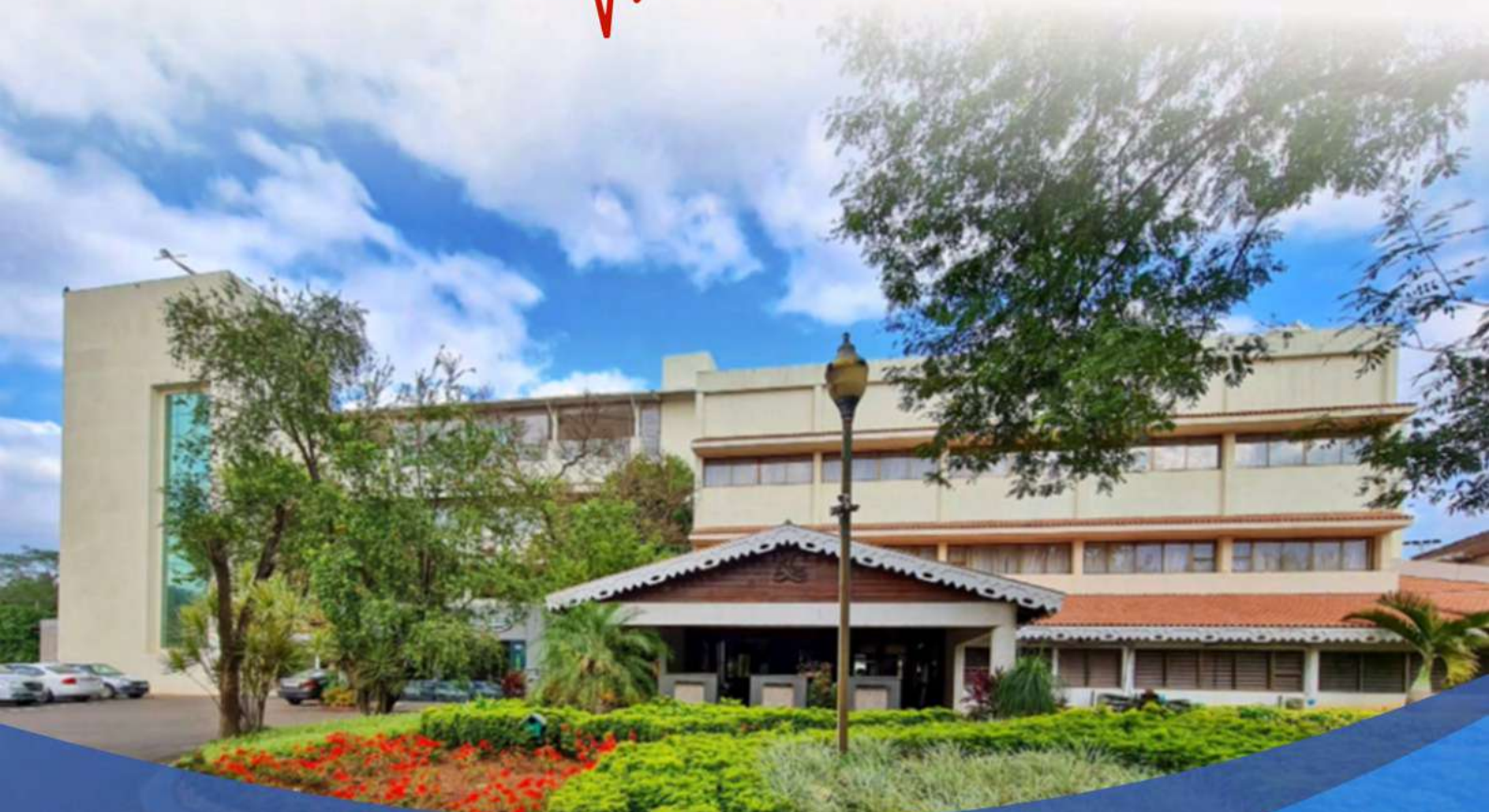




The
Residency Club
Kolhapur

Spandan
Heartbeat of Residency Club



President's Message



Shri. Amol Yedge
Collector - Kolhapur
President

Dear Members,

As we present the fourth edition of Spandan - The Heartbeat of Residency Club, it is encouraging to witness how this publication continues to reflect the vibrancy and unity of our club community.

Residency Club stands strong on its values of tradition, integrity and togetherness. Each edition of Spandan captures not only our events and achievements, but also the spirit that binds our members.

I am pleased to see the active participation of members across sports, cultural programs and knowledge-driven initiatives. Such involvement strengthens our collective journey and reinforces the identity of Residency Club.

My appreciation to the editorial team and all contributors for their continued efforts in shaping this meaningful platform.

Let us continue to move forward with unity, pride and commitment to excellence.

Warm regards,

Shri. Amol J. Yedge
Collector – Kolhapur

Secretary's Message



Shri. Sheetal Bhonsale
Hon. Gen. Secretary

Dear Members,

It gives me great pleasure to present the fourth edition of Spandan – The Heartbeat of Residency Club, reflecting another active and enriching phase in our club calendar.

The A.G.M. 2024–2025 was conducted successfully in the presence of our esteemed members, where the year's activities were reviewed and plans for the coming year were discussed. I sincerely thank all members for their continued trust and participation.

RCPL Auction Season 4, our biggest sporting event, brought great excitement to the club, with all registrations filled within just two days. I thank the RCPL Committee for their dedicated efforts and extend special appreciation to our women participants for their enthusiastic involvement.

The session on “Understanding Adolescence: Challenges and Addictions” provided valuable guidance for parents and families, while the Sufi Night created a beautiful and memorable cultural evening enjoyed by many members.

I would also like to recognize Mr. Sachin Powar from our restaurant staff for honestly returning a bracelet worth approximately Rs. 2 lakh that was misplaced by a guest. His integrity truly reflects the values of Residency Club.

I also thank all members who contributed articles for this edition of Spandan, helping make our club magazine meaningful and engaging.

Warm regards,

Shri. Sheetal S. Bhonsale
Hon. Gen. Secretary

Editor's Message



Shri. Shrinivas Malu
Bulletin Editor

Dear Members,
Warm Greetings of the month,
We are pleased to place 4th edition of our Club E-News Bulletin. We got over whelming responses and replies from the Readers. It truly keeps us motivated to put in our best efforts further and make bulletin more interesting, worth reading & informative.

As usual, we have two Articles, one from Members and one from Spouse on various subjects of member's interest. We are sure you will find articles worth reading too.

I would like to thank and appreciate efforts & time taken out by our esteemed Members, Mr. Vishal Kapadia, Dr. Kaveri Chougule, who wrote an Articles for the Club Bulletin. They truly made Bulletin read worthy and informative.

As usual we added 2 cooking recipes and 2 Mock tail recipes. You may give a try at home and share you experience to us. We will add your comments in our forthcoming Club Bulletin positively. We also added "Readers Review "page. Surely, your words of appreciation & encouragement mean lot to our team E-News Bulletin.

Through E-News bulletin we will be able to reach out to each Club member & families and updates them about happenings in various avenues within the club. We expect our members to please join & participate in Club events, enjoy company of our own Club members and also help us to make events more purposeful and colourful.

Please make this News Bulletin available to KIDs at home. Ask them to participate, solve Puzzles,

Cross Words etc and receive appreciations Certificates from Club during the appropriate events.

An Appeal: Articles on various subject of member's interest are invited from our own Club members & Spouses. KIDs are invited to send Puzzles, Sudoku, Jokes, Cross Words etc. For more details, please get in touch with Miss. Rutuja Bhosle, Mobile No-7030285599. They can send their entries on Club WhatsApp Number 7030345577

We expect members to take out their valuable time and share their views/opinions, recommendations & suggestions to us, so that we keep on improving our own E- News Bulletin to meet your expectations.

Before i pen down, i profusely thank Club office staff Miss. Rutuja for taking time out from her busy schedule and make relevant information available in time for our Club Bulletin .

Shrinivas Malu
Bulletin Editor

On behalf of E- News Bulletin Committee

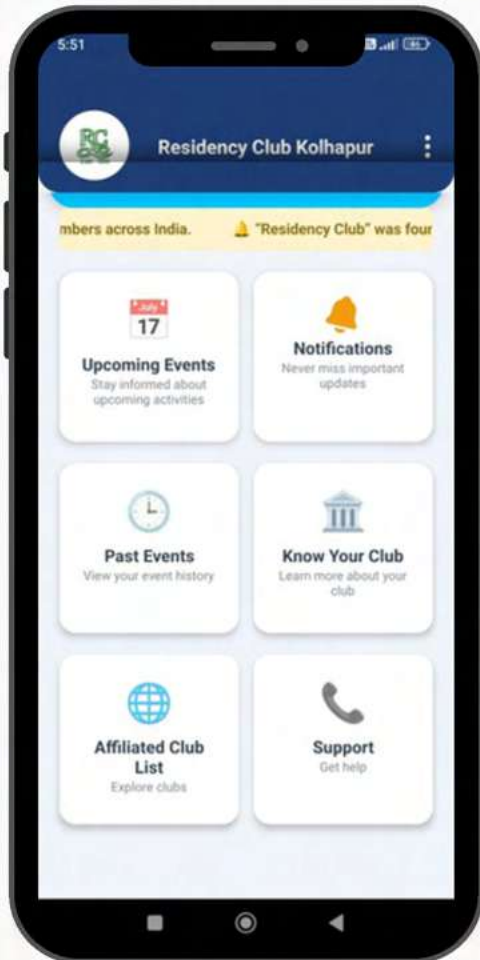
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Update

Club Mobile App

Residency Club proudly introduces its official mobile app, offering members a convenient way to stay connected and informed anytime, anywhere.



Statements:

- Check member ledger anytime
- View account details easily
- Transparent & convenient access



Know Your Club:

- Complete information about club facilities
- Timings of all amenities
- Staff contact numbers for easy connection
- Everything about the club in one place



Upcoming Events:

- Get details of all upcoming events
- Stay informed about programs & activities
- Plan your participation in advance



Notifications:

- Timely event reminders
- Important announcements
- Never miss any club updates



Affiliate Clubs

- View affiliated clubs
- Access contact details
- Plan visits or stay at affiliated clubs
- Enjoy extended club facilities

Dear Members,

We are pleased to introduce the Residency Club Mobile App, designed to keep our members connected and informed. Through the app, you can explore club facilities, stay updated on upcoming events, receive notifications and access important information with ease.

I encourage all members to download the app and make the most of this new initiative.

Warm regards,
Shri. Sheetal S. Bhonsale
Hon. Gen. Secretary

Update

Club Mobile App

How to Download & Login:



Scan to Download – Android



Scan to Download – iOS

- Scan the QR code to download the app on your Android or iOS device
- Enter your registered mobile number
- You will receive an OTP on your mobile number
- Enter the OTP to complete your login
- For any assistance or login support, please contact us at: 7030285599
- Download the app today and enhance your club experience

-Management

“Scan, download and stay connected with the heartbeat of Residency Club.”

Update

Club Activities and Events

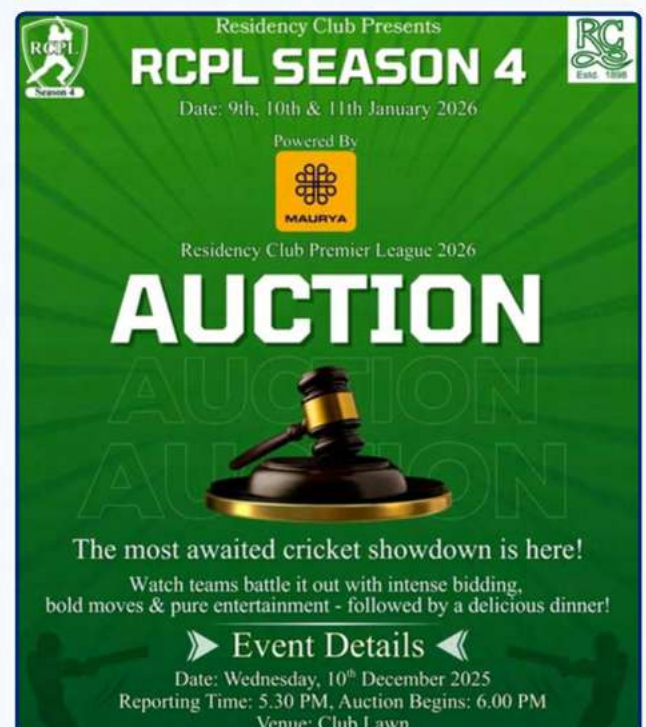
Women's ICC World Cup Finale



The Women's ICC World Cup Final was screened live at the Rooftop Hall, bringing members together for an exciting evening of cricket. The event created a stadium-like atmosphere as members enthusiastically cheered for their favorite team while enjoying the match on the big screen. Families and friends gathered to witness the thrilling finale, making it a memorable sporting evening at the club. The lively energy and collective excitement truly reflected the spirit of togetherness among Club members.

RCPL Auction Season 4

The much-awaited RCPL Auction marked the beginning of another exciting season of Residency Club Premier League. Team owners and players gathered with great enthusiasm as squads were strategically formed through a lively bidding process. The event created a thrilling atmosphere filled with anticipation and friendly rivalry among participants. The auction set the stage for an action-packed cricket tournament, strengthening the spirit of sportsmanship and camaraderie among club members.



Update

Club Activities and Events

Annual General Meeting 2024 - 2025



The Annual General Meeting of Residency Club was conducted with the active presence of our respected members. The meeting provided an important platform to review the club's activities, achievements and financial performance over the past year. Discussions also focused on future plans and initiatives aimed at further enhancing the club experience for members. The AGM concluded successfully with valuable suggestions and continued support from the members for the club's growth and development.

“A platform where ideas are shared, decisions are shaped and the future of the club is strengthened.”

Update

Club Activities and Events

Understanding Adolescence & Addiction

Residency Club Presents

**UNDERSTANDING ADOLESCENCE:
CHALLENGES & ADDICTIONS**

Join us to explore what today's teens are really going through

By Dr. Kavari Chougule
Panel Discussion: Dr. Nikhil & Dr. Kavari Chougule

Date: 30th November 2025
Time: At 9.30 AM
Place: Conference Hall

- ⊗ Sudden mood swings & changing behavior
- ⊗ Impact of peer pressure
- ⊗ Excessive screen time & gaming habits
- ⊗ Early indicators of substance experimentation
- ⊗ How parents can respond calmly and effectively
- ⊗ Strategies to build a stronger parent-child connection

• This Session is for Parents Only • Free For Members & Guest




Residency Club organized an informative session on “Understanding Adolescence: Challenges & Addiction”, aimed at creating awareness among parents and members. The session focused on the emotional and behavioral challenges faced by teenagers in today’s rapidly changing world. Experts shared valuable insights on identifying early warning signs and guiding adolescents toward healthier choices. The discussion proved to be highly informative and encouraged meaningful conversations among members about supporting young minds.

“Understanding young minds is the first step toward nurturing a healthier future.”

Update

Club Activities and Events

Sufi Night



Residency Club hosted a soulful Sufi Night featuring the talented Lambada Band from Pune. The evening was filled with mesmerizing performances that captivated the audience and created a magical musical atmosphere. Members enjoyed the blend of soulful melodies and live musical energy, making it a truly memorable night. The event brought together music lovers for a relaxing and enchanting experience, adding another vibrant cultural evening to the club's calendar.

“A soulful evening where music touched hearts and created magical memories.”

Update

Club Activities and Events

New Year Party



Residency Club welcomed the New Year with a spectacular Gala Celebration attended by members and their families. The evening featured a live DJ spinning energetic tracks and exciting entertainment, creating a vibrant atmosphere as everyone gathered to bid farewell to the year gone by and welcome the new one with joy.

Members relished a delicious buffet with a wide variety of cuisines along with a live bar counter, making the evening even more enjoyable. As the night unfolded with music, dance, laughter and celebration, members came together to welcome the New Year with great enthusiasm and unforgettable memories at Club.

“Celebrations become special when shared with the club family.”

Update

Club Activities and Events

Housie



Residency Club hosted its much-loved Monthly Housie, drawing an enthusiastic response from members. The evening was filled with excitement, laughter and friendly competition as participants eagerly marked their numbers and waited for winning calls. Members of all age groups enjoyed the engaging game, making it a lively and entertaining gathering. The event once again proved to be a wonderful opportunity for members to connect, relax and enjoy a fun-filled evening at the club.

Update

Appreciation



Special appreciation to Mr. Sachin Powar from our restaurant staff for his honesty in returning a bracelet worth nearly ₹2 lakh that was misplaced by a guest. His action reflects the trust and values we uphold at Residency Club.

His commendable act highlights the professionalism and ethical standards of our team. We sincerely appreciate his honesty and commitment.

Article

Understanding Adolescent Challenges: Mental Health, Behavioral Concerns.

Article By Dr. Kaveri Chougule.

Adolescence is often described as a “stormy phase.” Many parents come to the clinic with similar concern “Doctor, my child was so calm and obedient before. Suddenly everything has changed. What appears sudden is actually a natural developmental transition. Adolescence is not just physical growth - it is emotional, psychological, social and neurological transformation happening all at once. A child who once shared everything suddenly becomes private. A once obedient son begins to argue. A cheerful daughter becomes withdrawn and irritable. Parents are left wondering: What changed? Where did we go wrong?

The truth is, adolescence is not a problem to be fixed - it is a developmental phase to be understood

What Happens in the Teenage Brain?

During adolescence, the emotional part of the brain develops faster than the decision-making part. This is why teenagers:

- React strongly
- Feel emotions deeply
- Take risks
- Act impulsively
- Struggle with long-term consequences

It is not that they do not know right from wrong - but their ability to regulate impulses is still maturing. This explains why a child who was once calm may suddenly become argumentative or withdrawn.

Common Day-to-Day Concerns Parents Face:

Sudden Mood Swings

One day cheerful, next day irritated or small issues turn into big reactions.

Example: A mother complained that her 14-year-old daughter shouts when asked simple questions. On evaluation, the girl expressed feeling constantly compared to classmates and pressured to perform. Her irritability was a reaction to emotional overload, not disrespect.

Increased Screen Time and Digital Dependency

Perhaps the most frequent modern concern is excessive phone use.

Parents say:

- “He is always on the phone.”
- She sleeps late because of social media.”
- “If we take the phone away, he becomes aggressive.”



Example:

A 16-year-old boy was gaming late into the night. His grades dropped and he became aggressive when the phone was restricted. The issue was not just gaming —it was poor routine, lack of supervision, and emotional avoidance.

Balanced use is healthy. Excessive use affects sleep, mood, and academic focus. The phone is not just entertainment for teenagers. It is their social world. Friendships, identity, validation and belonging now exist online.

However, when screen time replaces:

- Sleep
- Face-to-face interaction
- Study time
- Physical activity

It becomes unhealthy.

Many adolescents use screens to escape stress. Gaming becomes a distraction from academic anxiety. Social media becomes a source of validation when self-esteem is low. When parents react by suddenly banning devices, conflict escalates. The issue is rarely just the phone — it is what the phone represents emotionally.

Academic Pressure and Declining Performance

Another common concern is a sudden drop in academic performance.

A child who once scored well may:

- Lose interest in studying

Article

Understanding Adolescent Challenges: Mental Health, Behavioral Concerns.

Article By Dr. Kaveri Chougule.

- Procrastinate
- Forget assignments
- Avoid exams

Parents often assume laziness or irresponsibility. But underlying causes may include:

- Anxiety about performance
- Depression
- Attention difficulties
- Fear of failure
- Burnout

In some cases, the adolescent feels overwhelmed and shuts down rather than trying and failing. Excessive comparison with peers' further damages motivation. Adolescents are extremely sensitive to perceived judgment.

Peer Influence and Changing Friend Circles

Parents notice new friends, new habits, new language. They may observe

- Dressing differently
- Using slang
- Becoming secretive about outings
- Avoiding family gatherings

Peer acceptance becomes very important during adolescence. The need to belong can sometimes override personal judgment. In certain cases, adolescents experiment with smoking, vaping, or alcohol out of curiosity or peer influence. It often begins as "just trying once." Parents feel fear and anger. Adolescents feel shame and defensiveness. Without calm communication, both sides move further apart.

Increased Argumentativeness

Parents frequently say, "Earlier he never argued like this." Adolescents start questioning rules

- "Why should I come home early?"
- "You don't trust me."
- "All my friends are allowed. Why not me"

This is not always defiance. It is a developmental push for autonomy. Teenagers are forming their own opinions. They test boundaries to understand where

they stand. If parents respond with excessive control, rebellion may intensify. If parents allow unlimited freedom, confusion increases. The challenge lies in balancing structure with independence.

Sleep Pattern Changes

Many adolescents sleep late and struggle to wake up early. Late-night phone use, academic stress and biological shifts in circadian rhythm contribute to this change.

Chronic sleep deprivation leads to:

- Irritability
- Poor concentration
- Low mood
- Reduced immunity

Parents often view late waking as laziness, but sometimes it reflects deeper emotional or behavioral patterns.

Withdrawal from Family

A once affectionate child may now avoid conversations, skip family dinners and remain isolated in their room. Parents feel hurt and excluded. However, adolescents naturally shift attachment focus toward peers while still needing emotional security from parents.

The key difference between healthy independence and concerning withdrawal is engagement. A healthy adolescent still interacts occasionally and participates when encouraged. A depressed adolescent withdraws completely and loses interest in everything.

Body Image Concerns

Adolescence brings rapid physical changes. Many teenagers become overly conscious about appearance. They may:

- Compare themselves constantly
- Avoid social events
- Diet excessively
- Express dissatisfaction with their body

Article

Understanding Adolescent Challenges: Mental Health, Behavioral Concerns.

Article By Dr. Kavari Chougule.

In extreme cases, eating disorders may develop. Parental comments about weight or appearance, even casually, can deeply affect self-esteem

Risk-Taking Behavior

Risk-taking is biologically heightened during adolescence. It may appear as:

- Speeding while driving
- Ignoring safety rules
- Substance experimentation
- Impulsive decisions

The adolescent brain is wired for novelty-seeking. They prioritize immediate reward over long-term consequence. Guidance and supervision are protective - but so is open communication.

Emotional Sensitivity

Adolescents are highly sensitive to criticism. Even mild correction may feel like rejection.

A small comment such as “You should study more” may be interpreted as “You are not good enough.” Their identity is still forming. They are trying to understand:

- Who am I?
- Am I capable?
- Do I belong?

Supportive parenting strengthens resilience.

Understanding the Parent’s Emotional Experience

It is important to acknowledge that adolescence is stressful not only for the child, but also for parents. Parents may feel:

- Fear about the future
- Frustration
- Helplessness
- Anger
- Guilt
- Self-doubt

These feelings are natural. But reacting from fear often worsens conflict. When parents shift from

control to communication, many day-to-day conflicts reduce significantly.

Most day-to-day concerns in adolescence reflect growth and identity formation rather than pathology. However, when changes are:

- Severe
- Persistent
- Impacting functioning
- Associated with self-harm or substance use

Professional guidance is essential.

Adolescence is not about losing your child. It is about gradually learning to guide them differently. The role of the parent shifts from commander to coach. With patience, structure, emotional availability, and timely intervention, the difficult phase becomes a meaningful transition into adulthood.

Common Clinical Disorders Seen in Adolescents

As a psychiatrist, I frequently see the following mental health conditions in teenagers

Depression: Adolescent depression does not always look like sadness. It often presents as:

- Irritability
- Loss of interest in activities
- Social withdrawal
- Disturbed sleep
- Drop in academic performance
- Feelings of hopelessness

1. Clinic Example: A 15-year-old boy was labeled “lazy.” On evaluation, he had moderate depression. After therapy and appropriate treatment, his academic interest returned. Depression is a medical condition - not a character flaw.

2. Anxiety Disorders:

Very common but often ignored. Symptoms include

- Exam fear
- Panic attacks
- Excessive worrying
- School refusal
- Physical symptoms like stomach pain or headache

Article

Understanding Adolescent Challenges: Mental Health, Behavioral Concerns.

Article By Dr. Kavari Chougule.

Example: A girl repeatedly complained of stomachache before school. Medical tests were normal. She was suffering from social anxiety.

When to Be Concerned: Red Flag Signs

Professional help should be considered if you observe:

- Persistent sadness or irritability
- Self-harm behaviors (cutting, hiding injuries)
- Extreme withdrawal
- Aggression beyond control
- Significant academic decline
- Substance use

Early intervention makes a significant difference.

The Parent's Role:

1) Responding Wisely: Connection Before Correction: Teenagers listen better when they feel heard. Instead of immediate advice, try listening first. Validate feelings before correcting behavior.

2. Stay Calm During Conflict: When parents react with anger, adolescents become defensive. Calmness reduces escalation. Emotional regulation from parents teaches emotional regulation to children.

3. Set Clear and Consistent Boundaries: Adolescents need both freedom and structure.

- Agree on screen limits.
- Maintain sleep routines.
- Define consequences calmly in advance.
-

4. Encourage Healthy Outlets: Sports, music, art, yoga, and hobbies improve emotional regulation and reduce addiction risk.

5. Seek Help Without Guilt: It is responsible care. Mental health conditions are treatable. Early recognition prevents long-term consequences

Adolescence is not a phase of losing your child — it is a phase of rediscovering them in a new form. Mood swings, arguments, and independence are often signs of growth, not rejection. Behind the changing behavior is a young mind trying to understand identity, belonging, and self-worth. What adolescents need most during this time is not perfection from parents, but patience, consistency, and emotional availability. When parents choose understanding over reaction, connection over control, and guidance over criticism, adolescence becomes a bridge to healthy adulthood. Your presence, more than your pressure, shapes their future.



Article

Indian Budget 2026-27 : Steps Towards Viksit Bharat

Article By Mr. Vishal Kapadia.

The Union Budget 2026–27, presented on 1st February 2026, reflects the Government of India's strong commitment towards building a self-reliant and developed nation under the vision of Viksit Bharat. The budget marks a clear shift from a consumption-driven approach to one focused on capacity creation, infrastructure expansion, fiscal prudence and long-term economic resilience.

Fiscal Discipline and Economic Growth

One of the key highlights of the budget is moderation in fiscal consolidation. The fiscal deficit is projected at 4.4% in FY26 and 4.3% in FY27. The government aims to reduce the debt-to-GDP ratio by 50 basis points to 55.6% in FY27, with a long-term target of 50% by FY31. Nominal GDP growth is expected to improve to 10% in FY27, compared to 8% in FY26.

Gross tax revenue is projected to grow by 8%, supported by 11% growth in corporate and income taxes and a 16% increase in Securities Transaction Tax (STT). However, GST collections are expected to remain steady at ₹10.2 trillion. Disinvestment has been significantly increased to ₹800 billion, more than double the previous allocation. Gross borrowing is estimated to rise to ₹17.2 trillion.

Focus on Capital Expenditure

A major highlight of the budget is the 11% increase in capital expenditure (capex), reinforcing the government's emphasis on infrastructure-led growth. Roads and Railways allocations have grown by 8% and 10%, respectively, while Defence capital outlay has risen by 18%. The budget also includes plans for 20 new waterways and strengthened tourism infrastructure.

The JalJeevan Mission receives an allocation of ₹677 billion, and an Infrastructure Risk Guarantee Fund of ₹10 billion has been introduced to encourage private participation.

Taxation Reforms

There have been no changes in personal income tax slabs or capital gains tax. However, buybacks will now be taxed as capital gains in the hands of shareholders, which is considered beneficial for minority investors. The Corporate Minimum Alternate Tax (MAT) rate has been reduced from 15% to 14%. Capital gains exemption on Sovereign Gold Bonds (SGBs) will now apply only to bonds held continuously from issue until maturity, effective April 1, 2026. Additionally, a tax holiday has been announced for foreign cloud companies operating through Indian data centers, boosting India's digital economy.



Sector-wise Impact

1. BFSI (Banking, Financial Services, and Insurance)

The sector sees overall positive reforms:

- A high-level committee will be formed to improve efficiency.
- ₹100 billion equity support for MSMEs.
- ₹20 billion allocation for UPI incentives.
- Restructuring of major NBFCs.
- However, the increase in STT on Futures (0.02% to 0.05%) and Options (0.1% to 0.15%) may negatively impact exchanges and brokers.

2. Infrastructure and Building Materials

With 11% growth in government capex, cement and infrastructure companies are expected to benefit. The focus on roads, railways, freight corridors, waterways, and tourism development will further stimulate growth.

3. Defence and Capital Goods

Defence capital outlay has increased to ₹2.19

Article

Indian Budget 2026-27 : Steps Towards Viksit Bharat

Article By Mr. Vishal Kapadia.

trillion. Basic customs duty exemptions on aircraft parts for maintenance and overhaul will support domestic defence manufacturing.

4. Healthcare and Chemicals

The government has announced ₹100 billion capex over five years, expansion of NIPER, 1,000 accredited clinical sites, and five regional healthcare hubs integrating diagnostics, rehabilitation, and AYUSH. Dedicated chemical parks and freight corridors are also proposed.

5. Information Technology

The simplified buyback taxation and tax holiday until 2047 for global cloud companies using Indian data centers are expected to encourage investment and expansion in the IT sector.

6. Electronic Manufacturing and Semiconductors

A ₹400 billion outlay under the EMS Scheme (nearly double the earlier proposal) and approval of Semiconductor Mission 2.0 aim to boost domestic electronics manufacturing and reduce import dependence.

7. Automobile Sector.

Auto: Positive - PLI for Automobiles and Auto Components budget allocation increased by 284% y/y to Rs 59.4bn. Govt also Proposed to establish Dedicated Freight Corridors (DFC) connecting Dankuni (WB) in the East, to Surat (Gujarat) in the West. Budget allocation for Dedicated Freight Corridor Corporation of India Ltd at Rs5bn in F27. This could be little negative for CVs. Basic custom duty for specified capital goods for use in manufacture of lithium-ion cells for batteries of Battery Energy Storage System is reduced to Nil.

8. Logistics

The Coastal Cargo Promotion Scheme aims to increase the share of inland waterways and coastal shipping from 6% to 12% by 2047, encouraging

multimodal transport development.

Conclusion

The Union Budget 2026–27 represents a strategic development. While certain measures like increased STT and higher borrowing may create short-term concerns, the long-term focus on capacity creation and self-reliance positions India firmly on the path toward becoming a developed nation.

Overall, the budget signals confidence, structural reform, and a determined push towards Viksit Bharat.



Update

Chef's Special Recipes

Chicken Maggi Fritters



Ingredients

- Chicken – 1/2 cup (cooked or raw chicken kheema)
- Maggi Noodles – 1 packet (crushed)
- Egg – 1
- Breadcrumbs – 1/4 cup
- Refined flour & corn flour slurry (for coating)
- Breadcrumbs or crushed Maggi for outer coating
- Oil – for deep frying

Method

Step 1 - Mix

- Combine chicken, crushed Maggi noodles, egg, and Maggi seasoning.
- Mix well and shape into small patties or fritters.

Step 2 - Coat

- Dip the patties in refined flour and corn flour slurry.
- Roll them in breadcrumbs or crushed Maggi noodles.

Step 3 - Fry

- Deep fry in hot oil until golden brown and crispy.

Step 4 - Serve

- Serve hot with mayonnaise sauce or mint chutney.

Variation

- Spicy: Add finely chopped green chilies to the mixture for extra heat.

Watermelon Cucumber Cold Soup



Ingredients

- Watermelon – 2 cups (diced, seedless)
- Cucumber – 1 medium (peeled and diced)
- Fresh mint leaves – 1/4 cup
- Lime juice – 1 tablespoon
- Salt – to taste
- Black pepper – 1/2 teaspoon (optional)
- For Garnish
- Mint sprigs
- Cucumber slices
- Watermelon balls

Method

Step 1 - Blend

- Add watermelon, cucumber, and mint leaves to a blender and blend until smooth.

Step 2 - Strain (Optional)

- Strain the soup for a smoother texture if desired.

Step 3 - Season

- Add lime juice, salt, and black pepper. Mix well.

Step 4 - Chill

- Refrigerate for about 30 minutes.

Step 5 - Serve

- Serve chilled and garnish with mint leaves or cucumber slices.

Variation

- Spicy: Add a small dash of green chili while blending for a light spicy kick.

Update

Mocktail Recipes

Rainbow



Ingredients:

- ½ oz Grenadine Syrup
- 3 oz Mango Juice
- ½ oz Blue Curaçao Syrup
- ½ oz Fresh Lime Juice
- Soda to top
- Ice Cubes

Method:

- Fill a tall glass with ice cubes.
- Pour the grenadine syrup slowly into the glass so it settles at the bottom.
- Gently add mango juice over the grenadine layer.
- Add fresh lime juice.
- Carefully pour the blue curaçao syrup to create a colorful layered effect.
- Top with soda and serve without stirring.

Taste Profile:

A vibrant and refreshing layered mocktail with a sweet tropical mango flavor, balanced by citrusy lime and a light sparkling finish.

Shirley Temple



Ingredients:

- ½ oz Grenadine Syrup
- 3 oz Pineapple Juice
- Sprite or Lemon Soda to top
- Ice Cubes
- Cherry and Orange Slice (for garnish)

Method:

- Fill a tall glass with ice cubes.
- Pour the grenadine syrup into the glass.
- Add pineapple juice and gently stir.
- Top with Sprite or lemon soda.
- Garnish with a cherry and an orange slice.

Taste Profile:

A sweet, fruity and refreshing mocktail with tropical pineapple flavor and a bubbly citrus finish.

Update

Kid's Corner

EARTH DAY

🔍 Can you find the words hidden in the wordsearch?
Say the word out loud and then circle each when you find them!

T	H	R	R	E	C	Y	C	L	E
C	A	E	A	S	G	Z	C	M	A
L	B	D	T	F	R	X	A	E	R
I	I	U	M	U	E	E	R	N	T
M	T	C	J	R	E	U	S	E	H
A	A	E	U	T	N	O	O	R	I
T	T	M	F	P	A	F	N	G	G
E	O	T	L	U	S	J	H	Y	Y
R	E	N	E	W	A	B	L	E	S
P	O	L	L	U	T	I	O	N	M

reduce

reuse

recycle

pollution

habitat

earth

green

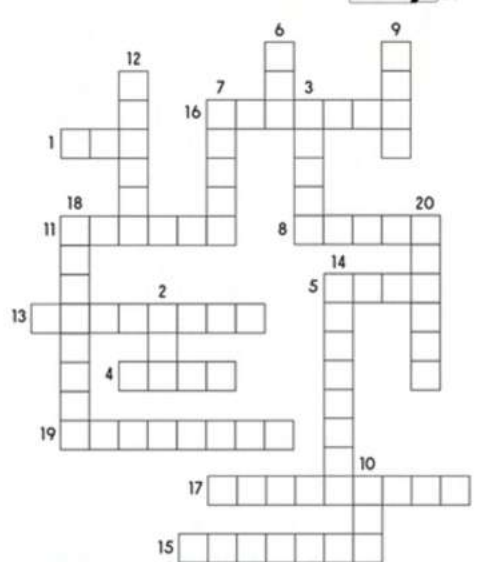
energy

climate

renewable

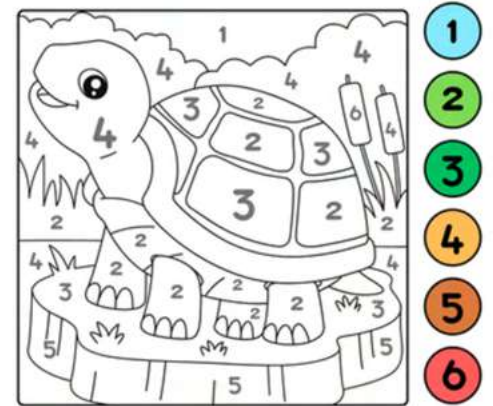
NUMBERS 1-20

CROSSWORD PUZZLE

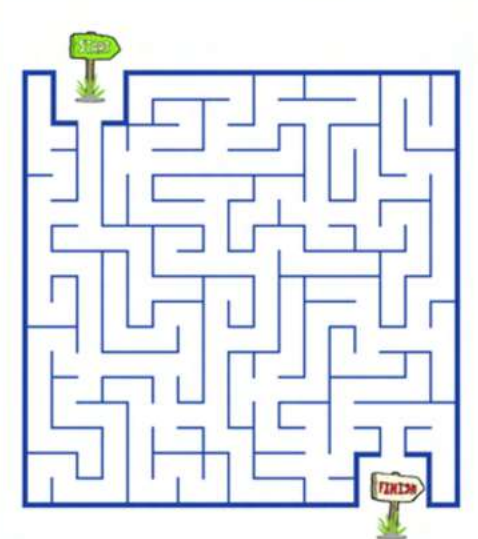


COLOR BY NUMBER

DIRECTIONS: Let's color by number online from 1 to 6!



MAZE



An Appeal:

Kids, aged 6 to 14 are invited to participate in Kids Corner – Crossword – Challenging Word Puzzles and Coloring Owl activities. Send their entries on the club WhatsApp number: 7030345577.

The first three correct entries will be recognized and appreciated in the Club's forthcoming appropriate program / event.

Update

Reader's Review

Spandan is more than a mere collection of pages; it is a vibrant tapestry woven from the shared experiences, laughter, and milestones of our community. The 3rd edition gives us information from the



meticulous upkeep of our facilities to the intellectual and culinary heights we've scaled this quarter and it serves as a definitive testament to the thriving spirit of our club.

The club has been a hive of activity lately, and this magazine captures those moments beautifully. Through candid photography that mirrors the warmth of our gatherings, the editors have immortalized our recent social calendar. It is truly heartening to see our sub-committees working in such harmony, ensuring the club remains a cherished "home away from home" for families across generations.

Literary Highlights:

From Japan to the Heart of the Home

The undisputed jewel of this edition is the Marathi feature article on Japan. In a masterful display of travelogue writing, Mr. Uttam Pharakte invites us into his personal odyssey across the Japanese archipelago. What sets this piece apart is not just the linguistic grace of the Marathi prose, but the evocative power of the narrative. One doesn't just read the words—one travels along. It is a brilliant reminder of how travel, when experienced deeply, transcends simple sightseeing to become an internal transformation. For our Marathi-speaking members, this article is a nostalgic and proud addition to our literary repertoire, proving that our club is a melting pot of global outlooks and local roots.

Beyond the travelogues, the magazine dives into essential social discourse. The article on Pre-marriage Counseling by Adv. Neelam Gandhi, deserves a special round of applause. Such informative pieces do more than just educate our next-generation members; they demonstrate the progressive and forward-thinking nature of our community.

Similarly, Ar. Nupur Magdum contributes a beautiful piece on the importance of living in harmony with nature within our homes. Her writing provides a chance to rethink and reflect on how we curate our individual living spaces. It is a deeply influential write-up that challenges us to bring the serenity of the outdoors into our private sanctuaries.

The Culinary Arts and Editorial Excellence

Turning to the palate, the magazine features a selection of "Chef's Specials," offering members a rare "behind-the-scenes" look at the recipes that define our dining room. Complementing these gourmet insights is a sophisticated guide to our latest cocktail and mocktail menu. The feature brilliantly showcases the creativity of our bartenders, proving that mixology at our club is as much about craft as it is about refreshment.

A publication of this caliber does not happen by accident. It is the result of tireless hours, meticulous proofreading, and a keen eye for design. We must extend a sincere vote of thanks to the editorial team and the office bearers. They have managed to assemble a diverse range of voices while maintaining a cohesive, sophisticated, and accessible aesthetic. This 3rd issue is a triumph of collaboration and a gift to every member of this club.

Mr. Nayan Samani.

Update

Reader's Review

Spandan truly lives up to its tagline, “The Heartbeat of Residency Club.” Each edition beautifully captures the spirit, vibrancy, and sense of togetherness that defines our Club. The magazine presents a well-



well-balanced blend of informative messages, engaging articles, event highlights, creative contributions, and reader-centric sections that appeal to members of all age groups. The thoughtfully written messages from the President, Hon. Secretary, and Editor set a positive and inspiring tone, while the coverage of club activities reflects meticulous planning and enthusiastic participation by members. The articles contributed by members and their families

add depth, variety, and personal touch, making the bulletin both meaningful and enjoyable to read.

Special sections such as recipes, mocktails, Kids’ Corner, and Readers’ Reviews further enhance the magazine’s appeal and inclusivity. The layout, content flow, and overall presentation reflect the dedicated efforts of the editorial team.

Spandan is not just a bulletin—it is a valuable platform that strengthens communication, encourages participation, and fosters a strong sense of community and pride among Residency Club members. Kudos to the editor and the entire team for their commendable work in making Spandan an engaging and praiseworthy publication.

Mr. Abhijeet Magdum.

The activity bulletin of Residency Club is well-organized, informative, and easy to follow. It highlights a vibrant mix of sports, cultural, and social events that cater to all age groups. The clear layout and timely updates help members stay engaged and plan participation in advance.

Overall, it reflects an active, lively community and excellent club management.



Mr. Prasanna Deshingkar.



Spandan edition is absolutely excellent this is great opportunity to developing the club activities & also popularity of the club go ahead all the best we all members of the club with you

Mr. Basavaraj Khobare.

Update

Club QR Codes

You Are Just a Scan Away



At Residency Club, we are constantly striving to improve convenience and service for our members. To make information more accessible, we have now introduced dedicated Club QR Codes. Members can simply scan the code to access club updates, event details and more — anytime, anywhere!

Additionally, we have recently launched room and restaurant feedback systems through digital forms. This initiative aims to gather valuable insights from members to help us enhance our hospitality and ensure an even better experience for all.

Your feedback matters — thank you for helping us grow and serve you better!

Disclaimer:

The content, views and information presented in this E-bulletin are contributed by individual club members and do not necessarily reflect the official stance of the Residency Club Management. All information is intended solely for community engagement, informational purposes and entertainment purposes. Submissions involving minors (e.g., artwork, photos, or written content) are published with prior parental consent. Personal details of minors are not disclosed unless explicitly approved.

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