

Life



The Club
Mumbai

@ The Club

JANUARY-FEBRUARY-MARCH 2020



*Welcoming
2020*



Always You First.

Open a **Savings Account**
and get up to **7% interest p.a.**

Because for us, it's Always You First.

Also applicable for NRI Savings Account



Introducing IDFC FIRST Bank, a bank that always puts you first. It's why we offer 7% interest p.a. with an assured 6% interest p.a. on our Savings Account. So bank with us, and see what it's like to always be first.

Up to ₹1 Lakh - **6.00% p.a.**

> ₹1 Lakh - **7.00% p.a.**

Rates are applicable for domestic, NRE and NRO Savings Accounts. Frequency of interest payout will continue to be on quarterly basis.

Open Your Account NOW

Contact: Prem Anand: 8454093037 or

Visit us at Plot no.12, Ground floor, Rain Basera, Gulmohar Main Road no. 1,
JVPD scheme, Near Sujay Hospital, Mumbai 400058.



idfcfirstbank.com



1800 419 3332

costsaver

value tours
without
compromise

Jewels of Italy - 7 Days

starting from ₹ 80000* p.p.



Your highlights

- **ROME** - Visit to St. Peter's Basilica, views of the Colosseum.
- **PISA** - Square of Miracles, the Leaning Tower.
- **FLORENCE** - Cathedral, Piazza della Signoria & Ponte Vecchio.
- **VERONA** - View the Roman Arena and Juliet's Balcony.
- **VENICE** - Cruise by pvt. boat to St. Mark's Square, Visit traditional glassblowing workshop.

WHY TRAVEL WITH COSTSAVER

- 3 and 4 star hotels.
- Complimentary airport transfers.*
- Daily breakfast and select dinners.
- Must see sights included.
- Expert travel directors.
- Luxurious air-con coach with WIFI.
- Porterages & all taxes.
- Wide choice of Itineraries.
- Unbeatable Prices.

Wonders of Turkey - 10 Days

starting from ₹ 75000* p.p.



Your highlights

- **ISTANBUL** - Topkapi Palace, the Blue Mosque and the Grand Bazaar.
- **ANKARA** - Museum of Anatolian Civilisation and Ataturk's Mausoleum.
- **CAPPADOCIA** - Pasabagi, The Red Valley and marvel at the underground city of Sarhatli.
- **KONYA** - Mevlana Museum.
- **PAMUKKALE** - Cotton Castle springs, Ruins of the Roman health spa of Hierapolis.
- **EPHESUS** - Great Theatre, Library of Celsus, Gymnasium, Temple of Hadrian.
- **PERGAMON** - The Asclepion Medical Centre.
- **TROY** - Ruins of the ancient city, The Wooden Horse.
- **GALLIPOLI** - See Anzac Cove, Lone Pine and Chunuk Bair Cemeteries.

CHOOSE FROM OVER 302 TRIPS WORLDWIDE | HOTLINE: 022 26143300 | www.costsavertour.com



BKC - 66467403 | PALI HILL - 26047573

KANDIVALI - 28010765 | NAVI MUMBAI - 9920118678

trafalgar@club7holidays.co.in | www.club7holidays.com

✈️ **Attractive add on airfares available.**

* Land price per person, includes 10 % disc from club7. Airfare & visas not included. Valid till seats last. Other T&C apply.

MANAGEMENT NOTE

Dear Member,

We wish you a very Happy New Year and all the very best for a new decade as we welcome 2020!

The last quarter of the year was surely exciting and to continue to keep your spirits high this year The Club has a plethora of activities, experiences and opportunities to spend your time of leisure and recreation positively.

This issue of Life@TheClub focuses on women and a few of our members were very pleased to share their journeys in their respective professions and discuss how they aspire to lead a balanced life and make time for leisure and recreation. Thank you to Nityoah Mehta, Aahana Kumra, Dr Divya Chhabra and Hemanti Wadhwa for their inputs for this issue of the magazine.

A look back at the successful Royal Wedding Affair and we are pleased to say that The Club Banquets is a preferred choice for that special day and all the celebrations. And next on our list is the Rosé Fest to celebrate women on International Women’s Day. The activities are being planned so look out for more information that will be revealed shortly.

Our Chefs are cooking up a storm for you at our restaurants especially with the Chinese New Year at the Oriental Wok, the Bohri Kitchen gastronomy at the Garden Grill and some world and regional cuisines at the Waterside.

The Antara Spa and Kromakay Salon will help you steal some time from your routine and relax with all the pampering. The weather is cool and inviting so our outdoors become an opportunity to celebrate Sankranti, Lohri, Holi, the Anada Spring Festival and even your pet dog is invited to a Doggie Day Out at The Club this quarter. The Club would not be complete without our lively children and there are lots of activities planned to keep them engaged and happy including an Art Festival.

If you are looking at a travel destination that is unexplored and enchanting, look no further as we discover Argentina overseas and the Taj Bekal Spa & Resort in Kerala and tell you all about the magic that unfolds there. Lastly, a little touch of kindness and love was shared by our team members with the underprivileged at Sneha Sadan, St. Catherine’s Home and through Fankind.

And as we enter this new decade, we look forward to welcoming you with your family and friends and to extend our hospitality, making every moment you spend at The Club relaxing and memorable.

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
Bharati Khule

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

S T E N T C O N T E N T S



10

COVER STORY

Aahana Kumra shares how she considers The Club as her second home

06

ANTARA SPA

Relax in our couple suite with rose & milk bath

08

MY STORY

Nityoah Mehta loves life and shares her journey with us

09

ROSÉ FEST

Raising a toast to womanhood

10

BANQUETS

Where Weddings are a Royal Affair

13

OUR SALON

Learn to add that perfect glow to your beauty from our trained professionals

14

BEKAL

Take a break for your own sake and spend some time by the backwaters

16

TRAVEL

Read about a few of the many things to do when holidaying in Argentina

18

FESTIVE GLOBAL

We say Happy New Year the Chinese way

20

GOURMET

International cuisine for a great dining experience

26

CHILDREN’S CORNER

Keep your child engaged in meaningful activities

29

READING CIRCLE

Encouraging the budding artist in your child

30

THE ANADA CLUB

After the successful re-launch of Anada, the most awaited Anada Spring Fest is back



32

WELLNESS

Understanding the relation between the conscious and the subconscious

34

HEALTH ZONE

Don't let your New Year fitness resolution break by working out at The Club

36

CSR

The Club and Fankind give it back to society, gift-wrapped

38

LITTLE IVY

Your convenient children store has more!

39

OUR TEAM

Meet our amiable team member and know about her journey so far with The Club

40

PHOTO GALLERY

46

UPCOMING EVENTS

Mark those days in your calendar as Fundays

A DEAR HOUSE OF TALENT - AAHANA KUMRA



Meet Aahana Kumra, a member since she was 16, in a candid chat as she talks about how The Club is her most favourite place. Intelligent, cheerful, effervescent and yet steeped in values, something that is rare in today's young generation. Known as the girl who acted in the controversial Lipstick Under My Burkha, Aahana shares with us about her career, how she unwinds and what The Club means to her...

You have been with us as a member ever since you were 16; what are some of your fondest memories of enjoying yourself at The Club?

I used to love the Bowling Centre and that's where we used to hang-out the most. I would also swim a lot and learned Tennis from Santosh. But I remember if there was any opportunity of spending my free time, it was always at The Club.

You have been a sporty and athletic person, so how did The Club provide you with that need?

My parents always encouraged me and my sister, Shivani to engage in outdoor activities and that's how we would spend all our time at The Club playing outdoor games because this was the only place we could think of. I also think that the Gym is fantastic. I have explored and been to all the gyms available in the city but eventually landed up back to the gym at The Club as I don't think any of them are as good. There is also a great sense of comfort and a feeling of being at home.



How did you evolve as you grew up into an adult? Did you still find visiting The Club and patronizing our facilities in tune with what you required as a young adult?

As a matter of fact, I got more involved as I grew up, I took my personal membership and made immense use of the facilities at The Club like that of the Antara Spa, the restaurants for my meetings, the Westburry's Bar for hanging out with my friends and attending all the events that get organized. Yes, one does want to explore the outside world and other places that friends hang out at but eventually I came back to The Club as I think it's like a nest you come back to after having explored everything in Mumbai. Besides, I don't like clubbing much and traversing through Mumbai's traffic to get to parties. If given a choice, I always prefer home plans with friends.

AS I GREW UP, I TOOK MY PERSONAL MEMBERSHIP AND MADE IMMENSE USE OF THE FACILITIES AT THE CLUB LIKE THAT OF THE ANTARA SPA, THE RESTAURANTS FOR MY MEETINGS, THE WESTBURY'S BAR FOR HANGING OUT WITH MY FRIENDS AND ATTENDING ALL THE EVENTS THAT GET ORGANIZED.



Tell us about your career and how you decided to get into films and the entertainment world?

I joined Prithvi Theatre initially and was assisting in workshops, backstage management and realized this is what I want to do. I wasn't cut out for a day job or a corporate life, in fact, I didn't enjoy it at all. What I wanted to do was something creative and stage related which I realized was part of my personality and self-discovery. Also, if you enjoy what you do and can make money out of it, why not! My parents are very supportive of my choice although initially Dad was apprehensive since he comes from a hardcore corporate background. But eventually he came round too.

What are some films or web series that you have worked in and we should look forward to?

I acted in Yudh as Ambitabh Bachchan's daughter, Lipstick Under My Burkha and Accidental Prime Minister. Some of the web series you can watch me in are - It Happened in Hong Kong, Ready to Mingle, Aisha-season 3, Chutyagiri, Rangbaaz, Bombers and Betaal.

The two films I am currently working on are Khudha Hafiz and How to Kill Your Husband.

In your busy schedule, how do you take out time for yourself?

Whenever I think of getting relaxed, I prefer coming to Antara Spa. It is the best place to relax and pamper oneself. The Reiki by Ronak always helps me rejuvenate and calms me down.

**Make-up by: Richa Jain
Hair by: Hitesh Lamba**



MILK AND ROSES

Pampering yourself and your loved one with a refreshing and stimulating Rose and Milk Couple Spa Treatment which our team and therapist have put together for you with love is the best way to wish your better half a Happy Valentine's Day!



For appointment contact Mr Ronak Jani: +91 - 9833025812

GRAPEFRUIT AROMA THERAPY

DURATION: 60 MINUTES

Grapefruit oil has therapeutic effect on your skin and muscles when rubbed on your body. Its fragrance relaxes you and rejuvenates you. Grapefruit oil, which is extracted from grapefruit flower through cold-pressing technique is used for massage to enhance psychological and physical well-being with its aroma and absorption. The entire body heals when the oil is massaged deep into the tissues. Grapefruit essential oil is largely used in aromatherapy due to a citrus hint. This essential oil is all the more important because it helps in reducing blood pressure and stress levels. It has antimicrobial and antibacterial properties.

ROSE AND MILK COUPLE SPA TREATMENT

DURATION: 150 MINUTES

A couple spa comprising of 60 minutes rose oil massage followed by a rose scrub and wrap for 30 minutes each is the best way to surprise your Valentine. With a Couple Spa Suite decorated just for you with aromatic candles and romantic Spa music to unwind and relax yourself, your Valentine's day plan is sorted for good. After the spa you head for a rose and milk bath where the bathtub is exclusively prepared for you, followed by warm steam and shower.

ROSE SCRUB | DURATION: 30 MINUTES

The rose body polishing scrub exfoliates dry skin and stimulates blood circulation. It helps the body in producing a natural glow as it flushes out the toxins.

ROSE WRAP | DURATION: 30 MINUTES

Improving skin texture, toning, removing dead skin cells and tightening skin tissues are the wonders that wraps do to your body.

ROSE AND MILK BATH | DURATION: 30 MINUTES

For the final touch, step into the bathtub prepared for you with milk and roses to relax your senses and calm your body.

A PRECIOUS GEM IN THE BATHROOM.

SICIS
THE ART MOSAIC FACTORY
Made in Italy

hansgrohe
Made in Germany



The Magic Of
Transparency



Designed By Philippe Starck

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



FROM A LAWYER'S PERSPECTIVE

Practising as a Solicitor & Advocate at Bombay High Court & Family Court, Mumbai, our dear member **Nityoah Suneel Mehta** is a woman of great learning and stories with more than 33 years of experience in taking up challenging and unique cases pertaining to daily lives. She shares her perspective with us...

Books teach us, "2+2 = 4"
Teachers tell us, "2+2 = 4"
Everyone says that, "2+2 = 4"
Politicians make, "2+2=5"
Lawyers always ask, "2+2 = what do you want this to be?"

Born to parents who considered education as the key to life along with goodness, hard work and humility, these qualities were imbibed in me since childhood. I have been now in practice as a Solicitor & Advocate for the past 33 years with training in Psychology Counselling.

Three decades ago, there would be very few practising female advocates and fewer female solicitors. Court appearances by a female lawyer were very limited and people would think twice before approaching a female lawyer but now times have changed. There are a lot of females who are pursuing Law as a career.

There has been a rise in the number of

geriatric divorces in India. Elderly couples are doing what was once considered unthinkable; saying goodbye to their spouses after decades of marriage and moving on. I have handled many such cases. I have come across many aging people who do not want to live a life like a vegetable or on a ventilator in case of terminal illness. I advice them to prepare a 'Living Will'.

Though it is not legally operative, it does help family members to take a decision based on the Living Will of the patient who has set out the do's and don'ts and what the patient desires to be done by the relatives in case of his terminal illness, etc., where the patient is not in a position to communicate his desires. The Living Will is addressed specifically to the treating physician and next of kin.

I have been handling cases related to property and money matters and cases with respect to joint family issues, partition of property, matters relating to Will, testament, etc., along with custody, separation and divorce matters. There have been many landmark judgments to my credit.

As a lawyer, I have to be well equipped with the latest laws, amendments and judgments of High Court and Supreme Court. This work is my passion and I love it. Over a period of time I have learnt time management and it



has made my journey in this profession smooth and easy. I love watching movies, meeting friends, going for long walks and coming to The Club. I love to travel for which lawyers are blessed with many holidays and Court vacations. Always laugh whenever you can, it keeps you off medicines. Ha ha! merriment is a philosophy, it's the sunny side of existence.

Married to a third generation lawyer, we share long working hours and can understand the professional commitments and deadlines of each other's work. Suneel has been a companion and we fight only if we are paid to fight each other... ha ha!

Cheers to all the women who are making a difference at home and at work. More power to us all.

Love to all!



ALL IMAGES FROM SHUTTERSTOCK.COM



She is a nurturer, she is a redeemer, she is traditional, she is modern, she is loving, she is intelligent, she is caring, she is a warrior, a survivor, she is infirm, she is strong, she comes in all shapes, sizes, colours, she is much more...

This Women's Day - **8th March, 2020**, we at The Club will celebrate women from all walks of life, who have not only shattered the glass ceiling but have made a mark for themselves, standing tall and as equal to anyone and everyone out there, serving as an inspiration for many young girls who look up to them as role models scouting them in accomplishing their goals and helping them sail through the tumultuous journey called life.

This year we will not only talk about their successes, we will also share their survival stories, or should we say their warrior tales. Their moments of weakness, their moments of strength, their moments of love from close ones,



their moments of triumph! Yes, we will celebrate it all...

The Pink Glass is that outlet of emotions and inspirations that dwells in us that makes us a WOMAN! A 3-day rendezvous with a selection of women panellists who will come forward to share their narratives, experiences and anecdotes. The event will culminate in an evening where rosé-lovers can flaunt chic pink and white outfits while sipping on refreshing rosé wines. There will be food, live music, all of the rosé cocktails and Rosé All Day wine.



WEDDINGS - A ROYAL AFFAIR

The Royal Wedding Affair hosted at The Club was truly an eventful night, we recollect the moments...

That evening was nothing less than a big-fat Indian Royal Affair at The Club. The top labeled brands pertaining to apparels, jewels and make-up came in partnership with The Club to make the event a stupendous success.

From a widespread scrumptious dinner at our courtyard to a divine decoration by our décor partners, the evening was a spectacular blend of traditional and contemporary Indian wedding elements under one roof.

The joy of the evening did not end here. The Club, in partnership with Riddhima Bhasin a young designer from Delhi, Malabar Gold & Diamonds and Kromakay Salons & Academy delivered an incredible fashion show. The divas for the fashion show were our own members; to name a few: Ridhika Shah, Lucky Morani, Jyoti Kapoor, Priyanka Khanna, Neha Gundecha, Sai Choksi, Shrma Rai, Aparna Sheth, Hemali Jain, Kanika Rawal, Nikita Mago, Natasha Luthra, Pallavi Duvri and Sonam Babani graced the ramp with their walk. It was indeed a grand affair!

If you are looking for a destination for your grand



wedding, The Club welcomes you with its end-to-end services at its banquets. Celebrate your big day with grandeur at our banquets with bespoke décor, unmatched hospitality, delectable cuisine and personalized services.

Experience a remarkable feasting with our best in class curated cuisine selection, attentive yet unobstructed service coupled with our exclusive range of silverware, glassware and tableware. Unmatched quality and deliberation by our in-house event curators will surely leave long lasting impression on your guests.

Our perfectly equipped wedding venues vouch to suit your needs and budget, be it a cocktail party, mehendi or sangeet night followed by the wedding and reception. We provide the perfect ambiance and service backed by warm smiles.

We also provide our experience to help you find and use the best services available in terms of wedding décor, floral arrangements, bridal dressing, makeovers and salon services, still photography and video shooting along with PA and sound system, theme parties, fireworks displays, POP materials such as banners, posters, live performances and DJ music with systems, green rooms, valet parking and wi-fi.



For more information contact Ms Jyotsna: +91 - 8291734677



REINVENT YOURSELF IN 2K20 WITH **KROMAKAY**

Beauty Workshops at Kromakay Salon, The Club

Kromakay Salon at The Club is glad to introduce a fresh concept of Beauty Workshops. Designed for anyone who wants to learn make-up techniques for self or hone their skills as an artist by learning some new tips and tricks.

THE BEAUTY WORKSHOP

It will include make-up artistry and hairstyling techniques for personal grooming; suited for an absolute beginner there are no necessary entry requirements. So get going and plan a group make-up session with your friends or even colleagues and step into the wonderful world of make-up.

This exposure will give you vital hands-on experience backed up with all important theory. We can customize sessions during the week or weekends and plan 3 to 5 days of workshops; where we promise you loads of make-up play time coupled with styling gyan for your gorgeous hair and face.

Personal make-up sessions will cover the use of all techniques and products

to get a full glam look. You will learn to create the shimmer, traditional and smoky looks through quick and easy steps. We will teach you the perfect classic cocktail look or how to smoke it up and of course, putting on those lashes effortlessly when you're brunching with your ladies on a weekend because it is all about those eyes which will help you hold them captive.

Personal Hair Sessions will enable you create unique hairstyles and excel in creating your own style statement with proper practice and expert tips from the trainers. The course starts with guidance on hair essentials like products, tools and equipment for hairstyling and texturing. Trainers will guide you through professional products and their uses.

Kromakay Academy, established over a decade ago, aims to unleash new talent in the booming hair-dressing and make-up industry. It is a space where beauty is transformed into art!

The programme includes hair and

make-up training courses for beginners and professionals. The training institute based in Khar is headed by Pooja Desai – Academy Head. Each course is aimed at building strong fundamentals of creative expressions. With sole focus and passion directed towards hairdressing and make-up training, the institute is a hub of creativity and provides diverse knowledge and skills.

Over the past decade Kromakay Academy has mentored over 100 students, who have been a part of over 36 hairdressing and make-up programmes.

Our journey includes many success stories including providing personalised hair and make-up training for Mr. and Miss India delegates for the past four years.

So start the New Year with a Bang! Break free from the regular rut and learn the easy way to personal hairstyling and make-up. What, When, and How to use it; learn it the right way!





TAJ
BEKAL RESORT & SPA
KERALA

CAPTIVATING TAJ BEKAL

Our dear member and an avid traveller Ms Hemanti Wadhwa shares her experience with us of unwinding by the sea at Taj Bekal. She writes...To travel on paths other than the routine in search of the self, realization and evolution is a significant reason why one takes a vacation. Usually it's a just another beach or a mountain destination as a getaway to unwind from the routine schedule but since we had heard so much about this beautiful and serene place of Taj Bekal at the Club that we had made a mental note to visit this place and we did it really soon...



even more pleasing when we attended the daily evening events with themes interestingly organized. Karaoke evening was one fun event, when we got nostalgic singing the songs from 60s and 70s. We also enjoyed the company of the warm and hospitable staff who shared their life experiences.

All about Bekal

With a beach and backwaters on the either side of the Taj Bekal, Kerala, the luxury beach resort has 66 laterite villas and rooms inspired by the design of Ketuvallam houseboats to beckon you in. Scattered leisurely all over the property, the luxurious accommodations give 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. To add to it our trained therapists at internationally renowned Jiva Spa 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.

Vacation at the Taj Bekal, was an enthralling experience where the backwaters appear to fuse into the Bekal beach, would love to visit it again!

My brother, Chetan and I got away from the forever under-construction city of Mumbai and sought some tranquil time on the private beach at Taj Bekal, Kerala.

Though the place is located in Kasargod, Kerala, the simplest way to reach is about 4 to 5 hour's drive from Mangalore International airport. Some of the nearby places to visit are the Kappil beach, Bekal Fort and some local traditional temples. However, we opted to absorb the green and serene beauty of the property and take solitude walks at the Bekal beach. The room that we got was super spacious with a courtyard that had a traditional swing where one could enjoy a siesta. The enchanting backwaters are truly similar to Heaven on Earth as its stillness reflected the birds and trees.

The rhythm of the seashore was therapeutic and healing, it rejuvenated the mind and the soul. To add to it, attending a Yoga session taken by an expert who assessed our stamina and

taught us some postures to improve flexibility was the best experience. Thereafter, we were taught some pranayama to regulate our breath. We indulged and de-stressed at the Jiva Spa with a variety of ayurvedic treatments to rejuvenate the pranas. You would be lucky, if you spot some peacocks at the deserted garden near the Jiva Spa. We were awestruck by the visual of these heavenly birds.

The day was summed up with dinner at 'By the Bay' where they serve customized Kerala cuisine. We were served some relishing customized vegetarian meal of sambhar, rice, appam and south Indian pickles. Fish and wine lovers must visit this restaurant which gives a beautiful 180° view of the beach in the moonlight.

One can even connect with other guests at the backwaters near the swimming pool where they serve complimentary tea/coffee/Horlicks and local savouries in a conventional cart that you see at the Club, Mumbai too.

A pleasant break from work felt

**For booking contact
The Club reception: +022- 66 11 7777**

ENCHANTING ARGENTINA

No matter what your interests may be Argentina is the go-to place for one and all because it strikes the perfect balance between leisure and adventure...

Bordered by countries like Uruguay, Brazil, Bolivia and Paraguay, Argentina is famous amongst tourists. While the majority of the population speaks Spanish which is also their official language, the people are warm enough to welcome one and all with linguistically diversified backgrounds. In terms of geographic array, Argentina has pleased mountaineers and scuba-divers alike.

Argentina has a rich history in terms of the early settlements dating back to the Paleolithic Age and the influence of French and Italian designs in architectural marvels. Dominated by a Catholic population, Argentina has some famous churches such as Cathedral of Basilica and Convent of St Francis in Salta.

The land is blessed with beautiful bioreerves and natural scenic sites. To name a few and a must visit would

be Tierra del Fuego National Park, Puerto Madryn, Ushuaia, Mar del Plata and Iguazú Falls. With the temperatures being tourist friendly round the year, one can enjoy the city as well as countryside life together.

Though there is significant influence of European culture, Argentina is a place where



people of varied cultures can be found cohabiting the country. Due to its rich cultural heritage, there are various museums to visit which have not just artefacts but also the diverse marine life on display. Argentina is a paradise for all sports enthusiasts, be it their national sport Pato (a game played on horseback that combines elements of polo and basketball) or the most popular one Football. Watching Messi play could be a dream come true for most people.

Good food has always been a highlight and a crucial decisive factor for a trip to be called really pleasant and enjoyable and Argentina does not fail in providing it. From a wide and creative variety of pastas and pizzas to traditional dishes like Locro, Asado, Empanada, Choripán, Dulce de leche, Milanesa and Provoleta to name a few, the visitor has much more to look forward to.

To sum-up, you can be



a part of and enjoy local festivals such as Tango Buenos Aires Festival, Cosquín Folk Festival, Oktoberfest Festival of Beer, etc., where people sing, dance, feast, drink and showcase their talents. It will ensure that the fun quotient doesn't end with just sightseeing and gorging on local delicacies.



CHINESE NEW YEAR

It is the year of the Rat and the Chinese New Year is all about festivities. From taking a break from work and spending time with the family to feasting on traditional Fa Gao and sugar candies, here is what they do on these auspicious days of the New Year...

WHAT THEY WEAR!

The Chinese people make it a point to wear only new clothes on the auspicious day of the Spring Festival as it marks the beginning of everything new. People opt for traditional clothing such as Tang Suit, Qipao, Cheongsam, Hanfu and shoes with hair accessories of Rhinestone Crystal called rén sheng to wear on this day.

WHAT AND HOW THEY CELEBRATE!

The Laba Festival

It marks the beginning of the Spring Festival. On this day people hold ceremonies where they pray to ancestors and gods for a successful harvest and fortune. It is a popular belief that eating rice on this day saves you from having stomach aches for the rest of the year.

The Spring Festival

Preceded by the Little Year, The Spring Festival is nearly a 14 days' long affair succeeded by the Lantern Festival. For these 14 days they perform each ritual with honesty, spend time with friends and family and go out to enjoy a fair and eat sugar candies. Each day has a tradition/ceremony for the day. Starting from 17th January, 2020, here is what people will do to prepare for the year ahead...



ALL IMAGES FROM SHUTTERSTOCK.COM

The Spring Festival is followed by a number of days such as New Year's Eve, To the In-law's, Day of the Rat, Sheep, Horse, Human, Millet and Son-in-Law, Break Five, Providence Health and Stone Festival

On these days the Chinese people clean their houses to sweep away bad luck and pray to different gods. Families host reunion dinners, give their children red envelopes and gifts to neighbours/ family members. They seek blessings from the elders and burst firecrackers. With the



WHAT THEY EAT!

Their main course comprises of Spring Rolls, Dumplings, Noodles, Steamed Fish, Steamed Chicken, Nian gao, Hot pot; they binge on snacks such as Baked Seeds, Malt Candy, Candied Figures and Haw, Peanut Candy, Popped Rice, Ginger Candy, Fried Dough Twists, and for sweets they have Ox Tongue Pastry, Persimmon Cakes, Turnip Cake, Osmanthus Jelly, Jujube Flower Cakes and Ai Wo-Wo.

They also have a tradition to drink fine wine and tea with their meals to celebrate the New Year.



homecoming of a married daughter, the longing and love for her hometown is celebrated. A feast is held with three elaborate food tables laid, the first has kumquats and sugar canes for a successful road and sweet life ahead, the second table has cake and the third one has whole pig, whole chicken, whole fish and soup, which is the main course table. People eat the seven-gem porridge and let out birds and pets in their natural habitat to show respect to nature.

People eat baked bread to open a smooth way to good fortune. Leftovers from Tiangong Sheng after the meal from the previous day are used to treat the in-law on the Son-in-Law day.



Lantern Festival

People make lanterns and play lantern riddle games. People light lanterns in the hope of adding children to the family. They eat rice balls for dessert, which represents reunion.



CHINESE NEW YEAR POP-UP WITH CHEF JUGAL

23rd JAN to 26th JAN at ORIENTAL WOK

Born in Darjeeling 'Queen of Hills', Chef Jugal spent most part of his youth in Kolkata 'his second home' where he fell in love with food and became passionate about Global Asian Cuisine. With around 15 years of rich experience in the industry, he is now an Exclusive Pan-Asian Chef famous across various cities of the country. At the Pop-Up, you will get to taste some of his world-famous delicacies.



KOREAN FOOD FESTIVAL

(14th FEB - 28th FEB)

If you are a Korean food lover, it is the best time for you to visit us as our chef has some amazing Korean dishes in store for you, your valentine, friends and family. The list goes as: Hoeddeok (sweet syrupy pancakes), Bulgogi (marinated lamb barbecue), Samgyeopsal (pork strips), Japchae (stir-fried noodles), Kimchi (fermented vegetables), Ddukbokki (spicy rice cake), Sundubu-jjigae (soft tofu stew) and Bibimbap (mixed rice)



THAI FOOD EXTRAVAGANZA

(13th MAR - 27th MAR)

When you think of Thai food, the picture of freshly prepared Thai Curry manages to make your mouth water and leave you craving for it. Here you will have all your fantasies about Thai food fulfilled with a line-up of dishes prepared to give you the most authentic Thai food flavours and leave you wanting for more. What we have on the menu for you is Chicken Satay, Tom Yam Soup with Mushrooms, Gaeng Daeng, Thai Green Chicken Curry, Som Tam (papaya salad), Thai Fish Green Curry, Khao Klukh Krap (rice with shrimp paste) and Pad Krapow Moo.



For bookings contact Mr Anas Raza: +91 - 9833649846



GARDEN GRILL



POP-UP WITH THE BOHRI KITCHEN

17th JAN to 19th JAN at
GARDEN GRILL

JANUARY TBK

The Bohri Kitchen is coming in association with The Club, Mumbai for a Pop-Up this January at Garden Grill, where you would find Bohri-roasted Raan, Cream Tikka, fiery Red Mutton with a Ghee-laden Gakhar, Thaali, Mutton Khichda with Khammi Roti, Mailai Khaja. They say, "The Bohri Kitchen's sole mission is to feed and make people experience this lesser-known cuisine"; we too want our members to be a part of this drool-worthy cuisine experience.

MUNAF KAPADIA THE BOHRI KITCHEN

Keeping the Bohri traditional taste alive and introducing it to the world is Munaf's passion. His love for food gave him the faith to build The Bohri Kitchen, which also started as a project to keep his mother busy by serving a traditional feast cooked by her at his simple Colaba Apartment. The Bohri Kitchen has grown ever since and is now a known name amongst the commoners and celebrities alike.



FEBRUARY

KUKAD MEAT TE MACHHI

An endeavour to provide guests an unforgettable experience by showcasing an elaborate preparation of delectable Chicken, Lamb and Fish dishes. The fare is a culinary delight for all non-vegetarian lovers, with delicacies such as Fish Pakora, Afgani Chicken, Amritsari Kukad, Badami Murgh Seekh, Tandoori Murga, Mutton Boti Tawa Masala, Kasturi Kebab, Mutton Chaamp and Achari Machi Tikka cooked to perfection and served with an unparalleled flair.



MARCH

RAMPUR FOOD PROMOTION

The cuisine of Rampur is historically the food of the Mughals, just like the cuisine of Awadh. However, the characteristic difference between the two is that unlike Awadhi cuisine, Rampuri cuisine is not perfumed with ingredients like *kevda*, *ittar* or rose water. While there is use of heady spices like saffron and nutmeg, they are used in subtle quantities. Here we bring to you some of the famous Rampuri cuisine dishes like Doodhiya Biryani, Mahi Seekh Kebab, Handi Murgh, Taar Qorma, Mehtabi Paya Nihari, Subz Makhana Qaliya, Dal-e-Mumntaz and Gir Ke Yaquiti.

For bookings contact Mr Anas Raza: +91 - 9833649846



SPANISH FOOD FIESTA

(3rd JAN – 17th JAN)

Spanish food is often recognized as one of the top cuisines in the world, and some traditional Spanish dishes and recipes date hundreds of years back. Food has become as integral to Spain as its rich and tumultuous history, with each region of Spain – once a collection of numerous, distinct kingdoms – boasting their own unique cuisines and flavours. What you get to try out is Tortilla Espanola, Spanish Ratatouille, Bean Stew, Paella, Gambas Ajilio, Croquettes, Pan Con Tomate, Ensalada Mixta, Pina Brava and Souffle de Chocolate.



For bookings contact Mr Chandan
Debnath: +91 - 9819530962



DEVOUR KERALA FOOD

(7th FEB – 21st FEB)

Kerala's culinary diversity—from its interior plantations to the coastline is known to one and all and we have got it for our members in Mumbai to indulge in the delicacies without any guilt. The dishes on our menu are: Malabar Parotha with Pachakar korma & Mutton Pepper Fry, Meen Pollichathu, Chemmeen Thenga Kothittathu, Koon Mulakittathu, Kozhikkodan Chicken Biryani, Nattu Kozhi Perattu, Appam with Vegetarian Stew & Mutton Stew, Erissery and Pacha Mango.

BENGALI FOOD PROMOTION

(6th MAR – 20th MAR)

What else is Bengal famous for apart from Rosogulla, we help you discover all that and spoil your taste buds with a host of delicious items such as Kabiraji Cutlet, Aloo-r-chop, Luchi aur Aloo-r-tarkari, Golbarir Kosha Mangsho, Sukto, Dhokar Dalna, Dal Chandrachur, Machher Jhol, Malai Sandwich and last but not the least Rosogulla specially prepared by our chef for you.



PATISSERIE



JANUARY

STRAWBERRY INDULGENCE

Any meal is incomplete without satisfying your sweet tooth and we have the best place for you to do that. For the month of January we have Chocolate covered Strawberries, Frasier (French cake made with strawberry, sponge & cream), Strawberry Chocolate Chip Scones, Strawberry Cheesecake, Strawberry Coffee Cake Muffins, Rustic Strawberry Galette, Strawberry Banana Bread and Cream Cheese Strawberry Cookies for you on our menu.

FEBRUARY

VALENTINE FEAST

The best way to celebrate Valentine's Day is by heading to a sweet place and indulging in some sweet surprises together with your Valentine, with our Sweetheart Cheesecake, Red Velvet Cake Bites, Red Velvet Ganache Trifle, Heart Cookie Sandwich, Apple Rose Tart, Valentine Doughnuts, Valentine Day Cookies and Raspberry Meringue Hearts.



For bookings contact: +91 - 8291734683

MARCH

CRAZY FOR DOUGHNUTS

This one is special for all the doughnut lovers out there. Your very own Patisserie is baking some for you with utmost fondness and precision. You will not have to wait for too long to just grab a bite of Chocochip Cookie Doughnut, Blueberry Doughnut, Apple Pie Doughnut, Coffee & Cream Doughnut and Honey Glazed Doughnut to fulfil your cravings for something sweet.



Thai Green Chicken Curry

INGREDIENTS:

- 500 gm Chicken-boneless, Cubed
- 2 tbsp Oil
- 1/2 cup Finely Chopped Onions
- 1 1/2 tbsp Thai Green Curry Paste
- 1 1/2 cup Coconut Milk
- 1/2 cup Water
- 6 Lime Leaves - Chopped
- 1 tbsp Finely Chopped Basil Leaves
- 1 tbsp Finely Chopped Lemon Grass (thick base)

METHOD:

- Heat the oil and add the onions, saute till they are soft
- Add the curry paste and stir fry to mix well
- Add chicken pieces, saute over high heat till opaque
- Add water and cook till chicken is tender
- Add the coconut milk, lime leaves, basil leaves and lemon grass and bring to a boil
- Lower the heat (simmer) and cook for 3-4 minutes
- Finally serve hot with boiled rice on the side!

Kasturi Chicken Tikka

INGREDIENTS:

- 150 g - Boneless Chicken Breasts
- 200 g - Hung Curd
- 100 g - Cheese
- 2 - Eggs (whites only)
- 30 g - Ginger Garlic Paste
- 1/2 tsp - Red Chilli Powder
- 1/2 tsp - Turmeric Powder
- 1/4 tsp - Elaichi Powder
- 1/4 tsp - Mace Powder
- 4 drops - Meetha Atar
- 1 tbsp - Rose Water
- Juice of 3 Lemons
- 50 g - Dry-roasted Besan
- 1/2 tsp - Shahjeera
- Salt to Taste

METHOD:

- Cut the chicken breasts into long strips
- Add salt, lime juice, red chilli powder and turmeric powder to the chicken strips and rub well into the flesh
- Using your hands, make a fine paste of the grated cheese and hung curd
- Add the cheese paste to the chicken breast and mix well
- Add the rest of the ingredients and mix well
- Leave to marinate for 2 hours
- Cook in a tandoor for 30 mins, or grill in an oven at 275-300 degrees F till golden brown.
- Serve hot!



FRIDAY ACTIVITY

Let children be the best of themselves on every Friday at The Club!

JANUARY

24th January, 2020 :

Mosaic Workshop

Age group: 4 years and above

Time: 5:00 PM onwards

Venue: Gardenia

31st January, 2020 :

Bottle/ Mason Jar Art Workshop

Age group: 4 years and above

Time: 5:00 PM onwards

Venue: Poolside / Library

FEBRUARY

14th February, 2020 :

String Art with Fairy Lights -
Valentine Special

Age group: 4 years and above

Time: 5:00 PM onwards

Venue: Poolside

MARCH

13th March, 2020 :

Fluid Art - Coaster Making

Age group: 4 years and above

Time: 5:00 PM onwards

Venue: Poolside

20th March, 2020 :

Alcohol Ink Art Workshop

Age group: 4 years and above

Time: 5:00 PM onwards

Venue: Poolside

SUNDAY BRUNCH ACTIVITY

VENUE: POOLSIDE, THE CLUB

TIME: 10:30 AM - 1:30 PM

AGE GROUP: 4 YEARS AND ABOVE

Date

Activity Name

5th January, 2020

Crayon Canvas Art Class

12th January, 2020

Kite Decoration Activity

19th January, 2020

Pot Your Plant Activity

26th January, 2020

Indian Flag Canvas Painting Class

2nd February, 2020

Name Keychain & Necklace Making Workshop

9th February, 2020

Making Valentine Card for Parents Activity

16th February, 2020

Pot Painting Class

23rd February, 2020

Bottle Sand Art Workshop

1st March, 2020

Crayon Making Workshop

8th March, 2020

Lip Balm Making Workshop

15th March, 2020

Hanky Painting Activity

22nd March, 2020

Soap Making Workshop

29th March, 2020

Vegetable Printing of Paper Bags Activity

ALL IMAGES FROM SHUTTERSTOCK.COM



THE CLUB CHAMPS PRESENTS
THE ART CARNIVAL
AN INTERACTIVE ADVENTURE FOR KIDS!

Art is quite simply a magic key for most children; it not only opens the mind of the learner, but reveals a way to endless delight, challenges and opportunities.

Art is considered a great way for children to express themselves, convey ideas, emotions etc. At the same time, holding paint brushes, crayons help by strengthening their muscle control and eye-hand motor co-ordination.

The Art Carnival is a platform for children to express themselves and have fun through drawing, sketching, painting and much more.

Date: Sunday, 23rd February, 2020
Time: 4:00 PM to 7:00 PM
Venue: Main Lawns

4th January, 2020
CALENDAR MAKING

11th January, 2020
KITE FESTIVAL

18th January, 2020
WARLI ART

25th January, 2020
REPUBLIC DAY CELEBRATIONS

JANUARY

Our young members learn to make pocket friendly calendars for everyday use.

Kids learn to make kites, get to play with them and have a gala time, sounds like a plan! Also, they make Northern Lights-themed cards and post it to Rovaniemi.

In a fun art session, children will learn to make our traditional Warli Art figures.

Since its Republic Day, the kids make Thank You cards for our soldiers, who would be standing tall at the borders in the line of duty. Children also learn about Siachen Glacier and other glaciers in the world on this day.



1st February, 2020
WIND MILL MAKING

8th February, 2020
FUN WITH FINGERPRINTS

15th February, 2020
SPRING SPECIAL (MAPLE LEAF PAINTING)

22nd February, 2020
LET'S CELEBRATE MARDI GRAS

29th February, 2020
LET'S CELEBRATE NATIONAL SCIENCE DAY

FEBRUARY

What a fun way to make your own toys, the young members in this session will learn how to make paper windmills.

This activity aims at teaching children to know amazing things about their fingerprints and make fun figures using sheets, paint and fingerprints!

The kids paint their sheets using real maple leaf and paints.

The Mardi Gras craft gives children a chance to create some fun accessories for themselves.

The forever curious kids learn to make scienc-y toys and also take them home with themselves!



IMAGES FROM SHUTTERSTOCK.COM

7th March, 2020
HOLISPECIAL (TOOTHBRUSH PAINTING)

14th March, 2020
BUTTERFLIES DAY

21st March, 2020
EGYPTIAN ART

28th March, 2020
EARTH DAY

MARCH

Toothbrushes can also be fun to use when dipped in colours, our little artists learn the art of making toothbrush-painted cards in this session.

Making beautiful butterflies and their source of nectar (paper flowers) is what children learn and enjoy making in this activity.

Egyptian figures' mask-making activity for children.

On the occasion of Earth Day the kids commemorate Mother Earth by making cards and paper baskets and taking a pledge to protect it.





THE HAPPENING ANADA CLUB!

The Anada Club and The Spring Fest have been the most popular things of the town and in this piece we read about the two in detail...

The Anada Club presents a plethora of activities, gourmet food, exceptional beverages and much more for the entire family to enjoy in the form of “ANADA SPRING FEST” that will be hosted on Saturday, **22nd February, 2020 from 4:30 PM onwards.** The Anada Spring Fest, which is one of the most popular events organized by the Anada Club is liked by the members and others alike, drawing in people in large numbers.

With the onset of spring in 2020, the Anada Spring Fest has scaled to an altogether different level of class and style. This year's Spring Fest is more evolutionary than revolutionary. Focus is shared with Spirits as well as Wines, with the participation of our Anada Club Partners, who are eager to showcase their array of Wines & Spirits of varied range for tasters and retail as well. One might be spoilt with choices!



For registration contact Mr Samir Gupte: +91 - 9820988918



As we welcome spring we also put together activities revolving around the spring theme with bright, vibrant colours adorning The Club's lawns as if to say a rainbow has descended upon the venue.

Keeping up with the tradition, the Anada Spring Fest will continue to feature its eminent grape stomping of around 250kg of grapes encompassed, waiting to be crushed in a frenzy of bare-feet. It's the most enjoyable and most awaited part of the event.

Also, explore and shop till you drop at the 'Flea Marquee' for some traditional shopping with a modern twist. We bring together products that you may have never seen before from artisans, craftsmen, potters and from far-flung places within India and overseas.

Our live band will keep you grooving and your spirits high. Pun not intended. To round up this fantastic evening, there will be gourmet degustation covering global cuisines from Far-East to Middle-East and Western delectables with tantalizing flavours to satiate the pickiest gourmand.

Truly an evening not to be missed!

Exciting Events organized by the ANADA CLUB

- Y Malt in our Stars!
- Y Tilting Pint, a Craft Beer Fest
- Y Whisky Masterclass
- Y Planning your Wine Bar & many more...



THE TALE OF TWO HALVES OF THE BRAIN

Given that our lives these days are full of stress and diseases, we got our dear member **Dr Divya Chhabra** (BHMS, MD)—a consulting homeopath to enlighten us on what the roots and cure of the problem are...



As we live our lives thinking, analyzing, taking conscious decisions we feel complacent that we are in control of our lives and health. But are we? 95 per cent of our brain is not the 'Thinking/Conscious brain' but the Automatic/Unconscious brain. It is this automatic or unconscious brain that is controlling our body functions. And thank God for that. For if we had to constantly tell our lungs to expand, our mitral heart valve to close, while the aortic valve opens and vice versa, our kidneys to filter the urine, etc., that is all we would ever be doing! Forget going to Mars or the Moon, we would not be able to leave our home (Ah! but in reality we would not even have a home)...

Hence, when we say stress today is a major cause of health disorders like Diabetes, Hypertension, Irritable Bowel Disease, Autoimmune diseases like Colitis, etc., do we mean it is the stress that the Thinking brain recognizes or the stress that is recognized by the Automatic or Unconscious brain (i.e. that which we are not conscious of)? Stresses like financial, family, world affairs, relationship issues are widespread. Yet one person with far more stress is healthy while another with less stress is a victim of many diseases. What then is the difference? Why do we seem to handle great life stresses with calmness but lose it to an irrational degree, if the curtain is crooked or tea not well made or other such trivial triggers.

The difference is due to the fact that the two halves of the brain differ in the way they function. In any event in life, the Conscious brain recognizes the theme or main thought about the event while the Automatic brain, which is constantly receiving input from the nerve endings of the 5 senses i.e. the eyes, nose, ear, skin and tongue;

is seeing the entire event as a scene or an image or a movie in 5D. It is unconditionally transferring data about the car that almost hit you, and the coincidental mound of tomatoes on the vegetable cart by the wayside (in a busy vegetable market), equally.

At the same time neurochemicals are produced in the brain and other organs such as the adrenaline. This visual of the car and the tomatoes gets associated with the physical response of palpitation, trembling and sweating that we recognize as the emotion of anxiety (due to effects of adrenaline). These associations are in the form



IMAGE FROM SHUTTERSTOCK.COM

of nerves forming connections with each other, like electrical wires, thus forming neural circuits.

In early childhood, the brain is very active. It is receiving new data all the time and making new associations constantly. This is how we learn.

We associate the sound of 'woof woof' with the visual image and the 'word dog'.

This is one neural circuit. The incident of

the car almost hitting and a mound of tomatoes that I narrated to you, if occurs in early childhood can form a neural circuit of tomatoes and palpitations i.e. anxiety, by repetition. For example, following the first incident, the child passes the vegetable market again and again on a very busy street with honking and people pushing, which activates his adrenaline response again; making a fixed connection of tomatoes and anxiety much like a Pavlovian circuit.

It is such associations formed that result in irrational stress responses to trivial triggers that we have no idea about hence cannot take effective steps against them. If I know that I am stressed because I don't have a job, I will apply for jobs, invest my money safely. But when the circuit from the automatic brain is active and a mound of tomatoes is triggering the same stress adrenaline response, I don't even know it, so how can I take any effective steps towards it. Adrenaline raises blood pressure, increases mobilization of sugars, flooding the system with glucose as our inherent response for survival. This occurring repeatedly eventually causes changes

in the organ itself (pathology) now keeping the blood pressure high all the time or sugar levels high all the time (diabetes).

Stresses that we are conscious of and know about, we can talk to parents, mentors and counsellors to find effective ways to deal with. But the stress circuits formed in our Unconscious brain which we do not consciously register play on without us recognizing them.

The Homeopathic system of Medicine is one way of solving the stresses in the Unconscious and hence, restoring and maintaining health.

The homeopathic remedies are greatly diluted (potentisation) till they are in the form of Nanoparticles. Nanoparticles are known to cross the blood-brain barrier. While this requires more research, it is likely that the homeopathic remedy acts on the neurotransmitters in the Unconscious brain inhibiting such associations (stress circuits) that exist.

The Homeopathic practitioner thus takes the symptoms of the disease and then advises the investigations to make a diagnosis, example: Idiopathic Hypothyroidism or Ulcerative Colitis, etc. But this for a homeopath is half the process. She/he then takes symptoms that are individual and particular to that patient alone, and are not common to all patients with that disease. For example, If I have lost my job and start counting my money or checking my bank accounts, this would be common. But if I start hoarding chocolates in my fridge, this is coming from some associations formed in the Automatic brain.

Similarly, most people lose appetite with fever, but if a patient narrates that his appetite increases to double during fever, it is again indicative of some associative circuit in his automatic brain.

The homeopathic practitioner collects these 'individualizing'

symptoms. The dreams are a bridge to the Unconscious brain and are often clear indicators of its associative circuits. Dreams are hence, very important data for the homeopathic practitioner. Having collected these 'pointers' of the neural circuits being triggered in the Automatic/Unconscious brain, they are then matched with the correct homeopathic remedy.

The therapeutic data of homeopathic medicines is collected by testing on healthy human subjects, called Homeopathic 'provings'. The principle of homeopathy is Similia Similibus Curetur—Like Cures Like. Hence, a medicine that created the same individual particular symptom group in a healthy person will, when administered to a person who has those same individual symptoms associated with his disease, cure him.

It is thus, that homeopathy has demonstrated a 'cure' in conditions like Hypothyroidism, where the patient need not take the thyroid hormone supplements lifelong, or PCOD where without hormones the cyclical rhythm and level of hormones reaches a normal function. Autoimmune conditions like Rheumatoid and other arthritis, Ulcerative Colitis, etc., also show significant benefit with homeopathic treatment.

The Unconscious brain has been recognized and used in the field of advertising since time immemorial. Economics and sociology in the last decade have brought the Unconscious brain to the forefront (Dan Ariely-Predictably Irrational). The field of neuroscience has taken great leaps within the circuits of the Unconscious brain in the last decade. It is time we as practitioners and as patients recognize what 'we cannot see' and begin to 'see' it. We will thus, move towards a healthy and rational universe.

EVENTS UPDATE



Celebrating the national winners in tennis in India over the last 25 years, the TSG AATC Tennis Elite Coach & Former India No. 1 Isha Lakhani was felicitated by the Olympic silver medallist and former Union Sports Minister, Col. Rajyavardhan Singh Rathore in Delhi on 30th September, 2019. This event was National champions' get-together to celebrate Fenesta Tennis.

Isha Lakhani has won 4 Singles and 7 Doubles titles on the ITF tour. She has represented India in Fed Cup four times and twice in Asian Games in 2002 and 2006 (where she won a silver medal). She was given the Shiv Chhatrapati Award in the years 2007 and 2008 for being former India No. 1 tennis player.

The Club, Andheri is the hub for all TSG AATC and she is the program head for Tennis.

NBA BASKETBALL SCHOOL - INTER CENTRE TOURNAMENT MUMBAI

The first ever NBA Basketball School Tournament in India at The Club with 130+ participants was held on 17th November, 2019. There were 51 girls and 81 boys who participated in the tournament. NBA Basketball School Coaches from both the in-school and after-school programmes worked together to organise and execute the tournament. Age categories were U8, U10, U12 for which two tennis courts were used and one basketball court for U17. Winners and Runners-up were given medals and certificates and the winning team received trophies for their performance. Teams from The Club won in the U8 & U17 categories with Shaarav Shah and Vedant Thakur winning the MVP for their respective categories. All participants were given participation certificates for their dedication shown and MVP trophies were given to one student per age category for their performance and leadership on court.



EVENTS CALENDER



ENROL @ THE HEALTH ZONE

10th January, 2020: One Minute Challenge at the Gym
Compete with each other in 'Minute to Win It' activities
Age group: 18 years and above
Time: 6:00 PM onwards

12th January, 2020: Jogathon
We are back again, this time we take you on a new journey led by Mr R Suresh & Ms Vineeta Panday from The Club to Bhavan's Campus and back. Followed by a healthy breakfast after you have burnt some calories!
Age group: 18 years and above
Time: 6:30 AM onwards

18th January, 2020: Kids Cricket Tournament
Underarm matches for members and their guests
Age group: 8 to 17 years
Time: 5:00 AM onwards

19th January, 2020: Adults Cricket Tournament
Underarm matches for members and their guests
Age group: 18 years and above
Time: 4:30 PM onwards

6th February, 2020: One Minute Challenge
Compete with each other in 'Minute to Win It' activities
Age group: 18 years and above
Time: 6:00 PM onwards

9th February, 2020: Relay Races – Jogging/
Swimming/Cycling/Tele Game
Team activity – get your own team and battle it out with the others
Age group: 18 years and above
Time: 7:00 AM onwards

22nd February, 2020: Kids Football Tournament
Members and their guests enjoy a game of football and see who gets to win the trophy
Age group: 8 to 14 years
Time: 4:00 AM onwards

Cricket Tournament

For more information contact: Health Zone

FANS AND STARS HAVE A GALA TIME WITH FANKIND

Fankind.org is a fundraising website that curates celebrity experiences for fans, while helping raise funds for NGOs across the country.

I have been fortunate to receive fan love because of my brother, and I have seen first-hand the love that my family receives from their fans. Arjun *bhaiya's* (Arjun Kapoor) fans have always been the sweetest to me — sending me *duas* and prayers when I'm unwell, sending me personalized handmade cards, they even named a star after me for my birthday! I truly believe fan love is genuine. They don't even know the celebrities on a personal level but they still choose to shower them with blessings, love and good wishes, with almost no expectations in return. I've always felt that this kind of pure love must be recognized, amplified and rewarded in some way.

The final piece in the puzzle was seeing the wave of love and positivity showered on my cousin during her wedding last year. In today's world where everyone is fast to judge, troll and pass comments, seeing them receive an abundance of love and *duas* from complete strangers made me want to do something to help give back some of the joy to this community of well-wishers. I was working on another venture that had a huge giving back via charity component to it - a huge part of that was because of my mother.

Our mother always said that in order for the people around us to be able to move forward and prosper as we do, we must always share the wealth. So once the spreading joy to fans bit was decided in my head, it felt like the next logical step was to have



a social impact angle to it as an ode to everything our mother stood for. So a neat combination of creating special memories and magical moments for fans along with giving back to the community and country we belong to is how Fankind was born.

With each celebrity association, we curate an authentic, money-can't-buy experience and associate it with a charity (registered NGO in India) that the celebrity is passionate about. These experiences go beyond the standard meet and greets, and give the fans a chance to really interact with the celebrity and spend time with them.

The Club, Mumbai has been a part of so many of my precious memories over the years, with my family and friends. We have celebrated countless special occasions here, be it our birthdays, or hanging out with my cousins and siblings. I even learnt how to swim at The Club!

It was natural for me to want my first fan experience with Fankind to be at The Club, Mumbai where a fan of Varun Dhawan was flown in from Hyderabad after having donated to help raise funds for farmers in Maharashtra for the horticulture programme of the NGO. This



programme will help farmers across 44 villages in Maharashtra receive a new drip irrigation system, training, education and saplings for non-traditional crops with shorter life cycles that require less water to grow eg: drumsticks, custard apples and lemons in order to increase their income twofold.

Fankind strives to bring your favourite celebrity closer to you by offering once-in-a-lifetime opportunity which works towards the greater good; our current experience that is available on our website is with Actor, Ananya Panday who wants to have a very special Sunday lunch with her Fans.

The hospitality, support and the assistance we received from all the departments at The Club was exemplary and we are very grateful that The Club helped us deliver a spectacular afternoon of fun and magical memories for Varun's fan. We thank you for your support and look forward to an association of a lifetime.

WE DID OUR BIT AT ST CATHERINE'S HOME

As a part of the monthly CSR initiative we did our bit this time by visiting St Catherine's Home on 25th and 31st October, 2019.

St Catherine's Home, which was founded in 1922 and is located on land donated by two generous families in 1948 at Veera Desai Road, Andheri, Mumbai stands amidst lush greenery. Permitted to shelter only babies, toddlers, girls and unmarried mothers of all religions sent by the Child Welfare Committee (Children's Court) as per the new rules of the CWC (Children's Court), St Catherine's Home is home to nearly 38 girls of 16 to 18 years of age.

As we understand the basic requirements pertaining to self-grooming, communication and presentation skills we decided to do something for the development of these underprivileged girls. Hence, we took an initiative to provide two sessions of two hours each in these crucial areas and helped them gain confidence to attend interviews and prepare for the corporate world.



IMAGE FROM SHUTTERSTOCK.COM

A DAY WELL SPENT AT SNEHA SADAN

We organized a 'Best Out of Waste' activity during our Quarterly Townhall Meeting in November, 2019. The articles made from unwanted or waste material during this activity were then put on sale. The funds collected from the sale of the articles was rightfully utilized for buying gifts for the boys at Sneha Sadan on account of Children's Day.

Sneha Sadan, which is located in Amboli, off Ceasar Road in Andheri West, Mumbai is home to various homeless children from across the city.

After speaking to sister Julia, we decided to gift 17 boys and the sisters at Sneha Sadan new pairs of footwear. It was a delight to see the smiles on their faces as we cut a cake with the boys and handed over the gifts to them.





SIMPLE TO PACK, FUN TO EAT!

Bombay Kids Company curates Back-to-School products for all ages from across the globe. They have exclusively tied up with Yumbox US for the Indian Market.



The Yumbox is a bento style lunch box which comes in three different sizes emphasizing on balance, variety, taste & nutrition. Yumbox was dreamed up to allow us all to replicate that same balance and nutrition for our kids, regardless of where we live. Now everyone (even kids) can pack a nutritionally balanced meal using Yumbox!

It contains a bento-like tray, with one lid that seals all compartments; designated food groups to encourage and assist parents in packing a balanced meal; built-in portion control; a cool design and illustrations to make this little box more of an adventure with good nutrition than just plain old lunch! These thoughts were the seeds to creating Yumbox.

While Yumbox is fun to use and a pleasure to pack, it is also an educational tool that helps children develop healthy eating habits the fun way!

Balance & Portion Control
Yumbox's pre-portioned illustrated trays guide you to pack a healthy and hassle-free lunches! Now with two smart options: 6-compartment Yumbox

encourages variety and healthy eating habits; and the 4-compartment Yumbox Panino offers more volume for sandwiches/salads, sides and your favourite dip or treat.

Leak-proof Single Lid
Pack hummus next to crackers with no worries! Yumbox's unique single lid seals all food well individually. Food won't touch or leak outside the box. No lost lids! No mess!

Think Green
Reuse, Reduce and Save! Yumbox saves you money by eliminating the need for bags, multiple containers, plastic wrap and snack packs. Pack a waste free lunch. All food safe materials are used, which are BPA-free and phthalates-free.

Kids' & Adults' Friendly
Yumbox is lightweight and compact with an easy-open latch. It fits neatly into a standard size thermal lunch totes for all of your meals on-the-go. Yumbox is ideal for toddlers, kids of all ages and even adults. Pack Yumbox for school, travel, play and work! ❀

IN CONVERSATION WITH OUR AFFABLE TEAM MEMBER Poonam...

A familiar face whom you would have seen at the Health Zone reception greeting you, **Poonam** had started off as a security staff and has come a long way with The Club. We conversed with her to know more about her decade-long journey and etch her experiences in our memory...

Since how long have you been working with The Club?
I joined the security department at The Club in March, 2007 and then moved to Health Zone as a Receptionist on 1st April, 2017. And with this I have completed 12 long years till date.

How has the journey been?
When I came to Mumbai my first interview and eventually my first job was at The Club. It is here that I have seen my first event, first banquet function and a lot of other firsts. While in Security Department, I learnt telephone/customer handling and grooming from Deepali Madam; Mr Johnson taught me register handling and other day-to-day operations of security. It was a great learning experience and eventually contributed to grooming myself.

What keeps you motivated?
Learning new things every day and picking up on different styles from different people on how to solve member queries and enhance member experiences keeps me going. Every day is different from the day before and the mystery of how the day is going to be, what new things to learn awaits, keeps me motivated.

What do you like doing apart from working?
I love catching up on news and headlines. Also, I believe in self-training in activities which I have less or no knowledge about like I didn't know the game of Football when I joined Health Zone hence, I started watching matches and learning the sport. Also, reading books in Marathi is what I love doing.

What is your favourite activity at The Club?
The Townhall meeting for staff every month, Sports Day and Women's Day celebrations are my favourite.



What do you do to better yourself and improve your skills?
When I transitioned from the role of security personnel to receptionist, I wasn't very good with computers, Excel sheets and receipt making. I wasn't sure if I would be able to do well but with the assistance of the front office team and perseverance I was able to take up the role quite successfully and do justice to it. I watch and learn from Theo Sir, how he handles a query or situation, how he greets guests and try to do the same to improve my communication skills. Also, I attend internal trainings at The Club, make notes and practise what I learn to make the most of it.

How do you balance work and personal life?
When I am at work, I am at work. When I am at home, I do not worry about work. When I am on my way to work, I often make a to-do list of tasks to be completed and tick them off my diary as I complete the tasks. Practising this has helped me maintain a work-life balance.

In future what do you see yourself doing?
I would love to grow in my role and help host events by coordinating to my complete potential and contribute in great aspect to make each experience for the members a memorable one.

What would you like to bring to The Club?
I would like to bring great and sustainable services to members and work towards the betterment and maintenance of facilities at The Club.

AN AFTERNOON TO WELCOME THE DIPLOMATS IN MUMBAI



CELEBRATING HALLOWEEN IN FANCY DRESS



ALICE@WONDERLAND - A THEATRICAL EXPERIENCE



CHILDREN'S DAY FUN FAIR





SCHOOL FIELD TRIP @ THE CLUB



TILTING PINT- CRAFT BEER FEST



GLOBAL SPA FIT & FAB AWARD NIGHT



GLOW TENNIS TOURNAMENT



CYCLOTHON 2019



**BUSTING
HEALTH
MYTHS AT
THE DOCTOR
DEBATE**



**MALT IN OUR
STARS**



**CELEBRATING
CHRISTMAS**



WEDDINGS - A ROYAL AFFAIR



UPCOMING EVENTS

CELEBRATIONS
GALORE!

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

LOHRI CELEBRATION

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

Date: 14th January, 2020
Venue: Main Lawns
Time: 7:30 PM onwards



MAKAR SANKRANTI

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

Date: 15th January, 2020
Venue: Main Lawns
Time: 4:00 PM onwards



WHOOOOO SAGOOO DDOOOO G.....!

As the New Year arrives, it is time to bring the most important member of your family to The Club! Teach your dog some new tricks, pamper them and dress them in their best attire, take a walk with them, enjoy the surroundings with them and play with them in our Main Lawns. Also, you can dine with them! Bring your children, friends and family along to cheer for your dog's day out!

Date: 18th January, 2020
Venue: Main Lawns
Time: 4:30 PM onwards



DOGS CAN ALSO COMPETE AND WIN TITLES ACROSS VARIOUS CATEGORIES:

- Well-Groomed
- Best-Dressed, and
- Great Personality



To register, kindly contact The Club reception: +022- 66 11 7777



EBIXCASH
WORLD MONEY



**GET THE BEST
FOREX DEALS**
BEFORE YOUR TRIP BEGINS!



No matter what your destination, kick start your international trip with the EBIXCASH World Money Globetrotter prepaid forex card. Because it's the one card that gets you the best currency exchange rates. Every single time.



Prepaid
Travel Card



Foreign
Currency



Travel
Insurance



Travel
Cheques

To book your forex



1800 833 0700



offers@ebixcash.com