



Waltair Times

HOUSE JOURNAL OF THE WALT AIR CLUB, VISAKHAPATNAM

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VOL. 24 | ISSUE 2 | AUGUST '19

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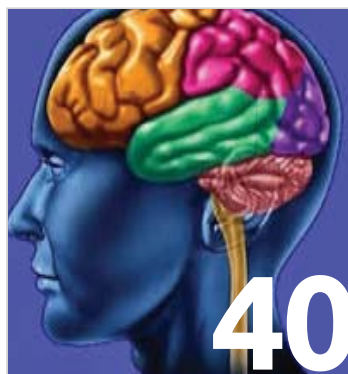
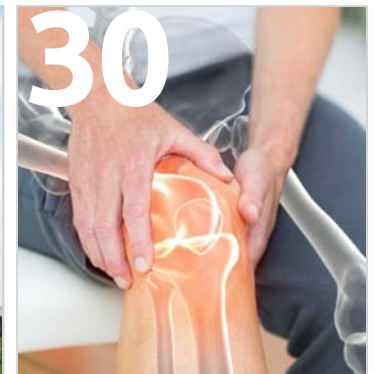
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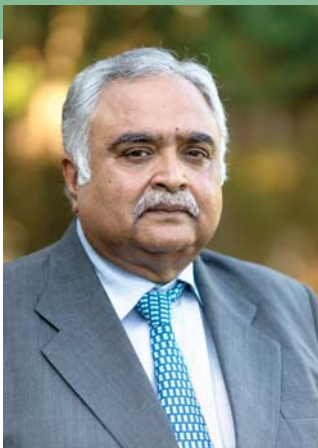
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From the President's Desk

Dear members,

Greetings to you all.

I am excited writing to you barely a month into our term. We had our fair share of issues as the new state administration gears up to set policy and regulations. Nevertheless, our very enthusiastic team is working hard to meet your expectations every day.

The wonderful Ladies Committee started off with an excellent event, "QUEENS OF INDIA", which had an overwhelming attendance. I look forward to the many splendid programs they have lined up ahead.

Our committee members are focussed in planning and executing our monthly club events and we do look forward to the calendar ahead. Senior members are one of the most important resources for our club and we had an opportunity to meet with many of them at a meeting conducted recently. We hope to have more activity with the senior members through meaningful engagement going forward.

Some of our facilities are in need of refurbishment and members have been desirous of improvements of these facilities. We propose to start with 1883, the Pub and the Dining Hall and we solicit your cooperation if there is temporary inconvenience during this time.

We are indebted to the editorial board of the club magazine Waltair Times and look forward to future issues. I must also thank the sponsors and the contributions made by the members.

Finally, as always, we look forward to your support and encouragement.

Will be back with more in the next month and wish you all a great time in the Club.

Regards

Kumar Muppidi

MANAGING COMMITTEE 2019-20

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LADIES SUB-COMMITTEE
MRS. M.DIVYA DAS D-093
9494130731

SENIOR MEMBERS
CAPT. G.M. PETER P-09
98484 06010



From the Vice President's Desk

I sincerely regret the delay and non delivery of July issue of magazine to some Members. The courier services engaged did not keep their commitments and the Management Committee terminated their services with immediate effect. The Management Committee has approached the Postal Department to take up the distribution of Waltair Times from the August issue.

There are also several suggestions from the Members regarding dispatch of the Waltair Times sometimes up to 4 copies to a single address. This happens when the addresses of a Member and Member Children happen to reside or share the same postal address. The suggestions were to limit the dispatch of a single copy where there are multiple members with the same address. The Editorial Board, with all due respect, is of the opinion that they cannot unilaterally take this decision. Every member is entitled for a free issue of Waltair Times. The Management Committee also see the merit in the suggestions. The reduction in the number of copies will help in reduction in not only cost but benefit the environment by use of less paper. The Committee therefore decided to request all the members to submit a letter or e-mail from their registered mail addresses to the Club office. These will be taken on record and dispatch of Waltair Times will be discontinued.

Sri Monish A Row who had been the Editorial Member till July issue expressed his inability to continue in the Editorial Board due to his other preoccupations. This decision of Sri Row, has deeply disturbed us, since he made an awesome and admirable contribution for bringing out the July issue of Waltair Times. However, keeping his sentiments in mind, the Management Committee decided to accept his resignation to the Editorial Board and welcomes his assurance of support to the Waltair Times magazine as and when necessary.



P S Raju

EDITORIAL BOARD

Editor

Dr.Hema Yadavalli H-22
9949485555

Members

Mr.P.S. Raju S-148
9393107777

Mr.S.V.Krishna Murthy Raju R-328
9440189476

M.K.Mallikharjuna Rao M-91
9848199009

Mr.T.V.S.K.Kanaka Raju K-134
9849114247

Mr.K.R.Prasad P-79
2553773

Mr.K.Narayana Rao N-44
9491331914

Mr.Prem R Mirpuri M-54
9849146137

Mrs.C.Padmaja N-34
9440395454

Mrs.Shanti Chitra C-46
7382621218

Mrs.Deepti Rathi D-166
8297211007



From the **Secretary's Desk**

Greetings to all members.

Over the last two months, we have been considerably working towards the smooth functioning of the club, thus making it the best place for all of you. We will soon get over all the hurdles that are before us with your help and cooperation.

We are bringing in more activities to our younger members and their families. At present we have started karate classes for children aged between 5-15 years and also coaching for many sports throughout the year. The members can utilise many of the club facilities that interests them such as the gym, swimming pool etc., while their children are engaged in the above activities.

I request the members of the club to give in their suggestions about the type of activities that would interest them, and also the children so that the Management can try to arrange them.

With your help, I am sure we can make this year healthy and fun for all of us.

Prof. G Seshagirirao

Vinayakachavithi Pooja will be performed on 2nd September, 2019 at 9.30 am at the New Mandir opposite the Food Court followed by Prasadam & Breakfast. All Members are requested to attend the pooja.

This is to inform all the Members that last order on F & B services is at 10.30pm. All services will be closed by 11:00 pm. Members are requested to cooperate and adhere strictly to the above timings.

Circular

Sports Subscriptions	Monthly Charges	Present Integrated card	New Integrated Card
Present:			
1	Swimming	600.00	800.00
2	Gym		
3	Shuttle		
4	Tennis		
5	Squash		
Proposed:			
1	Yoga	400.00	
2	Throw Ball		
3	Volley Ball		
4	Cricket		
5	Foot Ball		
6	Basket Ball		

Obituary

G HARANATHA REDDY
(M.NO.H-30)
Expired on
20.08.2019



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



MR. A K GUPTA
(M.No.G-76)
expired on
23.08.2019

Club Calender

23.08.2019	Friday	Movie	7:00 PM
24.08.2019	Saturday	Mega Bumper Tambola	7:30 PM
30.08.2019	Friday	Movie	7:00 PM
01.09.2019	Sunday	Beer n Biryani with Tambola	12:00 Noon
02.09.2019	Monday	Vinayakachavithi Pooja	9:30 AM
06.09.2019	Friday	Movie	7:00 PM
13.09.2019	Friday	Movie	7:00 PM
20.09.2019	Friday	Movie	7:00 PM
21.09.2019	Saturday	Mega Bumper Tambola	7:30 PM
27.09.2019	Friday	Movie	7:00 PM

New Phone Numbers of Staff

S. No	Designation	Name	Mobile number
1	ACCOUNTANT (OFFICE)	E.VENKAT RAO	9390501491
2	DY.MANAGER (OFFICE)	K.R.PRASAD	9390501492
3	ASSISTANT MANAGER (OFFICE)	P.SRINIVAS	9390501493
4	MANAGER (CHAMBERS)	P.L.BHAVANI	9390501494
5	PARCEL COUNTER	K.UMA MAHESWARA RAO	9390501495
6	ASSISTANT MANAGER (SYSTEMS)	K.V.PRASAD	9963532689
7	STORE KEEPER	B.PRASAD	9866857807



Our Club member, noted writer and former MP

Mr. Yarlagadda Lakshmi Prasad (M.no L-16) assumed charge as the Chairman of Andhra Pradesh Official Language Commission. Earlier he has been honoured with the Sahitya Akademi Award, Padmasri Award and Padma Bhushan Award for his contributions in the field of literature.

He also served as Chairman, Andhra Pradesh Hindi Academy. He was the Chairman of the High Power Committee on Official Language, University Grants Commission, New Delhi. Prof. Lakshmi Prasad was also the first Director of Indian Cultural Centre at Toronto, Canada.

Saketh Myneni, a professional tennis player from Visakhapatnam, and a member of Waltair Club, won the men's doubles trophy with another Indian Player Arjun Khade in the ATP Challenger at Chengdu, China. This is the 7th ATP Challenger Title in doubles for Saketh.

Saketh, an Arjuna awardee and a member of Indian Davis cup team for 7 years, will represent India in Davis cup tie against Pakistan. The tie is scheduled to be held in Islamabad on 14th & 15th of September. The Indian team last visited Pakistan in 1964 when the visitors won the tie 4-0.





Our member **Dr. Peda Veerraju** has been accorded the prestigious Dronacharya Award by Intergrated Health and Wellness Council, New Delhi for his extraordinary work in conducting CME Programmes in Gastroenterology, organizing National Conferences, teaching Gastroenterology and Training and Imparting Skills to Gastroentero-logists. The Award was presented by Dr.K.Senthil, President, Tamilnadu Medical Council.

With the team name 'Brig Aggarwal Avengers' two members of our Waltair Club, Brig S K Aggarwal(S 421) and Balakrishan and along with other players of Vizag District Bridge Association took part in a prestigious tournament in which 102 International & National teams took part and they stood at 26th Position. This is indeed a great achievement !



THE SAGA OF NARAVAHANADATTA

This story book penned by Dr.K.C.Sekhar, spouse of our club Member Dr.Vijayalakshmi (V-142) narrates the heroics of the lead character Prince Naravahadatta of Vatsa supposedly as done by Lord Shiva himself to his wife Goddess Parvati, and therefore known as the brihakatha. The Sanskrit to English translation of this story by Mr.CH Tawney runs to 12 volumes and 2000 pages. The Saga of Naravahanadatta is an abridged version published by Notionpress.com as a 350 page paperback and priced at Rs.399 and available online in all leading webstores.



MANY CONGRATULATIONS
to our Club members for having won in the
recently held Assembly and Parliament elections.



Mr. MVV. Satyanarayana (V-199)

has been elected as the Member of India Parliament for Visakhapatnam. Hailing from an agricultural family, the dynamic Mr. MVV Satyanarayana has a highly accomplished two-decade career as a builder. Being very active in CREDAI, he held the post of President in the Association. A Veterinary Hospital and a High School constructed by him speaks about his charitable nature. He also has keen interest in acting and producing movies.



Mr. Muthamsetti Srinivasa Rao (S-535)

has been elected as the Member of Andhra Pradesh Legislative Assembly and assumed charge as the Minister for Tourism, Culture and Youth Advancement, Government of Andhra Pradesh. An educationist turned politician, this enterprising leader is well known as 'Avanti' Srinivas among Vizagites.



Mr. Dharmana Prasada Rao has been elected as the Member of Andhra Pradesh Legislative Assembly. Earlier he served as Minister for Textiles, Sports and Water Resources, Minister of Revenue and Minister for Roads & Buildings, Government of Andhra Pradesh.



Mr. Gudivada Amarnath (A-222) has been elected as the Member of Andhra Pradesh Legislative Assembly. He is a young and aspiring leader.

Mr. Ganta Srinivasa Rao (S-330) has been elected as the Member of Andhra Pradesh Legislative Assembly. A business man turned politician he needs no introduction and his name is synonymous to Charisma among the people of Vizag.



Mr. Nandamuri Balakrishna (B-063), coming from the illustrious 'Nandamuri' family, he has been elected as the Member of Andhra Pradesh Legislative Assembly.



WALT AIR CLUB

Managing Committee. 2019-2020



Mega Bumper Tambola

ON 21ST, SEPTEMBER 2019 (SATURDAY) @ 7.30PM AT CENTENARY AUDITORIUM.

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Karate & Painting classes



Karate & Painting classes will commence from September 1st 2019 in Waltair Club

Interest members may give their names to Kavita @ 2565240 ext 262

Guru Purnima @ the club



Among the many important days that are celebrated in India, Guru Purnima takes a prime slot as this is not a religion based event but an universal concept which celebrates the Guru- sishya bond that exists everywhere and in every field. Guru Purnima falls on the full moon day in the month of Ashadam (June to August). It is said that the Buddhists believe that this was the day when Gautama Buddha delivered his first Sermon in Sarnath after he attained enlightenment and many Hindus consider this day as the birth anniversary of Brahmarishi Vyasa who composed the greatest epic Mahabharata.



In Sanskrit, “Gu” denotes spiritual ignorance and “Ru” represents the radiance that dispels this ignorance. In short a Guru is a person who takes his disciples or followers from ignorance to an enlightened state. It is to such great teachers that we pay our respects on this day.



On the 16th of July, this year, Guru Purnima was celebrated in the club by the members - the yoga students of Shri Ravi Shankar. The members assembled as early as six in the morning at the ‘yoga studio’ to pay their respects to their guru. The morning sunlight, the cool breeze and the green surroundings proved to be the perfect setting for such an occasion. Once everybody was seated, the members paid their respects to their teacher. After greeting him with flowers few members came forward to speak about the benefits of yoga and the physical and mental changes that this practice has brought in them.

Many agreed that the number of members who practise yoga in the club has grown by leaps and bounds since it’s inception in 2008. This can be attributed not just to the general awareness among the members about the goodness of this ancient practice, but also to the significant role of the guru. Shri Ravi Shankar is one such guru whose unassuming teaching methods have won the hearts of many of his students.

After the felicitation, shri Ravi Shankar, thanked the gathering for their love and support over the years. He explained to the members about the seven chakras which are the vortexes of energy in the body. He further stressed on the importance of activating them through meditation. After a short session of meditation which proved very refreshing the group dispersed, to meet again at the Pepsi deck for a sumptuous breakfast, hosted by a few of the members.



After a short session of meditation which proved very refreshing the group dispersed, to meet again at the Pepsi deck for a sumptuous breakfast, hosted by a few of the members.

Shanti Chitra, C-46

Senior Citizen meet



Senior Citizen meet celebrated on 21st July 19, more than 100 members attended the meet, the meeting is started with National Anthem, as regular practice conducted the Tambola and honoured two senior members and felicitated Dr.Vinod Mansukhani (V-30) and Sri. N.Gopalakrishnaiah (G-13). Its a pleasure to inform that our President and the Management declared Senior Citizens Committee officially and the Chairman is nominated for the Senior Committee Capt.G.M.Peter (P-09).

The entire meet is sponsored by the President and Managing Committee. Every year the senior citizen donate books for the staff children an amount worth of Rs.10,000/- distributed. We thank Waltair Club Management Committee as sponsoring the event also we thank Sri M.V.Narayana Rao and other members Smt.Usha and Smt.Valli for taking interest to organizing the quarterly meets successfully.

Deepti Rathi (D-166)



Tambola Winners



1st Prize Winner -
Mr.L.Akshay Choudary (L-68)



2nd Prize Winner - Mrs.A.Harini
W/o. Mr.A.Satish Kumar (S-586)



3rd Prize Winner - Mrs.V.Sunita
W/o. Mr.V.Chandrasekhara Rao (C-41)



4th Prize Winner - Mrs.K.Praneetha
W/o. Mr.T.V.Nithin Krishna (N-137)



4th Prize Winner - Mrs.V.Mamata
W/o. Mr.V.Neelakantheswar Rao (N-132)



5th Prize Winner - Mrs.Swaroopa Reddy
W/o.Mr.K.Gangi Reddy (G-87)



5th Prize Winner -Mrs.Hemalata Jain
W/o. Mr.Rajendra Kumar Jain (R-238)

The first program of the ladies committee in 2019-20, was titled "Queens of India" organised on 31st July 2019. The title spelt royalty and so did the event. The meticulously designed decor with thrones, chariots, Swan shaped buggies ; the games designed designed around the real Queens of India and an entertainment program presented by the Ladies Committee themselves, enthralled the audience. Mrs Divya Das, the youngest ladies committee Chairperson so far, unveiled the logo of the Ladies Committee in the presence of the Managing Committee of the Club. Games, fun and finery, royally encompassed the evening's agenda

This event had our members put in a great effort and with great pride we announce our winners :

Games winners :

First Place -
Rani Sita Devi Team
Second Place -
Rani Padmavathi Team

Best Dressed Queen:

First - **Valli Ram Gopal**
Second- **Shivani Puvvada**
Third- **Dr Rajini Mukherjee**

Best Royal Dialogue:

First - **Salma Mehdi**
Second - **K Lalitha**
Third - **Valli Ramgopal**

Majestic Walk:

First - **D Navjot**
Second - **K Renuka**
Third - **K Lalitha**

Early Bird Games:

- | | |
|---|------------------------------------|
| 1) Varmala (Thread the beads on one minute) | Winner- Monika Goyal N-125 |
| 2) Guess the weight of the crown (weigh the crown shaped cake) | Winner- Hema D-90 |
| 3) Guess the weave - Kankatala has displayed 10 sarees and the participants were supposed to guess the weave of each saree and the state that it originated from. | Winner - Shravya R-143 |
| 4) Guesstimate- Guess of price of the jewellery which was displayed by our mega sponsor - MVS Jewellers- Jewellery worth Rs 18,40,000 was on display. | Winner- O.Chandrakala S-759 |

We thank all the ladies who were present (240 registrations), you all are winners. Your presence is our encouragement and motivation to do better than the best.





The Independence Eve was a rocking and colourful event at the club. Guests wore the tricolour close to their hearts as they walked into the venue while Saxophonist Raju set the mood with patriotic rendering. Mc Vaishali welcomed the audience and well known Multilingual band Vighnanz took centre stage. Celebrity International singer Kathy from Russia took the crowd by storm with her flawless Bollywood songs. But the piece De Resistance of the show were the spectacular fusion styled dances by Nrutya Naivedya Finalists Of India's Got Talent better known as the Tigers of the East. Their Vandemataram dey in Odissi and Kathak footwork got a standing ovation while their dedication to the new India brought tears of joy to many senior members in the audience. Dj Ashish Of The Park, Chennai scratched the decibels and got all on the floor and the event was a great one. Razzmatazz managed the show beautifully and created a great set and ambience.

But the highlight of the show was the presentation made by Chairman Ladies Committee and her team where many young members children danced in salutations to the Bollywood Blockbuster URI and The Karghil saga. It was a real pleasure to witness the little ones at their innocent best.

Food and beverage were excellently planned and the rain Gods spared the event and let 500 members make great memories together that night. A wonderful start for the new managing Committee and we look forward to many rocking events this year.

Dr. Meenakshi Anantram





Waltair Club commemorated 72nd Independence Day of the nation with great patriotic fervour. On 15th August, at 9am, the President of the Club, Mr Kumar Muppidi unfurled the tricolour in a function that was well attended by the Committee Members and several other Club Members. The flag hoisting ceremony was followed by a sumptuous breakfast.

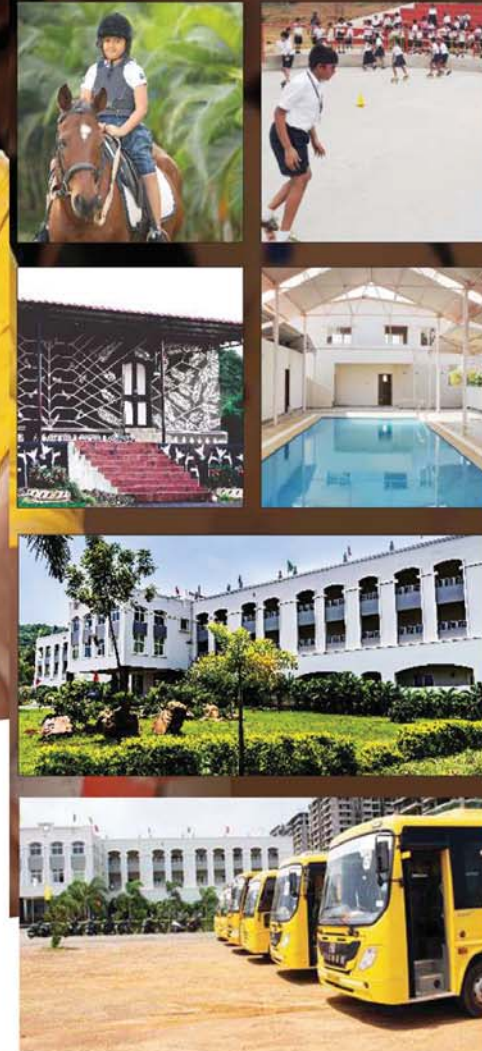




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TECHNOLOGY TO REDUCE CORRUPTION-1

- By PS Raju, S-148



"It is not power that corrupts but fear. Fear of losing power corrupts those who wield it and fear of the scourge of power corrupts those who are subject to it."

Aung San Suu Kyi, Freedom from Fear

Stamps and Registration Department:

It is a known fact that Citizens utilize the services of the Registration Department for getting various Documents like sale, lease, gift, will, etc., registered after paying the necessary Stamps Duty & Registration fee to the Government. This process is administered by the Sub Registrar's Offices at different places, which are visited by citizens in the surrounding areas. They normally use the services of a Lawyer or Document Writer for the preparation of the Documents and submit the same before the Sub Registrar after paying the necessary Stamp duty and Registration fee. It is common knowledge that there exists corruption and people are made to pay more than what is due to the Government. This normally happens when the documents are taken for registration.

Corruption normally falls into two categories, one where gratification is paid for bending rules and accruing benefits to the bribe payer resulting in loss to the Government. This type of corruption normally doesn't exist in the Stamps and Registration Department. However, the more common corruption exists in facilitating a service normally due to the Citizens without any additional payment. This is where even after paying all the Stamp and Duty and Registration fee as per the Government rules, the Citizens are made to pay extra amount by way of bribe. This affects the common people and makes their life burdensome. The Government has tried several means to tackle this menace. Introducing systems like CARD, etc., in the Registration Department is one such initiative. This alone is not enough to curtail the scourge of corruption and there is an imperative need to harness technology to tackle this problem. Introducing faceless services where the interaction between the service provider and receiver is avoided can easily help achieve this objective.

Information and communications technology (ICTs) are increasingly seen by governments as well as activists and civil society as important tools to promote transparency and accountability as well as to identify and reduce corruption. New technologies, in the form of websites, mobile phones, applications etc., have been used to facilitate the reporting of corruption and the access to official information, to monitor the efficiency and integrity of social services and of a Country's political life, and to make financial information

The Income Tax Department, Government of India has recently introduced an online systems procedure for all Direct Tax scrutiny cases. This involves Assessment proceedings of any Assessee in India is carried out from a remote place by an Officer sitting anywhere in the Country. In this system the Assessee does not have to meet his Assessing Officer nor does he know his particulars or whereabouts. This is a positive step and would no doubt lead to the assessments being completed without harassment and avoid any element of corruption. The Assessee is asked to submit the information online and the Assessing Officer needs to pass an Assessment Order basing on this information.

Taking a cue from this, there is every possibility of using technology in a similar way for the Stamps and Registration Department. If the technology is properly put in place, there would not be any requirement for the Citizens to go to any Sub Registrar's Office for getting their documents registered. It is well known that all the data regarding the Stamp Duty value fixed by the Government and Registration fee thereon is available online with the Department for any property whether buildings, lands etc., . Therefore, the amount payable towards Stamp duty and Registration charges is automatically generated once the particulars of the properties to be registered are entered into the system. A challan for payment of the charges due to the Government will also be automatically generated. Once this is paid the Government will be able to realize the Duties and other charges.

Normally there will be two persons involved in a document for transfer or lease of immovable property. In case of a sale deed, it is a Seller and Purchaser and lease deed, a Lessor and Lessee. The documents can be authorized to be prepared by professionals like Advocates, qualified Document Writers, who are already registered with the Department and have their own digital signatures. Once the parties to the Document execute the original deeds, the same can be witnessed and signed by the professionals, already registered with the Department and then upload the Documents to the Registration Department. The Registration Department can then verify the Document online and give their approval for the same once they find all the legal requirements are met. This system is being followed in advanced Countries and there is no reason why we cannot implement the same.

In addition to Registration other certificates like encumbrance, copies of Registered documents can be obtained online by payment of the required fee.

"One of the saddest lessons of history is this: If we've been bamboozled long enough, we tend to reject any evidence of the bamboozle. We're no longer interested in finding out the truth. The bamboozle has captured us. It's simply too painful to acknowledge, even to ourselves, that we've been taken. Once you give a charlatan power over you, you almost never get it back."

? Carl Sagan, The Demon-Haunted World: Science as a Candle in the Dark

The author is a Chartered Accountant in practice at Visakhapatnam
and Vice-President of Waltair Club. He can be reached at psraju@gmail.com



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TRAVEL DIARIES

- By Rajni Mukherji, A-84

**ZAANSE SCHANS :
A SAGA OF WINDMILLS,
COTTAGES, CLOGS,
CHEESE AND CHOCOLATES!**

HOW GREEN IS MY WORLD !



Since my childhood, this 60's song with its cosmic quality and psychedelic feel, conjured up pictures of swirling windmills in my mind.

It was indeed a stirring/ cathartic experience at Zaanse Schans, when I witnessed so many windmills all lined up in a row along the banks of the river Zaan.

Before I left for The Netherlands, I knew it was a tiny country. Tiny, but certainly not in its impact, was my experience.

The Dutch have a saying, "God made the Earth, but the Dutch made The Netherlands (Holland)." There could be no other truism than to accept that a fifth of this country is reclaimed from the sea and a quarter of it is below sea level! I think it was this Dutch quest for land which prompted their awe inspiring world expeditions including to our very own Bheemunipatnam. Imagine how exciting would have been the lives of the pirates interred in the cemetery at Bheemili !

*" Round like a circle in a spiral, like a wheel within a wheel
Never ending or beginning on an ever spinning reel
Like a clock whose hands are sweeping past the minutes of its face
And the world is like an apple whirling silently in space
Like the circles that you find in the Windmills of your Mind."*



What drew me to Zaanse Schans ?

In all honesty, I had never heard of this place. So glad to have chanced upon an Instagram picture with astounding windmills against a backdrop of sensational cottages in all hues of green at Zaanse Schans , a charming rustic Dutch settlement. We got lucky on our day trip with a clear blue sky and the sun shining bright. Incidentally, the weather in the Netherlands is the most talked about subject. It is treated like some kind of a religion! In fact the generally Happy Dutch are known to complain (not really) only about their fickle weather. That's how cool they are!



Sight To Behold

This quaint, magical and even romantic Zaanse Schans is less than half an hour away from the hustle bustle of Amsterdam. An 18 min train ride and a short jaunt over the Zaan dam region we found an escape from tourists and all the chaos. A pervasive aroma of chocolates wafting through the air, tiny tulip gardens and street musicians greeted us. The Julianabrug (Bridge) over the river Zaan suddenly opened up heavenward without warning and a ferry boat sailed silently below! We were awestruck to see this noiseless operation.

At this heritage site, we experienced what it was to live like a local. A sanctuary away from stresses. Across the river Zaan, the picturesque spinning windmills turn into living history. The enchanting green traditional timber houses make a sight to remember forever. Interestingly, these houses have not been built here but transported here over land and water. The restoration process seems to have entailed dexterous carpentry to ensure these cottages are preserved in time. Yes, these iconic windmills and the idyllic scenery I sighted on Instagram, was not surreal but for real!

Windmills

Of the original 600 of them, only about a dozen remain.

Spectacular as they are, their names are equally peculiar.

De Kat-The Cat, is the only remaining windmill in the world making paint.

Het Jonge Schaap- The Young Sheep.

De Huiseman-The Houseman, functions as a mustard mill.

DeGekroonde Poelenburg is the brightest green saw mill.

De Zoeker-The Seeker is an oil mill.

De Bonte Hen- The Spotted Hen.

De Os- The Ox is powered by diesel engine.

Het Klaverblad- The Clover Leaf

De Bleeke Dood- The Pale Death.

De Ooievaar- The Stork.

One can actually climb inside to witness the working of these mills.

Once on top, you are treated to spectacular/panoramic views overlooking cottages, canals, meadows and bridges.

Delve Into History

Taking a step back in time, we learnt that Zaanse Schans derives its name from the river Zaan and it's original function as a scone (fortification) during the Eighty Years War of Dutch Independence against Spain. It thrilled my mind to have tasted a slice of history, but it was difficult for my soul to comprehend this beautiful green world as a battle ground. Contrary to popular belief, the windmill was not invented by the Dutch. It was actually invented by a Greek living in Egypt around the 1st century. By the 17th and 18th century, windmills became popular in the Netherlands for pumping out sea water to reclaim land and for grinding seeds, spices, paints, oil and hemp.

Reminiscent of a bygone era, these centuries old 'Dutch Heroes' had contributed generously towards advancement of the Golden (Industrial) Age. Though they stand tall out here, these have been transported from all over the Zaanstreek region as recently as in 1961 to create a unique open air museum.

Museums

The Netherlands is famous for its humongous number of museums housing famous masters' works like Rembrandt, Vermeer, Van Gough.

There are unusual museums dedicated just about for anything and everything, hemp, cartoon character, microbes and cats.

Zaanse Schans breaks the mould and houses some amazingly different kinds of museums where you could be part of the working experience.



Zaans Museum: Provides a peek into the Dutch grandeur with magnificent collections of costumes, painted furniture and art by French impressionist, Claude Monet which does justice to the archetypal image of 'Holland.'

Verkade, an annex, is a yummy chocolate experience.

The Zaanse Time Museum : Travel back in time to explore the pendulum clocks. Get entranced by the hourly chiming.

The Catharina Hoeve Cheese Farm for Cheese Lovers: Learning about cheese making from lovely traditionally clad Dutch ladies and the delectable cheese tasting was a treat to remember. My favourite was lavender cheese while I was amused to see even green cheese.

Clog Workshop Museum: Incredibly interesting, with wedding clogs being carved by the groom to proclaim his love! There was even a diamond clog on display.

Albert Heijn Museum Shop: The history of the largest supermarket chain in the Netherlands began here at this family grocery store which is frozen in time since 1887.

Jisper House : The best way to fully immerse oneself in Dutch culture is to don the 1850s traditional costume at this fisherman's house.

Honig Breethius Family House: Merchant Honig's family had a business of paper making.

The Weaver's House: Displays the old craft of weaving sailcloth.

Bakery Museum de Gecroonde Duyvekater: Try some traditional sweet bread and get a vintage feel of a heritage bakery.

Zaans Gedaan Cacao Lab: Making chocolates from cacao beans had a special appeal for us as we cultivate cocoa. The aroma of chocolates and making cacao milk shake from scratch can never be forgotten.

Our visit to 'Smells Like Chocolate' a cacao boutique in the Zaanse area, filled us with so much knowledge about Theobroma Cacao, 'food of the gods', even while emptying our pockets substantially.

Distillery and Cooperage (Barrel making): We gave this a skip after the Amsterdam Heineken Experience.

Waltair Times  28

Souvenir Shopping

It's easy to end up overspending when you see traditional hand crafted Dutch souvenirs like Delftware (famous blue and white pottery), cheese, cacao and chocolates. Simply irresistible!

Treat For Foodies

An authentic Dutch experience is incomplete without sampling the mouth watering StroopWafel cookies, Pancakes, Sweet Dutch Bread.

Not for the fainthearted is swallowing the Dutch red herring live !

Folk Tales And Fables

We were happy to hear some amazing Dutch Fairy Tales.

'The Farm That Ran Away and Came Back' is based on the water and wind elements and the ambitious drive of the Dutch.

'The Boy Who Wanted More Cheese' is about a boy with a lusty appetite for cheese. Will remember vividly the colour of his hair, halfway between carrot and sweet potato.



Cycling Around The Countryside

God certainly designed the flat terrain of this country for cyclists. There are more cycles in the Netherlands than people! The Dutch love zipping on their bicycles with their windblown hair. Beware of getting in their way if you want to avoid their wrath. You may easily rent bikes on an hourly basis and discover more of ZS.

Boat Ride For A Panoramic View

Windmill cruises and the Zaanferry from Amsterdam offer a different perspective and panoramic view over the Zaan river.

A Walk To Remember

We chose to walk as we had the freedom to do as we pleased. Conversations with the very cheery and friendly Dutch and soaking in minute details would not have happened otherwise. There are times when one must slow down on a journey to allow an immersive experience to travel within!

What's Cooking ?



- By Prabha Krishna Kumar, K-18

Banana stem is known as Arati Davva in Telugu.

It is a good source of fiber with amazing health benefits. A storehouse of nutrients, it is especially beneficial for a body detox. Let's look at a few recipes using banana stem.



Banana Stem Curry with Split Green Gram

Ingredients:

Banana stem-1piece of about 8"
Split Green gram or pesara pappu-1/2 cup
Oil - 2 tbsp
Garlic - 6 pods
Split black gram or urad dal - 1 tsp.

Mustard seeds-1tsp
Cumin seeds-1tsp
Red chillies - 2 split
Salt-to taste
Turmeric powder-a pinch
Curry leaves - 6

Preparation:

Take the tender banana stem and remove the thick skin. Slice it circularly and remove the fibrous part to reach the inner core. Cut this into small pieces. Then put these pieces into thin buttermilk so that they don't change colour and turn black. Pressure cook the banana stem pieces till soft. Drain out excess water.

Boil the split green gram till they become soft.

Heat oil in a pan, add garlic, mustard seeds, cumin seeds, black gram, red chillies and curry leaves. Fry them well. Now add the cooked banana stem to it and fry till the wetness dries out.

Now add the cooked green gram to it. Add salt and turmeric powder. Let it cook for a few more minutes and the curry is done.

Banana Stem Curd Chutney 1

Ingredients:

Banana stem - 1piece of about 5"
Oil - 1 spn
Curd - 6 tbsp
Split black gram or urad dal - 1 tsp.
Mustard seeds -1 tsp
Cumin seeds -1 tsp
Red chillies or green chillies - 2 split
Curry leaves - a few
Salt to taste



Banana Stem Curd Chutney

Preparation:

Prepare the banana stem as mentioned in the above recipe. Pressure cook the pieces in salt water. Once done, drain and squeeze out the excess water. Place them in a bowl and add curd to it. Mix well. Do the tempering and add to the curd and banana stem mix. Add salt to taste. The chutney is ready.

Banana Stem Curd Chutney 2

Ingredients:

Banana stem - 1piece of about 4"
Oil - 1 spn
Curd - 6 tbsp
Mustard seeds -1 tsp
Cumin seeds -1 tsp
Red chillies - 1
Green chillies - 2 finely chopped
Curry leaves - a few
Asafoetida - a pinch
Salt to taste

Preparation:

Prepare the banana stem as mentioned in the above recipe. Cut the banana stem into small pieces. Place them in a bowl and add curd to it along with the green chillies. Mix well. Do the tempering and add it to the banana stem and curd mix. Add salt to taste. The chutney is ready.

WHAT'S UP DOC ?

OSTEOPOROSIS

Dr TV Ramana Murthy (M.no. R-232)
M.S(Ortho) DNB(Ortho) D(Ortho)
Consultant Ortho Surgeon
Apex Hospital, Visakhapatnam



As the term implies, osteo is bone and porosis is brittle bones i.e. bones which can break easily. With improvements in health indices and population living longer this problem has reached endemic proportions with 300 million people affected in india alone.

Structurally, the bone has a scaffold, akin to a steel frame around which concrete or cement is built. Bone mineral, that is calcium, gives strength to the scaffold. Bone is soft at birth and is called cartilage and as layers of bone mineral are added it becomes stronger and is strongest at the age of 30.



Bone is dynamic in the sense it is a living structure, with new deposits being made as a response to exercise, diet and stress. It becomes weaker with age, menopause and lack of exercise, chronic kidney and liver diseases, smoking and alcohol and lack of vitamin D among other ailments.

This progressive loss of bone mineral weakens the bone silently over a period of years and decades and results in complications. This is rampant in middle aged and elderly females.

Certain diseases like hypothyroid and drugs used for convulsions and steroids and prolonged usage of acidity medication can worsen the condition.

Osteoporosis is characterised by diffused back pain, bone pains, bending of mid back and stooped posture. In advanced stages people suffering from osteoporosis are prone to vertebral and spine fractures.

People above 40 should be screened by X-ray and bone densimetry. Dexa Scan can measure bone density accurately. Scores achieved can be compared during treatment to predict recovery.

Management is very important as bone becomes very weak and chalk like. Prevention is better. Daily intake of Calcium should be 800-1000 mg and 800-1000IU of Vit D is essential to be continued life time.

Regular exercise, especially aerobic yoga and walks and spinal extension exercises, and maintaining proper posture are important.

Exposure of body parts to sunlight at 10am or 4pm is ideal for 15 minutes.

If exercises are started at the age of 30 with proper diet and early diagnosis, the condition can be controlled

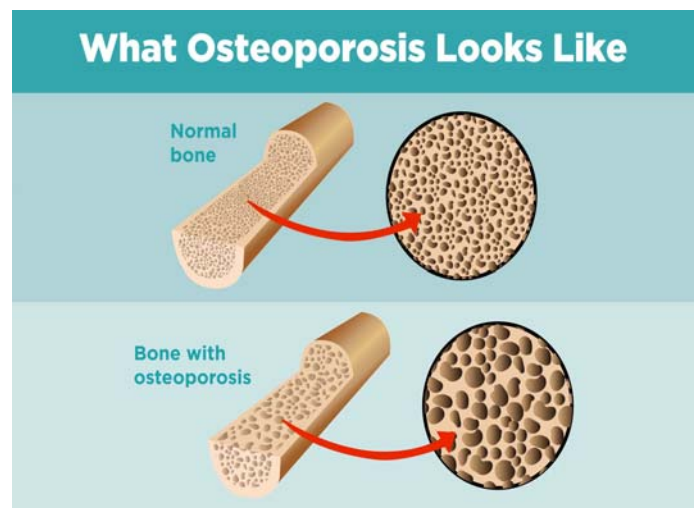
In advanced stages certain medicines like Bisphosphonates and Zolendronic acid help. Dairy products like cheese, milk, almonds, beans, green leafy vegetables, salmons are rich in calcium. Codliver, egg yolk, mushroom are rich in Vitamin D

Diet, exercise and life style modification, if started early are beneficial. Never avoid exposure to sunlight at the right time.

We can live long and strong by modifying our lifestyle. This needs awareness, willingness to know and understand that we also can be affected and taking guidance and medical treatment.

After all, your skeleton is the armour which protects every important organ in your body.

Vote for healthy bones !!



CONSCIENTIOUS JUDGES - CONTINUING TRADITIONS!

LEGAL MATTERS

- By TVSK Kanaka Raju

Quite some time ago Justice N.V.Ramana was in the news for declining an invitation of the Common Wealth Judicial Meet scheduled between November 15-18 at Port of Spain, Trinidad and Tobago. This was in response to the CJI's call to avoid such meets on working days. Avoiding conferences, seminars and other judicial meets during working days is a practice that is being largely followed by conscientious judges. H.M. Seervai, a great and noted constitutional expert narrates in his book, the Constitutional Law of India, incidents when judges declined to attend judicial conferences during working days. To recall: when the Common Wealth Law Conference was held in Delhi, a delegation of judges comprising of Lord Hailsham L.C., and Lord Denning M.R. and Lord Justice Scarman attended the conference at Delhi. That was the time when the royal courts of justice were on vacation!



Interestingly, when the common wealth law conference was held in Edinburgh in the year 1977 not a single judge of the Royal Courts of Justice attended the said conference. That was the time when the royal courts were in session! However, as the House of Lords did not sit for judicial work on Mondays, Lord Elwyn Jones, L.C. came to Edinburgh on a Sunday, delivered his address in the plenary session on the afternoon of Monday and flew back to London on that day to be ready for judicial work on Tuesday.

Another incident is when Chief Justice Chagla was requested by the government of Maharashtra to receive Chief Justice Earl Warren. Chagla replied that as the court was sitting, he would not be able to do so, but would pay a courtesy call later. He did so, and explained to Chief Justice Warren why he had not been able to receive him at the Airport. To the surprise of Justice Chagla, he was complimented by Justice Warren who remarked "I gave the same answer when I was requested to receive President Kennedy at the Airport."

There are judges and judges. Judges like Justice Krishna Iyer who have created a record by pronouncing more than 700 judgments, Justice Ramaswamy who has pronounced more than a thousand judgments! We also have judges who sit on the bench and retire without pronouncing any judgment. Time management is the need of the hour today for the judiciary.

Recently, the Visakhapatnam District courts and Bar Association celebrated its 125 years quasiquicentennial celebrations during period from 29th March, 2019 to 31st March, 2019. His lordships Hon'ble Justice Somayajulu and Hon'ble Justice Rajani were special invitees since both of them happened to be the products of Andhra University Law College. Moreover, Hon'ble Justice Somayajulu's parent bar was Visakhapatnam Bar. As the celebrations coincided with a working day, both Hon'ble Justice Rajani as well as Hon'ble Justice Somayajulu had to apply for leave to attend the 125 years celebrations. The Chief Justice of India Mr. Ranjan Gogoi, his Lordship Hon'ble Justice N.V.Ramana of the Supreme Court, Hon'ble Justice Rajani and Hon'ble Justice Somayajulu of the A.P. High Court deserve kudos for maintaining these traditions.

The Author is **TVSK Kanaka Raju**, K - 134,
a Senior Advocate practicing at Visakhapatnam

20 MTPA by 2020*

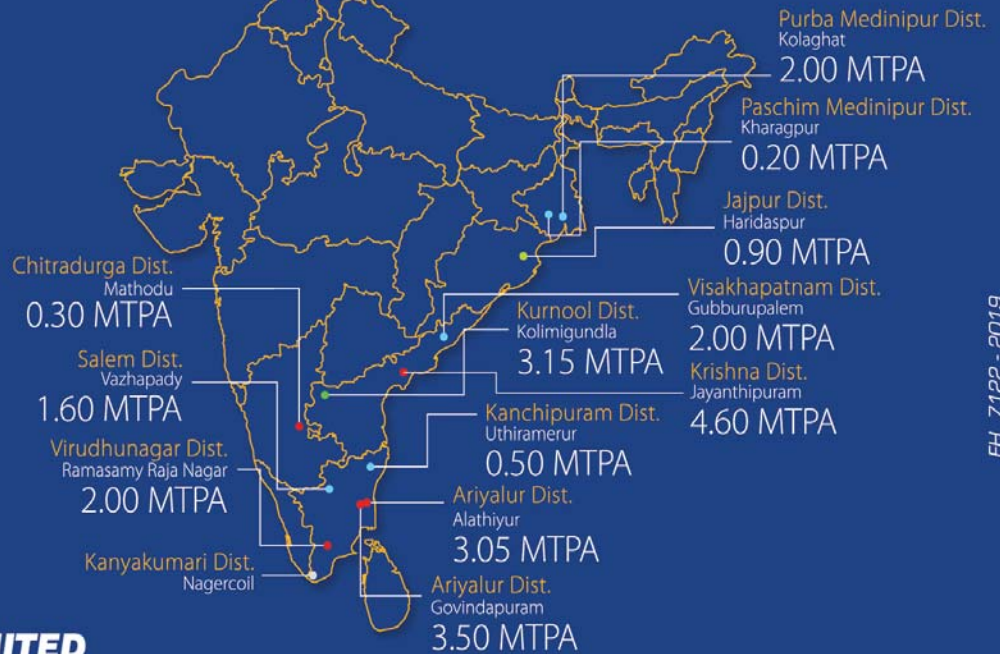
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Know your Club

- By Prem Mirpuri

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Start walk from there you see the grandeur of the building. "The Waltair Club" with its Vintage Façade and stately appearance that doesn't fail to draw your attention that was set up in year 1883 by the officers of East Coast Battalion and other Civilian officers stationed in the emergent port.

The splendor of The Lounge that has remained an old timers favorite with an inviting staircase & equipped with a lift is ready to receive you at The President's Lounge, The Billiards Rooms, Party Rooms & extremely popular Restaurant (1883) inviting you to take time for leisure and entertainment with the whole family

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The Author is **Prem Mirpuri**, M-54
Eastern Art Museum at Visakhapatnam



AMEET MIRPURI

Interior design is a much sought after career option nowadays and as more and more people develop the aesthetic eye, they also start looking out for people who can help them achieve their vision .. enter .. The interior designer!!!

This month we are bringing you the inputs given by the very successful interior designer of the city Mr. Ameet Mirpuri

A brief introduction about Mr. Ameet Mirpuri

Born and raised in Visakhapatnam, Ameet was interested in designing from a young age. After a Bachelors in Business Administration from GITAM University, he moved to Pune to study at Marathwada Mitra Mandal School of Interior Design. After a design internship, he moved back to Visakhapatnam to join his father in interior designing.

Ameet chose Vizag as his 'land of opportunity' and small beginnings combined with hard work have led to fruitful gains today. His unique creations reflect his belief that comfort holds the key to successful design. His visions are shaped by his passion for

structure, use of rich color and delight in small details. Interesting fabrics and accessories, used simply, and effectively, are his fuss-free signature.

As a second-generation designer, Ameet is known for his charm and laid-back personality which puts property owners at ease, which creates a fun hands-on creative process. His direct collaboration with his clients allows them to put their own personal stamp on their homes as each space takes on a distinct character reflective of client, context and lifestyle.

The initial years were a struggle. Ameet started with very small projects. He has even done just one wall of someone's living room. His first big break was in 2010 when Hotel Novotel's lead designer backed out at the last moment and he was approached to head the project in Visakhapatnam. The work at Novotel garnered him praises and got him a lot of other projects. But it did not mean he automatically bagged projects elsewhere. The small town tag made it difficult for him to gain trust from high-end clientele. He turned to designing smaller boutiques and cafes which helped him gain base and made his work visible in the city. Today, Ameet has designed several renowned lounges and cafes in Hyderabad like Over The Moon, Farzi Café, Over the Moon Brew.

Ameet has helped to revive traditional art forms, especially from Andhra Pradesh. Design Studio now has presence in 2 states Andhra and Telengana with its headquarter in Visakhapatnam. Ameet has built a brand which extends to Hyderabad, Vijayawada, Bengaluru, Kolkata, Mumbai and Siliguri. With a team of 26 employees, he has designed cafes, lounges, hotels, boutiques, spas and homes.

Here's a piece of advice from Ameet Mirpuri to youngsters who are aspiring to become designers.

Art in any field requires passion, hard work & creativity from the individual to bring out the best with dedication.. "the Sky is the limit" as they say! A basic knowledge to sketch, draw and a sense of colour is necessary to develop skills of a designer be it fashion, jewellery or interiors. A Foresight to visualize a finished product while in progress and to finally have a product that has a journey from paper to final finish gives immense satisfaction.

Following your intuition is to follow your dream in design. Keeping abreast with the changing trends styles and materials is very important. With regard to schools in India, I may not be the authority on what the latest 'A' schools are for interior design but I do know a few schools that have stood the test of time and still testify as great schools for interior design. I studied at the Marathwada Mitra Mandal School of Interior Design, a government college in Pune! Rachna Sansad in Bombay, NID and CEPT in Ahmedabad, Cummins in Pune and a few good schools in Bangalore also churn out great products in terms of students nowadays. Abroad, Milan, Florence in Italy and New York are the hub when it comes to interior design with a lot of great schools for workshops / diplomas / masters courses for those aspiring to become designers.

So chase your dreams and be the best !!



PS: Ameet Mirpuri (Member Ship No:A153) a budding interior designer & consultant was given an opportunity to plan and design "THE PAVILION" and many other areas of our prestigious club.



THE KINGDOM OF SLEEP

- By A.V.Monish S Row, M-35

Sleep is essential for a person's health and wellbeing according to the National Sleep Foundation. Yet, millions of people do not get enough sleep, and many suffer from lack of sleep. A large percentage suffer from sleep disorders as well as sleep problems a few nights a week or more.

Most of these problems go undiagnosed or untreated. In addition, adults experience daytime sleepiness severe enough to interfere with their daily activities at least a few times a month.

What Causes sleep problems?

Psychologists and other scientists who study the causes of sleep disorders have shown that such problems can directly or indirectly be tied to several systemic abnormalities in the brain and nervous system, cardiovascular system & metabolic function and unhealthy conditions such as hypertension, emotional disorders, obesity and alcohol use.

How do we cope?

In order to fall asleep at night, many of us have rituals. Be it lying on one's stomach or folding our hand under our head, most people have at least one idiosyncratic sleep habit. Some need a fan, others are attached to a particular pillow or a comforter blanket. Some of them may sound silly, but if one is convinced that they need these rituals, then their absence can affect our ability to fall asleep or disturb someone sleeping next to us. One of the biggest factors in creating sleep rituals is comfort. Regulating body temperature by wearing socks, turning on the fan or sticking our toes out of the comforter are some things people do. Here are some tips that today's lifestyle & wellbeing coaches give for better sleep.

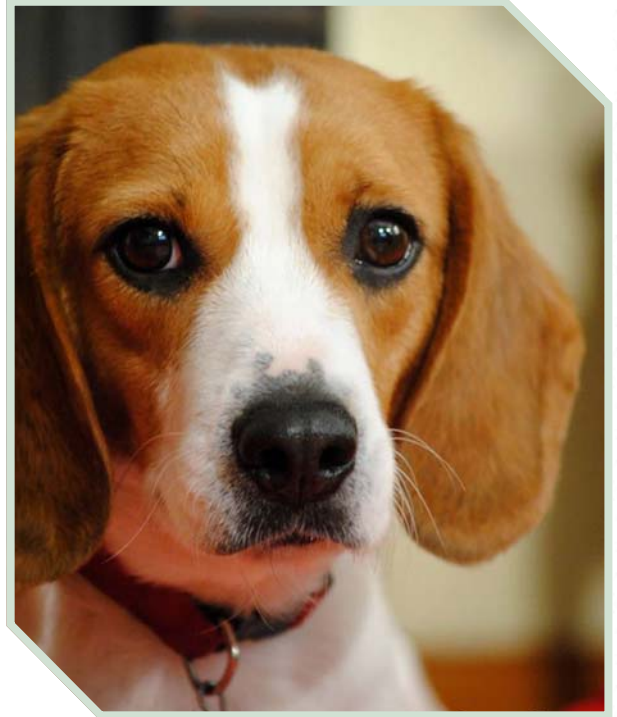
Remove all Smart phones, tablets from your room or your bedside. They cause distractions just as we try to doze off.

Rest the mind by concentrating on breathing. Redirecting one's attention is a way to shut out our thoughts and worries. Scientists still know relatively little about why people need to sleep in the first place, but the ability to do it regularly determines so much about the quality of a human's life. If people seize on toe-dangling, pillow-arranging, or another generally controllable factor to provide a sense of calm, it's probably because summoning sleep on demand is often so futile. A good analogy is if you were to go sailing, you can't try to me the wind blow, you just have to wait for it to come.

Happy Dreams!

PET CORNER

- By K. Narayanarao



It is aptly said that "A dog is a man's best friend".

The family which adopts a puppy is the "whole world" of that lovable dog. He has the blind faith that every bark of his is understood by them. He is unconditionally loyal and would give his life to save the family who are taking care of him.

However, as the owners of such loyal pets, we should be patient and understand our pet. After all, he/she can't express like we humans can!! We must take absolute care in the initial six months, to make sure all the vaccinations and boosters are given at the right time. Until all vaccinations are done, we should avoid taking them out as they are vulnerable till such time. It is highly essential to train them during the initial months to make sure they become more disciplined and understand us better.

Apart from being loyal and faithful companions, dogs are among those animals which have the strongest sense of smell, which is 1000 to 1,00,000 times stronger than that of a human being. Interestingly, they do not have taste buds, so this sense of smell works for almost anything- from eating their food to identifying a person to even smelling a rat!

Dogs perceive time differently from us. Though they may not keep count of the exact hours in a day, they do have circadian rhythms- having a general sense of daylight and darkness. They miss you when you are gone for a while. They become aware of the movement of the family during weekdays, weekends and holidays. They are highly intelligent and smart. From the early morning wake up call to the evening walk, their barks at regular intervals keep their owners on their toes! It is worth taking note of their daily routine and discipline, subtly reminding us of our obligations and duties for each day.

Another interesting fact is that a dogs' whiskers help him see in the night as they have the capacity to pick up any small changes in the air currents. Dogs pant with their tongue out to cool down as they have sweat glands in their paws pads that go wet during hot summer days.

Dogs also have the ability to smell your feelings, like when you are happy or sad or sick- they show their concern by coming near you and licking your face to express this. They can hear five times better than humans. This is why they become alert and readily wait to greet you, much before you even step into the house.

Aside from being loyal members of households, the police and the drugs & narcotics teams are among those who extensively use the help of dogs all over the world to help catch muggers and drugs hidden in baggage. They are a blessing to people with various disabilities all around the world, as they help them navigate situations which would otherwise be very challenging.

With these few words, I hope all pet owners continue to appreciate their dogs, remain doting owners and keep sharing experiences with them.

Article by: **K. Narayanarao**, M.no: N-44
Chartered Accountant

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Hall - 2 (First Floor)



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Road View





KNOW YOUR INBORN TALENTS- DERMATOGLYPHICS

- By Reena Somani, S-608

Dermatoglyphics is the study of fingerprints, palm prints and sole prints. The dermal ridges begin to form around the 13th week of pregnancy and are completely developed by the end of the 21st week, and then remain unchanged. Dermatoglyphics analysis is the combination of new computer technology and science (Quantitative analysis). By scanning the fingerprint patterns, we are able to find out the innate talents of kids & adults and give suggestions according to each person's own characteristics without any bias. Moreover, one's fingerprints will never alter their entire life. Each person's Dermatoglyphics pattern is unique and unalterable. Dermatoglyphic technology based Multiple Intelligence Test (DMIT) is an excellent tool developed to support this fact of life. Using this test, one can explore their directions of interest and their areas of strength.

Advantages of Dermatoglyphics Multiple Intelligent Test:

DMIT can be useful to understand various real life questions that commonly trouble people such as:

- Why are children not interested in Studying?
- Why can't children score well, even if they study hard, pay attention in the class and go for extra tuition? What is their learning obstacle? Is it because of the learning environment, incorrect way of stimulation or inappropriate teaching method?
- Why can't children understand lessons, and remember newly taught things?
- Why can't some people solve problems by using logic and inference? Why do some people always like to contradict?
- Why are people restless and hyperactive?
- Why are some people so quiet and introverted?
- Why is it difficult for some people to maintain daily diaries?
- Why can some people not understand financial or investment matters easily?
.....and many more.

DMIT can help people of any age group in following ways:

- **Toddlers (age 1-4)**
Knowing a toddlers potential at an early age, helps parents in deciding the most suitable parenting style and educational methods to adopt.
- **Children (age 4-12)**
Children are curious to learn and they can absorb more at this age than they will when they grow older. Discovering their learning styles and areas of intelligence at this age gives a clue on what courses and activities they should spend more time on.
- **Teenagers & Young Adults (age 12-25)**
Discovering learning styles at this age can enhance one's learning experience. It also serves as a guideline on what type of courses one should take.
- **Adult (age 25+)**
Understanding one's areas of intelligence helps an adult in taking career decisions . Understanding more about self can help adults communicate better and thus build better relationships. Employers can also apply Dermatoglyphics analysis to find the strengths and weaknesses of their employees for position placement.

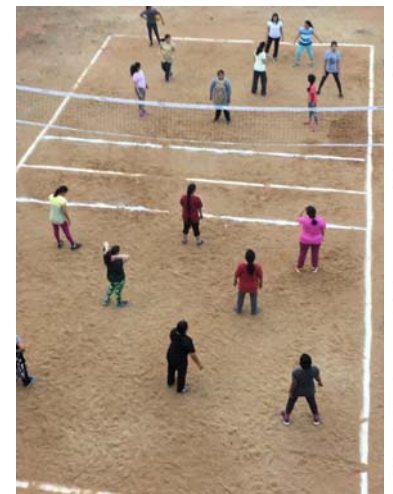
AN EMERGING CLUB TEAM- LADIES THROWBALL

- By Shanti Chitra, C 46



The club and its facilities have been used by many ladies, especially in the area of sports. The shuttle badminton courts, T.T table, the swimming pool, the yoga studio and the gym are all bustling with activity both in the mornings and in the evenings. The game of throwball is a new addition to this long list of sporting activities in the club, that the ladies have got involved in lately.

Throwball is a very popular sport in Asia especially in the Indian subcontinent.



This game is thought to have been loosely derived from a recreational sport that was played by women in England and Australia. Be what it may, this sport was brought to India, specifically to Chennai by the YMCA during the 1940's. The rules for this game were drafted in 1955, but the first national level championship was played years later in 1980. Very soon the throw ball federation of India (TCI) was formed and by the 90's throw ball had become a sport for both men and women.

For a game that was brought to India specifically for women, it is a surprise that this prestigious club did not have a team until recently. All this changed a couple of years ago when a group of ladies got together with a sole mission of putting together an exclusive women's throwball team. The ladies who were involved in forming the team were asked as to what inspired them to go about this mission, "The men's volleyball team' the ladies said in unison.



On delving deeper into this reply, it came to light, that some of these ladies are regulars of the yoga class and would often get distracted by the sounds of the exuberant shouting and laughter that could be heard in the yoga studio from the volleyball court down below. "Why should boys have all the fun?" they asked themselves, and started planning to form a ladies team in the club for which the game of throwball was the unanimous choice.

Very soon the call to form this team was sent out and the responses came pouring in from the different sections of ladies.....few young, and many not so young women came together just for the sheer joy of playing the game. Many of these ladies had not stepped on a games field since their School or college days

and it was like reliving those carefree times for them. Two teams were formed and they got together on weekends to play between 6 and 7.30 in the morning. Within a short span of 6 months, the ladies were ready to play their first throw ball championship match held during the annual sports week of the club in February '2018.

It was not serious play all the time, the fun element was also strictly adhered to. Just as the players fought fiercely for every match point on the court, a close bond of camaraderie developed among them off it.

When the game started in the club it was played on the existing volleyball court, but in the long run it became increasingly difficult for the teams to share this court. Later a new court was prepared in the space adjoining the club mart and after the formal inauguration, the managing committee handed it over to the team. The ladies still enjoy the privacy this court offers and with no constraints on time, are able to practise longer and better. There is still scope for a lot more and there are surely many more ladies in our large club fraternity who share this zest and ebullience for this game - this is a call to all of them to join and make the ladies throw ball team a strong sporting entity in the club.

CAN'T STOP THE RISE

- By Krishnakanth



with the idea of organising the "Friendship Cup", which was hosted on 4th August 2019.

"True to its name, it aimed at making "The Team your family and the Court, your space". This cup not only put basics of team spirit in place but also allowed the people and the players to channelize their energy in the right way, apart from paving way for self expression. The Sports Committee again proudly announces here that the volleyball cup fits fabulously with its motto

- "I choose to be active".



• "What's remarkably same about the Friendship Day and the Friendship Cup in the club, is the idea behind celebrating the day. We couldn't think of a better way of celebrating friends and their presence in our lives. We could witness great friendship and greater camaraderie among different age groups too. Across all ages - 14 to 65, we saw life, lustre and love, which is a new success altogether." "Volley ball in the club has always been great because of some amazing teams playing against each other. There are some good players who motivate themselves and then some great ones like Sandeep, Dilip, Mohit, Siri, Puneet and Srinivas Pallagadu, who inspire the whole bunch. These six captains, along with their teams, contested in The Friendship Cup. With hearts pumping,

we witnessed two edgy semi-finals, and an even more electrifying final, which was between Dilip's and Sandeep's team. The triumph was delivered, after a thrilling finish, to a well-deserving Dilip's team. It went down in history as one of the best matches in the leagues.

For the future, we wish for bigger and better volleyball, and with the endeavour to inspire people in the club to play more, we can maybe get a coach to conduct some serious training programs. We wish to plan not only summer camps for little champs, but make a structured program for coaching throughout the year. The sports landscape is shifting and we need to prepare for the shift. Lets all achieve this together.

Cheers !

Krishnakanth

Committee member (Sports)





In a very short time after it's introduction, volleyball has become one of the most happening sports in the club, bringing together people of all ages. I appreciate the management for conducting these kind of Friendship Cups, apart from the main tournaments, giving a chance to all players, especially the newcomers, to participate in a tournament.

Mohit K



"I have recently joined Waltair Club's Volleyball group and have thoroughly enjoyed the experience both inside and outside the court. The recently held Friendship Cup has attracted many people across the age spectrum and has made the volleyball court even more lively in the last couple of weeks."

Puneet Reddy



A fulfilled tournament for friends, by friends. "A wonderful time to catch up, get back into shape, have a friendly fight on the court and most important of all, have a good time." The food served was awesome. "Looking forward to more such tournaments.

Dr Sandeep



Over the years, volleyball has become an everyday sport for us. The level of the games has developed over the years. Everyone has improved their game day by day and it's a good initiative to conduct such tournaments once in a while to encourage new talent as well as to increase the bonding between the players. As a player, I feel great to be a part of these tournaments and sincerely thank the organisers for encouraging young members of the club to participate as well.

D S Raju

TASKS TAKEN UP BY THE GENERAL SERVICES COMMITTEE



- By R.V. Prasad

• The Chamber's backyard around the water tank used to be a garbage dump yard that was very unhygienic creating mosquito menace for the neighbors next to our compound wall. We leveled the uneven area around the water tank with ten truck loads of gravel and sand (collected from the waste dug for rain water harvesting pits) leaving no scope for garbage and waste to accumulate. Created a pathway from the backyard of Chambers for Cleaners to dump the garbage.



• The electrical and cable wires dangling right in front of our main building all the way from roof top next to reception have been cleared out of sight by way of camouflaging through internal wiring.



• Waltair Club lounge has been remodeled on the lines of airport lounge to create a warm ambience and accommodate more number of members.

• Leakages in Function Hall (Auditorium) have been fixed with water proofing.

• Notice boards for Swimming Pool on Rules, pool timings for main pool and children pool have put at all vantage points to create awareness for members.

• All sign boards in the club that were fading have been refurbished with new posters and upgrades.

• The open vents in the GYM changing room at men's and women's were open to a floodgate of mosquitoes creating a menace for the members. Mosquito nets have been fixed in both the changing rooms much to the relief of gym goers.

• There were no exhaust fans in the changing rooms for men and women at swimming pool leaving a damp smell all the time. New exhaust fans were fixed in all changing rooms.

• The long pending demand for air conditioning at men's and woman's changing room has been fulfilled by relocating two air conditioners that were lying idle for al long time.

• The ladies changing room at swimming pool did not have a glass partition like the one in men's changing room. The lacuna has been rectified by installing a glass partition in Ladies change room also.





- All rain water harvesting pits have been cleared of the debris to let water sink in to the ground.
- New areas have been identified based on inspections after heavy rains recently to dig two more rain water harvesting pits to improve our ground water levels.
- Swimming in the late evenings up to 8:30pm in the nights had been a nightmare for a long time now since 8 of the 10 underwater lights stopped working. It was not taken up previously since the cost of the lights were prohibitive. A solution has been found to change them to 12 volts LED bulbs that are much cheaper. The entire operation is being undertaken by our own electricians and Labor (Malis) saving us enormous amount

of money if we had contracted it out to a contractor.

- Work is afoot to get new uniforms to all our staff on a war footing.

• The water inlet for the swimming pool used to be long pipe let in to the pool from the tap located outside the fence. Apart from making it an ugly sight, members used to trip on it making it accident prone. We have installed underground pipe to release water directly obviating the need for external pipes.

• In an effort to make our club Accessible to differently abled persons and senior citizens, it is proposed to construct ramps wherever there are stairs in a phased manner. To begin with, one such ramp has already been constructed at the stairs leading to Pepsi Desk.

• The children pool had a common shower room both for boys and girls. Another room next to it is in the process of construction exclusively for girls.

• Paper cup holders at the gym and pool areas are being custom made for members to write their names on the cups and keep reusing the same until they are done at the gym. This will not only save paper cups for us but also contributes in our humble effort towards environmental consciousness.

• We are in the process of composting organic kitchen waste near the dump yard to generate our own manure.



ADVISORY ON ETIQUETTE IN CLUB PREMISES

Managing Committee noted, at times some Members and children are going overboard and the actions are in violation of Club's rules. The Committee's endeavor to bring to the knowledge of Members the issues and relevant rules to avoid any sort of embarrassment to the Committee or the Members.

1) Behavior with the staff Members:

The staff Members are part of our Club and have essential role in day to day working of the same. The decorum of our Club calls that they be treated with due civility. (There were instances in the past where misbehavior with staff Members led to suspension of a senior Member).

2) Conduct in the Club:

A Gentleman is someone who values comfort of other people in the neighborhood. Care is to be taken while talking and using cell phones that we do not disturb other Members or people around. Absolute silence need to be maintained in Library and It's polite to speak in a low-pitched voice in other venues of the Club. Abusive and vulgar language should be totally avoided in Club premises.

3) Members and Dependent children using the sports and other facilities of the Club:

It has come to the notice of the Committee that dependent children bring along with them their friends. It is to be noted, the dependent children are not allowed to bring any guests to use the sports or other facilities of the Club. Further Members also should ensure they enter the guests' names in respective registers as soon as they enter the Club. Non-compliance in this regard is gross violation of the Club rules and will be dealt seriously.

4) Dress Code and Timing for using various facilities:

The Members and children should strictly follow the prescribed Dress Code and the timings while using various facilities. Members are advised not to use or visit the venues/facilities during their closing time. Please note all the venues and facilities have fixed timings.

5) Smoking Areas:

Smoking areas are designated and they should alone be used to avoid inconvenience to other Members and families.

6) Chambers:

This is a facility created only to provide accommodation for our Members, their Guests and Members of our affiliated Clubs. Members to take note of the bye laws regarding introduction of guests when they reserve Chambers. Except the room guests and on duty staff, all the persons (including our Club Members not residing in the Chambers) should leave Chambers and the Club premises at the time of closing of the Club.

7) Guest Rules:

Care should be taken while introducing guests, as our bye laws state that you can introduce a guest who is not a Member of our Club but has the eligibility to become a Member of our Club. This is very important not to disturb the decorum of the Club. Further the same guest can be introduced only on four occasions in a calendar month.

8) Usage of Affiliated Clubs:

Please carry your identity card and currently valid Introduction Card to affiliated Clubs. Please adhere to the rules of the respective affiliated Clubs and attention to be given to the dress code, behavior etc. Members to note that while using affiliated Clubs, they are brand ambassadors of our Club.

9) Dues to the Club:

The dues to the Club should be in time to avoid unnecessary action.

The Managing Committee appeals to all the Members that Our Club's Dignity will be measured by our Discipline and Inner Peace, and solicit your valuable cooperation in upholding the same.

10) Mobile phones

Mobile phones should be used with absolute discretion so as not to cause any disturbance to other Members.

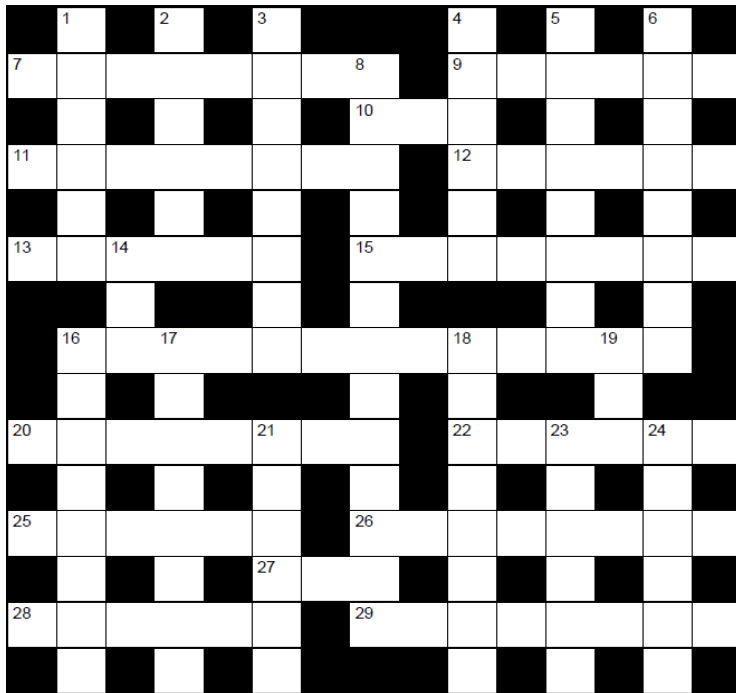
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Blow your Mind



SUDOKU

				3		8	5	
		1		2				
			5		7			
		4				1		
	9							
5							7	3
		2		1				
				4				9

ACROSS

- 7 Misshapen lump contains a metal, a precious one (8)
- 9 At home with Sean possibly or out to lunch (6)
- 10 Anger displayed by some firemen (3)
- 11 Given somewhere to sleep outside public school (8)
- 12 Somehow pistol is ruined (6)
- 13 Ragged dress covers old person sleeping rough (6)
- 15 Trouble over one lad's love affairs (8)
- 16 Calm but haunted by one's own ghosts? (4-9)
- 20 Mineral discovered by wicked sort, we hear, by pub (8)
- 22 Nearly everyone, not quite the majority (6)
- 25 Odds on present will be a ball (6)
- 26 And German retains right to be nameless (8)
- 27 Comedian's payment is docked (3)
- 28 English miner sporting fur (6)
- 29 One on course has this useful sounding headgear (8)

DOWN

- 1 This is one party game (6)
- 2 Figure's losing European standing (6)
- 3 Plant needs freezing weather and a bit of rain (8)
- 4 Is fat drunk going around Spain for holiday? (6)
- 5 Gives support to European partners (8)
- 6 Having a desire for popular recording, Neil dashed inside (8)
- 8 Centre's beginning to become rowdy in Yorkshire town (13)
- 14 Understand only odd bits of scene (3)
- 16 Footwear at start of year is difficult to get hold of (8)
- 17 Backed the Italian, one wearing kinky green underwear (8)
- 18 Former substitute could be demanding (8)
- 19 I will need energy to travel (3)
- 21 His products could make you stout, and so could he! (6)
- 23 System of measuring crime developed around middle of century (6)
- 24 To observe present and past is child's play (6)

7 platinum. 9 insane. 10 ire. 11 bestowed. 12 spilt. 13 dossier. 15 liaisons. 16 self-possessed. 20 cinabar. 22 almost. 25 sphere. 26 untitled. 27 wag. 28 ermine. 29 handicap.

ACROSS

1 Cluedo. 2 status. 3 snowdrop. 4 fiesta. 5 espouses. 6 inclined. 8 Middlesbrough. 14 see. 16 slippery. 17 lingerie. 18 exacting. 19 ego. 21 brewer. 23 metric. 24 seesaw.

DOWN

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Thanking you and looking forward to welcoming you onboard Waltair Times.

Kind Regards,

Editor, Waltair Times

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***Front cover inside full	20000	44000	66000	121000
Full page inside	11000	27000	40000	66000
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FLIGHT NO:	FROM	TO	DEPARTURE	ARRIVAL	FREQUENCY
CD 7561	MUMBAI	VISAKHAPATNAM	8.00	10.45	DAILY
CD 7561	HYDERABAD	VISAKHAPATNAM	9.45	10.45	
CD 7477	DELHI	VISAKHAPATNAM	10.00	13.00	
CD 7478	CHENNAI	VISAKHAPATNAM	10.00	11.05	
CD 7562	VISAKHAPATNAM	HYDERABAD	11.15	12.15	
CD 7562	VISAKHAPATNAM	MUMBAI	11.15	14.00	
CD 7478	VISAKHAPATNAM	DELHI	11.35	14.35	
CD 7478	VISAKHAPATNAM	RAIPUR	11.35	12.25	
CD 7477	RAIPUR	VISAKHAPATNAM	12.10	13.00	
CD 7477	VISAKHAPATNAM	CHENNAI	13.30	14.35	

FLIGHT TIMINGS - AIR DECCAN FLIGHTS

FLIGHT NO:	FROM	TO	DEPARTURE	ARRIVAL	FREQUENCY
DN 405	HYDERABAD	VISAKHAPATNAM	9.50	11.20	DAILY
DN 139	CHENNAI	VISAKHAPATNAM	12.00	12.00	
DN 407	BANGALORE	VISAKHAPATNAM	10.55	13.40	
DN 406	VISAKHAPATNAM	HYDERABAD	11.40	13.10	
DN 407	TIRUPATI	VISAKHAPATNAM	12.00	13.40	
DN 140	VISAKHAPATNAM	CHENNAI	12.15	14.05	
DN 408	VISAKHAPATNAM	BANGALORE	13.55	16.40	
DN 408	VISAKHAPATNAM	TIRUPATI	13.55	15.35	

FLIGHT TIMINGS - AIR SAHARA FLIGHTS

FLIGHT NO:	FROM	TO	DEPARTURE	ARRIVAL	FREQUENCY
S2 230	HYDERABAD	VISAKHAPATNAM	-	15.10	DAILY
S2 229	HYDERABAD	VISAKHAPATNAM	-	13.40	
S2 229	MUMBAI	VISAKHAPATNAM	-	13.40	
S2 230	MUMBAI	VISAKHAPATNAM	-	17.05	
S2 229	VISAKHAPATNAM	MUMBAI	10.55	-	
S2 229	VISAKHAPATNAM	HYDERABAD	12.40	-	
S2 230	VISAKHAPATNAM	HYDERABAD	14.10	-	
S2 230	VISAKHAPATNAM	MUMBAI	14.10	-	

FLIGHT TIMINGS - KINGFISHER FLIGHTS

FLIGHT NO:	FROM	TO	DEPARTURE	ARRIVAL	FREQUENCY
IT2493	CHENNAI	VISAKHAPATNAM	11.05	12.50	DAILY
IT2492	VISAKHAPATNAM	HYDERABAD	12.35	14.05	DAILY EXCEPT TUESDAY
IT2494	VISAKHAPATNAM	CHENNAI	13.20	15.05	DAILY
IT2492	VISAKHAPATNAM	HYDERABAD	14.00	15.30	TUESDAY
IT2491	HYDERABAD	VISAKHAPATNAM	22.40	12.10	DAILY

FLIGHT TIMINGS - PARAMOUNT FLIGHTS

FLIGHT NO:	FROM	TO	DEPARTURE	ARRIVAL	FREQUENCY
17-502	MUMBAI	VISAKHAPATNAM	8.00	10.45	DAILY
17-503	VISAKHAPATNAM	HYDERABAD	11.25	10.45	DAILY

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Kundram Road, Kasimkota
Anakapalle - 531001
Info@sarojinivilla.in

VIZAG TRAINS AND TIMINGS

TRAIN NO	TRAIN NAME	PLACE FROM	PLACT TO	SCHEDULE	ARRIVAL	DEPARTURE
8645	EAST COAST EXP	HOWRAH	HYDERABAD	DAILY	03:45	04:05
2841	COROMANDEL EXP	HOWRAH	CHENNAI CENTRAL	DAILY	04:20	04:40
2805	JANMABHOOMI EXP	VISAKHAPATNAM	SECUNDERABAD	DAILY	-	06:00
7240	SIMHADRI EXP	VISAKHAPATNAM	GUNTUR	DAILY	-	07:10
1VK	KRDL PASSENGER	VISAKHAPATNAM	KIRANDUL	DAILY	-	06:50
1VV	VZM PAS	VIZIANAGARAM	VISAKHAPATNAM	DAILY	07:35	-
8517	LINK EXPRESS	KORABA	VISAKHAPATNAM	DAILY	08:10	-
426	BZA PASSENGER	VISAKHAPATNAM	VIJAYAWADA	DAILY	-	09:00
231	PASSENGER	PALASA	VISAKHAPATNAM	DAILY	09:30	-
3351	ALLEPPY EXP	DHANBAD/ TATA	ALLEPPY	DAILY	10:05	10:25
2863	YESHWANTPUR EXP	HOWRAH	YESHWANTPUR	DAILY	10:40	11:05
8463	PRASANTI EXP	BHUBANESWAR	BANGALORE	DAILY	11:10	11:30
2717	RATNACHAL EXP	VISAKHAPATNAM	VIJAYAWADA	DAILY	-	12:30
2603	CHENNAI MAIL	HOWRAH	CHENNAI	DAILY	13:55	14:15
229	PASSENGER	DURG	VISAKHAPATNAM	DAILY	12:30	-
7488	TIRUMALA EXPRESS	VISAKHAPATNAM	TIRUPATI	DAILY	-	13:50
8411	INTER-CITY EXP	VISAKHAPATNAM	BHUBANESWAR	DAILY	14:10	-
237	DMU	RAYAGADA	VISAKHAPATNAM	DAILY	15:00	-
2861	LINK NZM	VISAKHAPATNAM	NIZAMUDDIN	DAILY	-	15:10
7015	VISAKHA EXP	BHUBANESWAR	SECUNDERABAD	DAILY	16:15	16:35
225	PSA PASSENGER	PALASA	VISAKHAPATNAM	DAILY	16:55	-
2727	GODAVARI EXP	VISAKHAPATNAM	HYDERABAD	DAILY	-	17:25
243	EMU PASSENGER	PALASA	VISAKHAPATNAM	EXCEPT SUNDAY	17:15	-
436	PASSENGER	VISAKHAPATNAM	RAJAHMUNDRY	DAILY	-	17:00
180	COA PASSENGER	VISAKHAPATNAM	KAKINADA	DAILY	-	18:10
472	BZA PASSENGER	RAYAGADA	VIJAYAWADA	DAILY	19:50	20:10
2VK	KRDL PASSENGER	KIRANDUL	VISAKHAPATNAM	DAILY	20:25	-
430	PASSENGER	VISAKHAPATNAM	MACHILIPATNAM	DAILY	-	20:30
2703	FALAKNUMA EXP	HOWRAH	SECUNDERABAD	DAILY	21:20	21:40
227	PASSENGER	RAIPUR	VISAKHAPATNAM	DAILY	21:40	-
1020	KONARK EXP	BHUBANESWAR	MUMBAI - CST	DAILY	22:30	22:50
7479	TPTY EXP	PURI	TIRUPATI	EXCEPT TUE&SAT	22:50	23:15
1406	MANMAD EXP	VISAKHAPATNAM	NAGARCOIL	TUE & FRI	22:50	23:15
7481	TPTY EXPRESS	BILASPUR	TIRUPATI	TUE & SAT	22:50	23:15
WEEKLY						
5930	WEEKLY	DIBRUGARH	CHENNAI EGMORE	WED	05:50	06:35
5630	WEEKLY	GUWAHATI	CHENNAI EGMORE	SUN	05:50	06:35
2663	WEEKLY	HOWRAH	TIRUCHCHIRAPALLI	MON & FRI	05:50	06:35
2665	WEEKLY	HOWRAH	KANNIYAKUMARI	TUE	05:50	06:35
2848	WEEKLY	PURI (VIA VZM)	AHMEDABAD	WED, FRI & SUN	00:30	00:55
2803	SWARNAJAYANTI EXP	VISAKHAPATNAM	NIZAMUDDIN	MON & FRI	-	08:30
2835	WEEKLY	HATIA	YESHWANTPUR	WED	09:45	10:05
2889	VIA DVD	TATA	YESHWANTPUR	SAT	10:25	10:35
2847	VIA DVD	HOWRAH	VASCO DA GAMA	TUE, WED & FRI	13:28	13:30
5228	WEEKLY	MUZAFFARPUR	YESHWANTPUR	TUE	14:30	14:50
6324	WEEKLY	HOWRAH	TRIVENDRUM	MON & WED	14:30	14:50
2660	WEEKLY	HOWRAH	NAGERCOIL	THU	14:30	14:50
6310	WEEKLY	PATNA JN.	ERNAKULAM	FRI & SAT	14:30	14:50
2845	WEEKLY	BHUBANESWAR	YESHWANTPUR	SUN	14:30	14:50
8401	WEEKLY	PURI	OKHA	SUN	17:25	17:45
2830	WEEKLY	BHUBANESWAR	CHENNAI	THU	19:10	19:30
2808	SAMATA EXPRESS	NIZAMUDDIN	VISAKHAPATNAM	WED, SAT & SUN	18:30	-
2510	WEEKLY	GUWAHATI	BANGALORE	MON, TUE, WED	15:35	15:55
2508	WEEKLY	GUWAHATI	ERNAKULAM	SAT	15:35	15:55
2516	WEEKLY	GUWAHATI	TRIVENDRUM	THU	15:35	15:55
2514	WEEKLY	GUWAHATI	SECUNDERABAD	FRI	15:35	15:55
8509	WEEKLY	VISAKHAPATNAM	NIZAMABAD	WED & SAT	-	19:30
2898	VIA DVD	BHUBANESWAR	PONDICHERRY	TUE	19:58	20:00
8508	WEEKLY	BHUBANESWAR	VISAKHAPATNAM	MON, TUE & FRI	23:50	-
DOWN TRAINS						
228	PASSENGER	VISAKHAPATNAM	RAIPUR	DAILY	-	03:00
2704	FALAKNUMA EXPRESS	SECUNDERABAD	HOWRAH	DAILY	03:30	03:50
7480	TIRUPATHI EXPRESS	TIRUPATI	PURI	EXCEPT FRI & SUN	04:40	05:00
1405	WITH 7480	NAGARCOIL	VISAKHAPATNAM	TUE & SAT	04:40	05:00
7482	TPTY EXPRESS	TIRUPATI	BILASPUR	MON & FRI	04:40	05:00
238	RAYAGADA DMU	VISAKHAPATNAM	RAYAGADA	DAILY	-	05:45
2728	GODAVARI EXPRESS	VISAKHAPATNAM	HYDERABAD	DAILY	06:05	-
7016	VISAKHA EXPRESS	SECUNDERABAD	BHUBANESWAR	DAILY	07:15	07:35
471	PASSENGER	VIJAYAWADA	RAYAGADA	DAILY	07:55	08:50
429	PASSENGER	MACHILIPATNAM	VISAKHAPATNAM	DAILY	07:00	-
244	PSA PASSENGER	VISAKHAPATNAM	PALASA	EXCEPT SUNDAY	-	08:10
179	PASSENGER	KAKINADA	VISAKHAPATNAM	DAILY	09:10	-
7487	TIRUMALA EXPRESS	TIRUPATI	VISAKHAPATNAM	DAILY	10:55	-
226	PSA PASSENGER	VISAKHAPATNAM	PALASA	DAILY	-	11:45
2718	RATNACHAL EXPRESS	VIJAYAWADA	VISAKHAPATNAM	DAILY	12:05	-
2604	HOWRAH MAIL	CHENNAI	HOWRAH	DAILY	13:00	13:20
8464	PRASANTI EXPRESS	BANGALORE	BHUBANESWAR	DAILY	13:15	13:35
8412	INTER-CITY EXPRESS	BHUBANESWAR	VISAKHAPATNAM	DAILY	-	14:35
2862	LINK EXPRESS	NIZAMUDDIN	VISAKHAPATNAM	DAILY	13:30	-
3352	DHN/ TATA	ALLEPPY	DHANBAD	DAILY	15:15	15:35
2864	EXPRESS	YESVANTPUR	HOWRAH	DAILY	15:55	16:15
435	PASSENGER	RAJAHMUNDRY	VISAKHAPATNAM	DAILY	16:35	-
2VV	VZM PASSENGER	VISAKHAPATNAM	VIZIANAGARAM	EXCEPT SUNDAY	-	17:45
7239	SIMHADRI EXPRESS	GUNTUR	VISAKHAPATNAM	DAILY	17:50	-
232	KUR PASSENGER	VISAKHAPATNAM	KHURDA ROAD	DAILY	-	18:30
425	BZA PASSENGER	VIJAYAWADA	VISAKHAPATNAM	DAILY	18:55	-
8518	LINK EXPRESS	VISAKHAPATNAM	KORBA	DAILY	-	18:50
230	DURG PASSENGER	VISAKHAPATNAM	DURG	DAILY	-	21:00
8646	EAST COAST EXP	HYDERABAD	HOWRAH	DAILY	23:35	23:55
2806	JANMABHOOMI EXP	SECUNDERABAD	VISAKHAPATNAM	DAILY	19:40	-
1019	KONARK EXP	MUMBAI	BHUBANESWAR	DAILY	20:55	21:15
2842	COROMANDEL EXP	CHENNAI	HOWRAH	DAILY	22:00	22:20
8507	WEEKLY	VISAKHAPATNAM	AMRITSAR	TUE, FRI & SAT.	-	00:20
2890	VIA DVD	YESHWANTPUR	TATA	TUE	03:35	03:37
8402	WEEKLY	OKHA	PURI	FRI	04:05	04:25
2836	WEEKLY	YESHWANTPUR	HATIA	SAT	04:05	04:25
2846	WEEKLY	YESHWANTPUR	BHUBANESWAR	WED	04:05	04:25
2807	SAMATA EXPRESS	VISAKHAPATNAM	NIZAMUDDIN	WED, THU & SUN	-	06:20
2844	WEEKLY	AHMEDABAD	PURI (VIA VZM)	MON, WED & SAT	01:40	02:05
2848	VIA DVD	VASCO DA GAMA	HOWRAH	MON, WED, FRI & SAT	08:08	08:10
2829	WEEKLY	CHENNAI	BHUBANESWAR	SAT	10:25	10:45
8510	WEEKLY	NIZAMABAD	VISAKHAPATNAM	MON & FRI	10:15	-
5629	WEEKLY	CHENNAI EGMORE	GUWAHATI	TUE	11:45	12:05
2664	WEEKLY	TIRUCHCHIRAPALLI	HOWRAH	WED & SAT	11:45	12:05
2666	WEEKLY	KANNIYAKUMARI	HOWRAH	SUN	11:45	12:05
5929	WEEKLY	CHENNAI EGMORE	DIBRUGARH TOWN	FRI	11:45	12:05
2892	WEEKLY	PONDICHERRY	BHUBANESWAR	THU	11:10	11:12
2804	SWARNAJAYAHTI	NIZAMUDDIN	VISAKHAPATNAM	MON & THU	18:10	-
2515	WEEKLY	TRIVANDRUM	GUWAHATI	MON	19:30	19:50
2509	WEEKLY	BANGALORE	GUWAHATI	MON	19:30	19:50
2513	WEEKLY	SECUNDERABAD	GUWAHATI	SUN	19:30	19:50
6309	WEEKLY	ERNAKULAM JN.	PATNA JN.	TUE & WED	19:30	19:50
2507	WEEKLY	ERNAKULAM JN.	GUWAHATI	WED	23:15	23:35
6323	WEEKLY	TRIVANDRUM	HOWRAH	FRI & SUN	23:15	23:35
2659	WEEKLY	NAGERCOIL	HOWRAH	MON	23:15	23:35
5227	WEEKLY	YESHWANTPUR	MUZAFFARPUR	THU	23:15	23:35



COMFORT ROOMS

Adjacent to International Cricket Stadium, Madhurawada

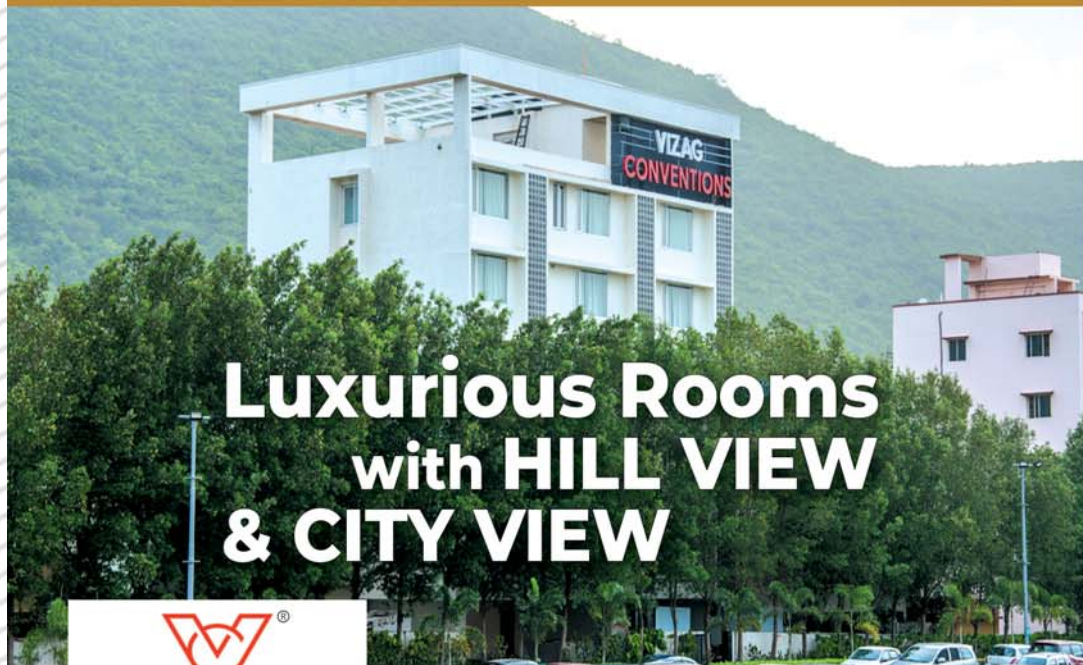


AMENITIES

- Air conditioned rooms
- Express check in/check out
- Non-smoking rooms
- Flat screen TV (43" LED)
- Safe lockers
- Newspapers
- Key card access
- Inter-connected rooms

LOCATION NEAR BY...

- Adjacent to International Cricket Stadium
- 2km to Indira Gandhi Zoological Park
- 5km to Tenniti Park
- 8km to Bheemli Beach
- 12km to RTC Bus stand
- 13km to Railway station
- 17km to International Airport



Luxurious Rooms with HILL VIEW & CITY VIEW



VIZAG CONVENTIONS

10-10/1, APHB COLOY, PM PALEM, Beside Cricket Stadium, Visakhapatnam-530041

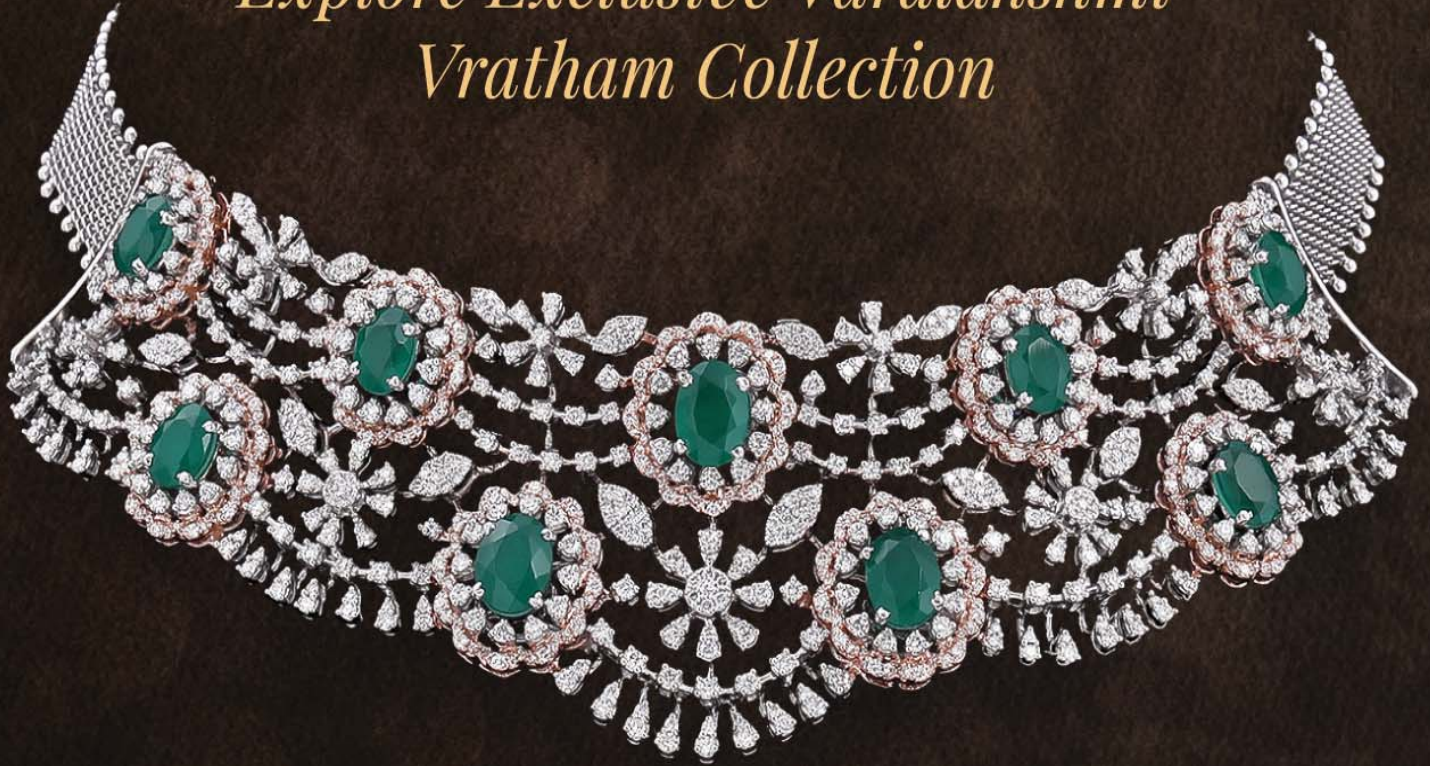
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