

Life



The Club
Mumbai

@ The Club

OCTOBER-NOVEMBER-DECEMBER 2019

Weddings at The Club





stefanoricci.com

MUMBAI The Taj Mahal Palace, Apollo Bunder • T. +91 22 2204 0135
NEW DELHI The Oberoi Hotel, Dr. Zakir Hussain Marg • T. +91 99 9964 2284

STEFANO RICCI

U2

THE JOSHUA TREE

TOUR 2019



DY PATIL STADIUM, MUMBAI
15 DECEMBER

TICKETS EXCLUSIVELY ON **bookmyshow**

 PhonePe

 JioSaavn

FOR INFORMATION ON HOSPITALITY PACKAGES AND BULK BOOKINGS
CONTACT : CORPSALES@BOOKMYSHOW.COM | 7506927382

PRODUCED BY

LIVE NATION

bookmyshow
LIVE

MANAGEMENT NOTE

Dear Member,

The last quarter of the year has not just festivals but also a lot of fun-filled activities and rejuvenating experiences at The Club in store for you.

Starting with the very special Cover Story, The Club brings to you just the perfect essentials for your nuptial day with the Royal Wedding Show – an amalgamation of the right fashion, food, décor and jewellery. We have a special feature this time, where the Chairman of The Club Mumbai Mr. Khanna fondly remembers his dear friend Jiggs Kalra and reflects upon their relationship and how they started the Garden Grill, followed by a brief description of what our Chef Gaurav has in store for all the foodies this winter.

We move on to our very special Antara Spa will help you heal the natural way and the Kromakay Salon will give you the opportunity to add all the rainbow hues to your lovely hair, we are also focussing on fun, food and frenzy with the Tilting Pint returning to The Club and a long list of events happening in this quarter for all our members, their little ones and guests.

We are not done yet, we also bring to you a set of events for both morning as well as evening people, keeping in mind our member’s happiness and well-being. To top it all we have Weddings at Taj Bekal as the perfect place for your destination wedding.

THE MANAGEMENT

Chairman - Dinesh Khanna
President & COO - Tushar Khanna
General Manager - Arindam Chakraborty
Vice President (New Business & Corporate Alliance) - Rakesh Gurung
Executive Vice President - Sarina Menezes
Executive Chef - Gaurav Madan
Vice President (Finance) - Hemanshu Joshi
Executive Housekeeper - Kajal Kotak
Executive Publisher -
Maneck Davar
Spenta Multimedia
Sr. Vice President -
Bobby Daniel

Editorial
Anushka Singhal

Design
Anshul Bhansali

Digital Imaging
Ninad Jadhav

Marketing
Group Vice-President
Geetu Rai
9920023908
Sachin Desai
9820425612

Gujarat
Sanjay Chawda
98240 43072

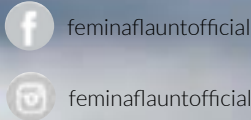
Published by Spenta Multimedia on
behalf of The Club.

For advertising queries and
bookings call: 022 24811044.

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

BOARD OF ADVISORS AT THE CLUB

Farzana Contractor	Kirit Damania
Rashmi Uday Singh	Anil Harish
Sabira Merchant	K. N. Gandhi
Meka Rajyalaxmi Rao	Sandip Shah
Sunil. K. Alagh	Subhash K. D. Ghai
Asif Adil	Ajit G. Khimji
Udyan Bose	Gary Harilela
K. K. Nohria	Sharad Patel
Ghanshyam Sheth	Ben Trivedi



Visit our stores
to view the entire
collection of FEMINA
FLAUNT eyewear

Vijay
OPTICIANS

VERSOVA
4, Nirman Kutir, Opp. New India Co-op. Bank
Yari Rd, Versova, Andheri West, Mumbai 400061
Tel: +91 22 2635 8478 / 2635 8479
FOUR BUNGALOWS
Shop No. 5-C, 22 Amarjyoti, Four Bungalows
Andheri West, Mumbai 400053
Tel: +91 22 2635 5877 / 2635 5844



14

06

COVER STORY

The amalgamation of best in class fashion and jewellery brand for your royal wedding @The Club

08

SPECIAL FEATURE

Walking down the memory lane and tasting some of the best dishes from the North-West Frontier

10

MY STORY

Every incident is a lesson and a blessing in disguise

12

ANTARA SPA

Back to nature; pamper yourself with clay masks

14

BEKAL

The perfect location for your grand destination wedding

16

JIVA SPA

Rejuvenate in the lap of nature

18

CHILDREN'S CORNER

Exciting activities to keep lazy winters away

20

FESTIVE GLOBAL

The Tilting Pint is back and how

22

THE ANADA WINE CLUB

Celebrating the coming together of Anada Wine Club and The Perfect Pour

24

SPIRITS

Add some Japanese class to your glass with Shochu

25

WELLNESS

The importance of palliative care

26

TRAVEL

Visit the straight out of a fairytale, Castles of Germany

28

HEALTH ZONE

Get fit by indulging in exciting activities @The Club

32

GOURMET

Lip smacking food tasting festivals are on their way



32



26

37

OUR TEAM

Meet our young and talented manager at the Westburrys

38

READING CIRCLE

Taking the IIP forward and spending an evening with the young poets

41

LITTLE IVY

Fashion meets ethnicity for your kiddiewinks

42

UPCOMING EVENTS

Evenings to look forward to

45

OUR SALON

Time to add those pretty hues to your hair

46

PHOTO GALLERY

Glimpses of Life @The Club

48

CSR

The Club's secret of sustainable waste management



37

DISCOVER INNOVATION



SICIS
THE ART MOSAIC FACTORY

Amazing Bathrooms

STIEBEL ELTRON

Technik zum Wohlfühlen

THE WORLDS MOST ADVANCED WATER HEATER

Ideal For Lifestyle bathrooms with bathtubs and whirlpools

Endless Hot Water

90 YEARS
FULL OF ENERGY



MADE IN GERMANY



INSTANT
HOT WATER



UP TO 40%
ENERGY SAVING



CONTINUOUS
HOT WATER



OUTSTANDING
FOR BACK UP



SPACE SAVER



SMART DESIGN



+91-20-67480909

24 hours hot line - number for pre and post sales service technical and installation support

For Live Video of Showering, Please Visit : www.cbwestend.com

Tiles, Sanitary ware & Bath fittings

C. BHOGILAL
WEST - END

Next to Golden Tobacco Co., S.V. Road, Vile Parle (W),
Mumbai- 400 056, Tel: +91 22 61523100,
Email: cbwestend@gmail.com, www.cbwestend.com
Mr. Nishad: +91 99 20 871655, Mr. Vijay: +91 98 20 061603

C. BHOGILAL
SOUTH - END

Block No.30/32, Shri Laxmi Woolen Mills Estate,
Shakti Mill Compound, Off. E. Moses Road,
Mahalaxmi, Mumbai-400011. Tel No.: +91 22 24912673/74
Mr. Sohail: +91 98 19 339224



WEDDING SHOW A ROYAL AFFAIR

A special event for all our royal guests, who are going to step-up the ladder of life by tying the knot and starting a new journey...

The Club has always taken pride in bringing the best of all worlds together and yet again it will keep up to its promise. Weddings in India are nothing less than a festival, where everything from attire to jewellery to venue, décor and food all of it has to be the best. Though it is a couple's D'day, there is an army of people engaged to make sure that everything is just perfect and the guests have the best time of their lives—an enthralling experience that leaves them raving about the extravagant affair.

The Club makes the task of making your wedding the most memorable one a little easier. This year at the Wedding Show,

which is to be held at the **Colonial Hall & Courtyards @The Club Mumbai on Friday, 8th November, 2019**, we bring to you a package of clothing, accessories, food and décor from the finest brands in the industry along with a glamorous **Fashion Show by RI Ritu Kumar & Malabar Jewels**.

Malabar Gold & Diamonds and Ritu Kumar are collaborating for their upcoming fashion and exhibition-cum-sale show exclusively at The Club, DN Nagar. The event will be themed as "Royal Affair" which will depict wedding trousseau for the upcoming season.

The collaboration of the cult label and the jewellery brand are adorned by the fashion insiders have long influenced the mainstream with its radical ideas and experiments with the trousseau. ❖



RI·RITU KUMAR

About Ritu Kumar

Ritu Kumar is the largest & most respected designer-wear brand in India today. Her understanding of ancient designs and the innovative use of traditional crafts has created a new classicism. She has pioneered the term 'fashion' in the Indian context and more importantly has demonstrated that hand-made products can be as profitable and even more glamorous than those made by machine. The company sources the finest fabrics and craftsmanship from across the country thereby reviving great textile skills and providing employment to hundreds of artisans.



MALABAR
GOLD & DIAMONDS

CELEBRATE THE BEAUTY OF LIFE

About Malabar Gold & Diamonds

Malabar Group was founded in 1993 by a team of enterprising entrepreneurs, led by the visionary genius of Mr. M P Ahamed when he explored beyond his immediate circle in the agri-corp industry to establish a jewellery trading company in a historical city called Kozhikode. Since then, keeping alive the golden spirit of the Brand, the Group shines bright as a beacon of success for an empire built on Trust, Teamwork, and Goodwill.





REMEMBERING MY FRIEND, JIGGS KALRA!!

Mr Dinesh Khanna fondly remembers his dear friend and food guide, **Jiggs Kalra** who not only brought the legacy of the North West Frontier cuisine to the **Garden Grill at The Club** but also gave us an Awadhi legacy that we continue even today.



My memory of meeting Jiggs dates almost three decades back when we were both in Delhi. Jiggs was an excellent writer, to begin with! He was a reader's delight with very artistic, decorated and embellished views, having said that, he was extremely straightforward with his choice of words and his take on everything.

He was not only particular about the ingredients in his dishes but also about his routine. We all remember him as a vibrant man who was the perfect judge of flavours. His dishes were as rich in taste as his turbans were in colour, which lit up our evenings at the Garden Grill. All of us would unanimously agree that he was a hard taskmaster and we remember him fondly for being one. His never-so-sugar-coated words would tell us to make just the right amount of changes in the ingredients in the dishes.

The Garden Grill was inaugurated in November, 1999 and a year later I invited Jiggs to get the rich Awadhi cuisine on our menu. The Garden Grill celebrates 20 years in November and there couldn't be a better occasion to remember and pay a tribute to my friend Jiggs. Our then Executive Chef also included Jigg's most loved and memorable dishes like Lucknow's Tunday Kebab, Mutton Railway Curry, Pede ki Lassi, Amchur wali Daal and the famous Butter Chicken. When the doors of the Garden Grill opened, the cuisine was an instant hit and members couldn't stop talking about these

dishes along with many others and to keep away from them was even harder.

As a dedication to his memory and contribution we will have the 'Undivided Punjab' flavours on our menu for week, which would include the Awadhi and popular North West Frontier dishes including the ones from Punjab.

While Jiggs may have left us, his contribution to Garden Grill and the taste for perfection in the flavours of every dish will stay with us forever" ... ❀



Left to right: Dinesh Khanna, Asif Adil, Late Jiggs Kalra and Mrs. Meka Rajlaxmi Rao



ROBUST FLAVORS OF THE NORTH-WEST FRONTIER

North West Frontier cuisine is a mélange of Indo-Mughal-Persian-Afghani nuances, bringing comfort and succor to diners with its warm and robust flavors. *Tandoori meats, fish, slow cooked mutton burra and mutton tikka* – Peshawari cuisine, with its Afghani influences and the minimal use of spices, was the great legacy of undivided Punjab. It became as integral to the repertoire of India's Punjabi cookhouse as *sarson ka saag, makki di roti, maash dal, parathas and aam ka achar*. These cross-cultural influences were reflected in the embracing of fresh and dried fruits and a wide range of exotic nuts, from Afghanistan and Central Asia – *chilgoza* (pine nuts), pistachios, almonds, apricots, *khubani* (dried apricot), *sarda* (galia melon), muskmelons and the like.

Nestled in lush greenery spread across 8 acres, in open air, under the starlit sky and quiet surroundings away from the hustle & bustle of Mumbai, The Garden Grill whets your appetite with the enticing charcoal-cum-barbecue fires of the open-kitchen. Serving the most appetizing kebabs and curries, the cuisine offered at this restaurant is an assortment of Indian dishes in a gourmet dining ambiance. Enjoy our charcoal-grilled delights on a cold winter night, as our chefs busy themselves over the earthen fire – offering you the North West frontier cuisine of skewered, roasted and tandoori dishes. The Garden Grill has hosted a variety of food festivals in the past with cuisines ranging from Punjab, Avadh and Marwar – a true blend of Indian cuisines and fine dining. ❀



At Garden Grill we ensure an experience that is consistently excellent. This means that even the precision of quantities are closely monitored by our rigorously trained chefs. Cooking times are strictly observed for each preparation, so are spices and cooking temperatures. These are calibrations that we have arrived at after detailed research into the production of an optimum dish that yields the maximum flavour and succulence which guests can expect at every visit.

For bookings/queries contact Mr. Anas Raza on +91 9833649846

GOD WRAPS A GIFT IN EVERY PROBLEM!

Our member **Nimesh Mehta** shares his journey and inspiring story with us...

I still remember the evening of 23rd Oct 1998 as if it was yesterday. It was raining unusually on that day and I was coming home to Vile Parle (east) from Vikhroli. While crossing Kalina CST road, a contract bus swiftly came to close on my side. The bus tried to get in its lane but could not as the tyre went into a pothole, the driver put emergency brakes, and the bus skidded for 50 meters on the wet road. The rear iron bumper struck my right leg below the knee. I was thrown in an open gutter with the impact and fell unconscious. A lady named Chhayaben got an auto rickshaw driver to help me and drove me to Sion Hospital.

I gained consciousness thrice in the auto lasting for a few seconds and fell unconscious again. I became completely conscious at the hospital and saw a few doctors and nurses attending to me. To my left, I saw my mother crying on one of the benches. As I began to absorb what's happening and inquiring with the nurses around, I heard a doctor say that the dirt of the gutter water had spread across my injured leg and so they might have to amputate it. Terrified with his words, I tried to ask the nurse but was immediately given an anesthesia shot and I fell asleep. The next morning I woke up shaking my head, opening and closing



my eyes frantically, hoping to come out of a bad dream. But unfortunately, my limb had to be shortened. In the next 1 year, I underwent 7 major and 4 minor surgeries. Since, 2-3 inches of bone had been lost, the doctors did a surgery called Ilizarov, where 16 stainless pipes were pierced from the bone and were tied with rings and nut-bolts outside. I had to walk every day and turn the nuts a couple of times in opposite direction so that my bone could grow 0.1 mm every single day. It lasted for about five months but helped lengthen my limb slowly. Apart from the surgeries I was also required to clean the wound with spirit daily to avoid getting it infected.

I am frequently asked, "How did you bounce back from this depressing situation?" I always answer with a quote:

"If God brings you to it, He will bring you through it".

Three things, which really worked for me were: First, belief in God. Although in the initial two months I was depressed and also upset with God because I would think that when I hadn't wronged anyone then why did God choose me for such a harsh punishment? But deep down, I believed that God has been very kind to me and there is a reason why he chose me for this accident.

Second, the doctors, nurses and the entire staff at Sion Hospital kept supporting and motivating me daily.

Third and the most important one, I am blessed to have such loving and caring family and friends who stood by me like a rock during the entire recovery period.

I owe it to them. It took me a couple of months to understand the real reason and one day while reading the newspaper, I saw an advertisement of MBA entrance exams and instantly thought that maybe God wants me to do this, so I got myself enrolled in it.

Since I was bed ridden for a year, I started studying for MBA entrance exams, which also helped me dust away all the negative thoughts about my future as a normal person or a companion to someone. The studies helped me get an admission in Sydenham Institute of Management; the place where I found my best friend and the love of my life, Shilpa. We have now been happily married for last 15 years and are blessed with two beautiful angels, Annika & Aarushi Mehta.

If I look back at the series of events in my life post the accident, I feel this accident was a life-transforming event because initially the accident shook my belief but over time it established it even more strongly in God and most importantly in my own self.

Now I truly believe that, when God wants to send you a gift, he will wrap it in a problem. And if he wants to send you a bigger gift, he will wrap it in a bigger problem.

So, it is not what happens to you that counts, it is how you react to what happens to you that matters. And I would like to conclude my story with my opinion that you should always look for that hidden gift wrapped in every problem and it will help you come out of it even stronger. ❀



KLUDI

WATER IN PERFECTION

SICIS

THE ART MOSAIC FACTORY



10 years Warranty

www.kludi.com

C. BHOGILAL
WEST - END

B1 Hem Colony, S.V.Road, Vile Parle (W),
Mumbai-400056. Tel No.: +91 22 61523100.

Email: cbwestend@gmail.com , Web: www.cbwestend.com
Mr. Nishad: +91 99 20 871655 , Mr. Vijay: +91 98 20 061603

C. BHOGILAL
SOUTH - END

Block No.30/32, Shri Laxmi Woolen Mills Estate,
Shakti Mill Compound, Off. E.Moses Road,
Mahalaxmi, Mumbai-400011. Tel No.: +91 22 24912673/74
Mr. Sohel: +91 98 19 339224

ANTARA SPA



UNWIND
IN NATURE

From fragrant flowers to soft clay, wrap yourself in the gifts of nature and rejuvenate at your very own Antara Day Spa.



ANCIENT TREATMENT

Treatment is done using clay (*Multani Mitti*) mixed with Neem oil. It is rubbed against the entire body using a brass vessel which has metaphysical healing properties and helps to boost the immune system. Neem oil contains Vitamin E and helps in exfoliating dry skin. Clay is used as a scrub which has a natural healing property and it sloughs away dead skin cells and removes blackheads as well as whiteheads.

This unique treatment is designed by our Spa Manager Mr Ronak Jani.

For appointments call Mr. Ronak Jani on +91 9833025812

FLOWER THERAPY

The harmonizing and healing properties of flowers have been acknowledged and utilized for the benefits of the skin. It has gained prominence as one of the best healing and relaxation techniques, it helps to heal the emotions with its aromatic fragrance and helps to balance the mind, body and soul with its holistic approach. The therapeutic treatment with gentle to medium strokes and pressure on acupressure points helps to ease out the muscle tension and hormones in the body. ❀



{ We Offer More Than **Solutions**; We Create **Relationships!** }

We believe that your brand and services are best served by reaching out regularly to your stakeholders. Hence, custom publications to us are **Relationship Publishing**, that effectively strengthen your brand with your customers.

With a portfolio of over 35 custom magazines, 7 consumer titles, 3 event properties, a state-of-the-art printing press, more than 80 clients for web-based publishing solutions and a growing list of clients for content services and book publishing, **Spenta Multimedia Pvt Ltd** has an average monthly readership of over 5.5 million across the genres of travel, retail, lifestyle, beauty, pharma, finance and management.

Contact us to see how you and your brand can grow with India's leading media house.



2nd Floor, Peninsula Spenta, Mathuradas Mill Compound,
N.M. Joshi Marg, Lower Parel, Mumbai - 400013.
Tel: 022 2481 1010 / 6734 1010
Email: ho@spentamultimedia.com
Website: www.spentamultimedia.com



Spenta Multimedia wins four awards at the 57th (ABCI) Association of Business Communicators of India-Annual Awards 2017.

Publishing | Printing | Online | Events

TAJ
BEKAL RESORT & SPA
KERALA

TIMELESS WEDDINGS

If you are planning for a destination wedding, why not Bekal? With a beach and backwaters on the either side of the Taj Bekal, Kerala, it makes for the perfect 'destination wedding' venue, the guests and the bride & groom will love alike.

The luxury beach resort has 66 laterite villas and rooms inspired by the design of Ketuvallam houseboats to beckon you in. Relax, catch up on some much needed rest, and unwind as you soak in the relaxed surroundings.

Scattered leisurely all over the property, the luxurious accommodations gives you and your guests a choice of views of the sea, swinging palms, lush greens and the backwaters. From Superior Room with Private Balcony to Premium Villa with Courtyard and Plunge Pool, Taj Bekal has a best fit for all.

And since weddings are incomplete without food & drinks, we have some of the best chefs from the country cooking for us and serving us at By the Bay, Backwater Café, Grills N More



and Ivory Bar. You can host a perfect Sundowner at By the Bay Lawns followed by an After Party or Cocktail Night at the chic Ivory Bar.

And whenever you miss your beauty sleep or are tired after the crazy cocktail party, you can always head to our internationally renowned Jiva Spa which is the essence of Indian wellness.

Our trained therapists can provide you with the best of what Kerala Ayurveda has to offer – from healing therapies to indulgent beauty rituals to Yoga and bliss. We are well-equipped to align your body, mind and soul. Come, join the world in the journey for the destination within. You can also hit the gym if that is the way you like to detox.

Since the Indian weddings have a long line-up of events we make sure that we bring variety to you in terms of the space and décor for all your special moments with our event spaces Agenda and Soiree Hall, which are perfect for close-knit and grand affairs, respectively.

To sum it all, the bride or the groom can make a grand entry on a raft. We have the sun kissed backwaters setting as the perfect backdrop for your dream wedding along with minimal décor in our lush green lawns for your “Mandap” and the Quintessential Kerala Sadya with 26 dishes suited for different palettes to top it all. ❀

EARLY BIRD

15% OFF*

on a MINIMUM 3 NIGHTS STAY

WINTER PACKAGES

1st Oct 2019 - 31st March 2020

(Black-out Dates: 25 - 28 October, 2019; 20 December, 2019 - 5 January, 2020)

FAMILY GETAWAY, 3 NIGHTS OFFER

ROOM / VILLA TYPE	SINGLE (₹)	DOUBLE (₹)	Child (5-12 Yrs) with Breakfast, One Major Meal & No Extra Bed	Extra Person (> 12 Yrs) with Extra bed, Breakfast + One Major Meal + One Activity only
• Superior Room with Balcony	15,000	17,500	₹ 3125 + Taxes (per Nights)	₹ 4325 + Taxes (per Nights)
• Superior Room with Sit Out	16,500	19,000		
• Deluxe Villa with Courtyard	18,500	21,000		
• Deluxe Villa with Plunge Pool	20,500	23,000		
• Premium Villa with Plunge Pool	22,500	25,000		
• Luxury Suite with Terrace	24,500	27,000		
• Luxury Suite with Plunge Pool	26,500	29,000		

Includes: Accommodation, Buffet Breakfast and one major meal. Enjoy recreational activity like Kayaking/ Archery within the resort, once during the stay and indoor games. A host of Kids' activities under expert supervision. 1-way Mangalore Airport/ Rail Share Car Transfer for those staying in Superior Rooms to Deluxe Delight with Courtyard. 2-way Mangalore Airport/ Rail Share Car Transfer for those staying in Deluxe Villa with Plunge Pool to Luxury Suite Villas. 15% discount at Jiva Spa and 10% discount on Laundry and Telecom. Enjoy a 25% discount on all alcoholic beverages from 6 pm- 8 pm daily. 29% Additional Taxes applicable on room rate. Minimum stay of 3 nights. Complimentary stay for 1 child below 12 years of age (sharing the room) with all package inclusions. Additional room for 2 children under 12 years of age at 50% of the double occupancy rate, with all inclusions

• 90 Minutes from Mangalore Airport • 150 Minutes from Kannur Airport • 25 Acres • 68 Villas & Rooms • Separate Bath & Rain Showers • Alfresco Dining • Pool-side Dining • Grande Jiva Spa • Beach Access • Backwater View

A UNIT OF KHANNA HOTELS PVT. LTD.

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

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

14 Life ■ OCTOBER-NOVEMBER-DECEMBER 2019

OCTOBER-NOVEMBER-DECEMBER 2019 ■ Life 15



BLISSFUL INDULGENCE IN NATURE'S SPLENDOUR

Hidden in the verdant greenery of Kerala and nurtured by the serene vistas of Bekal's backwaters, Jiva at Taj Bekal Resort & Spa promises a soulful experience, where mind, body and spirit revels in absolute harmony.

History slumbers untouched in Bekal, the placid township in northern Kerala. If views alone would take you to serenity, look no further. Taj Bekal Resort & Spa with sweeping views of Kerala's verdant greenery and panning 25 acres of indulgent luxury is the perfect getaway. Every space at Jiva Bekal is thoughtfully curated, and in line with the traditional architectural motifs celebrated by the resort's design, to infuse energy, harmony and balance.

And experience absolute bliss with Jiva, the authentic luxury spa experience that makes you surrender to the joy of being liberated and reveling in the vitality of life, often lost in the bustle of city life and stressful living.

While each Jiva is stand-out for its own unique value propositions – the 165,000 sq. ft. of Jiva spa at Taj Bekal is nothing short of a sanctuary, where you connect with nature and your own being.

Much like the nature beyond, which is washed in the bounty of water – be it the nearby sea or the network of backwaters – Taj Bekal also draws on water as a restorative

theme. In addition to a calming visual effect, you give in to the therapeutic melody of water stream and of course there are expert Jiva therapists to guide you through your rejuvenating experience.

So, check in to Taj Bekal, and it is time to discover what the resort promises.

Morning is when we set the tone for rest of our day so what better way than to start the day than with balancing Yoga. The yoga session is designed to put you in that meditative frame of mind – tearing away your worries, and opening doors to a new level of calmness as mind and body finds unison and harmony. Beginners and advanced yoga practitioners have what it takes to offer them the yogic bliss.

Time is not on fast-mode here. Take in the sights and experiences at your leisureed pace and discover everything that the Spa has to offer.

Next Stop – Time for some R&R – Relaxation and Rejuvenation. Choose from the various Jiva Signature Experiences that includes Vishuddi, a detoxification treatment; Vishrama, a deep muscular massage; and Sushupti, a soothing relaxation treatment.

Discover the Alepa and Abhisheka pavilions dedicated to signature body anointment and purifying bathing ceremonies. In Alepa, the body is anointed with herbal pastes and essential oils while Abhisheka involves the pouring of water and panchamrita (a blend of honey, yoghurt, milk, sugar and ghee) followed by a restorative massage. ❖



Taj Bekal Appointments: Ms. Aparna Ajith: +91 9916908301

WINTER WHOOPÉE!

Do not let the hibernation months spoil the fun for your kids, as The Club introduces a range of hands-on activities to keep them entertained, creative and cozy!

FOR OUR LI'LL MASTERS

All the chirpy lads in the house rejoice! We have some exciting activities planned for the little members of THE CLUB



FESTIVE WORKSHOP! CRAFTICA AND PARTY HEARTY

Age: 3+ | Day & Date: Sunday, 6th October | Time: 4:30 to 6 PM | Venue: Library

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

HAPPY HALLOWEEN!

Age: 4 & above | Day & Date: Thursday, 31st October | Time: 5:00 PM onwards | Venue: Gardenia

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



READING CIRCLE SATURDAY ACTIVITIES

Day: Saturday | Time: 6 to 7 PM | Venue: Library

OCTOBER

5th October : Gandhi Jayanti Special - Craft Activity with Brief of His Life Story

12th October : Solar System Kids Learn about Solar System through Amazing Craft Based Activities

19th October : Diwali Special Rangoli Making with Sand Art

26th October : Diwali Magic Children Make Beautiful Lanterns and Diyas in this Special Diwali Workshop

NOVEMBER

2nd November : Children's Day Special - Kids Will Make Origami Flower

9th November : Lets Fly High on Children's Day Children Make Rockets, Helicopters and Other Flying Objects of Their Own in this Fun Filled Evening

16th November : Autumn Season Celebration - Bird's Nest Making with Clay Modeling

23rd November : I Love My Garden - Kids Examine The Beauty of Gardens Through an Amazing Array of Garden Crafts

30th November : Welcome Winter Season - Pine Tree in Snow with Crushed Paper & Dangles

DECEMBER

14th December : What's Up in the Sky? - Children Learn about Northern & Southern Lights. They Enjoy Playing 'Map on the Ground'. They Make a Card and Post it to Rovaniemi, the Official Hometown of Santa Claus

28th December : Jingle Bells Jingle Bells - It's that Time of the Year Again! Rudolph is Out Taking Gift Boxes with Santa. Let's Celebrate by Decorating Christmas Trees and Engaging in Interesting Rudolph Activities

7th December : Snowman Making - Craft Activity with Cotton

21st December : Santa Claus Special - Make Santa Mask

SUNDAY BRUNCH ACTIVITY

NOVEMBER

3rd December : Magic Show
10th December : Bubble Show
17th December : Caricature
24th December : Glitter Tattoo

DECEMBER

1st December : 2000 Hair Styling
8th December : Sand Painting
15th December : Magic Show
22nd December : Bubble Show
29th December : Balloon Sculptor

OCTOBER

6th September : Sand Painting
13th September : Hair Styling
20th September : Juggling Show
27th September : Balloon Sculptor



THE OKTOBER FEST

The big beer festival.

While some of you may be unaware of this German extravagant affair, the others would be wishing for something similar to happen every month like an Oguist Fest or a Joon Fest.

Well, there are plenty of reasons for wishing that the fest returns every month and the biggest one being the fun and joy that it brings to one's life for those 16-18 folk festival days where you get to experience some of the most amazing parades, talk to the winds on some high speed joy rides and of course binge on some lip-smacking, finger-licking food with a lot of beer to complete the menu.

But, that's not all, the Oktober fest popularly known as the 'beer festival' has a lot more to offer than just beer and joy rides. The traditional aspects of Germany are reflected in everything in and around the festival, it is an important part of the Bavarian culture.

The fest or Wiesn as they call it in their vernacular is held annually in Munich, Bavaria, Germany and is attended by more than 15 Lakh people every year.

It started as a traditional affair but became a commercial fair in the 20th century. It is the 186th Munich Oktober fest this time and it hosts a number of big and small tents where different activities take place. Whatever your interest may be, you will surely get to taste and experience the best of it. There are music concerts, play areas, complimentary dinner tables set for the winners.

Along with the adults there are attractions for the little ones as well because any festival is incomplete without looking at children having the best time of their lives with innocent smiles across their faces and joy. ❀

For those who wouldn't be able to travel all the way to Munich, here's some good news too...

Your very own The Club, Mumbai is returning with the "Tilting Pint" festival at The Club in November 2019 for all the beer lovers, party animals and luxury holiday experience cravers. We promise it will be bigger and better than the "Tilting Pint Jan'19".

The Club Mumbai lawns will adorn a relaxed, fun-filled evening atmosphere for everyone to enjoy and revel in. The event will not only introduce you to a variety of Craft Beers but also lead you to indulge in some delicious smoky barbecue, feet tapping music, children's activities and shopping at the flea market! It promises to be a complete family evening with something for everyone.

ALL IMAGES FROM SHUTTERSTOCK.COM

HIGHLIGHTS OF "TILTING PINT 2019"



The Beer Gallery

Acquaint yourself to a host of Craft Beers ranging from Lager, Ale, Cider, Stout, Draught, etc.; the beers will be showcased by our Partners. One can interact with the beer producers directly and understand the nuances of different tastes & pick their personal favorites.

Groove to the Music

After a successful stint at our bar night – "The Bar Concept", we are proud to associate with DJ AJ to spin some foot stomping beats and make you sway to the music.

Children's Arena

The 'Children's Arena' will be adorned with exciting activities such as Reading at the Mini Library, Pottery, Art & Craft, Storygami, Pot a Plant, Block Painting, Rock Climbing and rides like Bouncy Castle, Mini Train, and lots more for all age groups.

Fiery Grill

We are firing up the grill – get your taste buds ready! Our culinary team's delicious menu will have your mouth watering and feature delicious dishes inspired by various BBQ styles.



Stay tuned for the latest updates on the most happening event of the year, The Tilting Pint festival, coming this November

I would like to invite you to be a part of this evening, reach out to our guests and promote your Craft Beers to them. The event will be promoted to all our members who will bring in their friends & family. It will also be promoted to non-members through various schools inviting the families, social media and website.



ANADA LAUNCH PARTY

The Anada Wine Club launch party saw a perfect amalgamation of Wine, Spirits & Lifestyle and had a kickass start, with the members in full attendance and swing at the evening.

The Anada Wine Club was founded in December, 2004 by the passionate wine enthusiasts – Mr. Dinesh Khanna, a hospitality veteran and Late Mr. Ranjan Kapur, one of India's most iconic advertising figures.

What started out as a group of like-minded people who had come together to appreciate and enjoy wines from around the world, has now evolved into a brand new Anada Club. The realm of appreciation has grown to encompass a larger circle of beverages - from Crafted Beer to Single Malts, Scotch - to a variety of fragrant Gins, and from Artisanal Rums to Wines, Sake, Cocktails and more.

Anada Club is also pleased to associate with Ms. Vaniitha Jaiin as our Brand Ambassador and Curator of the club. Vaniitha is the founder of The Perfect Pour – Wine, Spirits & Lifestyle Consulting Firm and is the expert whom restaurants, hotels, lifestyle brands and HNIs trust for all things wine and spirits.

To know more about the Anada Club and to become a member kindly contact **Samir Gupte** at The Club!



“We’re glad to be on board with The Club, Mumbai, as their beverage program partner for the Anada Club. We know great food and drinks bring people together and we are excited to create memorable and interesting experiences for the members. And, I look forward to presenting the accessible beverage program and events which include a wide selection to accommodate different tastes – experience it with a cocktail or cooking with alcohol or wine pairings with dinner.”
-Vaniitha Jaiin (brand ambassador Anada Wine Club)

The Anada Club & Vaniitha will be curating unique experiences for its members allowing them to feel and sense finer nuances of life and lifestyle.



ANADA LAUNCH PARTY was a golden feather in the cap of THE CLUB. All the members of Anada were a part of the happening evening. Tushar Khanna in association with Vaniitha Jain, Founder of The Perfect Pour – Wine, Spirits & Lifestyle Consulting Firm presented a distinguished taste of Spirits, Wines & more on Thursday 29th August at 8.30pm with Tapas specially prepared by Mexican Chef, Daniel Hernandez Punzo.

The glorious eve had the aroma of wine and the taste buds were delighted with Mexican Cuisine. Chef Daniel Punzo, the man with a huge fan base in Mexico, for the first time showcased his magic strokes in Mumbai at The Club. He secured his corner at the Anada party by preparing all his signature Mexican recipes. Within no time, he was hugely appreciated for the delicious Mexican spread presented by him.

With the Anada Club re-launch speech, the evening soon turned out to be a merry night where all couples started singing and dancing to some lovely tunes. The night concluded with lots of smiles, memories, success and gift hampers.. ❖





SHOCHU

THE JAPANESE VODKA

Many non-Japanese people have never heard of shochu, so let's start with the basics. Shochu is a distilled liquor and very popular in Japan. In fact, despite sake's popularity outside Japan, in Japan shochu is the more consumed beverage.

Shochu is occasionally referred to as "Japanese vodka," not only is this misleading, it also doesn't do shochu justice. Vodka and most distilled spirits are at about 35 to 45 percent alcohol. But most shochu is only 25 percent alcohol. Of course, not all shochu is this low, some do come in at 35 to 45 percent, but it is a small proportion. Shochu is often consumed mixed with cold or hot water, so then the percentage usually goes down to about 12-15 percent alcohol – similar to a glass of wine.

There are two classifications of Shochu in Japan.

1. Honkaku Shochu (Single distillation Shochu) and
2. Korui Shochu (Consecutive distillation shochu).

A sweet potato shochu is very different from a rice shochu. Since straight shochu has a high alcohol content, it is best consumed with a chaser.

There are several types of Shochu – each very different – with the most common being:

Imo-jochu: shochu made from sweet potato (imo)

Mugi-jochu: made from barley (mugi)

Kome-jochu: made from rice (kome)

There are different types of sochus available in the market such as: Lichiko, Satsuma, Yosaku, Jinkoo, Shiro, Ikkomon, Torikai, and many more.



At "The Club" in Oriental Wok where we are serving the Pan Asian cuisine, we have also been serving Mugi Ichi Sochu

MUGI ICHI SOCHU

The MUGI ICHI made by our original distilling and fermentation at low temperature is the authentic barley shochu made from well-selected barley, and it has soft and mild aroma. We recommend to be served on the rocks, with lime. Authentic barley shochu made from well selected barley has soft and mild aroma. Excellent for pairing with any of the Japanese traditional dishes, such as nigiri sushi, rolled sushi and grilled dried fish. ❖

MY JOURNEY WITH PALLIATIVE CARE

While running Apollo Clinic, my motto was simple "Quality is an Attitude!" and "Compassionate Care is Paramount!" I strived to ensure that every patient got not just good service and the best doctors but also the care, the patience and the compassion they deserve. Even before I knew or understood the term Palliative Care, I firmly believed in not just curing the illness, but also caring for the patient and their family members; I always believed in complete health, i.e. Physical, Psychological, Social, Emotional and Spiritual.

These examples make it amply clear that the environment and the suffering make a huge difference in the recovery and in the overall quality of life of any individual.

While my efforts for my patients were always to provide "Complete Health", I still didn't know the term Palliative Care. During one of my reading sessions, I came across an article on Palliative Care and why it is the need of the hour. I was totally drawn to it as I have always done the same for all of my patients.

I started researching about the subject more. To reduce the suffering of the patient, caring compassionately for the patient and family members and surrounding them with a positive environment along with their conventional medical treatment was something that I have always wanted to incorporate in every area of healthcare.

Now I was sure that Palliative Care was my calling and the much-needed area of healthcare that can improve the quality of life of the patient and help the family members deal with the anxiety associated with life-threatening or life-limiting illnesses. ❖

After much research, I started my own initiative, Symponia Palliative Care. Our goal is "a Pain-Free India". We strongly believe that by reducing the pain and suffering, we can help people face the disease better and dignify the journey! We have already started our home-based services and are working on starting our own stand-alone Palliative Care Centre in Mumbai.

Our member, **Dr. Jagruti Kamdar** enlightens us about her foray into Palliative Care. She talks passionately about the subject and explains the nuances of this care for the aged.

Before I get into what is Palliative Care and why as a healthcare professional I am a strong advocate of it, it is important for me to narrate my journey; a journey that led me to Palliative Care.

I am a Cosmetic Dentist by profession and have practiced Dentistry for 20 years. Being a part of a large family and the only healthcare professional in my family, the onus to make all medical decisions naturally rested on my shoulders. I was involved in every aspect of the illness and so was exposed to all the different areas of healthcare and came in touch with the best doctors in various fields of healthcare. In 2007, I started my own diagnostic centre, Apollo Clinic, which is part of the esteemed Apollo Hospitals Group in Mumbai. I also started an Out-Patient Department and brought in some of the best doctors to consult at the Clinic for all areas of healthcare including Cancer, Heart diseases, Kidney transplant and Liver transplant.

CASTLES OF DEUTSCHLAND

For all the architectural enthusiasts, Disney land lovers, budding travel bloggers, passionate photographers and couples of course, Deutschland (Germany) is the perfect country for you to visit. Germany houses a long list of castles which will surely leave you awestruck and mesmerized. A quick look at some of them...



▲ Neuschwanstein Castle

Built in 1869, commissioned by Ludwig II

Straight out of a fairytale, the Neuschwanstein Castle has inspired the Sleeping Beauty castle and the famous Disney castle. The castle is perched on a hill and promises a breathtaking view of the surroundings. The castle has beautiful paintings hung on its walls and dazzling chandeliers. The third floor of the castle has been devoted to Ludwig's fascination of swan scenes from operas by the famous composer Richard Wagner.

◀ Schwerin Castle

Built in 1857, ordered by Grand Duke Friedrich

Famous for its towers and turrets, the castle which has now been made into a museum is frequented by paranormal enthusiasts who look for the resident ghost Petermännchen, who can be seen wearing a 17th century garb. The castle is also a government building and the highlight is that it is located on an island in the main lake at Schwerin.

ALL IMAGES FROM SHUTTERSTOCK.COM

Hohenschwangau Castle ►

Built in 1837, ordered by Maximilian II

Located near the town of Füssen in the village of Hohenschwangau, this castle was discovered by Maximilian II. He used it as summer palace and as a hunting lodge and was inhabited by his son and wife. The castle has now been made into a museum and is a must visit as it is a lucky castle which was left unharmed after the two world wars.



◀ Cochem or Reichsburg Castle

Built in 1100, ordered by Count Hermann Pusilius

The castle which holds a history of 180 years is the symbol of the Cochem town. Situated on a 100 meters high hill, it overlooks a river and wine yards of western Germany. Though the castle was destroyed in the 17th century, the ruins were bought by a wealthy businessman Louis Ravené in 19th century who got the castle rebuilt predominantly in neo-gothic style. However, the family was later forced to sell it to the government after the II world war.

Lichtenstein Castle ►

Built in 1842, commissioned by Duke Wilhelm of Urach

It is a Gothic Revival castle in the Swabian Jura. Located at about 2,680 feet above the sea level, the castle has all the elements like a curtain wall and a courtyard, an outer bailey, bastions, a barbican, and turrets to top it all. Called the fairy tale castle of Württemberg, it was designed by Carl Alexander Heideloff and is a treat to the eyes of photographers and architects alike.



◀ Burg Eltz

Built in 1157 owned by Dr. Karl Graf zu Eltz

One of the most picturesque castles in Germany, it owes its recent popularity to social media. With its one of its kind looks and design the castle is a favourite of tourists. Surrounded by thick dark woods and a cobbled gatehouse entrance leading you up the castle, it is nothing less than imagining yourself as a royal personality.

YOUNG GUNS SPORT

At Young Guns Sports we are starting football coaching classes for children of age 2 to 16 years. The focus will primarily be on ensuring that children learn and love the sport from the very beginning. YGS was founded in the year 2009, under Mr. Burges Master’s vision to provide coaching of international standards, which he himself received from England, Sweden and Denmark, to the children in India. We started with just 2 branches in Juhu, initially and today YGS has spread across Mumbai and Bangalore with 42+ branches, coaching 600+ children every month. If you are looking to see a great change and bring the love of sports in your child’s life then Young Guns Sports is the best option for you!

Check out our website for more details on various sports and activities that we offer –
Link: www.younggunssports.in
We will be starting our batches at The Club Mumbai from 3rd September, contact Mr. Eric Master +91-9890682781 for a free trial class.

Batch Timings are as Follows:

AGE GROUP	DAYS	CLASS TIMINGS
2 to 3.5 years	Saturday and Sunday	5:00 to 6:00 PM
3.5+ to 5.5 years	Saturday and Sunday	5:00 to 6:00 PM
5.5+ to 7 years	Tuesday and Friday	5:00 to 6:00 PM
7+ to 10 years	Saturday and Sunday	6:00 to 7:00 PM
10+ to 16 years	Thursday and Friday	6:00 to 7:00 PM



FITNESS

HULA HOOPING WITH PEYTON

Peyton Pleasant is an American born hula hoop artist living in Mumbai. Peyton has been teaching hula hoop for over 5 years in Mumbai to adults and children. Hula hooping is a great way to stay active and maintain a healthy lifestyle. Those who suffer from lower back issues benefit from hula hooping due to the extension and contraction it takes to maintain the hoop around the waist. Within a two hour hula hoop workshop you will learn various tricks both on and off the body with your hoop. All genders and ages are welcome to visit and learn the magic of hula hoop performance!



BOXING/ FUNCTIONAL TRAINING

Peyton Pleasant is a boxing and kickboxing instructor with over 3 years of experience in training groups and clients personally, as well as 5 years of personal competition boxing in India. Boxing and kickboxing are great ways to maintain strength, lose weight, build stamina and release stress. Within an hour long session you will learn the basics of boxing such as the three main punches, foot work, movement and speed. Each session includes a warm-up involving functional training tailored to each individual’s capacity i.e. Burpees, Push-Ups, Mountain Climbers etc. Kickboxing is available upon request- if the member has enough physical strength to undertake the activity. Within an hour’s session of boxing an average adult burns up to 450 calories or more! Boxing and kickboxing are great additions to one’s weight training as well and can be done simultaneously. People of all ages are welcome to join.





At TC1, we have brought to India a new-aged electro-fitness revolution – the 3rd generation wireless EMS. Electrical Muscle Stimulation (EMS) is a comprehensive form of training that uses electrical impulses. Our central nervous system constantly sends electrical pulses to control our muscular actions in everyday life. EMS uses this natural principle to reach the deepest muscle layers that are difficult to activate by regular or conventional training.

In the 20 minute session, about 350 muscles are stimulated



simultaneously to burn up to 1500 calories. With our variety of workout forms from dance, yoga, cardio, functional and kickboxing, we could help you slim down, tone up, lose inches, loosen out your muscles and even rehabilitate them.

TC1 EMS trainers possess the knowledge, skills and abilities necessary to craft and design a safe and effective fitness program with the sole focus on your personal goals. They will help you set realistic goals and ultimately achieve them - with their expertise in EMS and experience, all they ask for is 1.8% of your day! ❖



❖ **Cricket Tournament** (Underarm Matches for Members and Their Guests)
Date: **19th Oct'19**
Time: **4:30 PM onwards**
Age Group: **8 to 17 years**

❖ **Cricket Tournament** (Underarm Matches for Members and Their Guests)
Date: **20th Oct'19**
Time: **5:00 PM onwards**
Age Group: **18 years and above**



EVENTS CALENDER

❖ **Swimming Competition** (For Members Only)
Date: **13th Oct'19**
Time: **9:00 AM onwards**
Reporting Time: **8.30 AM**
Age Group: **5 to 14 years**

❖ **Adventure Sports: Test Your Outdoor Sporting Skills for an Adventure Sport** (For Members and Their Guests)
Date: **09th & 10th Nov'19**
Time: **4:00 PM to 7:00 PM**
Age : **Group: 6 to 16 years**



❖ **Glow Tennis Match: Glow Yourself in the Dark and Have Fun by Playing a Game of Tennis** (For Members..to be confirmed)
Date: **23rd Nov'19**
Time: **7:00 PM onwards**
Age Group: **18 years and above**

For more information kindly contact Health Zone



BINGE IT ON!

TRUFFLE TASTING PROMOTION

6TH TO 20TH DECEMBER, 2019

If you aren't excited about truffle, you have probably not been introduced to this elite black beauty which is similar to a mushroom in its nature of growth and shape but definitely more tasty as well as fancy for one's pocket. You will get a chance to taste some of these flavour-ful dishes made using premium Truffle like Truffle Infused French Onion Soup, Artichoke & Goat Cheese Pasta with Truffle, Black Truffle, Shitake Mushroom & Roast Chicken Risotto, Fettucine with Black Truffle, Roast Chicken Breast with Black Truffle Sauce, Truffle Mushrooms on Toast, Baked Sea Bass with Walnut Truffle Pesto, Truffle Potato Gnocchi, Fig, Ricotta & Truffle Honey Bruschetta, Black Truffle Pistachio Chocolate Cake at The Club.



ROYAL THALIS OF RAJASTHAN & GUJARAT

4TH TO 18TH OCTOBER, 2019

When you think of the word royal in terms of food, you think of Gujarati & Marwari cuisine by default. Now imagine getting an opportunity to taste all the royalty at once, all under one roof, sounds tempting isn't it? The Club is giving you one such opportunity to let your taste-buds experience the royal flavours, where the best in class Gujarati & Marwari dishes like Gatte ki Sabzi, Panchmela Dal/ Subzi, Bundi ki Kadi, Ker Sangri Sabzi, Dal Batti Churma, Bharwan Govind Gatte, Jhodhpuri Pulao, Badshahi Khicdi, Undhiyo, Ringana Methi nu Shaak, Bajari Gosht, Bhuna Kukad, Laal Mans along with some mouth watering sweets like Imarti and Mohan Thal will be laid out for you to gorge on!

For bookings call Mr. Chandan Devnath on +91 9819530962

PIZZA PROMOTION

1ST TO 15TH NOVEMBER, 2019

Eating out is never complete without feasting on some lip-smacking, spicy yet tasty snacks which we fondly call 'chaat' in Hindi. It is a special category of food items without which any wedding, party or even a date in an Indian movie feels incomplete. The Club brings to you the same experience, in the form of the true chaat flavors from Agra where dishes like Sicilian Pizza, Californian Style Pizza, Frutti de Mare, Sushi Pizza, Pizza Capricciosa, Meatball Pizza, Pizza Pugliese, Pizza Romana, Ricotta e Spinachi will be up for tasting with a twist of Italian flavours.



PAN ASIAN CURRY PROMOTION

18TH OCTOBER - 1ST NOVEMBER, 2019

Are you fond of curries from different regions? Would you like to taste some of them from places across the globe? Well you can get your hands and taste-buds on them from places like Cambodia, China, Hong Kong, Indonesia, Philippines, Korea, Taiwan, Thailand, Vietnam, Mongolia, Myanmar and Bhutan at Oriental Wok at The Club. Come and taste the world!



SEAFOOD FEST

15TH TO 29TH NOVEMBER, 2019

The crabs and fishes don't ask which coastal or non-coastal state do you come from, they just do what they are best at, be the tasty dish for all the seafood lovers and Oriental Wok at The Club will serve them to you, where you will get to feast on Seafood Hot Pot, Grilled Kung Pao Shrimp, Honey Walnut Shrimp, Crab Stick Roll, Cantonese Pepper Garlic Calamari, Singapore Chilli Crab, Chunkin Lobster, Clay Pot Fish, Shanghai Spicy Seafood Soup, Seafood with Soba Noodle Sizzler, Seafood Jasmine Rice.

For bookings call Mr. Anas Raza on +91 9833649846

SUSHI PROMOTION

13TH TO 27TH DECEMBER, 2019

What happens when you read Smoked Salmon, Cucumber & Pimentos, Chicken Supreme, Omlette Strips & Cucumber, Ika Sashmi, Maguro Sashmi, Hamachi Sashmi, Kappa Maki, Negitoro Maki, Salmon Temaki? Your mouth waters even with just the thought of such delicious Sushi and when Oriental Wok at The Club cooks them for you will fall short of words for thanking us for giving you that delightful experience.





PATISSERIE



OCTOBER FUSION DESSERTS PROMOTION

We have discussed enough about appetizers, soups, main course dishes and now it is time to move towards some sinful indulgence with “Oh! So soft!” Gulab Jamun Trifle, Thandai Mousse Cake, Masala Chai Semifreddo, Baked Boondi Parfait, Kesar Badam Cupcakes with Shrikhand Topping, Chocolate Nankhatai, Gulkand Mousse, Rasmalai Cheesecake, Boondi & Jalebi Mascarpone Dessert at Patisserie, this October.

NOVEMBER VERRINES PROMOTION

Be it children or adults, we all like to pick up more than one verrine and when we get to choose from a variety of verrines like Citrus Dark Chocolate Verrine with Chocolate Soil, Trio of Chocolate Verrine, Strawberry Verrine with Pistachio Cremeux, Chocolate Hazelnut and Salted Caramel Verrine, we would better like to forget counting and keep eating at Patisserie, this November.



DECEMBER ETHNIC CAKES

Cakes have always been a vital part of every celebration big or small and sometimes we just like to have a piece or two of it to lift up our spirits. Well, this time at Patisserie in December, your spirits will surely touch the sky when you would get a chance to taste a variety of ethnic cakes like the Tres Leches Cake, Lemon Yoghurt Cake, Greek Honey Cake, Almond Boterkoek and Panetela de Guayaba.



For bookings call on +91 8291734683



Chef's Recipes

Panko Coated Chicken Schnitzel



INGREDIENTS:

- 1 cup flour
- 3 eggs, beaten
- 2 cups panko
- 4 skinless, boneless chicken breast halves
- Salt and freshly ground pepper
- 1/2 cup oil
- 6 tablespoons butter
- 2 teaspoons capers
- 2 tablespoons lemon juice
- 1 tablespoon chopped parsley

METHOD:

Step 1

Set the flour, eggs and panko in three separate shallow bowls. Season the chicken cutlets with salt and pepper. Dredge the chicken in the flour, shaking off any excess, then dip in the eggs and coat thoroughly with the panko, pressing lightly to adhere.

Step 2

In each of 2 large skillets, heat 1/4 cup of the oil. Add the chicken and cook over moderately high heat, turning once, until golden and crispy, about 3 minutes. Transfer the chicken to a paper towel-lined baking sheet and sprinkle with salt.

Step 3

Meanwhile, in a small saucepan, melt the butter and cook over moderately high heat until browned and nutty, about 4 minutes. Stir in the capers, lemon juice and parsley; spoon over the chicken and serve.

Thai Shrimp Soup With Coconut, Lemongrass & Red Curry

INGREDIENTS FOR MARINATION:

- 200 gms Shrimp
- ½ cup Jasmine Rice
- 200 ml Coconut Milk
- 2 cloves Garlic
- 2 stalks Lemongrass
- 1 1-Inch Piece Ginger
- 1 Lime
- 1 Red Bell Pepper
- 1 Scallion
- 1 bunch Cilantro
- 2 Tbsps Red Curry Paste
- 2 tsps Coconut Palm Sugar

METHOD:

Prepare the ingredients: Wash and dry the fresh produce. Peel and mince the garlic and ginger. Roughly chop the cilantro. Cut off and discard the ends of both lemongrass stalks; peel away the fibrous outer layers until you reach the white, pliable cores. Mince one of the cores. Cut the remaining core in half lengthwise; using the back of your knife, smash both sides of each half. Using a vegetable peeler, remove the green rind of the lime, avoiding the white pith. Mince the rind to get 2 teaspoons of zest. Quarter the lime. Cut the bell pepper into bite-sized pieces on an angle. Thinly slice the scallion, separating the white bottoms and green tops.

Cook the rice: In a small pot, heat the rice, 1 cup of water and a generous pinch of salt to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water is absorbed and the rice is tender. Remove from heat and set aside.

Cook the aromatics: In a medium pot, heat 2 teaspoons of oil on medium-high until hot. Add the garlic, ginger, minced lemongrass and white parts of the scallion. Cook, stirring frequently, 1 to 2 minutes, or until fragrant. Add the bell pepper; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened.

Toast the curry: To the pot of aromatics, add as much of the red curry paste as you'd like, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until fragrant.

Add the liquids: Add the coconut milk, coconut palm sugar, lime zest, smashed lemongrass and 1 cup of water to the pot of aromatics and curry; season with salt and pepper. Reduce the heat to medium-low and cook, stirring occasionally, 3 to 4 minutes, or until thoroughly combined. (Be careful not to boil the soup, as the coconut milk may separate.)

Cook the shrimp: Season the shrimp with salt and add them to the soup. Cook, stirring occasionally, 8 to 10 minutes, or until the shrimp are opaque and cooked through; season with salt and pepper to taste. Turn off the heat and stir in half the cilantro and the juice of 2 lime wedges. Discard the smashed lemongrass stalk. Divide the soup and rice between 2 bowls. Garnish with the green parts of the scallions and the remaining cilantro and lime wedges. Enjoy! ❀



ALL IMAGES FROM SHUTTERSTOCK.COM



WESTBURRYS BAR #HeadWest

Mrigesh Sharma, Manager at Westburrys Bar, tells us about his revolutionary plans to make Westburrys a happening destination for all.

How did your journey into the restaurant world begin?

It began with my relocation from Toronto, Canada back to my city, Mumbai. Honestly, this chance affair of getting an opportunity to work at the newly renovated Westburrys Bar has been a really fun-filled experience where I try to bring that hip edge to everything at the bar.

What have been your contributions to the bar so far?

I am trying to revolutionise the idea of a conventional, traditional, old-school bar, which it has long been associated with, and instead make it a go-to bar for everyone. Whether you have had a long, tiring day or have just arrived from a swim or you want to spend some alone time and chill, just #HeadWest.

What is your favourite corner of Westburrys and the best drink to have with some sizzling hot food?

Of course it is the bar! The best drink is The Cold Best Friend with Malabari Lamb or the Mezze Platter. Also, I love the place when it is brimming with people

and everything comes alive with some good music played by DJ Viral.

What kinds of events happen at Westburrys?

Live band performances, stand-up nights, live screening of sports events, DJ nights (on Wednesday, Friday, Saturday and Sunday) happen at Westburrys. We also have an amazing MRP night and are planning to host some more unique nights such as The Ladies Night at the bar.

What is your own idea of Westburrys?

My idea of Westburrys is to make it into

a space where budding artists perform and showcase their talent; more of a place which is the perfect combination of classy & crazy.

What is the USP of Westburrys Bar?

Westburrys hosts events exclusively for members and their guests to give them the personal touch and serve them like a family. From greeting to attending, we assure that each of our guests is taken care of very nicely. And believe me, it is our hospitality that sets us apart from the usual bars in the city. ❀

For Bookings call Mr. Mrigesh Sharma on +91 9819420149





Intercultural Poetry and Performance Library (IPPL)

On Friday, 30th August 2019, The Club Mumbai had initiated to divulge the Mumbai chapter of IPPL. An evening purely dedicated to sewing the words in the form of poetry, to the rhythm of music and to the beat of dance. It brought out the academic interest (towards poetry) to nurture the creativity for literature. We garnished the art of needling words with a pinch of rhythm, with the privileged involvement of Padma Shri Anup Jalota as our Chief Guest, who initiated the event.



Poetry from Our Member Participants

WALK INTO MY HEART

*Walk Into My Heart, Oh Radhe!
Where The Confluence Of Rivers Acquires That
Freshness –
Which Is Only Found, In Allahabad, Otherwise.*

*Walk Into My Heart, Oh Shrishti!
Where, The Warring Mortals Of Mahabharat –
Gain Refuge From Strife, Healing Those Scars –
With The Warmth Of My Wisdom, With Peace
Which Is Only Found, In Pandava Caves of Rishikesh,
Otherwise.*

*Walk Into My Heart, Oh Aarthi Ardhagani !
Where You Can Set Aside Those Binding Principles Of
Duty,
Where The Playfulness Touches Zenith, Turning Soon
Into Boredom ;
Which Is Only Found, In A Jyotirling, Otherwise.*

*Walk Into My Heart, Oh Maya!
Where The Seeds of Gunn and Avgunns Are Sown, By
Perception :
Where Each Struggles To Survive, Pursuing Absolution
–
Not Realizing That They Exist Because Of Each Other;
Which is Only Found, In The Sixth Sense Of A True
Yogi, Otherwise.*

*Walk Into My Heart, Oh Laxmi!
Where Purpose And Desire Are Your Children,
Where One Destination Sets The Course For The Next,
Upon Completion
Which Is Only Found, In A Yagya or In The Moon,
Otherwise.*



- Akshay
Sonthalia

A BIRD'S VIEW

*O bird, I said, I wish I had
Like you: two wings to fly;
I'd travel the world thru' valley and wood,
I'd dart thru' the star-spangled sky.*

*O bird, I said, there's much I crave,
I'm unhappy, I'm dissatisfied;
There's much I want and much I need;
There's much I desire, I cried.*

*O crazy man! the little bird said,
Don't crave for what you've not.
Put to good use what you do possess,
Else all that is there will rot.*

*You ache for my wings, but don't you see?
Fate has been so unfair;
I'm like that young boy who had two shoes,
But had no feet to wear!*

*Sorrowed, I asked, then how can you sing?
Captive behind these bars?
How do you bring forth such joyous strains?
When you ache to reach the stars?*

*O man, said the bird, you stupid thing!
'Tis only my wings that are tied.
My mind is free to travel the world,
I can dream of the stars, he sighed.*

*Where the mind is free, bars cannot enslave,
In my dreams I roam night and day;
When I die, I shall die in flesh alone,
Thru' my songs immortal I'll stay.*

*Thru' what you have done, you live after death,
Do something worthwhile, said the bird.
So your life, like the perfume of a fading flower,
Shall linger upon the palm of the world.*

- Thrity E. Bharucha



MY HAPPY PLACE

*"My happy place,
My happy place,
When there's nowhere left to run,
My happy place
Oh, you beautiful space
Shining brighter than the Sun*

*My ray of light,
In the darkest nights
You lift me up
Until the darkness shines*

*Life is beautiful,
When In your beauty I see,
That I am beautiful
So, I'll be only me*

*I needn't be perfect
You love me for my flaws
Poison turns to medicine
It's the Mystic law*

*I can take it all
When I that know you're around
I smile at every hardship
When I live it through your sound*

*Let the world fall apart,
Let the stars throw down their spears
With you by my side
I'll attack and destroy my fears*

*If I ever lose my way
I know you'll guide me home
Let the world turn its back on me
Cause I know I'm not alone"*

- Tejus
Coulagi





LITTLE STARS FASHION FOR KIDS

It is time to take children's fashion seriously!



Little Stars is a pioneer in traditional and party wear for boys and girls of all ages. It was started by entrepreneur Rajat Agarwala and menswear designer Medhavini Agarwala, based out of Kolkata with in-house design and manufacturing facility. Their focus on quality and finish, colour palettes that immediately catch one's attention, soft fabrics that are loved by children, unique patterns and a large variety of designs set this brand apart from others.

The label has moved from strength to strength and now has a loyal customer base worldwide. The brand also undertakes bulk orders for all occasions such as birthday party return gifts, twinning outfits for siblings and father & son. Every garment is quality checked before shipping to minimize customer grievances.

Comfortable, vivid & bright, quirky prints, pastel shades, always light and subtle yet fun; you are bound to find something for your infant, toddler and whippersnapper. ❀

Poetry Tournament for Juniors

"It is a test that genuine poetry can communicate before it is understood." — T. S. Eliot

When creativity blends with words; poetry evolves. The Club organized a recitation of selected and shortlisted poems by the children at the Library on 21st September, 2019 from 5 pm to 6.30 pm.

The children were encouraged to recite poems which were one of its kinds.

The event saw an enthusiastic bunch of participants, the budding writers of tomorrow all aged between 7 and 15. The children lit up the environment with melodious poems recited in their innocent and sweet voices with their own set of thoughts merged well with creativity and expressions. It was really interesting to see children of such young ages to come up with intelligent theme-based poetry. Their talent and creativity was worth appreciating and encouraging. The Club along with their parents became their cheerleaders Ms. Ketie Bagli being the mentor for the day also described a small story which was not only expressive but also had moral for the little kids to understand about life. Though it was a tournament, thankfully our esteemed mentor and audience did not have to pick any winners; it would have been the most difficult task of the day to honour just a few of all the talented young buds. The Club Mumbai was honoured to be the host and witness the amazing talent which our young ones possess and we look forward to such events often. ❀



Our Young Poets:

Ms. Samika Khanna; Ms. Dia Shah; Ms. Tanisshi Agarwal; Ms. Kimaya D'souza; Ms. Sanaya Agarwal; Master Kaabir Jaisingh;
Ms. Saisha Sayed; Master Kaviesh Agarwal; Ms. Manya Bharadwaj; Ms. Aarushi Merchant

UPCOMING EVENTS



Cyclathon

“Bicycles may change, but cycling is timeless”- Zapata Espinoza.
Envisaging the aforesaid quote and to give a boost to the cycling trend in Mumbai and to mark the successful event consecutively for the third time. Ride with us from the The Club, through the highway and climaxing at BKC. This will be followed by a delectable breakfast. Let’s Cycle away all our blues with the Cyclathon.

Day: Sunday
Date: 17th November, 2019
Time: 5 am - 9 am

A Date with Doctors

The club invites eminent doctor members to burst myth of health issues and address precautionary measures to lead a healthy lifestyle @ Westburrys

Date, Day and Time: To be confirmed...



Dr. Ashwini Bhalerao



Dr. Christopher Pedra



Dr. Divyesh Raveshia



Dr. Manoj Chawla



Dr. Lakshana Sharma



Dr. Niraj Vora



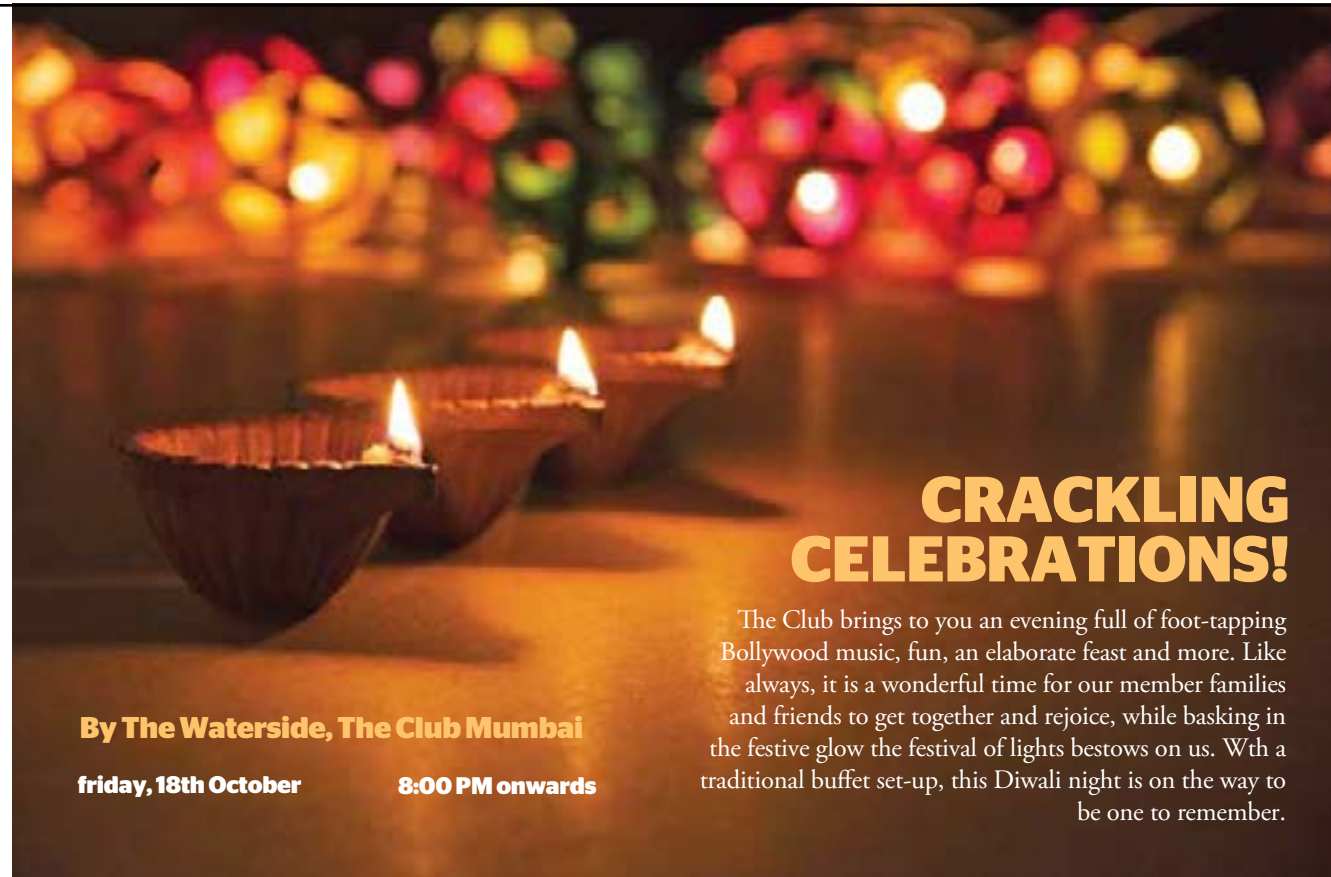
FUN FAIR!

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

Age: 4 & above | Day & Date: Saturday, 16th November
Time: 4:30 PM onwards
Venue: Main Lawns



Date: Wednesday, 23rd October | Time: 5:00 PM onwards | Venue: Colonial Hall @ The Club



CRACKLING CELEBRATIONS!

The Club brings to you an evening full of foot-tapping Bollywood music, fun, an elaborate feast and more. Like always, it is a wonderful time for our member families and friends to get together and rejoice, while basking in the festive glow the festival of lights bestows on us. With a traditional buffet set-up, this Diwali night is on the way to be one to remember.

By The Waterside, The Club Mumbai

friday, 18th October 8:00 PM onwards



HALLOWEEN BAR NIGHT

When : End of October

Stay Tuned for further details...

IT'S FUN TIME WITH BOLDEST HAIR HUES

Take a look at the shower of cool deals offered by Kromakay Salon.

Once upon a time, it was rare to see someone with vibrant hair colour, but that's not the case anymore. The uncommon phenomenon has now become a huge trend with many and the new look lets your creativity and funky personality shine through the boldest and vivid hair you could hope for. Time to let loose this season & indulge in rainbow shades of Pink, Green, Blue, Purple, or whatever your preference may be, there are amazing ways to blend these colours too. From dip-dyed ombre ends to the daring tie-dyed look and using multiple colours to create a rainbow effect. Choices unlimited - Cool-Toned Pastel Colours, Smokey Blues, Fiery Reds, Strawberry Pinks, Envy Green, Jewel Tones, take your pick and plan your next makeover. ✦

So, if you've finally decided to update your hair colour, book your Makeover appointment with the Creative Hair Artists at KROMAKAY Salons!
Call us on 022 66117775. Salon timings 10:30 AM - 8.00 PM, Closed on Monday.



Things you must know when going for Vibrant Colours

RULE : Do a strand test - Choose a hidden section of hair to work with



- These semi-permanent hair colours are known to fade fast
- Pre-lightening and taking proper aftercare can make a huge difference in the outcome
- Wash hair with cold water, as cold as you can take cold water keeps the hair cuticles closed and stops your colour running out. Warm water is an enemy!
- Shampoo as little as possible, semi-permanents will lose colour after each wash so avoid over-washing hair. Dry shampoo is your new bestie!
- No sunbathing, too much direct sunlight will strip all that colour right out
- Avoid swimming, chlorine is another nasty product that will strip the life and colour from your lovely hair so, AVOID!
- High heat styling, put down the straighteners, try not to use high heat styling if possible. Use a styling tool with heat control and go down low! Also look up some no heat styling tips for longest results.

Exclusively for the Festive and Wedding season - Try out our Makeup Services for any occasion, wedding or party and get customized quotes for your event. Get flawless, dramatic, or eye-catching looks from our team of professional experts. So sit back, relax, and let the pampering begin!

DIMSUM WORKSHOP



CHARITY WITH **WEDDING SUTRA**



ANADA LAUNCH PARTY



CHILDREN'S POETRY **TOURNAMENT**



FATHER'S DAY



POP UP WITH CHEF **HARSH DIXIT**



WORLD FESTIVAL OF **POETRY**



LADIES NITE - **WIBES**





NOWASTE FUEL FREE INCINERATOR

We at The Club Mumbai believe in
no-nonsense and NOWASTE

Our CSR Initiative for this quarter is the installation of Waste Disposal Machine called the “NOWASTE”- Fuel Free Incinerator. This was initiated by the management and our Chief Engineer Mr. Abdul Kayyum. The Club is the first organization in Maharashtra to have this machine installed. We aim at generating zero waste with the combined help of NOWASTE incinerator and the biogas plant.

“NOWASTE” is an eco- friendly and economic solution for solid waste disposal which runs on the principle of incineration while addressing and solving the major drawbacks of conventional incinerators like-

- a) Use of Fuel and Resultant Environment Impacts
- b) High Initial Investment
- c) Recurring Costs
- d) Extensive Space

It is a cylindrical chamber of heavy duty carbon steel having super heater lines inside and insulated from outside. It works on Controlled Oxygen Rotating Technology which incinerates solid waste by combustion using atmospheric oxygen, converts it into ash, heat, steam and gas causing minimal environment impact. With this fuel free incinerator we can also generate hot water/ steam. On an average 600 litres of hot water can be generated at 65-70 degree Celsius and stored in appropriate insulated vessels. It is suitable for kitchen, bathrooms, laundry and various other utilities.

The Club is proud to be an avid user user of this technology which is not only eco-friendly but also pocket-friendly. In the era where healthy living and sustainable development are the biggest challenges, our NOWASTE - Fuel Free Incinerator helps in making the challenge a little easier @THE CLUB.



Switzerland.
by train, bus and boat.

Swiss Travel Pass – The All-in-One Ticket

Valid for 3, 4, 8 or 15 consecutive days, the Swiss Travel Pass offers unlimited travel by train, bus and boat across Switzerland

Benefits of the Swiss Travel Pass

- Free & unlimited travel by train, bus & boat
- Free travel for children up to the age of 16 with the complimentary Swiss Family Card
- Free entry to over 500 museums across Switzerland such as the FIFA Football Museum in Zurich, the Olympic Museum in Lausanne and Chillon Castle in Montreux
- Free use of public transportation in over 90 towns and cities across Switzerland
- 50% discount on most mountain excursions
- Unlimited travel on panoramic routes such as the Glacier Express, Gotthard Panorama Express (excluding seat reservations)

To Book, Contact your local travel agent or AMIGO on 91 22 6111 1234 or sales@amigotravels.com



RAIL EUROPE
Inspiring connections



20 YEARS OF INNOVATION, EXCELLENCE, AND RELIABILITY.

From starting in a garage to taking on the globe.

