

Life



@The Club

OCTOBER-NOVEMBER-DECEMBER 2018

Season's
Greetings

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Season's Greetings!

This is the season of the great outdoors at The Club and yes, the season of festivities too. More activities, more fun and all the excitement comes alive with the opening of the Garden Grill, BBQ evenings at Gardenia and a Beer Fest that is being planned.

We invite you to also visit our Wedding Show that will showcase a fashion preview this time along with themed decors and cuisines. If you haven't been part of the new dining experience at the Oriental Wok, then it's time we welcome you there.

This is also the season when the children enjoy their time at The Club the most. There is lots planned and we urge you to read all about it in this issue and save the dates. There's Scuba diving too and lots of health, fitness and sporting activities planned for this coming quarter.

If you haven't been to our 5 star deluxe resort, Taj Bekal in Kerala, do read about it in the travel pages as our member, Mr Sunil Jha shares his experience. And if you plan overseas, Greece sounds like a good idea.

With young people joining The Club more than ever, our cover story tells you what makes The Club a one stop for recreation, leisure and entertainment and a place that you can call your own.

As much as we enjoy planning all the buzz and activities at The Club, this year, we look forward to welcoming you in large numbers at our Diwali celebration!

Lastly, if you've had a new baby arrival in your families, kindly send us a birth certificate so that the records can be updated and of course we may join in your joy as well.

THE MANAGEMENT

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THE BOMBAY DEBATE CLUB

“Great minds discuss ideas; average minds discuss events; small minds discuss people.” It is intellectual thoughts like this, that paved the way for the formation of The Bombay Debate Club which invites the initiated and the uninitiated, the informed and the curious, the expert and the novice to debate topics, present their viewpoint, and go home with fresh new perspective on varied issues that matter.

Keeping in touch, through WhatsApp groups, even with our favorite people is a new normal. We have such groups almost everywhere, be it with - family, neighbors or friends. How can The Club members be far away from this reality? And so we have a favorite WhatsApp group under the apt title *Club Mates* comprising of approximately 150 buddies. While it started like every other social media groups — jokes, memes, morning *gyan*, etc., slowly it shifted gears and some healthy views and discussions on the current events emerged. Members emotively expressed themselves on topics as vast and varied as politics, economy, social issues, education, etc. Some in the group then decided to debate it out over

cheers-with-dears at none other than our favorite watering hole Westburry's and that too put skin and flesh on the display pictures.

At the first one, Modi's economic policies — good, the bad and the mad — were discussed, deliberated and debated. This debate session was very informal but received tremendous success; some just showed up to witness it all. Wish the honorable PM was present; he surely could have learned a trick or two.

India's (The Club) got talent!

To unleash such intense potential and knowledge, a few of us decided to construct a structure around the concept and thus 'The (Bombay Debate) Club' came into being!

The objective of TBDC is to bring edutainment — combination of education and entertainment for the Club members, without involvement of professionals but through self-seeking research. A debate format was established wherein the debate topics are announced in advance to formulate their viewpoints. The first structured debate session on the topic was 'Modi's policy towards Pakistan - success or

This event was a run-away-success, releasing much dynamism and kinetic energy in a show that was truly a “of, by & for” The Club members and then there was no looking back. TBDC moved ahead confidently to have the second session: Is Modern Medicine a boon or bane?

All doctor colleagues, including those in alternate or natural or traditional healthcare industry or methods, expressed their views with amazing statistics and facts; clearly, the audience in excess of 60 attendees was the final winner! This success gave the required fillip to the debating initiative and we have now booked the Colonial Hall at The Club, for the upcoming session on the **13th October evening** where folks with folded sleeves will battle it out to decide if *“Regular and focused sexual harassment coverage in media, curbs the menace or increases it?”*

No other club has a group as unique as ours, where the initiative is by the members themselves — an event where debates are converted into edutainment. Our The Club has been a trendsetter in this respect. So if you think that you have it in you to fight for what you believe in and are open to go back home with a view point that is different from yours, then participating in The (Bombay Debate) Club sessions is the right thing for you.

See you there!❖



Our members and Working Committee of Bank Debit Club Dr. Himanshu Mehta, Satish Khanna, Dr. Falguni Shah, Kevin Shah and Sandeep Bhatnagar at The Bombay Debate Club.

ANTARA DAY SPA

HITTING YOUR BODY'S REFRESH BUTTON

Sunny days are back again! Let's take a look at some refreshing rituals to rejuvenate your spirits, along with a special celebrity interview



ANNA OK | SHUTTERSTOCK.COM



Our spa has come up with innovative and unique treatments set to re-harmonize your body, detoxify it and balance it from within. With the festive season around the corner and winter knocking on your door, these treatment combinations will lead you into a much-needed Zen mode.

A COUPLE SPA SIGNATURE MASSAGE, FOLLOWING WHICH YOU CAN AVAIL A COMPLEMENTARY 30-MINUTE ROSE AND MILK BATH.

AVOCADO TREATMENT

Time: 2 hours

Winters are recommended for skin nourishment and looking for oils with moisturizing properties that will lead to smooth silky skin. With a therapy designed around the benefits of avocado oil, we are in with a winner as the oil's properties of Vitamin E help counter the harmful effects of solar radiation, reduce UV-induced damage and decrease skin redness after sun exposure. The oil moisturizes and soothes the skin.

The therapy comprises —

Avocado Scrub — A body polish that exfoliates dry skin and stimulates blood circulation, which in turn simultaneously allow the body to flush out the toxins thus resulting in a natural glow.

Avocado Wrap — These wraps are effective in improving skin texture and tone as they remove dead skin cells and tighten skin tissue.

REMY LAURE MINI CLEAN-UP

Time: 30 minutes

This festive season, come and experience a refreshing mini clean-up, which helps to revitalize and relax the face by gently cleansing, toning and refreshing your skin from the dirt and pollution.

We also caught up for a short, yet special interview with renowned Indian television and film actor, Kabir Bedi,

who is a towering film, television and theatre figure across three continents.

Q. HOW OFTEN MUST ONE TAKE A MASSAGE?

A. For general wellness, aim for a frequency of about once or twice a month. People heavily involved in sports have a massage as often as two to three times.

Q. WHAT DO YOU THINK OF ANTARA SPA?

A. Amazing massages, a wonderful little spa, friendly staff and reasonable prices. The place is very clean, efficient and calming.

Q. HOW DID THE SPA TREATMENT HERE HELP YOU?

A. It was amazing, very relaxing and in a comfortable setting. The massage was delightful and helped pull toxins plus stagnant energy out of my back muscle tissue. Afterwards, I felt like I was floating on a cloud. My body was balanced on both a physical and an energetic level.

Q. WHAT TREATMENT DO YOU PREFER?

A. I always prefer a Signature/Thai spa.

Q. WHICH TREATMENT DO YOU RECOMMEND?

A. I would like to recommend for a first-time visit, a 60-minute signature body massage and a 30-minute foot massage. They put exactly the right pressure on certain spots of my feet, shoulders and head. They are very attentive to my needs and comfort. ❀



THE WELLNESS PATH TO REJUVENATION

Darshana Ghatalia, our member since the inception of The Club and an architect who owns and runs an architectural firm along with her husband, tells us why rejuvenation is important and how she stays refreshed and relaxed

Being regulars at The Club definitely means that it's a place we can call our own and an extension of home! I am of the firm belief that one has to lead a balanced life of work, fitness, healthy living and relaxation. And one form of rejuvenation that I often indulge in to pamper myself is a visit to the Antara Day Spa at The Club.

This time I had an opportunity to try out the newly introduced wellness treatment, which is not only relaxing but holistic too. Ronak Jani, the spa manager, is responsible for inventing and putting this treatment together, which includes the Panchdatu treatment, diya therapy, cupping treatment and Reiki – all in 60 minutes.

The Panchdatu starts with a detox and that involves the traditional ghee-rubbing ritual under your feet with a copperware bowl. This immediately addresses the alkaline and acid balance in the body. This is followed by the diya therapy, using candle light on the forehead. To rid your body of any ailments or pain, the cup vacuum treatment comes next on the part of your body where pain exists. The treatment is then complete with a Reiki session of removing any negative energy and infusing positivity into one's being.

I was then walked to the beautiful lush gardens of The Club where the Wellness Path has now been created. The Wellness Path contains the five elements water, grass, copper, wood and acupressure sheet to walk on slowly as it works on



Why is it important?
It helps in creating a rich source of positive energy. It reduces stress, tension and pain and strengthens your healing response.

the different pressure points under your feet. The entire treatment was totally relaxing and rejuvenated both my mind and body. I feel it touches at the root where the basic discomfort of the body and the mind begins.

A must try and I promised Ronak that this will now become a part of my lifestyle and rejuvenation regime! ❀

What is a wellness path?
Walking barefoot on natural surfaces is a primal experience known as "earthing" or "grounding".

When to do it?
Do it every other day or once a week over the weekends. The end goal is to massage all parts of your feet.

BANQUET



The Club's exemplary banquet and conference facilities are a testament to its penchant for design mastery and for all things splendid, especially when it comes to wedding trends and advice, be it the décor or the cuisine, the ambience or the floral embellishments.

On October 14, The Club Banquets will showcase itself as a destination that marks great opulence and grandeur to add uniqueness and beauty to memories of a lifetime. On the day, our panel decorators and wedding planners put forth their creativity and flamboyance that goes in diligently crafting an ideal venue for weddings, pre-wedding and post-wedding social functions with perfect balance of quality, style and ambience for such moments.

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.

WEDDINGZ AT THE CLUB

The Club's banquet and conference facilities set the standard when it comes to designer chic, making it the perfect stage for a dream wedding.



A GETAWAY TO REMEMBER



BEKAL RESORT & SPA
KERALA

Monsoons in Kerala are an affair of its own. Sunil Jha, our member and Group Chief HR Officer - ACG Worldwide, tells us about his recent getaway to our Taj Bekal Resort & Spa in Kerala and how a 'Me Vacation' is very important to relax and rejuvenate ever so often.

Our 80-km drive to the hotel was a pleasant one with abundant green surroundings, rice fields, coconut palms — all fringing the landscape.

The driveway of the resort itself is so welcoming and we checked into our villa swiftly after a warm welcome by the team. The villa is beautifully designed and what I loved about it was the layout, outside showers/bath and the Jhulla swing where my wife spent most of the day reading a book.

Day 2 was great as it was one of those rainy weekends in Kerala. Fortunately, North Kerala was not badly affected like the South, but yes it did keep us indoors and I loved and enjoyed every bit of it. There were beautiful butterflies all around, which got me taking innumerable photos of them and the swimming pool and bar kept us going.

That evening we decided to indulge at the Jiva Grande Spa for a massage and it was a relaxing experience as the spa is huge and spacious.

Day 3 and we decided to explore Bekal a little bit especially since we had heard so much about Bekal Fort. History has so much to contribute to a destination and this was very evident of the Mughals who ruled this land at that time. I was glad to see that the fort has been preserved so well with great horticulture and it paints a picture of a story of long ago. Like I said before, when one visits a

“It was my 58th birthday in August and I wanted to get away for a quiet relaxing holiday with my wife. I have always wanted to visit the Taj Bekal Resort & Spa especially since it's owned by Dinesh Khanna and being a member of The Club gave me all the more reasons to choose this quaint little place in North Kerala. It was also a long weekend and to our pleasant surprise, my son decided to join us too. So here we were, the perfect threesome!!!

We arrived at the table-top Mangalore airport, which has a beautiful view of the green coastline of Mangalore. As we drove down, my son insisted we stop by at a local bakery called Cochin Bakery for some egg puffs! I've always had this penchant for trying all things local and in my experience the locals are your best guide. So we were ever so pleased that our first interaction with the Taj Bekal Resort was with the driver, a nice gentleman who exuded genuine hospitality.

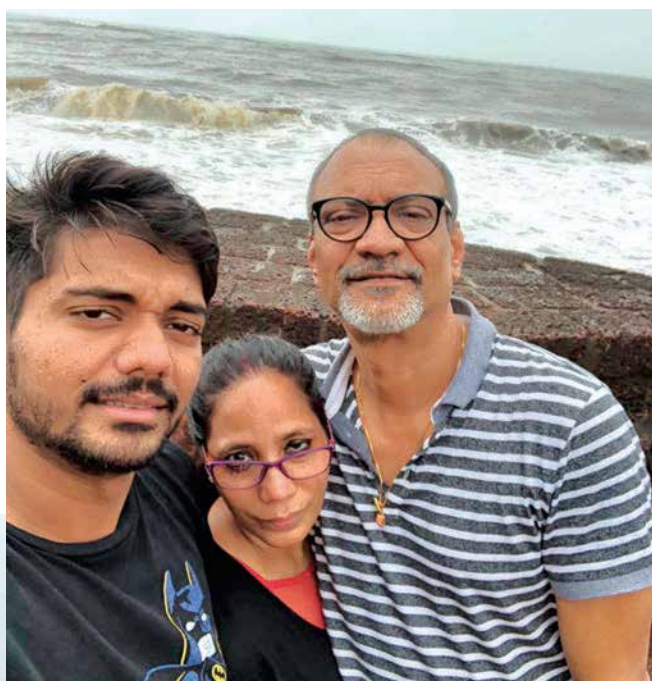


new place, it's always interesting to explore the local interests and this time we wanted to eat out. There is nothing much available in Bekal, but we did get to a Kerala *dhaba* and enjoyed some delicious chilly beef and some local food. When we returned to the hotel that evening, there awaited an experience I would never forget. My room was decorated with flowers and a big HAPPY BIRTHDAY greeting and a cake to celebrate. We were very touched by this warm gesture that made my birthday even more special.

To sum it up, we returned back to Mumbai concluding that holidays like this where one does nothing but relax, eat heartily and enjoy natural surroundings is what we should do more often. And contrary to the popular belief, I think Kerala and especially Taj Bekal is a wonderful experience in the monsoons. I also found it inexpensive and every experience was worth its price. For me, there are some moments you experience that end up completely blowing you away, in ways you'd never expect. They stay with you forever, and years later you still smile at the fond memories. ❀

Getting There: You can take a flight to the closest airport — Mangalore. From there, Bekal is a 50-km drive. You can also opt for a train to Kasaragod and then hire a taxi.

Things to do: The property itself is so beautiful that you might not want to step out. However, for those who do, cycle through Bekal's nooks and crannies or cruise along the backwaters in a houseboat. For history and archaeology buffs, the Bekal Fort is a treat. Spread over 40 acres, the 300-year-old fort is the largest in Kerala. And no Kerala trip is complete without tasting its *Sadhya* — a traditional vegetarian feast that encompasses rice, spicy preparations and coconut-based delicacies that are seasoned with the land's special flavors.



FESTIVE FUN

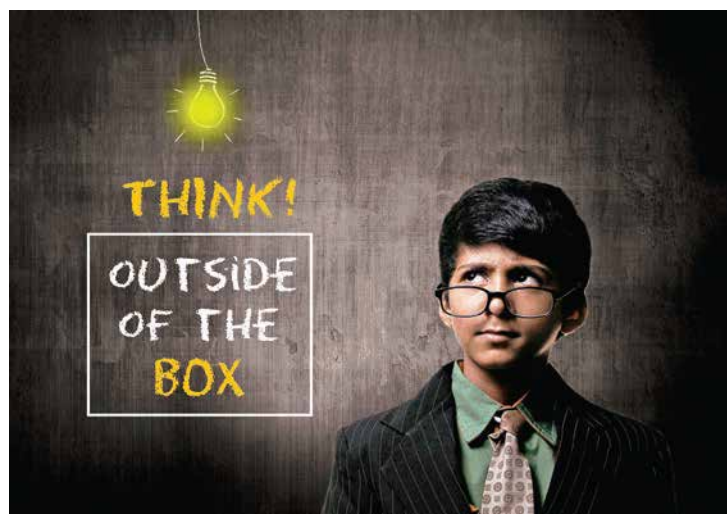


With the festival season looming, time to ring in more fun times for your children. Send your kids to The Club for a range of cracking indoor activities planned for all age groups this season.

KIDS' CORNER BY MAGIC GARDEN

Age group: 4 & Above

When: Fridays (6pm to 7.30pm)



OCTOBER

Venue: Library

- 5th:** Riddles Special — Kids get together to solve amazing riddles. They hear stories of Laila, the brave girl who saved the life of her puppy by solving riddles
- 12th:** Bunny Goes Grocery Hopping — Kids meet Bunny rabbit as he goes grocery shopping and hopping
- 19th:** Peppa celebrates Dussehra — Kids celebrate Dussehra with Peppa in this amazing workshop full of stories and fun
- 26th:** Treasure Hunt — Kids participate in a cartoon-themed treasure hunt in the garden area

NOVEMBER

Venue: Gardenia

- 2nd:** Diwali Special — Kids make paper lanterns and rangolis with flowers in the garden area to get into the Diwali mood
- 9th:** Children's Day Special — Kids make sprinklers and water the plants in the garden. They make a herbarium too.
- 16th:** An evening with Panchtantra — Kids play games inspired by the Panchtantra stories. They spend the evening laughing and playing while imbibing the spirit of the Panchtantra
- 23rd:** I Love my Family — Where do animals lay eggs? What does home mean to birds and animals? Kids make bird nests among other activities in this family-inspired evening
- 30th:** Animal Idioms — Kids play dumb charades on the theme of animal idioms, among other activities.



ALL IMAGES FROM SHUTTERSTOCK.COM

HAPPY HALLOWEEN!



Dress to impress! Come to our Halloween party dressed as your favorite character and engage in some Halloween-centric activities. You can also stand a chance to win exciting prizes for the best costume!

Venue: Gardenia

Date: Sunday, 28th Oct | **Time:** 5:00pm onwards

FUN FAIR

Date: Saturday, 10th November

Time: 4.30pm onwards

Venue: Main Lawns

What does candy floss, hoopla and darts remind you of? The Club's annual Fun Fair of course! We are gearing up for yet another edition of our own carnival that is enjoyed by children and parents alike. Walk around the main lawns trying your hand at interactive games and win exciting prizes, sample delectable treats or just sway to the music.



ARTY PARTY BY HORIZON

Age group: 4 & above | **When:** Saturdays (6 to 7pm)

Venue: Library



OCTOBER

27th: Halloween mask making

NOVEMBER

10th: Toran making

24th: Egyptian art

FESTIVE WORKSHOP

This Dussehra lets go back to our roots & revisit great epics like the Ramayan. Join for an exciting session to teach our kids how good triumphs over evil. Make a ten-headed Ravana puppet / effigy and hear stories about how Ram destroyed Ravana.

CRAFTICA AND PARTY HEARTY

Date: Sat, 13th Oct | **Venue:** Library

Time: 5pm — 6:30pm | **Age:** 3 years +



SHIPRA MALHOTRA'S CALLIGRAPHY MADE EASY

Master your fine motor skills, increase hand-eye co-ordination, develop basic writing skills, improve concentration & make writing easier, simpler & beautiful with

"Calligraphy by Shipra Malhotra"

Age Group: 6 & above

Dates: October 6th & 20th | November 3rd & 17th

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A PLACE YOU CAN CALL YOUR OWN!

There is nothing else like family and friends, which is why The Club will always strive to provide the best of places, activities and events for these bonds to be strengthened, celebrated and cherished

Ever-evolving, progressing and innovating to ensure young families enjoy their leisure time, children engage in abundant greenery, open spaces and a host of activities and infusing the best hospitality standards, The Club strives and endeavors to make itself an oasis and a place you can call your own!

As humans we instinctively tend to socialize with others; the closest being family and friends because they represent a huge part of our lives. When we spend time with our families, we tend to be gentle, intimate and responsible and are also most likely spend this time at dinners, movies, play parks and with the extended family.

And we make all this possible and happen at The Club with a plethora of things to do. Keeping fit, healthy and spending time outdoors or sporting activities is a rarity in a busy city like Mumbai and it's all available under one roof of The Club with Basketball, Tennis, Swimming, Squash, Football, The Gym, Yoga and even Scuba Diving — our latest!

The fun social activities and celebrations at The Club are a big attraction and we continue to host innovative evenings like the Mentalist & Illusionist that was recently held with an artiste from New York. The Bar Concept brought in our young members and their friends to enjoy a fantastic evening with camaraderie of like-minded people after a long work week! After all we do believe that 'all work and no play makes Jack a dull boy!' We





promise to deliver some more of these exciting evenings and sundowners which include a Beer Festival that's being planned, our Stand-Up Comedy evenings, and not to miss, the annual Spring Fest with Grape stomping et al.

How much time should families spend together? Families with young children usually spend the most time together because young children need a great need of physical care and guidance. Once the children grow up as teenagers they naturally want to spend time with their friends. And sometimes parents need a break from their children and may need more opportunity to enjoy the company of other adults.

Finding the opportunities for quality time for families emerge from quantity time because it's great to share quality experiences. Dining together, talking about the events of the day, sharing joys and defeats and spending social evenings or shared activities are a fun way to identify the things family members want to do together. Children also learn to bring balance to their lives when they see their parents setting aside time for what they value.

And this is where our restaurants and cuisines make a contribution. Keeping in mind our well-traveled members, evolving taste buds and the sheer amount of cuisines that are now possible from around the world, we are pleased to bring those dining experiences at By The Waterside – our all-day dining, Oriental Wok and the Garden Grill. Our Chefs and the team work relentlessly to present them stylishly to make your time and celebrations memorable at The Club.

It gives us great pleasure to welcome families and provide an opportunity to young people to unwind in an environment that is relaxing, enjoyable and appealing. Be it an evening of entertainment, dining out or recreation, our promise is to make The Club a place you can truly call your own! ❖

EVENTS

Cracker of a Time

The Club promises you a whale of a time with two events set to dial up the festivities in a unique style

DILWALON KI Diwali



The Club brings to you an evening full of foot-tapping Bollywood music, fun, an elaborate feast and more. Like always, it is a wonderful time for our member families and friends to get together and rejoice, while basking in the festive glow the festival of lights bestows on us.

With a traditional buffet set-up, this Diwali night is on the way to be one to remember.

Venue:

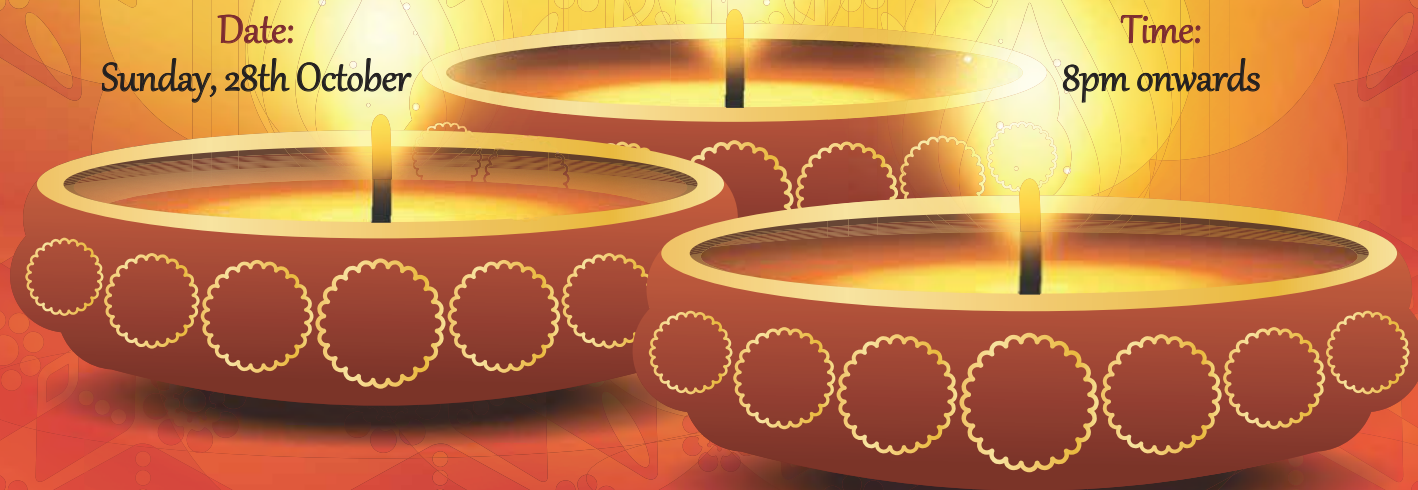
By The Waterside, The Club Mumbai

Date:

Sunday, 28th October

Time:

8pm onwards



THE TILTING PILSNER BEER FEST

In December, The Club Mumbai will play host to a relaxed, fun-filled evening atmosphere for everyone to enjoy and revel in.

The cool evenings would present the perfect opportunity for the members and their friends to acquaint themselves to a host of beers ranging from Lager, Ale, Cider, Draught, Bottled, Crafted beers, all showcased by National & International Partners.

It's also an apt time to fire up the grill as your appetites get the treatment it deserves, with our selection of grilled meats and tidbits, along with some intoxicating music to set the mood.

A lot of fun activities and games might just be in store for you during an evening that's bound to make you a connoisseur of the finest kinds of beer.

Suffice to say, it's going to be a festival for your taste buds and you would not want to miss it.

Beer fest



Date:
Sun, 2nd December 2018
Time: 4.30pm onwards
Venue: Main Lawns, The Club Mumbai

ALL IMAGES FROM SHUTTERSTOCK.COM





GRILLED DELIGHTS



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Our open-air gourmet restaurant, The Garden Grill, nestled in lush greenery, cuts an enticing picture as it whets your appetite with the aromatic charcoal-cum-barbecue fires of the kitchen.

North Indian barbecued meat has carved quite a niche of its own with its tandoor avatar and our restaurant serves a delightful reminder of the culinary brilliance of the region with the most appetizing of kebabs and curries. Also,

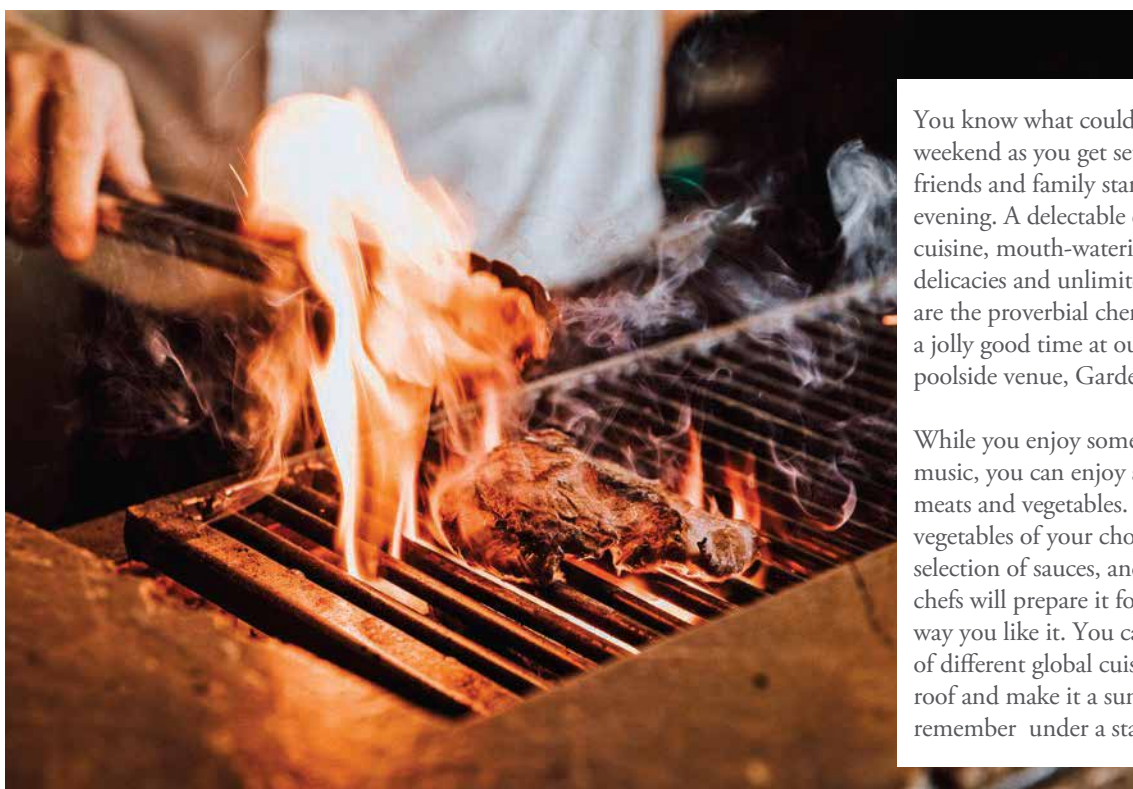
the gourmet dining ambience is one to bask in.

Now, at The Club, relive the past with centuries-old flavours complementing the starry sky as musicians play famed gazals, enhanced by the smoky aroma of charcoal-grilled Tandoori delicacies, masterfully crafted by our chefs, who went on an epic adventure tour across different cities along the banks of river Yamuna and Sutlej. The caravan stopped at the famous eateries in these cities like Delhi, Jalandhar, Amritsar and parts of erstwhile Awadh.

This season's Garden Grill menu is very special wherein our chefs moved out of the comforts of their kitchen to learn new mantras.

Our charcoal-grilled delights are meant to be enjoyed, relished and savoured as you beat the chills while our chefs busy themselves over the earthen fire – offering you the North West frontier cuisine of skewered, roasted and tandoori dishes. ❀

*Operating: October to March
Timings: 8:00pm – 12:00am
(Saturday & Sunday Only)*



You know what could ring in a relaxing weekend as you get set to unwind with friends and family starting from Friday evening. A delectable display of global cuisine, mouth-watering barbeque delicacies and unlimited wine and beer are the proverbial cherries on top of a jolly good time at our picturesque poolside venue, Gardenia.

While you enjoy some foot-tapping music, you can enjoy smashing grilled meats and vegetables. Pick a meat or vegetables of your choice to go with a selection of sauces, and our talented chefs will prepare it for you just the way you like it. You can make the most of different global cuisines under one roof and make it a sumptuous night to remember under a starlit sky. ❖



ORIENTAL SURPRISE

The Oriental Wok at The Club continues to be a culinary paradise as its customers relish the best of Far East cuisine. In its newest avatar, the restaurant's mix of classics and funky dishes has made it a gourmand's delight while also attracting diners with its exquisite interiors and service. The dining experience at Oriental Wok is one to behold as you can feel the serenity exuded by the restaurant's exquisitely lit beautiful interiors with hues of gold, yellow and grey, and a variety of music played, from hip-hop to house beats.

Recently, The Club hosted a 3-day Thai Pop-Up with renowned husband-wife duo, Chef Seefah Kechaiyo and Chef Karan Bane. The brilliant response to the event has only opened the doors to more such pop-ups in the future, covering Indonesian, Singaporean and Japanese, etc. ❀



DO TRY THESE HIDDEN GEMS

As the restaurant continues to be the gastronomical gift that keeps on giving, here's a secret or rather, secrets we will let you in. It's time to get your taste buds acquainted with a few hidden gems from the spice palette of Oriental Wok, that are sure to strike a chord with diners. We have the —

- ▶ Drunken Geisha (Cocktail) — A combination of beer & vodka along with cooked tomato juice and vinegar, which lends it an Oriental touch
- ▶ Salmon and Cream Cheese Maki Roll (Sushi)
- ▶ Harumaki — Japanese-style baked spring roll with hearty filling
- ▶ Black Pineapple Rice — Healthy ancient Chinese rice wok tossed with pineapple
- ▶ Twice-cooked half duck — Crispy fried slow braised duck in Chinese master stock



SIMPLY DESSERTS

The Patisserie is at it again by showing us the quickest route to our heart through its syrupy sweet assortment of pastries, cakes and other sweet offerings. Check out what our new menu has to offer that includes traditional favourites, some new desserts and flavours that you will not be able to resist.

This time, the Patisserie goes out-of-the-box with its array of Vegan Desserts that conjure a familiar sweet yet unique magic on our taste buds. Lined up for you at your favourite cake and pastry shop in October are Vegan Chocolate Cakes, Apple Cinnamon Crumble Cakes, Carrot Raisin Bran Muffins and Vegan Brownies.



A quick snack at our stop is set to be more memorable this November with our selection of verrines that include Citrus Dark Chocolate Verrine with Chocolate Soil, Strawberry Verrine with Pistachio Cremeuxm, which make for a veritable feast and they are also the perfect delicacies to get a party going. It gets even sweeter with our ethnic cake special for the month of December. Brace yourselves for a sugar boom with some lemon yoghurt and Greek honey cakes. ❀

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OUTDOORS ARE BACK

Two thirds of our planet is submerged underwater. If you've always wondered what lies beneath the surface, now's the time to find out and add some depth to your life!
Start the journey of a lifetime... learn SCUBA!

Why do people dive?

For some it's the beauty of the reef and the marine life that inhabits it, for others it's the thrill of discovery deep inside a ship wreck or a cave—everyone has a different reason for scuba diving, but most would agree that it's for the sheer enjoyment of experiencing the underwater world, a world so far removed from ours that it will truly amaze you. Whether you want to relax while photographing brightly coloured tropical fish, be thrilled by the power and grace of a school of sharks, or make a living working underwater, scuba diving has it all.

Can I dive?

Perception: Scuba diving is only for the people who are extremely fit because it has the reputation of being an extremely physically demanding and dangerous activity best left to professionals.

Fact: The simple answer is - Almost anyone can dive.

Children as young as 10 years old can start diving with programs taught in the safety of shallow water and aimed specifically at young children. From the age of 10 years old children can be certified as Junior Open Water Divers and those 15 years and older can be certified as Open Water Divers. There are no upper age limits as long as you are physically fit and free of any serious medical problems.

You don't even need swimming skills to experience scuba diving for the first time (you only need to know how to swim if you want to be a certified scuba diver), if you are nervous, don't worry our instructors will guide you through.

What's stopping you?

Now at
The Club,
Monday to
Friday, 3.30pm
to 5.30pm

DIVE WITH US
West Coast Adventures
westcoastadventures.in



LET'S TAKE A LOOK AT OUR AMAZING LINEUP OF SPORTS AND FITNESS ACTIVITIES FOR YOU

OCTOBER

Tennis Tournament on 14th October

Age group: 5 years and above

A friendly tournament to refresh your strokes, serves, and beat your opponent.

Enroll at The Health Zone.



Volleyball Game on 21st October

Time: 4pm onwards

Age group: 18 years and above

Bring your friends along and enjoy a game on our new volleyball court.

Enroll at The Health Zone.

Cricket Tournament on 28 October

Time: 4pm onwards

Age group: 18 years and above

Underarm tournament is back again. So get set to win the trophy.

Enroll at The Health Zone.



Swimming Competition on 21st October

Time: 9am onwards

Age group: 5 to 14 years

Start practising and get ready to jump in the pool.

Enroll at The Health Zone.

Gym Competition every first Saturday of the month

Compete with each other in a minute to win in activities.

Enroll at The Health Zone.

NOVEMBER

Gym Competition every first Saturday of the month.

Compete with each other in a minute to win in activities.

Enroll at The Health Zone.

Basketball Tournament on 24th November

Time: 5pm onwards

Age group: 18 years and above

Practise your dribbling skills and take part in the first ever tournament.

Enroll at The Health Zone.



Squash Tournament from 16th to 18th November

Age group: 5 years and above (Junior & Adults)

Are you ready to pick the racquet and face the ball?

Enroll at The Health Zone.

Cricket tournament on 25th November

Time: 4pm onwards

Age group: 8 to 18 years

Underarm tournament.

Enroll at The Health Zone.



OUR SALON

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GEL

INDIAN INK
ELLEMENT[®]
GEL

DUCK EGG
ELLEMENT[®]
GEL

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ELECTRIC FEEL
ELLEMENT[®]
GEL

SUMMER BREEZE
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GEL

NIGHT UNDER
THE STARS
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GEL

BUTTERCREAM
ELLEMENT[®]
GEL

JUST A MINUTE
ELLEMENT[®]
GEL

This season
spoil yourself at
Kromakay Salon and
book your first Nail
Service by calling
022 66117775

kromakay
artists at work since 2009

TIME TO NAIL YOUR STYLE

Here are some grooming tips to help you ace your looks for the monsoon

There is no such thing as sparkling too much. It's that time of the year again when the wedding bells are ringing along with a dash of festival colour. Kromakay Salon, the curators of beauty in the industry, promises a magic touch to enhance your salon experience with cutting-edge results and original styles.

Avail exciting offers of your preferred Hair, Beauty and Nail services and usher in the festivities with your favorite salon at The Club.

Kromakay presents to you a fruitful collaboration with Ellement Co. that looks into providing the members with premium nail care services with a wide range of gels that are not only vegan, but non-toxic, cruelty-free and made with a five-free formula.

The Just-a-Minute gels are safe for pregnant women and children.

Apart from having these fabulous features, these gels come in variations of Solid Sparkle and Glitter, which are available in a wide range of colours from Pastel, Nudes and Pops to Dark Hues and Everyday Essentials.

Glitter and shimmer being the theme of the season, your nails too can match the theme with a wide range of Chrome powders, Premium Chromes, Holographic powders and Flakes that will add the oomph factor to your style statement.

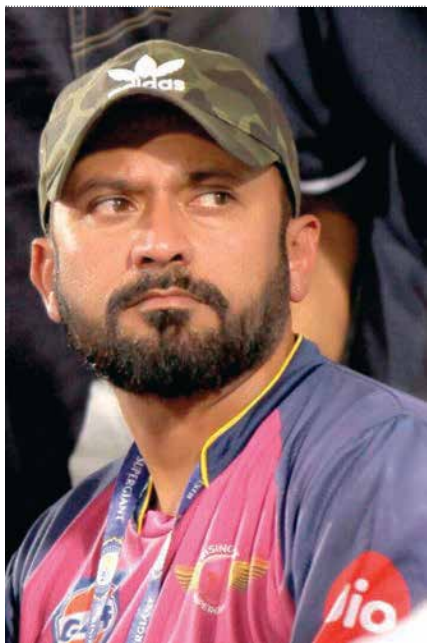
This exclusive service also provides options for nail extensions, nail art and if you would like to go all out you could also opt for themed nails. ❀



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RAGHU IYER STAYS AHEAD OF THE GAME

This time around, we met with **Raghu Iyer**, our member and CEO of Kolkata-based group RP - Sanjiv Goenka's IPL team Rising Pune Supergiants. Raghu was with Rajasthan Royals since its inception in 2007.



Over the past two decades, Raghu Iyer has worked at television networks such as Discovery and Sony Entertainment. He has played a major role in building the Rajasthan Royals brand and loves sports. Raghu also heads the Atletico de Kolkata, an Indian Super league franchise, with the Spanish La Liga club Atletico Madrid!

We met over coffee one lovely monsoon morning by the pool side of The Club to hear about Raghu's journey, his love for sports, how he spends his time at The Club and the future of Indian sports. "I am a privileged member of The Club

and I have thoroughly enjoyed being a member so far and all the amenities this place has to offer. Let me start with my background, which is an army setting. My father was in the Indian Army and my 12 years of schooling and growing up were spent in 10 schools all over the country. The constant travel and the army background is how I picked up a lot of sports, which has been a learning experience as we travelled across the length and breadth of the country. But a greater learning experience was one of learning about different cultures of India and making friends quickly as it was soon time to move to another place.

I do believe that travelling contributes to your education and the influence it plays to open your thinking and horizons is irreplaceable and I could not have had a better influence. I was actually one of those blessed ones to have been exposed to that kind of upbringing. My involvement in playing a lot of sports at one point got me to think that I could be a sportsman, however, as my academics took over, I realized I did not have the actual sporting skills to become a professional sportsman. That's when I thought that someday I should try and do the second-best thing, which is to get involved in the administration of sports. Those childhood and

teenage experiences continued to stay with me

I graduated from the Army Public School and moved on to Sriram College of Commerce in Delhi. I then moved to Mumbai in the early '90s for my MBA and now, I have been in Mumbai for the past 25 to 30 years. A fantastic journey so far!

The first 10–15 years of my career was spent at various media entertainment firms like Discovery channel and Sony, including some telecom firms. It was sometime in early 2007, when I got the opportunity to join a sports startup company called Emerging Media. They were doing a programme on Cricket Star – where they were looking for





cricketing talent for a television show. I took a major risk of joining a startup from a cushy job at Discovery Channel and a major turnaround happened when they ended up buying Rajasthan Royals at the IPL who went on to become the inaugural champions at the IPL and that's how my IPL journey began. I am glad and thank my stars till today for taking that decision of moving out of my comfort zone at Discovery Channel and be a part of how big a brand Emerging Media became through Rajasthan Royals.

I would like to commend The Club on the great courts we have here for the two racquet sports – Squash and Tennis! The swimming pool is extremely well maintained, which is a good sign. There is good scope for adding, improving and introducing other types of sports like table- tennis, which can be done very easily as it just involves putting up a table and does not require too much space. It's a mass and popular sport, which people will take up. Badminton if possible to do, is another one. It is very popular and I am 100% sure the number of people wanting and using it will be more.

Football is already being done here and I know a huge space is not possible but small turfs can be put up. And if one can spare about 2 to 3000 square feet for



putting up a high-performance Centre for Athletes, that will be very well used making your contribution to the sporting development in the country besides just providing sports for recreational purposes! One of the big challenges India faces is sporting infrastructure even though we have the talent. Very few of us are blessed to have access, but 95% of India does not have access to sporting facilities, followed by lack of nutrition and the health and fitness. Pursuing sports primarily begins with some kind of infrastructure for people to try a sport and play.

On relaxing and making time for myself and the family, I have used The Club a lot, despite my hectic travels, whenever I am in Mumbai. I try and use The Club and I play tennis and squash. Sometimes I do swim and as a family we often have a meal at By The Waterside. We also hosted a family event at the Banquets, which has become very close to our hearts — my son's Upanayanam thread ceremony. Coming from a Tamil background, it's a very important ceremony in our community and I must say the way the team at The Club extended their hospitality was very well appreciated and left a very positive influence on our family. We will



remember it for the rest of our lives.

I consider myself very blessed to be one that thoroughly enjoy my work and that is why I don't believe in this thing called work life balance. I think there is only one life and one has to enjoy every minute of the 24 hours that you are living every day. My work and life are very much threaded in together and I also ensure that the family is part of the whole thing. They travel with me for IPL and football matches and I guess normal working has always been relaxing for me as I enjoy the adrenaline that keeps me going. ❀



EFFECTS OF MOBILE PHONES ON HEARING

Our member **Dr. Manish Jashnani** tell us how mobile phones can lead to loss of hearing and how best to tackle the problem

The factors that play a role in the effects of mobile phones on hearing capacity include:

History of use: How long the person has been using mobile phones. Studies have shown that people who talked over mobile phones for one or more years had 16 to 24 decibels of hearing loss.

Duration of use: How long the person uses in a day. People who talk on mobile phones for more than 30 minutes a day showed a higher threshold shift than people who used for less than 30 minutes.

According to a recent study, cell phone use exceeding 60 minutes a day could result in lasting damage such as high-frequency hearing loss. Those with high-frequency hearing loss cannot hear sounds ranging from 2,000 to 8,000 hertz, which can affect the ability to understand speech and discern consonants. These losses can make it difficult to hear consonants such as s, f, t and z, making it hard to understand words. With repeated exposure to high volumes of music, this temporary damage gradually becomes permanent.

The biological effects of mobile-phone radiation can be summarized as —

- Hearing impairment (deafness)
- Clicks and buzzing sound in the head (tinnitus)
- Fullness in the ears (aural blockage)
- Phantom pain (otalgia)- Pain in the ear without any specific reasons like infection. This may be due to increased stress on the delicate structures of the internal ear or eardrum by radiation.
- Imbalance (vertigo)

Dr. Manish Jashnani, who passed his MS-ENT in 1998, has been running his private practice at Goregaon for the past 20 years. The doctor, who specializes in Ear Microsurgery, Endoscopic Sinus Surgery and Thyroid Surgery, elaborates on the numerous studies on the ill-effects of mobile phones on hearing.

According to Dr. Jashnani, using mobile phones for more than 30 minutes a day can change the hearing threshold — the minimum level of sound that is audible to a person. This hearing loss is not necessarily caused by the high volume, but it could also be because of the exposure of the ear to the electromagnetic field emitted by mobile telephones. The heat emitted by the mobile phone further adds to the damage.

The effect is more adverse on children, and it is advised to avoid letting children talk on the phone while holding it up to their ears, except for emergencies and other necessary situations.

All adults also would be wise to avoid holding hand held phones not only close to their heads, but also near any other parts of the body as much as possible. Keep in mind the 6-inch proximity rule, which according to health professionals is the radius where cell phone radiation can be harmful.

Here are some tips for minimizing radiation:

1. Using headphones or ear phones while talking on the phone also is a good solution to minimize the radiation risks. But you also have to know that prolonged ear phone use also has its own effects and increase risks of ear infection and can cause damages to the ears.
2. Avoid using cell phones where signal is poor. That also includes places like while travelling by train, by taxi, bus, etc. that is accelerating at high speed since. Keep away from cell phone during the night time
3. Keep cell phones away from your body whenever possible. If you are in the office, you can place your phone on the table, or at home anywhere where it's visible when it rings.
4. Another nice tip to reduce the effect of cell phone radiation is to use the speaker phone mode while talking on the phone, as well as texting instead of calling.
5. Revert to traditional, land line phones if and when possible. The traditional, wired types of phones are safe from any radiation problems.
6. Limit the number of calls you make. Limit the length of your calls. When speaking on your cell phone, alternate sides.
7. Higher quality earbuds or headphones that transmit the low-frequency bass more effectively are a good start. And



noise-cancelling headphones, though expensive, can be an effective solution in urban environments where loud noises are a problem.

8. Check out how much radiation the phone emits by looking at its SAR (specific absorption rate), which is a measure of the amount of radiation

absorbed by your body. When buying a new phone, try to select one with a lower SAR. If the SAR level is above the limit, it may have effects on the body especially on the ear and head since these are at the "Near Field" of the radiation. ❀

KEEP IN MIND

Mobile phone is an excellent communication device and is here to stay and further improve. One cannot stay away from them and lag behind when technology is progressing. Mobile radiation defects occur only if it is used for prolonged time. Controlled use for communication purpose is always safe. Mobile phones emitting radiation below 2 watts are completely safe.

A PERFECT MIX OF THE OLD AND NEW

Greece invokes the images of sun-soaked beaches and a picture-perfect skyline. Our member Vineeta Dwivedi tells us how this modern holiday destination is as ancient as it gets, full of mythical Gods, fabled kings and storied philosophers.



ATHENS

Our first stop was Athens, the cradle of modern civilization, where archaeological ruins dot a thoroughly modern European city. It is beautifully laid out, easy to navigate with state-of-the-art public transport. We booked a well-furnished apartment at a walking distance from the ancient Acropolis. We went about on a little hike to Filopappos Hill where the ascent offered a beautiful view of the city and of the ancient temple of Parthenon, with the setting sun behind. There couldn't be a better start to the trip as we dined in a Greek restaurant for our first meal. Full of stylish cafes and patisseries, Athens is a virtual delight for a gourmand.

The best thing to do in Athens is to take a guided bus tour of the city. Starting at the base of the Acropolis, we first went on to see the 5th century ruins of the Parthenon – the most visible symbol of the power and position of ancient Greece. The tour of Athens takes one to many marvelous sites including the Temple of Zeus, the ancient Agora, Roman ruins, the city's parliament, a walk in the ancient city centre of Plaka.

The museums in Athens — there are many — have the old world's greatest treasures and the Syntagma and Monastiraki shopping areas offer the new world's greatest riches. There are enough antique shops for those who care. A funicular going up the Lycabattus hill took us to the highest point in the city where great winds blew and an ancient church stood. Another tram ride took us to the sea-side beautiful suburb of Glyfada where there were many pit stops for a yummy ice-cream or





a chilled pint of beer. From any high vantage point, one can see the blue blur of the Aegean Sea – inviting, enticing and alluring to many travelers. We booked ourselves on to the ‘Hellenic Seaways’ to ferry us away to the legendary islands of Greece. After spending three days in Athens, we arrived at the port of Piraeus to embark on a 6-hour journey to Santorini.

SANTORINI

Santorini is the paradise island of Greece where thousands of tourists step out every day from cruise ships and spend evenings luxuriating in glory of the setting sun. Santorini has become too popular for its own good but it doesn’t disappoint. At the port, we rented a car for four days from a very ‘*desi*’ looking guy who introduced himself as a Greek-born in Santorini to an Indian mother and Pakistani father. We stayed at the black

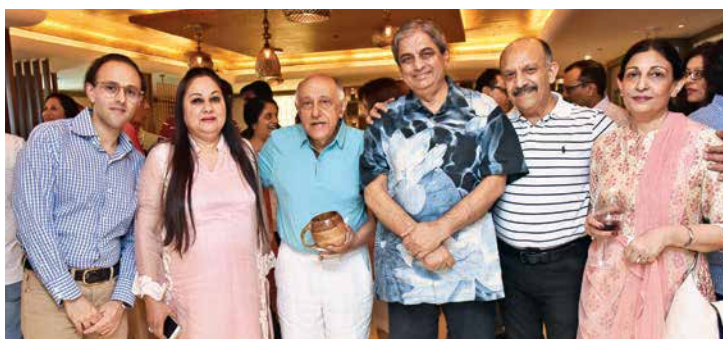
beach – Perissa – the black sand a reminder that the island is the result of a volcanic eruption. Having a car on disposal meant that we could navigate the length and breadth of the island and that we did starting with Oia – a small village at the north-west end of the island of Santorini, which is as idyllic as seen in the movies with whitewashed blue-domed churches and charming Cycladic houses. Oia is best known for mesmerizing views of the sunset.

Santorini has no rivers and a lot of wind, so there are hardly any trees. Its topography is unusual and enchanting, and the climate perfect to grow tomatoes and grapes. In the high season, the city seems to be bulging with tourists but we had some serene experiences at the hike to the ancient Thera ruins and also when we spent a quiet, introspective hour or so at the light house.

NAXOS

We skipped the party island of Mykonos and chose a bigger, but less travelled island of Naxos. And it so happened we booked ourselves on the tiniest village of Apollonas at the far north end of the island with the most beautiful blue sea, a charming small sandy beach and the most amazing hostess who came to pick us up at the port, which was over an hour away from her hotel. All through the car ride meandering on the hilly terrain, one can see magnificent views and only hear chirping of birds and insects, until you arrive at the ancient picturesque fishing village. With a single road dotted with cafes, a lone supermarket and a few curios shops, Apollonas is right out of a picture book and the colours of white, blue and gold just make it ethereal. ‘Flora’s Apartments’ offered a brilliant view of the sea and home-made lemonades and ice-creams. Just near our perfect hotel, was a 10.5-m long 6th-century marble statue called Kouros lying there for thousands of years. Naxos marbles were used in the construction of the Acropolis and the many museums in Athens house statues that were made from this marble. We ended our great Grecian adventure by coming back to Athens, this time in the neighborhood called Metaxourgio. It is a slightly different area from the Kolonaki or Koukaki, where artistic expression reflected in the graffiti and showed how the economic recession may have hurt Athens. Yet it posed no difficulties for us and we ended our trip with some souvenir shopping of hand-made soaps, local wine and trinkets, which friends and family back home loved and admired. ❖

FAREWELL TO AJIT & BALVEER SINGH, CONSUL GENERAL OF SINGAPORE



POP UP DINNER EVENING AT THE ORIENTAL WOK



POWERLIFTING

