

Life



@The Club

JANUARY-FEBRUARY-MARCH 2018



Happy New Year

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Dear Member,

Greetings and warm wishes for 2018!

2018 is a special year for all of us as we celebrate 20 years of The Club and look forward to a renewed sense of bringing recreation, wellness, leisure and hospitality services for you and your family.

We are also pleased to announce the appointment of Mr. Arindam Chakraborty as General Manager of The Club. Arindam has 17 years of experience in the hospitality industry with leading hotel groups like The Taj Mahal Hotel Mumbai, Oberoi Hotels, Shangri La, Radisson and others. He looks forward to meeting and interacting with each one of you when you visit. Further, Mr. Rakesh Gurung's role will involve Business & Partnership Alliances for Khanna Hotels Pvt. Ltd.

In this issue of Life@TheClub we also want to express our gratitude to Mr. Ranjan Kapur, our Board of Advisor and India's iconic advertising leader. We are also pleased to bring you the best sports academies at The Club, be it tennis, squash, swimming or basketball. Children are always kept engaged through a plethora of creative activities, both indoors and outdoors.

Our Spring Festival is back in February and we hope you will attend in large numbers. Do enjoy the splendid weather and our outdoor restaurants – Garden Grill with the Amritsari festival and Gardenia with its BBQ delicacies. The Chinese New Year, too, is celebrated with great pomp. We hope this year brings you great prosperity, good health and a lifestyle that is further enhanced at The Club.

NISHI AND DINESH KHANNA

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CYCLING FOR A CAUSE

Our member and software product and marketing professional Jasmeet Singh Gandhi has found a novel way of giving back to society. This year alone he raised ₹1.5 crore for girl child education through the Umeed 1000 cyclathon. He shares his inspiring story.



I have just returned from the 4th edition of Umeed 1000, a cycling exposition organised and sponsored by RBL Bank. We were 17 of us who cycled from Hyderabad to Vizag via Tirupati from 5th-15th December to raise funds for the students of Udbhav School in Rasoolpura, Hyderabad.

I am happy to share that we raised ₹1.5 crore for the girls through RBL's CSR fund and other leading corporates, active campaigning on social media, one-on-one

interactions and message amplification using local mainstream media. The event was co-organised by IIM Ahmedabad Alumni Association, Hyderabad Chapter.

In 2014, my wife Shanta Vallury Gandhi who is the Head HR, CSR, and Internal branding of RBL Bank told me about promoters who were interested in doing something around promoting cycling. I, too, was enthusiastic about cycling. Together we brainstormed and came up with the idea of raising money for different causes using cycling as a platform. That's how Umeed 1000 was born.

In the first year, we raised ₹25 lakh for children with eye cancer. Since then Umeed 1000 has expanded. In the first year I was alone, slowly more people joined in. We decided to focus on girl child education. In 2015, we raised ₹1.37 crore and in 2016, we raised ₹81 lakh.

I was a recreational cyclist not a professional one but the cause motivated me to move out of my comfort zone and

the emotional payoff from the race was something beyond my expectations.

The first cyclathon was physically and mentally tough. Although I have more experience today, the road and weather conditions are factors to be considered. This year, we underestimated the humidity which resulted in me having to quit active participation in the ride after the sixth day and now I am writing this piece from a hospital bed where I have undergone a surgery for an abscess caused by extreme heat and humidity.

Besides this, it was a great ride where we met many wonderful people over a span of 10 days. The interaction with so many enthusiastic kids really helped us to forget all the pain and tiredness.

The stellar efforts by my wife Shanta Vallury Gandhi, the RBL team, Udbhav School, IIMAA Hyderabad chapter and the Telangana and Andhra Pradesh Police made this the most successful and memorable ride in the last four years. ❖

ON THE SPORTS TRACK

Clubs are one of the few places in Mumbai where one can access a number of sport facilities under one roof. In the whirlwind of daily life, playing a sport is a breather. It is one way of relaxing and breaking the monotony of your work-home routine. Our sedentary lifestyles are a health hazard and we need to incorporate sports into our routine to keep fit. It also helps us to build stamina and endurance, and strengthen our body and mind which indirectly helps us in our professional lives as well.

The Club has a number of world-class sports facilities for our members. We have squash courts, tennis courts, basketball courts, a swimming pool and ample space to play cricket and football.

We also have experienced coaches and training programmes to help you in your athletic journey. We begin the year by highlighting our sport partners who can help you achieve your fitness goals or even inspire you to take up a new sport right here at The Club. ❀

TENNIS

The Sports Gurukul, Mumbai's first-of-its-kind physical education, professional sports and fitness development and training organisation has partnered with the Australian Academy of Tennis Coaches (AATC) to create a tennis centre of excellence to offer tennis coaching programmes.

TSG was recently nominated as one of the World Top 50 Innovative Sports Startups of 2017 by HYPE Foundation, UK. It also won the award for the Best Physical Education & Sports Education programme at the Indian Education Awards 2017, and has won the Indian Education Awards' Sports Coaching Institute of the Year Award for three consecutive years from 2015.

AATC was founded by Lynton Michael Joseph, a former ITF World No 32 with 35+ years of coaching experience. Paul Kleverlaan, Director of AATC, is a former ITF Seniors World Singles No 4, and was a Senior World Doubles Champion in 2010. He, too, has over 35 years of playing and coaching experience. TSG-AATC India provides quality professional tennis coaching to students of all levels and even trains coaches.

For more details,
call Leander F: +91-9769282677
Yatin P: +91-8879345126



The Club, Mumbai is the largest AATC centre in India. They offer basic, intermediate and advanced training programmes for adults as well as tiny tots. The training can be private, semi private or in a group. They also train students for tournaments.

Their vision is to create state and national champions over the next five years with a systematic and structured tennis programme. They groom students to participate in international tennis tournaments and at AATC centres across the world as well as in-house tennis tournaments at The Club.

SQUASH

5 sports aims to empower today's youth and adults with greater accessibility to squash as a sport as well as enhance fitness, and to produce champions on and off the court.

Founded by two dynamic individuals, Rhea Bhandare and Jay Jhaveri, the company is in the midst of creating a squash academy which integrates coaching with fitness training, mind management and nutrition counselling. The programme will be spread across all levels of play – toddlers, beginners, intermediate, advanced and elite advanced.

Rhea Bhandare is a four-time squash junior national champion. She has represented India in numerous international tournaments which include the prestigious Asian Junior Championships, Commonwealth Games, British Open, Scottish Open, German Open, Malaysian Open, Singapore Open and many more.

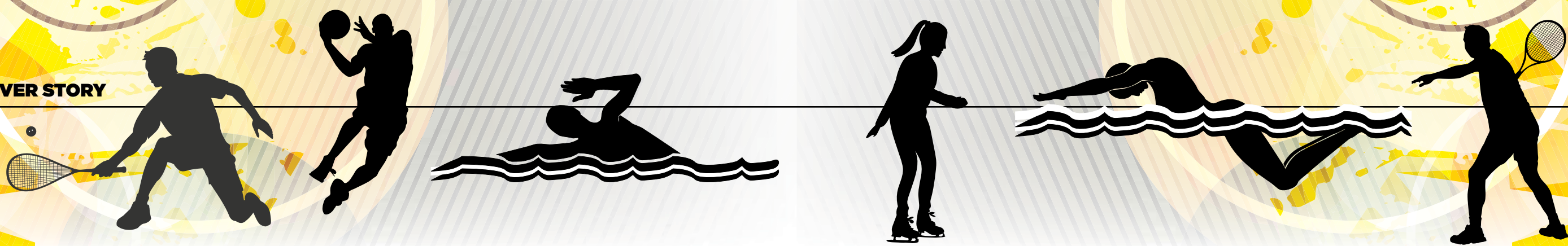
Jay Jhaveri, too, is an avid squash player and has been the convener of squash at the National Sports Club of India (NSCI) since the past five years. The squash academy which was set up under his guidance at NSCI has 5 head coaches, 10 assistant coaches and fitness, mental and yoga trainers. He has conducted, coordinated and directed over a dozen tournaments which include SRAM (Squash Rackets Association of Maharashtra), SRFI 2, 3 & 4-star (Squash Rackets Federation of India), ASF Silver (Asian Squash Federation), PSA Indian Challenger Circuits \$10,000/- and \$30,000/- (Professional Squash Association) to name a few.

5 Sports organises national and international tournaments in the country, bringing in the best players from India and around the world to participate. They partner with top players to mentor and coach children.



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COVER STORY



BASKETBALL



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The NBA is a global sports and media business built around three professional sports leagues: The National Basketball Association, the Women's National Basketball Association, and the NBA Development League. The league has established a major international presence with games and programming in 215 countries and territories in 49 languages.

NBA Basketball Schools are a network of basketball development programmes around the world open to international male and female players aged 6-18. NBA Basketball Schools are unique in their approach based on "the NBA-Way" of developing basketball talent which includes an explosive and athletic type of basketball experience along with the promotion of positive NBA values of integrity, teamwork, respect, and innovation.

The NBA Basketball School programme at The Club is led by local coaches with NBA regional heads overseeing all the training operations. The program provides on-court training, strength and conditioning exercises, and basketball education for young athletes between the ages of 6 and 18 who are interested in playing basketball.

SESSION TIMINGS:

Tuesday & Thursday: 5.00 p.m. – 6.00 p.m.; 6.00 pm – 7.00 pm

Saturday & Sunday: 4.00 p.m. – 5.00 p.m.

WATCH OUT FOR:



BLING YOUR BIKE

The children are invited to bring their bicycles to The Club and have fun decorating it. They can use flowers, paper decorations, balloons and stickers to add colour to their cycles and then cycle away to their heart's content on their newly blinged-up bikes. The best decor stands to win prizes.

Date to be announced.

AFRICA STUDIO | SHUTTERSTOCK.COM



NIGHT CRICKET

Enjoy a game of cricket after dark. Unwind after a long week with a game of night cricket. Bring your friends and family along to cheer and support your team

Date to be announced.

CHEN WS | SHUTTERSTOCK.COM

AQUA FITNESS

Aqua Fitness has become the new fitness mantra. It involves performing cardio and toning exercises in waist/chest deep water, allowing both swimmers and non-swimmers to participate. The natural buoyancy of water allows greater ease of movement with less strain on bones, joints, and muscles.

Snehal Bhal is a certified Aqua Fitness trainer from FISAF, Singapore (Federation of International Sports, Aerobics & Fitness). Additionally, she is a national gold medallist swimmer and a water polo player. Her passion for water and fitness drove her to quit her 9-year-long corporate career and start Aqua Fit.

One of her students Sanskriti has greatly benefited from Snehal's class. "I have been a part of Snehal's classes at The Club for the last three years. It has helped me to tackle early osteoarthritis in my knees. The forgiving water environment is effective for exercising and is extremely enjoyable. It's a lot more fun than swimming laps." – Sanskriti

SESSION TIMINGS: Mon-Wed-Fri at 6.30 a.m.



WAVEBREAKMEDIA | SHUTTERSTOCK.COM

SKATING

Founded by celebrity kids trainer Latika Shah, The Skating Company, teaches roller-skating, roller-blading, skateboarding, ripsticking, rhythmic skating and hula hooping at The Club. Latika, a national level skater began teaching when she was 17 years old and has coached 1000+ students across cities. She is a certified Reebok fitness trainer and also holds a diploma in child psychology.

The Skating Company helps students to build their self-confidence, courage and competitiveness through fun skating techniques. The programmes are also designed to teach the students to find the perfect balance between the mind and body and develop their personality as well.

The Skating Company monitors each student's performance and helps break down barriers thus creating a constructive environment for the needs and goals of the child. "Safety has always been our number one priority and we ensure that the kids learn in a safe environment," says Latika Shah.



MICROGEN | SHUTTERSTOCK.COM

SWIMMING

Swimming is one of the best exercises to keep fit. It works your whole body and tones your muscles. It builds endurance, muscle strength and cardiovascular fitness. While swimming, every muscle is stretched and every bone is strengthened. Swimming also boosts cognitive functioning, sensory reception and co-ordination due to the dynamic environment.

There is no age limit for swimming and since it is a low-impact sport there is no risk of damage. While swimming is more peaceful and relaxed, one can replace rigorous gym regimes with aqua aerobics.

Coach Anand Pardeshi is a trained expert in both. He received his certification from World Swimming Coaches Association (WSCA) and has been a coach since 1988. Anand has adopted the American coaching model and developed his own coaching style. Besides swimming Anand is also certified



MICROGEN | SHUTTERSTOCK.COM

in Aqua Aerobics from Federation of International Sports, Aerobics & Fitness (FISAF), India.



The Vinotherapy massage at the Antara Day Spa uses grape seed oil to reverse premature ageing, leaving you with youthful skin.

GET GLOWING SKIN

The next time you need to relax, don't reach out for a glass of wine; head to the Antara Day Spa for a Vinotherapy session. A therapeutic treatment that has its origins in France, Vinotherapy, uses the byproducts of wine such as grape seed oil, grape pulp and grape seed scrub to exfoliate, heal and reinvigorate the skin.

Resveratrol, a potent antioxidant found in high concentrations in grapes, is easily absorbed by the skin and is found to reduce inflammation, slow premature ageing and also stimulate cell growth.

Grapes are also ripe with polyphenols, another potent antioxidant that strengthens the skin and restores collagen and elastic fibres. The massage also helps soothe frayed nerves and ease the muscle tissues. It relaxes the nervous system, improves circulation and builds your immunity.

The Vinotherapy massage at Antara Day Spa incorporates all the goodness of grapes. Special candles are used to warm the grape seed oil before being gently worked into your skin using a combination of Swedish, Aroma and Thai techniques. Treat yourself to a relaxing, uplifting treatment that leaves you a whole lot lighter and your skin visibly softer. ❀

REIKI HEALING

Our Spa manager and Reiki Master Ronak Jani recently completed another course in Reiki.

He completed a 10-day course in traditional and modern Reiki from BAPS Swaminarayan Sanstha in Kenya.

If you haven't had a Reiki session till date, book one now and experience holistic healing to balance your mind, body and soul.

kromakay



SET #HAIR AND BEAUTY GOALS AT KROMAKAY SALONS

The New Year is the perfect time to shake things up with your hair and beauty regime. If you're in the market to indulge, Kromakay Salon at The Club is the place to go!

Step up the beauty quotient with the Essentials menu and book your indulgence session while availing the Happy Hours offer that continues till March 2018. An exclusive

discount of 25% off on select hair and beauty services, allows you to pamper yourself with on-demand hair, beauty and grooming services and avail fabulous discounts from 11 a.m. to 4 p.m. on Tuesday, Wednesday, Thursday and Friday. So soothe those tresses or choose from our range of beauty therapies, nail services and bridal packages and Team Kromakay will fulfil your need, no matter how big or how small.

We kick-start the New Year at Kromakay at The Club with just-a-minute nail services. It is a must-try for all nail art lovers. To know more call on 022 66117775.

Try out our make-up services for any occasion, wedding or party and get customized quotes for your event. Get flawless, dramatic, or eye-catching looks with the help of our team of professional experts. So sit back, relax, and let the pampering begin!❖

THE ANADA WINE CLUB



An evening for the entire family with food, pop-up stalls, children's corner, wine tasting and live music.

The Anada Wine Festival's new avatar as The Spring Fest was a thumping success last year. The Spring Fest brings together the finer nuances of wine tasting with food, shopping, music and a variety of activities for children – making it an all-encompassing experience for members and their guests.

The Fest's highlight, as always, will be the Grape Stomp where guests can experience the traditional way of making wine.

The festival will also put the spotlight on epicurean experiences. Right from European appetizers, Middle Eastern delights and Far-East-inspired bites, members can sample food from across the globe as well as favourites from The Club's own restaurants and its premium outdoor catering service, Kuisine Kraft.

Live music performances also lift the mood. As you sway to the music, you can stroll down the main lawns to admire the interesting art installations by upcoming and well-known artists at the Art Pavilion. You can also explore your creative side with live art workshops.

The Spring Fest also has a curated list of vibrant pop-up stores with a range of products across apparel, jewellery, health foods, jams, sauces and more.

The kiddie's corner, too, has some exciting games and activities like bouncy castle, tattoo painting, pottery, mini ball pool as well as cupcake decoration, making it a fun event for all age groups.❖



Save the date!
The Spring Fest will
be held on
Sunday, 18th February
at the
Main Lawns.



CHINESE NEW YEAR *Oriental Wok*

Celebrations to herald the Chinese New Year are a long drawn affair. Although the occasion, also known as the Spring Festival, falls on 16th February in 2018, celebrations start much earlier, almost three weeks before the D-day. The traditional festival is celebrated with great fervour.

The Chinese sweep away the bad luck of the previous year by thoroughly cleaning their houses and then decorate it with red paper lanterns, cutouts, spring-themed couplets and artworks as well as flowers and candles.

The traditional feast called the reunion dinner on New Year's Eve is a gastronomic delight and is incomplete without certain items which are symbolic. Jiu, a



hard liquor and daikon (Chinese radish) symbolise longevity. They believe red chillies bring good luck, rice ensures harmony and fish, chicken and other meats signify unity and prosperity. Jiaozi (dumplings) in North China and niangao (sticky rice cake) in Southern China are feast staples. At the stroke of midnight, the sky is lit up with glistening fireworks to welcome the New Year with aplomb. The mood is joyous and the air is filled with a gaiety that is synonymous with the occasion.

Come celebrate the Chinese New Year with us at The Club. Whet your appetite with a wide array of dishes from Sichuan, Shanghai and Guangzhou among other regions. The New Year is a time to celebrate with loved ones. So gather your friends and family and enjoy a traditional reunion at the Oriental Wok. ❖

AMRITSARI EXPRESS

A trip to Punjab is incomplete without a stopover at a *dhaba*. While the ambience may not be fancy and is pretty rudimentary, the food makes up for everything; including a long drive just to get to the place despite the freezing weather.

If you are reminiscing about your trip to Punjab and need to satiate your craving for typical Punjabi food that is simple yet rich in flavour, head to our Garden Grill for we bring home the flavours and aromas of Amritsar's iconic *dhabas*.

Enjoy richly marinated meats in spicy gravies, slow-cooked dal, paneer and vegetable skewers and of course piping hot kulchas at our open-air restaurant.

On the menu are dishes like Amritsari kukkad, Jalhandari Machhli, Pind da Tawa Boti, Patiyaale da Paneer Tikka, Amritsari Subji Seekh, Dum Aloo Pethawari, Bathuwa ka Saag and lots more. ❀

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SEAFOOD BAR

The Garden Grill turns into a pop-up seafood bar in February. Pick from the freshest catch of prawns, fish, and lobster, choose your style of cooking – tandoori, curry, grilled, fried and feast your eyes on it being cooked right in front of you.

We recommend that you try our Pomfret Rechado (masala stuffed pomfret cooked the Goan way), Tandoori Lobster, Amritsari Red Snapper and Tawa Grilled Rawas. ❀





EXOTIC FLAVOURS



It's been a while since the Patisserie at The Club was launched in its brand new avatar with a tantalising menu in tow by our Chef Rohan Gupte. With his expertise and experience at 5-star hotels and restaurants, he brought a new zest and taste to the varied desserts and savouries served at the Patisserie. At the onset of the New Year, we once again present a new menu with exotic flavours and signature desserts to enhance your experience. The enticing flavours and textures are sure to make anyone go 'hmmmm'.

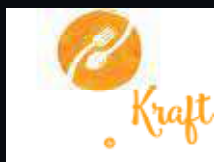
Drop by at the Patisserie to check out the exotic tropical flavours of the Pabana Cocktail Cloud with its smooth creamy texture. Also indulge in some mesmerising flavours of The Raspberry, Rouge Velour and the decadent Belgian Chocolate Mousse. Pick on some of the nifty choices in the bread section too. Grab the Sundried Tomatoes Kalamata Olives Focaccia, Pistachio Honey Raisin Bread, Supergain Bread and Matra Kulchas among others.

When in a hurry, grab some Apple



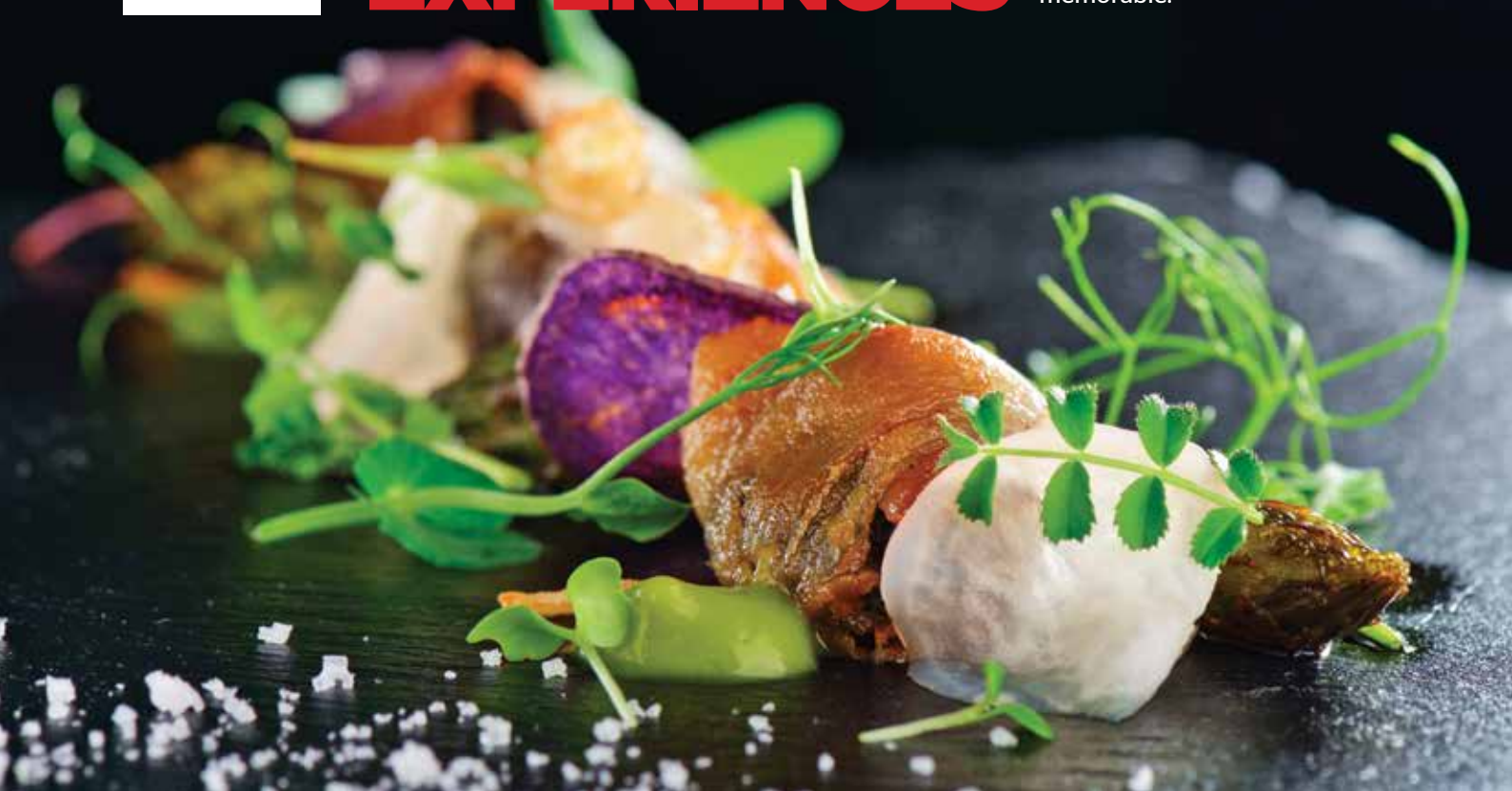
Crumble, Banana & Oats and Double Chocolate Muffins to eat on the go. Make your tea parties more enjoyable with our range of tea cakes like the Orange Cake, Chocolate Dense Cake and Mawa Cake. You could also take home a pre-mix to bake yourself a delicious Baked Cookie Dough, the decadent Molten Lava Cake or simply settle for some cookies.

Connect with us when planning your next hi-tea party or if you are in the mood for some sweetness, we promise to add all the goodness. ❖



CUSTOMISED EXPERIENCES

Our premium catering service, Kuisine Kraft partners with you to create customised experiences that are truly memorable.



The Club Mumbai has offered its banquet facilities as well as catered for top companies, corporate heads and celebrities and is well versed in handling special events whether it is an event for Madhuri Dixit or Balaji Telefilms' AGM or even training meetings for companies like Madison World and Mahindra & Mahindra.

It has been two years since we launched our premium catering service, Kuisine Kraft, a product of all the expertise and knowledge we have honed over the years, to extend out impeccable service and hospitality beyond the boundaries of The Club. We have been invited to residences as well as outdoor locations like JIO Gardens at Bandra Kurla Complex.

We have been growing from strength

to strength with each passing event and continue to serve up dishes that rank high on flavour and presentation. The response we have garnered has been overwhelming and the list of clients has only been growing, some of whom we have worked with on multiple events.

We take pride in crafting and designing the menu as per the client's brief and offer all-inclusive services right from cutlery and plating to periphery services, creating a truly customized experience that is memorable.

Our member and celebrity Neelam Roy has enlisted our help on several occasions and is extremely impressed with our services. "Whenever we think of having a party, irrespective of whether it is at home or at an outdoor location, the first call I make is to the Kuisine Kraft



team at The Club. The entire process of planning out the menu, finalising the set-up and presentation is extremely easy as the team is helpful at every step of the way. The service and staff is fabulous and ensures that the entire event goes off smoothly and hassle-free. I'd definitely recommend Kuisine Kraft to others and will always keep them in mind for my own parties. My guests enjoy their food and hospitality which is the secret behind any good party." ❖



OUT-OF-THE-BOX GIFTS



Big Bear Hug provides an eclectic melange of products that are creative and unique. They create knick-knacks, fun utility products, gifts, return favours and party invitations that are out of the box. The products are mostly wood-based, non-toxic and durable.

Crafted with love, these products help the children to engage in some good, old-fashioned fun. We believe in attention to detail in our designs and aim to transform the kids' worlds with our colourful and quirky products. We also hope to spark the imagination of the little ones by giving them objects to create their world around. And most importantly, it's all delivered with a Big Bear Hug!

NEW ADDITIONS

We keep adding new products at The Little Ivy so that each visit is a fascinating one.



PLAY IN COMFORT

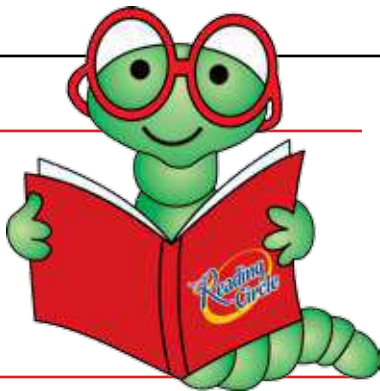
Children do have a lot of fun, especially when it comes to running and playing around. It is even more enjoyable when they have a comfortable pair of footwear to jump around in. Crocs has a wide range of clogs and sandals in various designs and colours to make their playtime a fun time. The footwear is made of softer density croslite material with a midsole that gives better cushion care for your young ones.

Choose from brightly coloured clogs and sandals. The brand also has a Disney collection, a Marvel collection and a DC collection for all the boys. So whether your child wants a pair of footwear with Disney characters, Batman or the Avengers, you can find the perfect pair of Crocs for your child at The Little Ivy.

Crocs also has a fun and stylish range of footwear for girls. Choose from shoes that light up to ones that flaunt characters like Mickey, Minnie and Disney princesses.



ENGAGING ACTIVITIES



At The Club, there are children of all age groups and we understand that each child is unique. We pay close attention to their interests while planning our activities and endeavour to provide a holistic learning environment that enhances their sensory perceptions, stimulates their mind for new ideas and nurtures their creative side. The Club has also become a hub for children to break away from their strenuous academic life. We provide a safe environment that helps them relax, have fun and do what they do best, be kids.

We believe in the concept of 'creative learning with play' and regularly plan activities such as storytelling, art & craft, DIY activities, little chefs baking workshops, pizza parties, puppet shows, magic shows, treasure hunts and more.

We also organise enjoyable events like treasure hunt, musical plays, fancy dress competitions, children's fun fair and christmas party.



STORYTELLING SESSIONS

Everyone loves a good story. The children learn and discover new things about the world through engaging stories and interactive activity sessions.



JANUARY

- 5th Jan:** How months got their names
- 12th Jan:** Kite festival
- 19th Jan:** The Snowy Day stories
- 26th Jan:** Republic Day celebrations

FEBRUARY

- 2nd Feb:** Fun with fingerprints
- 9th Feb:** I love my mom
- 16th Feb:** Friends and friendship
- 23rd Feb:** National Science Day

ARTY SATURDAYS

Every Saturday, children get their creative juices flowing with art and craft activities.

JANUARY

- 6th Jan** - School calendar making
- 13th Jan** - Magic show
- 20th Jan** - Tri-colour band making
- 27th Jan** - Dry leaf painting

FEBRUARY

- 3rd Feb** - Valentine's Day special
- 10th Feb** - Puppet show
- 24th Feb** - Ice cream stick pen stand



STRUVICTORY / SHUTTERSTOCK.COM

SUNDAY BRUNCH FUN

Sundays are reserved for art and craft sessions with Findurclass.

JANUARY

- 7th Jan** - Under the sea paper plate crafts
- 14th Jan** - DIY string lanterns
- 21st Jan** - Republic Day art
- 28th Jan** - DIY Scratch art

FEBRUARY

- 4th Feb** - Shark tales
- 11th Feb** - Valentine's Day art
- 18th Feb** - Emoji quilling
- 25th Feb** - Squish painting



EPIC CREATIONS / SHUTTERSTOCK.COM

BANQUET



A CLASS APART

The Club's lush green surroundings, quality food, impeccable service and well-equipped banquet and conference facilities make it the perfect place to host your corporate event.

For some members, The Club is a home away from home; for others it is a haven or an escape from daily life. While it is mostly seen as a place of leisure, it can also double up as a venue for your corporate requirements.

The next time you have to plan a board meeting, sales presentation meet, product launch, strategy & implementation meeting, town-hall meeting, AGM, learning & development/training session, corporate dinner, team-building exercise, or you just need a space for social functions to celebrate a corporate milestone, you don't need to look beyond your very own The Club.

Sometimes you need to take employees out of the regular work environment to brainstorm on fresh ideas or find solutions



THE WELL-DECORATED AND FULLY EQUIPPED CONFERENCE ROOMS PROVIDE THE PERFECT AMBIANCE AND ENVIRONMENT. BACKED BY WARM SMILES, IMPECCABLE SERVICE AND DELECTABLE CUISINE, YOU CAN REST ASSURED YOUR EVENT WILL FLOW SMOOTHLY.

to a problem. The Club is apt for such events because once you step into The Club's lush green surroundings; you feel you are outside the city. The logistics of holding an event within the city with the ambience of a retreat make it an ideal choice. The well-decorated and fully equipped conference rooms provide the perfect ambience and environment. Backed by warm smiles, impeccable service and delectable cuisine, you can rest assured your event will flow smoothly allowing you to focus on other matters at hand.

One of the factors that sets The Club apart as a preferred venue is the personalised attention that we give to each client. Unlike other venues where one has to deal with several vendors for different requirements like décor, music, etc, our banquet team assists you with everything right from the layout and seating to the décor and even the technical requirements for your event.

The Club has a range of eight banquets and conference rooms ranging from 600 sq. ft. to 23,000 sq. ft. and can accommodate 10 to 1,000 guests. It also has ample space for attendees to relax in between sessions. You can choose from a variety of set-ups – Boardroom, U Shape, Theatre, Classroom, Informal and Cluster.

Another differentiating factor is the high quality, choice and flavour of the food at The Club. You can choose from live counters to buffet spreads to sit-down meals. Also, selecting the menu for the event is a different ball game altogether as we have a wide variety of international and regional cuisines to select from. Our chefs help you with your decisions at every step of the way and can even customize the food as per dietary restrictions of the guests.

After all, we don't just give our banquet halls on hire or simply cater for an event; we partner with our clients and match their every step to ensure that the event is an absolute success. ❀



COMMON MYTHS ASSOICATED WITH HEART DISEASE

Our member and Interventional Cardiologist **Dr. Amit Sharma** dissects 7 common myths associated with your heart and health.

India will soon get the dubious distinction of becoming the heart disease capital of the world. Earlier, non-modifiable factors like age, gender and family history were mainly responsible for heart disease but over the past few decades, controllable risk factors like poor lifestyle and stress largely determine the risk of getting a heart attack. An especially disturbing trend has been the affliction of the young population (among the age group of 25-40 years) with a significant risk of heart attacks in both males and females. This has been largely attributed to a poor lifestyle, unhealthy eating habits, lack of physical activity, stress, diabetes and hypertension. If this trend continues, the future looks even more dangerous!

As a practising Interventional Cardiologist, I often get a lot of questions about heart disease. I am consistently surprised how a few “facts” have engrained themselves deeply into “common knowledge”. These myths are not only wrong, but are often dangerously misleading to those who choose to believe them. Here are seven of the most dangerous myths I run into, and discussions about each one.

MYTH: It is all right to smoke, if you can maintain your weight, watch your diet

and maintain biceps/abs.

FACT: Smoking/nicotine is one of the most important factors in the development of blocked arteries. Stopping smoking will not only slow the progression of blockages, but also allow them to improve over time. More importantly, you immediately cut down your risk of a heart attack and sudden death by 50%. So the time to stop smoking is NOW! It may be the best thing you can do for yourself, before it's too late.

MYTH: My blood pressure (or cholesterol, or blood sugar) is running good on these pills, so I can stop them.

FACT: Antibiotics may cure an infection, but problems such as high blood pressure, high cholesterol, and diabetes can only be controlled. Medications can indeed be very effective for such control but they only work while you're taking them. Changes in your lifestyle such as weight loss and exercise may make it possible to lower the dose or even get off the medicines, but this must be done under the supervision of your doctor.

MYTH: That pain can't be from my heart... it isn't severe enough/ it doesn't go to my left arm or it's just indigestion.

FACT: These notions are most prevalent and the most dangerous. That “little discomfort” in your chest while walking up

the stairs may be the warning sign of a heart attack around the corner. The “indigestion” that is “just a little worse than usual” may be the signs of a heart attack in progress, one whose effects could be minimised by prompt therapy. The best time to treat heart disease is before muscle damage occurs. If you're having a heart attack, dramatic improvements can be made in limiting its effects if you get to the hospital as early as possible. While cardiologists do not want to make everyone neurotic, it is no lie that cardiac symptoms are often mistaken for acidity, neck spondylosis and toothaches. Don't take antacids when you should be taking an ECG!

MYTH: Exercise may help you lose weight and look good, but you won't live longer.

FACT: When you exercise, the heart can pump more blood through the body and continues working at optimal efficiency. Regular exercise also helps to keep the heart arteries and other blood vessels flexible, ensuring good blood flow and maintaining blood pressure and cholesterol. A recent study of men in Hawaii showed that walking 1-2 miles per day reduced death rates from heart disease by 35%.

For overall good cardiovascular health, the American Heart Association has recommended: At least 30 minutes of moderate-intensity aerobic activity, 5 days per week for a total of 150 minutes per week

REGULAR EXERCISE ALSO HELPS TO KEEP THE HEART ARTERIES AND OTHER BLOOD VESSELS FLEXIBLE, ENSURING GOOD BLOOD FLOW AND MAINTAINING BLOOD PRESSURE AND CHOLESTEROL. A RECENT STUDY OF MEN IN HAWAII SHOWED THAT WALKING 1-2 MILES PER DAY REDUCED DEATH RATES FROM HEART DISEASE BY 35%.

or At least 25 minutes of vigorous aerobic activity, 3 days per week for a total of 75 minutes; and Moderate- to high-intensity muscle-strengthening activity at least two days per week for additional health benefits.

MYTH: Multivitamin tablets will help reduce my risk of getting a heart attack.

FACT: The production, sale, and consumption of multivitamins is a multibillion-dollar industry. Most people take some form of supplement ostensibly for prevention of heart disease. Vitamin supplementation specifically for prevention of heart disease in the general population has no robust data/studies, and there remains enough evidence to show that patients taking vitamin A, C, D or E, singly or in combination, has no real benefit or protection from heart disease. Having a balanced diet, eliminating junk food, should take care of our vitamin requirements.

MYTH: A few drinks every day is good for you.

FACT: The effect of alcohol on your heart is complex. For the sake of definition, moderate alcohol use is defined as no more than one drink per day for women and no more than two drinks per day for men. Excessive/heavy alcohol use is defined as drinking more than three drinks per day for men or women.

While it is true that moderate alcohol consumption (red wine or beer) may offer some protection against heart disease (through their antioxidant action), until more is known about the pros and cons of alcohol consumption, the American Heart Association cautions people NOT to start drinking alcohol for better heart health. Long term, heavy drinking can lead to heart disease. Drinking excessive amounts of alcohol, raises blood pressure which increases the risk of a heart attack or a brain stroke. Increase in your blood pressure can also be caused by weight gain from excessive drinking. So if you drink alcohol moderation is clearly in order. Antioxidant benefits can be obtained from non-alcoholic beverages such as green tea as well (and the taxes are lower!).

MYTH: Stress can cause high blood pressure, and not heart disease!

FACT: Chronic stress exposes your body to unhealthy, persistently elevated levels of stress hormones like adrenaline and cortisol. Studies also link stress to formation of blood clots in the arteries, which increases the risk of heart attack. Personality traits and psychological conditions have been shown to be associated with an increased risk of serious heart disease. The classic intense and driven “Type A” personality is well known. They tend to experience frequent hostility along with a continued sense of time urgency. Depression and social isolation also seem to be important negatives for heart disease. ❀



75 & ICONIC

Our Board of Advisor and Chairman of WPP India, **Mr. Ranjan Kapur** candidly shares his journey with us. A great friend, supporter and an advertising professional, Mr. Kapur has always encouraged the team at The Club Mumbai.



My association with The Club goes back to the days when the idea of The Club was just a gleam in Mr. Khanna's eye. From the barebones of an undulating and uneven land to the present, it has been a journey of passion and dedication and the application of blood, sweat and tears.

Today, the Khannas can truly be proud of an institution they have created that is among the most premier ones that provide recreation, sports and fine dining to Mumbai's suburbanites. I include Nishi among the prime movers of this institution and the wind beneath Dinesh's wings because she has worked shoulder to shoulder with him to make The Club what it is today.

We were with them in those early days, guiding, cajoling and often giving profound and sometimes meaningless suggestions as to how The Club should be positioned, but if truth be told the credit truly goes to Dinesh and Nishi for having turned mere ideas into a stunning reality.

My association with The Club has been a long one and had it not been for the fact that I live far away, I would have been its most regular visitor. In 2004, I became even more closely associated with The Club when Dinesh and I partnered to establish The Anada Wine Club.

Ours was a simple approach. We attempted to demystify wine by appealing to one's taste buds rather than to the price of the wine. We were convinced that a wine's price often had little to do with its acceptance. The accepted wisdom was that high

priced wines were the most drinkable wines. Not true. Wine preferences should be based on what appeals to the palate and that good tasting wine does not necessarily have to be highly priced.

We also suggested wine be paired more with the environment and occasion rather than with the food. Wine pairs well with environments such as theatre intervals, music and art shows and an occasional dinner and theatre. We take pride that wine today is a drink of choice among men and women. And even some old alcohol die-hards have now converted almost primarily to wine.

Our first ever attempt to introduce die-hard alcohol drinkers to wine was an amusing one. It opened out well but we soon started hearing murmurs among the die-hards to bring the real alcohol on. Nishi saved the day by announcing dinner and our guests were soon immersed in a gorgeous gourmet Chinese meal that The Club has now become famous for.

I'm glad today that we persevered with our wine approach because Anada is flourishing and brings on events that the whole family enjoys – what with the kids stomping on grapes and the adults sipping their wines as art, music and food blend together into one.



For an advertising person such as myself, The Club and its subset The Anada Wine Club are true manifestations of ideas that have become a thriving reality.

In the advertising business, we often rely on our creative teams to come up with ideas that sell brands. And we rely on a host of others including the production team and the media to execute the ideas. It is the nature of the advertising business and the larger-than-life image that it has, to be labelled as perhaps the only industry that creates ideas. But ideas can come from anywhere and from anyone who has the passion to create something.

Chefs come up with recipe ideas and unique methods of cooking. Scientists come up with ideas and theories that they set out to make concrete. Even mathematicians can be creative, as also architects who conceive buildings never seen before. The Taj Mahal, The Burj Khalifa, and even the Empire State Building in its time are examples of true creative genius. Steve Jobs was a creative genius. So is Bill Gates. We have many creative people in our own backyard but we often fail to recognise them as they are not from the advertising profession.

No individual or profession can ever



be the sole repository of ideas. And advertising is not the only profession that can own creativity. Having spent more than fifty years in the advertising business I am convinced that some of the best creative brains are not sitting in the advertising businesses. My advice therefore to anyone who is interested in being creative, is to look deep within you and discover that creative personality waiting to emerge. Just leave out your inhibitions, be bold, be brave and build a passion within to create something. Nothing works better to release that creativity than to be among people who you feel are creative. That's how I became creative (I think) although I spent the better part of my life in management and not as a creative person.

Few people can conceive and create. There is always someone who conceives an idea and someone else who executes it. But when you come across people who can do both then they fall into a unique separate category.

The Club is a manifestation of that kind of conception. May it continue to thrive and grow and prosper. ❀

TAJ
BEKAL RESORT & SPA
KERALA

CORPORATE RETREAT

If you are looking for an out-of-the-box team experience for your office employees, Taj Bekal Resort & Spa is a destination they will cherish for a lifetime.

Picture this. Towering coconut trees and lush green shrubs fringes the meandering pathway to the resort's reception. The minute you check in and are being driven towards your private villa, you find yourself surrounded by even more greenery that is juxtaposed against the clear blue sky. As you reached your villa, you are greeted by spacious rooms, a plunge pool and a day bed. As you wander through the resort your eyes fall upon the mystical backwaters and as you look further, you see the blue sea that immediately sends you into a tranquil daze far away from the pressures of work and life in general.



If you want all this and more, consider heading to Taj Bekal Resort & Spa in Kerala for your next corporate getaway. One of the first few things while planning a corporate offsite is accessibility, quality of accommodation and service, conference facilities and team experiences. Most people head to Goa but if you have been there, done that and want to enjoy an out-of-the-world experience, then Bekal is the place for you.

A flight to Mangalore followed by a short drive takes you right into the lap of luxury. Spread over 26 acres, the 68 villas are inspired by the kettuvallam houseboat and offer a breathtaking view of the backwaters.

The resort has a range of indoor and outdoor venues to host conferences and team activities. The conference and banquet facilities can support up to 100



THE GUESTS WERE REQUESTED TO LEAVE ASIDE THEIR DAY-TO-DAY CONCERNS AND PLUNGE INTO THREE DAYS OF LUXURIOUS REJUVENATION OF BODY AND SOUL.



participants. Apart from this, there are a number of interesting activities one can engage in within the resort as well as outside.

You can soak in the idyllic surrounds, walk through the courtyards, swim in the private pools, take a slow ride down the backwaters or take a short walk to the Kappil beach. The sprawling resort offers a host of activities like boating, kayaking, fishing, beach sports, volleyball and football. One can also enjoy a game of birdwatching nearby as well as a trip to the Bekal Fort.

During your stay, enjoy Taj's unmatched hospitality. Sample the traditional *sadya*, gorge on biryani and Malabar parathas as well as dishes like *appam* and stew. You can also treat your senses to cuisines from across the globe.

Try an Ayurvedic massage at the Jiva Spa or indulge in a signature healing therapy and watch your stress disappear in the blink of an eye. The confluence of mind and body, sea and backwaters, training

and relaxation in a serene setting is a unique experience. The team at the Taj Bekal Resort & Spa will be most happy to help you plan your most eventful corporate getaway.

Grace, a leading global supplier of catalysts and engineered materials built on talent, technology and trust, conducted its 5th edition of the India FCC workshop at Taj Bekal Resort & Spa, Kerala from 29th November to 2nd December 2017. They share their experience.

"This year Grace invited very special dignitaries Mr. B. Narayan, Group President, Reliance as the chief guest and Dr. Asit Das – Head, Reliance R&D as the keynote speaker. The workshop included 15 technical sessions spread over two days with a welcome address by Tom Petti – Global President, Grace, who flew in specially from US for the event along with the other speakers.

"Forty-two FCC and hydro-processing delegates from refineries, R&D centres and commercial departments from all

across India joined the Grace team at the exciting platform. The Grace India Workshop 2017 which was all about amusement, enrichment and education saw extraordinary engagement and active participation from the members.

There were special events including a cocktail and dinner organised on each night. The Gala dinner at By The Bay's lawns was the highlight.

The guests were requested to leave aside their day-to-day concerns and plunge into three days of luxurious rejuvenation of body and soul.

Located on the shores of Kappil beach, Taj Bekal Resort & Spa has a lot to offer. The manicured lawns and landscaped gardens, beautiful villas, rejuvenation therapies and treatments and a variety of cuisines at the resort's multiple restaurants ensured that the trip was exciting. Gaurav Miglani (resort manager) and Sandeep's personal attention made the trip even more memorable for all of us." ❀

A SOUTH AFRICAN SYMPHONY

Whether it is a date with beasts of the jungle, a night out in a bustling city, adrenaline-filled adventure, a trip through vineyards or a quiet stay in a quaint town, South Africa is one destination that can satisfy every kind of wanderlust.

Text by Ananya Bahl

A good place to start your exploration of South Africa is in Cape Town. Nicknamed the “Mother City”, it perfectly exemplifies the notion of “the rainbow nation”—it’s eclectic, energetic, and entertaining. For starters there’s the towering Table Mountain that looms large over the city. While the adventurous can embark on an arduous trek up the mountain, there is also the option of taking the cable car which is nothing short of an exhilarating visual treat. Once on top, you are exposed to strong gushes of wind and spectacular vistas of Table Bay and Cape Town’s cityscape.

Another great place to spend time is the V&A—short for Victoria & Alfred—waterfront: a complex that brims with myriad restaurants, boutiques, cafes, and pubs. You could stop by and be guaranteed a fun time by the lovely seafront. Do note that this is also the place from which you can take ferries to the sombre Robben Island. A far cry from the vibrant waterfront, the island, named after the Afrikaans term for “seal”, once housed a prison for political activists and was home to none other than Nelson Mandela. A tour takes you through a poignant time in South Africa’s struggle for freedom from discrimination.



Stellenbosch which is the country’s famed wine district. Make your way to Neethlingshof Estate to sample their wines and learn about the art of winemaking. Don’t forget to try their Bobotie pie and buy a bottle or two of their signature Owl Post Pinotage.

Head further south to Hermanus for whale watching. Indulge in the local gastronomy and art scene and soak in the feel of a charming town. While here, you can go quad-biking through vineyards with SA Forest Adventures and tuck into a meal at La Pentola. About two hours away is Gaansbai where you can go on an underwater expedition in the Atlantic Ocean with White Shark Projects. Betty’s Bay makes for a cute pitstop with kids because it is home to a large penguin sanctuary.



PHOTO CREDIT: SA FOREST ADVENTURES

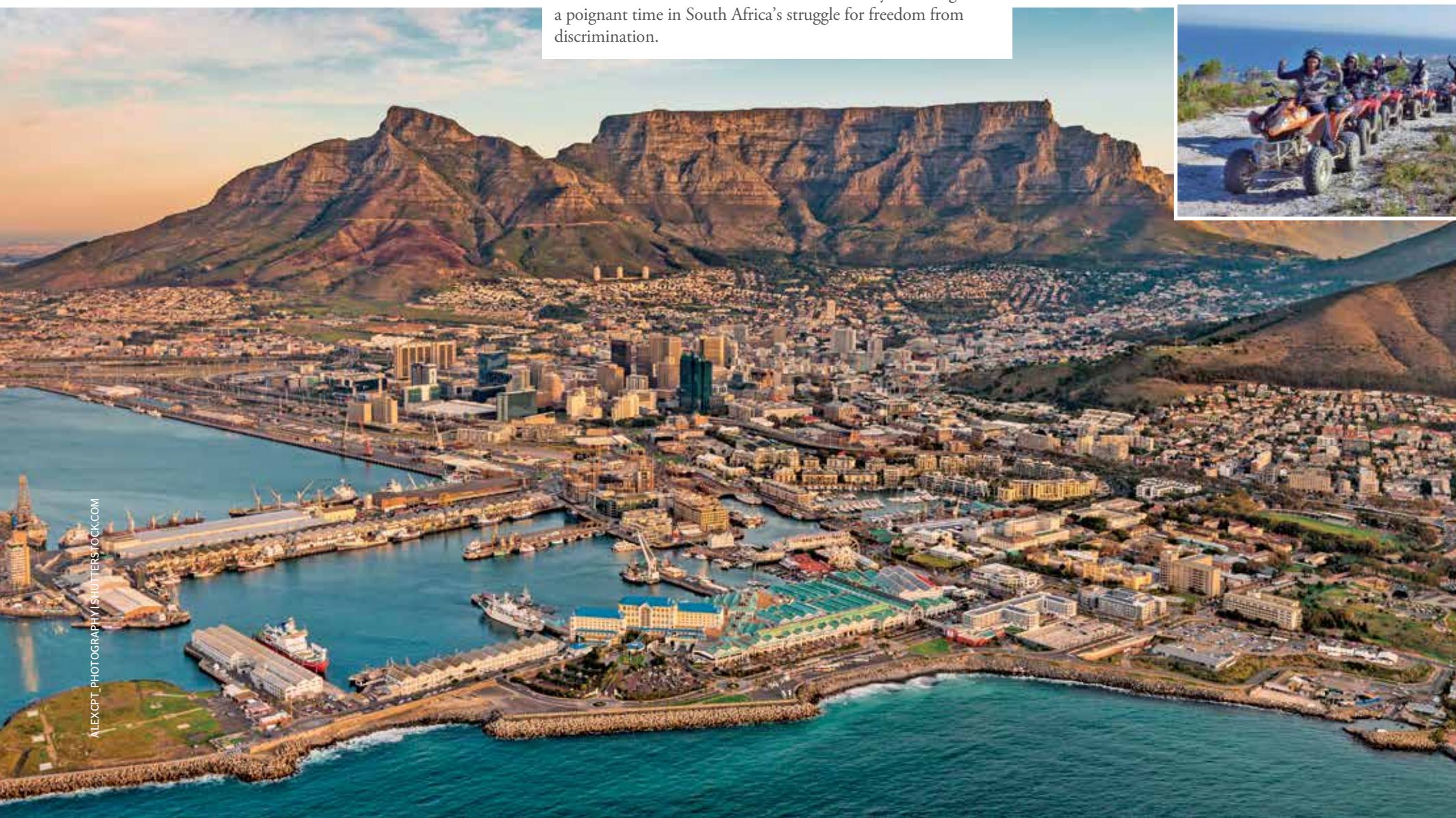
Once you are done with history, head to Bo Kaap: a vibrant and very colourful neighbourhood that was the erstwhile Malay quarter. This place is very popular with photographers because it boasts of houses in every hue imaginable.

You could also hop into the side car of a vintage motorbike with Cape Sidecar Adventures to get a different perspective of Cape Town’s neighbourhoods. Do reserve some time for an authentic dinner at Gold restaurant. Here, you can sample delectable dishes from various parts of Africa which are spread across 14 courses accompanied by a fun live drumming session by an expert! For some-after hours fun, head to Long Street (in the daytime, you can also visit the Longstreet flea market for some amazing bargains).

From Cape Town, you can head to

If you have a few days to spare, do visit Durban. The city boasts of an interesting history related to Mahatma Gandhi and has a number of things to do with the family – uShaka Marine World, open-air ricksha bus rides, the Big Rush Swing at Moses Mabhida Stadium (touted to be the largest swing in the world), North Beach, and the lovely Golden Mile promenade. There’s also the Valley of a Thousand Hills and the Phezulu Safari Park which gives you a peek into the life of the Zulu people. Try taking a day-trip to the Hluhluwe Game Reserve for a safari and a chance to spot South Africa’s famous ‘Big 5’!

There is so much to do and see in South Africa that one visit is not enough. But for now, this is a worthy itinerary to get you started! ❀



CHILDREN'S HALLOWEEN PARTY



HALLOWEEN PARTY



CHRISTMAS CELEBRATIONS



FUN FAIR



GRANDPARENTS' DAY



LOHRI CELEBRATIONS

The Club celebrates the joyous occasion of Lohri in true Punjabi style. A time of merriment, watch the traditional bonfire being lit and share the warmth surrounded by family and loved ones. Traditional folk dancers set the mood for the evening. Feast on sumptuous Punjabi delicacies and sweets and partake in the happiness, goodwill and cheer that the festival brings with it.

Date: Saturday, 13th January

Time: Dinner

Venue: The Garden Grill



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MAKAR SANKRANTI



Makar Sankranti, the harvest festival, is celebrated across the country with great fervour and enthusiasm. It marks the beginning of an auspicious phase as the sun returns to the Northern Hemisphere. We celebrate the festival by hosting kite-making competitions and traditional kite races on the Main Lawns. Win prizes for the most innovative kite design. Indulge in some delicious food as you watch the sky light up with kites of all shapes and sizes.

Date: Sunday, 14th January

Time: 4.00 p.m. onwards

Venue: Main Lawns

UPCOMING EVENTS

WHO'S A GOOD DOG?

Our much awaited canine carnival Paws at The Club is back at the Main Lawns. Teach your dog some new tricks, pamper them and dress them in their best attire for there are plenty of prizes to be won across the well-groomed, best-dressed and great personality categories. Bring your children, friends and family along as it is your dog's day out!

Date: Saturday, 20th January

Time: 4.00 p.m. onwards

Venue: Main Lawns



HOLI PARTY

After all the fun and frolic of playing with colours and water during the day, unwind with friends and family at a leisurely dinner at The Club. Enjoy the cool breeze as you dine under the stars and gorge on sumptuous delights at the Garden Grill.

Date: Saturday, 24th February
Time: Dinner | Venue: The Garden Grill