

Life



@The Club

APRIL-MAY-JUNE 2019



Royal Weddings
at The Club

MANAGEMENT NOTE

Dear Member,

As summer sets in, it is time for vacations and leisure and we have lined up a series of activities to keep you and your family occupied during those long summer months ahead.

Participate in Easter festivities and other children’s activities planned by The Club and rejuvenate with the luxurious massage therapies and body scrubs at Antara Spa.

The Dinner with the Royals and the Royal Indian Wedding Exposition were flagship events held at The Club, which promise to help you plan your own perfect royal wedding at The Club.

Our Retro and Comedy Night will be back this summer and we hope you will join us. The Taj Bekal in Kerala awaits you for a wind down holiday as Shibani Rao, our member, gives a lowdown of her most exciting visit to Taj Bekal.

A refurbished library is all set to ignite the love of reading amongst our young members and we also bring you delectable recipes to experiment with, this summer. The Club also has various outdoor activities like the Cyclothon planned for members to stay fit. Dr Suman Nabar, an ophthalmologist and a member talks about how she enjoys spending time at The Club and also gives you important eye care tips.

Explore the healing touch of Reiki with Mr Ronak Jani, Spa Manager at The Club Mumbai, who is a Grand Master in Reiki. The Club member, musician Shaan Chhadva talks about how playing music at The Club has helped him grow personally and professionally.

You can explore this and more in this issue and gear up for an exciting summer!

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Caroline Chorattil
Sr. Graphic Designer
Bharati Khule
Digital Imaging
Vikas Padloskar

**Marketing
Group Vice-President**
Geetu Rai
080 25534105
Sachin Desai
9820425612

Gujarat
Sanjay Chawda
98240 43072

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For advertising queries and
bookings call: 022 24811023.

Also visit www.theclubmumbai.com
The Club Mumbai,
197 D N Nagar, Andheri (W),
Mumbai 400 053
Tel: 022 6611 7777

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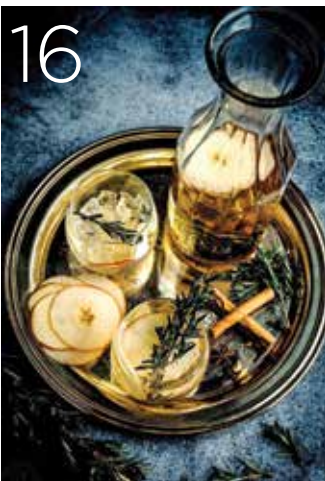
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A ROYAL EXTRAVAGANZA AT THE CLUB!

A regal delight awaited The Club members from 23rd–24th March, 2019, where royal heritage cuisines, textiles, jewellery, music and more were celebrated amidst the presence of Indian royal families.

The royal heritage of India boasts of delightful cuisines, cultures, traditions, music, fashion and style, and to celebrate this legacy, The Club in association with Royal Fables held a two-day event from 23rd–24th March, 2019, where 20 royal families and members bonded over India's rich heritage.

The Dinner with the Royals event was held on 23rd March at The Club Main Lawn and Garden Grill by the Kitchen of the Kings, where His Highness Chhatrapati Shahuji Bhonsale of Kolhapur and Princess Diya Kumari of Jaipur presided over as the Chief Guests of the event. The cuisines of five royal families were presented for the culinary delight of members, which were curated by the royals themselves, along with their chefs and the team of chefs headed by Executive Chef Gaurav

Madan at The Club. The Punjabi cuisine by Tikka Shivendra Pal Saheb Bahadur of Kutlehar, Maratha cuisine by Raturaj and Gauri Ingle of Shendur, Kolhapur, Nawabi cuisine by Nawab Kazim Ali Khan of Rampur, Marwari cuisine by Sarkar Saheb Raghvendra Pratap Singh Jhalamand, and Sailana cuisine by Tikkarani Shailja Katoch of Lambragaon-Kangra were polished off with delight!

The royal culinary experience was accompanied with Rajasthani folk music and a fusion take by singer-songwriter Kamakshi Khanna. A vintage float of royal ethnic costumes, jewellery, paintings, coins and other memorabilia was also presented by Imperial Auctions. The royal costumes and jewellery were presented by Her Highness Maharani Radhika Raje Gaekwad of Baroda, Rani Jaykirti

Singh Baria, Kunwar Yaduveer Singh Bera, Kanwarani Geetanjali Shekhawat Jassowala, Kanwarani Kamini Singh and Rajkumari Chandni Kumari Seohara, Just Chiffons by Kanwarani Dipti Singh and Rohini Singh of Kacchibaroda, Naila by Jagrati Singh and Meghna Gohil, Sakh Jaipur by Neha Khatri, Hardik Parekh, and Madhu Jain.

The paintings were showcased by Princess Nandini Singh Jhabua and Princess Vaishnavi Kumari of Kishangarh. A Buick 1941 Super 8 Convertible owned by Mr Dinesh Lal and his daughter Shibani Lal were put on display, along with paintings of it and of other vintage cars by Princess Vidita Singh of Barwani. Heritage brands like Jaipur Watch Company; Palace Atelier, Jaipur; and O'My! by Anju Goyal too displayed their products.

The event, the food and Executive Chef Gaurav Madan's expertise and team were well-appreciated by the members as well as the royals.

On the second day, The Royal Indian Wedding Exposition was held from 11am to 11pm at the Colonial Hall at The Club, which was followed by a lavish Royal Dinner at Colonial Courtyard I and II. Along with the previous day's cuisines, Kangra-Dham cuisine by Tikkarani Shailja Katoch of Lambragaon-Kangra was also served. The beautiful, immaculate décor was arranged by Hari Om Decorators, Shreeni Decorators and Om Decorators. Forty palace studio and heritage brands showcased traditional art, fashion, textiles, jewellery and memorabilia crafted by blue-blooded designers, artists and design patrons which created a unique wedding shopping experience for The Club members.

Weddings in India can still be celebrated in resplendent royal style at The Club Mumbai with the best of India's royal heritage cuisines, ambience, finery and décor and without any hassles. The Club brings you all this and more so that you can have the royal wedding you have always dreamed of. The two-day event held at The Club gave members a glimpse of how they too could organise a royal wedding in authentic style, while staying true to India's traditions and cultural heritage.

The exposition and the dinner were a roaring success, and members expressed hopes of being part of such a beautiful piece of legacy again. ❖



"Thank you Chef! I had a great time! Your ever smiling face and patience made the huge buffet spread for two nights a roaring success! It was a pleasure interacting with you and sharing our passion for food! All the best and lots of success!"

Tikkarani Shailja Katoch

"Thank you Chef for all the help. You were very accommodating and you have a fantastic team."

Tikka Shivendra Pal Saheb Bahadur of Kutlehar

"Dear Chef Gaurav, Greetings! I would like to thank you and your entire team of chefs because of whom this show was possible. Words can't do justice to the help and support you and your team have provided. It was an incredible experience working in your kitchen and hoping we cross paths again."

Gauri Ingle of Shendur

"Dearest Gaurav, you are the sweetest chef I have ever met. Someone who understands the relevance of heritage. Was an absolute pleasure working with you."

Anshu Khanna, Royal Fables

It was lovely having you all as a part of Kitchen of the Kings. Thank you so much for being patient. It was a pleasure working with all of you. Thank you! A special thank you to Gaurav for being a backbone to the whole cuisine story."

Mahima, Royal Fables

To book your Wedding related functions, contact our Banquet Team on 022-66117777/747/751



THE SOUND OF MUSIC!

Our member **Shaan Chhadva** is a 16-year-old musician who also goes by the name of 'SCayos'. He talks about how playing at The Club has helped him grow personally and professionally.

My name is Shaan Chhadva and I am a 16-year-old musician. I go by the name of 'SCayos'. This Christmas, Santa gave me some amazing gifts and one of them was to play at The Club. Being a musician, all I wanted was to play to an audience and here I was, playing at The Club with a huge audience listening to me! Playing that day was very nostalgic. The icing on the cake was the performance and collaboration with Angklung players (Angklung is an Indonesian musical instrument). This was extremely exciting as most of it was improvised and on the spot. I got the list of the songs half an hour before the performance. We had not met before, they couldn't speak my language, but we could speak the common language of love and music. I am very thankful to the people at The Club for providing me with this opportunity. I am also thankful to the Indonesian Consulate team and the Indonesian musicians who gave me a chance to perform with them.

I remember sitting at the far end of the pool at The Club in the evenings after school and completing my homework. I started learning the piano at the age of four-and-a-half years from institutes like Furtados and Theme Piano.

At the age of 10, I started listening to popular genres of music like electronic music which included remixes and songs of popular DJs. My parents enrolled me

to a DJ class in the summer holidays and that's when my musical journey really began. At 11, I started learning music production at The True School of Music. I was their youngest student for that course. The course offered music theory and piano lessons, which greatly improved my musical abilities. I did a summer course in audio engineering at the KM Conservatory for Music in Chennai (A R Rehman's School of Music).

I studied at École Mondiale World School until my ninth grade. I then moved to the US for further education. In the 10th grade, I got accepted into the Interlochen Arts Academy. This has been one of my greatest accomplishments yet. This school made me appreciate other genres of music such as jazz and classical music and has an amazing alumni which include:

- 45 Presidential Scholars,
- 11 MacArthur 'Genius Grant' recipients,
- 124 Grammy Awards received by Interlochen alumni, not including the countless Interlochen alumni that

have participated in Grammy Award recipient orchestras and ensembles, ■ 26 Tony Awards.

I am currently in the 11th grade and I'm a contemporary pianist. My private lesson instructor is Dr Childs who is a graduate of Berklee College of Music, Boston, and is the head of music theory at Interlochen. My typical day at school begins at 8 am and generally ends around midnight. It's like I am attending two schools together—one being the academic school and the other being a music school. I learned under Luis Resto and Salar Ansari for about six months of my first year at the music school. Luis Resto is a Grammy and Oscar winning musician, who composed *Lose Yourself* which was written, co-produced and sung by Eminem.

This summer break, I will try to do an internship at Nashville and work with Carlton Moody of the famed Moody Brothers. I also compose and produce music and wish to pursue music as a career. ♣

I have finished three singles (*Mr Sandman*, *Novocaine*, *Imagination*) and one album (*Feelings - EP*). You can find them in the links below:

Listen to my music here:

YouTube: <https://www.youtube.com/channel/UCpO2ZcqZnHtEeh3ZQm-RyoA>

Apple Music: <https://itunes.apple.com/us/artist/scayos/1396994349>

Spotify: <https://open.spotify.com/artist/13rVXSdnUlcqvFQ2iuop8a>

Insta: <https://www.instagram.com/scayos/> @SCayos

My Newest Song Titled "Mr Sandman": <https://youtu.be/V2SNy6-vXXw>



REFRESHING YOUR SENSES

After a gruelling work schedule, what better way to pamper yourself and rejuvenate your mind and body than by availing of the relaxing treatments on offer at the Antara Day Spa?! Read on...

Shirodhara 45 minutes

Shirodhara, a form of Ayurvedic treatment, is a word which comprises two terms, 'shiro' meaning 'head', and 'dhara' meaning 'pouring in a stream' or 'sprinkling'. It is an ancient healing practice which has been performed in India since around 5,000 years. It has an immense impact on the nervous system. A medicated ayurvedic *Ksheerabala* warm oil is poured on one's third eye chakra on one's forehead and near one's eyebrows in

a rhythmic manner. A continuous process of a nearly 45-minute treatment is given to the person to get the maximum benefit for the same. Almost one litre of oil is used to treat a person. The oil is poured over the forehead as this area has a large number of nerve endings and is therefore highly sensitive. Vibrations are created on the forehead by the pressure of the oil. The oil penetrates into the nervous system after saturating the forehead and scalp.

Benefits:

- ◆ Calms and relaxes your mind and has a cleansing effect on the nerves.
- ◆ Reduces stress and soothes the nervous system.
- ◆ It can treat insomnia, bring relief from migraines, lower high blood pressure, decrease hair loss and dandruff in summers.
- ◆ Improves blood circulation to the brain by vasodilation of all the channels.



Lymphatic Detox Massage

60 minutes

The lymph system is a part of our body's immune system and helps fight infections. Lymph is a clear, slightly yellow fluid. It transports nutrients and oxygen to cells, collecting toxins on the way and flushing them out through the lymph nodes. You have around twice as many lymph vessels as blood vessels in your body. However, unlike blood, which is pumped around by your heart, the lymph system has no pump. The pressure from your blood vessels and movement from your muscles push the lymphatic fluid around.

The treatment is performed by our trained therapist using their thumbs, elbows, forearms and a small device known as 'Jimmy' to give accurate pressure to the points to relieve the affected area, which will easily help the lymphatic nodes to flush out the toxins.

Benefits:

- ◆ Keeps one's immune system working properly, and improves the flow and drainage of lymph around the body.
- ◆ Helps the body fight off infections, and speeds up healing and recovery from illness.
- ◆ Helps reduce water retention.
- ◆ Boosts weight loss.
- ◆ Improves one's skin texture.



Mango/Kiwi Scrub

30 minutes

This summer, experience a wonderful body scrub with the natural benefits of mangoes or kiwis. There are many benefits to a body scrub or polish. A body scrub will exfoliate your skin, sloughing off dead skin cells and rubbing away hard and flaky skin, leaving it feeling soft and smooth. Scrubs or polishing products usually include an oily base which moisturises and soothes your skin as it is scrubbed.

A scrub can be really invigorating as well, and improve the circulation of blood and lymph to the surface of the skin, helping to fight cellulite and improving your skin tone. A good body scrub or polish forms the basis of other body treatments.

Benefits:

- ◆ It prepares your skin for an even tan.
- ◆ It opens the pores and awakens the skin before a wrap or mud treatment.



There are very few places that I have visited twice during my travels, let alone thrice, the world being such a big place and all. But Taj Bekal draws you back repeatedly. They say that lawyers (me included!) are sceptics, but even the most hardened of cynics will find it tough to pick a serious flaw in this jewel of North Kerala.

We city slickers live a chaotic life for the most part, spending hours on end stuck in maniacal Mumbai traffic, amid the day-to-day humdrum of our monotonous routines. So, after a particularly stressful week at work, I decided to take my mother for a short break to relax and unwind at Taj Bekal. We booked a Premium Villa with a plunge pool, with breakfast and one major meal included, and got a great package deal through The Club. The reservation experience was seamless, with Sarina Menezes from The Club and Gaurav Miglani and his reservations desk from Taj Bekal working together.

Upon our arrival at Mangalore airport, Prajith was waiting to pick us up in a very comfortable, air-conditioned Innova. The 90-minute drive felt like a breeze, with one pit stop at the Kasaragod village upon his recommendation to pick up some locally made banana chips (the best we've ever had, by far!).

We were greeted warmly by Gaurav Miglani, the general manager of the property, along with his lovely team, after which we were led to our villa in a buggy. The villa was a sprawling 870 square feet, with a king-sized bed, a large courtyard, a sit-out area, a swing with a double bed, a plunge pool and a plush bathroom with an outdoor tub and shower. The villa also included free Wi-Fi with 1.5 Mbps Internet for up to four devices. We loved the spacious interiors with the famous palm leaf drawings, *Chitra Pothi*, recreated as wall murals in the villa. That, coupled with the sound of chirping birds and the peaceful atmosphere, assured us that we were in for a treat over the next few days.



KERALA'S HIDDEN JEWEL

A vacation is the perfect remedy to beat the stress of daily life and to relax, rejuvenate and return to one's chores with a fresh perspective. Our member **Shibani Rao** talks about the delightful time she and her family spent on holiday at Taj Bekal Resort & Spa, Kerala.



We wasted no time in making appointments for our treatments at Jiva Spa, which, at 25,000 square feet, is one of the largest spas in India. I opted for *Vishuddhi*, a 120-minute deep tissue detoxifying massage to eliminate stress knots and swollen lymph nodes, promoting optimal blood circulation, and mum chose a 120-minute *Sushupti*, for a relaxing and dreamless sleep, a combination of exfoliation and massage techniques to de-stress, which included a bath with rose petal milk. Of all the amenities included in our package deal, we also had a good discount on spa treatments. During our spa session the following day, our therapists turned out to be highly skilled and very courteous, making us feel like pampered royalty.

During the course of our stay, evenings were spent taking long walks along



Kappil beach watching the sun go down (The beach is a short walk from the lobby area and the property has direct access). A peaceful atmosphere ensured that my mother, Dr Laxmi Rao, a recently retired Chief Judge of the Family Court and now an independent consultant-mediator for (rather stressful) marital disputes, got ample time to recharge and de-stress. We had an early start the following morning, as we had signed up for a bird-watching tour with Amal, our very informative guide, who brought a pair of binoculars for each of us. He had a keen eye for spotting birds and managed to spot and identify over 20 bird species, including the red-whiskered bulbul, Brahminy kite, koel, black-rumped Flameback woodpecker, stork-billed kingfisher, harrier, magpie robin, sunbird, bee-eater and so on.

On one of our morning walks, we had a delightful time watching some local fishermen bring in their morning catch using a local method, standing on the shore in a large semi-circular formation and hauling up their fishing nets while singing a local tune in unison. Quite a show of team spirit in what was apparently a labour-intensive task, to say the very least!

Now, coming to the true hero of the trip: the food. The breakfast spread was wonderful every morning, serving up a wide array of local delicacies, including *puttu* (steamed cylinders of ground rice and coconut), string hoppers, several varieties of idlis and dosas, freshly squeezed juices and delectable filter coffee. They, of course, had the usual fresh fruit selections, and a continental spread of made-to-order eggs, cereal, pancakes, waffles, different types of cheeses and such.

One of the culinary highlights of our trip was the traditional *sadhya*, a meal typically served for the festival of Onam. A sit-down lunch served on a banana leaf, it included at least 20 types of local preparations, made by the *chechis* (Malayalam for elder sisters) who are resident chefs at the hotel and prepare Kerala-style delicacies every day from scratch. Various types of pickles (mango and lime), sweet and savoury banana chips (the regular yellow ones and the ginger powder-laced *sharkkara varatti*), *vellarikka moru* (ash gourd in a yoghurt-based curry), pineapple *pachadi* (pineapples steamed and cooked in a coconut-based curry), *matta* rice (unpolished red Kerala rice) drizzled with ghee, appams, dal, *avial*, sambar, rasam, mixed vegetable *thoran* (coconut-based preparation of the day's vegetable), masala buttermilk and payasam to finish, along with hot cumin water and an assortment of pappadams, were but a few of the dishes we ate, until we could eat no more. The calories we packed in during the *sadhya* will take weeks to burn, but it was totally worth it!

Three nights and four days later, like all good things, our trip came to an end. Albeit refreshed and rejuvenated, with a heavy heart we bid goodbye to Taj Bekal, our home away from home in God's own country. Until next time, that is. ❀

• 90 minutes from Mangalore Airport
• 25 Acres • 68 villas & Rooms • Regular daily flights
For Reservations, Contact The Club on 022-66117777

SUMMER FUN

It will be holiday season soon and we have exciting activities planned out to keep your kids busy and entertained in the long summer months.

APRIL

- 6th:** Easter Special – Nest making with clay eggs inside, a fun activity!
- 13th:** Baishakhi Fest – Hear stories from Punjab, The Land of Five Waters, and find out more about the unique friendship between farmers, mice and earthworms.
- 20th:** Travel Scrap Booklet – Kids will make their own scrap booklet with organic paper and decorate it.
- 27th:** Learn about beavers, ferrets and other lovely animals – Kids turn curious as they find out about some little known animals.



MAY

- 4th:** I Love My Mom – Kids celebrate the most caring relationship in the world. They hear classic stories and carry a special souvenir back home just for her.
- 11th:** My Family and I – Kids narrate memorable incidents of their families. They recreate a bird family and add dollops of love and care to it.
- 18th:** Cap making – Kids will learn to make foam caps.
- 25th:** Seashore Scenery
Card Making – Kids craft designer cards with sand, shells, etc.



JUNE

- 1st:** Mysteries of the Ocean – On World Oceans Day, kids examine the wonderful life in the oceans. They narrate their favourite seaside vacation activities. They indulge in activities that take them closer to the amazing life forms found in oceans.
- 8th:** School Labels with Cartoon Characters – Designer school label making.
- 15th:** Let's Welcome the Rains – Kids prepare to welcome the rains with wonderful activities and games.
- 22nd:** Father's Day Special – Special card designing with cute messages for their father.
- 29th:** Safety at Home – Kids learn that safety begins at home. They hear stories of kids who were alert and stayed safe. Kids make a safety circle and take it home.



GET SET FOR AN EXCITING SUMMER!



It's the vacation season, but we at The Club ensure our little members don't get bored even for a second as we plan a jam-packed schedule filled with activities to keep them occupied and happy. Read on...

SUMMER ACTIVITIES AT THE HEALTH ZONE

ACTIVE, FUN-FILLED MULTI-SPORT CAMP BY ENJOY-A-BALL

Age Groups: 4–6 years and 6–8 years
Date: 29th April to 3rd May, 2019/6th May to 10th May, 2019
Timings: 5 pm to 6.30 pm (both age groups at the same time)
Minimum enrolments required for starting the class.

FOOTBALL CAMP POWERED BY ERIC BENNY FOOTBALL ASSOCIATION (EBFA) AND DFI GERMANY

Age Group: 8–16 years
Date: 18th March to 29th March, 2019 (10 sessions, not on Saturdays and Sundays)
Timings: 7 am to 8 am and 8 am to 9 am.

TENNIS COACHING BY TSG FOR BEGINNERS & TINY TOTS

Age Group: 6–16 years
Date: 22nd April to 10th May, 2019/13th May to 31st May, 2019 (15 days for each batch, not on Saturdays and Sundays)
Timings: 8.30 am to 9.15 am and 9.15 am to 10 am

SQUASH COACHING BY 5 SPORTS FOR TODDLERS, BEGINNERS & INTERMEDIATES

Age Group: 6–16 years
Date: 18th March to 23rd March, 2019
Timings: 10 am to 1 pm

SWIMMING COACHING FOR BEGINNERS

Age Group: 4 years and above
Date: 18th March to 2nd April, 2019 / 13th April to 18th April, 2019 / 22nd April to 7th May, 2019 / 13th May to 28th May, 2019 (12 sessions for each batch, not on Saturdays and Sundays)
Timings: 4.45 pm to 5.30 pm / 5.30 pm to 6.15 pm / 6.15 pm to 7 pm

BASKET BALL COACHING BY NBA SCHOOLS

For dates and timings, please inquire with the Health Zone. Enrolments to be done at the Health Zone Reception.



EASTER, EXPLAINED!

Like most festivals celebrated across the world, Easter brings together people from all walks of life and is a fun-filled affair for the young and the old alike. We take a close look at the many unique traditions and customs celebrated on this wonderful day.

Easter, the Christian holiday that commemorates Jesus Christ's resurrection, is celebrated all around the world with much fervour and excitement by Christians and non-Christians alike. It marks the end of Lent, a 40-day period of fasting and reflection for Christians. On this day, Easter bunnies, candy chicks, decorated Easter baskets, egg hunts, Easter parades and other such fun goodies and activities are a common sight everywhere, and many indulge in baking, feasting, inviting guests over and bonding with one's kith and kin. The religiously and spiritually inclined also take time to reflect and read the Scripture.

At The Club, we hold a special Easter brunch to relish authentic Easter delights and conduct a treasure hunt for the little ones of The Club. In fact, it is the only club in Mumbai to do so every year.

So, what are the origins of the different Easter traditions?

WHAT'S IN A NAME?

Besides its religious significance, Easter is also a day that welcomes the spring season and is hence symbolised with flowers, new beginnings, growth and fertility. In fact, the very name 'Easter' is said to be derived from 'Eostre' or 'Ostara', the pagan goddess of dawn, fertility, spring and flowers.

EASTER EGGS AND CHICKS

The Easter egg is said to be associated with Mary Magdalene, the first person who saw Jesus after his Resurrection and who supposedly held an egg before an emperor and declared the Resurrection. Moreover, as Christians who followed Lent would abstain from eggs, meat and other delicacies during the 40-day fasting period, they would eat these on Easter, the day when the fast ends, probably giving rise to the connection between eggs, chicks and Easter.

Eggs are also considered a pagan symbol for fertility, birth, growth and spring, and

DATE: SUNDAY, 21ST APRIL, 2019

Easter Egg Hunt: Easter celebrations are incomplete without the famed Egg Hunt. Kids participate in the treasure hunt and have lots of fun all the way.

Easter Games: The Easter Symbols; Fox and the Egg; Egg Race.

Easter Art & Craft: Easter Egg Decorating Station; Art Station; Decorate your Easter Egg Baskets.



are associated with the goddess Eostre. Therefore, chicks—which come from eggs obviously—would also have been given a special place of importance in the Easter celebrations. Additionally, since the 13th century, Europeans celebrated Easter by using coloured eggs to decorate their house. Eastern European countries like Hungary and Romania would also paint wooden eggs in different patterns, which depicted stories revolving around Easter. Another theory for the Easter egg is that the ancient Persians and Egyptians used to colour and eat eggs during the New Year, which occurred during springtime. In modern times, the pagan customs of using egg shells and wooden eggs have been replaced by chocolate versions, which are surely a yummy way to celebrate Easter!

EGG HUNTS AND RACES

The Easter egg hunt is usually held at churches or social gatherings for kids, who are told that the Easter hare or bunny has hidden the Easter egg which they have to find for a treat. Such



eggs are usually made of chocolate and contain candy within, making it a greater delight for the kids. In many countries, egg rolling races are also held on Easter Monday, where eggs are rolled downhill and the owner of the first unbroken egg which reaches the foot of the hill is the winner.

BUNNIES

While the Easter bunny may not have any religious significance, it is said that

SUNDAY BRUNCH ACTIVITIES

APRIL	MAY
7th – Caricature	5th – Caricature
14th – Juggling Show	12th – Glitter Tattoo
21st – Balloon Sculptor	19th – Sand Painting
28th – Magic Show	26th – Hair Styling



JUNE
2nd - Glitter Tattoo
9th – Magic Show
16th – Glitter Tattoo
23rd - Caricature

goddess Eostre discovered a bird dying from the cold and turned it into a rabbit so that its fur would protect it from the cold and keep it warm, but it still laid eggs like a bird! Rabbits are also considered pagan symbols of spring and fertility, and Easter being also associated with the above, it's no wonder rabbits became linked with Easter. ❀

LIVIN' IT UP AT THE ANADA CLUB!

A look at the brand new Anada Club for spirit enthusiasts.

On the occasion of the 21st Anniversary of The Club, we are pleased to present the Anada Club in a new avatar to our members as a Wine & Spirits Club.

Considering the changing times and the desire to bring people together, the Anada Club will aim to bring together Crafted Beers, Single Malts, Scotch, fragrant Gins, Wines and Sake through a variety of offerings, promotions, experiential evenings, events and value addition opportunities.

The membership to the Anada Club is extended to the members of The Club only. Single and Couple Memberships range from 1 to 5 years and can be enquired for by contacting Samir Gupte on 02266117732 or email on samir.gupte@theclubmumbai.com.

Our Wine and Spirits partners include Pernod Ricard, Diageo, Bacardi, Sula, Grover Zampa Vineyards, Good Drop Wines, Moonshine Meadery, White Owl, and Simmba, amongst many more who are committed to bring the best experiences and offers to our members.



VIVA LE VIN!

There is a certain etiquette associated with wines. It is an art which needs to be mastered. Wine drinking is a very personal concept, which is why drinking wine is probably the best way to know and learn about them. Here we decided to take up this topic as we felt there is a lot of intrigue and interest around it. In the next few editions, our attempt will be to throw light on this much-loved subject.

Wine is one of the oldest beverages known to mankind and has undergone a dramatic revolution in the way it is brewed, drunk, experienced and even perceived. From grape wines to rice wines to other fruit wines, wine is an ever-evolving drink and so is its etiquette. The wine market is dynamic and has undergone huge growth since the early 1990s. Wine is now an everyday commodity enjoyed by many people irrespective of their social status. Although wine education today is widely available, a majority of bar and hospitality staff have a limited but growing knowledge of wines.

The major reason for the bartender to share the knowledge of the sommelier is that the current changes in lifestyle, fashion, health and wellness are helping to change drinking habits. Moderate consumption of this beverage has proven to have positive benefits on health. Wine and its story are unique; people might be drinking lesser nowadays than they would earlier, but they stress on a better quality of wine. Wine takes its name from the old English word 'win', which is pronounced as 'wean', which in turn is based on the Latin word 'vinum'. The European Union defines wine as a 'product obtained exclusively from the total or partial alcoholic fermentation of fresh grapes, whether or not crushed, or of grape must'.

WINE PRODUCTION

Wines grow in two bands: North and South of the equator, between the 30-50 degrees latitude bands which usually have a moderate climate. Two-thirds of all wines are grown in Europe, while one-third is grown in the New World (Chile, Argentina, Australia, South Africa, United States and New Zealand). Various factors such as climate, soil, grape, viticulture and vilification contribute to what you get in the glass.

The grape contains everything that is required for making alcohol, either inside or on the skin. Once the grapes are crushed, the natural yeasts on the outside of the skin come into contact with the natural sugars in the juice. A chemical reaction known as fermentation takes place; the natural sugars are broken down to form alcohol and carbon dioxide gas.

CLASSIFICATION OF WINES

Wines are traditionally classified as follows:

- ⦿ Red, white or rose;
- ⦿ Dry, medium-dry or sweet;
- ⦿ Light, medium or full-bodied;
- ⦿ Fortified, fortified and aromatised or natural table wines;
- ⦿ Still or sparkling.

Wine can be described using its combined characteristics. Using the above major classifications, we can consider the elements of colour, sugar, alcohol, carbon dioxide and flavour contents individually in wine.

DIFFERENCES BETWEEN THE OLD WORLD AND NEW WORLD WINES

OLD WORLD WINES:

Old World wines are from countries or regions where winemaking (with *Vitis vinifera* grapes) first originated. Old World wine countries include: France, Italy, Spain, Portugal, Greece,

Austria, Hungary, and Germany. Also, based on the definition, countries like Turkey, Georgia, Armenia, and Moldova are considered as Old World wine regions too!

NEW WORLD WINES:

New World wines are from countries or regions where winemaking (and *Vitis vinifera* grapes) was imported during (and after) the Age of Exploration. New World wine countries include: the United States, Australia, South Africa, Chile, Argentina, and New Zealand. Also, based on the definition, China, India, South Africa, and Japan are New World wine regions.

BASICS TO SERVING WINE AND GLASSWARE

Wine is a peculiar beverage. Serving it in different glasses can change the way it tastes. This simple guide aims to enlighten our readers with the basics of serving wine and picking glassware to ensure that your wine tastes the best it possibly can.

- ⦿ A proper glass will make any wine taste better.
- ⦿ Wine tastes better when served cool.

PERFECT THE RITUAL TO OPEN A BOTTLE OF WINE

There are several different corkscrew models you can use to open your wine; but no matter which tool you use, it's important to follow these steps:

- ⦿ Hold the bottle of wine upright. It's

most proper to hold the bottle, but few people would be offended if you placed it on a table or countertop.

- ⦿ Use a small knife to cut the foil around the neck of the bottle. A small serrated blade works best for this. Cut all the way around.
- ⦿ Remove the foil above the line you cut, and discard it.
- ⦿ Use a corkscrew to remove the cork in one piece. Place the cork on the table so guests can sniff it if they are interested in the wine's bouquet.
- ⦿ Use a small towel or napkin to wipe the lip of the bottle. This was originally done to remove traces of lead, but now it's mostly just a matter of custom.
- ⦿ Pour about half an inch of wine into a glass, and allow one of your guests to taste the wine before pouring the rest.
- ⦿ Pour the rest of the glasses, returning to the taster's glass last.

NEARLY EVERY RED WINE TASTES BETTER WHEN DECANTED

HOLDING A WINE GLASS

These are certain basics that may help in selecting the types of wine for an occasion and also choosing the right glassware and service ware to enjoy a great experience. We recommend our patrons to enjoy their favourite tippie without the inhibition of being judged, as wine drinking is a fun and enlightening activity that allows one to experience the finer tastes of life! We shall continue this journey in our next edition as well. Till then, happy drinking! ❖



EYES ARE THE WINDOW TO OUR SOUL!

Our member **Dr Suman Nabar**, shares tips on how to keep our eye health in top shape as well as about her family's favourite spots at The Club.

We have been members of The Club since 2002 and it has a special place in our hearts because our only daughter Divya practically grew up in The Club! She and her girl gang did the entire gamut of activities like swimming, tennis, squash, just playing in the sand pit, etc., and especially the annual birthday parties hosted at the Symphony!

At this point as a family, we particularly enjoy the Sunday brunch which we do quite often by ourselves and with our friends.

We also enjoy The Club Gym and the steam/sauna facilities though we do have time constraints, so we end up coming as often as we can...

Time for me is equally divided between my profession (ophthalmology) which is a thriving practice in the posh suburb of Juhu, home demands as a mother and wife and my special hobbies, especially poker which is a recent passion. I really wish The Club would have a poker room for us to come and play in!

As far as preventive care of the eyes is concerned, there are numerous challenges we as ophthalmologists face today due to the extreme dependence of human beings on electronic gadgets and the screen time exposure due to



the same. Primarily, a lot of people face dry eye symptoms like grittiness in the eyes, fatigue, eye pain and strain, especially after a long period of exposure to gadgets. So, one would do well to limit exposure to gadgets, ensure adequate lighting in the room while on the computer, maintain good posture (avoid lying down and watching TV or reading), consume a healthy diet rich in green leafy vegetables and red fruits, and get adequate rest at night. All these measures go a long way in maintaining eye health or visual hygiene which is as important as dental hygiene!



I have been in practice since the past 25 years, initially in Pune and then in Mumbai since 2000. As a lady, it has been very difficult balancing the home and work front. Practising as a lady ophthalmic surgeon where one's time is not in one's hands, while trying to raise an infant and then an adolescent, has been challenging as well as very rewarding, as I see the well-rounded 20-year-old who is Divya. However, being a lady brings a unique perspective which a number of patients like, and overall I love the fact that I am a lady. And a successful ophthalmologist! ❖

THE ART OF HEALING!

Explore the healing touch of Reiki.



Reiki is a Japanese technique that is used to heal the mind body and soul, i.e., mental, physical and emotional problems to be handled by balancing chakras and increasing spiritual well-being. In Japanese, the word 'rei' refers to higher intelligence that permeates all living and non-living entities and guides the inherent functioning of the universe. The word 'ki' refers to the non-physical energy that flows through everything that is alive, including plants, animals, and human beings—because of this, 'ki' is also often called 'life force energy.' The combination of these two words is what defines reiki as 'spiritually guided life force energy.'

Mr Ronak Jani, Spa Manager at The Club, Mumbai, is a Grand Master in Reiki and an

expert in the art. To administer Reiki, a practitioner channels life force energy through his or her hands into another. It's said that the aforementioned spiritual guidance enables the Reiki to flow through the affected parts of the subject's energy field and charges them with positive energy. It raises awareness in and around the physical body where negative thoughts and feelings are contained. This causes negative energy such as stress, anxiety, physical pain, sadness, confusion, etc., to loosen its grip, allowing the touch of the Reiki healer to swoop in and clarify the energy pathways.

Reiki is different from almost all other healing modalities. It's actually transferred to each student from a Reiki master during what is called an 'attunement process'. This process is said to open



the crown, heart and palm chakras and create a unique connection between the student and the teacher.

Once you have received a Reiki attunement, you will have Reiki for the remainder of your life. It does not 'wear off' and you can never lose it.

Dr Mikau Usui is the founder of Reiki who helped the technique flourish in all parts of the world. The teachings of Buddha and the Reiki symbols make it a unique healing treatment to cure with a pure form of energy. ❖

Mr Ronak Jani, Manager, Health, Wellness & Spa, at The Club Mumbai, is a Grand Master in Reiki.

**For appointments,
contact: 9833025812/022-66117774.**

It is an unusual destination by all means. The Club member **Mr Vijay Mirchandani** and his wife **Neeta** visited Harbin in China for their marriage anniversary and came back enthused. Here is his first person account of their wonderful trip...

TRAVEL TALES FROM THE ICE CITY OF CHINA

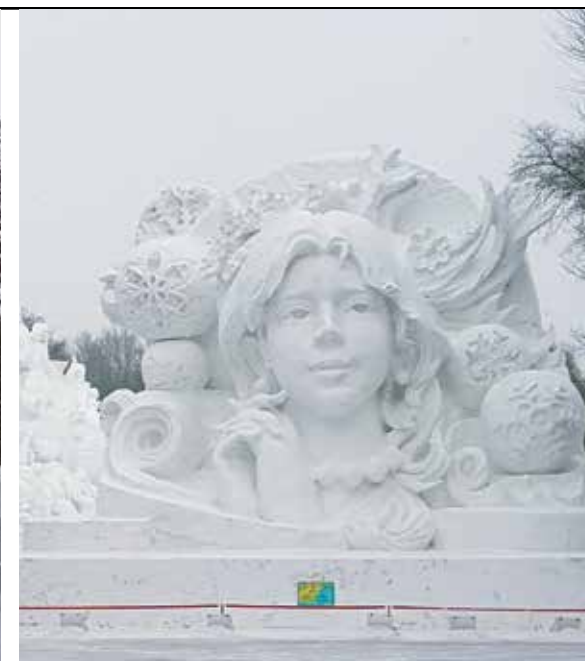


A few years ago, I came across a YouTube video of a place called Harbin that holds an ice and snow festival annually. The colourful ice structures and intricate sculptures looked breathtaking. Fascinated, I included it in my bucket list (one that I keep updating). But I had this nagging feeling that this city may slip under the radar given that we had recently visited all the popular tourist destinations in China. So, doing another trip up north seemed unlikely. But our marriage anniversary in January presented the opportunity for a quick three to four day getaway, and the thought at the back of my mind surfaced again—Why not Harbin?

With some quick googling I found that January was, in fact, the best time to visit as it coincides with the 34th Harbin Ice and Snow Festival. It's the largest of the four Ice Festivals in the world, attracting nearly two million tourists from all over. I asked around for travelling tips within my various friend circles, posing questions in a variety of WhatsApp groups but to no avail—no one had even heard of the place, let alone planned a trip there. But that was no deterrent and I went ahead with the flight bookings with China Southern Airlines. Finally, the day arrived and we boarded our flight from Delhi. It was a five-hour flight to Guangzhou with a few hours' layover. This was followed

by another four-hour flight to Harbin. This city is on the extreme North East of China, close to the Siberian-Russian border. Just before descent, the pilot announced that the temperature in Harbin is -15°C that started making us feel cold even in the controlled temperature inside the plane. As the doors opened, the sharp icy air in the air bridge greeted us. A sinking realisation hit—will we be able to take this extreme cold or had we made a mistake by coming here?

At the arrival lounge, I was surprised to see makeshift changing rooms for passengers who wanted to layer up. We had not prepared to do so but sure



enough, we covered ourselves with thick jackets as soon as we got the luggage and managed to take a cab to our luxurious five-star hotel, 'Wanda Realm'. On the way into the large city, we noticed the squares were decorated with some well illuminated and truly exquisite ice sculptures. We were surprised to see that Harbin is a big city, the eighth largest in China with more than five million inhabitants.

Our trip highlights in the sequence of our visit:

ZHONGYANG PEDESTRIAN STREET: Stretching out over 1.4 kms, this high-street shopping area is, during this time, lined with beautiful ice and snow sculptures, crafted by local and

international artists who participate in the ice competition.

FROZEN SONGHUA RIVER:

Punctuating the end of the Zhongyang Street is this frozen riverbank. Catering to families, during these chilling winters the river bed is transformed into an amusement park with snow slides and other fun rides available for families to enjoy.

HARBIN ICE AND SNOW WORLD:

The number one highlight. It is recommended to be seen post sunset. So, we reached by 7pm to this few hundred acres of Festival Park and instantly understood why. Starting from the main entrance to the small and big structures, edifices built with clear ice were illuminated with multiple colours penetrating the surface and finding their way outwards. These ice slabs are taken out in rectangular form from the frozen river Songhua and then brought to this place where the artist transforms them into architectural pieces and towering works of art as high as 20 to even 50 feet or more.

SUN ISLAND: In contrast to its Ice Festival counterpart, this demanded to be viewed in broad daylight. Everything was sculpted out of white snow with

artist sculptors working on-site to create sculptures about 10-20 feet high, all taking part in the annual competition.

Besides the above major attractions, we visited The Harbin Grand Theatre or Harbin Opera House which is a multi-venue performing arts centre in Harbin, an architectural masterpiece with its unique dynamic and modern fluid design; Siberian Tiger Park where one can see hundreds of these regal animals; and Polar Land, a very different kind of aquarium with lot of live shows.

It must be stressed that through all these breathtaking sights, the freezing cold stayed with us throughout. Covering ourselves in as many as five layers felt redundant as temperatures plummeted to the chilly lows of -15°C (-25°C with the wind chill). Despite this, the trip felt worth it. For those who can be more adventurous or who love sports, Harbin offers five to six ski slopes, a couple of hours drive away from the city (something we avoided, having met our cold quota in the city).

On arriving back to the motherland, I felt like Sir Edmund Hillary or Tenzing Norgay having ventured into uncharted territory, creating memories that will, at least for us, last a lifetime. ❀



OF RESILIENCE AND SPIRIT!

We most popularly know her as the sweet Anna from the hit movie *Kabhi Haan Kabhi Naa*, where she charmed everyone with her natural chemistry with SRK. However, The Club member **Suchitra Krishnamoorthi** dons multiple hats with élan. From acting to writing, painting and singing, she gives it her all in whatever she does. We speak to her to know what makes her who she is—the feisty, multi-faceted woman of today, who is unafraid to voice her opinions and is always very interesting.

How was the response to the play 'Drama Queen' performed by you, based on your book?

On 8th March, 2019, i.e., on International Women's Day, I performed my play *Drama Queen* at the lawns of my favourite family spot in Mumbai—The Club. It's a play based on my novel *Drama Queen*, released in 2013. A fictional memoir in the genre of roman-à-clef, i.e., part fiction, part truth. *Kabhi sach, Kabhi jhooth* and much like the title of my debut film *Kabhi Haan Kabhi Naa*. I was delighted by the response, the laughs, and of course, the applause that I received from the enthusiastic audience. That is the only intention of this piece of writing—to give people a good time and put a smile on their face while they perhaps introspect on their own lives and the circumstances that have shaped them. As always, many of the female guests came up to me after the show to tell me how similar my story is to theirs; how they identify with so many of the situations I have recreated in the drama; how their relationship with their parents is so similar, if not identical to, what I share with my parents as I have depicted in the play; and how they have struggled to understand, process and articulate it in their own lives.

Can you tell us a little about the process of writing this book? Was it received with trepidation in any way and did you face outright rejection?

Interestingly, when I first wrote the novel in 2013, it was rejected by several publishers, five to be precise. It is too irreverent, I was told, too un-Indian. What is the need to talk about such things? I was mocked. Indians in 2013 didn't speak of dysfunction, you see, let alone molestation or rape. We pretended that our elders were gods, divorce only happened in America and that our lives were antiseptically perfect. It was the 'Sooraj Barjatya' model followed to the hilt, at least in the public eye—what happened behind closed doors, is of course, another matter altogether. Thank God for the Me Too Movement and people from all social strata finally speaking up. I am no longer asked how I can talk of such things; I am only thanked for it.

Was being in the movies a natural progression for you from the stage or was it a big challenge? How did your parents feel about your choice of career?

Another thing I am constantly asked is how I am so multi-talented and how I manage to do so much. Well, to start with, I inherited my singing talent from my mother's side of the family (my daughter has inherited it from me too—seems to only

get passed on to the female progeny through generations!) and I always loved being onstage. I was the girl who had to be peeled off the stage, always up there, always singing, acting, debating, reciting poetry and what not. While the whole world assumed showbiz would be a natural career for me, my parents being rather conservative academicians were strictly against it and it was a hard battle trying to convince them. I started getting modelling and acting offers since I was 15 (because I was so active onstage and started getting noticed there) and initially took them up without telling my parents on the quiet because I knew it would upset them if I did. However, when I started getting noticed in commercials and television serials and the big movie offers started coming my way, my parents put their foot down and refused to allow me to take them up. I left home soon after I turned 18 and lived on my own—first in my aunt's home and then as a PG



for the next several years. I did my movie *Kabhi Haan Kabhi Naa* at this time and also my Malayalam film *Kilukkampetti*. I also met my ex-husband Shekhar Kapur at this time—I was all of 19!

With you entering this new phase of marriage and motherhood, what changed in your life?

I got married the year after *Kabhi Haan Kabhi Naa* was released and gave up acting because that was what my husband requested. I was never career conscious or a go-getter (I merely did the things I loved and that came naturally to me), so it wasn't a hard decision at all. I continued to sing, of course, and released five music albums in the next few years and gave several music performances all over the world, up until the time I became pregnant with my daughter Kaveri in 2000—it was a complicated pregnancy and I was advised bed rest and had shifted residence to London by then. The Mumbai showbiz world was distant and then I was consumed by the glorious mayhem of motherhood. Many years flew by. I refused several movie offers that came my way because leaving Kaveri alone even for short periods was not something I was comfortable with. It's at this point in my life that I started to paint and write so that I could give

direction and have an outlet for my creative energies and still be around my daughter. I was a single mother now, so time management became even more crucial. I am blessed that my painting and my writing received a positive response from the public—I consider it God's way of being kind to me and it fills me with gratitude.

Today, have you been able to accept your rather tumultuous life with all its imperfections and glory?

Today, my play *Drama Queen* is an amalgamation of my life's journey and the talents God has gifted me. I feel grateful and joyful that I can sit with my parents, my daughter and my family members and speak of my life so openly and with so much humour and zero rancour. The only thing that still hurts is my sister Sujata's demise in August last year; I have still to come to terms with the loss (she was my best friend, my mother, my sister, my confidante, my everything). I try to tell myself that it is God's way and we must accept our losses as much as our successes with the same grace.

Can you tell us a bit about yourself as a parent and your relationship with your daughter?

My daughter Kaveri leaves for college

this year in August. She wants to pursue music and there is a world of opportunities waiting for her. I tried to give Kaveri an upbringing very different from mine—I have tried to teach her to be fearless and open-minded and follow her dreams selfishly. Yes, here I use the word 'selfishly' for a reason. I think it's important for a girl child to know that it's perfectly okay to put herself first above others.

My life has revolved completely around my beautiful baby (now a young lady) and I wonder what I will do once she is gone—I will have to build a life for myself all over again and I am already preparing for that. Like I joke with her, by the time she will be leaving for college, I will be so busy I may not even have time to drop her to the airport.

Finally, what activities are you planning to involve yourself in, at The Club?

Along with my acting and singing, painting and writing, I plan to do some other stuff too like swim regularly at The Club, take tennis lessons at The Club, hit the gym at The Club and chill at The Club. I am taking some ski lessons and yes, by the end of the year, I plan to be able to do that cartwheel too! ♣

KEEPING FIT & FINE

Fitness is very important in today's fast-paced life, and what better way to build fitness than by playing a sport? We, at The Club, have various activities to keep our members in great shape.

With a curriculum for all levels starting from toddlers, beginners and intermediates, 5 Sports conducts sessions on all days of the week. 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 (kids and adults) work on ball play, conditional games and fitness. The intermediate programme includes on-court and off-court drills, match play and a higher level of fitness training. Moreover, 5 Sports even keeps a check on the players' nutrition and mental health by conducting nutrition counselling and mind management sessions, for which they have partnered with The Art of Living Foundation. The sessions train the players to develop a stronger mind and a calmer temper as well as make correct match play decisions. This programme is conducted quarterly.

For those enthusiasts who want to take up squash competitively, 5 Sports nurtures all their players to become champions in the sport. In fact, last August, it organised a local match play at The Club that included players from their centres in Mumbai, namely The Imperial Towers, Raheja Vivarea, Marathon Nextgen and Andheri Sports Complex. This was conducted across all levels. It was an opportunity for the players to get out of their comfort zone. All the trainees got valuable exposure to competitive squash and were highly motivated. Such game play prepares all trainees for national and international level tournaments.



5 SPORTS SQUASH PROGRAMME AT THE CLUB

Did you know squash is rated as the world's healthiest sport by Forbes Magazine? That's right. Not only does it make you use almost every muscle in your body, it also increases 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 having five plus years of experience, the 5 Sports programme is definitely one you will not want to miss. In fact, a few of their coaches are Professional Squash Association (PSA) circuit players. PSA is the world body for squash.

CYCLOTHON

Cycling is an activity which invigorates the mind, body and soul, and there are separate cycle paths in Western countries to encourage cycling. To give a boost to cycling in Mumbai and to mark the first ever World Bicycle Day, The Club has organised a Cyclothon. Ride together at The Club on Sunday, 14th April, 2019 from 5.15am to 8.30am, starting from The Club through the highway and culminating at BKC. This will be followed by a sumptuous breakfast. Members aged 18 years and above are encouraged to participate, and bikes and helmets shall be provided by The Club. Please collect the registration forms from the reception. Cycle away all your blues with the Cyclothon.

Cyclothon

Date: 14th April, 2019 | *Timings:* 5:15am to 8:30am



EVENTS

Gym Competition on 9th April, 2019: Compete with each other in Minute-To-Win-It activities. Enrol at the Health Zone.

Water Polo Tournament on 5th May, 2019: Enjoy a game of water polo in the heat along with your guest. Enrol at the Health Zone.

Age Group: 18 years and above. *Timings:* 4pm.

Gym Competition on 15th May, 2019: Members may compete with each other in Minute-To-Win-It activities. Enrol at the Health Zone.

Gym Competition on 10th June, 2019: Compete with each other in Minute-To-Win-It activities. Enrol at the Health Zone.

Snooker Tournament on 16th June, 2019: Get set and go till you shoot the ball. Enrol at the Health Zone. *Age Group:* 18 years and above. *Timings:* 4pm.



NBA BASKETBALL SCHOOL AT THE CLUB

In proud association with The Club, the National Basketball Association (NBA) conducts an extensive training programme under the NBA Basketball Schools training curriculum for members and non-members. A total of 24 children are being trained successfully with a highly structured curriculum executed by NBA Basketball Schools approved professional coaches.

➤ Training of 24 children over two batches at The Club:
Tuesdays and Thursdays – 9 children
Saturdays and Sundays – 15 children

NBA BASKETBALL SCHOOLS TOURNAMENT

A tournament was organised on 25th and 26th August, which saw a participation of 28 children. Matches were intense but fun at the same time, giving children a fantastic overall experience.

HAIR TRENDS THAT WILL DEFINE YOUR SUMMER LOOK!

With the advent of the warmer season ahead, Kromakay Salon's Creative Hair Artists at The Club bring to you the fun new hair colour ideas you can try this summer!

LOOK 1:

An ode to the romance of hair colour, done by Senior Creative Hair Artist Ritesh Limbachiya from Kromakay Salon.



Love is not for the weak, and neither is this bold and beautiful take on the hair tattoo trend. Taking the plunge with hair tattoo for the first time, Ritesh was keen to create a hair design that embodied his creativity and passion for hair colour. One of the latest trends is hair tattoos and Ritesh wanted to reveal the true artistry of his individuality by transforming hair into a canvas and creating a love motif. The haircut is a strict one length with basic layering to add some movement. Choosing a raven black tone as the canvas for the hair, Ritesh tactfully chose to place a bold heart-shaped motif at the top which reveals itself when the hair is parted. He elected for a clever placement of panels of bold red that add dimension to the look. We love the pop art effect, the stark contrast that bright red and raven black creates.

LOOK 2:

At some point, we all have thought of dying our hair red, haven't we? Creative Hair Artist Bharati Agate from Kromakay Salon created a ravishing hair colour design that is sure to grab your attention!



The head-turning look is a melange of vivid and intense tones. Keeping in mind the model's head shape, haircut and face structure, Bharati's colour technique created an asymmetrical highlight effect; she alternated the placement of the tones vertically instead of horizontally and added balayage highlights for a modern, natural effect. This diffused the heaviness of the layers and created movement within a heavy shape.

The deep, rich base tone complements the copper and warm highlights that add realistic dimension and make the red hair colour look brighter and more energised.

LOOK 3:

Pushing the envelope by going beyond just foil placement, Creative Hair Artist Farzana from Kromakay Salon played with panel hair colouring for this look.



This is a fantastic way of using colour creatively and this technique can be carried out in several ways in order to achieve different looks. Farzana created parallel horizontal lines, adding a dramatic effect using contrasting, yet complementing colours.

Mapping out the sections, choosing the right colours and executing it flawlessly on a solid base colour shade, this winner look is a head-turner for sure! The rich, deep tones and bold, striking lines create the perfect contrast.

To know more about the special package deals, call Kromakay Salon at The Club on 022-66117775.



HE WHO HEALS HOLISTICALLY!

Mr Ronak Jani, Reiki Master at The Club, won an award from The Indian Forum for Alternative Medicine and Holistic Health Sciences in association with Sixth Sense Research Association and Holistic Medicine (Regd.), in appreciation for his valuable contribution to the cause of Alternative Medicine and Holistic Health Sciences 3rd International Conference, held on 17th March, 2019, in Mumbai.

As a highly sensitive person, Ronak Jani loves the idea of being enveloped in an all-encompassing, universal energy as he moves throughout his day. From getting up from bed in the morning to working in his office to going for an evening run—it gives him great comfort to know that he is constantly surrounded by a force field of invisible vibrations that have the power to enhance his general well-being. This long-standing appreciation for what the eyes cannot see recently compelled him to dive in and learn more about how he can utilise these energies to better not only his own life, but also the lives of others. So, he decided to spend a weekend becoming a certified Reiki 1 and 2 practitioner.

As previously mentioned, he has always been intrinsically drawn to the idea of energy healing—healing through means that aren't able to be seen by the naked eye. His fascination only grew more concrete when he completed his third and Master degree training and classes. Being able to witness his Grandmaster performing Reiki in depth for curing and healing just with a positive energy force soon had him hooked on to the idea of becoming a practitioner, and Grandmaster.

THE AWARD

The award is associated with a team of doctors and therapists who all believe in Alternative Therapies and Holistic Treatments. Limited speakers are only called and given the opportunity to showcase their talents or innovations in front of delegates, including doctors, practitioners and therapist to serve mankind without medicines.



Speakers are then recognised and awarded by a memento and a certificate as recognition of their contribution. Ronak Jani says, "Personally, as a therapist myself, I have participated in more than 900 camps and have also received awards and medals from the Health Minister of Delhi. I have been practising alternative therapies from the past two decades. My main motive is to serve humanity and help them consume lesser drugs to eradicate health problems, wherever possible."

He also practises:

- + Vacuum Therapy
 - + Reiki with Diya Therapy
 - + Detox with Panchadhatu
 - + Alloy Treatment
 - + Vibration Therapy
 - + Acupressure
 - + Sujok Meridian
- paints an umbrella of alternative therapies.

The healing bitter pill is often worse than the pain of any ailment, that is why people are increasingly taking recourse of the Alternative Medicine system which attacks at the very roots of human diseases. More and more people around the world are becoming aware of and are interested in managing their health with alternative therapies. Alternative therapies have developed from traditional therapies that have evolved from ancient times and have worked wonders in curing and healing ailments in the mind, body and soul. This holistic healing treatment helps surge the body's healing potential as it promotes the flow of good Chi, thereby promoting detoxification, longevity and immunity, which works towards calming the mind, body and soul. ❖



For appointments,
Contact - 022-66117774, 9833025812
and avail 15 minutes of a
Reiki session for free.



WATER TO THE RESCUE

It is an idea whose time has come in India. Mr Harsh Mariwala, Chairman of Marico and Kaya, with an undying passion for contributing to Indian society through entrepreneurship, has launched the AquaCentric Therapy to promote health and wellness through aquatic therapy and **Kashmira Mirza** and **Caroline Chorattil** decided to give it a try. Read on...

Going beyond the ordinary, AquaCentric is something that one must experience to understand its value and potential to heal. It is India's first holistic physiotherapy centre that combines water, land and air based elements for faster recovery.

We had heard of the wonders of aquatic therapy and wanted to experience it ourselves, so we decided to pay a visit to the AquaCentric Centre, off New Link Road, Andheri (W).

As we entered the facility, the extremely attentive receptionist offered us a refreshing welcome drink. We were then escorted to the Women's Health Room where they recorded our vitals, namely, height, weight, BP, pulse rate, etc. and asked us if we had any specific complaints. We were met by the Occupational Therapist Dr Ajita Kapadi Sawant, who gave us a tour of the complete facility and explained to us, in-depth, about the various rehabilitation services provided by AquaCentric. All the facilities at the Andheri and Worli centres are disability-friendly. The Andheri centre has three pools which give a completely new dimension to rehabilitation.

The therapists at AquaCentric can treat various ailments covered under different verticals. Here is a synopsis below:

Orthopaedics:

Neck and Back Pain, Arthritis, etc.

Neurology:

Multiple Sclerosis, Parkinson's disease, etc.

Women's Health Care:

Hormonal Imbalance like PCOS, Prenatal and postnatal care, etc.

Paediatrics:

Cerebral Palsy, Autism Related Disorders, etc.

We were then shown the Medical Gymnasium, which is inspired by land-based rehabilitation, where scientifically designed equipment not only work at a micro level to activate core muscles, but also train all the body muscles simultaneously.

After this, we were given a walkthrough of the Outdoor Garden, an Outdoor Sensory Pathway Area which incorporates the air element and includes features like sensory pathway, dedicated outdoor area, and outdoor play area for children that helps build body balance and strengthen muscles.

We were then taken to the Aqua Zone where three warm therapeutic indoor pools awaited us! We first went into the adults' pool and worked out with different props such as noodles, water dumb-bells, flotation

devices, neck collars, tyres, waist belts, ankle rings, etc. We were patiently shown the exercises and just followed Dr Ajita in whatever she did. We also rode the Hydroider pool bike in the adults' pool and were treated to a wonderful massage with resistance jets. Glass Bead, Ozone and UV Rays Filters maintain highest standards of hygiene. The pools are equipped with live monitors that indicate high levels of sanitisation. Their chemistry and pH levels are displayed on a real-time basis to maintain optimality and transparency. We were also informed about two ancient Japanese therapies which are used for muscle relaxation, stress relief and circulation: WATSU (Water Shiatsu), a passive relaxation therapy; and Ai-Chi, an active relaxation therapy that is practised on everyone. We noticed that there was an attendant throughout with each patient and extremely high standards of professionalism were maintained.

Finally, we went into the Swimex pool where we walked on the underwater treadmill. The Swimex pool can adjust turbulence (waves), speed (tide), to improve balance, stability and to strengthen the core. Underwater cameras monitored our gait pattern so that Dr Ajita could advise us on the ideal gait pattern, which is heel to toe. One can walk sideways and backwards on the underwater treadmill and do stretches and other exercises on the colour-coded portions.

After a very satisfying session, we went to the immaculate changing room, where the helpful attendant helped us even dry our costumes. Extremely high standards of hygiene were maintained everywhere. The AquaCentric team of experts is led by Co-founder and Chief Physiotherapist Dr Amit Kohli, who has over 20 years of experience in physiotherapy. Our bodies, minds and spirits much lighter and fitter, we left after a deeply satisfying experience. It is indeed a pioneering initiative in India and is truly looking to change the game, as far as rehabilitation is concerned.

CONTACT US:

Andheri Centre: Address: Ground Floor, Glory House, Near Fun Republic, Off New Link Road, Andheri West, Mumbai 400053. Contact: 022 6284 1900.

Worli Centre: Address: Ground Floor, 502, Bengal Chemicals Bhavan, SVS Road, Near Century Bazaar, opposite Metropolis, Maharashtra 400025. Contact: 022 2422 4462.

Timings: 8am to 8pm | **Days:** Monday to Sunday

Website: www.aquacentric.com | **Facebook:** @AquaCentric

Instagram: @AquaCentric

The Club members can avail a free consultation worth ₹1,500 by using the coupon code THECLUB.



BON APPÉTIT!

Indulge in some lip-smacking delicacies and savour the flavours of regions across the world this summer. Also, get a hang of some delightful recipes and become the king/queen of your kitchen.

DOLCE VITA ITALIA

(5TH APRIL - 22ND APRIL)

Italian food is one of the most popular cuisines around the world, and certain dishes from its vast menu such as pizzas and pastas are practically served everywhere, from restaurants and cafes to pubs and roadside eateries. Characterised by fresh and seasonal ingredients and intense flavours and textures, it is truly a foodie's delight! Dolce Vita Italia aims to celebrate the best Italian culinary treasures featuring pastas, risottos, pizzas, seafood, chicken and more to sate your appetite and leave your palate in compete bliss. Dishes such as Prawn Linguine, Monachelle Puttanesca, Spaghetti A La Norma, Black Angel Spaghetti, Wiggly Pappardelle & Meatballs, Land & Sea Risotto, Honeycomb Cannelloni, Spring Pea & Mint Panzerotti, Crab Ravioli and other classic eats like Italian Nachos, Classic Chicken Caesar, Cheesey Green Chile Chicken Lasagna and Pizza Quattro Formagi are sure to tantalise your buds and blow your mind!

For table reservations, contact - 022-66117777/757/758



AGRA CHAAT

(4TH MAY - 19TH MAY)

Street food in Agra, especially chaat, is a must-try when you are in the city. Visit any chaat street there, and you'll find hordes of people munching on Katori Chaat, Bharwaan Suji Ke Golgappe, Raj Kachori Chaat and others with relish! If you haven't tried these out yet, don't fret, as The Club Mumbai brings you a wide variety of delicacies like these and more from the famed chaat streets of Agra.

Experience delectable chaat flavours with Dal Muradabadi, Moon Ki Dal Ka Chila, Paneer Anda, Hari Chutney Ke Aloo, Chura Matar Chaat, Kachori Subzi, Palak Patta Chaat, Mangode Ki Chaat, Matra Kulcha, Shakarkandi Chaat and Kuliya Ki Chaat.

BEER & BURGERS

(8TH JUNE - 17TH JUNE)

That burgers and beers are a great combination is a well-known fact. Who wouldn't love a juicy burger packed with crunch and a craft beer to go with it? The Club Mumbai brings you the Beer & Burgers food festival, where you can enjoy a range of craft beers that pair well with mind-blowing burgers like Chicken Katsu Burger, Plant Based Burger, Pulled Jackfruit Burger, Fajita Burger, Cajun Shrimp Burger, Chicken Cordon Blue Burger, Black Bean & Brown Rice Burger, Lentil Burger, Falafel Burger and Raan Bun.



THEMED-BASED SUNDAY BRUNCH @BY THE WATERSIDE

APRIL

7th April: World Health Day
21st April: Easter



MAY

5th May: World Laughter Day
12th May: Mother's Day



JUNE

16th June: Father's Day





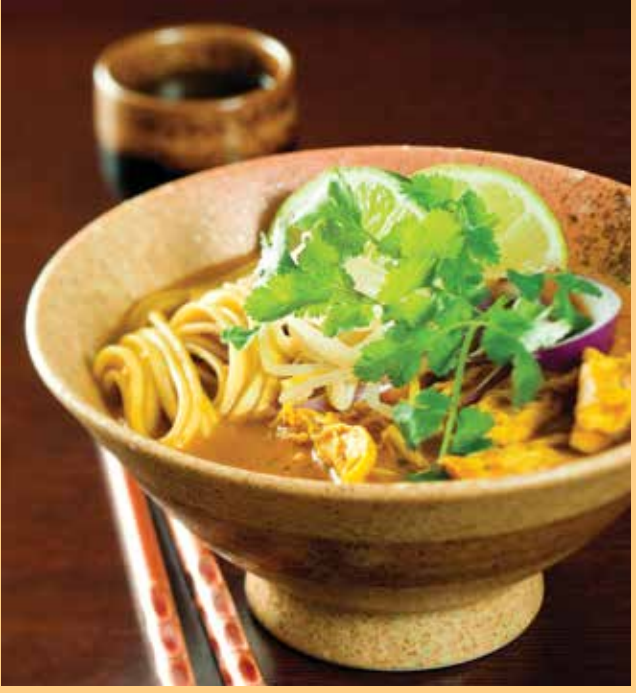
**LAUNCH OF NEW MENU
APRIL**

Major highlight of the new menu will be the introduction of more Japanese dishes.

HOT POT

(16TH MAY – 30TH MAY)

Soups are a wholesome, nutritious meal in itself, and this May, savour yummy, healthy soups like Miso Soup With Shrimp/Tofu, Mogo Thong, Tom Nam Jim, Pho Bo, Shitake & Swiss Chard Soup with Hand Cut Noodles, Cambodian Chicken & Rice Soup, Sob Noodles with Dashi, Poached Egg & Scallions, Thai Chicken & Coconut Soup with Noodles, Tofu, Eggplant & Shitake Noodle Soup, and Cornish Hen Stew with Lemongrass & Chilies.



**ASIAN NOODLES &
DIMSUMS**

(29TH MAY – 14TH JUNE)

Immerse yourself in the flavours of Asia with the Asian Noodles & Dimsums food festival. Asian food has many facets to its menu, and noodles and dimsums are just two but extremely popular facets. Relish true, authentic Asian culinary delights such as Char Kway Teow, Yam Mein, Yaki Udon, Mee Foon, Korean Noodles, Santo Mein, Suptak Mein, Xia Shao Mai, Hong You Cho Show, Cantonese Cha Guo and Fried Glutinous Dumplings with Shrimp/Chicken. It's chow down time, folks!

For table reservations, contact – 022-6611777/762



PATISSERIE

**APRIL
EASTER GOODIES**

This Easter, enjoy Easter Eggs, Easter Bunnies and Hot Cross Buns, crafted especially for you at The Patisserie.



**MAY
MANGO MANIA**

This summer, munch on mango delights like Mango Verrine, Fresh Mango Gateaux, Mangolicious Candy, Mango Cheesecake, Fresh Mango & Lime Tart and Mango Baked Yoghurt at The Patisserie.

**JUNE
VEGAN**

A vegan diet is hailed for its many benefits and this June, one can indulge in healthy baked goodies like Vegan chocolate cake, brownies, pistachio biscotti and carrot cake.



For orders, contact – 022-6611777/760

CHEF'S RECIPES

AVOCADO TOAST

Avocado toast is creamy, crisp and so satisfying. It's a delicious and simple breakfast, snack or light meal! It is best consumed immediately since the avocado browns over time.

INGREDIENTS:

- 1 slice of bread (thick-sliced whole-grain bread is best preferred)
- ½ ripe avocado
- Pinch of sea salt

METHOD:

1. Toast your slice of bread until golden and firm.
2. Remove the pit from your avocado. Use a big spoon to scoop out the flesh. Put it in a bowl and mash it up with a fork until it's as smooth as you like it. Mix in a pinch of salt (about ¼ teaspoon) and add more to taste, if desired.
3. Spread avocado on top of your toast.





NADRU AUR ALMOND KI SEEKH

These crispy and delicious kebab balls are easy to make and can be a perfect snack recipe for evening tea and can be tried as a kitty party recipe as well. This utterly delicious appetiser recipe is an all-time winner and could be tried out as an anniversary recipe, pot luck recipe as well as for other occasions. Try making this sumptuous dish at home over the weekend and watch everyone appreciate your culinary skills. You can serve this dish with mint chutney or tomato ketchup.

INGREDIENTS:

25 gm almonds
1 chopped green chilli
2.5 gm chopped garlic
Salt to taste
20 gm cottage cheese
0.5 gm mace powder
15 ml vegetable oil or ghee
80 gm lotus stem
2 gm chopped ginger
10 gm gram flour (besan)
25 gm boiled potato
1 gm powdered green cardamom
10 gm chopped onion
5 gm khoya

METHOD:

1. To prepare this recipe, take lotus stem, clean them under running water and then blanch and cut into thin slices. Now take a pan and put it over a medium flame. Add the blanched lotus stem to it and fry. Now transfer it into a blender and blend into a fine paste.
2. Now, take a bowl and add grated cottage cheese, boiled potato and all the other ingredients together. Add lotus stem paste and mix them well.
3. Divide the mixture in equal proportions, making small lemon-

sized balls. Now, press the balls and make into flat kebabs. Then, top the kebabs with chopped almonds.

4. Now take a pan and put it over a high flame. Add oil in the pan and once the oil is sufficiently hot, deep fry the kebabs till they turn brown and serve hot with mint chutney. **Tip:** The same mixture could be used to make stuffed nadru ki shikampur kebab; just stuff them with seasoned hung yoghurt.

MALA TOFU BITES

The most important ingredients in mala tofu bites are spices designed to be numbing like the Szechuan peppercorns, which is not actually a true pepper, but a type of berry, the way allspice is a berry.

INGREDIENTS:

- 120 gms extra firm tofu
- Sauce ingredients:
- 1/3 teaspoons Korean gochujang paste (spicy fermented soybean paste)
- 1/2 teaspoons Thai roasted chilli paste or Indonesian sambal belacan
- 1/4 teaspoons Szechuan chili oil
- 1/6 teaspoons toasted sesame oil
- 1/2 teaspoons tamari or soy sauce
- 1/4 teaspoon ground Szechuan peppercorn
- 1/8 teaspoon Chinese five-spice powder
- 1-1/3 teaspoons water

METHOD:

1. Press tofu for 30 minutes.
2. Preheat oven to 400°F.
3. Pat tofu dry with paper towel after pressing to remove any residual water.
4. Cut tofu slices into six pieces each.
5. Mix sauce ingredients and gently toss half the sauce with tofu.
6. Place tofu on nonstick foil on a baking sheet, sides not touching.
7. Bake for 20 minutes, then turn pieces over and bake for 20 minutes more.
8. Serve tofu with remaining sauce as a dip.





AN EVENING ON BOARD!

In a city starved of space, the open expanse of the Arabian Sea surrounding it is an allure even for the most jaded city dweller and especially if it is a dinner under the open skies on the sea. The Club brings you details of a wonderful dinner experience on board a private yacht.



The Arabian Sea is Mumbai's greatest treasure and its vast expanse in the evening gives joy to the heart of every Mumbaikar and people from across the country, who come especially to savour the vastness of the ocean. Kuisine Kraft by The Club Mumbai, a gourmet outdoor catering service, brings you details of a wonderful dinner experience.

In an increasingly frenetic world, it might seem like a luxury to host a dinner party on a private yacht. One of our corporate guests did just that by hosting an exclusive delightful dinner party for their overseas clients on a private yacht on 29th November, 2018.

With live music in the backdrop, they sailed through the Gateway of India, with open breeze and sun-kissed wind, catching the glimpse of Mumbai's oldest lighthouses and some beautiful scenery. This dinner was catered by Kuisine Kraft, our very own Gourmet Outdoor Catering vertical.

They say, "Food is the life of every party," and truly, Kuisine Kraft outdid itself with the preparations. Mocktails were served along with light snacks and a sumptuous spread of Indian, Pan Asian and Arabic cuisines to cater to everyone's taste buds.

It was indeed an unforgettable cruising experience for all on board and will be fondly remembered. ❀

**TO BOOK YOUR NEXT OUTDOOR CATERING,
PLEASE CONTACT AUSTIN ON:
8291734681, 022-66117777.**



MANAGING WASTE EFFECTIVELY

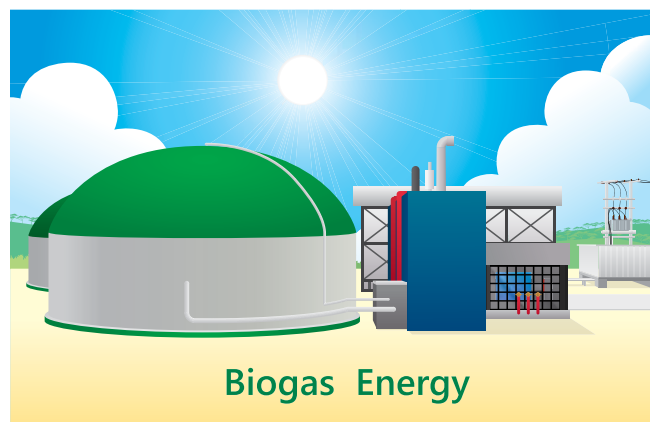
Highlighting the CSR initiative of waste management at The Club.

Waste Management initiative was started at The Club long before the BMC took up the project of segregation of wet waste and dry waste. We, at The Club, have been growing our own vegetables and spices which all of our esteemed members are aware of.

We were not finding a satisfactory solution to the amount of wet waste generated by us since we knew that this amount of waste can yield better energy than just nourishing our beautiful plants. We came across a start-up company, M/s Prakriti Sanrachna, which is promoted by Mrs Rachna Kulkarni and Mrs Pradnya Karulkar. Both technocrats, with more than 20 years of experience in the industry, started their own firm with a passion for the environment. Sound technical knowledge and transparency of the company helped us make our long pending decisions.

When people were discussing to segregate waste, The Club took the initiative to convert waste into energy. We decided to install a biogas plant to treat all of the 350 kg waste generated by the hotel. The plant is manufactured by Xeon Waste Managers. The biogas plant is called EnergyBin™. The plant is modular in design, converts organic matter to biogas through anaerobic digestion via a 2-Stage Laterally Stirred Tubular reactor with a scum breaking design and a packed bed microbe holding arrangement which improves the efficiency drastically. The shell is MS IS:2062 with epoxy costing and PU paint to give long life to the outdoor unit. Auto gas flaring with ionisers and auto ignition system is provided as a safety measure. Closed Loop Zero Leakage System provides safety at all levels.

We are happy to share with our patrons that we are able to generate 35-45Nm³ of gas per day; this has reduced our LPG consumption by 1.25 cylinders per day. The odourless,



colourless organic liquid generated at the outlet of the plant is used as fertiliser for our plants.

Like all plants, we had our share of teething troubles with the biogas plant. Rodents played havoc with the biogas balloon and we took drastic measures for rodent control and protection of the system.

Our engineering, housekeeping and stewarding team, all were trained in the waste segregation and have worked shoulder to shoulder with M/s Prakriti Sanrachna and M/s Xeon Waste Managers to make this plant functional to the desired capacity.

It gives us immense satisfaction to mention that post segregation, we have reduced the total garbage being given out to the BMC by 70-75 per cent. For the balance 25 per cent, we are coming up with the second phase with the incinerator technology to be installed for all dry garbage to achieve zero discharge. ❖



MAKING READING A FUN ACTIVITY!

With the screen time of kids increasing and the ever growing influence of social media, the good old reading habit has come under severe strain. We strive to inculcate the reading habit and help it grow amongst our kids at The Club.

Reading is a wonderful hobby; it opens our mind to new horizons and brings out the best within you. Reading as an activity should be encouraged to expose children to different cultures and ways of living. A person who reads is always equipped with more knowledge and it helps him/her in different situations in life.

The reading circle at the library is specifically set up for this

purpose. It is a safe haven where children can develop an interest for reading and a love for books, they can read by themselves or with other children or with an adult. It is an opportunity to bring out the best from children and to fire their imagination. The opportunity to cultivate reading into a habit is given to children at The Club.

It is the Internet age and children get all the information they need from the Internet, but books are always the most original source of information. At The Club, we encourage children to read books for their educational progress and growth.

Children are encouraged to borrow books and inculcate reading as a habit. It provides a space where their imagination can be explored through exciting and creative workshops such as reading, drawing or several other diverse activities.

All the reading circle activities are carried out at The Club's library. Usually, there are interesting, short storytelling sessions that are planned out for the children every month by our librarian. Also, we have creative activities conducted every Saturday as per the occasion.

The reading habit is almost like a life skill and needs to be cultivated to ensure a happy life ahead. Here are five reasons why you should develop reading habits young, and why they are so crucial...

Reading develops vocabulary: The more your child reads, the more new words will seep into his/her vocabulary. Reading provides exposure to words and phrases that one might not use as part of normal speech. Reading aloud to your child not only helps to prepare him/her to learn to read, you are also providing him/her with access to rich language he/she otherwise might not hear.

Reading increases attention span: Instill good reading habits from an early age to help your child's attention span develop, which allows them to focus better and for a greater span of time. Reading helps to eliminate the problem of poor attention span prevalent among today's children.

Good reading habits prepare children for academics: Kids who spend much time reading prior to attending school may find it easier to adapt to the reading-focused learning environment in their future academic life.

Development of reading habits early on leads to a lifelong love of books: Kids who begin to read regularly from an early age are more prone to enjoy reading later in life. Such a hobby will serve them well throughout their life.

Reading encourages a thirst for knowledge: Children who have good reading habits learn more about the world around them, and develop an interest in other cultures. Reading



leads to asking questions and seeking answers, which means they learn more every day.

You can teach your child good reading habits and encourage them to read by:

- Reading stories aloud to them from an early age.
- Modelling good reading habits by taking the time to read yourself.
- Encouraging your child to discuss about what he/she has been reading.

Encouraging good reading habits and modelling them as well sets up a parent as a role model for the love of reading.

Also, at The Club, the revamp of the library has been completed. The lighting levels have been improved to enhance the reading experience for our members. We have introduced the 'Kindle E-reader device' for the usage of adult members in the library. Besides, there are also new books of various genres. The Club is committed to encourage and nurture good reading habits amongst its members. ♣

TITLES

Paperbacks

Guilt by Amanda Robson
The Silent Corner: (Jane Hawk) by Dean Koontz
The Sapphire Widow by Dinah Jefferies
Tenth of December by George Saunders

Board books: Touch and feel books for toddlers

Where the Wild Things Are by Maurice Sendak
Good Night, Gorilla by Peggy Rathmann
Make Way for Ducklings by Robert McCloskey

Children's books Age: 6-8 years

The Giving Tree by Shel Silverstein
Charlotte's Web by E.B. White

Children's books Age: 3-5 years

Make Way for Ducklings by Robert McCloskey

Graphic novels for pre-teens and teens

Sisters by Raina Telgemeier
Emily Windsnap & the Castle in The Mist by Liz Kessler, Sarah Gibb

Olympians series

by George O'Connor Titles include ***Aphrodite, Zeus, Poseidon, Hades, Hera, and Athena***

REMEMBERING NISHI KHANNA

Noted Indian film journalist, critic, author and historian, Padma Shri Bhawana Somaaya, member of The Club, takes a walk down memory lane and fondly remembers the Late Mrs Nishi Khanna.



I can't remember when I first met Nishi Khanna, but she was always around, at film parties, film events, screenings, special lunches, exclusive exhibitions, and of course, at Hotel Holiday Inn, a favorite haunt of film folks.

Once I remember both of us pulling the same suit off the shelf at a Lucknow exhibition in the hotel and she smiled and said, "All yours, please carry on."

Then in 2014, we were travelling to Goa by the same flight for different destination weddings and got down to discussing sangeet and mehendi and the number of clothes and accessories we need to carry for celebrations like these.

A week later, I had become an official member of The Club. A month later, I was taking my evening walks with Nishi and her friends. A year later, I was partying with the Khannas on The Club lawns, tasting wines, and applauding artistes at musical concerts.

I was privileged to be included in the celebrations of her grandchild, privileged to participate in different seminars on different subjects. There were always different crowds, different conversations in their environment and I took this as an opportunity to grow and learn different things.

The fact that Nishi was always around was a consolation because when the outside influences became overpowering, we settled in a corner and discussed mundane things. She was always busy, but she always made time for everybody around her. She was always preoccupied, but she was always thoughtful towards everyone.

I remember when Shabana Azmi hosted her mother's book release on the lawns, Nishi went out of her way to make it special and everyone talked about the food and the fanfare for days. When I was hosting my book release, she gave me the same attention without discrimination and the media was overwhelmed with the venue and hospitality.



ON A PERSONAL NOTE, NISHI WAS SHY OF COMPLIMENTS; SHE NEVER INDULGED IN PRAISE AND IF YOU PRAISED HER, SHE QUICKLY CHANGED THE TOPIC.

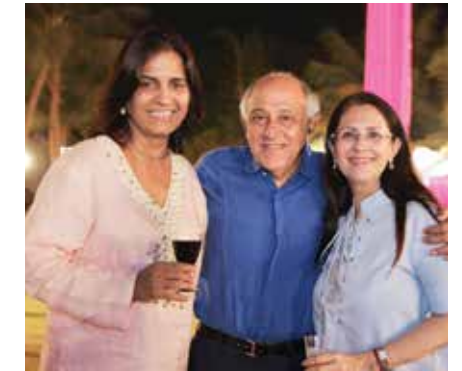
The Bhramakumaris were keen to host their star speaker Sister Shivani's discourse at The Club and when the Mumbai head Yogini Ben came to meet Nishi, she could not stop singing her praises. There was a quiet dignity about Nishi.

Her confidence came from high self-worth in who she was and this reflected in her work culture. Nobody in her staff was impolite or authoritative. They are all consistently courteous and friendly.

On a personal note, Nishi was shy of compliments; she never indulged in praise and if you praised her, she quickly changed the topic. She knew all the

members by their first name and gave personal attention at her gatherings.

For a long time after that, I could not get myself to visit The Club and when I did, my eyes searched for her everywhere. I felt she would pop up any minute from either the lobby, the corridor, the garden, from the swimming pool, smile and say, "So, where have you been all these days? Not seen you here for a long time."



It has been almost a year now, but even now when I enter The Club, my eyes are searching for her. I know she will never come back, but I still sense her in the corridor, outside in the garden and have not given up hope that I might just bump into her and then I can ask her the same question, "So, where have you been Nishi Khanna? Not seen you at The Club for a long time." ❀



ROYAL WEDDING SHOW



BEER FEST



SPRING FEST



CRICKET



DOG SHOW



LOHRI PARTY



FAMILY FUN RUN



HEALTH ZONE



ENJOY THE REVELRY!

It is the season of fun and frolic, so get ready for some great offers of the best entertainment at The Club.



RETRO NIGHT

The Club Mumbai presents Retro Night, an evening of unforgettable tunes by the Disco King, Bappi Lahiri, on Friday, 3rd May, 2019, from 7.30pm onwards.



COMEDY NIGHT

Tickle your funny bone with Comedy Night, which will be held at The Club Mumbai.



For bookings, contact - 022-66117777