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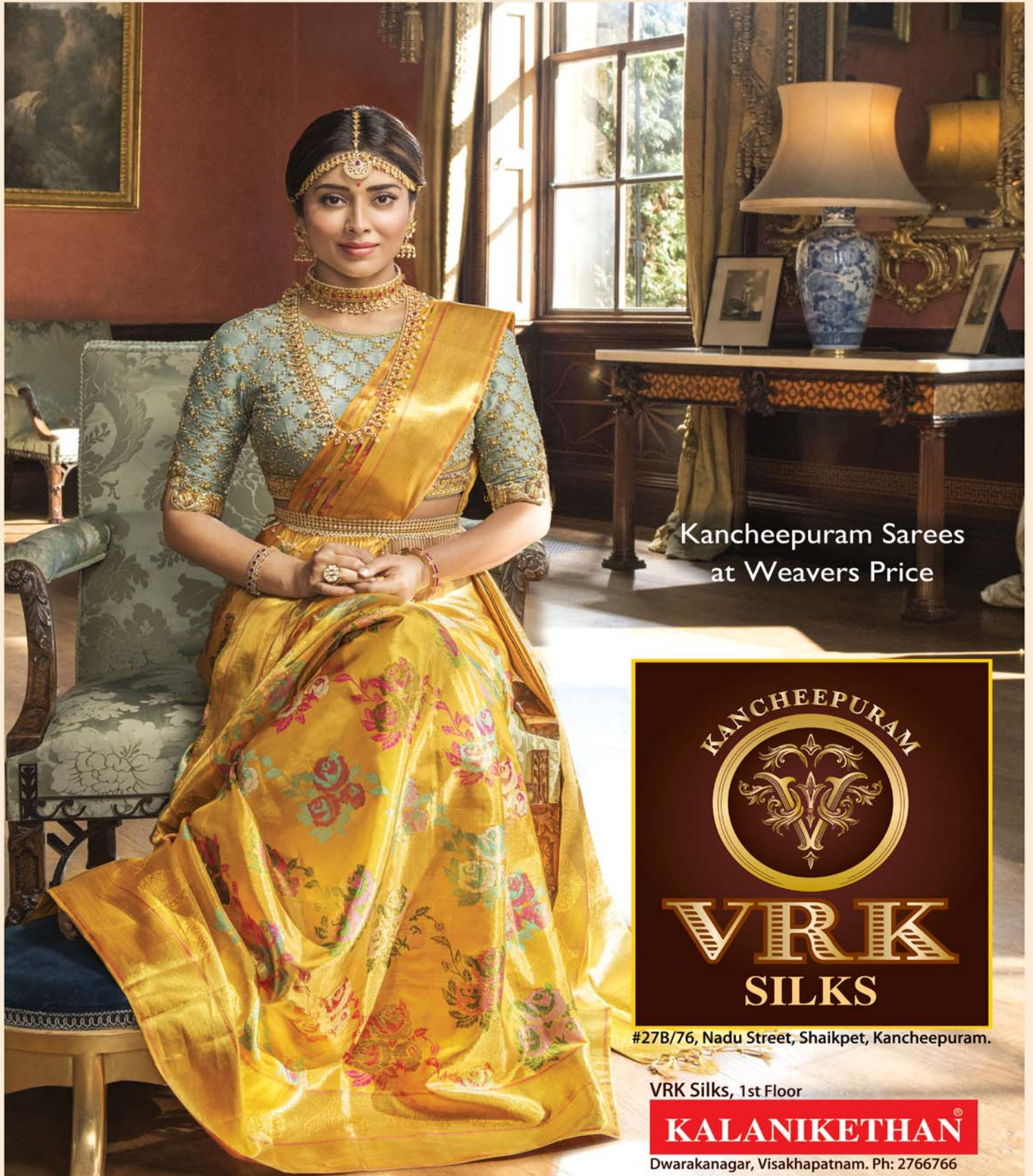
WALT AIR TIMES

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House Journal of The Waltair Club, Visakhapatnam

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From The President's Desk

Dear Members,

Telugu New Year 'Ugadi' started with a bang in Waltair club showering gold and silver prizes on many club members. Ugadi Gold Mega Tambola was conducted with fervour and zest and was thoroughly enjoyed by the members. The entertainment programme by Veena Srivani was a display of exemplary expertise and had sent audience into raptures with her mesmerizing renditions. Tambola was also conducted meticulously under the flagship of Captain Peter and his team. So the evening all in all turned out to be a top-notch event.

Sri Rama Navami was also celebrated in the Club in association with Akshaya Patra Foundation adhering to tradition. Good number of members devotionally took part in the celebration.

'Personal Branding' is a need of the hour. Be it any profession, every individual needs to have an edge over others. Workshop conducted this month on Personal Branding enlightened the participants on how to stand out from others and be successful in their respective careers.

We are proud to inform our members that we are going to screen a premiere show of the tollywood's favourite hero's upcoming action thriller movie on 20th April at 7pm. This is an exclusive offer to club members and guests are not allowed. We extend our heartfelt thanks to the movie producer Mr DVV Danayya for this kind gesture.

With regards,

P.Phaneendra Babu



Managing Committee for the year 2017-2018

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Ladies Committee	Dr.Hema Yadavalli	9949485555

Announcements

1. Swimming Coaching Classes for ladies commenced from 22nd March, 2018. Interested ladies may register their names at Club Reception. Timings: 4:00 pm to 5:00 pm.
2. Gents Gym will remain closed from 2nd April, 2018 onwards for maintenance work. Inconvenience regretted.
3. Senior Members with spouses are invited to attend our quarterly regular celebrations meet to be held on Sunday 15th April, 2018 at AC Dining Hall from 11:00 am onwards with lot of Fun, Entertainment & Games. Members 60 yrs above can participate in this meet.
4. Free session on student career counselling by well experienced Sheentech Review International on 14th April, 2018 at 6.30 pm in Pearl 1.
5. Free demo fitness class by certified fitness trainer Ms. Madhu Singh on 15th April, 2018 at 10 am in Yoga Hall

Exclusive Benefits for Waltair Club Members from **FOUR POINTS BY SHERATON**

- Flash your waltair club membership card and get
- 15% discount on food and beverages
 - Special room tariff
 - Complementary swimming pool usage
- For details contact 90490 42800

Programmes for April, 2018

01.04.2018	Sunday	Beer n Biryani with Tambola	12 Noon
06.04.2018	Friday	Movie	7:00 PM
13.04.2018	Friday	Movie	7:00 PM
15.04.2018	Sunday	Senior Citizens Meet	11.00AM
20.04.2018	Friday	Movie	7:00 PM
21.04.2018	Saturday	Tambola	7:30 PM
27.04.2018	Friday	Movie	7:00 PM
06.05.2018	Sunday	Movie	7:00 PM
06.05.2018	Sunday	Beer & Biryani with Tambola	12:00noon

Advertisement Tariff in Waltair Times

Location	Single Issue	3 Issues Rs.	6 Issues Rs.	12 Issues Rs.
Back Page Full	25000	60000	90000	144000
Back Page Half	15000	30000	48000	72000
Inside back Full	15000	36000	60000	96000
Inside back Half	8000	18000	30000	48000
Inside 2 nd page Full	18000	40000	60000	110000
Full Page inside	10000	24000	36000	60000
Half Page	6000	15000	24000	36000
2" x 8" Strip Other	6000			
2" x 8" Strip Cover	6000			

Health Awareness Session on '**Common Gastro and Liver Problems**' by Dr. Y. Radha Krishna, MD(PGI) DM(SGPGI) on 13.04.18 at 5.30 pm in Oyster hall to discuss on common gastro and liver problems like abdominal pain, GERD, jaundice, alcohol problems, therapeutic endoscopy and obesity. Doctor will also talk on common liver diseases like hepatitis, fatty liver and will highlight importance of healthy lifestyle changes.

Ugadi Gold Mega Tambola Lucky Dip Winners



Mr.Umesh Govind Rao (M.No.U-004), 02.03.2018.



Mrs.B.Surya Kumari (A-20), 09.03.2018

Obituary

We regret to announce the sad demise of our Senior Members. May their souls rest in peace.



Mr.D.L.Venkatapathi Raj (M.No.V-32)
expired on 27.02.2018



Mr.K.Ramakrishna Rao Choudary (M.No.R-104)
expired on 09.03.2018



Prof.T.Shivaji Rao (M.No.S-94)
expired on 30.03.2018



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Waltair Club delivers a Midas touch

Gold - a metal that is rare, beautiful, malleable and precious has held sway over humanity since the advent of the homo sapiens. Countries waged wars for this coveted wealth.

A "golden" anniversary is appreciation of the treasured years gone by, a "golden" age describes the best years in a civilization, the finest awards are gold medals, jewellery through the ages was always gold – raging passion and deep desire to covet, defined human nature around gold.

Tapping into this deeply entrenched mindset -Waltair Club created history of sorts and crafted a Tambola event that is unprecedented in the history of our Club.

Combining Ugadi and a Tambola with Gold and Silver as prizes, the club captured the imagination of the members with Gold prizes of 1.2 kilograms and of Silver 9 kilograms.

Ugadi – being the onset of the Telugu NewYear, the festive mood was abundant and this special Tambola provided a special spark to trigger an explosion of thrill and awe.

The club pulled out all stops to have a festive look, with banana leaves, marigolds creating an Ugadi ambience along with good seating arrangements and an attention grabbing stage.

Srivani with her Veena provided classical music that sent a spiritual beginning to the Tambola.

The Tambola Committee participated by calling out the numbers in their individual distinctive styles. Thus the members were treated to a variety of callings styles by Capt. Peter, Sandhya Godey, Bhanu Iyer, Harish and KVV Satyanarayana.

In true Ugadi style, a sit down dinner was organized with a delicious traditional Andhra Cuisine.

While the lucky winners carried away coins of gold and silver, there were special prizes for the best dressed male, female, couple as well as a 'golden lady'.

The grand Tambola prize winner was Mrs. Uma Vadlamani who took home half of a kilo of the legendary yellow metal.

- Vijay Atmakuri







Sri Rama Navami

Sri Rama Navami was celebrated with much grandeur and festivity at the Waltair Club on 25th March, 2018. This year the Club, in association with the Hare Krishna Movement and the Akshaya Patra foundation, organized a special puja for members to celebrate the festival with due religious fervour. The Puja was held on the Jubilee Deck from 6 p.m onwards and was followed by a traditional prasadam and dinner.

Some of the highlights of the event included Sri Rama Taraka Yagna, Shanthi Homam, Sri Nama Ramayana Bhajan and Pushpa Yagam. The Puja was well attended by the Committee members as well as other members of the Club and their families. Over 300 members attended the event.



Personnal Branding Session on 24 March 2018



Eye Care - Dr. A.V.N. Shetty

The eye is not only the most beautiful but also the most important sensory organ of the human body. Having a good vision is critical and essential in conducting the activities. Therefore it is very important to take care of one's eye sight. Here are some tips given by the eminent ophthalmologist Dr.A.V.N.Chetty who strongly believes that 'Take care of your eyes – your eyes will take care of you'.

- ❖ **Pre marriage counseling:** Genetic counseling of prospective bride and bridegroom before marriage is important and helps to bring down several hereditary eye disorders like Retinitis Pigmentosa and other congenital deformities.
- ❖ **Care during pregnancy:** Congenital deformities can be prevented by taking care of pregnant women by protecting from Rubella, HIV, STD etc.
An Intra uterine ultra sound scanning during pregnancy can rule out eye deformities in the foetus. Premature babies and gross underweight babies should be checked for R.O.P (Retinopathy of prematurity).
- ❖ **Care during childhood:** After birth, a child develops eye reflexes in phases which have to be checked periodically during infancy, preschool stage and school-going stage. Common disorders that occur during childhood are Refractive Errors, Myopia, Hypermetropia and Astigmatism that can be corrected by an ophthalmologist.
- ❖ **Infections and allergies:** Bacterial, Viral and Fungal infections should be immediately addressed by an ophthalmologist. Allergies can be avoided through maintaining eye hygiene and proper use of contact lens/support.
- ❖ **Medication:** Medication prescribed by ophthalmologist for the prescribed time has to be followed. Using any

medication without doctors consultation/gulabjal /mother's milk/juice from leaves is very harmful to eyes.

- ❖ **Avoiding injuries:** Use of proper glasses will protect eyes from foreign bodies, dust and from ultra violet light. Due care must be taken to protect eyes during festivals like Holi and Diwali.
- ❖ **Eye Diseases:** Regular eye checkup can detect two notorious eye diseases – Glaucoma and Diabetic Retinopathy.
- ❖ **Nutrition:** A balanced diet containing carbohydrates, fats, proteins, vitamins and minerals is very important for good eye sight. Consumption of milk, milk products, carrot, papaya, green leafy vegetables, dry fruits and dal is good for eye sight.
- ❖ **Preventing eye disorders:** Certain eye disorders can be prevented, cured and controlled. Blindness can be the result of uncared, unchecked, unattended and untreated conditions. Certain drugs used for other diseases also affect eyes. All these issues have to be dealt with immediately.

Visual Hygiene and computer vision syndrome:

- ❖ 2 minutes face off for every 15 minutes with computers
- ❖ Computer level should be lower than the eye level
- ❖ Adequate light and ergonomics
- ❖ Books/computers/cell phones to be kept at a distance of 14 inches from the eyes
- ❖ Eyes to be washed several times with cold water

Dr.A.V.N.Chetty

M.S (Ophth) D O (Madras)
ZO (Vienna) MAMS (WIEN)
Consultant Ophthalmologist



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