

# Find us



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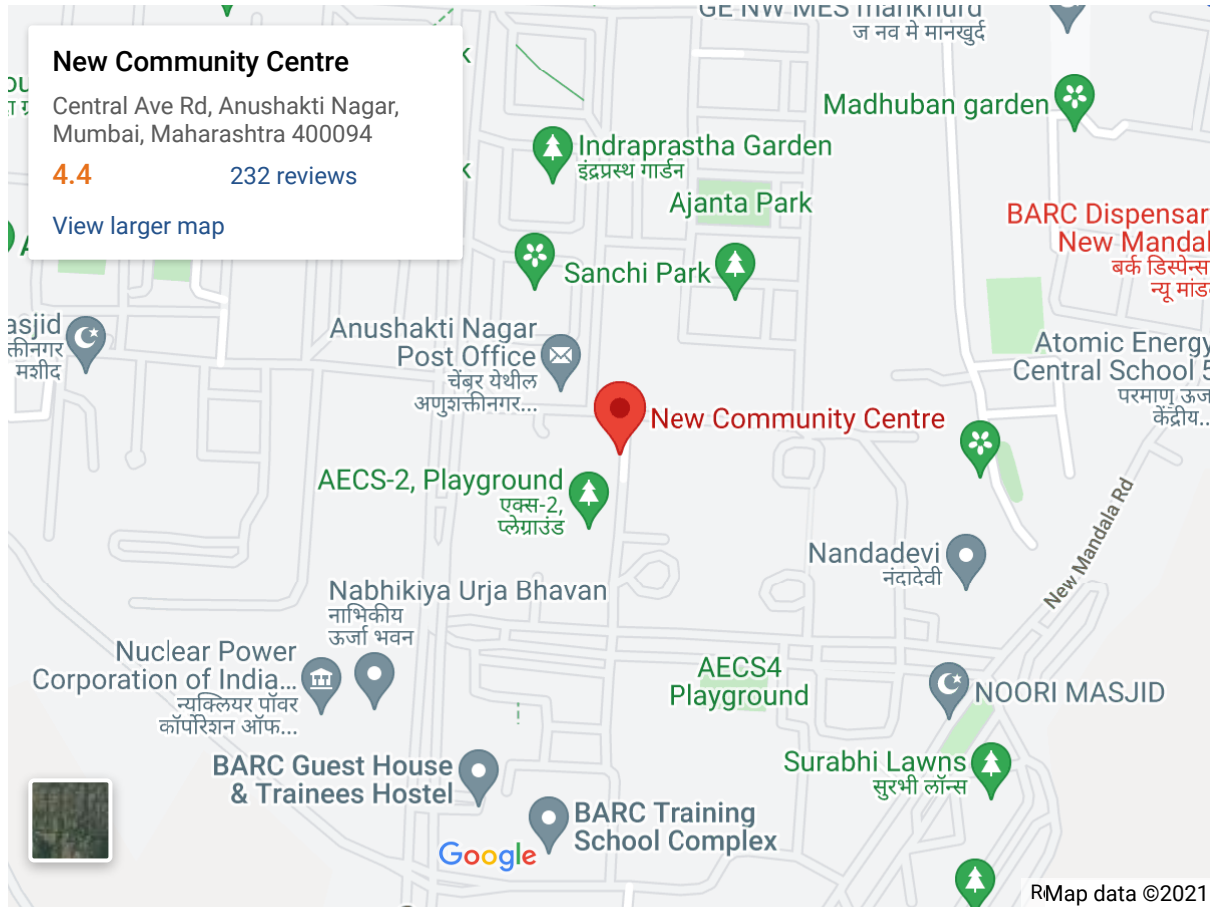
## New Community Centre

Central Ave Rd, Anushakti Nagar,  
Mumbai, Maharashtra 400094

4.4

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# About New Community Centre

New Community Centre (NCC) is an association under the DAE Sports & Cultural Council (DAE S&CC), Mumbai with members consisting of employees and ex-employees of DAE and their family members, stationed in Mumbai. The association has a broad objective to promote and support sports and cultural activities among the members and students of schools / colleges in Anushaktinagar. The facility was initiated in 1989 and has been involved in organizing various sports and cultural activities over the year to encourage adult and children to develop sports, culture, sporting spirit, health and fitness in general, for better life style.

NCC has well maintained wooden court for badminton, gymnasium having latest equipments with well trained professional instructors, table tennis section, billiards & snooker section, carom section, bridge section with latest computerized system for scoring, ladies dance fitness routine with Aerobics, Zumba and Power Yoga section with trained instructors. The cricket ground is one of the best cricket ground in Mumbai having turf wickets & lush green outfield with greenery all around. NCC is conducting regular, advance and intensive coaching programs with renowned coaches for children for sports activities like Badminton, Chess, and Cricket & Table Tennis and also in performing arts like western dance & musical instruments. Over the years, NCC has nurtured children in badminton and cricket who have played and excelled in state & national level.

NCC conducts “Splash” every year, the annual festival of sports & culture in Anushaktinagar, celebrates women day, international yoga day, and musical festival for children, conducts tournaments for children in badminton and table tennis etc.

The day to day functioning of the facility is managed by NCC Management Committee nominated by DAE S&CC.

# Our Activities

NCC is engaged in various sports and cultural activities for the adults on regular basis like Badminton, Table Tennis, Fitness for Gents & Ladies (consists Aerobics, Gym, Zumba & Power Yoga), Bridge, Billiards and Carom etc. NCC also provides regular and advance coaching to children in Badminton, Table Tennis, Chess, Cricket, Musical Instruments, and Western Dance etc. Some of the players trained through NCC programmes have represented in state and national levels.



## Badminton

New Community Centre has two state of art, international standard, air conditioned badminton courts (wooden surface).



## Cricket

NCC has one of the most beautiful and well maintained lush cricket pitches in Mumbai. Dilip Vengsarkar once commented "It looks more beautiful than the county environments". [Read More..](#)



## Gymnasium

New Community Centre has a state of the art Gym which is open from morning 5:00 AM to evening 09:00 PM



## Table Tennis

NCC is providing the best playing facility for many indoor games including Table Tennis. A new look fully air-conditioned TT hall at NCC has three TT tables located in.



## Chess

The chess academy at NCC is a standalone academy, which has all the modern infrastructure required for training and tournaments. [Read More..](#)



## **Carrom**

Three carom boards of international standard with lights and sitting arrangements are installed. Accessories such as level, coins, brush etc. is issued from the NCC office. [Read More..](#)



## **Yoga**

Two form of Yoga is being managed: Normal and Power Yoga. Normal Yoga classes are running everyday morning 5–6 am. [Read More..](#)

# GYM, AEROBICS, ZUMBA & POWER YOGA



## **Aerobics:**

Aerobic activities keep blood pumping properly and activate large muscle groups. It strengthens immune system and boosts mood. It improves cardiovascular health, Lowers blood pressure and helps to regulate blood sugar and weight. It reduces asthma symptoms, chronic pain and aids sleep. The aerobic activities are safe for most people, including kids.

This activity makes body strong, fit, better body mechanics and improves bone health & muscle mass. It can help chronic disease management by boosting energy levels and improving mood.

## **Fitness activities offered at NCC**

**Ladies Fitness:** Aerobic, Gym, Power Yoga and Zumba

**Gents Fitness:** Gym Cardio and Strength Training

-- The Aerobic, Power Yoga and Zumba activities are conducted in AC Hall with music system and other equipments (aerobic balls, steppers and light dumbbells).

-- Gym section has its dedicated AC room with cardio machines (Treadmills, Elliptical and Bicycles) and strength training equipments (Smith machine, Functional Cross Trainer, Advanced Multi-gym, Olympic benches, Olympic Bars, Plates and Dumb-bells).

-- Ladies and Gents have separate batches for Gym with few batches as unisex. Timing for ladies batches is decided by keeping in mind to accommodate working as well as home makers.

**All fitness activities at NCC are run under supervision of expert trainers.**

Sr. No.	Activity	Timing	Frequency
1.	Ladies Gym	Morning: 08:15 – 11:15 Hours Evening: 16:00 – 19:00 Hours	Five days (Mon-Fri)
2.	Gents Gym	Morning: 05:15 – 08:15 Hours Evening: 19:00 – 20:00 Hours	Five days (Mon-Fri)
3.	Aerobics (Ladies)	Morning: 08:15 – 11:15 Hours Evening: 16:00 – 18:15 Hours	Five days (Mon-Fri)
4.	Power Yoga	Morning: 10:30 – 11:30 Hours	Three days (Mon, Wed, Fri)
5.	Zumba	Morning: 10:00 – 12:00 Hours	Two days (Tue, Thu)

## **FITNESS Sub-Committee**

- [Ms. Madhuri Dubey](#)
- [Ms. Olivia Roberts](#)
- [Paramjeet Singh](#)
- [Naushad Ali](#)



# CARROM



Carrom originated in India several centuries ago and ancestor of pool, snooker and billiards. The carrom is a two or four player game and you flick the pieces into the pockets using a striker. Children as young as seven can pick the game up easily. The game is sometimes referred to as finger billiards and is described by some as a cross between tiddlywinks and pool.

- The game provides a great chance to the family members to relax and refresh their minds.
- Carrom help in increasing the logical reasoning power in children.
- The children would be playing and having fun at the same time, they would practice skills like counting, reading, visual perception, and eye-hand coordination etc.

## Carrom at NCC

Three carom boards of international standard with lights and sitting arrangements are installed. Accessories such as level, coins, brush etc. is issued from the NCC office.

--For regular members activity runs from 18:00 to 20:00 hours, three days a week.

--Activity can be booked by individual or families (members and non-members) on payment basis as per availability of time slots.

## **CARROM Sub-Committee**

- [Keyur Pancholi](#)
- [Paramjeet Singh](#)

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# CHESS



The chess academy at NCC is a standalone academy, which has all the modern infrastructure required for training and tournaments. NCC runs its Chess training with country's recognized and premier chess training agency with FIDE Instructor (Licensed Trainer of the World Chess Federation). The details of chess course offered at NCC are as under:

**Level of Chess Courses:** Beginners to Advanced (Level-I to Level-VI)

**Class Duration** Twice-a-week

**Session Duration** 75 minutes/session

**Timings** 16:00 to 18:00 hours (Four days in a week) –subject to change as per batch

	requirement.
<b>Training Methods</b>	Multimedia using latest chess software with physical presence of instructors
<b>Chess Syllabus:</b>	Structured & Defined
<b>Trainers:</b>	Trained & Qualified - Licensed Trainer of the World Chess Federation
<b>Chess Tournaments:</b>	Regular

The benefits of playing chess are known all over the world and, this game, which has its origin in our country has been adopted by NCC as one its core indoor activity with the aim of nurturing young minds and develop their hidden talent.

### **7 reasons to teach your child CHESS:**

- It improves cognitive functions and academic performance
- It enhances calculation skills, memory and attention spans
- It embodies the concept of action-begets-consequence
- It teaches logic and critical thinking
- It inculcates discipline, patience and reasoning
- It builds sportsmanship
- It teaches perseverance

### **CHESS Sub-Committee**

- [Paramjeet Singh](#)
- [Keyur Pancholi](#)

# CRICKET



NCC has one of the most beautiful and well maintained lush cricket pitches in Mumbai. Dilip Vengsarkar once commented “It looks more beautiful than the county environments”. Cricket coaching at NCC started with DAES&CC and it was handed over to NCC since 2018 end. Many successful national and international cricketers have been produced from this coaching. About 120 students are being coached currently. NCC has a cricket subcommittee which manages the cricket coaching. In the year 2019, a contract was signed between M/s. Achievers academy Mumbai and level 0 coaches including ex Ranji players were roped in for the training. This enabled the students to participate in many schools tournaments including Harris, Giles Shield, MIG under 10 tournament(MCA ), BHASKAR trophy ( MCA under 12 tournament), WORLI cup (MCA under 14 tournament), Ghosh trophy (MCA under 16 tournament). We made MCA cards for 80 students this year. A few glimpses of cricket coaching can be found in this [video](#) .

# **CRICKET Sub-Committee**

- [Daniel Babu](#)
- [J K Mishra](#)
- [Dennis D'Souza](#)

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## Services

New Community Centre allows its members to book various halls for personal celebrations. Hall would not be booked for any kind of commercial activities or promotion of commercial activities. Following are the halls those can be booked:

**(A) Badminton Hall ,TT Hall with adjoining open area and front lawns.**

01. Booking can be done exactly two month before.(For Example booking for 22nd May can be done on 22nd March at 17:00 Hrs )
02. Hall will be made available from 15:00 Hrs to 23:00 Hrs
03. Water & eatables are not allowed inside badminton hall
04. Priority will be given to Employee, Daughters' reception, Son, etc based on DCS & EM Rules
05. Charges for extra hours & electrical load to be paid as mentioned in the form

**(B) Bridge Hall along with Backside Enclosed Lawns.**

**(C) TT Hall along with Backside Enclosed Lawns.**

**(D) TT Hall adjoin area.** 2. Hall would not be booked for any kind of commercial activities or promotion of commercial activities. The booking is done: 90 days in advance for “a” type of booking and 30 days in advance for “b”, “c” & “d” type of booking. The recognized Associations of the colony, as a special case, are even allowed to book only the Main Hall and TT Hall, if it is meant for their Social/Cultural Programmers only.

# Table Tennis



NCC is providing the best playing facility for many indoor games including Table Tennis. A new look fully air-conditioned TT hall at NCC has three TT tables located in. We have a tradition to nurture young talent through elaborate coaching program where children join at early age as beginner and graduate to expert TT players. Around 100 children are undergoing regular coaching and around 40 students are undergoing advance coaching. Around 60 senior members are availing this facility. The players from NCC annually participate in various tournaments such as Inter DAE tournament, Club League organized by Mumbai Suburban District Table Tennis Association, Inter School tournament etc. The players of NCC have won many prizes in these tournaments. Some of the players have represented DAE at National Level.



# Table Tennis Sub-Committee

- [M. N. Solapurkar](#)
- [R. V. Chavan](#)
- [Z. Rajan](#)
- [Rahul C. Bhangare](#)
- [A. K. Panda](#)

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# YOGA & POWER YOGA



Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. That effect is enough to motivate you to practice every day, but that's not where the motivational benefits of the physical practice end. A regular practice will make you more disciplined, and that personal trait will reflect on everything else you do.

*"Learn to relax. Your body is precious, as it houses your mind and spirit. Inner peace begins with a relaxed body." Norman Vincent Peale*

**Yoga at NCC**

Two form of Yoga is being managed: Normal and Power Yoga. Normal Yoga classes are running everyday morning 5–6 am.

-- Timings : 05:00 to 06:00 am

-- Number of participants: 45

## **YOGA Sub-Committee**

- [Paramjeet Singh](#)
- [Keyur Pancholi](#)

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