

Life @ The Club


The Club
Mumbai

JANUARY-FEBRUARY-MARCH 2019

*Happy New Year
2019*

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Dear Member,

Wishing you a Happy & Prosperous New Year!

With the advent of the New Year, we have lined up a series of celebrations, events and activities to keep you occupied and making merry! As this is the perfect season to be outdoors with friends and family, come, participate in the Lohri and Makar Sankranti celebrations while you gorge on festive treats! Epicureans can have their fill of gourmet eats at the various food festivals coming up.

We have included a new feature in this issue, where we recognise and honour our valued chefs, who were the winners of the first round of the *Go Cheese Indian Chef Awards 2018*.

Parents can help their kids learn and discover new things at our workshops organised especially for them. Dog parents, bring your pooches and families to the Annual Dog Show, where your pet can compete with others of his kind and show off his skills to us. May the best dog win!

Gift your loved one a relaxing, rejuvenating 'we-time' at the Antara Spa and munch on Valentine-themed goodies at The Patisserie.

Keep fit with the various sports and health programmes that will be held this quarter and with our member Dr Deepak J Namjoshi's tips on health and fitness. Stay true to your New Year resolutions for your hair by caring for it at the Kromakay Salon. We also take a look at the many celebrations and sports activities that took place these last few months and bring you a lowdown on why you must visit Taj Bekal, in the words of one of our members, Shaivali Vashani. If your bucket list includes travelling to a foreign destination, learn more about the gem of Southeast Asia, Indonesia, which makes for a wonderful travel destination.

You can read about all this and more in this issue. So, stay tuned, folks!

THE MANAGEMENT

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AFFILIATIONS

The Club is not just a place where members go to seek the best of health and wellness services available, but is also a place that they can call their second home; the staff and fellow members, their extended family. Besides enjoying these facilities, The Club's recent affiliations mean that members can now gain access to the following prestigious clubs worldwide.

INTERNATIONAL HEALTH & RACQUET & SPORTSCLUB ASSOCIATION (IHRSA)

International Health, Racquet & Sportsclub Association (IHRSA) is the trade association that serves the health and fitness club industry. From training health club professionals to providing the latest information in the health and fitness industry, IHRSA members represent health and fitness facilities, gyms, spas, sports clubs, and suppliers worldwide. The mission of this organisation is to promote the industry and provide those benefits to its members that will help them succeed in life.

INTERNATIONAL ASSOCIATE CLUBS

Building a global network that reaches out to nearly 250 illustrious private membership clubs worldwide, the IAC membership is a highly privileged membership to acquire. Founded over 30 years ago, IAC has made its presence felt in more than 40 countries and flaunts a wide range of amenities, including, 60 golf courses, over 100 clubs with athletic and/or sports facilities and, for that business trip, prestigious conference/seminar venues that are also suitable for entertainment programmes. The benefits for a member, include, visitor privileges to 42 IACs worldwide.

The Club

is now affiliated to the following International Associate Clubs

Kenya Bahrain U.A.E China	Capital Club East Africa, Nairobi	Golfclub Schloss Wilkendorf, Altlandsberg-Wilkendorf
	Capital Club, Manama	Golfclub Beuerberg e.V., Beuerberg
	Capital Club, Dubai	Havana Lounge, Bremen
	Chang An Club, Beijing	Wirtschaftsclub Dusseldorf (under development)
	Club-Reign, Changsha	Golfanlage Green Eagle e.V., Hamburg
	Guangzhou Luhui Golf & Country Club	Club International e.V., Leipzig
	The canton Club, Guangzhou	Wittelsbacher Golfclub & Hotel, Neuberg an der Donau
	West Lake Meiliu Club, Hangzhou (under development)	Country Club Schloss Langenstein, Orsingen Nenzingen
	The Heritage Club, Nanjing (under development)	Business Club Stuttgart Schloss Solitude, Stuttgart
	Shanghai Racquet Club	Rosa Private Golf Club, Czesochowa
Indonesia Kazakhstan Korea Malaysia Philippines Austria Bulgaria Denmark Germany	The City Hall Club, Medan	Krakow Valley Golf & Country Club
	Seven Private Members Club, Almaty	Club Polskiej Rady Biznesu, Warsaw
	Seoul City Club	Pure Sky Club, Warsaw
	Bankers Club, Kuala Lumpur	Vila Siam Boutique Hotel & Club, Bacau
	Tower Club, Manila	Barcelona International Business Club (under development)
	Kitzbuehel Country Club	London Capital Club
	The Residence Exclusive Club, Sofia	UK
	IS Club, Copenhagen	Brocket Hall Golf Club, Welwyn
	Berlin Capital Club, Berlin	Cuscowilla Golf Resort on Lake Oconee, Georgia
	Berliner Golf & Country Club, Motzener See, Berlin	

THE BANGKOK CLUB

One of the largest executive city clubs in Thailand, The Bangkok Club was founded in August 1995. Strategically located in the heart of Bangkok's central business district on the top four floors of the renowned Sathorn City Tower, The Bangkok Club serves as the meeting point for the city's top business executives, professionals, diplomats and social elite. It is known for its high standards of hospitality and service that has redefined the city's definitions of luxury and comfort. Members have complete access to all the activities and social functions held both, within the Club premises and outside.





RUMINATIONS ON RUNNING

Our member, **Vinita Pandey**, talks about how running taught her important life lessons.

MUMBAI MARATHONS OVER THE DECADE!



My motto in life has been 'Work and work out'. I have always been a fitness enthusiast. But the fitness bug really got me about 12 years ago when I saw the Standard Chartered Marathon starting in Mumbai, and lots of people joining in the running fun. So one day, way back in 2008, while chatting with my husband Rakesh, we decided to participate in the dream run of 7 kms. We were mainly gymming till then. The Club Gym used to be our usual haunt, where we used to enjoy the beauty of the natural environment and the easy camaraderie of friends.

We started running in the Joggers Park at Lokhandwala Back Road. Soon we realised that running was not an easy task

and it needed another level of stamina and lung capacity to be built. It was certainly not a cakewalk, and the dream run suddenly seemed like a distant dream to us.

Then, we met a running coach who helped in breaking our mental barriers. He often took us to Juhu Beach, motivated us and made us ready to run.

From that year's dream run, we soon graduated to half marathons and we have not looked back ever since. I have run every single Standard Chartered (now Tata) Marathon since 2010 onwards. Now I have added running to my fitness routine along with gymming at The Club and yoga at home with the yoga instructor. I feel one can gain flexibility by yoga, strength by gymming and

stamina by running. So, all in all, it becomes a complete package.

I used to encounter numerous excuses to skip running: bad or too hot or too cold weather, rainy days, late nights, workload, guests at home, body ache, feeling generally lazy...The list is endless. But I used to fight with myself and focus on the outcome rather than the struggle and managed to reach the park or the beach, and then running used to take over.

My husband has been the prime mover in guiding me and encouraging me in running, and he also runs with me.

In fact, running became infectious in our family, and soon our daughter Tulika and our son Akash joined in. It became a family marathon run and was great fun. ❖



PAMPER AND REJUVENATE!

Celebrate this Valentine's Day with delicious chocolate and strawberries, but with a twist! Pamper yourself and your loved one with these treatments and spend quality time together at Antara Day Spa.



CHOCO VANILLA SPA THERAPY TIME: 2 HOURS

CHOCO VANILLA MASSAGE

Time: 60 mins

This Valentine's season, book a treatment at Antara Day Spa for yourself and your loved one and indulge in some much-needed pampering. The well-equipped and soothing interiors of our couple suite and the chocolicious experience will leave your skin feeling supple and firm with a renewed glow. Choco vanilla oil contains essential fatty acids, cocoa, vitamins, antioxidants and minerals, which help in growth and renewal of healthy cells. Its lovely fragrance stimulates passion and boosts energy.

Antara Day Spa is based on the concept of harmony and balancing of fragrance, colour and texture. This helps to relax and rejuvenate the skin from within. Oil massages also help to deep clean the skin and aid in the growth of healthy skin cells, restoring and improving the skin texture.

CHOCO VANILLA SCRUB

A body polish that exfoliates dry skin and promotes circulation, this scrub also allows the body to eliminate toxins and improve skin complexion.

CHOCO VANILLA WRAP

It improves skin tone, texture, tightens skin tissue and exfoliates dead skin cells.



BERRY FUSION TIME: 2 HOURS

STRAWBERRY MASSAGE

Time: 60 mins

Like every other essential oil, strawberry essential oil is excellent for a massage. Besides its powerful scent, it has a light texture and is easy to rub into the skin, and one can enjoy a therapeutic effect from its delicious fragrance. Its nourishing ingredients will not only leave your skin smooth and soft but will also relax your body. It contains skin brightening properties, making it an excellent agent for improving complexion naturally.

STRAWBERRY SCRUB

This treatment exfoliates dry skin and stimulates blood circulation, which, in turn, simultaneously allows the body to flush out toxins, thus giving you a natural glow.

STRAWBERRY WRAP

Wraps are effective in improving skin tone and texture, removing dead skin cells and tightening the skin tissue.





‘Blissful’ was the first word that came to our mind when we reached Taj Bekal Resort & Spa, Kerala, which was recently honoured with the Top Luxury Hotels/Resorts (India) Award by WeddingSutra Honeymoon Awards 2018 and whose spa, Jiva Spa, was voted as the favourite hotel spa in India by Condé Nast Traveller - Readers Travel Awards 2018. When one wants to go on a holiday with family, you wish to stay at a comfortable place that gives you a good vibe.

Upon arrival, we were warmly welcomed by the hotel staff and senior managers. We then knew that our next five days would be absolutely delightful. The first thing that caught the attention of our two little boys was the beautiful fish in the pond at the entrance of the hotel. The staff encouraged the boys to feed the fish and undoubtedly, they were thrilled. This was one activity that they did every day we were there.

TAJ
BEKAL RESORT & SPA
KERALA

DISCOVERING PARADISE ON EARTH!

Time spent with family in beautiful surroundings stays in our memory for a long time to come. Our member **Shaivali Vashani** narrates the wonderful holiday she and her family enjoyed at Taj Bekal Resort & Spa in Kerala.





TAJ BEKAL RESORT & SPA, KERALA, WAS RECENTLY HONoured WITH THE TOP LUXURY HOTELS/RESORTS (INDIA) AWARD BY WEDDINGSUTRA HONEYMOON AWARDS 2018. OUR JIVA SPA IS THE FAVOURITE HOTEL SPA IN INDIA AS VOTED BY CONDÉ NAST TRAVELLER - READERS TRAVEL AWARDS 2018.



Being upgraded to the Pool Villa on the second day of our stay was a great gesture from the hotel. We would like to thank The Club, Mumbai, for the same. The rooms were large and extremely comfortable. The open area with a plunge pool, open air bathtub and shower area were absolutely wow. The beautiful flowers, candles and all the little décor pieces around our room were pretty.

The food at the restaurants was delicious. The restaurant staff was extremely flexible and gave us some really good vegetarian meal options as we are vegetarian. The staff was helpful and courteous.

On day three, we decided to visit the Bekal Fort and enjoy the early sunset. The ride was peaceful. It was a beautiful walk within the fort and definitely a lovely spot for photographs. We wanted to take the children there so that they could learn about the history of the fort. On the way back, we made a few stops to try some local snacks like banana chips and pack some for home.

Post-lunch we would always be in the activity room playing pool, carom and table tennis, while the children enjoyed drawing and colouring and also some craft with the activity room staff. Early evenings would be by the pool and then some fun at the beach. The open spaces and quiet walks were absolutely wonderful. The bamboo boating was exciting and not worth missing.

The atmosphere at Taj Bekal was so special that it really felt like a home away from home. I must take the opportunity to appreciate the hotel team for making our stay very enjoyable. It was one of our finest trips as a family. ❖

FRESH ZEST!

As we welcome the New Year, The Club has various activities designed for your kids to broaden their horizons and give them a fresh perspective.

JANUARY

5th: Kite Festival – Kids will learn to make a kite

12th: Whats up in the Sky? – Kids learn about Northern and Southern Lights. They enjoy playing 'Map on the ground'. They make a card and post it to Rovaniemi.

19th: Windmill Making

26th: Kids' Republic – Kids make amazing souvenirs for our soldiers with a unique message to them. These souvenirs will be sent to these bravehearts who will spend their Republic Day away from their families on the line of duty. The kids hear amazing stories too.



FEBRUARY

2nd: Spring Time Delights – Dry leaf painting

9th: Fossil Day – Kids make fossils of their own and learn all about dinosaurs in this amazing workshop.

16th: Thumb Print Animals

23rd: Games and Fables – Kids play games inspired by the Panchtantra stories. They spend the evening laughing and playing while imbibing the spirit of the Panchtantra in the Internet era.



MARCH

2nd: String Painting Art

9th: Tricky Tessellations – Kids learn about tessellations and look for them in the garden area. They build a catapult and have fun catapulting things across the garden. They hear stories of little Binny saving his best friend using a catapult.

16th: Holi Special

23rd: Brain Gym – Kids exercise their minds to look for innovative, out-of-the-box solutions to interesting riddles, alone and in teams. They race against time to look for answers! Tick Tock!

30th: Basket Making with Egg Nest





THE FUTURE OF WORK NOW AT THE CLUB!

The Club offers the most amazing workspace to enhance productivity and creativity.
Hear it from those who have been optimally productive in The Club's setting.

The future of work was one of the hottest topics of 2017, along with how evolving technology will have its impact not only on how we work but also from where we work. With the daily commute becoming treacherous and time-consuming, more and more people are opting to work remotely or within environments that are convenient and induce productivity. This is an interesting time in our history and economy, and the topic comes up in almost every conversation with students, workers, CEOs, people in the creative arts, and businessmen. It's the topic of today!

And we are pleased to say that The Club provides exactly the environment needed for a day of work and recreation. For a start, the location is just perfect with ample parking space. Nestled in the heart of the suburbs,



SHUTTERSTOCK.COM

we are equidistant from residential homes and corporate offices. Besides, if you are a member, you can start your day with an exercise regime, a healthy breakfast and good shower change facilities to freshen you up for a productive working day.

Where you actually sit and work at The Club is your choice! A plethora of options like our Library, The Poolside, Banquet, meeting rooms and the all day diner, By The Waterside, are some of our members' preferences. And if you want your creative juices to flow, even a walk on our lawns under the open skies is available.

History shows that in the 1950s, people worked from corner offices or large office spaces. By the 80s, cubicles came into being. But today, open offices and other workspace options are being sought after. Semi-closed offices, coffee shops, libraries, lounges and home offices are places where people might set up their meetings and laptops.

Here are few testimonies of our members who have spent their working hours at The Club, writing books, scripts for Bollywood films and television plots, interviewing senior management for their companies and also holding group meetings and brainstorming sessions.

"Every writer knows how important solitude, ambience and good food are for writing. The Poolside at The Club is my favourite place for writing, meetings and reading. I can usually spend a day here—swimming, meeting and writing, topped with scrumptious food. I love hanging out here and that's why it is my second office."

— Sejal Shah, Filmmaker, Bombay Fables

"The Club is my first personal office. In the last two decades, all my confidential meetings and senior management interviews have happened at By The Waterside between 10 am and 1 pm. You cannot get so much of peace even in your own office. On top of it, one can ask for and serve a variety of cuisines for oneself and one's guests. For me, The

Club is a second home, a co-working space and a family office place to discuss personal and confidential matters." — **B S Nagesh, Chairman, Shopper's Stop and Founder, TRRAIN**

"I am the envy of my friends when they hear about how I spend my time at The Club. 'Truly blissful' is what I call my working-out and working-in schedule at my second home office!" — **Umesh Luthria**

"There is no better place to work from than The Club. Hitting the gym first thing in the morning peps me up and sitting by The Poolside with my laptop is the best office space I can have. And the friendly staff, who are always ready to help, are an added bonus." — **Samina Motlekar**

"For me, spending time at The Club is fantastic both from a professional and personal perspective. On busy days when I want to ensure all my meetings are done plus spend time with my family, I schedule them in such a way that both get equal time. This is possible only because of the facilities at The Club. It is conveniently located, has great ambience and staff, and has fantastic options when it comes to recreational activities and restaurants where you can bring your family as well as colleagues. Overall, it really helps me sort and plan my day-to-day activities, whether it is work or personal, in the most effective way." — **Tarun Katial, CEO, ZEE5 India**

You can find a comfortable corner anywhere at The Club to set up your workspace or have that important meeting. And as you enter By The Waterside, the aroma of coffee and our warm hospitality always awaits you. The

place also gives you the privacy and service you need, including Wi-Fi Internet and technological connections for your gadgets. Conference aids in our meeting rooms are also available on request. Also, our menu at By The Waterside and our other restaurants gives you a variety of options from Indian to international cuisines.

More and more members who are freelancers, entrepreneurs, businessmen with start-ups and small teams love to take advantage of this flexible space at The Club, which we hope will enhance your work life and also provide you more time for recreation and your family. ❀

- The majority of workers (61%) value an aesthetically pleasing, comfortable workspace.
- Approximately two-fifths of workers (39%) who value a comfortable workspace say that a dedicated desk, office, and/or meeting space are most important.
- Over half of all workers (53%) value the flexibility to work in different locations, signalling that the trend in workers valuing workspace flexibility continues to rise.
- A quarter of workers (25%) who value workspace flexibility do not have access to flexible work options.
- Nearly half of workers (47%) value a community atmosphere at the place where they work.



ANADA SPRING FEST 2019

The Anada Spring Fest is back with gourmet food, wine tasting, interesting pop-up stores, a children's corner, live music and more.

A culmination of the finer things in life, the Anada Wine Festival aka The Anada Spring Fest has something for everyone: lip-smacking food, select wines, music, shopping, art and children's activities. Members and their guests can participate in the Fest's main feature, the Grape Stomp, where they can get their hands—and feet—dirty and make wine in the traditional way. Delicious gastronomy awaits foodies, who can taste a wide variety of cuisines from Europe and the Middle East to the Far East and The Club's very own restaurants and premium outdoor catering service, Kuisine Kraft. Live music acts will soothe your senses, while impressive art installations by new as well as noteworthy artists will be featured at the Art Pavilion to inspire and enthrall you. For those who wish to display their own creative skills, live art workshops have also been organised. Shoppers can visit the exciting pop-up stalls put up, and shop a range of products such as clothing, jewellery, gourmet jams, sauces, health foods, etc., to their heart's content! Kids can keep busy at the children's corner, which has some cool activities like pottery, tattoo painting, bouncy castle, cupcake decoration and mini ball pool. See you and your loved ones there! ❀



**SAVE
THE
DATE!**

The Anada Spring Fest will be held on Sunday, 17th February, at the Main Lawns from 4:30pm onwards.



THE DOCTOR'S RECIPE FOR HEALTH & HAPPINESS!

Our member **Dr Deepak J Namjoshi**, Director, CitiCare Hospital and Research Centre, talks to us about his journey in the medical profession, gives some tips on maintaining good health and inspires us to be the best version of ourselves.

Tell us a bit about your journey of starting CitiCare Hospital.

I started a setup with 12 beds in 1999 and over the years established two hospitals with 200 beds and still counting. My simple objective is to bring back the smiles on my patients' faces. All this is possible with the state-of-the-art technology and advanced medical facilities that we have got at CitiCare.

In a world where health problems are multiplying day by day, my team and I aim to make a difference with a patient-centric approach to medical care. Building on the trust we have gained over the last 20 years, CitiCare has evolved as a leading health care provider in the western suburbs and a pioneer in the concept of a boutique hospital.

You are a consultant physician, cardiologist and pulmonologist; besides cancer, heart disease is one of the largest killers. How can we prevent heart disease rather than cancer?

Cancer and heart diseases are growing rampant day by day because of lifestyle changes and wrong eating habits. In India, we do not have a budget for

health, but for other things like festivals, movies, etc, we have huge budgets. So, the best way to take care of your health is to detect diseases early on through regular checkups, become aware of your body and take precautions to keep it healthy.

How do you balance your life, considering you own two hospitals and are a busy practising doctor?

Over the period of 20 years of medical practice, starting from the first patient till date, these multispecialty hospitals and my patients have become a part of my life. So, more than just a patient, it's the human touch and personal relationships which rejuvenate me. This satisfaction is the equilibrium in personal and professional life.

What do you like to do at The Club Family?

At The Club, the best place to relax is the library, as it gives me good time to reassess medical science and medical updates. I also enjoy going to the gym and swimming.

Don't you think doctors need healthy lifestyles to unwind?

Yes, doctors also need to stay healthy and take good care of themselves because



we are totally dedicated to saving the patient's life 24x7.

Any medical advice you would like to give our readers?

Eating healthy, staying healthy, regular exercise, good sleep and a yearly health checkup for all age groups will help the society minimise health issues. ❖

EXPLORING INDONESIA

Indonesia is the gem of Southeast Asia. The Club profiles this wonderful travel destination.



BIOGRAPHY

Indonesia, the world's largest archipelago nation with more than 17,000 islands, is located astride the equator in the humid tropics and extends to 1,904,569 square kilometres (735,358 square miles). The country shares its land borders with Papua New Guinea, East Timor, and the eastern part of Malaysia. Other neighbouring countries include Singapore, Vietnam, the Philippines, Australia, Palau, and India's Andaman and Nicobar Islands.

Indonesia is the world's fourth most populous country with over 261 million people. Java, the world's most populous island, contains more than half of the country's population. The sovereign state is a presidential, constitutional republic with an elected parliament. Indonesia has 34 provinces and Jakarta is the country's capital. Indonesia, known as the world's third largest democracy, is a country full of diversity and home

to numerous ethnic groups, languages and religions. Above all, the people of Indonesia are widely known for their hospitality and friendliness. The common language 'Bahasa Indonesia' and the national motto of 'Unity in Diversity' help the people and their inhabitants to co-exist peacefully.

NATURE

Ranging from Sabang in Aceh to Merauke in Papua, which is made up of thousands of large and small islands, Indonesia's geographic location has blessed it with a rich landscape, from the fertile rice lands in Java and Bali to the luxuriant rainforests of Sumatra, Kalimantan and Sulawesi, to the savannah grasslands of



the Nusa Tenggara islands to the snow-capped peaks of West Papua.

CULINARY DELIGHTS

Indonesian cuisine varies greatly by region and has many different influences.



TRAVEL TO INDONESIA

Indonesia offers visa-free entry to nationals of a total of 169 countries, including India, since March 2, 2016. Through 124 immigration checkpoints at airports, seaports and land borders, Indian passport holders can visit Indonesia without a visa for 30 days.

The Indonesian archipelago is easily accessible by varied modes of transportation, including by air, sea and land. Seventeen airline companies in Indonesia provide flight routes to get to several destinations across the country.

Amusement and recreational facilities as well as small and large scale shopping centres dot the country of Indonesia, making it the right shopping and entertainment destination.

Selamat Datang...welcome to Wonderful Indonesia. The country with beautiful nature, culture, food and people. ❀

Sumatra cuisine, for example, often has Middle Eastern and Indian influences, featuring curried meat and vegetables such as gulai and curry, while Javanese cuisine is mostly indigenous, with a hint of Chinese influence. The cuisine of Eastern Indonesia is similar to Polynesian and Melanesian cuisines. Elements of Chinese cuisine can be seen in Indonesian food such as noodles, meatballs and spring rolls, which have been completely assimilated. Among the typical Indonesian dishes, Rendang ranks number one as the most delicious food in the world, according to CNNGo's list of 'World's 50 Most Delicious Foods'. Nasi Goreng is ranked second, while Satay ranks number 14 on the list.

OF PASSION, PROFESSION & PLAY!

Our members, renowned film director **Vishal Bhardwaj**, his wife **Rekha** and son **Aasmaan** talk about what The Club means to them, as well as on films and how they strike the elusive work-life balance.

He is known for bringing Shakespeare to life in the Indian context; she is famous for her melodious voice and their son is definitely the chip of the old block. Together they are a multi-talented family and creativity flows in their veins. Meet the brilliant film director, screenwriter, producer, music composer and playback singer, Vishal Bhardwaj, who has received national and international acclaim for his work in Indian cinema, his wife Rekha Bhardwaj, a renowned singer, and their son Aasmaan, an actor and assistant director.

How do you like to spend time at The Club?

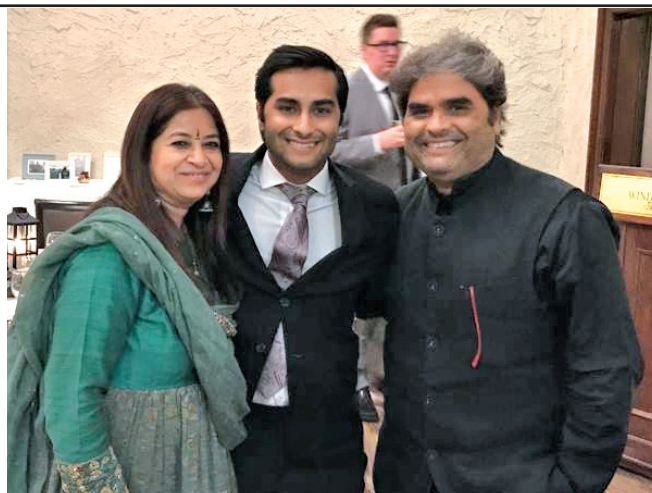
Vishal: I play tennis at The Club regularly. It has the best courts in the suburbs and the markers and coaches are of extraordinary talent. I also learn swimming from Coach Anand, who is also very talented and one of the best coaches I've seen. I really enjoy the food at the coffee shop and love spending time at the bar. When the barbecue season begins, I love to eat in the lawns and many times I take home some barbecue food as well. My wife Rekha and I also use the Antara Spa for various massages and we love eating at the Chinese restaurant. Rekha really enjoys coming to The Club for a walk and we also love the bread from the bakery.

What does The Club mean to you and your family?

Vishal: It is the best place for recreation and rejuvenating ourselves. It helps both Rekha and me recharge our creativity.

Aasmaan, what memories do you hold of The Club?

Aasmaan: The Club has been a very special place for me, especially through my childhood. I remember playing football, basketball, table tennis, billiards, bowling and cricket with my friends since I was in the fourth grade, and playing squash with my dad has been a very special thing for me as we have good competition and lots of fun too. The Club used to be my main hangout spot as I was growing up; I remember meeting all my friends there and hanging out for hours after school ended.



As creative people, how do you and Mr Bhardwaj balance work and family life?

Vishal: I don't bring work home and spend whatever time I can with Rekha and Aasmaan in the evenings. Also, we have a beautiful home in Landour, Mussoorie, next to where Mr Ruskin Bond lives. Whenever we get a chance, we go over and rejuvenate ourselves there.

Rekha: I try to finish my rehearsals and recordings early and usually come back home in time to watch the sunset. I wait for Vishal and Aasmaan to come home and when I get time, I cook something special for us. In the evenings, we usually watch some shows together or read our own books or enjoy each other's company.

Aasmaan: For me, I find the balance through the hours of the day. I try to spend time with my family during lunch as we all work in the same office luckily, and after work is over, I spend most days at home where we sit in the living room and all do our separate things while being in each other's company, or watch something together. When I'm in college, that's hard to do, but I make sure to keep in touch and talk to them at least once everyday. I still play squash with my dad every once in a while when I'm in Bombay, at The Club, and I've been meaning to visit the new restaurant which my mother has been complimenting since a while.

Lastly, what inspires/motivates you to make such brilliant films that the audience enjoys and connects with?

Vishal: Films are a reflection of society; they always show a mirror to the society. As a filmmaker, it is your duty to reflect your times, the socioeconomic environment, the politics, the rights and the wrongs, the good and the evil. Since film is the expression of an individual, a filmmaker becomes naked on the screen. The actor gets to hide behind the character, but the director is out and open and a film reflects the director's inner being—what he thinks of relationships, what his values are and so on. It can be any genre—crime, romance or biopic, to name a few—but the ultimate message that the story conveys belongs to the filmmaker. Hence, I believe that it is my duty to use my creativity to hold up a mirror to the society through my films and portray our times and our reality as I perceive it. ❀



KEEPING KIDS' EYES HEALTHY & HAPPY!

Eyewear brand Sunkissed was launched by entrepreneurs Shriya and Sidharth Kedia, keeping in mind the need for stylish yet functional and safe eyewear for kids. The dearth of good quality kids' eyewear in the Indian market coupled with the brand's founders' own love for sunglasses led to the creation of the brand. What's more, the sunglasses are UV protected, and some even polarised, and the kids' eyeglass prescription can be incorporated into them. The products, priced between ₹995 and ₹1,795, are sourced from various countries—Korea and India being major suppliers—and are checked for UV protection before they hit the market.

Sunkissed has branched out to kids' spectacle frames too. It has a lot in the pipeline, including establishing an online presence and tie-ups with Carl Zeiss for sunglass lenses, something that only select international brands offer. The brand is working on a limited edition as well. It is on the lookout for franchise opportunities, especially with moms, across the country. Moreover, it is in talks to set up its own lab for lens manufacturing in Delhi NCR, to maintain better quality control. The brand is available at The Little Ivy Store at The Club, and kids and their parents can visit the outlet to shop for cool, funky, quirky yet completely safe kids' eyewear. ❖



TENNIS STAR **ISHA LAKHANI** JOINS STAR TENNIS ACADEMY AT THE CLUB



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Tennis coaching and tennis at The Club move to a higher level as STAR Tennis Academy, a joint association between The Sports Gurukul (TSG) and the Australasian Academy of Tennis Coaches (AATC), introduces former Indian tennis player Isha Lakhani as an elite Tennis Coach and Mentor to train and groom young emerging talents, as well groom professional tennis players.

The Club will be the hub for all STAR Tennis Academy programmes and will be under the personal and direct care of Isha Lakhani.

*For enrolment and coaching slots,
kindly contact the Health Zone
reception on : 022- 66117772.*

ISHA LAKHANI



Accomplishments: Career high in Singles is 291, achieved on 19th May, 2008. In Doubles, she reached 371 on 1st December, 2008.

Lakhani won four Singles and seven Doubles titles during the International Tennis Federation (ITF) tour.

While playing for India at the Fed Cup, Lakhani achieved a win-loss record of 9-4.

TIME TO PULL UP YOUR SOCKS!

With the New Year
dawning, get in the groove
with various activities
at The Club.



JANUARY'19

10th

GYM COMPETITION

Time: 6.30pm onward

Compete with each other in Minute-To-Win-It activities.

Enroll at The Health Zone.

17th & 18th **HEALTH WEEK**

Wellness Week with Sunridges Specialty Hospital.

19th

ANSHUKA YOGA

19th & 20th **SNOOKER TOURNAMENT**

Time: 5pm onward | Age: 18 years and above

Members and their Guests enjoy a fun evening and learn how best to beat their opponent.

Enroll at The Health Zone.

FEBRUARY'19

2nd

KIDS' FOOTBALL

Time: 4pm onward | Age: 8 to 15 years

Members and their guests enjoy a game of football and see who wins the trophy.

Enroll at The Health Zone.

9th

GYM COMPETITION

Time: 6.30pm onward

Compete with each other in Minute-To-Win-It activities.

Enroll at The Health Zone.

16th

ADULTS' VOLLEYBALL GAME

Time: 5pm onward | Age: 18 years and above

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

Enroll at The Health Zone.

3rd THE CLUB FUN RUN

Time: 6.30am onward

Let's run together with family and friends to stay healthy and keep fit.

MARCH'19

3rd

TELEGAMES

Time: 4pm onward | Age: 10 years and above

Enjoy the evening with family and friends and participate in various activities like Footy Dart, Jousting, Jenga, Caterpillar Human Foos Ball. Make your own team.

7th

GYM COMPETITION

Time: 6.30pm onward

Compete with each other in Minute-To-Win-It activities.

Enroll at The Health Zone.

10th

ADULTS' FOOTBALL MATCH

Time: 4pm onward | Age: 18 years and above

Members and their guests bring their team and get ready for a game to beat the opposite side.

Enroll at The Health Zone.

30th

WATER POLO TOURNAMENT

Time: 4pm onward | Age: 18 years and above

Members and their guests enjoy a game of water polo in the heat.

Enroll at The Health Zone.





STAYING IN SHAPE WITH SQUASH!

Squash is a wonderful way to stay fit and what better way to play the sport than at The Club, where professional trainers, tailored training programmes and more await you! Read on...

Ever wondered what could be a rigorous workout that is also a lot of fun? Let us introduce you to squash! Did you know that it is rated as the healthiest sport in the world by Forbes Magazine? That's right. Not only does squash make you use almost every muscle in your body, but it also helps you increase your endurance, strength, agility and overall fitness.

5 Sports, a renowned sports company that has a focus on squash, has partnered with The Club over the last year. With World Squash Federation accredited coaches and fitness trainers, the 5 Sports programme is definitely one you will not want to miss.

With a curriculum for all levels, starting from toddlers, beginners, intermediate and adults, 5 Sports conducts sessions on all days of the week. The toddlers learn the rules of the game, how to hold a racket, play different shots and are given an overall understanding of how to play squash. Beginners—both kids and adults—work on ball play, fitness and conditional games that

focus on endurance, agility, strength, etc. The intermediate programme includes on-court and off-court drills, match play and a higher level of fitness training. That's not all, 5 Sports even keeps a check on the nutrition and mental health of our players by conducting nutrition counselling and mind management sessions.

For those enthusiasts who want to take up squash competitively, 5 sports nurtures all their players to become champions in the sport. In fact, this August, 5 Sports had organised a local tournament at The Club that included players from all their centres in Mumbai. All the trainees got valuable exposure to competitive squash and got highly motivated. Such game play prepares all the trainees for national and international level tournaments.

So let us have some fun together. Come and join the 5 Sports squash programme for an unforgettable experience.

Telephone: +919152204740 | Email: info@5sports.co.in | Website: www.5sports.co.in



SLAMMING AWAY TO GLORY!

The four magical Tennis Grand Slams...the pulse...the heartbeat and the soul of the sporting world. **Mr Atul Premnarayan** gives a lowdown. Read on...

THE WIMBLEDON GRAND SLAM

It's the cathedral of tennis. It's a pilgrimage. The Centre Court is the Mecca of tennis. The golden words of Wimbledon, "If you can meet with triumph and disaster and treat these two impostors just the same," are written on top of the swing doors from where you enter into that Masterpiece Theatre of grass court tennis, where the world's greatest superstars have battled for their Wimbledon winning dreams and played tennis—snatching victory from the jaws of defeat—and where their world-class shot-making became torch lights in their hour of darkness.

In my 35 Wimbledon Grand Slams, I coined two slogans: "Wimbledon is a trek to the summer shrine of the sporting world" and "When you enter Wimbledon, you enter history and when you leave Wimbledon, you take history along with you."

Wimbledon is the most loved and prestigious Grand Slam, where the world sees all the greats and the greatest battles for fame, fortune and a golden Grand Slam. Some of the greatest matches of all time have been at Wimbledon. They have then inspired generations of players across the world to emulate. The one-in-a-million Wimbledon arena echoes with the agony and ecstasy of the battling stars.

Some of the greatest matches are truly historic like the 1980 men's final—Bjorn Borg fighting a Himalayan battle to defeat John McEnroe, and that classic fourth set tie-breaker (18-16). Each moment of unmatched tension and

brilliant shot-making shook and dazzled the tennis world.

This is Wimbledon. This is where history is made. This is Wimbledon where players become stars and some become superstars! As Elvis Presley sang, "I can't help falling in love with you..." The eternal song for Wimbledon.

THE FRENCH OPEN TENNIS GRAND SLAM

It's the world's greatest clay court tennis championship. It's the toughest Tennis Grand Slam to win. A player will have to play with wings in their heels and wheels like chariots on fire. Two hundred and fifty six players enter the French Open. In the end, only two priceless jewels win. Bjorn Borg won six French Open titles, each time winning seven rounds—each lasting three to four hours—and always saying after the final that it's like climbing Mount Everest.

THE AUSTRALIAN OPEN TENNIS GRAND SLAM

The highest attendance for any Grand Slam in one single day happened this year at Melbourne Tennis Park, when 7,43,667 fans turned out in one day. Australia has always been a wonderful sports-loving nation. It's the land of sunshine with sports as its pride. The Australian Open is truly a tennis thunder Down Under.

At the Aussie Open, India's Leander Paes won three mixed and one doubles titles. Mahesh Bhupathi has won two mixed doubles titles. The memories from Melbourne Park will remain forever. The



song for the Australian Open is *You Are Always On My Mind*.

THE US OPEN TENNIS GRAND SLAM

In the US is the greatest tennis theatre: the Arthur Ashe tennis court in the Billie Jean Tennis Centre. At the US Open, it's tennis from daybreak to twilight and beyond. The majestic tennis centre in Flushing Meadows with its magical night session brightens the magnificent skyline of New York, the city that never sleeps. Just like tennis at the US Open fortnight. The beautiful stadium named after the immortal jazz superstar Louis Armstrong was the main court till the Arthur Ashe court came up in 1997. It's said that the Statue of Liberty smiles and her torch is raised higher in the scintillating moments of the US Open Grand Slam. The US Open is a marathon, the ultimate test of the game and of nerves, determination and desire. The sporting world calls it the fortnight of blood, guts and glory, where each moment of a match is instant magic and all of it comes pouring down like a waterfall of joy.

When it's time for the US Open, then it's the right time to play *Jailhouse Rock*.

kromakay
artists at work since 1998

TRESSES FOR SUCCESS!

Let your crowning glory shine on with these useful tips.

To maintain your tresses, a trip to the salon is not just a splurge, but a must. That professional cut and colour is an investment and the benefits are those flattering compliments that not only make your day but also make you look like a million bucks!

To keep your hair colour looking its best, Kromakay's Senior Creative Hair Artist Ritesh Limbachiya, who visits The Club Salon exclusively every week, shares his version of #KromaGyan on hair colour trends and the ideal hair care regime.

A lot of women love toying with the idea of colouring their hair. At Kromakay Salon, this year has been all about hair colours with more intensity, for instance, walnut browns (very dark brown) with a blend of very fine skinny toasty caramel highlights framing the face. The look is edgy without being over-the-top. At Kromakay, we customise hair designs that suit your personality and add that dash of panache and style!

For guests willing to experiment with vibrant tones, you can opt for the unicorn colour palette which is simply not for the faint-hearted. One can choose to go for fantasy shades in different techniques; the contrast gives the hair depth and an edgy interest. I have created quite a few hair style designs with colours like royal violets, cayenne spice with flaming fiery orange, refreshing icy blues and greens, and strawberry pinks.

After any colour treatment, there are several ways you can keep your hair



healthy while flaunting a gorgeous colour. Follow these few tips to maintain your hair:

- ☛ Regular TLC at home with the right products: Ensure that you use light, sulphate-free shampoos, conditioners and masques that help maintain the pH balance of your hair and keep your colour pigment locked in. Rinse your hair with cool water after a lukewarm shower.
- ☛ In-salon treatments: Follow your stylist's recommendations for fortnightly and monthly treatments that provide that extra dose of deep conditioning and hair strengthening services.
- ☛ Regular visits to your stylist for those customary hair trims.
- ☛ Cut down your washes: Wash your hair less often if the weather permits.

Senior Creative Hair Artist
RITESH LIMBACHIYA

visits Kromakay Salon at The Club every Wednesday.

To book your hair makeover with him, call on: 022 66117775.



Invest in a good dry shampoo as it is a great way to stretch out wash days.

- ☛ Go easy on the heat.
- ☛ Get a good leave-in conditioner.

TOP 3 #KROMAGYAN

- ☛ Give your hair a break of about six months if you are planning to dress up your tresses in a new colour. The minimum interval for re-growth or re-colour can vary from four weeks to around six or seven weeks.
- ☛ Make your hair colour last longer with protein: Choose the L'Oreal Professionals Power Mix service, which will nourish and transform your hair, leaving it smoother, shinier and silkier.
- ☛ Go for Olaplex with your colour treatment: This treatment rebuilds broken hair bonds and keeps the hair healthy and strong. ❀

Kromakay Salon at The Club offers exclusive Special Package deals on Premium Hair Treatments:

- ✦ Power Mix
- ✦ Olaplex
- ✦ Hair Wash & Blow Dry
- ✦ Classic Manicure + OPI Polish
- ✦ Classic Pedicure + OPI Polish
- ✦ Male Grooming Services: Cuts & Shaves

WHAT'S COOKING?!

Discover two delicious, ancient Indian recipes brought to you by our chefs **Nitish Kumar** and **Aniket Dakwe**, who won the first round of the **Go Cheese Indian Chef Awards 2018** and participated in the Grand Finale held on 24th-25th October in Goa.

CHEF NITISH KUMAR

MURGH ZAMIN DOZ

The term 'Zamin Doz' means 'inside earth'. In this recipe, the chicken marinated with spices and garnish is sealed in mud, placed in an earthen pot and passively cooked over low heat, which evenly cooks and tenderises the meat from the inside out. The same is the case with the French sous vide, wherein food is packed in plastic bags, dropped in a water-filled vessel and cooked for hours for an 'even cook'.

Akbar the Great was a known epicurean who is credited with inventions of numerous exotic dishes and breads. Some of them survive even today, while others—Murgh Zamin Doz, Khasa Tilaai and Roghni Roti being few of them—have been lost due to dearth of historical records. He was a lover of chicken and used to cook them in his own experimental ways, some of which have been documented over time by his Nine Jewels (Navratna) in books like A'in-I-Akbari.

Modern Picture: At present, the dish is nowhere to be found, but there are numerous claims suggesting that the contemporary tandoori chicken is inspired from this dish. Unfortunately, there is no scripted fact and these are mere analogies.



CHEF ANIKET DAKWE

GOSHT KA HALWA

This is a sweetmeat in the literal sense. History says that this dish originated from Rampur, Uttar Pradesh. Rampuri cuisine goes back to 1774 when Syed Faizullah Khan (the first Nawab of Rampur) established the city under the protection of the British Commander, Colonel Champion. The Nawab started experimenting with Rampuri cuisine, trying new flavours using traditional ingredients, and hence came Gosht ka Halwa, Macchi Ka Halwa, Mirchi Ka Halwa and Adrak Ka Halwa.



Having an understanding of the chemical nature of an element or ingredient and then transforming it into another form is the ultimate, when there is no recipe available in the present day. To make Gosht Ka Halwa, the lean meat is boiled in milk thrice to completely remove the smell of meat. After that, it is minced with saffron. The minced preparation is slow-cooked in paan, cardamom, milk and ghee.

Having an understanding of the chemical nature of an element or ingredient and then transforming it into another form is the ultimate, when there is no recipe available in the present day. To make Gosht Ka Halwa, the lean meat is boiled in milk thrice to completely remove the smell of meat. After that, it is minced with saffron. The minced preparation is slow-cooked in paan, cardamom, milk and ghee.





FOOD FIESTA!

Treat yourself to some lip-smacking delights in the New Year, only at The Club!

GLOBAL STREET FOOD FESTIVAL

You will find nooks and corners as well as entire lanes that sell delicious street food the world over. Simply put, where there is food, there is street food! But with hygiene concerns dissuading many foodies from gorging on street food, The Club brings you the Global Street Food Festival from 11th January to 20th January, 2019, where the best street food from around the world comes together in a menu, just for you! Devour delicacies from the West and the East like Khachapuri (Georgian cheese stuffed bread), Turkey Doner Kebab (meat cooked on a vertical rotisserie), Mahjouba (Algerian crepes), Tartas (quiche with lesser egg and more filling), Argentina Empanadas (savoury, flaky, stuffed pastries), Milanesa (Argentinian schnitzel), Armenian Kebab (lamb kebab wrapped in lavash), Satay Kambing (Indonesian mutton satay) and more, while you bond with your friends and family and rest assured that your health and hygiene is in good hands! So, eat to your heart's content and discover what the world tastes like!



MEXICAN FOOD FESTIVAL

If you can't get enough of the well-loved Mexican cuisine, with its spicy, creamy, mind-blowing flavours and textures and fresh ingredients, this February, from 8th to 17th, come, relax at The Club, while you experience the true flavours of Mexico at the Mexican Food Festival. Here you can relish a wide variety of dishes such as Jalapeno Chipotle Cheese Croque, Flautas De Fajitas, Tostadas Fiesta, Tortilla Soup, Enchiladas De Conzummel, Camarones Chipotle Con Ajo and Red Snapper Ajo Rojo, and also discover sweet treats like Fried Ice Cream, Flan and Mexican Chocolate Pecan Pie.



KERALA FOOD FESTIVAL

Back home, Kerala is also known for its treasure trove of culinary delights that have bewitched the taste buds and minds of many a foodie. From 8th March to 17th March, 2019, The Club members and their guests can revel in Kerala's food diversity with fare from its plantations to the coastline. Polish off authentic Kerala dishes like Malabar Parotta with Pachakari Korma & Mutton Pepper Fry, Nattu Kozhi Perattu, Kozhikkodan Chicken Biryani, Appam with Vegetarian Stew & Mutton Stew and others. Seafood lovers can dig into fishy delights like Meen Pollichathu and Chemmeen Thenga Kothittathu.



GOURMET



CHINESE NEW YEAR

Come 5th February, 2019, and the Chinese as well as culture lovers and epicureans across the world will celebrate the Chinese New Year with a lot of fanfare. In China, you'll hear it being called 'Chunjie' or the 'Spring Festival'. The year 2019 being the Year of the Pig, it is a time for happiness, relaxation, benevolence and carefreeness. During the Chinese New Year, people welcome spring and what it brings along: plantation and harvests, new beginning and fresh starts. The spring festival was originally a ceremonial day to pray to the gods for a good plantation and harvest season. The best foods are offered to the gods such as Chinese West Lake Lamb Soup, Salviya Chicken (Sichuan chicken in red oil sauce), Cantonese Chicken Egg Roll, Steamed Ribs with Glutinous Rice, Cantonese Roast Chicken with Ginger Scallion Sauce, Sichuan Fish with Pickled Mustard Greens, Chinese Rice Cakes and others. So this Chinese New Year till 14th February, 2019, come with your loved ones to the Oriental Wok at The Club to relish these delights and more. Cooked to perfection, these authentic dishes will captivate your taste buds and senses and give you a taste of China!



THE PATISserie

The Patisserie brings you special menu themes in the New Year, which are:

Strawberries

This January, indulge in fresh strawberries with delicate, delicious recipes concocted by our chefs. The fruit, which is known for its various health benefits including boosting the immune system and eyesight, lowering blood pressure, protecting against stroke and cancer, and aiding in anti-ageing, is also simply luscious and flavoursome. Munch on Chocolate-covered Strawberries, Strawberry Coffee Cake Muffins, Strawberry Cheesecake, Frasier (French cake made with strawberries, sponge and cream), Cream Cheese Strawberry Cookies and a host of other berry treats that you will find only at The Patisserie.

Valentines

This February, celebrate the joys of love and romance with Sweetheart Cheesecake, Red Velvet Cake Bites, Red Velvet Ganache Trifle, Heart Cookie Sandwich, Apple Rose Tart and Raspberry Meringue Hearts. Also treat yourself and your significant other to Valentine Doughnuts and Valentine Day Cookies, specially crafted by our home chefs!



CELEBRATIONS GALORE!

Fun activities and festive gatherings are lined up for our members in the New Year. So bring your family and friends and come, rejoice and revel at The Club!

WHOOSAGOODDOG!

As the New Year arrives, our Members await in much anticipation for the Annual Dog Show. Teach your dog some new tricks, pamper them and dress them in their best attire, for there are plenty of prizes to be won across the Well-Groomed, Best-Dressed and Great Personality categories. Bring your children, friends and family along to cheer for your dog's day out!

Date: Saturday, 12th January

Venue: Main Lawns

Time: 4.00pm onwards



LOHRI

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

Date:
Sunday, 13th
January

Venue:
Main Lawns

Time:
7.30pm onwards



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MAKAR SANKRANTI

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

Date: Monday, 14th January

Venue: Main Lawns

Time: 4.00pm onwards



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PHOTO GALLERY



Makeup & hair by
Yamini Patil Studios
Clothes by Zarf (By Masuma Namjoshi)

WEDDING SHOW AT THE CLUB

FUN FAIR



BAR NITE



HALLOWEEN PARTY



SWIMMING COMPETITION



VOLLEYBALL MATCH



SQUASH TOURNAMENT WINNERS



AN INDONESIAN FARE

