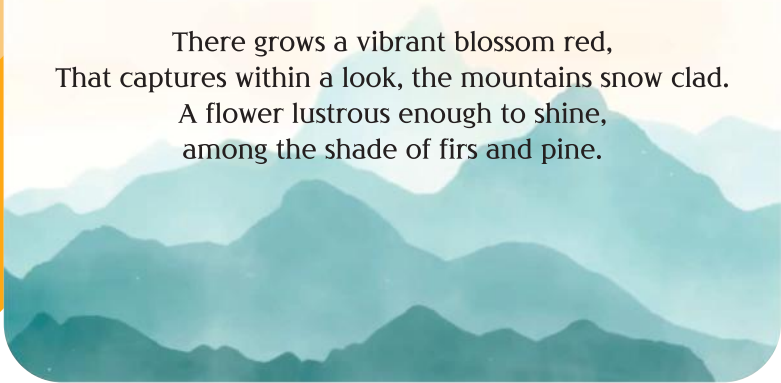


# Mother Nature

The mountain ranges going up and down,  
Looking at people's faces, not one with a frown,

The pines and firs spread all around,  
And only greenery to be found.  
A river stream flows down below,  
Along with steps of grass that grow up to glow.

There grows a vibrant blossom red,  
That captures within a look, the mountains snow clad.  
A flower lustrous enough to shine,  
among the shade of firs and pine.



Priya Nazareth  
Membership No - 6946



In Goregaon, there's a sports club that's fine,  
GSC's the name, where athletes all shine,

From cricket to badminton, squash to swimming,  
You'll find all kinds of sports, it's quite becoming.

There's carrom and chess, to test your mind,  
And a gym to strengthen your body you'll find,

Sports events are held all throughout the year,  
All religious events, and Holi, bring cheer.

A great managing committee runs the show,  
Dr. Vinay Jain leads the way, helping it grow,

GSC's a place where champions are made,  
In every sport, they have what it takes to raid.

So if you're in Goregaon, give GSC a try,  
You'll meet great people, and reach new highs,

Sports, fitness, and fun, it's all in one place,  
GSC's the spot for the sporting race.



Kapil Somaiya  
Membership No - 1330



If you always want to give best  
So never think of rest

Close eyes imagine and pray  
See what sports give when you play

Whatever heat cold or rain  
Move and give body the pain

Try regular and play game  
Will give name and fame

Step by step bit by bit  
Make your life hit and fit



सख्त क़ानून ,सशक्त समाज ।  
वर्तमान स्थिति की बुलन्द आवाज़ ॥  
कठोर दण्ड ,तुरन्त इंसाफ़।  
ख़त्म करों ये गुंडाराज॥



Manisha Jain  
Membership No - 7097

खोखला लगता है,  
सीता ओर द्रोपदी का इतिहास।  
जहाँ नारी के सम्मान के लिए हुआ,  
लंका दहन ओर महाभारत का आशाज़।  
ज़िल्लत ओर शर्म से झुक जाता है सिर,  
जब देखते है,  
उन्नाव, निर्भया ओर हाथरस का ख़ौफ़नाक आज॥

क्या बीतती होगी ,उन माता पिता पर।  
जिसमें बसा था ,उनका सारा जहाँ।  
जहाँ गूँजती थी मीठी सी किलकारी,  
अब सन्नाटा है वहाँ।  
जिसे प्यार ओर आत्मीयता से सींचा,  
वो पौधा है अब कहाँ ॥



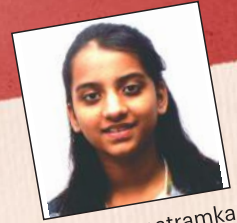
ख़ूँख़ार भेड़ियों के झुण्ड ने,  
उसकी इज़्ज़त को तार तार कर दिया।  
हैवानियत ओर दरिंदगी ने फिर,  
देश को शर्मसार कर दिया॥

क्यूँ उसके अंत के बाद ही,  
इंसाफ़ की ज्वाला सुलगेगी।  
जब तक इन शैतानों की रूह नहीं काँपेंगी,  
तब तक ये समस्या नहीं सुलझेगी॥

आज बेटी के जन्म से खुशी की बजाय,  
दिल जाता है सहम।  
क्या हम उसे सुरक्षित समाज दे पायेंगे,  
ये है बहुत बड़ा श्रम॥

ज़रूरत है,  
आज क़ानून ओर समाज को इतना मजबूत बनाए।  
हाथ लगाना तो दूर,  
नज़रें उठाने से भी ये दरिंदे थर्ड थर्ड काँप जाए॥

सख्त क़ानून ,सशक्त समाज।  
जिस पर हो ,हर बेटी को नाज़॥



Rithika Himmatramka  
Membership No - 3983

पेड़

पेड़ जीवन के रक्षक,  
करते मुसीबतों का निष्कर्ष,  
लकड़ी बारिश और छांव हमें देते,  
जीवन को प्रफुल्ल बनाते,  
बदले में एक वादा चाहते,  
पेड़ लगाओ, पेड़ बचाओ।

खाली जल का सेवन करते,  
रंग बिरंगे फूल बरसाते,  
निस्वार्थ भाव से जीवन बचाते,  
बदले में कुछ नहीं मांगते,  
खाली हमसे एक वादा चाहते,  
पेड़ लगाओ, पेड़ बचाओ।

जलप्रलय से हमें बचाते,  
जीवन की आयु बढ़ाते,  
प्रदूषण का निर्वाण करते,  
शुद्ध वायु का आवरण करते,  
बदले में एक वादा चाहते,  
पेड़ लगाओ, पेड़ बचाओ।

जानवरों का सदन बनते,  
कड़ी धूप से हमें बचाते,  
जीवन संघर्ष की पुष्टि करते,  
विभिन्न पदार्थों का लाभ करवाते,  
बदले में एक वादा चाहते,  
पेड़ लगाओ, पेड़ बचाओ।

पुष्टि वाले फल खिलाते,  
शरीर की स्फूर्ति बढ़ाते,  
पूरी धरती को सजाते,  
पूरे जीवन को सवारेते,  
बदले में एक वादा चाहते,  
पेड़ लगाओ, पेड़ बचाओ।



किसानों की फसल बढ़ाते,  
उनके जीने का साधन बनते,  
बारिश और धूप का तालमेल करते,  
सब जगह खुशाली फैलाते,  
बदले में एक वादा चाहते,  
पेड़ लगाओ, पेड़ बचाओ।

हम पेड़ों को काटकर हर पल,  
देश में मातम है बढ़ाते,  
पर यह सब जगह हरियाली फैलाते,  
देश को तबाह होने से बचाते,  
बदले में एक वादा चाहते,  
पेड़ लगाओ, पेड़ बचाओ।

पेड़ जीवन के प्रमुख भाती,  
सबसे अच्छे, सच्चे साथी,  
पर हम करके उनको नष्ट,  
खो देते जीवन का लक्ष्य,  
इसलिए वादे की पूर्ति करो,  
पेड़ लगाओ पेड़ बचाओ।



पुत्र अमेरिका में जाँब करता है।  
उसके माँ बाप छोटे शहर में रहते हैं।  
अकेले बुजुर्ग हैं, बीमार हैं, लाचार हैं।  
जहां पुत्र की आवश्यकता है। वहां पैसा भी काम  
नहीं आता।

पुत्र वापस आने की बजाय पिता जी को एक पत्र  
लिखता है।

पुत्र का पत्र पिता के नाम

### **पूज्य पिताजी!**

आपके आशीर्वाद से आपकी भावनाओं इच्छाओं के  
अनुरूप मैं, अमेरिका में व्यस्त हूँ।

यहाँ पैसा, बंगला, साधन सुविधा सब हैं,  
नहीं है तो केवल समय ।

आपसे मिलने का बहुत मन करता है चाहता हूँ,

आपके पास बैठकर बातें करता रहूँ हूँ।

आपके दुख दर्द को वांटना चाहता हूँ,

परन्तु क्षेत्र की दूरी,

बच्चों के अध्ययन की मजबूरी,

कार्यालय का काम करना भी जरूरी,

क्या करूँ? कैसे बताऊँ ?

मैं चाह कर भी स्वर्ग जैसी जन्म भूमि

और देव तुल्य माँ बाप के पास आ नहीं सकता।

पिताजी !!

मेरे पास अनेक सन्देश आते हैं-

**माता-पिता जीवन भर अनेक कष्ट**

**सह कर भी बच्चों को उच्च शिक्षा**

**दिलवाते हैं, और बच्चे मां-बाप को**

**छोड़ विदेश चले जाते हैं,**

**पुत्र, संवेदनहीन होकर माता-पिता के**

**किसी काम नहीं आते हैं। "**

**पर पिताजी,**

मैं बचपन में कहाँ जानता था इंजीनियरिंग क्या  
होती है? मुझे क्या पता था कि पैसे की कीमत क्या  
होती है?

मुझे कहाँ पता था कि अमेरिका कहाँ है ?

योग्यता नाम पैसा सुविधा और अमेरिका तो बस,

आपकी गोद में बैठ कर ही समझा था न?

आपने ही मंदिर न भेजकर कॉन्वेंट

स्कूल भेजा,

खेल के मैदान में नहीं कोचिंग भेजा,

कभी आस पड़ोस के बच्चों से दोस्ती नहीं

करने दी आपने अपने मन में दबी इच्छाओं को

पूरा करने के लिए दिन रात समझाया की

इंजीनियरिंग / पैसा / पद/ रिश्तेदारों में नाम की

वैल्यू क्या होती है,

माँ ने भी दूध पिलाते हुये रोज दोहराया की,

मेरा राजा बेटा बड़ा आदमी बनेगा खूब पैसा

कमाएगा, गाड़ी बंगला होगा हवा में उड़ेगा कहा था।

मेरी लौकिक उन्नति के लिए,

जाने कितने मंदिरों में घी के दीपक जलाये थे॥

मेरे पूज्य पिताजी!

मैं बस आपसे इतना पूछना चाहता हूँ कि,

संवेदना शून्य मेरा जीवन आपका ही बनाया हुआ है

मैं आपकी सेवा नहीं कर पा रहा,

होते हुये भी आपको पोते पोती से खेलने का सुख

नहीं दे पा रहा

मैं चाहकर भी पुत्र धर्म नहीं निभा पा रहा,

मैं हजारों किलोमीटर दूर बंगले गाड़ी और जीवन

की हर सुख सुविधाओं को भोग रहा हूँ

आप, उसी पुराने मकान में वही पुराना अभावग्रस्त

जीवन जी रहे हैं।

क्या इन परिस्थितियों का सारा दोष सिर्फ मेरा है?

आपका पुत्र,

अब यह फैसला हर माँ बाप को करना है कि अपना

पेट काट काट कर, तकलीफ सह कर, अपने सब

शौक समाप्त करके, बच्चों के सुंदर भविष्य के

सपने क्या इन्हीं दिनों के लिये देखते हैं?

**शिक्षा अत्यंत महत्वपूर्ण है पर साथ में**

**नैतिक मूल्यों की शिक्षा, राष्ट्र प्रेम और**

**सनातन संस्कार भी उतना ही जरूरी**

**है, क्या वास्तव में हम कोई गलती तो**

**नहीं कर रहे है.....?????**

विषय अत्यंत चिंतनीय है। अवश्य मनन कीजियेगा ।

परमात्मा सभी को सद्बुद्धि दें।



Sunil Kumar Kabra  
Membership No - 1227

# ANNOUNCEMENT

**Dear Members,**

We are glad to announce that under the leadership of Dr. Mukesh Agrawal - Chairman Medical Cell, GSC has successfully done tie-ups with Metropolis - The Pathology Specialist, Suburban Diagnostics, Kokilaben Dhirubhai Ambani Hospital and Nanavati Max Hospital.

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