



club life

February 2018

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Delhi Gymkhana Club, 2, Safdarjung Road, New Delhi 110011

A monthly in-house newsletter for private circulation only

FROM THE PRESIDENT'S DESK



Dear Member,

As we move into February, it gives me immense pleasure to inform you that the New Year has foreboded well for the club and we have, after the very successful New Year party, conducted several well appreciated events at the club. We had a very lively Lohri party that was accompanied by appropriate cuisine followed by two high profile Book Club events, the Chief Guests being Lord Meghnad Desai and, just recently, former Foreign Secretary, Mr. Shyam Sharan. This was followed up by last Sunday's recital of Morning Ragas by Ustad Shujaat Khan on Sitar and also some vocals, that was both elevating and breathtaking.

We will ensure that the entertainment the club has to offer will continue to be of very high quality as has been since our new Committee has been at work. I would like to inform you in advance that we will follow this up with an equally well organized pre Holi evening – again with appropriate music and cuisine to accompany the event. Seeing the success of the Shujaat Khan morning, we are planning such an event in March. We also intend to welcome all participants to the Club's Literary Festival around mid-March. Thereafter, with the onset of summer there would be a little drop in the intensity, as is to be expected.

There are a few issues I would like to bring to members' notice. I have already covered in my last two issues, the financial health of the club. We will reassess this after the impending Wage revision of the staff, and formulate concrete proposals thereafter. Issues relating to discipline and that includes the Dress Code also need some sensitisation. Repeated instances of infringements on both accounts are being brought to notice. As far as discipline is concerned these, curiously, also relate to senior members and this, most members find unacceptable. Kindly do ensure that

we are able to correct this perception.

As regards Dress Code, this is specially for our younger members. While we do appreciate that the times are a changing, it must be understood that this is a club of likeminded members and their sensitivities need to be respected. I would request if parents of younger members also persuade the youth. In particular, it gave us no pleasure in refusing to ballot some members who even turned up at their 'At-Home' incorrectly dressed. Some of them even had taken the trouble to come from overseas for their 'At-Home' and all that effort and expenditure came to nought. Even in the regular use of the club, the staff would be politely advising those not in conformity, so do kindly make the required amends - which we have incidentally provided for at the club so that there is no disappointment at being unable to enter the premises.

There have been enquires and complaints from members regarding billing. The new software is being gradually sorted out and should be completed soon. Upon some complaints regarding a charge of Rs.100/- towards staff retirements that was decided by the General

Committee of 2015-16, we will reconsider the matter; working out an alternative.

We would be taking on, soon, the refurbishment of the gentlemen's facilities in the Main Club house and old Swimming pool after the winter is over. So I request all to kindly bear with us. This will be followed by

renovations of the bar and lounges on the eastern side of the Main Building.

Lastly, being a Sports club I would like to bring out the achievements of some of the members. This month I would like to mention, in particular young Rohan Mehra in Tennis and even younger quartet of Sanya Vats, Jaiveer Dhillon, Sankalp Anand and

Shaurya Bawa in Squash; fourth and third generation members of our club respectively. May we hope for their greater success in their sport and in their future.

With my warmest regards,

Yours sincerely,

**Prashant Sukul
President**

PREVIEW

LOHRI CELEBRATION	2	NEW YEAR RESOLUTION THAT WORKS!	7	INDIA OPEN BRIDGE TOURNAMENT 2018	11
ORGANIC FARMING FROM THE ENVIRONMENT, AMBIENCE AND GARDEN COMMITTEE	3	DGC VS SIRIFORT TENNIS TOURNAMENT	8	A VISIT TO THE JEWEL BOX	12
GYMKHANA LITFEST 2018	4	SAVE YOUR HEART	9	THE ELEPHANTS KNEW ACHIEVEMENTS	14
BOOK CLUB EVENTS	5	AUDITING PRIME MINISTER'S HOUSE ACCOUNTS	10	BRIDGE RESULTS	14
HOPE	6			EDITORIAL	15
				FORTHCOMING EVENTS	16

Lohri Celebration - 12 January 2017



ORGANIC FARMING FROM THE ENVIRONMENT, AMBIENCE AND GARDEN COMMITTEE

ORGANIC GARDEN

The Gymkhana Organic Garden and Nursery is the talk of the town. From the last two months we have been selling the produce including the vermicompost manure to all the members. We are pleased to inform you all that as on date we have done a total sale of Rs 7,80,000 Much that we want to supply to the club kitchen our members are coming and demanding to give it to them on the spot. The demand is much more than the supply due to the limited area which we can cultivate. The items that are available are :-

- Palak • Radish (Red) • Coriander • Zukni Yellow
- Cucumber

In addition we have the saplings for:-

- Coriander • Palak • Tomato • Brinjal • Radish • Capsicum
- Broccoli • Lettuce • Salad • Marigold • Rajnigandha
- Gladius

NURSERY

Our Nursery did extremely well during the season. Our sales were for an amount of Rs 70,000. In addition we had launched a month long fruit tree plantation drive. We have successfully planted 45 fruit trees. Name plates of those who have planted the fruit trees have been put up near the tree guards and records maintained. The members have been requested to visit the garden and monitor the progress of the trees planted by them.



It indeed has been a great winter season.

The members of the Environment, Ambience and Garden Committee are determined to exploit the full potential of the limited resources (we have also grown some

vegetables in the areas earmarked for the new projects till they commence), the aim being to give you all enough vegetables for your family for healthy and fully organic meals and soups etc.

Our endeavor is to take this organic movement to your farms, kitchen gardens and terrace gardens. The expertise of the same is now available in the staff at the garden. Members are welcome to contact Mr Surinder, our Estate Manager for further queries on the subject. Towards this direction we propose to hold "An Organic Festival" at the Kashmir Lawns on 4th March (During Sunday Lunch) wherein you will get pure organic food. In addition some organic products including Sarees and cosmetic setc will be showcased.

AMBIENCE

Efforts have also been made to improve the ambience of the club by use of existing and available material. Some of the photographs are as under



We would like to reiterate some basic facts of the Organic Garden once again for those members who missed out reading in the earlier issue.

- This project has come up by converting the neglected land into a fertile cultivable organic farm near the basket ball courts, some of you know it as the old vegetable

garden, where the demolished staff quarters were located.

- It is a mix of open and protected farming. Much that we wanted to make proper green houses we were not permitted to by our neighbors and hence we had to go in for shade nets.
- It consists of 02 walking Tunnels of area and 02 shade net.
- In the open patches we are cultivating organic vegetable, exotic vegetable and organic cut flowers gladiolus and tuberose. Hybrid tuberoses are the other flowers grown.
- The modern drip irrigation system has been installed with an aim to save water. We are saving 70 to 80% water as we are watering plants as per their requirement. This goes with the famous adage "PER DROP MORE CROP"
- Another interesting feature is the use of plastic mulch which helps in improving the growth, save water, ensures less or no weeds, less attack of disease and pest. Hence better yield and good quality organic produce.
- A Vermicompost unit with two pits have been made functional. We strongly believe nothing should be wasted. Those which can decompose can be converted into vermin compost by using good variety of earth worms. Vermicompost manure is now available for sale in packages of 50Kg, 10kg and 2 Kg at very reasonable

rates. You will not find more pure manure than this anywhere in Delhi

- To keep the pests and the infection away the nursery has been raised in portraits in cocopeat and vermicompost mixture media.

A lot of members and their guests are visiting the organic Farm and Nursery and have given very appreciative remarks. We request you to come and see and give further suggestions if any.

The aim is to promote the culture of healthy living through eating healthy organic food. In that pursuit we also intend to guide and assist you in taking this culture to your lawns, roof top and terrace gardens.

The company ie Natureland Organic Foods Pvt. Ltd, who has assisted us in doing this project has offered 10% discount on all their organic food products from any of their outlets in the country. They will be issuing a membership card soon to our members to make it convenient to avail of this concession.

Come join in the organic wagon and serve your life with purity.

Brig H P S Bedi, VSM (Retd.) Chairman

GYMKHANA LITFEST 2018

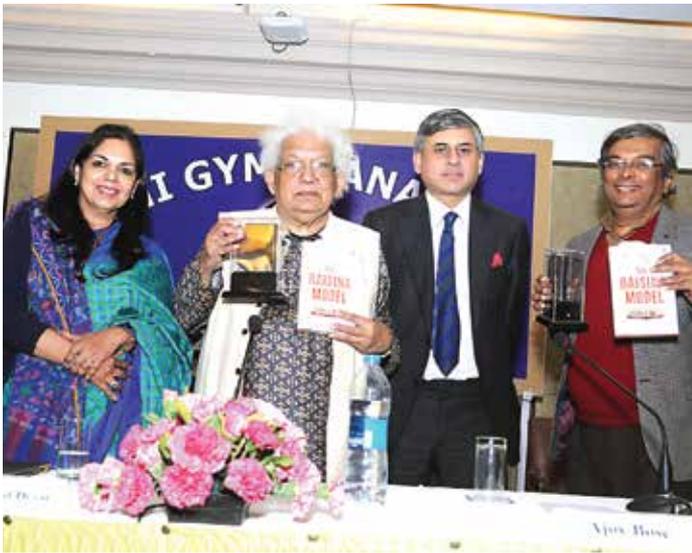
The Club will continue its journey to discover the valuable literary talent among its members at the next edition of Gymkhana Litfest from 10-11 March 2018. The success in the previous years encourages us to expand the duration of the festival to two days this year which we hope will give greater opportunity to the eminent authors among the members of the Club.

All interested members to present their works at the festival may kindly contact the Chief Librarian Sh Harish Negi before 12 Feb 2018, and leave a copy of the book they wish to discuss at the festival along with any critical review published in national dailies or magazines, awards won, any other festival participation if any and a brief bio data to be used in case the book is selected for the festival. The book should have been published not earlier than 2016.

We look forward to a large participation of members in the festival.

Suresh K Goel (Festival Director)

Book Club Event - Lord Meghnad Desai - 15 January 2018



Book Club Event- Ajay Singh - 19 January 2018



Book Club Event - Sagari Chhabra - 24 January 2018





HOPE

WINNER OF THE STORY COMPETITION

The edges had ripped when I tore the page. I was not the kind who defaced magazines in the school library but I had just loved this picture. I didn't think much harm was done because the new issue was due. The page showed a healthy boy of about 10, my age then, looking lovingly at a gorgeous wooden electric guitar in the shop window. The guitar was obviously professional grade, big and beautiful with a thick electronic pick-up. The picture was an advertisement for some long forgotten, European phone company with the tag line "Never stop dreaming." It showed naked ambition, I thought. Oh, to be on stage and the focus of all. I had a carpenter frame the advertisement and now, four decades later, there it was amongst a pile of old files, dusty but as beautiful as ever.

My attempts at learning the guitar had ended in failure. For five years, I took weekend classes at the Delhi School of Music catching the DTC bus every Sunday morning. When I finally mustered courage to take the examination, it was a disaster. I barely passed grade 3, the level children can reach in one year of study. I let go that dream and never picked a guitar again.

I had wanted to study economics at St Stephens. "Are you prepared?" the edgy professor, in early stages of Parkinson's, asked in the interview. He sneered when I spontaneously replied "I hope so." "Hope is not a strategy!" he said and promptly rejected me. Another dream destroyed. Since then I have never liked the word "hope." Weak people hope, strong people have ambition. I got into a college eventually but was sad that I could not do what I had wanted. Sometimes I would be asked to edit articles for the college magazine and would determinedly remove the word hope. "Hope all is well" would become "Is all well?" "I hope the institute declares a holiday" would become "The institute should declare a holiday." I liked ambition. One self-help book, and I read many, said that the best achievers could leap over tall buildings in one bound, they could walk on water. That was what ambition could do for you. It could make capable people achieve anything. There was no need for

divine intervention.

I had few friends. The others seemed so sure of themselves that I would be tongue tied. Probably a psycho-somatic reaction. I longed for confidence. They could do anything whereas I struggled. At our boy's hostel we had annual socials with the Delhi University women's colleges. Invariably, I was the last to find a dance partner and this became a standing joke. I once missed the annual hostel picture and nobody realised. Things were bleak.

"It's time," said the lady, "come fast." Her no-nonsense voice broke my reverie and I felt guilty at being caught day dreaming. I walked out a little extra briskly to make amends. A young woman and her husband sat on a bench. She had obviously been crying because her lacrimal glands had swollen. I overheard the man ask if it would be okay?

As I walked towards the shut door, my mind slipped once again into a reverie and time seemed to stop. Images from the day-dreaming just a few minutes ago came rushing back. The framed guitar advertisement, St Stephen's interview, editing, self-help books, shyness. Many more images rapidly followed. My poor board marks, a lost year re-preparing for exams, scraping into college because I had the right domicile, grappling with studies, being alone, my two-year thesis on the hypo plastic left heart syndrome that afflicts children, widespread scepticism on the results, another 15 years of follow-up work, international acceptance that the new procedure had suggested increased infant survival three times and, finally, the fact that over 500 infants were brought back from near death.

At that moment, it struck me why I loved that guitar advertisement so much. Not because it indicated ambition, as I had thought all these years, but because it symbolised hope. That young boy never had a chance of becoming a rock-star but still he hoped. It was this kind of hope that had kept me going until, eventually, I stumbled upon the right thing. It was absolutely clear now. Every incident in my life, each twist and turn, had prepared me for this moment.

I walked back to the couple, looked them in the eye and smiled, although they could not have seen that through my surgeon's mask, "I'll do my absolute best. What's important is that you should not give up hope."

Then I entered the operation theatre where the junior doctors handed me the scalpel.

Kapil Mehta (U-1201)



NEW YEAR RESOLUTION THAT WORKS! DECLUTTER THE MIND TO LEAD A BETTER LIFE

I am the kind of person who, until not too long ago, had a to-do list that resembled a scroll - ready to be opened and worked on, in the never land. Action items piled up like a mountain of books bought with the intention to read. I felt like a dog chasing its own tail - never getting anything done on time, playing catch-up with appointments, meetings and social engagements.

I would arrive at any event looking dishevelled and disorientated. My mind was constantly racing so I wasn't at my best. I knew that I needed to become organised in order to perform better, but I didn't know how! My plan to find ways of becoming better organised was added to my scroll.

Then one day, the cracks in my planning became apparent. About 6 months ago, I booked myself a tour around Bath and Stonehenge with the idea that getting away from the pandemonium would help de-clutter my mind. At the time of booking, I had diligently marked my calendar for the Friday. Everyone at work knew about my keenness to see the stone structures and my fascination with their existence. On Thursday evening, I opened my confirmation email to print the tickets and to my dismay, I had missed the tour. The ticket for the tour were for Thursday rather than Friday. In all the disorder that I was living with, I had marked the wrong day on my calendar. I had lost the opportunity to see the prehistoric stone structures and

felt utterly hopeless about the way I was living my tangled life. It was a sign from whoever was watching over me to take charge of my life.

It was time for me to recalibrate my life. I created a set of rules that worked. I must admit that ever since I have started to follow these rules, I am more organised in my life, at work and with family.

As you embark on the new year, these simple steps can help you to lead a fulfilling life.

MEDITATE

Forget about the sheep skin and hermitage. As soon as you wake up in the morning, sit on the warm pillow that you just got up from and close your eyes. Then, place your right hand on the left side of your chest, where your heart is still beating :) Inhale and exhale through your nose. Observe, with your eyes closed, the passage that of your breath. It takes only 5 minutes to do and makes an incredible difference to the start the day. You only need to wake up 5 minutes earlier than your usual time; that is all I ask!

FIRST THINGS FIRST

I live by this mantra: the third habit of the 7 Habits of Highly effective people by Stephen R Covey. Each morning, right after meditation, I take a couple of minutes to write down the 5 most important tasks to complete in the day. Meditation gives clarity to my thoughts

and helps me create an action plan. The 5 tasks must be listed in the order of priority and the time that is best suited to do/perform these tasks. By listing the tasks on paper or an app, such as Ever note, I feel even more confident about doing them. Writing down what has to be done takes you to the next step of doing it.

MULTITASKING VS. MONOTASKING

In the era of the internet, we are connected 24/7. The expectation is that we will receive an instant response from people. Therefore, to meet this expectation, we are working on multiple tasks that are usually unrelated. I decided to bring back the Pomodoro technique into my life (the only way I could study for exams in college). I give myself 25 minutes to work on a task and then, take a quick break of 2-5 minutes. Through this method, I am able to effectively work with a challenging task and complete it

MIND YOUR BUSINESS

We all have a habit of chiming into conversations even when our opinions are not required. I must admit that this was the hardest habit to break. Being aware of my 'Influencer' personality, I have had to work on sharing my inputs only when they add value. Sometimes it is okay to be minding my own business.

For those who are wondering, I still haven't seen the Stonehenge. It has been there for 4000 years, hopefully it will be there for many more years to come. I have booked again to see the mysterious rock formation during the summer.

I would love you hear your thoughts and experiences of following these steps.

Shefali Bhutani (G-0001)

Performance Coach and Mindful Meditation
Trainer, London, United Kingdom
Daughter of Col. S.P. Ahuja (retd.) (P-3160)

Book Club Event - Shyam Saran - 2 February 2018



DGC Vs Sirifort Tennis Tournament - 3 February 2018





SAVE YOUR HEART

The heart appears to be a delicate organ, yet it works the hardest to keep the mind and body going. It is the pumping station, which continuously supplies blood enriched with oxygen and essential nutrients to all the organs. The heart muscle itself needs to be nourished by a continuous supply of enriched blood. When (due to a block or constriction in the blood vessels), the supply of blood is momentarily reduced or stopped even to a small portion of the heart muscle there is a Myocardial Infarction (heart attack) or even a stroke.

It is well established that elevated cholesterol and saturated fats (Triglycerides –TGs) bound to lipoproteins increase the risk of heart disease. Some of these are synthesized in the liver and some come from diet. There are various kinds of lipoproteins but LDL (Low Density Lipoproteins) is the main carrier of cholesterol and TGs to the lining of arteries forming thickenings called “plaques” which narrow the passage and cause obstruction in blood flow to the heart. HDL (High Density Lipoproteins) is the only friendly cholesterol because it does reverse transport, that is, it carries the cholesterol and TGs from the tissues to the liver for break down and excretion, thus preventing plaque formation and heart disease.

Aiming for a healthy diet means working towards a diet which promotes lowering of LDL and TG levels and increasing HDL levels

THIS IS WHAT NEEDS TO BE DONE:

1) **Reduce or maintain healthy weight:** Being overweight increases the risk of heart disease. Eat just enough calories to maintain optimum weight. Cutting down 500 calories / day will make you loose 2kgs a month. While doing this, one automatically curtails the intake of unhealthy fats. Nutritionwithneera.com discusses in detail the most commonly asked question “why am I not losing

weight?”

2) **Choose healthy fats and oils:** The more saturated fat you eat, the more cholesterol your body makes.

So it is never too late to cut down the following unhealthy options:

a. **Animal fats:** Butter cream, processed cheese, high fat dairy, red meat, and shell fish.

b. **Vegetable fats-** coconut oil, palm oil

c. **Hydrogenated fats** - known as Transfats. These are cheap vegetable oils made solid by the process of hydrogenation. They are found in margarines, packaged baked food, biscuits, confectionary, fried food, french fries, coffee creamers, whipped toppings. They are the most dangerous as they raise LDL levels substantially.

It is also vital to prioritize the following **healthy options**

d. **Unsaturated fats (PUFA and MUFA):** Polyunsaturated fatty acids (PUFA) and Monounsaturated fatty acids (MUFA) are heart friendly, keep your LDL levels low and HDL levels high.

PUFA: sunflower, corn, soybean, sesame, cotton seed, nuts.

MUFA: olive oil, canola oil

Rice bran oil , mustard oil are heart friendly. Oils like canola, olive, mustard, fish oil contain omega -3 fatty acids (a kind of PUFA) excellent for the heart. When choosing oils go for the cold pressed blended ones- which maybe a mixture of 2 edible vegetable oils. **Keep at least three different oils on your kitchen table.** Consume not more than 30 gms (3 tablespoons) of fats everyday which includes atleast one teaspoon of “desi ghee”.

An advisory from American heart Association (2015-2020) - Replacing saturated fats with PUFA vegetable oils reduces cardiovascular disease risk by 30%.

3) **Be fibre friendly:** A vegetarian diet is a heart friendly diet as it is high in soluble fibre. One should know that this wonder nutrient binds the cholesterol, making it unavailable and promotes its excretion from the body For the sake of fibre, your choice of foods should be whole

grains, (legumes, sprouts, flax seeds, oats, whole wheat bran, quinoa) etc, variety of colourful fruits or vegetables (atleast 3-4 helpings a day). These will help in lowering LDL as well as blood sugar levels. On the other hand processed and refined starches like white bread, white rice, burgers, noodles , pasta, refined flour, fruit juices and sugary drinks should be avoided as they lack fibre.

4) **Eat a wholesome breakfast:** To kickstart your metabolism and keep you energetic throughout the day, include an egg , whole grain cereal and low fat dairy. Begin your day with a bowl of fruit.

5) **Include walnuts:** as it has omega 3 fat that fights inflammation and improves blood vessel function.

6) **Get your blood pressure (BP) under control:** as it causes blood vessels to constrict putting extra strain on the heart. Eating less salt keeps BP under check. Less than 1 teaspoon of table salt/day has been recommended. Avoid processed food, pickles, cured and smoked meats. Take more of vegetables and fruits as they are rich in potassium which is heart friendly.

7) **Be physically active:** 30 minutes a day of moderate activity. Avoid long sessions of sitting.

8) **Laughter is the best medicine:** Just find a way to laugh loudly for 10 minutes everyday to ward off stress.

9) **Smoking** is injurious to health as it constricts blood vessels and reduce the flow of blood to the heart.

10) **Manage your diabetes** well as it may eventually lead to thickening of arteries.

Today, cardiovascular diseases are no longer a malady of the elderly. Indians of the 21st Century are getting heart attacks a decade before their forefathers did. There is an urgent need to arrest faulty lifestyles and make the required meal modifications to save your heart.

Mrs Neeraj Dhingra (P-1983)

Senior Nutrition consultant and Health Educator



AUDITING PRIME MINISTER'S HOUSE ACCOUNTS

The Indian Audit and Accounts Service (IA & AS) Officers, headed by the Comptroller and Auditor General of India, have a Constitutional mandate to carry out audit of accounts of the Union and State Governments and other public bodies and authorities. The IA & AS Officers on selection undergo training as Probationers for two or three years. This entails both theoretical and field training including carrying out independent audit check.

A young Probationer in the 60's, (name withheld to avoid any hurt to sentiments of family members), was assigned to carry out the audit of the accounts of Teen Murti House, the official residence of India's first Prime Minister, Jawahar Lal Nehru.

Nehru was an immensely popular world leader. During his long tenure as Prime Minister, Teen Murti House played host to several global leaders, celebrities and dignitaries. Many of them stayed there to be able to spend more time with Nehru. The official expenditure on hosting these visits at Teen Murti House was considerable.

The IA & AS Probationer and his team of auditors were provided full access to the accounts. They went through the accounts with a fine toothcomb but, much to their disappointment, found them meticulously maintained without any flaw which could be included in his report of the audit check of PM's house carried out by him.

The PM House staff sensing the Probationer's disappointment suggested that he take his team of auditors on a tour of the beautifully manicured gardens of Teen Murti House, accompanied by the Garden Superintendent. This functionary took great pride in his maintenance of the extremely well-tended gardens, a much favoured area of Pandit Nehru for his morning walks and yoga asanas.

The disappointed Probationer was hardly paying any attention to the Garden Superintendent's running commentary when he suddenly spotted trees laden with a variety of fruit. His eyes lit up at this discovery. He tactfully enquired about the disposal of the fruit grown in a public property, by Government staff with official resources. The Garden Superintendent gleefully informed him that Pandit Nehru was very fond of fruit and relished them at his breakfast.

The Probationer's next question as to who paid for them, shocked the poor man. Aghast, he reacted somewhat sternly that there can be no question of the Prime Minister paying for consuming fruit grown in his own garden.

The Probationer heaved a sigh of relief. He had achieved what he set out to do. He had found the illusive misuse worth reporting to his superiors. He carefully counted the number of fruit laden trees, estimated the quantity of fruit grown on each and calculated the loss sustained by the Exchequer owing to nonpayment of the cost of fruit that would have been served for the Prime Minister's breakfast. He returned to his Headquarters quite pleased with his performance and submitted the report of his first independent audit check. For added effect, he recommended that the dues for the fruit consumed he recovered from the staff responsible for this lapse at the Prime Minister's House.

His immediate superior to whom the report was submitted was stunned by the thoughtlessness of the Probationer and 'put up' the report to the next senior, the Dy. CAG, with there mark that ***"the young officer is inexperienced and would be suitably advised to be more careful in future"***.

The Dy. CAG, equally irritated by the audacity of the Probationer, endorsed the report to the big boss, the CAG, with the observation that ***"the Probationer will be cautioned to exercise discretion in such sensitive cases in future"***.

They waited with bated breath for CAG's reaction, which came as an absolute shocker. The CAG had simply minuted: ***"I agree with the Probationer's findings"***.

The astonished hierarchy in CAG's office had no option but to forward the Probationer's Audit report, with the CAG's observation, to the Prime Minister's Secretary, an ICS officer then. He was irritated by the thoughtlessness of the young Audit Officer and decided to let the Prime Minister see and decide for himself. The file remained on the Prime Minister's desk for a day or two, and when it came back, there was a bigger surprise waiting for them, Prime Minister Nehru had pinned his personal cheque for Rs. 5000/- for the fruit consumed by him.

The message from the nation's Founding Father was loud and clear "Institutions are more important than individuals."

Note : This is a true story shared with the author by late Ravi Kathpalia, a former Comptroller General of Civil Accounts and a member of the DG Club.

R K Puri (P-1228)

DELHI GYMKHANA CLUB
INDIA OPEN BRIDGE TOURNAMENT 2018

FRIDAY, MARCH 16, 2018

0930hrs	Registration & entries for T/4
1000hrs	Inauguration
1015-2000 hrs	T/4-Rounds 1 to 6 (10 Boards)
1300-1400 hrs	Lunch

SATURDAY, MARCH 17, 2018

1000-1300hrs	T/4-Rounds 7 & 8 <i>8 teams qualify for the quarter finals (7 top teams and 8th place reserved for the Best Delhi Gymkhana Club Team, out of the remaining teams.)</i>
1300-1400hrs	Lunch
1400-1700hrs	T/4 QF - 3 Round of 12 Boards <i>(Two groups of four teams each will play three Round Robin Matches. 2 teams from each group will qualify for Semi Finals)</i>
1430-1700hrs	Open MP Pairs-First Elimination Session 1
1730-2000hrs	Open MP Pairs-First Elimination Session 2
Max. 40% pairs will qualify for Second elimination.	

SUNDAY, MARCH 18, 2018

1000-1330hrs	Semi Finals T/4-24 (3x8) Boards
1000-1330hrs	Open Pairs-Second Elimination
1100-1330hrs	Special Match Point Pairs
1330-1430hrs	Lunch
1430-1830hrs	Finals T/4-30 (3x10) Boards
1430-1830hrs	Finals Open Pairs 30 Boards
1500-1800hrs	IMP Pairs - 24 Boards
1900 hrs	PRIZE DISTRIBUTION & COCKTAILS



AN INDIA OF MY DREAMS.....

With a pure soul and warm heart
A home from which we'll never part
Our India, hidden within the depths
A long history of cultures and arts
The riches we possessed since the start
Have sunk down under

I wish to see my India shine
With beauty, progress and unity, all entwined
This air around us is the one we first took in
This soil below us is the one we first touched

And India like a caring mother,
Cradled us like no other

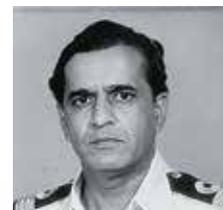
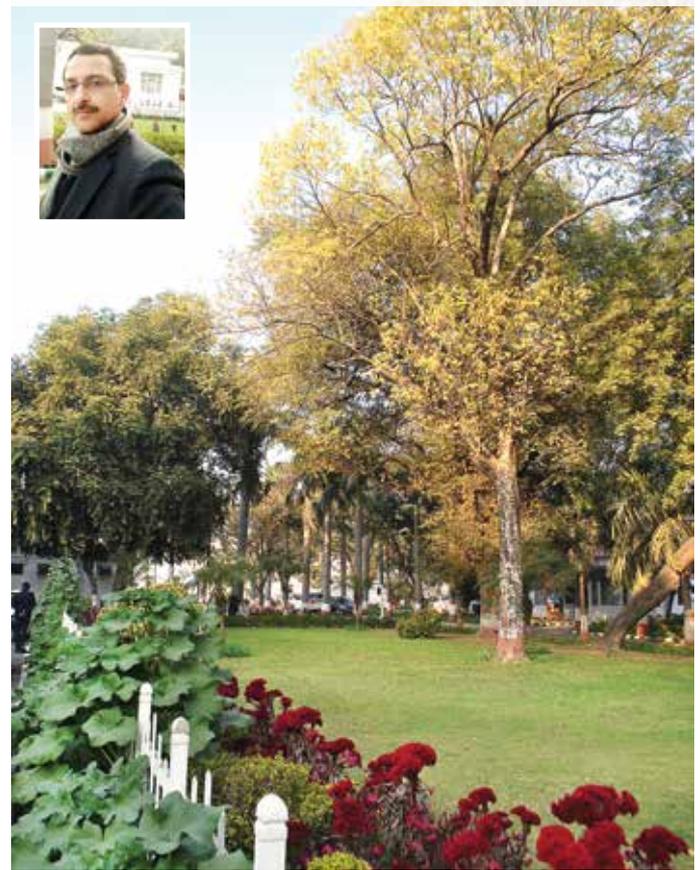
It's our turn now to return the favour
Before it's too late, quickly we have to save her
Let's rise together as one, hand in hand
Let's tear down that grey blanket that surrounds us
That would be the India of my Dreams
So Let's turn our can'ts into cans
And our dreams into plans !

written by Mehek Anand,

12 years, class 8, D/o Meenakshi and Arjun Anand (U-2125)

WINNER OF THE PHOTOGRAPH COMPETITION

Dr. Sunil Narain (G-5930)



**18.1.18 T OF I HEADLINE – UK APPOINTS
MINISTER TO TACKLE LONELINESS!**

That takes me to the Worldwide Survey by the U.N. which was a huge failure. The question asked was : Would you please give your honest opinion about solutions to the food shortage in the rest of the world?

In Africa they did not know what 'food' meant
In India they did not know what 'honest' meant
In Europe they didn't know what 'shortage' meant
In China they didn't know what 'opinion' meant
In the Middle East they didn't know what 'solution' meant
In South America they didn't know what 'please' meant
And in the USA they didn't know what 'rest of the world' meant!

Cdr MB Kunte, AVSM (Retd.) (M-0006)



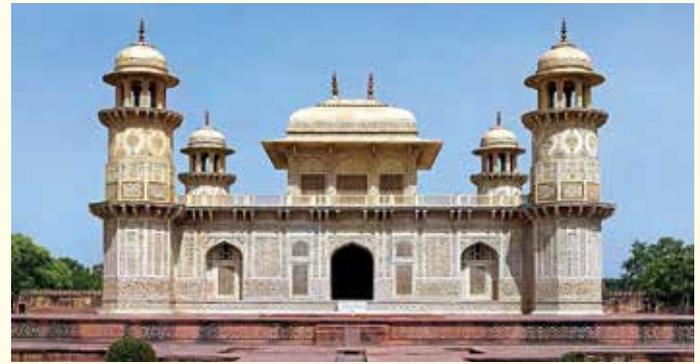
A VISIT TO THE JEWEL BOX



Once browsing through a magazine, I came across a picture of an exquisitely beautiful tomb and, wondered which era the tomb belonged to, as there was no caption. I found out later that it was the **Itmad ud Daula** and it was in Agra. I made a pledge to visit the Tomb on my next visit to Agra.

Although I visited Agra a few times, but never got an opportunity to see the tomb. **TAJ MAHAL** being the main attraction in Agra. I got a chance when friends from Kenya visited us. As for them, Taj Mahal and the Agra Fort were obviously their priority. However, I pleaded and convinced them that, we had to visit the tomb. They agreed reluctantly. After visiting **Taj Mahal**, through heavy traffic, we finally managed to reach our destination, The **Itmad ud Daula**. The main gate looked shabby. Cursing myself for bringing them, I wondered what the monument would look like. Now that we were at the entrance of the Tomb, we had no option but to go in. I entered with great trepidation. Once inside the gate, we were mesmerized with the majesty of the Tomb, our eyes ecstatic with wonder; a cool breeze whispered through the gardens, birds sang, the waters of the River Yamuna flowed gently. We were in the fantasy land of **Sharazad of the Thousand and one Arabian Nights**.

I wish I had Aladdin's magic lamp so that I could hold the "**Jewel Box**" in my palms. We stood speechless in admiration of the magnificent structure.



Itmad ud Daula is the first Mughal mausoleum in India that is entirely made out of pure white Marble and is a fusion of Indo Islamic and Persian influence. It is situated on the left bank of the River Yamuna. It is often described as the "**Jewel Box**", sometimes also called the "**Baby Taj**". The tomb inspired the construction of the Taj Mahal. The walls of the Tomb are made up from white marble encrusted with semi-precious stones formed into images of cypress trees, wine goblets, and many more elaborate decorations like animals, fruits and a variety of flowers. The technique of **Pietra Dura** has been extensively used in this monument for the first time in Mughal India. **Pietra Dura** is an inlay technique, using cut and fitted polished colored stones to create images of beautiful decorative designs. The walls of the building are decorated with paintings and stucco work. Inside the building, the cenotaphs of **Noor Jahan's** father and mother are kept alongside. Enough light penetrates in to the interior through delicate and elaborately carved white marble **jali's**. The **Itmad ud Daula** is surrounded by the integral Mughal **Char Bagh** style of gardens. It is one of the exquisitely ornamental majestic monuments of the Mughal era.

The **Itmad ud Daulah ka Maqbara** was commissioned by **Empress Nur Jahan and Emperor Nur u din Jahangir** in 1622, as a tribute to her father. **Itmad ud Daula** was the title given to **Mirza Giyas Beg, father of Nur Jahan**. He held the post of treasurer of the empire and later rose to **Wazir** in **Emperor Jahangir** reign. **Mirza Giyas Beg** was a very poor merchant living in Persia. Along with his family he joined a caravan and reached the court of **Mughal Emperor Akbar**, where **Giyas Beg** became a **Diwan**. The construction of the Tomb of her father was completed in 1628. Upon **Shah Jahan's** succession to the crown in 1628, the **Empress** who ruled Hindustan; became a recluse. She was exiled to Lahore where she spent the last years of her life; and was forbidden to come to Agra to pay homage at her father's tomb.

"At the gates of tombs silence is a gift, be silent about it, yes, be silent. If you can't see beauty let me see it for you" (unknown poet)

Anjana Shankardass (P-2720)



THE ELEPHANTS KNEW

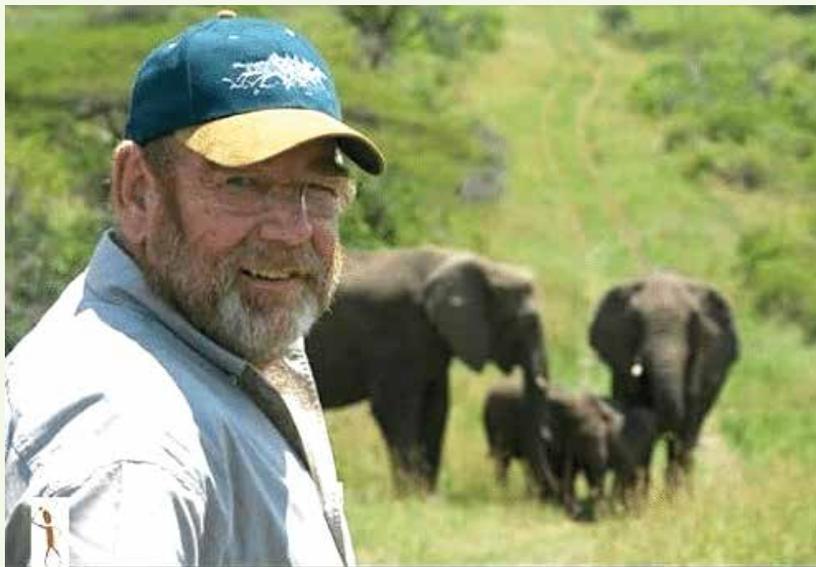
Memory. The brain and mind are natural computers in the human body. Students go in for memory training classes to remember their lessons for the exams. Some are born with a good memory- some attain it through persistence and hard work.

One has often heard the adage "he/she has an elephant's memory" meaning that everything is stored away in the memory - in the brain- nothing is forgotten.

Happy and pleasant memories as well as painful and sad ones are stored away in some corner of our brains and get aroused or awakened when we hear certain types of sound or music or see certain pictures, visit some places, smell familiar flavours or hear certain Names. It is a very amazing phenomenon that takes place in the core of the brain the centre of human intelligence. Memories are connected with emotions and animals can feel this too... especially elephants.

Lawrence Anthony is a legend in South Africa and author of 3 books including the bestseller, "The Elephant Whisperer".

He bravely rescued wildlife and rehabilitated elephants all over the globe from human atrocities, including the courageous rescue of Baghdad Zoo animals during US invasion in 2003.



When the "Elephant Whisperer" Lawrence Anthony died, a whole herd of elephants arrived at his house to mourn him. Elephants mourn the death of their friends and families.

On March 7, 2012, Lawrence Anthony died. He is remembered and missed by his wife, 2 sons, 2 grandsons, and numerous elephants.

Two days after his passing, the wild elephants showed up at his home led by two large matriarchs. Separate wild herds arrived in droves to say goodbye to their beloved 'man-friend'.

A total of 31 elephants had patiently walked over 12 hours to get to his South African House.

Witnessing this spectacle, humans were obviously in awe not only because of the supreme intelligence and precise

timing that these elephants sensed about Lawrence's passing, but also because of the profound memory and emotion the beloved animals evoked in such an organized way: Walking slowly, making their way in a solemn one-by-one queue from their habitat to his house. Lawrence's wife, Francoise, was especially touched, knowing that the elephants had not been to his house prior to that day for 15 years. But yet they

knew where they were going. The elephants obviously wanted to pay their deep respects, honouring their friend who'd saved their lives - so much respect that they stayed for 2 days 2 nights without eating anything.

Then one morning, they left, making their long journey back home.

SOMETHING IN THE UNIVERSE IS GREATER AND DEEPER THAN HUMAN INTELLIGENCE.

Sheila Chaman (L-1994)

ACHIEVEMENTS OF OUR MEMBERS



On 9th December **Mr B L Vohra** (P-1914) was awarded International Award for Protection of Human Rights by All India Council of Human Rights in New Delhi.



A J S Chhatwal (P-2961) played the following Seniors ITF Tennis Tournaments in Novmber '17 and January '18 with the following results in the 65+age group

Thailand - Grade 2 - Winner
 - Singles -
 Winner - Doubles
 Australia-Grade A-Winner-

Mixed Doubles
 -SF-Doubles
 -QF-Singles

His Current ITF World Ranking in 65+age group is 6 in Mixed Doubles/40 in Doubles/40 in Singles. He is the only player of Asian Origin in the World top 50 in all three categories.



Paras Nigam (12 years old) S/o Rashmi and Vishal Nigam (P-6784) from The Shri Ram School, Aravali has bagged the first rank in the International English Olympiad 2017-18 with a score of 60/60. He is also a RANK 1 holder at both the Zonal and International level.

A recipient of the Medal of Distinction in the International Math Olympiad with a score of 57/60. He is ranked second in school, 16 at the Zonal level and 29th Internationally.

SOF International English Olympiad and International Math Olympiad is conducted by Science Olympiad Foundation in partnership with British Council. Children from 1400 cities in India and 30 countries across the globe participate in it every year.



Master Dhruv Rawal, Class-VI, Step By Step School, Grandson of Mr. S.P. Rawal, P-6373 has been awarded **Certificate of Excellence for "IT Wizard"** for creating a Website for the School activities.

BRIDGE RESULTS JANUARY 2018

TEAM OF FOUR

- 1st** Brig V K Sawney, Mr Mukesh Shivdasani, Mr Y M Tewari, Mrs Gopika Tandon, Mr Devanshu Dutta
- 2nd** Mr Sanjiv Bery, Mr Vijit Bery, Mr R S Gujral, Mrs Meera S Singh, Mr Sidharth Behura, Amd H D Bhalla
- 3rd** Dr Rajiv Anand, Mrs Rita Bhagvati, Mrs Veena Viswanath, Gen A L Suri, Col R Vasudeva

PAIRS

NORTH-SOUTH

- 1st** Mrs Urmil Agarwal – Mr Kawaljit Singh
- 2nd** Mr S.K Sethi – Mr Kiran Mehra
- 3rd** Mr G.S Sial – Mrs Reena Singh

EAST-WEST

- 1st** Mr Arun Kumar – Mr Jasjit Singh
- 2nd** Mrs Sunita Singh – Mr Narjit Singh
- 3rd** Mr Gopika Tandon – Mr Devangshu Datta



EDITORIAL



Dear Members,

There's a sense of lightness in the air with skies opening up, sunshine warming the days and birdsong becoming insistent. In Delhi spring is so fleeting and whimsical. The time between Basant and Holi fleets past before we realise it in the play between sunshine and rain. Markets are full of delicate fruit in rainbow colours- strawberries, rasbharis, grapes and ber spilling over baskets. The mulberry or shatoot tree is tentatively greening itself even as the mango readies to blossom. The flamboyant Semul lashes out in crimson to the delight of birds. Who says the abundance of an Indian spring is in any way less dramatic than that celebrated with cherry blossoms and daffodils.

The hope embodied in the season of spring finds expression in the short

story competition winner published in the issue. We got a fantastic response and the winner is an unusual story by UCP Member Kapil Mehta. We are from a land of storytellers that has always imagined new worlds and this is quite apparent from the entries we got. I would urge all those who hesitated to participate earlier to let their imagination flow for this month's competition. The subject is 'Journeys' and I am sure there would be many journeys that come to your mind. I look forward to your entries.

The photo competition too brought on the hidden talents of our members and the best entry was from Dr Sunil Narain. He has beautifully captured the canopy of trees that lends so much character to our Club.

This month is also the time when students prepare for exams. For many of our members who have children in school and college it is a time when we deal with anxieties and pressures of the external world to perform and attain new heights. We teach our children to be survivors in a world that applauds winners. At the same time children learn that the world is not just black and white but very often with edges that are grey. We also learn from our children and grandchildren. We learn

to rediscover delights long forgotten, to be curious and wondrous.

This month I recommend to you a book that celebrates the friendship between the young and the old. Autumn by Ali Smith is set in post Brexit England. It is a simple story of friendship between a young girl and an old man lying ill in hospital. It is a reflection of our times of change, of falling apart and putting oneself together.

As the Nobel Laureate Bob Dylan says in the song 'My Back Pages' 'I was so much older then, I'm younger than that now.' Or listen to 'Lo Phir Basant Aaye' by Mallika Pukhraj an evergreen song. Vivaldi's vivacious 'Spring' inspired by the season's exuberance is another beautiful piece of music to listen to now.

This month's photo competition is on the theme of bonds between the young and the old. You may interpret this in any way you like and let your talent flow.

Wishing you all a wonderful Valentine's Day, a fun filled Holi and much success in the exams to all our younger members.

Mrs Neelam Kapur
IIS



On passing on of those cherished DGC Members who departed from the shores of life, the Club Fraternity solemnly pays its respects and condolences



GP Capt Om Prakash Taneja (P-0205)



Mr Ramesh Mahajan (P-0646)



Brig Joginder Singh (P-1105)



Mr J R Desai (P-1414)



Justice S S Chadha (P-2417)



Mr Bajrang Lal (P-3005)



Prof Ritoo M Jerath (U-0401)



Mr Prem Kumar (Telephone Operator)



Smt Krishna Agarwal (L-0372)
(Regret inability to obtain photograph)



From right to left Mr N K Pandey, Manager Membership, Mr Sawinder Singh, Manager Bills and fourth from right Mr Bala Dutt, Manager Stores retired after 35, 34 and 44 years service respectively. We wish them all a very healthy & happy retirement life.

FORTHCOMING EVENTS

**14th February 2018
VALENTINE EVE DANCE**

Live Band in Ball Room & Centenary Bar
by Rocky Melodies and Keet Dickson
8:30 pm onwards

**16-18 March 2018
DELHI GYMKHANA CLUB
INDIA OPEN BRIDGE TOURNAMENT 2018**

**Wednesday, 21st February 2018
SYNDICATE RUMMY TOURNAMENT**
2:30 pm onwards in Rummy Room

**22nd February 2018
Solo Live Performance by Sharad C Sharma**
8:30 pm onwards in Centenary Bar

**10-11 March 2018
Literature & Ideas Festival 2018**
in Rose Garden

DELHI GYMKHANA CLUB STAFF WELFARE AND EDUCATION TRUST

The Club management has formed a trust for the education and welfare of the DGC staff children. Members desirous of contributing to the trust are requested to forward the cheques to the club in favour of 'Delhi Gymkhana Club Staff Welfare and Education Trust'. All contributions towards the trust are exempted from Income Tax u/s 80CC.

ERRATA

Bridge Results on page 10 in January 2018 issue name of Ms Sunita Singh spelt incorrectly as Sumita Singh in the team event.

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