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WALTAIR TIMES

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**THE WALTAIR CLUB
ANNUAL SPORTS MEET
2016-2017**



House Journal of The Waltair Club, Visakhapatnam

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From The President's Desk

Dear Members,

Warm Wishes!

January was a very exciting month for sports lovers as various tournaments like Africa Cup Soccer, Australia Open Tennis, T-20 Cricket matches and so on are being conducted all over the world. The scenario in The Waltair Club is no different. The grand gala Waltair Club Annual Sports Meet 2016-17 was inaugurated on 21st January. Enthusiastic participants of different age groups took part in Shuttle tournament and Tennis tournament. Yoga competitions were held for men, women and children. The Judges from Andhra University Yoga Village appreciated the excellent performance of men, women and children in yoga competitions. Football matches were also conducted in which members and member children participated with great enthusiasm. Chess, Caroms and Squash competitions were also conducted and saw participation in good numbers. Participants are gearing up for some more competitions in the coming two weeks. Altogether a kind of Olympic games atmosphere is prevailing in the Club.

This time, the senior citizens meet has seen a record attendance of over 150 senior members. Some of the senior stalwarts were honoured. Bonfire, couple dances and lots of fun games gave the event a festive atmosphere. The sports day conducted by the ladies committee has seen participation like never before. Over 300 children and ladies took part enthusiastically in various races. Races were conducted for all the age groups of children and ladies right from toddlers to seniors. Very well conducted event !

This year as the country celebrated 68th Republic Day on 26th January with a wide display of military strength and cultural diversity, we at the Waltair Club also paid our respect to the nation and our constitution by unfurling the Indian flag. Our country's strength lies in the values that are enshrined in its constitution. Another important event organized on 26th January was staff day. The Managing Committee with the support of ladies committee has put maximum efforts to engage and entertain the Club staff and their family members. Everyone who attended the event went back home with happy memories.

The story telling session and painting classes are also conducted on regular basis. This month Tambola has witnessed enthusiastic participation as usual. Members can look forward to the next Tambola and Beer and Biryani afternoon. Ladies Committee proposes to conduct a Car Rally on 12th February. Kudos to the efforts of each committee in engaging the members. On this note, I would like to conclude my message.

With Warm Regards,

A. Satyanarayana

Managing Committee for the year 2016-2017

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Hony.Secretary	Mr.K.Vamsi Kishore	9849166669
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Sports	Mr.S.Murali Krishna	9848323888
General Services	Mr.K.Sri Krishna	9160121414
Ladies Committee Chairperson	Mrs.Meghna S Oza	9346106110
Ladies Committee Co-Chairperson	Dr.Hema Yadavalli	9949485555



Announcements

- This is to inform all the members that the Managing Committee has approved Reciprocal arrangements with M/s.Indiranagar Club, Bangalore for mutual benefit of our Club members w.e.f. 12.01.2017
 Contact Nos. : 080-25280323/41153378
 Fax No. : 080-25213452
 Email : indiranagarclub@gmail.com
- Library Committee in coordination with Mahatma Gandhi Cancer Hospital and Research Institute (MGCHRI) presents an Interactive session
 Topic : Cancer Awareness
 Venue : Pearl I & II
 Date : 04.02.2017
 Time : 5 pm to 7 pm
 We request all the members to attend the same.
- Library Committee announces "Painting Classes" on every Sunday from 11:30 am to 1:00 pm by Department of Fine Arts, Andhra University for ages 4-12 yrs starting from 22.01.2017 at Anchor Hall-I. Materials to be brought by the children. Nominal fee will be applicable. For details contact Librarian.
- "Story Telling " at "Children Place" in Library at 5 pm on every Saturday for children aged 3-6years. Interested parents can drop their children at Library, if possible, with their favourite books. Contact Librarian for details.
- With effect from 1st February 2017,applicable Service Tax on Food & Beverages will be charged across all the locations, so as to comply with the Service Tax Rules & Regulations.
- This is to inform all the members that the Managing Committee is in the process of updating our Club Website along with the Members Directory with latest photographs. Hence, all the members are requested to inform the club office with reference to any changes in the members details like Permanent/Postal Address,Mobile/Landline Nos & E-Mail ID's,etc. All those members who have not provided all these details are reminded once again to provide the same along with their latest photographs by end of February 2017.

Library Committee announces the following talks:

"Benefits of Fasting" by Dr.P.V.Satyanarayana, Care Hospitals on 19.02.2017 from 11 am to 1 pm at Pearl I & II. Members can interact on present and previous talk (Obesity & Diabetes). Please visit Dr.P.V.Satyanarayana, TV9 on youtube.

Debate on "Maintaining Family Harmony" by Mr.B.K.Agarwal, Founder of "Save Family Harmony" foundation on 05.03.2017 from 11 am to 1 pm at Pearl I & II. This is about harmony between husband, wife & other members of family.

Innovative lecture on "Stress related psychiatric problems in students and how to tackle them" by Dr.Sathpathy, Psychiatrist, KGH on 12.03.2017 from 11 am to 1 pm at Pearl I & II.

Informative lecture on "Consumerism" on the occasion of consumer day, by prominent Judges and other persons in the field of consumer affairs on 15.03.2017 from 5 pm to 7 pm at Pearl I & II.

Talk on "Communication Skills & Personality Development" by Prof.G.L.N.Raju (R-310) Chairman, Emeritus, PRG Group, Mumbai & Mahathi Education Institutions on Sunday 12th February, 2017 from 11 am to 1 pm at Pearl-I & II.

Member Honour

Master Dhruv Advait S/o Mr.Madhu Kolagatla (M-109) and grand child of our Senior Member Mr.K.Brahmaji Rao (B-48) achieved All India 6th Rank and Andhra Pradesh 1st Rank in Lawn Tennis Under-12 category. Dhruv is a hardworking child and very good in academics, studying 6th grade in Visakha Valley School. He is one of the youngest player who played Nationals at the age of 9 years.



Programmes for February, 2017

03.02.2017	Friday	Movie	6.30 PM
05.02.2017	Sunday	Beer n Biryani with Tambola	12 noon
10.02.2017	Friday	Movie	6.30 PM
17.02.2017	Friday	Movie	6.30 PM
18.02.2017	Saturday	Tambola	7.30 PM
19.02.2017	Sunday	Car Rally	10.00 AM
24.02.2017	Friday	Movie	6.30 PM

Advertisement Tariff

	Location	Single Issue Rs.	3 Issues 6 Issues Rs.	12 Issues Rs.
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Obituary



Mr.S.R.Ranganathan
(M.No.R-92)
expired on 13.01.2017

We regret to announce the sad demise of our senior members.

May their souls rest in peace.



Mr.Emandi Kirshna Rao
(M.No.K-68)
expired on 17.01.2017

On your marks...get set go...



An afternoon dedicated to sports for ladies and children, exactly with the enthusiasm and style of any school day athletics was the winter evening of the 21st January, specially planned by the Ladies committee, Waltair club. Tracks, whistles, victory stand and medals all in order, the competitions began, divided in various categories, on the dot of 3.30pm. The events included kids and ladies in the ages of 4-7years, 8- 12 years, ladies, senior ladies, mom and child and three generations. Each category had specific races. The tricycle race of the young ones with enthusiastic mothers in tow was a pleasure to cheer. Similarly cycle race for the ladies had most of us whistling away. By and large it was just a fun filled evening, special and unique with sportsmanship and competitiveness all encompassing through each category and each of its events. It was a Well attended, well participated and a very well enjoyed evening, a very encouraging end to all the efforts and coordination. As the winners were announced to the victory stand, Cheer and applause, with photos and victory signs had gleaming stars radiate in happiness.





WALTAIR CLUB ANNUAL SPORTS MEET 2017

The Inaugural function of the Waltair Club Annual Sports Meet-2016-2017 was held on 21st January, 2017 Saturday, and the event got to a good start with the Shuttle Tournament organized for various categories of men, women and children.

The Tennis Tournament got underway on January 23rd, and the matches are currently in progress for the different categories of men, women and children.

Yoga Competitions were conducted on Jan 25th by 3 experts from Andhra University Yoga Village, for members and their spouses and children.

On January 28th and 29th ,Foot Ball matches were conducted and both member children and members participated with great enthusiasm.

The Chess and Carroms competition on the morning of January 29th, had members, ladies and children participating in good numbers.

The Squash Tournament started from 25th Jan onwards and is still in progress and since 29th January 11 am, the Snooker Tournament has been going on.

Other sporting events will be scheduled as follows:

" Swimming for all age groups and all categories on 4th February, 2017, 3 pm onwards

" Volley ball on 8th and 9th February evening.

Special attractions for WPL Volley ball matches:

Live DJ, Music

Drinks with special offers. Fine Dining with special items with snacks a-la-carte and buffet menu with veg and non veg items.

Big Screen display and video coverage etc.,

"COME N ENJOY the live matches"

For Cricket , Table Tennis, Running, Cycling , Walking ,Bridge, body building(Gym) etc., competitions dates will be announced soon.

For details about other games/sports contact Club Reception or Mr.S.Murali Krishna, Chairman, Sports Committee at 9848323888.





Waltair Premier League Volleyball 2017


On Feb 8th & 9th from 6pm onwards

CLUB LASS
WPL Team owner



Jeevan Vikas & Vinay

WPL Team owner
WALT AIR WARRIORS



NS Rayudu
Nekkanti sea foods

Club class
Captain



Mallik

Waltair warriors
Captain



Mahesh

TEAM OWNERS

CAPTAINS

Waltair Knights
WPL Team owner




Muralikrishna

WPL Team owner
WALT AIR HAWKS



Uday & Vinay
V hotel

Waltair Knights
Captain




Krishnakanth

Waltair Hawks
Captain



Ramana

WPL Team owner
WALT AIR DEFENDERS




Rajendra sunkari
Ahwadas Group

WPL Team owner
Spartan



Supraja & Madhavi

Waltair Defenders
Captain



Anand

Spartans
Captain



Pavan



A Day dedicated to our Elders

On Sunday , the 8th of January , The Waltair club dedicated the day to the senior members of our club . On this occasion , there were many games that were organized and there was active and enthusiastic participation from all the members present. There were many members who went home happy as they were rewarded with prizes for taking part .

The stalwarts of our club were honored. Members who were honored were Sri G.Pattabhi Ramaiah, Capt.P.B.S.Patnaik, Sri C.N.Harman and Sri Mohan Jauhar. Mr Harman spoke on behalf of the members who were honored. He spoke about how rules were strictly implemented . He appreciated the changes that the club has undergone over the years and appreciated the efforts of the younger members for taking interest in administrating the club. A bonfire was lit by Captain Peter and several members and couples danced around the fire . There was a lively entertainment program organized by the young ladies of MV Royal .

Everyone who were present thoroughly relished and enjoyed the master chef food. The Honorary secretary Mr. K Vamsi Kishore thanked the senior citizens for good participation. He also appreciated the excellent work done by Mrs Valli Ramgopal, Mrs. Usha Reddy, Mrs. Asha Jain, Mrs. Kavita Satwani and others for their planning and coordination of the program under the leadership of Mr. MV Narayana Rao .

All the donors who include Mr. Obul Reddy, Mrs. Neena Chopra, Mr. Aravind Kumar Gupta were thanked as without their support, the event wouldn't have been possible. The staff of Waltair club were also thanked for their help and support for the event .



Retro Night at Wills pub - Dance till you drop



On Sunday, the 8th of January 2017, our club organized a retro night in the Wills Pub . The evening started with members slowly sipping their drinks and munching snacks . The program started at about 9:30 PM . The main entertainment that was planned for the evening was that we had a choreographer Tanzeel Ahmed of Shiamak Davar fame

who dazzled us with his choreography steps and dance moves . The best part was that, the steps were very simple and not too difficult to do. He energized the crowd and encouraged all the members to come forward and take part . Once , he pepped up the crowd , the members showed enthusiastic participation and keenly watched him and imitated his steps while dancing. His energy is infectious . The DJ took over after sometime and all members were still actively imitating his steps , It was really a fun night and he tore the roof down that night with his dance moves . Everyone danced till they dropped. All in all, a night to remember for all members.



A salute to the Republic



The 68th Republic Day of the Nation was commemorated by the Waltair Club with due respect and pride. On the morning of 26th January 2017, at 9am the President of the Club, Mr. A. Satyanarayana unfurled the National Tricolour, at a function that was well attended. He addressed the august gathering and spoke of the values enshrined in our constitution, the progress made by the country since Independence, and the issues we are faced with today. The function was followed by a sumptuous breakfast.



Colourful Strokes



TAMBOLA
held on 21st Jan 2017



1st Prize Winners
Mr.R.S.Borthwick
(B-97)

Mrs.K.Nivedita
W/o Mr.K.Arun Kumar
(A-216)



2nd Prize Winner
Mrs. Preeti Bhatia
W/o Capt. Pradeep Bhatia
(P-131)



Staff Day Out



The Waltair Club Staff Day was celebrated on 26th January with a lot of enthusiasm. The event started with the staff presenting mementos to the Managing Committee. The president Mr. A. Satyanarayana and the Hon. Secretary Mr. Vamsi contributed Rs. 15000 and Rs. 10000 respectively towards the event. Mr. Avinash contributed Rs. 10000 which was given away to the staff children. Lot of fun games were conducted involving everyone. All in all, it was a very entertaining and memorable event for the Club Staff and their family members.



What's Up Doc?

URINARY STONE DISEASE



Urinary stones are more common in adult males between 30 to 60 years of age, and in Asians. Higher incidences are seen in areas found to be hot and dry. Symptoms are more common in summer months due to exposure to heat and dehydration. Stone incidences is also found to increase in people with weight gain.

Why do stones form: Out of the many theories put forward the one which is most documented is due to the fact that stone crystals aggregate and grow in size as the saturation of the deposits increase in urine. Different types of stone are believed to be formed for different reasons.

Types of stones: Most common types of stones are

- 1) Calcium oxalate- accounts for 90% of stones in India
- 2) Infective stones- associated with urinary or kidney infection
- 3) Uric acid stone - seen in people taking high protein diet like red meat etc

Presentation:

- 1) Most common symptoms are pain in the upper back radiating to the front, which is severe may or may not be associated with vomiting
- 2) Some people present with burning during urination which may be because the stone is stuck in the lower part of the urinary system or due to urinary infection.
- 3) Some may present mainly with fever due to stone causing infection or infections leading to stone formation.
- 4) Pain in pregnant women is important as this may be confused with other pains related to her pregnancy

How do I know if I have urinary stone:

Apart from the symptoms mentioned above an ultrasound of the abdomen is an easy way to diagnose or suspect urinary stone disease. Other special

investigations may be needed if stone disease is suspected in an ultrasound.

How do I prevent stone formation or get rid of stones without surgery:

- 1) Increase water intake : "How much" is the usual question. Increase water intake to maintain a urinary output of above 2.5 liters a day
- 2) Increase intake of lemon juice mixed with water which helps in decreasing the incidence of stone formation.
- 3) Decrease protein intake mainly non-vegetarian food and salt restriction helps further decrease the incidence.
- 4) Weight reduction, if one is over-weight also helps (more pronounced in women)
- 5) Few drugs like Thiazides, Potassium citrate, Allopurinol help in dissolving or preventing stone formation
- 6) If one has urinary infection it has to be treated adequately, especially in diabetics.

What diet is to be avoided:

- * Non vegetarian diet
- * Dairy products
- * Black tea and cocoa
- * Spinach, berries and beets
- * Chocolates and dry fruits

What are the treatment options available:

- 1) **Non invasive:** ESWL - extra corporeal shock wave lithotripsy: wherein a shock wave generated from a machine tries to break the stone from outside so that it can be flushed out in urine.
- 2) **Minimally invasive-**
 - * Endoscopic Holmium laser lithotripsy: Here a fine endoscope is passed through the normal urinary tract and the laser fiber is kept in direct contact with the stone and is pulverized by laser energy.
 - * Percutaneous nephrolithotomy: Here a small hole is made from the skin into the kidney and the stone is broken with different forms of energy and the pieces of stones are removed through the same hole.
- 3) Open surgery- This is rarely required in about 2% of stone patients today.

Dr. K. Ramesh Raju, MBBS, M.S, MNAMS , MCH, DNB
(Urologist and Transplant Surgeon)

LADIES COMMITTEE PRESENTS



Car Rally

A competition with no routes... but a to - do task list

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