



The
Residency Club
Kolhapur

Spandan

Heartbeat of Residency Club



President's Message



Dr. Vijay Rathod
Collector - Kolhapur
President

Dear Members,

It is a privilege to address you through the sixth edition of Spandan – The Heartbeat of Residency Club. This publication reflects the spirit of our Club and the enthusiasm of its members, bringing together the experiences, achievements and moments that make our community special.

As I begin my journey as President, I look forward to working towards the continued growth and development of our Club. Our strength lies in the active participation of our members, the diversity of our activities and the enduring values that have shaped the Residency Club over the years.

I believe that a club thrives when it creates opportunities for people to connect, discover new interests and enjoy meaningful experiences. With this vision, we will continue to encourage sporting excellence, cultural engagement, family activities and initiatives that enhance the overall experience of our members.

I extend my sincere appreciation to the Managing Committee, sub-committees, staff and every member who contributes to the smooth functioning and progress of our Club. Your cooperation and support are essential as we work towards new milestones.

May the coming months bring fresh opportunities, memorable experiences and continued progress for the Residency Club.

Warm regards,

Dr. Vijay Rathod.
Collector – Kolhapur
President

Secretary's Message



Shri. Sheetal Bhonsale
Hon. Gen. Secretary

Dear Members,

I am pleased to present the sixth edition of Spandan – The Heartbeat of Residency Club, highlighting the events and activities held at our Club over the past few months.

The past few months have been filled with sporting events, cultural programmes, family celebrations and many memorable occasions. The enthusiastic participation of our members makes each event special and encourages us to organise more engaging activities.

I sincerely thank our President, Managing Committee members, sub-committees and staff for their efforts and support in organising these programmes successfully.

I also thank all members who have contributed articles, photographs, suggestions and ideas for this edition of Spandan. Your contributions help us capture and share the special moments of our Club.

We will continue to work towards improving our activities and providing members with enjoyable experiences. Your feedback, support and participation are always valuable to us

Thank you for your continued trust, encouragement and active participation.

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 6 th edition of Club E-News Bulletin. We are getting overwhelming responses from the readers. Your responses and words appreciations keeps us motivated and we are putting in our best efforts to make our Club News Bulletin more interesting & praise worthy.
As usual we have 2 Articles, by spouses - Mrs. Priya Somaiya and Adv. Mrs. Neelam Punit Gandhi on the unique subjects of member's interest. We are sure; you will find articles most informative and worth reading. I would like to thank and appreciate efforts & time taken out by them, who wrote articles for the Bulletin.
Club's updated QR codes are placed here for your immediate reference and use, and you can use them while you or family are on move, may be on business commitments or pleasure trip.
As a permanent feature of our Club bulletin, you will find worth trying Cooking and Mocktail recipes. Do try these recipes at home and favour us your responses in return. We will try to place your responses in our forthcoming 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 Club members and help us to make event 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.

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. Please get in touch with Mrs. Rutuja Bhosale, Mobile No 7030285599 for more details. They too can send their entries on Club WhatsApp Number.7030547755

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

Looking forward for your whole hearted support and cooperation in making E-Bulletin praise worthy. I am sure together we can do it together.

Before I pen down, I profusely thank Club office staff Mrs. Rutuja Bhosle for taking special efforts while making relevant information available on time. We also would like to thank and appreciate efforts of Mr. Punit Gandhi in getting the articles for our News Bulletin

From

Shrinivas Malu
Bulletin Editor

On behalf of E- News Bulletin Committee

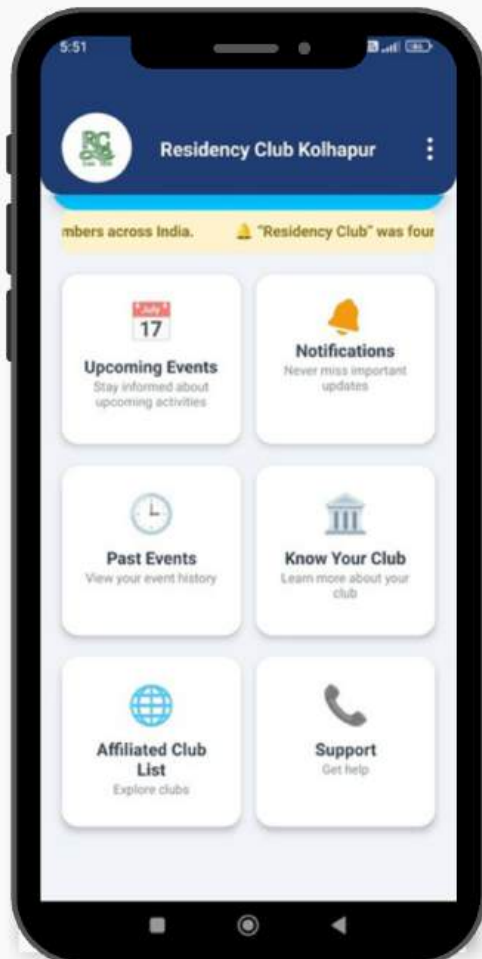
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Update

Club Mobile App

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



New Feature – Online Payments

- Pay club bills & dues securely
- Quick and convenient transactions
- Safe digital payment experience



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 new Online Payment Gateway feature in the Residency Club Mobile App. Members can now conveniently make club payments digitally while staying connected with all club activities and updates through the app.

We encourage all members to download/update the app and enjoy a smoother, smarter and more convenient club experience.

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

Music Jamming Session



The Live Music Jamming Session featuring Pritesh Mattikalli & Band was held on 1st March 2026 at Retreat Bar. Members enjoyed a lively afternoon of music, entertainment and Happy Hour offers. The energetic performances, singing and cheerful atmosphere made the afternoon enjoyable, with members relaxing and spending quality time with family and friends at the bar. The event added to the Club's vibrant social atmosphere. Members appreciated the opportunity to unwind and enjoy live music together.

ICC T20 World Cup Live Screening

Residency Club organized live screenings of the ICC T20 World Cup Semi-Final and Final at the Club Lawn. Members and their families enjoyed thrilling matches on the big screen, accompanied by delicious food and enthusiastic cheering. The screenings created an exciting atmosphere, bringing cricket lovers together to share memorable sporting moments. The matches kept everyone engaged until the final moments. The gatherings added excitement to the Club's sporting calendar.



Update

Club Activities and Events

Pal Pal Dil Ke Paas – A Tribute to Dharmendra



Residency Club presented “Pal Pal Dil Ke Paas – A Tribute to Dharmendra,” featuring talented singers Nitin Sontakke, Rucha Gavande and Suraj Naik. Their soulful renditions of timeless Bollywood classics took members on a nostalgic journey through the golden era of Hindi cinema. The evening was filled with melodious music, cherished memories and wonderful performances. The audience appreciated the singers’ captivating presentations. The programme offered a memorable celebration of classic Hindi film music.

Brain Health in Everyday Life

Residency Club organized an informative session on “Brain Health in Everyday Life” by Mrs. Prajakta Wadhavkar, Founder of Tapas Elder Care. The session highlighted the importance of healthy eating, adequate sleep, physical activity, stress management and mental stimulation. Members gained practical insights into improving memory, maintaining cognitive health and adopting habits that support healthy ageing. The discussion also encouraged members to remain mentally active and socially connected. The session provided useful guidance for improving everyday well-being.



Update

Club Activities and Events

Pizza Fest

The three-day Pizza Fest at Rivoli Restaurant offered members a delicious variety of freshly prepared pizzas. Families and friends enjoyed exploring different flavours in a warm and welcoming ambience. The combination of good food, pleasant company and a relaxed dining experience made the festival a delightful culinary celebration. The event offered a refreshing addition to the Club's dining experiences. Members enjoyed sharing delicious meals and spending quality time together.



Summer Car Rally 2026



The Summer Car Rally 2026 offered participants an exciting motoring experience through scenic routes. The rally encouraged teamwork, adventure and friendly competition while providing opportunities for members to interact and create joyful memories. The event reflected the Club's spirit of recreation and adventure. Participants enjoyed the thrill of the journey and the opportunity to explore new routes. The rally added an engaging outdoor experience to the Club's activities.

Update

Club Activities and Events

Summer Camp Kids 2026



The Kids Fun Camp 2026, conducted by Mrs. Nitu Neel Pandit (Bavdekar), offered children a creative and enjoyable summer experience. Activities included paper crafts, collage making, greeting cards, fireless cooking, storytelling and outdoor sports. The camp encouraged creativity, confidence, teamwork and new skills while giving children an opportunity to make friends and create wonderful summer memories. The varied activities kept children engaged while encouraging them to explore their interests. The camp provided a joyful balance of learning, creativity and recreation.

Sports Summer Camp

The Sports Camp 2026 provided children with an opportunity to stay active and develop their sporting skills under the guidance of experienced coaches. Activities included Chess, Swimming, Badminton, Table Tennis, Lawn Tennis and Squash. The camp promoted fitness, discipline, teamwork and sportsmanship while encouraging children to adopt a healthy and active lifestyle. Participants gained valuable experience through practice and interaction with fellow players. The camp made the summer holidays productive, enjoyable and enriching.



Update

Club Activities and Events

Racket League – Season 1



Residency Club proudly organized the First Ever Racket League 2026, bringing together members for two days of exciting competition across various racquet sports. The tournament showcased outstanding teamwork, determination and sportsmanship among all participating teams. RC Avengers emerged as Champions, while RC Smashers secured the Runners-up position after a series of competitive matches. The inaugural edition was a remarkable success and reflected the growing enthusiasm for racquet sports at the Club. We congratulate all the teams and thank every participant for making the event memorable.

Yeh Shaam Mastani – Karaoke Night

Residency Club presented “Yeh Shaam Mastani,” a special Karaoke Night celebrating the evergreen songs of legendary Bollywood actor Rajesh Khanna. Members performed timeless melodies, creating an evening filled with music, nostalgia and joy. The enthusiastic participation and warm atmosphere made it a delightful celebration of classic Bollywood music. The performances showcased members’ singing talents and love for Hindi film songs. The evening offered a wonderful opportunity to share musical memories and enjoy a lively programme.



Update

Club Activities and Events

Women's Health Journey: From Adolescence to Menopause



The Club organized an informative session titled “Women’s Health Journey – From Adolescence to Menopause” on 14th June 2026, conducted by Dr. Puja Ghorpade. The session covered important aspects of women’s health through different stages of life, with a focus on awareness, preventive care and overall well-being.

The discussion addressed the physical, hormonal and emotional changes women may experience from adolescence through adulthood and menopause. It highlighted the importance of menstrual health, hormonal balance, nutrition, regular exercise and maintaining a healthy lifestyle. Members also gained insights into common health concerns, the importance of recognizing warning signs and the value of timely medical consultations.

Special emphasis was placed on preventive healthcare, regular health check-ups and the importance of seeking professional guidance without hesitation. The session encouraged women to ask questions, clarify doubts and make informed decisions about their health. The interactive discussion created an opportunity for women to better understand their bodies and discuss health concerns in an informative and supportive environment. The programme reinforced the importance of prioritizing personal well-being at every stage of life and empowered members with practical knowledge to take better care of themselves and their families.

Update

Club Activities and Events

International Yoga Day



The Club celebrated International Yoga Day on 21st June 2026 with a refreshing and energising yoga session conducted by Mr. Rahat Kharbanda. Members participated in various yoga practices focusing on flexibility, fitness, relaxation and overall well-being.

The session offered a positive start to the day and encouraged members to include yoga in their daily routine. It was a refreshing experience that highlighted the importance of maintaining a healthy and balanced lifestyle.

Pickleball Tournament

The Pickleball Tournament brought together members for an exciting and energetic sporting experience. Players displayed enthusiasm, skill and a healthy competitive spirit throughout the tournament. The event also provided members with an opportunity to interact and enjoy the growing popularity of pickleball.

The lively atmosphere on the court added to the excitement of the tournament. The enthusiastic participation highlighted the growing interest in new sporting activities among Club members.



Update

Club Activities and Events

Badminton Jumble-Doubles



The Badminton Jumble Doubles Tournament, held on 2nd August 2026, brought together badminton enthusiasts for an exciting day of competitive play. The unique jumble-doubles format added an element of fun and encouraged members to play with different partners. The tournament witnessed enthusiastic participation, close matches and a wonderful spirit of sportsmanship. Players enjoyed the opportunity to compete, interact and build new sporting connections. The lively matches and friendly atmosphere made the tournament an enjoyable experience for all participants.

Sports Mania 2026

Sports Mania 2026 was a vibrant celebration of sports, fitness and team spirit at the Club. Members across different age groups participated with great enthusiasm in various sporting activities. The event provided an opportunity for members to showcase their skills, enjoy friendly competition and spend quality time with fellow members. The energetic participation and positive spirit made Sports Mania a memorable sporting celebration.

The event also encouraged members to stay active and make fitness a part of their lifestyle. The enthusiasm displayed throughout the activities reflected the strong sporting culture of the Club.



Update

Club Activities and Events

Independence Eve Celebration



The Club hosted a special Pre-Independence Day Eve Celebration on 14th August 2026, bringing members and their families together for an evening of entertainment. The programme featured a variety of performances by both children and adults. The children presented skits, dance performances and instrumental music, while the adults entertained the audience with melodious songs. The enthusiastic participation and lively atmosphere made the evening a memorable celebration filled with talent, joy and togetherness.



Independence Day

The Club celebrated Independence Day on 15th August 2026 with flag-hoisting ceremony led by Mr. Ramesh Lalwani, an senior Club member. Members and their families gathered to mark the occasion with pride and respect.

The celebration reflected the values of freedom, unity and togetherness. Following the ceremony, members and their families enjoyed breakfast together, making the morning a pleasant opportunity to connect and share memorable moments.



Update

Club Activities and Events

A Holistic Approach to Yoga



The Club organised “A Holistic Approach to Yoga” on 30th August 2026, featuring Dr. Ramanujan Odeyar. The programme included demonstrations, basic asanas, advanced practices and an interactive question-and-answer session.

The session gave members an opportunity to learn more about the practical benefits of yoga and its role in everyday life. The interactive format encouraged members to understand yoga beyond exercise and explore its contribution to overall well-being.

Housie Evenings

The Club continues its tradition of bringing members together through its popular Housie evenings. The sessions were filled with excitement, anticipation and cheerful interaction as members and guests participated with great enthusiasm.

The combination of fun, prizes and friendly interaction created a lively atmosphere for everyone. Housie continues to be a popular social activity that brings members and families together for an enjoyable evening.



Article

Build, Protect, Expand: IPR Lessons for Growth-Driven Leaders

Article By Mrs. Priya Somaiya

Introduction: Competition Has Changed!

In recent years, the nature of competition has transformed dramatically. Technology has become a valuable commercial asset and a key factor in determining competitiveness. Economic progress depends on continuous innovation, and Intellectual Property Rights (IPR) play a vital role in protecting innovation and supporting sustainable growth.

Success in innovation is a continuous cycle involving inventing, protecting, manufacturing, and marketing. Businesses that manage this cycle effectively are more likely to succeed in competitive markets.

Understanding Intellectual Property

Intellectual Property (IP) refers to creations of the human mind such as inventions, designs, brands, and creative works. Just as physical property requires protection, intellectual property must also be protected to prevent unauthorized use.

Common forms of intellectual property include patents, trademarks, industrial designs, copyrights, trade secrets, and geographical indications. Among these, patents, trademarks, designs, and copyrights are the most widely used and commercially significant.

Territorial Nature of IPR

Intellectual property protection is territorial. Rights granted in one country are enforceable only within that country. Businesses seeking protection in multiple countries must file applications separately according to each country's laws.

Patents: Protecting Innovation

A patent is a legal right granted for a new invention that provides exclusive rights to the inventor for a limited period. To qualify for patent protection, an invention must be novel, involve an inventive step, and have utility. Businesses should carefully evaluate the commercial value of an invention before seeking protection.

Trademarks and Brand Value

A trademark identifies the source of goods or services and distinguishes them from competitors. A strong trademark builds customer trust, creates brand recognition, and supports

market expansion. Over time, trademarks become valuable business assets.



Industrial Designs and Product Differentiation

Design protection applies to the visual appearance of products. It helps businesses differentiate products, prevent imitation, and strengthen brand identity.

Copyrights and Creative Works

Copyright protects original creative works such as books, software, artwork, and marketing materials. In the digital economy, copyright protection is increasingly important for businesses.

Planning Before Creating Intellectual Property

Before investing in research and development, businesses should evaluate market demand, product uniqueness, production feasibility, cost, and commercial potential. Proper planning ensures that innovation leads to real business value. There are law firms which can provide you with global patent or trademark search reports which will be beneficial for any industry to have before entering into the global market.

Protection Strategy for Businesses

A clear protection strategy is essential. Businesses must consider where to seek protection, costs involved, market size, licensing opportunities, and commercialization plans.

Article

Build, Protect, Expand: IPR Lessons for Growth-Driven Leaders

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Intellectual Property as a Business Asset

Intellectual property is a financial asset that can generate revenue through licensing, franchising, partnerships, and commercialization. Its value depends on market demand and customer perception.

Common Mistakes by Innovators

Common mistakes include delaying commercialization, ignoring market research, overestimating product value, and failing to protect ideas early. Timing plays a critical role in successful innovation.

Role of IPR in Research and Technology Transfer

Intellectual property plays a crucial role in research collaboration and technology transfer. Clear ownership and licensing arrangements support successful partnerships.

Managing Intellectual Property for Long-Term Growth

Organizations should treat intellectual property as a core business strategy. Effective management includes identifying innovations, securing protection, monitoring markets, and commercializing assets. Some lawyers have expertise in conducting an IP Audit for your organization. Such audits help in recognizing the existing Ips and creating future Ips.

Conclusion

Innovation without protection is risky, and protection without commercialization is ineffective. Businesses that create, protect, and strategically use intellectual property are better positioned for long-term growth and competitiveness. Hence, protect your Intellectual Property fiercely.



“More than a Club, it is a place where connections grow and memories last.”

Article

Living Wills: Taking Charge of Your Healthcare Decisions with Dignity and Peace of Mind.

Article By Adv Neelam P. Gandhi

The topic of making a “Will” at times deals with a difficult subject to address. At times it tends to mean confronting tough realities of the future, as important decisions have to be made regarding one’s wealth and its distribution among loved ones when the time comes.

The term ‘Will’ means to provide clear instructions on the distribution of a person’s property and assets upon their death. It can be revoked or altered by the maker any time, as long as the individual is of sound mind and competent to understand their decisions and wishes.

A “Will” helps prevent family disputes, provides clarity to loved ones and ensures financial security for dependents. It clearly defines how one’s assets are to be distributed after one’s passing, minimizing the risk of conflict.

In the absence of a “Will”, confusion often arises among family members regarding the distribution of assets, leading to unpleasant inheritance disputes that are dragged for years, leading ultimately to misunderstandings and conflicts.

A “Will” is a very personal document, as it allows the testator to express their views, emotions and intentions. Therefore, it is essential that the testator is of sound mind and acts independently, without any coercion or undue influence, while making the document.

Now we need to understand the concept of “Living Will”. I need to clarify that there is a difference between a ‘Will’ and the “Living Will”.

The basic differences being, a “Will” is read only after the death of the Testator. A “Living Will” is read during the lifetime of the maker of the document. So one thing is clear, one who wishes to make a “Living Will” and a “Will”, the individual is making two separate “Wills”.

Hence we have this clarity that ‘Living Will’ deals with the object to take decisions related to health care, while ‘Will’ is about disposition of an individual’s property.

A “Living Will” also known as an “Advance Medical Directive”, is a legally binding document that allows individuals to make decisions about their healthcare in advance. It specifies their preferences for medical treatment in situations where



they may become incapacitated or unable to communicate their wishes. Let me explain a little more in detail about incapacitated, it refers to a state where an individual lacks the capacity to make or communicate decisions regarding their healthcare. This may occur in cases such as irreversible coma or severe medical conditions with little to no chance of recovery.

A Living Will helps prevent emotional distress, guilt and disagreements among loved ones during such critical times. It may also includes instructions regarding organ donation.

Justice M.S. Sonak of the Bombay High Court became the first person in Goa to register a Living Will, setting a precedent for others to follow.

With advancements in medical technology, it is now possible to artificially prolong life even in cases of terminal illness. However, such interventions may only extend suffering. A Living Will allows individuals to refuse certain treatments that merely prolong life without improving its quality.

While creating a ‘Living Will’ is a personal choice, it is advisable to communicate these decisions clearly to family members and even to one’s personal physician. This ensures that loved ones are better prepared to respect and implement these wishes when necessary. It is also advisable to handover a copy of the ‘Living Will’ to the persons named in the ‘Living Will’ and the family physician as well.

Article

Living Wills: Taking Charge of Your Healthcare Decisions with Dignity and Peace of Mind.

Article By Adv Neelam P. Gandhi

Legal Position of Living Wills in India

The concept of a Living Will in India has evolved through a series of landmark judicial pronouncements that have shaped the legal discourse on the right to die with dignity, as a fundamental right under Article 21 of the Constitution of India. To further understand, Article 21 of the Indian Constitution guarantees the right to life and personal liberty, which the Supreme Court has interpreted to include the right to live with dignity, extending to the right to refuse life-prolonging treatment.

It was through these judgements that the Supreme Court of India recognised the validity of 'Living Wills' and permitted passive euthanasia. In earlier landmark decisions, such as the Aruna Shanbaug case (2011), the Court deliberated on passive euthanasia and defined it as the withdrawal or withholding of life-sustaining treatment in cases of terminal illness or a permanent vegetative state while laying down strict safeguards.

In the landmark case of Common Cause v. Union of India (2018), the Supreme Court explicitly recognised the right to die with dignity as a part of Article 21 and formally legalised passive euthanasia along with 'Living Wills' or Advance Medical Directives. The Court also prescribed detailed procedures and safeguards to regulate their execution.

Subsequently, in January 2023, the Supreme Court revisited and modified these guidelines, acknowledging that the earlier procedure was overly complex. The Court simplified the process for executing Living Wills and streamlined the approval mechanism to make the right more accessible in practice.

Execution of a Living Will

1. It can only be made by an adult who is of sound mind and capable of understanding the consequences of their decisions
2. 1. It must be in writing and clearly specify the circumstances under which medical treatment

may be withdrawn or withheld.

3. It should name guardians or close relatives authorized to make decisions in accordance with the directive.
4. It must be executed voluntarily, without any coercion or undue influence.
5. The 'Living Will' should give clear indication of the state of health and illness on the happening of which the directions contained in the 'Will' should operate and the procedure to be followed for determining that such a state exists. Further instructions can be given for example with regard to resuscitation, tube feeding or life sustaining surgery.
6. The 'Living Will' needs to be hand signed by the maker in the presence of two independent witnesses and attested before a Notary or Gazetted officer.
7. The witnesses, Notary or Gazetted Officer must record to their satisfaction that the 'Living Will' was executed without coercion.
8. The Testator may also choose to incorporate their Living Will as a part of the digital health records. Maharashtra is set to become the first state to maintain digitized records of Living Wills, enhancing accessibility and implementation.
9. The Municipal Corporations are obliged to nominate a Competent Authority as a custodian to hold the documents of the Living Will.

To ensure timely execution of the 'Living Will', a Medical Board must examine the case when the Advance Directive is invoked. There is a full procedure laid down that has to be followed in implementing the 'Living Will'. The Board is required to reach and communicate its decision within 48 hours regarding whether life support should be withheld or withdrawn.

In certain situations, family members have the right to approach the High Court if they wish to challenge or seek clarification regarding the execution of the 'Living Will'.

Article

Living Wills: Taking Charge of Your Healthcare Decisions with Dignity and Peace of Mind.

Article By Adv Neelam P. Gandhi

Conclusion

The legal recognition of 'Living Wills' in India, their practical implementation continues to encounter several challenges. A significant barrier is the limited level of public awareness, as many individuals remain unfamiliar with the concept and the legal framework governing 'Living Wills'. Creating a

'Living Will' reflects a profound sense of responsibility and foresight. By planning in advance and clearly articulating their preferences, individuals can ensure that their choices are honoured, their dignity is upheld and their loved ones are spared unnecessary emotional burden.



Maintaining Right Tyre Pressure

Maintaining the right tyre pressure is crucial for your car's performance, safety, and fuel efficiency.

Here are some tips:

- Check pressure regularly: At least once a month, and before long trips.
- Use a reliable gauge: Invest in a good tyre pressure gauge.
- Refer to the manual: Check your car's manual for recommended pressure (usually 30-40 PSI for most cars).
- Check when tyres are cold: Measure pressure when the car has been stationary for a while.
- Don't forget the spare: If your car has a spare tyre, check its pressure too.

Some popular tyre pressure maintenance tips:

- Keep an eye on temperature changes, as pressure drops in cold weather.
- Don't overinflate or underinflate – both can be hazardous.
- Use nitrogen-filled tyres for more stable pressure.

Here's how to check tyre pressure:

1. Gather equipment: You'll need a tyre pressure gauge.
2. Check when tyres are cold: For accurate readings, check pressure when the car's been stationary for a few hours.
3. Remove valve cap: Take off the cap from the tyre valve stem.
4. Press gauge onto valve: Place the gauge on the valve stem and press down until it's snug.
5. Take reading: Note the pressure reading on the gauge.
6. Compare to recommended pressure: Check your car's manual or the tyre information placard (usually on the driver's doorjamb or inside the fuel lid).
7. Adjust if needed: Add air if pressure's low, or release air if it's too high.
8. Replace valve cap: Put the cap back on to protect the valve.

Some tips:

Use a digital gauge for accuracy.

Check all tyres, including the spare (if applicable).

- compiled by Shrinivas Malu

Update

Chef's Special Recipes

Recipe By Shri. Deepak Joshi.

Ragi Porridge



Ingredients

- 2 tbsp ragi flour
- 1 cup water or milk
- 1 tsp jaggery powder or dates paste
- A pinch of cardamom powder
- 1 tsp ghee (optional)
- Chopped nuts, banana and raisins for garnish

Method

1. Mix the ragi flour with $\frac{1}{4}$ cup water or milk until smooth and lump-free.
2. Bring the remaining water or milk to a boil.
3. Reduce the heat and slowly add the ragi mixture while stirring continuously.
4. Cook for 4–5 minutes until the porridge thickens and turns glossy.
5. Stir in the jaggery, cardamom powder and ghee.

Garnish

Top with chopped nuts, sliced banana and raisins. Serve warm.

Grilled Chicken & Vegetable Bowl



Ingredients

- 200 g boneless chicken breast
- 2 tbsp low-fat yogurt
- 1 tsp ginger-garlic paste
- 1 tbsp lemon juice
- $\frac{1}{2}$ tsp turmeric powder
- 1 tsp chilli powder
- 1 tsp cumin powder
- Salt and pepper to taste
- $\frac{1}{2}$ cup broccoli, bell peppers & onion
- $\frac{1}{2}$ cup cooked brown rice or quinoa
- 1 tsp olive oil

Method

1. Marinate the chicken with yogurt, spices, and lemon juice for 30 minutes.
2. Grill or air-fry until cooked through.
3. Sauté the vegetables in olive oil for 3–4 minutes.
4. Arrange the rice or quinoa in a bowl, top with grilled chicken and vegetables.

Garnish

Garnish with fresh coriander and serve with a lemon wedge.

Update

Mocktail Recipes

Recipe By Shri. Prakash Atkari.

Kiwi Mint Fizz



Ingredients

- 2 Ripe Kiwis (Peeled & Chopped)
- 8–10 Fresh Mint Leaves
- 1 tsp Lemon Juice
- 1 tbsp Sugar Syrup
- Chilled Soda Water
- Ice Cubes

Method

1. Blend the kiwi into a smooth puree.
2. Add the lemon juice and sugar syrup and mix well.
3. Fill a serving glass with ice cubes.
4. Pour the prepared kiwi mixture into the glass.
5. Top with chilled soda water and stir gently.
6. Garnish with fresh mint leaves and a kiwi slice. Serve chilled.

Garnish

Kiwi Slice & Fresh Mint Leaves

Orange Mint Cooler



Ingredients

- 1 Cup Fresh Orange Juice
- 8–10 Fresh Mint Leaves
- 1 tbsp Honey or Sugar Syrup
- Chilled Soda Water
- Ice Cubes
- Orange Slice

Method

1. Add the orange juice, mint leaves and honey (or sugar syrup) to a glass.
2. Fill the glass with ice cubes.
3. Top with chilled soda water.
4. Stir gently to combine the flavours.
5. Garnish with an orange slice and fresh mint leaves.
6. Serve chilled.

Garnish

Orange Slice & Fresh Mint Leaves

Update

Kid's Corner

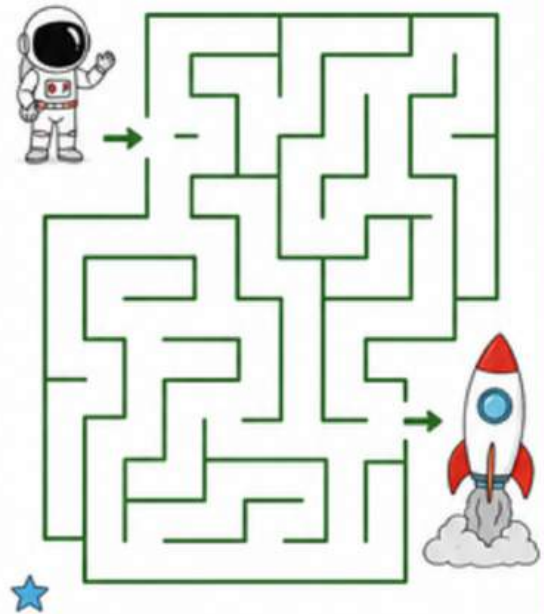
1 SPOT THE DIFFERENCE

Find 6 differences between the two pictures.



2 MAZE TIME

Help the astronaut reach the rocket.



3 WORD SEARCH

Find and circle the hidden words.

- SCHOOL
- FRIENDS
- BOOK
- SPORTS
- MUSIC
- PUZZLE
- NATURE
- FUN

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



4 MATH CROSSWORD

Solve the math clues and fill in the crossword.

ACROSS

DOWN

1 $3 + 4 =$

1 $2 + 5 =$

3 $8 - 2 =$

2 $9 - 3 =$

5 $6 + 3 =$

4 $7 + 2 =$

6 $10 - 4 =$



An Appeal:

Kids, aged 6 to 14 are invited to participate in Kids Corner – Crossword – Challenging Word Puzzles and Maze 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

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:

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