



WALTAIR TIMES

VOL.28 | ISSUE -8

THE HOUSE JOURNAL OF WALTAIR CLUB



VOL. 28 | ISSUE 6



Exploring Blue Zones

Living a long and happy life

Risks of Drug Usage

The dark side of recreational usage

Donkey Races at Club

The racing derby at Waltair Club

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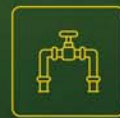
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From the President's Desk

Dear Members,

I trust this message reaches you well. It brings me great pleasure to share the highlights of our Club's February events with you. From the lively Valentine's Day celebrations to entertaining movies and Tambola, there was an array of activities catering to all tastes and preferences.

I'm glad to announce the resounding success of the Waltair Club Annual Sports Festival, which witnessed enthusiastic participation from our members.

Heartiest congratulations to all the winners across the following sports!

- Snooker- V. Srijan Babu
- Tennis- Lions
- Cricket- Waltair Vikings
- Volleyball - Club Class

I am pleased to inform members that we have started renovation work of twenty three rooms in the old chamber wing. The work will be completed in two phases and we expect it to be completed by the end of May. The centenary auditorium renovation work is scheduled to take place in May and June. The above two projects were approved in the last EGM held on 29th December, 2023.

Best Regards

K. Vamsi Kishore (V-168)

98491 66669

PRESIDENT

Mr. K. Vamsi Kishore (V-168)
9849166669

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Dr. Murali Krishna Reddy
(K-077)
9246623943

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9866446747

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9570119999

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Mr. R. Jagapathi Raju
(J-032)
9393103358



Vice-President's Message

Dear Members,

Waltair Club recently organised Aadhaar updating camp at Pearl 1. The camp ran successfully from 26th February to 9th March. Demographics, Biometric and Iris Scans were captured and updated. We are delighted that many members utilized this opportunity.

I thank all the members who sent in their contributions to the Waltair Times this month. Our magazine serves as a vital tool for communication of club events and is a great way to showcase our member's articles and achievements. We welcome you to submit interesting articles, poems and anecdotes to info@waltairclub.com.

Best regards,

Dr. Murali Krishna Reddy (K-077)
92466 23943

From the Editor's Desk

Dear Waltair Club Members,

In the February edition of Waltair Times, we embark on a journey of exploration, empowerment, and enlightenment.

A conversation with past editor, Vijay Atmakuri led to our feature article, "Exploring the Blue Zones," which delves into the secrets of longevity and well-being found in regions around the world known as Blue Zones. Discover the lifestyle habits and cultural practices that contribute to the health and vitality of these communities.

In a thought-provoking piece, we examine the impact of recreational lifestyle drugs on individuals. DevAryan explores the complexities surrounding this issue and its relevance in today's society.

Shifting gears, we shed light on the importance of donating blood. Through his father's and his own experience, Rohit highlights the life-saving impact of this simple yet profound act of generosity.

On a lighter note, join us as we dive into the exhilarating world of Donkey Races at Waltair Club. Experience the thrill and camaraderie of this unique sporting event that captivates both participants and spectators alike, brought to you from the annals of history by John Castellas.

Lastly, we invite you to set sail with Rana Uppalapati's travel club as he takes us on a journey to the Royal Gymkhana Yacht Club. Discover the rich history, scenic beauty, and maritime traditions of this esteemed institution.

As always, we strive to bring you diverse perspectives, engaging stories, and valuable insights that enrich your reading experience. Thank you for being a part of the Waltair Times community

- Deepa Raju Kodali (D-098)

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Hon. Secretary's Message

Dear Members,

I hope this message finds you all well. I wanted to take a moment to express the significance of the 108 Surya Namaskaras performed by members on the auspicious day of Rathasaptami.

This ancient practice is believed to enhance physical health, mental clarity, and spiritual well-being, while also paying homage to the life-giving energy of the Sun.

Our yoga fraternity's dedication and commitment to this spiritual journey are truly commendable.

I am also pleased to announce that Aerobics classes have commenced from Monday 26th, February at the Yoga Room from 4PM. Request interested members to enrol their names at the office or before the class.

Please note that you can now login and pay your club bills online through <https://clublekka.com>.

Warm regards,
B. Lakshman Patro (L-025)
98664 46747



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MEMBER HONOUR



Mr. Keshav Murugesh (M-93) is Global CEO of WNS holdings. Waltair Club congratulates him on being appointed Chair of, CII UKIBF in the presence of HE High Commissioner of India to the UK, Vikram Doraiswami and Director General of CII, Chandrajit Banerjee

Dr. Srimanth Mandava (M.No. S-1163), 2nd year Post Graduate resident at the Department of ENT & HNS, Rajarajeswari Medical College and Hospital, Bengaluru, was awarded 3rd Prize (amongst 350 entries) in Dr.Anoop Raj SL Chopra E-Poster session at All India ENT Conference AOICON 2024 – Bangalore on 7th Jan 2024.

BEER & BIRIYANI



BUMPER TAMBOLA



OBITUARY

We regret to announce the sad demise of the following member.



MR.P.VENKATESWARARAO (M.NO.V-042)
EXPIRED ON 19.01.2024



MR..S.S.ANAND (M.NO.A-18)
EXPIRED ON 08.03.2024

AADHAAR UPDATION CAMP



CLUB CALENDAR

01.03.2024	Friday	Movie	6:30 pm
03.03.2024	Sunday	Beer n Biryani with Tambola	12 noon
08.03.2024	Friday	Movie	6:30 pm
15.03.2024	Friday	Movie	6:30 pm
23.03.2024	Saturday	Movie	6:30 pm
25.03.2024	Monday	Holi Dhamaka	9:00 am
30.03.2024	Saturday	Tambola	7:30 pm



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EXPLORING THE BLUE ZONES

George Bernard Shaw: You don't stop laughing when you grow old, you grow old, when you stop laughing.

Religion offers nirvana in our 'afterlife'. How many of us are actually in a hurry to get there? Yes, we all love longevity. As medicine / science have added years to our lives, we are painfully aware that "health years" to our lives are lagging behind.

Medicine and science seem to be at a cusp of making an impact on humanity. Innovation in Gene sequencing, Crispr, Epigenetics, stem cell research, may deliver on their promise within this decade. Let us set aside leaps in technology.

Our wants are simple. To continue to do things we enjoy and be cognitively present, during the years of longevity that may come our way. Sometimes simple ideas are often found embedded in human experiences around us, right under our nose. Blue zones streaming on OTT seems to have done the job to ferret out these nuggets of wisdom.

These pearls of wisdom evolved in small communities and are not backed by any scientific studies or Nobel Prizes. Yet the evidence of benefit is in plain sight. It is up to us to ponder over these insights and see how we can mainstream them into our lives and our communities.

Let's begin by answering this question in a single, memorable sentence: Why do you get up in the morning?

To live your best life, isn't it? A long, healthy and happy life!

Blue Zones, a term coined by journalist Dan Buettner, refers to regions around the world where people live significantly longer, happier and healthier lives compared to the global average.

Each Blue Zone, like Okinawa (Japan), Sardinia (Italy), Nicoya Peninsula (Costa Rica), Ikaria (Greece), and Loma Linda (California) emphasises plant-based diets rich in fruits, vegetables, and whole grains.

Here, people often practice moderation in consumption, with meals centred around locally sourced, nutrient-dense foods.

So, is eating well the secret to longevity, you ask?

Buettner describes a visit to Okinawa, Japan, where he meets a woman named Kamada Nakazato. She was 102 years old at the time they met, having outlived her husband, who had died a decade earlier at age 96.

Kamada, alongside her daughter, told him all about how she - and the many friends she kept in close touch with on the Mobutu Peninsula - ate:

They mostly eat vegetables from their garden - daikon, bitter melon, garlic, onion, peppers, tomatoes - and some fish and tofu. All day long they nurse a pot of hot, green tea. Before each meal they take a moment to say "hara hachibu", it means 'Eat until you are 80 percent full.' That's because it takes about 20 minutes for the stomach to tell the brain it is full.



- Mr. A. Vijay Kumar (V-48)

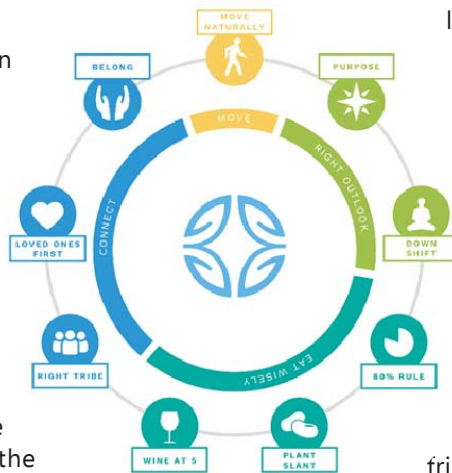
Kamada would gather in the afternoons with her moai, the Japanese word for the group of lifelong friends who come by her house every day.

People meeting, seeing each other, talking, practising meditation or engaging in a fitness activity.

Moai means "meeting for a common purpose." It originated as a way for people living in Japanese villages like Karada's to support one another financially, especially in the case of emergencies. Today, it has broadened to mean social support, and intentional, ritualized friendship.

Residents of the Blue zones prioritize relationships with family, friends, and neighbours, fostering a sense of belonging and purpose.

What do you think? Do you have a moai in your life, a group that helps you connect, and maybe which nudges you to better behaviours that you might not adopt otherwise? One that helps you stick with running, or just with living a healthy life?



- Vijay Kumar Atmakuri (V-48)

- Deepa Raju Kodali (D-098)

Grameena Incubation Center (GIC)- Empowering rural women through entrepreneurship & People with Disabilities (PwDs)

"I have a traditional wood-press, and have been doing sesame oil extraction since the past ten years now. After my husband suffered a paralytic stroke, I had no choice but to take over the work, as I needed money for my daughter's education and my husband's hospital expenses. I struggled to find my footing, and then GIC came to my assistance, helping me expand my work and streamline it better."



Operating her ganuga more effectively, and earning a better income is Smt. A Ramanamma, one of the many rural nano-entrepreneurs who have benefitted from Grameena Incubation Center's (GIC) unique initiative.



Located in BCT, Haripuram, which is an hour's drive away from Visakhapatnam, GIC was established in 2019. One of the first rural incubation centers of its kind, it fosters and supports rural entrepreneurs. To do so, it identifies villagers with entrepreneurial mindsets, connects them to appropriate technologies, mentors and hand-holds them.

It is backed by Bhagavatula Charitable Trust, a non-profit organization, that has been involved in transforming rural Andhra Pradesh since 1976. Founded by Late Dr. BV Parameswara Rao, BCT has conducted over 100 pilot programs, few of which have become models for replication across the country. These include women self-help groups (precursor to DWACRA and SHG), rural banking, wasteland development, literacy primer development etc.





GIC, working with the value system of BCT, keeps in mind the changing milieu of rural Visakhapatnam, its challenges and opportunities. Operating with the overarching objective of making every villager self-sufficient, GIC focuses on the most disadvantaged sections of society, especially women over 35 years and People with Disabilities (PwDs).

In this regard, it has extended support to entrepreneurial ventures in sectors like kirana stores, tailoring, oil mill work, agriculture value-addition, vehicle mechanic, wick making and other small industries.

For its work, BCT has been recognized by the Ministry of Electronics and Information Technology (MEITY), New Delhi as a 'Center of Excellence' under Technology Incubation and Development of Entrepreneurs 2.0 (TIDE 2.0).

The impact of this social enterprise has benefitted 690 women (especially those over 35 years of age), many People with Disabilities (PwDs) and the unemployed as well. Once considered a burden on their families, these people are now earning members who support their families instead. As a result, over 25 businesses have been set up, providing a source of revenue and growth opportunities for many.



To ensure that support reaches the neediest of the rural nano entrepreneurs, GIC adapts a novel approach. First, meetings and low engagement workshops are conducted with rural communities to know their needs better. Discussions and village visits are held to identify the vulnerable and needy, with an interest in entrepreneurship. Also, existing nano-entrepreneurs are identified for scaling up.

Once identified, guidance, mentoring and assistance is provided to the selected rural nano-entrepreneurs. Support is also offered via linkages to finance and industry. Reverse pitches from tech startups are invited to empower the rural entrepreneur with technology.

The future is full of potential, as the BCT backed Grameena Incubation Center works with more entrepreneurs, identifying them and supporting them in their journey forward. With strategic tie ups in place, a course curriculum is now being designed to suit rural requirements better. However, the lacuna in finding the right mentors, business linkages and CSR support still exists.

So, if you are someone who is passionate to work with rural communities, and is willing to share your talent and time, do visit us. If you are looking at CSR or know of a startup whose technology can make rural lives better, then do write to us. Let's work together to make our villages, role models for a better India.



For more information visit us at grameenaincubation.com. You can also email B. Radha Krishna, BCT Governing Body member at cabradhakrishna@gmail.com or B. Sriram Murthy, Secretary, BCT and GIC Founder/CEO at sriram@bctindia.org

- CA Bhagavatula Radhakrishna (M. No. R-161)

RECREATIONAL LIFESTYLE DRUGS: NAVIGATING THE RISKS

When I say recreational drugs at large, it includes everything that ranges from alcohol to cigarettes to vapes, pills, weed, gummies, edibles, hallucinogens, steroids, etc. The variety and availability of them is just simply mind-boggling in this current day and age. And the proportionality of availability to consumption is so direct, that it simply cannot be ignored anymore.

The consumption of these drugs has increased exponentially across the vast demographics of the population sans age limits, and it has built in itself an underlying acceptance, that "It's ok to do drugs once in a while".

It's not like there aren't any control measures in place. Every aspect of print media, digital media, social media, etc. carries the taglines of the perils of drug abuse to the human body.

Heck, even Bloomberg has covered a variety of articles that talk about how Gen Z culture has introduced a new trend of replacing alcohol with weed, marijuana, edibles, etc. without fully comprehending how these have increased their risk of heart diseases and dependency on medical health supplements in the long-run.



DevAryan Narla

But now, if we already know the perils, why do we still indulge?



The answer is quite simple actually. It's because none of us feel addicted to any of them substances. Drugs have for long now been associated specifically only with addiction and deaddiction centers.

So, we believe the warnings aren't for us as long as we are in control. They don't apply to us. Since the drugs we use at parties are either weekly, fortnightly, or monthly. As a result, we have created a

generation of "Controlled Addicts."

We are not addicts, but we are "controlled addicts".

This phenomenon of controlled addiction mostly goes under the radar unnoticed, widely accepted, hugely socially propagated as the cultural norm, and most importantly, creates a certain dependency on weekend drug culture. It not only has changed how we perceive drugs at large, but it has also slowly crept into our lifestyle as an emotional escape during our phases of stress or even perceived stress.

I recently addressed a group of young adults (18-25). We had a Q&A session about the same and here are some excerpts: \

Q (Me): How do you know which drug to take for what effect?

A (audience): Mostly through friends who have already done them or there are always Instagram, TikTok, and YouTube reels through which we know things.

Q (Me): OK that's fair. But why did you want to try them?

A (audience): They were being passed around and I didn't want to say no. I

also wanted to experience what it felt like. It's just an experimental experience.

Q (Me): How did you think you wouldn't get addicted to them?

A (audience): I do them only once in a while and it's not like we do not know our limits or understand them. I know the fine line and not to cross it.

Q (Me): OK. That's smart. But even these little doses you take, do you know what effect it has on you?

A (audience): No, it's fine actually. Since over the weekdays it gets flushed out of my system.

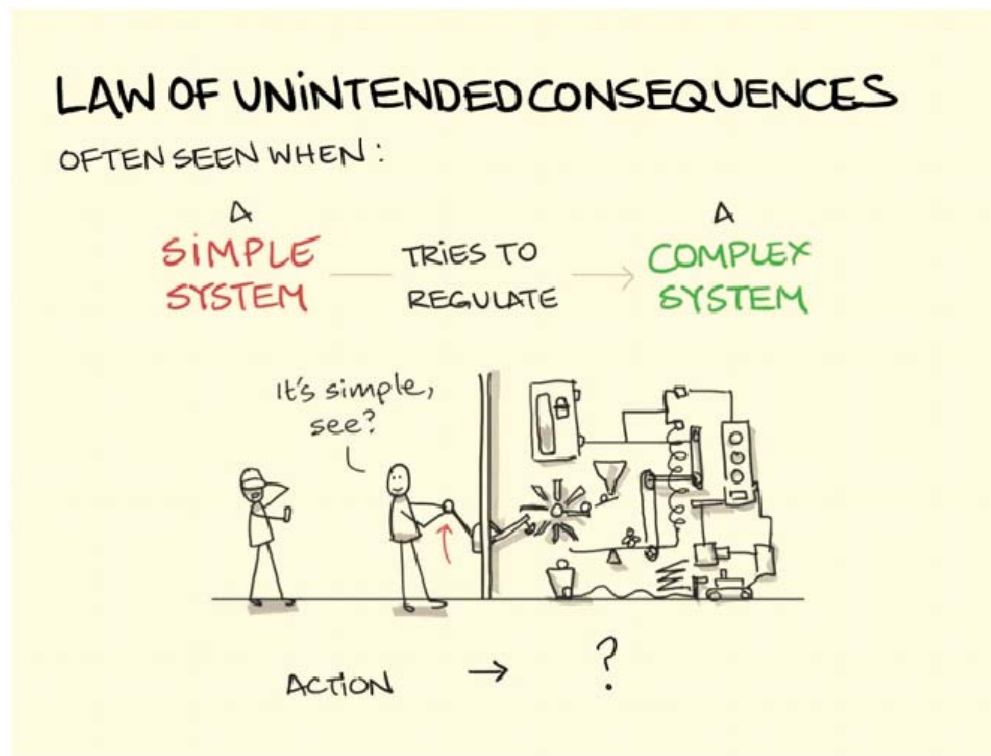
I could go on with the conversational samples, but in short, this small talk made me understand how Recreational Lifestyle Drugs are being viewed and perceived. With zero to little understanding of the effects of literally, unknowingly indulging in a form of micro-dosing, we are creating a generation, where recreational drug intake is a norm and where we feel we are in control, but we aren't.

This phenomenon experienced over many years in our lives, becomes an unbreakable fragment and pattern that we cannot seem to overcome, simply because it is a part of our life, social life, and most importantly it's something we do not want to break out of since it's become our escape from reality whenever we feel emotionally or physically let down.

It's not something that kills you instantly, but something that kills you slowly over time that is most dangerous. We have, over time incorporated intoxicated escapism indulgence into our rat-race lifestyles to cope with our physical and emotional stresses and needs. But is that reason strong enough to be controlled addicts to drugs that handicap us in the long run? Now that's a million-dollar question for the ages.

DevAryan Narla is an entrepreneur with a foundation in Engineering from GITAM, complemented by a Master's in Business Analytics from Warwick, UK, and a second Master's in Business Administration from Andhra University. His journey began as a trainer at the tender age of 17, and over the span of two decades, he has successfully imparted knowledge to over 70,000 students. Leveraging his extensive experience in training and research analysis, DevAryan now serves as a distinguished speaker across diverse arenas, including social, business, and educational platforms.

- DevAryan Narla(M.No. D-112)





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VALENTINES DAY



GOLF CUP



“Donate Blood, Save Lives!”

Blood donation is an altruistic act that saves lives, yet it remains one of the most overlooked contributions to society. Each year, millions of people require blood transfusions due to accidents, surgeries, childbirth complications, and medical conditions. However, the supply of blood often falls short of the demand. Understanding the importance of blood donation and its impact on society is crucial for encouraging more individuals to participate in this noble act.

Blood donation serves as a lifeline for patients undergoing surgeries, cancer treatments, organ transplants, and those with blood disorders. By donating blood, individuals directly contribute to saving lives and improving the health outcomes of people in need within their communities.

Who is eligible?

While it is a noble cause, there are certain measures to ensure the safety of both donors and recipients, blood donation centres adhere to specific eligibility criteria. Generally, individuals must:

- " Be in good health
- " Be at least 18 years old (age requirements may vary by country)
- " Meet minimum weight requirements (usually around 50 kilograms)
- " Pass a brief medical screening to assess eligibility



Blood donation camp at Nekkanti Seafoods

How often can one donate blood?

The frequency of blood donation varies depending on the type of donation and individual health status. In most cases, whole blood donors can donate every 12 weeks, while those donating specific blood components, such as platelets or plasma, may have shorter intervals between donations.

Who isn't eligible to donate blood?

Certain conditions or factors may disqualify individuals from donating blood, including:

- " Having certain medical conditions or infections
- " Recent travel to regions with high-risk diseases

- " Undergoing specific medical treatments or surgeries
- " Using certain medications or drugs

What to do and what not to do before donating blood. Before donating blood, individuals should:

- " Hydrate well by drinking plenty of fluids
 - " Eat a nutritious meal to maintain blood sugar levels
 - " Get adequate rest the night before
 - " Avoid alcohol consumption for at least 24 hours before donation
 - " Inform the blood donation centre staff about any medications or medical conditions
- Conversely, donors should refrain from:
- " Smoking for at least 30 minutes before donation
 - " Consuming fatty foods immediately before donation
 - " Engaging in strenuous physical activity before or after donation



Rohit Kancharla

Compatibility of Blood Groups

Different blood groups are compatible with each other for transfusion purposes. The ABO blood group system categorizes blood into four main groups: A, B, AB, and O. Additionally, blood is classified as Rh-positive or Rh-negative. In general, individuals with type O negative blood are considered universal donors, as their blood can be transfused to people with any blood type. Conversely, AB-positive individuals are universal recipients, as they can receive blood from any blood type.

My father, Mr. KRB Prakash has been my inspiration for as far as I can remember. One of the things that really inspired me was his way of helping those in need by donating blood. I walked into AS Raja Blood Bank on my 18th birthday and was proud to be a blood donor. I'm happy to share that I have just donated for the 48th time on 14th March and wish to keep helping those in need.

Together, we can ensure a sufficient and safe blood supply to meet the diverse needs of our communities.

KGH Blood Bank: Maharanipeta

AS Raja Blood Bank: +91 9966607537

Rotary Blood Bank: +0891 2506678

Rohit Kancharla is a second-generation entrepreneur and serves as the CEO of K. Ramabrahmam & Sons. He is also Secretary of the Visakhapatnam Custom Brokers Association and Vice-President of the Vizagapatnam Chamber of Commerce and Industry-Youth Wing.

- Rohit Kancharla (R-520)

DONKEY RACES

AT THE WALTAIR GYMKHANA CLUB

The humble donkey (Gadida or Gadha), or also known as a burro, mule or ass; is a domesticated hoofed mammal of the horse family with long ears and a braying call, used as a beast of burden. It is descended from the African wild ass and has a patient but stubborn disposition. They were once a common site on Waltair streets, pulling carts, carrying water and bundles of clothing for the local dhobis.



Dhobis and Donkeys in Waltair

In the early 1900's, a typical gymkhana meet at the Waltair Club would

include games like the tug-of-war, bicycle race, and for the ladies the egg and spoon race and thread the needle race. The highlight of any Gymkhana meet was the Donkey Race. The animals were selected from those owned by the Waltair dhobis. Raced over 50 to 100 yards, it was a mixed event for Ladies and Gents and the donkeys were ridden bareback without saddles or bridles and using a whip or being physical with your donkey led to automatic disqualification. The donkeys were so small that any gentleman whose feet touch the ground were disqualified for running.



Start of the Donkey Race at Waltair

Much amusement was generated by the Donkey Race or Donkey Darby as it was sometimes called. The riders were sometimes in Fancy Dress and at times the animals wore colourful outfits and accessories, such as leggings, hats, ribbons, and bells.

Donkeys can be an obstinate lot and in need of plenty of encouragement. In the mixed races the ladies generally won perhaps because, riding side-saddle and lighter in weight, they were more preferred by the donkeys. Over the years, some riders developed the skill of the race in covering ground while collaborating and negotiating with an animal who has its own system of rights. One rider even attempted to win the race with the aid of a bunch of carrots.

The start of the race was generally cause for merriment as topees would fall in one direction and the riders went 'Ultra-Pulta' in another. The beasts would go reluctantly in one direction, and some in the opposite.

It is doubtful if the unfortunate animals found the event as amusing as the spectators did.

The European members at the Waltair Club adopted a donkey for the day, had pet names like 'Jangling Jack' or 'Fine n Dandy'. The children fed their favourite donkeys varied snacks including rice and peas, fruit, corn, bread, and the winners occasionally provided a bowl of celebratory beer. The club Secretary allocated the winning odds for each donkey and held modest bets from the club members. As the race drew to the finish line, it was not uncommon for a spectator to cheer on their favourite with an unruly cheer unheard of in polite society - 'Move your blooming ass!'

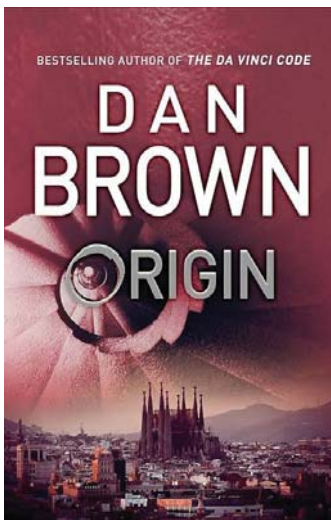


Motivating a Donkey

Written by John Castellas whose family belonged to Vizag for 5 generations. Educated at St Aloysius, migrated to Melbourne, Australia in 1966, former General Manager Engineering at Boeing & Qantas Airways, in retirement Lecturers in Aviation Management at Swinburne University and is a Vizag aficionado. John authors heritage articles for Yo Vizag and Waltair Times and has contributed to Coffee Table Books for the Waltair Club and Andhra Medical College. He can be contacted at jcastell@ozemail.com.au

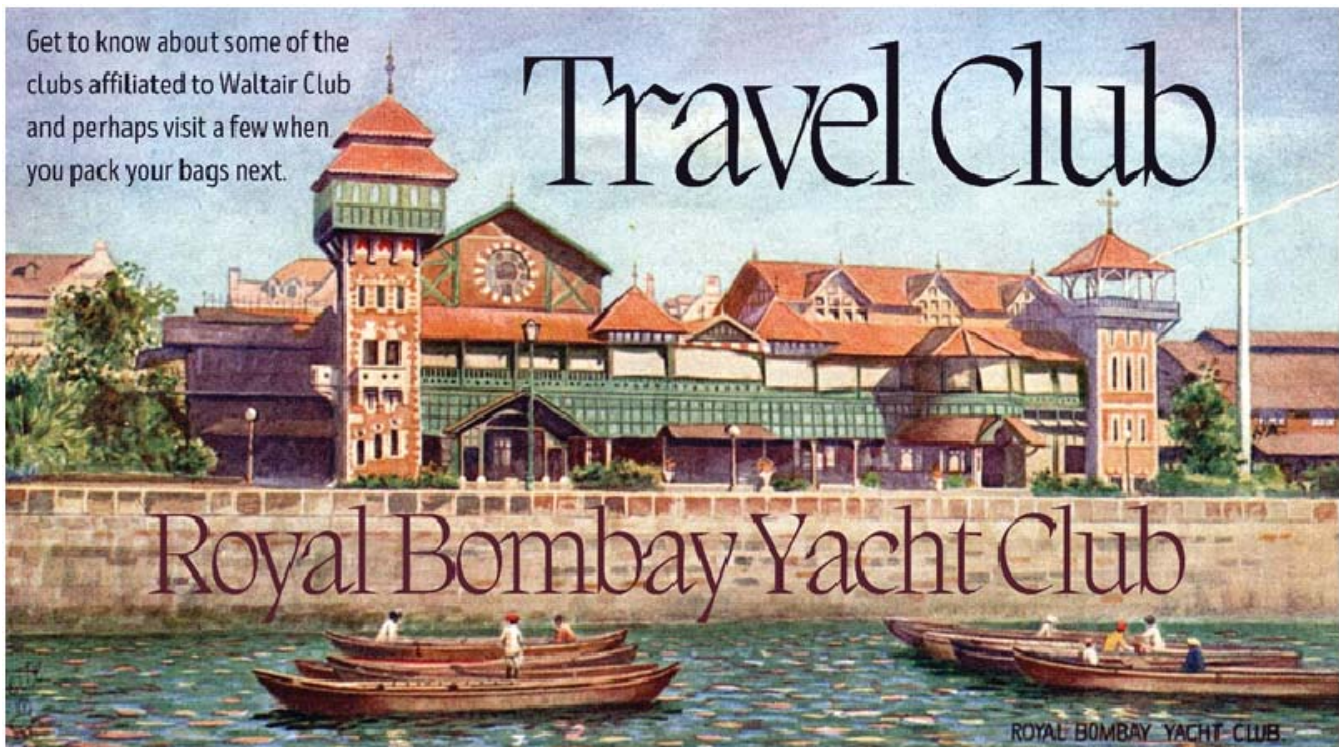
Peek into Waltair Club Library

"Origin" by Dan Brown is a thrilling journey through the realms of science, religion, and philosophy. As always, Brown delivers a gripping plot filled with twists and turns, keeping readers on the edge of their seats until the very end. With its thought-provoking exploration of the origins of life and the future of humanity, "Origin" is a must-read for fans of the author's work and anyone who enjoys a captivating mystery.



Get to know about some of the clubs affiliated to Waltair Club and perhaps visit a few when you pack your bags next.

Travel Club



Royal Bombay Yacht Club

The Residential Chambers received an award of merit in the 2013 UNESCO Asia-Pacific Heritage Awards.

The Royal Bombay Yacht Club was founded in 1846. Located in South Mumbai, where the sunsets are beautiful, the club is close to many business districts, upmarket residential areas, cricket stadiums, civic bodies, courts of law, educational institutions, shopping areas, eateries and the Marine Drive.

The club offers chambers for residence overlooking the Gateway of India, a bar, a lounge, a restaurant, ballrooms, a club shop, a men's salon, a library, a gymnasium with steam and sauna facilities, a cue sports room and members cards room, in addition to sailing facilities in the Arabian Sea.

There are thirty four residential rooms in the upper three floors of the heritage building completed in 1896, similar in style to several iconic landmarks in the city of Mumbai like the Chhatrapati Shivaji Terminus, Elephinstone College, Mumbai University and David Sassoon Library & Reading Room. The tariff per room night inclusive of breakfast is around Rs. 7200.



Website: <https://rbyc.co.in>

Email: asst_sec@rbyc.co.in

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VENUE : JUBILEE GROUNDS

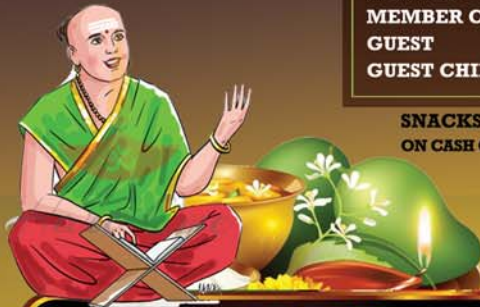


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