

Life



@The Club

JULY-AUGUST-SEPTEMBER 2018



Monsoon Break at Taj Bekal Resort & Spa



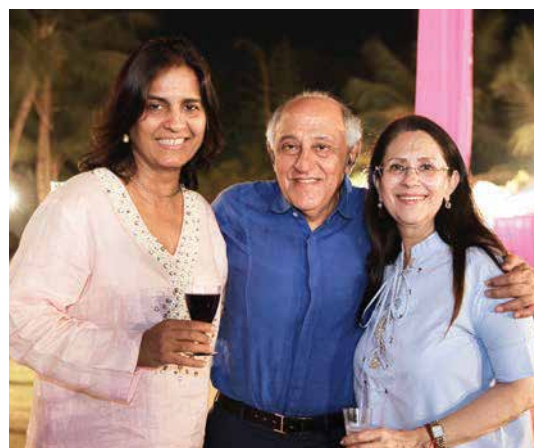
AT THE HEART OF THE CLUB!

She was and always will be the heart of The Club! Our wonderful and effervescent Mrs. Nishi Khanna passed away peacefully on 26th April 2018.

She touched each one of us in her own way – whether it was employees, her friends, customers and members or the little children who she would always encourage in all their endeavors when she interacted with them. We will also remember her as a gracious host who was attentive and taught us what true hospitality is...full of warmth, vibrant and affection.

The aesthetics and immaculate landscape of The Club and our Taj Bekal Spa & Resort in Kerala can be attributed to her personal touch. Always enthusiastic about everything that we plan for members at The Club, her involvement and presence will be missed by all.





Our endeavor will be to continue the legacy Mrs. Nishi Khanna has left behind of always extending hospitality that is warm, genuine and welcoming and to make The Club a community of likeminded people where relaxation and leisure is the foremost priority.

On behalf of the team at The Club and the Khanna family, we wish to thank all our members for your support, heartfelt condolences and warm wishes.



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Dear Member,

It's that time of the year when the monsoons have their say and the great outdoors may not look like their best option. However, The Club knows best how to tackle that situation with a plethora of activities that are bound to make it a happy rainy season.

If the Mumbai monsoon does get a bit cumbersome and you wish for a reprieve from the city madness, a stay at the Taj Bekal Resort & Spa in North Kerala would do just the trick as its General Manager, Gaurav Miglani, in this issue of Life@TheClub tells you how the resort offers a one-of-a-kind experience. Also, our banquet and conference facilities will lead the way in ringing in the happy times this monsoon with our special offers as we truly believe that the rain should not play spoilsport to any party. The sports academies at the Club would continue to do what they do well with giving the best of opportunities and coaching facilities to budding talents.

Our member, Seema Roy, gives us a nice life lesson while the terrific trio of sisters and business leaders, Schauna, Alisha and Nadia Chauhan, explain how they juggle their various responsibilities and their journey so far.

For children, there's plenty of indoor activities lined up at The Club with storytelling sessions, environment workshops and fun with art and crafts.

We also have two nights of laughter waiting for the adults in the form of a play and stand-up comedy show. So continue to stay healthy, active and entertained at The Club!

MANAGEMENT

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INSPIRED

Our member, **Seema Roy**, is a personal life coach who tells us how her child taught her a unique lesson

The past is like an anchor holding us back, you have to let go of who you are to become who you will be.

Imagine a girl. Pay attention to every feature of her. The words associated are lovely, beautiful, graceful, kind, sensitive, slim, petite, delicate and when it comes to hair, it's more often than not long, silky, flowing, smooth and so on and so forth.

When a girl child is born, she brings in a different kind of energy and along with it comes all the many years of human evolution and conditioning over many generations. As she grows, she takes on many different roles — being a daughter, sister, friend, wife and mother. However, in my opinion, the role of a mother comes with a call to look beyond and become who you will be. Being a mother of two lovely girls, I became aware of lot of my fears, which stemmed from my childhood and the way I had been raised. Also, owing to biological changes in the body and the effects of two pregnancies, I was unable to relate to myself when I looked in the mirror. I could not recognise the person I became, I kept looking at my past and wanted to get back to the Seema I knew.

No matter how much as a parent you try to bring your child up a certain way, the environment we are in, the social structures, all have an impact on us. The girl who has long hair, likes pink, plays with her Barbie doll and so on and so forth.

You all must have seen the movie Dangal. My girls were quite inspired by the movie that they set out to cut their hair exactly like Geeta and Babita. My girls were super excited with the new look. My elder one was 7 years old and during her first day in school with her new look, she was excited. As she entered her school, the first question she heard was whether she was a boy? People who did not know her called her a boy. She came back home sad and disappointed. This broke my heart. As days passed, my girl sought out to make a change with her resilience. My girl is proud to carry her look and calls herself a Dangal girl. When she is called a boy, she quickly corrects them and says there is no such rule that girls can't have short hair.

This changed my life too, I have been running for a while, however, I was still struggling with the weight-loss tamasha in my head. My husband, Mantosh, supported me by taking on the responsibility of a hands-on father, led me to run many half-marathons and ultra marathons. More than physically, I have run marathons in my head, overcoming fears and letting go of my past self and then working towards a new me. In the Jain community, one of the rituals during renunciation is to let go of the



hair. There is more to hair than just how we look. A lot of our beliefs rest upon our hair, how we perceive ourselves and how others perceive us, being included. All these are deep rooted and a simple act of cutting hair short can help you let go of many beliefs that can be holding you back. In my case, I wanted to get back to being the young girl pre-motherhood and as I let her go along with my hair, I set out to create a new me, keeping all the experiences and wisdom from over the years.

About Seema: Seema after her graduation in fashion designing, worked for 17 years until recently when she quit her job and was introduced to NLP (Neuro Linguistic Programming) and became an NLP personal life coach. ❖

THE SHOW GOES ON AT THE CLUB **BANQUETS** **AND CONFERENCE**

The Club's exemplary banquet and conference facilities set the gold standard for celebrations this monsoon.



With our attractive Monsoon packages, we make sure that joy and praises come pouring at your event. You will find out that the best time to host a celebration at The Club is now.

The special offer is valid from
June 1 to October 31, 2018

AT JUST

₹1,350 to ₹1,500
(per person, all inclusive!)

To make any event even more memorable,
we've also got complimentary

**DJ music, sparkling wine, 1kg cake,
liquor license and entertainment license**

To make the most of these amazing deals, contact us at +912266117777

Also, our facilities are well complemented by our impeccable gourmet outdoor catering service — Kuisine Kraft — which has carved its status as a premier catering service and continues to see a growing list of top clients and events where they have ruled the show with their service and presentation.



MEET THE PRADHANS

Meet **Dr. Shalini & Dr. Suchetan Pradhan**, our ardent members who consider The Club their 2nd home and a place that changed their lifestyle completely. Eminent orthodontists of Mumbai, Shalini & Suchetan talk about their journey in dentistry with us

Q. Tell us about your journey in dentistry?

Suchetan: I come from a family of doctors with my grandfather being a pioneering MBBS doctor who treated all patients beyond Bandra and my father, a paediatrician. My son Siddhant is a 4th-generation doctor. My father and grandfather lived hectic lives and were on call 24 hours and rarely got a good night's sleep. I watched their lives and appreciated their work ethics, however, I wanted the choice of setting up my own work style & timings. Dentistry fitted that idea perfectly. I completed my Bachelors & Masters in Bombay and then went to the US for further education. I came back with a head brimming with ideas, of how to create a practice of state-of-the-art dentistry delivered in a clean, friendly and caring environment. We started off with a one-chair practice in Juhu in 1988, which over the years expanded to a 5-chair clinic. We now run 3 practices spread over Juhu, Bandra and our newest one in Nariman Point. At every stage we have been ahead of the curve in the integration of technology. Be it implant dentistry, laser dentistry, cosmetic dentistry or digital dentistry. This technological leap even took me to Harvard to address their faculty and students, which was a humbling but yet life changing experience.

Shalini: I wanted to become a doctor, but unfortunately missed the cut-off for medical college, so I opted for dental college. Those days it wasn't the most desirable choice. I thought I would switch to medicine after 6 months, but dentistry proved to be interesting enough. Hand-eye coordination, spatial thinking, creativity, empathy, people skills are just some of the skill sets required. It's been a fun journey of self discovery, self-enhancement and being out of





your comfort zone. After being in practice for 30 years, we have also made some great friends, worked on awesome projects and enjoyed ourselves thoroughly. My job is to manage the practice, see patients, especially kids, and be the general trouble shooter.

Q. How would you say dentistry has evolved in India?

Suchetan: The dentistry that we learned and the dentistry that we practice are as different as chalk and cheese. When we started out, procuring quality materials and services was a challenge but today it's all about integrating technology and upgrading skills. Digitalization is the name of the game and CAD/CAM technology is used for virtually all procedures. One-visit dentistry is a reality and not science fiction. Teeth are video camera scanned, (no messy impressions!), crowns, bridges, implant supported crowns, veneers are planned and milled in something resembling a 3D printer and boom, out comes the final product just to be cemented all in one visit! We have the experience and also have these machines in house, (one of the first private clinics to have these machines) and so are able to provide speedy, accurate and minimally invasive treatments efficiently and quickly. Upgrading skill sets to be able to use this technology and changing old mindsets is what modern dentistry is all about.

Shalini: With this evolution, even people have become more accepting of dental treatments & surgeries. Surgeries have

become less painful with little bleeding and inflammation because of advanced planning, superior machines and technology, and the implementation of international sterilization standards. Post-operative complications have also been drastically minimized. We see a great shift in the mind-set of the people as well.

Q. What kind of problems do you see with children? Please tell us a little about paediatric dentistry and what kind of food should children consume.

Shalini: One of the major problems in this day & age is that children consuming large quantities of sugar, junk food, and processed food. You don't see the after-effects immediately, but it slowly messes with not only the health or your teeth but that of the entire body. Parents should steer their children away from processed & sugar-based food and not give into the marketing strategy of companies that highlight the vitamins, minerals, fibre etc. in the food. It is all junk food and ruins their health. Better to eat a plant than food made in a plant! Good home-cooked food with lots of plants, vegetables & fruits, nuts and beans is the food of choice. Through paediatric dentistry, our focus is to make families aware of the effects of consuming excessive sugar and processed food. We do a lot of counselling along with regular preventive and restorative dentistry for children.

Suchetan: One thing that I would like to add is that our life spans have increased dramatically and hence we need to make sure that our teeth remain healthy &

strong for long. If you do not have the right nutritional intake or a holistic health perspective, then you cannot guarantee long-term health of your teeth.

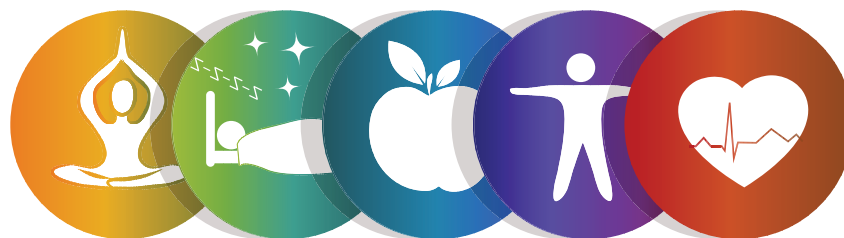
Q. What are some of the new age dental issues that you notice in today's society?

Suchetan: Stress in the modern world is a fact of life and we see the effects of stress much more today. Clenching the jaws, grinding the teeth, excessive muscular movements of the jaws, these are all related to stress and show up as facial pains, headaches and joint dysfunctions. These are all symptoms of living a hectic life and we now need to be able to diagnose problems related to these adaptations to stress. We have never seen as many cases of stress and lifestyle-related problems as we see today. Solutions involve using digital technology to improve the relationship of the upper and the lower jaw — called a dental face lift. A highly effective procedure that improves the bite and makes you look younger.

Q. What dental hygiene regime would you recommend?

Shalini: The basic routine should be brushing for 2-3 minutes, flossing and a check-up every 6 months. Also, avoid chemically complex products.

Suchetan: I would strongly advise preventive dentistry. The pivot of preventive dentistry is not allowing problems to arise at all. But the moment you start noticing cavities, you should visit your dentist and get it taken care of. ❀



HEALTH & WELLNESS WEEKEND

For the occasion of World Doctor's Day on July 1, we bring together our eminent doctor members from various fields for an interactive FAQ session. Also, come in for free health check-ups and doctor consultation.

THE SCHEDULE

Friday 6th July



For Your Eyes Only
By Dr. Himanshu Mehta,
ophthalmologist
Time: 11am to 12noon



Cosmetic Dermatology - Unfolding the myths and mysteries
By Dr. Falguni Shah,
dermatologist and cosmetologist
Time: 5.30 to 6.30pm



Free Dental Check-up
By Dr. Ashwini Bhalerao
Time: 10am to 12noon

Saturday 7th July



Common Gynecological Problems in Women
By Dr. Ranjana Dhanu,
obstetrician and gynecologist
Time: 11am to 12noon



Osteoarthritis of the Knee — Demystified
By Dr. Niraj L. Vora,
orthopaedic surgeon
Time: 5 to 6pm

Sunday 8th July



Healthy Heart
By Dr. Amit Sharma,
Cardiologist
Time: 5 to 6pm



My Little Fussy Eater — Talk on children eating healthy
By Dr. Lakshana Sharma,
paediatrician
Time: 6 to 7pm

Free health check-up by RG Stone

RG Stone Urology & Laparoscopy Hospital
Simplifying Surgeries

Measuring height, weight & body mass index, checking blood pressure and random blood sugar tests, followed by a consultation
Time: Saturday 7th and Sunday 8th July, 10am to 7pm

TAJ
BEKAL RESORT & SPA
KERALA

BECKONS YOU FOR A MONSOON BREAK

Let's hear from the General Manager at Taj Resort & Spa Bekal, Gaurav Miglani, who offers his view on what makes a stay at the resort one to cherish.

RAFAL CICHAWA | SHUTTERSTOCK.COM

It's time to enjoy the rains in its full glory and splendour, and what better place than a resort at a place synonymous with the monsoon — Kerala

You know it's monsoon when Bekal beckons you to live life king-size at the Taj Bekal Resort & Spa. The rains are just a cue for you to soak in the ethereal ambience and tranquil calm the place generates. The resort sure knows a thing or two about fantasies as their holiday packages see to it. It's definitely time for you and your family to soak in the idyllic environs in a monsoon reprieve to cherish.

The General Manager at Taj Resort & Spa Bekal, Gaurav Miglani, talks about how the resort is all set to give your vacation a unique and homespun flavour.

Q. What makes the resort one-of-a-kind?

The resort offers a unique experience because of multiple reasons. First, Bekal is a new destination. Secondly, it's in a part of Kerala which has not been explored up till now. Thirdly, it is the only resort, which offers both backwater and beach experiences. It's the only resort in the country where 50% of the rooms have a private pool. Also, it's the only resort to have a mix of Ayurveda and aromatherapy treatments. In terms of food, authentic Kerala cuisine, Moplah cuisine, food from across the country and world are offered in the same premises. The fact that it is also a pet-friendly resort also goes a long



way in making the guests feel comfortable and homely over here. Most of the time, people come over here for a celebration, so the staff always look to make it a celebration to remember, whether it's an anniversary or a birthday. From arranging birthday celebrations in riverside gazebos and special dinners to doing exquisite setups inside the room, the resort goes all out in making the guest feel special.

Q. How do you go about in making your guests' experience different?

There is a special emphasis on offering local experiences like plantation treks or holding Kerala sadhya meals within the resort. If the idea is to relax, bond with the family or have quality time, then Bekal is the right place. If one wants to cut off from the world, enjoy nature and bask in a wonderful atmosphere, this is the right place. The entire family can go for a trip to Bekal

Fort or a cycle trip to the beach to enjoy the sunset. The resort is designed in such a manner that you spend quality time together with the family,

Q. Is there a special itinerary for a monsoon stay?

Once the guest comes in, our Guest Relation Executives (GRE) would sit with you and plan your entire stay. So you would probably start out with a Kerala sadhya lunch at the backwater cafe and then spend the afternoon relaxing topped by a dinner at one of the restaurants. The second day you would technically do a plantation trek and see unique things that you would not normally see in a city. The plantation trek has its own hills and rivers. Also, unlike Mumbai monsoons, Kerala monsoons don't have continuous rain. You can still go about enjoying the great outdoors.

THE KERALA FOOD FEST

The Kerala cuisine is an absolute dream for a foodie, and during the monsoon, their best delicacies go hand-in-hand with a good book and the idyllic ambience created by the pouring rain.

Taj Bekal takes the tried, tested but always worthwhile route with feasts lined up to get you acquainted with the spicy, aromatic world of Kerala cuisine that emphasises on farm-fresh ingredients. For those with a sweet tooth, the crowning glory is the payasam (thickened sweet milk porridge with cooked rice bits, dried fruits and cardamom and sometimes, bits of coconut and jaggery). Seafood rules the roost when it comes to the local preferences.

From August 3 to August 12, the resort plans to pay tribute to Kerala cuisine and culture with authentic dishes like biryani, neychoru (ghee fried rice), puttu (steamed rice cakes) and pathiri (rice pancakes).

With its distinct flavor, the Moplah cuisine of Malabar is a crowd favourite, which is said to be influenced by the culinary habits of Arab traders who came to the Malabar region hundreds of years ago in search of spices that had lured many, including the Chinese, the French and the British. Later, cuisines of later traders like the Portuguese and the Dutch saw a perfect blend of several cultures that emphasized on the use of local ingredients with foreign techniques.

Apart from the cuisine, art and entertainment forms like Oppana, Mappila Pattu, Kolkali and Duff Muttu are an integral part of the social fabric of the southern state and showcase the cultural richness of the community. ❀



SANTHOSH VARGHESE | SHUTTERSTOCK.COM



COVER STORY



2 NIGHTS (+ 1 night on ROOM ONLY basis)			Child (5-12 Yrs) for 2 Nights, incl. Extra Bed, Breakfast, One Meal.	Extra Adult (above 12 Yrs) incl. of Extra Bed, Breakfast, One Meal
ROOM / VILLA TYPE	SINGLE, ₹	DOUBLE, ₹		
• Superior room with Balcony	33050	35750	₹ 4500	₹ 9000
• Superior room with Sit out	34210	36920		
• Deluxe Villa with Courtyard	35840	38540		
• Deluxe Villa with Plunge Pool	38740	41450		
• Premium Villa with Plunge Pool	40700	43400		
• Luxury Suite with Terrace	43950	46650		
• Luxury Suite with Plunge Pool	47200	50000		

Pay For 2 Nights, Stay For 3. Get The Third Night Complimentary on Room Only Basis, same applicable for extra adult and child. The complimentary Night Rate Already Adjusted. Rate Includes Breakfast & One Meal (Lunch or Dinner) for first 2 nights. 10% Discount On F&B (A La Carte). One-way shared car transfers from Mangalore Airport OR Kanhangad / Kasargod / Mangalore Railway Station. Additional 28% GST applicable.

Cancellation is free of charge if done 30 days prior to the arrival date & penalty charge for late cancellation is 100% of stay.

- 90 Minutes from Mangalore Airport • 25 Acres • 68 Villas & Rooms • Separate Bath & Rain Showers
- Alfresco Dining • Pool-side Dining • Grande Jiva Spa • Beach Access • Backwater View

For reservations/ information, please contact: bekal.kerala@tajhotels.com

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ALTERNATIVE WAYS TO NURTURE YOUR SOUL

With the rains set for its annual ritual, here's a look at some alternative therapies to rejuvenate your body, mind and spirit.

Taking a step forward, Antara Day Spa is now looking to cure ailments with a combination of alternative treatments to balance the body, mind and spirit. Led by the father and son duo of Mr. Anil Jani and our very own Spa Manager Ronak Jani, the therapies are designed to help improve the body's healing potential as well as promote the flow of

good Chi, thereby promoting detoxification, longevity and immunity.

With a vision to promote alternative medicine, they will offer a range of treatments at the Antara Spa, which will include a consultation to understand your ailments and treatment accordingly. ❖

INSTANT THERAPY

Instant therapy is an ancient healing art that uses fingers to press key points on the surface of the skin to stimulate the body's self-curative abilities by releasing muscular tension and promote the circulation of blood and the body's life force, to aid healing. It is a combination of acupressure, sujok, meridian points and shiatsu to cure ailments such as headaches, migraine, back pain, blood pressure amongst many others.



ALL IMAGES FROM SHUTTERSTOCK.COM

VACUUM THERAPY

Vacuum therapy aids in curing ailments such as sciatica, slip-disc, frozen shoulder, back pain, calf muscles etc. It

involves the use of healing oil, which is applied on the affected area, covered by a plastic lid or dough and a glass with a piece of burning paper to create a vacuum. This vacuum helps pull & straighten the muscles and enable the blood flow that provides relief from pain.





REIKI THERAPY WITH CHARGED CRYSTALS STONES & WATER

Reiki is a universal life force healing technique to relax the body and calm your mind by soothing your chakras. Reiki-charged crystal stones of different colors connect with each of your seven chakras. It takes care of your mental, physical and emotional well-being and also assists in aura cleansing to keep you fit and healthy.

In Reiki, water is also used as a very important medium as it carries life energy with every sip you take. By thinking positive thoughts while drinking water, you transmit the same energy within you. To facilitate this process, the healers can perform Reiki on your bottle of water and energize it with the positive intent that you wish to focus on. The water will flow into your body, mind and soul and thus charge you with unending positivity.

DIYA THERAPY

Diya therapy is used to stimulate your third eye point by placing a lighted diya on a wheat dough between your eyebrows. The process involves keeping a calm demeanor by chanting, praying or focused breathing. The treatment is effective as it clears the blocks, relaxes both body and mind, relieves tension, increases resistance power, thus removing all toxins from the body and making it fit physically, mentally and emotionally.

PANCHADHATU ALLOY TREATMENT

A therapy with a holistic approach that re-harmonizes your body, detoxifies it and balances it from within. This treatment involves all the pressure points to balance your acidic and alkaline level as the reflex points are connected throughout the body. A unique process, which involves a circulating massage, both clockwise and anti-clockwise, as per the reflex points under the feet, using salt and clarified butter made from cow's milk, is done. The rigorous circular movements using the panchdhatu vati on the feet release toxins.



ALTERNATIVE THERAPY SPECIAL

A 2-day Alternative Therapy Camp will be held at the Antara Spa. Come and acquaint yourself with the various therapies. You can consult with the healers, Mr. Anil Jani & Ronak Jani, who will understand your ailments and advise treatment accordingly.

Mr. Anil Jani is a well-known & certified Alternative & Traditional Healer who has done wonders by organizing more than 1,000 camps both in India & abroad. The Health Minister of Delhi and known Trusts have awarded him for his humble service.

Mr. Ronak Jani, our spa manager, is also a certified Traditional & Alternative Healer who has mastered the art of Reiki & Panchdhatu, which has become one of the most favorite therapies of our members.

Date: Saturday (July 28), and Sunday (July 29)

Time: 7am to 1pm

Venue: Antara Spa

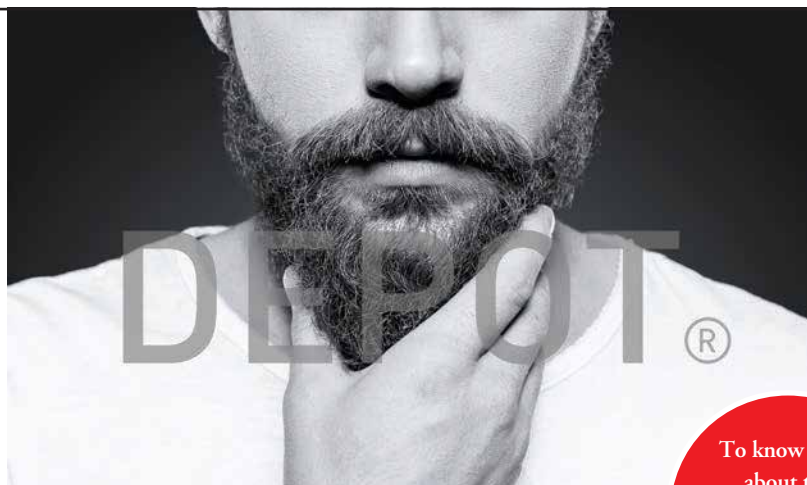


MR. ANIL JANI



MR. RONAK JANI

OUR SALON



To know more
about the
special package deals,
call us on
022 66117775.

kromakay
artists at work since 1999

RAMP UP YOUR STYLE QUOTIENT

Here are some grooming tips to help the men ace their looks for the monsoon

It's one thing to be well-dressed and good looking, but it's another thing to always be well groomed, clean and smelling like a man that gives a thought to personal hygiene.

The Kromakay Salon at The Club announces the launch of not just the perfect professional grooming services for men but also brings to the guests DEPOT®, a full range of men's products to meet the demands of the changing men's market.

In the past year, Kromakay Salon has offered a unique blend of beauty and styling services in an eclectic atmosphere and catered to every beauty and hair need. Now, we up the quotient and celebrate men's grooming with all new professional barber services.

Start your experience with the Traditional Shave; this one is a precise grooming session with the combination of an expert shave with quality products that will leave you feeling relaxed. The Signature Hot Shave is tailored to your skin type and is the ultimate indulgence provided by a skilled artiste that will leave you refreshed and relaxed. The ritual begins with a pre-cleanse prep followed by a precise shave and relaxing experience to hydrate the freshly shaven skin.

The Signature Hot Shave with DEPOT® is tailored to your skin type. The sophisticated DEPOT® products are modern must-haves for today's man.

The Beard Ritual is for one who is looking to experiment with new beard



grooming styles. The ritual includes a full signature beard trim, hot towel shampoo and then styling with premium beard products.

The DEPOT® range includes hair cleansers, conditioning and styling products along with beard, moustache specifics and shave specifics. ❀

There is a BALMAIN Hair Pop up Carnival Offer exclusively on hair care and styling products. Buy any two retail size products worth ₹ 3,600 and get a BALMAIN hair luxury clutch and BALMAIN comb free.

MAKING FITNESS FUN

It's all about alternative fitness as The Club tells you how you can get the same or even better results once you add a touch of innovation and creativity to your fitness routines

After the scorching heat, monsoon is definitely a respite. Unfortunately, along with it comes a number of health issues, allergies etc. Boosting your immunity is of paramount importance and will ensure you enjoy the monsoon season gorging on yummy hot pakodas.

Outdoors may be out of bounds for your fitness activities and sports, but don't let the monsoons dampen your fitness routine. Head indoors and take advantage of the various alternative fitness activities that you can do for staying fit.

YOGA

Yoga is a holistic approach to your well-being that makes your body flexible, strengthens your muscles, creates a balance between your mind & body and at the same time relaxes you. Practicing yoga on a regular basis helps you stay fit, improve your immunity and helps you fight various health issues.

Now, you can benefit from the different forms of Yoga sessions conducted at The Club by trained yoga instructors.



**POWER YOGA
BY TANAJI**

When: Monday,
Wednesday & Friday
Timings: 8.15 to 9.15am,
9.45 to 10.45am



**SHILPA'S WELLNESS
YOGA**

When: Monday,
Wednesday & Friday
Timings: 7 to 8 am



**POWER YOGA
BY RENU**

When: Monday,
Wednesday & Friday
Timings: 6.30 to 7.30pm

BOLLYWOOD FITNESS



When you're happy and you know it, shake your hand, leg and the whole body. This monsoon stay fit and shed some calories Bollywood style. Move and groove to the latest Bollywood music for the perfect cardio workout. The steps are seriously simple, designed for people with two left feet. So if you consider yourself to be a "non-dancer", you have nothing to worry about, for these classes are designed just for you. Come join the fun, with Danceright. Be fabulous every-time!

**BOLLYWOOD DANCE FITNESS BY DANCERIGHT WITH
IMRAN SAYED AND HIS TEAM**

When: Tuesday / Thursday & Saturday
Timings: 11am to 12noon & 6 to 7pm
Batches: 5 to 8 years | 8 to 14 years | 14 & above

ZUMBA



With simple dance moves grooving to Latin and international music, you're on your way to a fit body. Losing weight has never been more fun than with Zumba — a unique blend of cardio & muscle toning benefits and a great dynamic core workout.

ZUMBA BY CHINMAY KATAWALA

When: Monday & Friday
Timings: 11am to 12noon & 7.30 to 8.30pm
8 sessions in a month

HEALTH ZONE

SQUASH



A racket sport, squash is one of the best workout regimes that requires you to run, leap and dive for the ball. It provides a much-needed cardiovascular workout.

At The Club, we have two upgraded squash courts. We have collaborated with 5Sports Academy that provides professional coaching for all age groups. The academy prepares a squash curriculum for each level (toddlers, beginners, intermediate & advance), which is created in accordance with WSF standards. Our fitness coaches focus on core strengthening, balance, functional, endurance and weight training, which assists in stronger game play. Regular assessment of players is also conducted by our coaches to ensure structured progress. We look to empower today's youth and adults with sporting skills, to produce champions on and off court and lastly, to increase accessibility to sports.

When: Monday to Saturday

Morning: Adults / *Evening:* Kids

SPORTS ZONE

The rains are not going to be a dampener if your mind is set on a sporty season. We've got an interesting mix of events and competitions that is bound to get your competitive juices flowing.



Snooker Tournament on July 18

It's time to weave your magic on the pool table with a Super Wednesday to remember.

Aqua Tug-of-War in September

With a little twist to tradition, this water sport tests your strength in the most challenging of conditions.

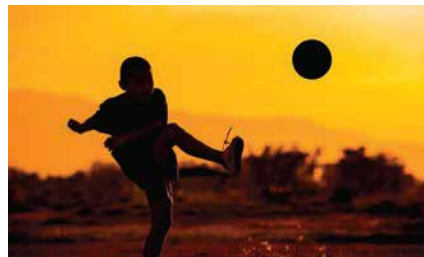


Volleyball

Are you game, set and match-ready for a smashing time! Get your friends and enjoy a game of volleyball at our new volleyball court.

Senior Citizen Day on August 21

Age is no bar in sports and our senior citizens will be out there to prove a point with their best game faces.



Mud Soccer Challenge in August

No weather's going to play spoilsport to the beautiful game. Fresh off from the World Cup euphoria, The Club makes sure it stays on with this exciting event.

COMING SOON

TABLE-TENNIS



FOOSBALL



The Oriental Wok is a gift that keeps on giving when it comes to gastronomical pleasures and a few funky twists.



TASTE THE ORIENTAL MAGIC

In India, there is no other cuisine from around the world that is as popular as the oriental cuisine, apart from own homegrown recipes. The spice palette of the far eastern cuisine is so much similar to ours yet so different that it gets our tongues asking for more.

The Oriental Wok at The Club has been around for almost two decades now, serving excellent and quality dishes in a quiet manner, delighting its patrons' taste buds. However, since its re-launch three months ago in a brand new avatar and feel, it is far from that shy little kid who was unnoticed. It is ready to take its place in the limelight and grab your attention, attracting diners in more than different ways. The moment one enters the restaurant, it instantly strikes a bright note with exquisitely lit beautiful

interiors with hues of gold, yellow and grey, and a variety of music played, from hip-hop to house beats.

An imperial purple-coloured beverage menu welcomes guests. It comprises, for the first time at Oriental Wok, cooked cocktails like the "Drunken Geisha" — a combination of beer and vodka — along with cooked tomato juice and vinegar, lending an Oriental touch. For something more potent, order the "Fat Buddha", a tequila drink balanced by a fruity overtone making it a perfect companion on the new road to enlightenment.

The classics are given a twist too. The Sour Tamarind Mojito and Bara Bere LIT is spiked with Galangal and Lemongrass





On the menu, guests would be happy to see the addition of sushi. The Asparagus Tempura Roll is impressive when paired with a chilled Sochu at its side, enhancing the flavour moreover, while a refreshing glass of sparkling wine will help you enjoy the taste of the salmon and cream cheese roll.

Som Tam, generally known as the Thai Papaya Salad, is one of the favourite dishes from the streets of Bangkok that finds its place on our menu. Ingredients pounded together are shredded green papaya, green beans, roasted peanuts, green chilies and lime juice, which brings together the primary tastes of sour, spicy, salty and sweet together in one bowl of refreshing Thai flavours.

One can also find a host of skewers on offer with sensational flavours dipped in yakitori sauce that lends its smoky aroma with a tinge of sweetness. Edamame might be a fancy name for soybeans, but these boiled and lightly salted make it a great and healthy grub to snack on. One

can also settle for some steaming hot plump dimsums with some adventurous flavours. The appetisers alone can make one wanting to come back again.

There are so many dishes to choose from the mains, which allow you to take some time off to allow your senses to soak in the ambience and let the appetisers work their charm. One can easily get “Curry”ed away with the options from all over the far east; namely Indonesian, Korean, Thai, Malay, Singapore, Japanese, Hunan and more.

The world of rice & noodles is diverse in its own realm. An all-time favourite, the Korean Dolsot Bibimbap is a meal bowl of its own with spicy pungent flavours. It is a mix of crunchy veggies, mushrooms, beans on top of sticky rice, served over sizzling sesame oil that gives it a distinct taste.

FUN FACT: A famous staple of Yunnan cuisine, “Crossing the Bridge Rice Noodles” has an interesting origin. As the story goes,

at a small island in a lake in the Southern Yunnan town of Mengzi, there was a scholar preparing for the imperial exams. His wife would cross the bridge packing soup and noodles separately rather than mixing it to avoid them from getting soggy and hence the name stuck. Try this bowl only at the Oriental Wok.

The dessert selection is a revelation, with some really wonderful treats on offer. While everything you try is delicious, there are two must tries. One is the Chocolate Indulgence and the other is the Apple and Cinnamon Spring Roll. Technically not strictly Asian desserts, but who’s complaining when your meal ends on this note?

The Chefs have definitely upped the ante and added some flourishes to the menu to keep it interesting. All of this helps to make it intriguing yet familiar for insiders and a must-visit for those who haven’t! ❀

Call us on 02266117762 to book your table with us. See you soon!

GOURMET

Westbury's CHEER FOR THE BEAUTIFUL GAME

It's time to pull your weight behind your team at the FIFA World Cup Russia 2018 during an action-packed period of pure sporting frenzy

Choose your colours as the world's favourite sporting spectacle gets the treatment it deserves at our English-themed pub with a contemporary twist — Westbury's Bar .

With a wide selection of international and Indian spirits, beers and wines, cheering for your team at the FIFA World Cup sports screenings with your gang is all set to be an adrenaline-charged endeavour. So, give your wallets a rest, sit back and get in on the thrill with attractive packages.

OUR PARTNERS



For more information, call Bruno on 96769235250



SWEET TREATS



ALL IMAGES FROM SHUTTERSTOCK.COM



During the monsoon, nothing can beat the joy and peace of a nice cup of steaming hot tea with a delightful plate of cookies. A sweet morsel that can come in all kinds of shapes and sizes, with an assortment of flavours and fillings, the cookie is a tea-time staple as well as apt for innovation.

With that in mind, The Patisserie shows you “Cookies around the World”, a one-of-a-kind event from July 6 to July 31. Think of orange choco cookies, triple chocolate chip cookies, nutella and seasalt cookies, peanut butter cookies, nutella red velvet

cookies, salted caramel cookies and white chocolate & almond cookies, you name it, we’ve got it.

From August 20 to 27, sweet, sibling love finds a sugary tribute with our Rakshabandan-themed cakes and pastries that are the perfect way to express your affection to your sibling. Also, German breads and gluten-free breads are all set to be the toast of town from September 7 to 17, with unique delicacies like the landbrot, five-seed bread (fünfkornbrot) and the pumpernickel. ❖



FOOD FRENZY

You will be hard-pressed to find a city like Amritsar that can find a way to your heart through the stomach. The food capital of Punjab is a gourmet's dream as a cascading bonanza of aromas through the city's iconic dhabas takes you to paradise.

Now, here at The Club, we bring you that paradise courtesy the Amritsari Express that rolls from July 13 to July 29. With dishes like the Amritsari Kukkad, Jalhandri Machhli, Pind Da Tawa Boti, Amritsari fish fry and Patiyale Da paneer tikka, your taste buds are in for a treat. To add to the bliss, we have got the unique Chowkwali Matar ki Tikki, Shahi Murgh Patiyale Da, Mahi tawa masala, Rasiley Boti and an Amritsari spin on the Paneer Da Tikka Masala.

If you are looking for something exotic in terms of flavours, brace yourself for 'Viva Espana' — The La Tomatina Experience — from August 17 to September 2. The essence of Spain is right there in an array of dishes lined up like —



ALL IMAGES FORM SHUTTERSTOCK.COM



- Gazpacho (cold soup)
- Empanada
- Tortilla De Patatas (egg and potato savoury cakes)
- Escabeche
- Gambas Al Ajillo (prawns with garlic)
- Caldereta De Cordero (lamb casserole)
- Patata Bravas
- Fish charmoula
- Crusty rolls, grissini Sticks, herb nuggets
- Paella

The Mediterranean cuisine will also make its presence felt from September 14 to September 30 with scrumptious choices like the Tzatziki with olive bread, char grilled vegetable melange, Maltaise chicken with fennel, Moussaka, Bouillabaisse, Moroccan vegetable stew with minted couscous, lamb tagine with couscous and chicken brochettes. ❖

THE CHAUHAN SISTERS ON WORK-LIFE BALANCE

As we drove into the sprawling iconic Parle Agro estate to meet Schauna, Alisha and Nadia Chauhan, one cannot miss noticing how it has transformed into an oasis with a play park, water body and greenery that makes it such a welcoming place. Once inside the building, we were led to the conference room where we met Schauna, Alisha and Nadia, who spoke of their growing-up years, their business and how they spend time together as a family.



Schauna, Alisha, Nadia and their parents have been members since the inception of The Club. As they jogged their memories, Schauna was quick to share how she would play tennis frequently when The Club opened in 1998. Alisha has always loved the gym and continues to swim as often as possible. Nadia would always hang around with her friends in the billiards room. Alisha laughingly added, "And yes, I remember training and telling you what to do in The Gym." But their most memorable fun time was at our Bowl 'O' Drome where all the friends would hang out together especially at the weekends.

Fast forward into the present and Schauna is the CEO of Parle Agro, Alisha is the Director, heading the CSR division and Nadia is Joint MD & Chief Marketing Officer and they spend most of their time juggling between work and family that includes spending time at The Club. For Schauna, The Club is on the way home so sometimes they stop by for a meal. "The

Garden Grill is nice in the winters and we definitely love the Chinese Cuisine at the Oriental Wok," she added.

Alisha loves The Club because of the child centricity, "We've come over many times for the Sunday Brunch and the activities for the children are really nice along with

so much of space for the children to run around. We also like and enjoy the live singing. The children can cycle and also use the hover-board because it's safe and hassle free. The annual dog show is also really amazing. And since we are all dog lovers, you should do these more often so we can bring our pets."

Nadia and her family love swimming and the outdoors. So they are very pleased that there is a dedicated swimming pool for the toddlers, a fun pool and a lap pool for serious swimmers without compromising on the size.

As sisters who work together, they play together as well. There is a lot of time that they spend together including lunchtime in the office. And as Nadia puts it, "I think the one thing that gets us all together is our kids. They are all around the same age and are so close that they get along beautifully. This allows us a lot of time together, including weekends, evenings and even our holidays. And

whenever there's free time, we try to find things to do together."

For the modern family and girls that they are, their professional choice to join the family business and to take the legacy forward came pretty naturally considering the plethora of opportunities today's India offers. Instead the success of Bailley, Frooti, Appy, Appy Fizz and Hippo is largely attributed to the sharp business acumen that all the three sisters possess.

Nadia explains how this worked for them, "The three of us literally grew up in the business I think we were all part of it even before formally getting into our roles and it was pretty much a natural choice in terms of what we wanted to do. Each one of us has clearly defined roles



MEMBER PROFILE



that complement our skills sets and each other's. We've been working together for almost 14 years now and I think that is just the way our father has defined our responsibilities. We trust and respect each other's decision and also the intuition & judgment of knowing what's right and what's wrong."

Alisha heads Parle Agro's CSR initiatives and she proudly talks about how it's making a difference, "We are rebuilding the anganwadis between Bangalore & Chennai. They are in very bad condition. We have taken up the initiative to rebuild the infrastructure. Give them water & electricity, do up the structure again and provide them with educational material, playground equipment and make it a safe environment for children. The other initiative is installing reverse vending machines where you put in the plastic bottles and it grinds them into flakes and then goes into recycling to make shoes, clothes and even furniture. We have installed some in Bangalore and we will install in Mumbai as well.

Nadia is joint MD & CMO for Parle Agro and shares with us the future plans. "Over the past few years, we have been growing quite dramatically way ahead of the beverage category in rank. That is most important to us because as a business we've got a very strong history and we really are the creator of the packaged soft drinks industry in India. For us the vision is really to get to the number 1 position. In the last few years,

the way we've been growing, we are at the No. 2 position and the plan for the next five years is that we should be the No. 1 soft drink brand in the country."

Schauna, Chief Executive Officer, who leads Parle Agro expresses by saying, "I am a very detailed person and that helps as my work requires me to adopt a micro-management style as I get to the bottom of whatever we are working on. I work with the team and get into the discussions that involve detailing out the whole plan to the point of execution. I then leave it to team to execute and review on a regular basis. I am also a very good judge of character and that's how I am able to identify to whom what should be allocated, when to back off or when something needs far more involvement."

As women leaders and their individual leadership style!

While Schauna feels she never had to face any gender-related issues or resistance Nadia feels this is a subject that women should not focus on too much. "The more one talks about this the more differentiation you're creating. We've never entered the business looking at ourselves as women and expecting men around us to treat us differently like holding the door open! We don't go out there with those expectations. It becomes an issue only when one pays too much attention to it. Leadership is based on each individual's capabilities, your drive, initiative and capabilities not on one's gender." Alisha thinks society

is a lot more accepting of women in the workforce today, "The generation has changed now. It has always been a societal issue where it was a taboo for women to work outside along with other restrictions."

Nadia has a very strong belief in empowering people and looks back at her journey of 14 years by saying, "I started off in the business when our turnover was Rs350 crore and today we are at more than Rs4,000 crore. If I tried to do everything like I did when I joined the business, I don't think we'd be able to do as much as we are doing today. It's possible for us to do as much because of people empowerment. A lot of my team members are people whom I recruited when I joined and they continue to be with me today. They own the vision as much I do and that is something that I really worked hard towards. I believe very strongly in making sure that you pass on the vision, so that they own it and feel as passionately about it making them strong as leaders. That means providing them with exposure and a lot of training and opportunities to take on. I take on the responsibility of the decisions as well which hugely defines my style of leadership. An important aspect for a family business is to be able to grow and take people along as well."

Commenting on their complementary style of leadership, Nadia rightly points out, "If I were to lead some of the functions that Schuana leads, with my

kind of leadership style, it would not work. I think when you're talking to people who come from marketing, from sales, talking to people who are putting the business strategy together, you need to be able to give them a lot more room to think and bring out a lot more on their own. They are not just people who will execute. But Operations as a function are a lot more dependent on execution. And for that you need Schauna's leadership style who's into micro management and who is following a check-list. That again I feel is because we've been given roles that suit us and our talent."

On being Daddy's girls!

Parle Agro has been led astutely by Prakash Chauhan and Schauna, Alisha and Nadia attribute their grooming into the business and success totally on their father and mentor.

Nadia shares, "Dad has always played a very big role in our lives. He has always trusted us and I think that's a very big deal for someone who has built up an entire business to be able to give it to your children. Sometimes I wonder how I will pass on things to my children when I have to because we are so passionate about what we do. I joined the business at a very young age and he trusted me with very large decisions in my very first year. When I look back today I wonder how I did it all. He's taught us very differently, he's allowed us to make our own mistakes and he's always been there to support us through everything."

Alisha resonates with Nadia by saying, "I think it is trust, faith and his expectations because he knows how much we are capable of. So he pushes us accordingly as well to be able to achieve that. That's why I said that we are not afraid to make mistakes because of the confidence he has instilled in us of not being afraid, but rather find a solution and come out of that."

Schauna beautifully sums it in her words, "I think all of this has enabled us to strive



even more. We all go back to our father when we require his advice because he is part of the business and he knows everything that's going on which is still great. I think the best thing is that if you give anyone confidence then there's no limit to what you can achieve."

On great intuition and gut feel, Nadia feels her area of work depends a lot on this, "So is our dad. He relies tremendously on his gut instinct and has taken a lot of bold decisions and if I have to say that there's one thing I really value is that I've picked that up from him. That's not something you can pick up at school or college or anywhere else. It's just being on the job and really knowing how to feel things and take decisions."

Schauna's intuition works on the operations of the business, "For me it's working more on facts and numbers of the business which involves intuition. I have to work out and see a Plan A, Plan B and a Plan C as well just in case one or the other fails. And also work out how much time it will take us to move from one plan to another if an issue arises. The turnaround time is crucial and the speed in how that will work."

On work-life balance!

Lastly, considering all 3 are married, we were intrigued to understand how they maintain a work-life balance and also



unwind and relax. For Schauna, her sleep is the most important mode of relaxing, "I sleep well, regardless. I try to sleep early by being in bed and also switching channels to just unwind before sleep."

Being sporty, physical activity truly relaxes Alisha, "For me it's sports. Playing a sport is my meditation. I play volleyball, swim and also work out at the gym. When I am in the gym, I just tune out from the world."

Nadia loves unwinding with the family. "Basically post work we spend a lot of time together as a family. We travel a lot and both the kids and my husband are water babies so we spend a lot of time by the pool. We also love animals. And being big foodies, we find new restaurants and experimenting different foods."

Well, as we can see, the Chauhan girls work hard and play hard whether it's in the boardroom at work, with their teams or spending time relaxing with their family or getting involved in their passions. Success does not come easily. It requires a fine balance between a life filled with recreation, leisure and a laser sharp focus at the workplace. ❖

IT'S RAINING ACTIVITIES



When the monsoon sets in there is one question on every parent's mind! How can they keep their children engaged indoors? Well, we have the answer. Send your children to The Club for a range of fun indoor activities planned for all age groups this monsoon.

KIDS CORNER BY MAGIC GARDEN

Bring your toddlers to the library and let them engage in activities and play with Pooja from Magic Garden. These activities will not only keep them busy, but also help in developing their motor, gross motor and learning skills.

Age group: There will be activities to engage all age groups

When: Monday, Tuesday, Wednesday, Friday and Saturday (5pm to 6pm)



ALL IMAGES FROM SHUTTERSTOCK.COM

ENGAGE...DO MORE WITH DHANASHREE

There will be fun workshops every Thursday where fun techniques and creative activities will boost your child's creativity and confidence.

Age group: 3 & above | **When:** Thursdays (6 to 7pm)

This is their line-up for the monsoon months:

JULY

ENVIRONMENT LOVE

The theme for July is 'Become Environment Friendly' where children will become friends with Mother Nature, learn & discuss about taking care of the environment through various stories & activities.

Some of the activities planned are 'Sow a seed or plant a sapling', 'Recycle & reuse', 'Color a cloth bag', 'Caring for animals', and 'Caring for friends & family'.



AUGUST

IMPORTANCE OF BECOMING INDEPENDENT

With August 15 being Independence Day, children will engage in activities that emphasise on the importance of being important

They will learn to make their own sandwiches, organize their bags, clear up their toys and things and keep it back in their place after use, prepare a small skit and practice for it, learn their lines and perform the same in front of their parents and friends.

STORYBOARDS BY MAGIC GARDEN



Whether a child or an adult, we all love to hear stories that stimulate our imagination and help us hone our creative minds. Magic Garden will take you through a series of stories that will transport you to the world of adventure, seasons, understand India as we celebrate Independence Day and other theme activities.

Age group: 4 & above | **When:** Fridays (6 to 7.30pm)

JULY

MONSOON SPECIAL

July 6 - It rained all day...

What happens when it rains? Earthworms wriggle out and rabbit burrows get filled with water. Kids explore how rains affect animal life through stories and activities.

July 13 – Raindrop plop

Kids have a fun-filled evening exploring what they can do to make rains fun! They make an umbrella and hear a story of a tree asking God for an umbrella.

AUGUST

MY COUNTRY, MY INDIA!

August 17 - Independence Day Special

Kids hear stories of great freedom fighters and participate in a picture quiz of India. There are prizes to be won! Kids also participate in a unique India craft activity.

August 24 – Icons and national symbols of India

Kids get acquainted with two great icons of India, hear their stories. They also tell us about their favourite national symbols.

August 31 – Kings and Queens of India

Kids hear stories about the great kings and queens of India. They learn how animals and birds were helpful in wars and keeping peace.

ARTY PARTY BY HORIZON

Saturday is the day to explore your creativity. Make animal puppets, umbrella collages, your own Rakhi for Rakshabandhan and many other fun crafts.

Age group: 4 & above

When: Saturdays (6 to 7pm)

This is their line-up for the following months-



JULY

Monsoon ideas

July 7 - Umbrella collage making

July 21 - Making finger puppets

AUGUST

Bond with the best

August 11 - Independence Day special

August 25 - Making friendship and rakhi bands

MOVIE MANIA

Take a break on Sundays, sit back and enjoy a movie in the library. Watching movies is a a fun way to bond with the family. Come as a family and watch children's movies, classics, animations and more.

Age groups: Open to all

When: Sundays (5.30pm onward)





Shipra Malhotra's

Calligraphy Made Easy

Master your fine motor skills, increase hand-eye coordination, develop basic writing skills, improve concentration and make writing easier, simpler and beautiful with 'Calligraphy by Shipra Malhotra'.

Age groups: 6 & Above

Dates: July – 14th & 15th

August – 3rd & 4th

September – 21st & 22nd

Venue: Library

Time: 5 to 7pm

Charges: ₹ 500 per person



JUNGLE MAIDEN SHOW BY GROOMING BABIES



DID YOU KNOW?

Our country derives its name Bharatvarsh after the benevolent son of Shakuntala who embodied the virtues of courage, compassion and love for all living beings. Inspired by the poem of Kalidas — the great Indian poet and dramatist — the story of Shakuntala, the feisty jungle maiden, is contemporised to match current times and simplified for children's understanding.

Join us for an interactive story-telling with music, movement and craft based activities.

Date: Saturday, 28th July

Time: 5.30 to 7.30 pm

Venue: Library

Charges: ₹ 500 per member
₹ 600 per guest

For more details and
to register your child connect
with us on 022-66117777

THE CLUB CYCLOTHON

On the occasion of the first World Bicycle Day on June 3, we held a cyclothon from The Club premises to the BKC and back — a distance of approximately 30km.



Dr Niraj Vora



Maneesh Ajmani



Dr. Naresh Saraf



Ashish Chavan



Karl Karkaria



Nikhil Moha



Nimesh Mehta



Rishi Jethi



R Suresh



Siddharth Singh



Pratik Biyani



Arpita Gandhi



Sidney Sequeira



Mayank Bhatwal



Kanchan Jethi



Sanghamitra Mukherjee



Narendra Gupta



Jonu Rana



Aahana Kumra



Danish Pandor



Mrunal Modi



Tanay Shah



Perna Goradia



Komal Bhukanwala



Nirav Shah

#STAYINGFIT — SPORTS, FITNESS AND FUN FEST WITH TERENCE LEWIS



On April 15, a high-tempo family evening saw fitness events, games and activities topped by a special performance from Terence Lewis and his crew.

WATER POLO



Our members dug into their competitive spirit with a sprightly game of water polo.



NIGHT CRICKET



After the sun sets, how about a game of cricket? Our members grabbed the opportunity to have an exhilarating contest between bat and ball.



AN ODYSSEY TO REMEMBER



IN FRONT OF THE PARTHENON

Athens in Greece has always held a poetic fascination for travellers with its reputation of being the wondrous cradle of Western civilization, philosophy, democracy and literature. It continues to surprise and enthral scores of tourists with an eye-catching blend of the glorious old and new

Text and photos by *Devansh Bhartia*

I recently travelled to Athens — the capital of Greece — with my friends from school. I was there for six days, of which I had to attend a conference for three days. Three days to explore the wonders of the city might seem short, but not when you wake up at 5am and sleep at 12 midnight. The weather of Greece is just perfect in March at 15° C in the day and 9° C in the night.

This was the first time I travelled with the help of a travel agency. People usually say tour packages by agencies are too rushed, however, I got more than enough time to explore each and every place. I got to learn some history, take pictures and enjoy the view. The person who was there with us right from our flight was Ms. Ana and there was a kind gentleman who drove us around and waited patiently for us everywhere. Well, I really do not know how to spell it correctly, but I believe his name was spelt 'Panacos'. For the first few days, we called him 'Panacotta' until he said it was Panacos.

There are hundreds of amazing places in Athens and some of them will totally make your time worth it. The Acropolis (the fortified part of the ancient city that is high up on a hill) is one place you should not miss. I would actually recommend (if permitted) to take a portable chair and just sit on the hill



THE VIEW FROM THE PARTHENON



for hours. I would also suggest you carry warm clothes up there because at times, the temperature drops by 3 or 4° C.

The Acropolis is huge with many monuments and you must visit the Parthenon [you might be able to see it from anywhere in Athens as it is high up on the hill]. The Parthenon is a temple dedicated to the Greek goddess Athena. The view from the Parthenon is just spectacular.

One more tip: Do visit the Parthenon Museum, which is just a five-minute walk from the Parthenon. At Parthenon, you would have noticed many inscriptions missing. The museum preserves these prescriptions. The floor of the museum is purely glass, displaying an ancient great bath. The museum is full of facts about the Parthenon — inscriptions, sculptures and tools.

The ancient Olympic stadium is not very far from the Acropolis, but it is definitely a place to visit. It is a wide stadium with flags hoisted high, and once you see the open space you would find yourself imagining how the Olympics would have been then. Coming to food, I would like to recommend two restaurants that served good vegetarian Indian food. I ate at the Royal Indian Chef, right opposite Hadrins Arch. On my request, they offered some authentic Greek yogurt that I had with Naan and Paneer.

The other place I ate was at Namaste — a restaurant that is a five-minute walk from the Hadrins Arch. This was a place where I got some authentic Indian food. A note to Indians going to Athens: If you crave for some good Indian food, this is the place to go. The amazing weather makes the whole dining experience even better.

No holiday can be complete without shopping. Branded goods can be found everywhere. The place you should be at is Ermour, which is a street that has all known brands from Zara to H&M to Boss and Gucci. If you are not looking for branded goods, The Plaka is just the place to be. In Plaka, you would get everything from clothes to souvenirs to food items. Apart from the shopping, the Plaka is an amazing place where you can listen



THE ACROPOLIS



A BEACH IN ATHENS

THE PLAKA HAS SOME AMAZING SPOTS WHERE YOU CAN SPEND SOME QUALITY TIME WITH FRIENDS AND FAMILY. IF YOU ARE PLANNING TO GO TO THE PLAKA, YOU MUST GO IN THE NIGHT, BECAUSE THAT IS THE TIME WHEN THE WHOLE STREET/S ARE LIT UP AND THAT SIGHT IS TRULY OUT OF THIS WORLD

to some beautiful live music with the cool breeze tickling you. The Plaka has some amazing spots where you can spend some quality time with friends and family. If you are planning to go to the Plaka, you must go in the night, because that is the time when the whole street/s are lit up and that sight is truly out of this world

Athens was a one-of-a-kind experience and I surely recommend you to explore this city. While there is lot more to it, above are the highlights not to be missed. You can read more of my travel experiences on www.thebloggerinmee.blogspot.in ❖

UPCOMING EVENTS



LAUGHTER TAKES CENTRE STAGE

The Anada Wine Club is back in style with a couple of shows that is set to tickle your funny bone.

PLAY-TIME

The Dinner Theatre at The Club offers an exclusive theatre experience where the guests are welcomed with a continuous flow of wine & beer, snacks followed by the show and ends with some delicious multi-cuisine dinner.

After having staged plays like 'Class of 84', 'Foursome', 'Dinner with Friends' and 'Joke among others', Anada Wine Club brings you yet another rib-tickling and raunchy play, 'Scent of a Man', by Ashvin Gidwani, Founder & CEO of AGP World.

Date: Saturday August 11

Venue: Colonial Hall, The Club Mumbai

Timing: 7pm onward

You can book your passes at The Club reception and for more details you can connect with us on 022-66117777

A LITTLE BACKGROUND

Set in present day Mumbai, 'The Scent Of A Man' is a riotous & uproarious adult comedy on lust, lies and infidelity, pickled and flavored with a generous dose of caustic repartees, sharp wit, sly asides and unbridled sarcasm.

The action, centres on two married couples –Nikhil, a successful advertising executive and his intelligent, but slightly neurotic wife Mallika & Tupperware lady Ananya & her husband Partho, a teacher.



ashvin gidwani's *the*
SCENT
of a **MAN**
taste the forbidden fruit



This adult domestic comedy will have you in splits from curtain up to curtain down and it won't be long before you start to recognize characters and situations that may have appeared in your own life as the action unravels and reaches a crescendo in the love-quadrilateral gone awry.

Cast: Ashwin Mushran, Suchitra Pillai, Bhavana Pani, and Deven Khote

Director: Ashvin Gidwani

Duration: 90 mins



Comedy Nite

Over the years, the Anada Wine Club along with our partners have hosted numerous events that promote culture, entertainment and global cuisines. We have hosted several stand-up comedy shows in the past with artistes like Atul Khatri, Azeem Banatwala, Kunal Rao & others, which were highly appreciated and patronized by our members.

Stand-up comedy is undergoing a huge growth spurt in India, especially in Mumbai. After all, there's nothing like laughter to keep such events lively and entertaining. With stand-up comedy, we are able to attract a demographic segment for various age groups coming together to have an entertaining evening.

Anada Wine Club is back with a Stand-up Comedy Night, which is being hosted on Friday 20th July at our Westburry's. The event is presented by Laughing Coconut with artistes Piyush Sharma and Punit Pania.



Piyush Sharma: When Piyush Sharma first told us that he is a farmer from Vidarbha, we didn't believe it. Because in this country, your name is more important than looking like one. But it is true. Even truer is his dark humour; which come to think of it, is the only good thing that can emerge from the dry hinterland. Piyush did have an IIT-B degree going for him but he has bailed in favour of a career in comedy. We guess suicides come in different forms and denominations. But the slow ones are the best!



Punit Pania: Having travelled across 20 states of our great country, Punit peddles suburban philosophy disguised as observational comedy. Fluent in 5 languages, Punit's ethnic background is a matter of debate that may be settled during his audience interactions. He denies having low self-esteem issues and thinks he is pretty good at writing artiste bios in the third person.

Date: Friday, July 20 | **Venue:** Westburry's Bar

• THE EVENT IS PRESENTED BY LAUGHING COCONUT •