

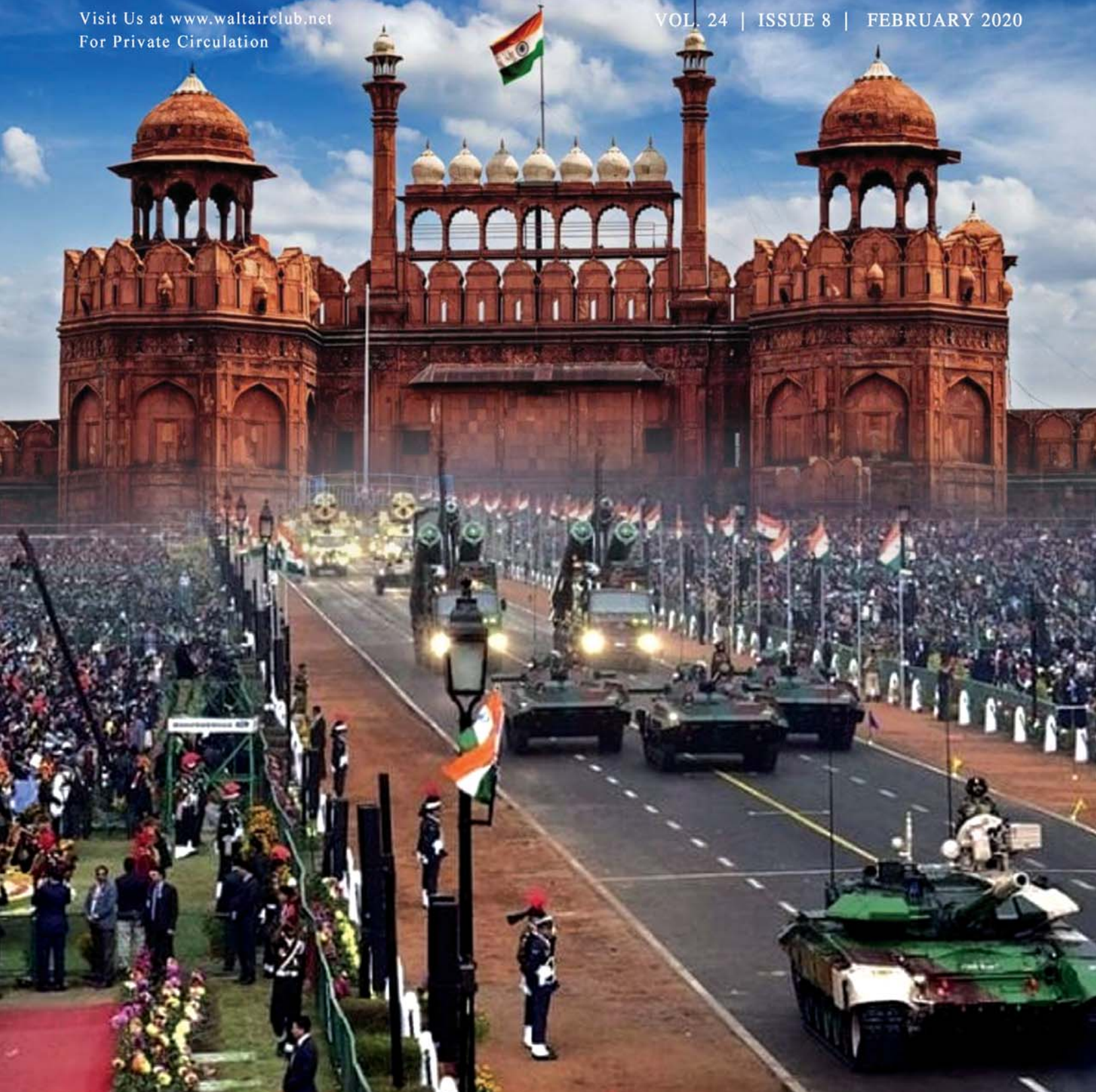


Waltair Times

HOUSE JOURNAL OF THE WALT AIR CLUB, VISAKHAPATNAM

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VOL. 24 | ISSUE 8 | FEBRUARY 2020





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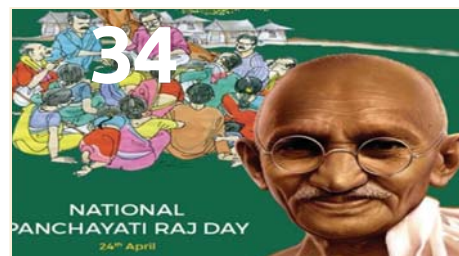
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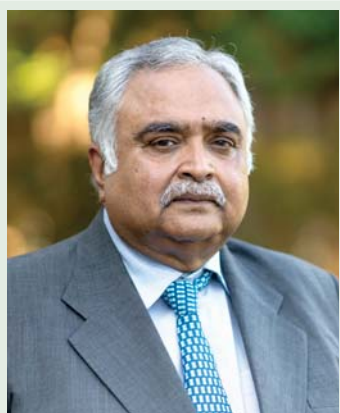
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9949826556



Mr. P.S. Raju
(M.No.S-148) Hon. Vice President
9393107777



Prof. G. Seshagiri Rao
(M.No.S-246) Hon. Secretary
9949414114



Mr. A. Suresh
(M.No. S-547) Hon. Treasurer
9848195707



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Sports, 9246762909



Mr. A. Sekhar Babu
(M.No.S-699) Chairman,
Entertainment
9849199906



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9246623943



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Catering, 8977789999



Mr. R.V.Prasad
(M.No.P-90) Chairman,
General Services 8008767555



Mr. S.V.Narasimha Raju
(M.No.N-94) Chairman,
Chambers & Library
9866565656



Vice President's Message

Honorable Members !!!

We all, a month back, witnessed the Republic Day Parade and also celebrated the day in our Club, with flag hoisting. That day's events, all across the Country, really thrilled every one of us and brought back the fond memories of our Brave Soldiers. The cover page for this Issue depicts this mood.

This issue has articles on Havaladar Abdul Hamid, 1965 and Captain VikramBatra, 1965 & Kargil war heroes. These are, inspiring stories and deserve, every one's notice. Another article is about Sri. Radha Binod Pal a freedom fighter who is probably the most underrated heroes of this Country. Do read it, no doubt u will all be inspired and motivated, to serve our great Country.

About the ERP implementation, the developer of "CMS" is presently in the Club and is going through the data collection and tabulation work. My Company, M/S SuryashaktiBizAdvize (P) Ltd., is closely working with the Implementation Company.

The System would automate every area of operation in the Club. Starting from empanelment of Vendors after thorough technical evaluation for, supply of all products and services, calling for online bids, transparent comparative statements, placing of order at the most competitive rates, and timely and automatic payments to the Vendors.

The billing, receipts and other issues connected with the Members would also be automated. It would also identify and prevent misuse of the Club specially in guise of guests.

Ordering of food or beverages and delivery would be automated with the use the tabs. All complaints from Members, would be registered and serial numbers allotted, enabling the Managing Committee, to act and take swift action. We would very soon see the ERP working in the Club and would be, a refreshing breath of fresh air, to all the Members.

We would invite valuable suggestions from the Honorable Members, for any problems they face, so that solutions for the same can be imbedded into the System.

EDITORIAL BOARD

Editor

Mr.P.S. Raju S-148
9393107777

Members

Mr.P.S. Raju S-148
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Mrs.C.Padmaja N-34
9440395454

Mrs.Shanti Chitra C-46
7382621218

Mrs.Deepti Rathie D-166
8297211007

This issue contains several articles. Dr. Y. Jawahar (M. No. J-35) writes about the importance of sleep in his article in the "Medical Arts" section. Mr. C. V. S. Suri (M. No. S-333) brings lot of fresh air with an article in the "Career Guide" section. "Walk 8" is another contribution by a team inspired by our Internal Auditor Mr. B. Radhakrishna (M. No. R-161) which gives lot health inputs.

The Editorial Board Members Mr. Prem R Mirpuri (M. No. M-54) on "Know ur Club", Mrs. DeeptiRathi (M. No. D-116) authors an article relevant to Valentine Day titled "Love is in the Air", Mr. K. Narayana Rao (M. No. N-44) penned an article on the vows, of the fair sex, at their work place and Mr. TVSK Kanaka Raju (M. No. K-134) writes on "Sexual harassment cases - Internal complaints committee".

"Technology to reduce Corruption" part-5 by me, covers the Panchayat Raj Department. An innovative approach, for Education series, has ended and in this issue I start innovative approaches for providing free health care to all citizens, starting in this issue with the primary health centers.

Mr. S. V. S. Narasimha Raju (M. No. N-094) our Chairman, Chambers and Library has put in considerable effort to refurbish the Chambers and photos of the same are in this issue.

Mr. P. Krisnakanth (M. No. K - 176) our vigorous Chairman, Sports Committee, conducted the Volleyball Tournaments, which are extensively covered in this issue. The Senior Citizens meet is also a part of this issue.

"PremaSamajam" in Visakhapatnam is a long standing social service organization doing commendable work in the field chosen and is covered in the section "Social Impact Initiative".

In the, Affiliated Clubs section, "The Presidency Club - Chennai" and "Colombo Swimming Club - Ceylon" are covered in this issue.

The other usual contents Announcements, Club Calendar, Member's Honor, Obituary references, Flight Schedules, Emergency Contact Numbers, New Members admitted, Club Etiquette, Jokes-Crossword Puzzles-Sudoku-Chess-Bridge-Tit Bits-Reviews of Books, Movies, Music Albums and latest Gadgets continue.

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I cannot overstate, the importance of the Members keeping a close watch on how the Club is Managed. The Club and all of it's properties belong to every one of us and extreme vigil is required to protect the same for future generations. The present Management Committee, is putting in lot of effort in this regard and a continuous oversee by the Members, would always keep us on alert.

"There is an increasing awareness of the interrelatedness of things. We are becoming less prone to accept an immediate solution without questioning it's larger implications". Arthur Erickson

P. S. Raju, FCA., VICE PRESIDENT & EDITOR WALT AIR TIMES

NOTICE BOARD

Announcements

1. With effective from 18th October, 2019 the movies will be screened on Fridays at 6.30 PM due to Winter Season.
2. This is to inform Members will not be allowed to have, more than 4 guests, in their chamber rooms. Guests should follow general dress code, when they are in Restaurant/Bar/Corridors/Reception
3. All are requested to submit their articles, member's honor, announcements, advertisements, obituary references etc., before 25th of every month, to avoid delay in bringing out Waltair Times".
4. This is to inform all the Members that
5. Dining Hall guest charges are revised from Rs.50/-to Rs.100/- w.e.f. 14.12.2019.
6. The Managing Committee has decided to revise the Guest Charges in Weekends (Friday to Sunday) w.e.f. 16.12.2019 as per below :
Monday to Thursday - Rs.100/- Friday to Sunday - Rs.150/- Please co-operate with us
7. The Managing Committee has decided to increase the rate of Executive Lunch from Rs.40/- to Rs.50/- (plus tax) w.e.f. 15.02.2020.
8. The members are requested to **register** their cars at the office and should have the "Waltair Club Member" sticker displayed on the front windshield of the car. Those who do not have the sticker should register at the office and get one.
From 7th March 2020 onwards the cars that are not registered and without sticker cars will be stopped and checked for the same into the Club. This will be strictly implemented. Managing Committee requests the co-operation of the members in this regard.
9. Senior Citizen Committee is conducting a medical awareness program on 1st Sunday March on Urology / Nephrology. Any member suffering with this problem may attend.

Venue : AC Dining Hall.

Power Point Presentation : 10:00am to 11:00am

Dr.G.Ravindra Varma, MS,M.CH, DNB.

Dr.AmitSaple, M.S.M.CH.DNB, Urologist.

Dr.B.Jaya Sai Sekhar, MS,MACS, EDIN, DNB, Urologist.

Breakfast : 09:30am to 10:00am

Medical Checkup : 11:00am to 01:00am (Club clinic)

Hotel Grand Bay, Vizag offers all the Members and their families a 25% discount on food and beverages, in any of their restaurants



NEW MEMBERS LIST

Member Name	M.No.	Category	D.O.J	Member Name	M.No.	Category	D.O.J
Mr.Nikhil Vytla	N-271	Regular mc	26.12.2019	Mr.Nithin Vytla	N-218	Regular mc	13.02.2020
Miss.G.Srinija	S-1045	Regular mc	27.12.2019	Dr.Supriya Satapathy	S-1269	Regular mc	14.02.2020
Miss.Nikita Bhararia	N-270	Regular mc	27.12.2019	Mr.T.Ajay Reddy	A-449	Regular mc	15.02.2020
Dr.P.Ashrita Ramya	A-448	Regular mc	27.12.2019	Miss.V.Brinda Savitri Sanjana	B-176	Associate	18.02.2020
Miss.M.Gnanasri	G-144	Associate	27.12.2019	Mr.S.Surya Nikhil Sharma	S-994	Regular mc	19.02.2020
Mr.C.Govind Viswesh	G-145	Associate	30.12.2019	Miss.D.Namratha Raju	N-274	Regular mc	20.02.2020
Mr.N.Vivek Bhargav	V-369	Regular mc	30.12.2019	Mrs.P.Sai Pallavi	P-324	Regular mc	20.02.2020
Mr.V.Vikash	V-437	Associate	30.12.2019	Mr.V.Aditya Vardhan	A-341	Regular mc	20.02.2020
Mr.Y.Satya Ravindra	Y-25	Regular mc	02.01.2020	Mr.M.Nihaal	N-273	Regular mc	20.02.2020
Miss.K.Priyanka	P-365	Associate	03.01.2020	Mr.D.B.M.Venkata Reddy	V-440	Associate	21.02.2020
Miss.P.Namratha	N-272	Associate	04.01.2020	Mr.P.Sanjay	S-1273	Regular mc	24.02.2020
Miss.V.Monika	M-333	Regular mc	10.01.2020	Miss.T.Sai Eswari	S-1271	Associate	24.02.2020
Mr.P.Vakul Kumar	V-364	Regular mc	18.01.2020	Mr.T.Sai Bala Guruvu Gupta	S-1272	Associate	24.02.2020
DR.G.Rohan Bharadwaj	R-682	Regular mc	22.01.2020				
Mr.Aakash Mangi	A-444	Associate	24.01.2020				
Mr.V.Sanjit	S-1052	Regular mc	28.01.2020				



OBITUARY

We regret to announce the sad demise of our Regular Member
May his soul rest in peace

MR.R V P KRISHNA RANGA RAO
(M.NO.K102) EXPIRED ON 17.02.2020

Tambola held on 21.01.2020

EVENTS



1st Prize Winner - Mrs.G.Pallavi
W/o. Mr.G.V.N.N.Ramayya (M.No.R-311)



2nd Prize Winner - Mr.Suresh Dorbala (M.No.S-569)



3rd Prize Winner - Mrs.Neena Singh
W/o Mr.Nimesh Kumar Singh (M.No.N-103)



4th Prize Winner -
Mr. V. Kiran Kumar (M.No.K-79)



5th Prize Winner - Mrs.V.Sailaja
W/o Mr.V.Srinivas (M.No.S-592)

MEMBERS HONOUR

The officers club has conducted
"COLLECTOR' CUP" open tennis tournament.
Our club has won both winners and runners trophy.



Winners :
Mr.G Veera Mohan
(M.No.V-88)
and
Mr.Lt.S.Raghav
(M.No.R-302)



Runners :
Mr.V Ravikanth
(M.No.R-446)
and
Dr.Y Siva Sai Kumar Reddy
(M.No.S-398)

"MAYABAZAR"

to be screened In March 2020



ABOUT THE CHAMBERS

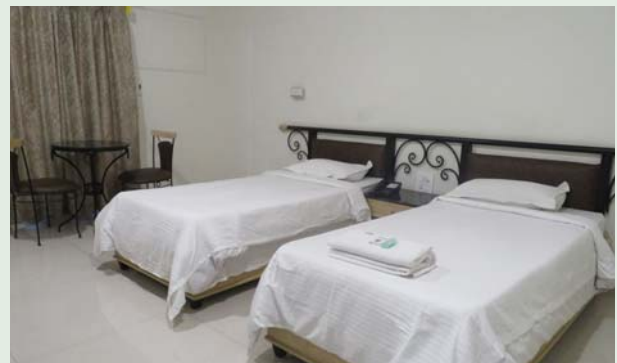


The rooms in the New Block consisting of 23 regular rooms and 1 Suite have been renovated, for the first time after 10 yrs, without any hindrance to the occupancy or any loss of revenue. A total new look and comfort has been brought in with refurnishing of Tapestry, Upholstery, Painting and Polishing and new Cots and Mattresses with new linen etc., to meet to the members/ guests satisfaction.



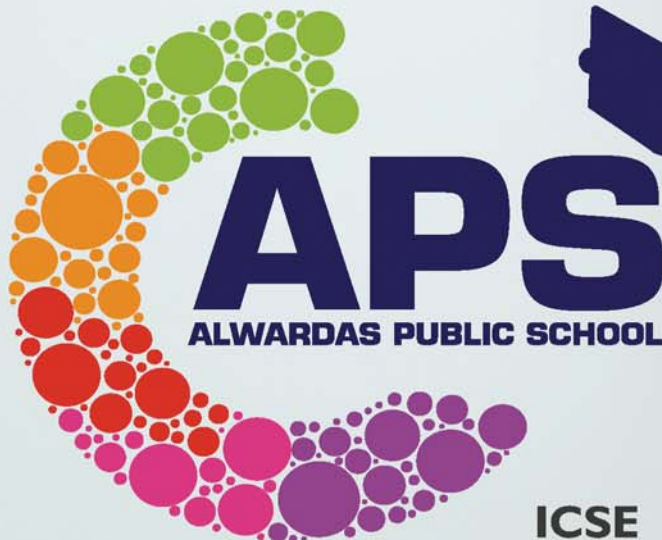
Mr. S. V. V. Narasimha Raju
(M. No. N - 94)

S. V. V. Narasimha Raju (M. No. N - 94)
Chairman, - Chambers & Library Committee



Club Calender

13.03.2020	Friday	Movie	6:30 PM
20.03.2020	Friday	Movie	6:30 PM
27.03.2020	Friday	Movie	6:30 PM
28.03.2020	Saturday	Tambola	7:30 PM
03.04.2020	Friday	Movie	6:30 PM
10.04.2020	Friday	Movie	6:30 PM



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LIBRARY

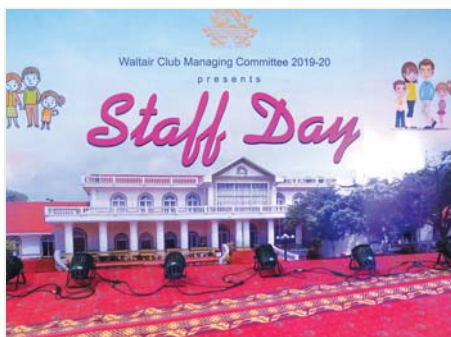
The school boasts of a well-fortified library where the child gets to read and borrow books of his/her choice in a very congenial ambience.



CO-CURRICULAR AND EXTRA CURRICULAR ACTIVITIES

Besides academics, complete attention is given to co-curricular and extra-curricular activities to help children hone their latent talents. Various activities like elocution, debates, quizzes, spell-bee, extempore, Music, Dance etc are conducted regularly. Children are involved in Social Awareness Activities, Events & Celebrations too.

STAFF DAY held on 26.01.2020





STAFF DAY PHOTOS



FLAG HOSTING

held on 26.01.2020

EVENTS





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* CONDITIONS APPLY

AN INNOVATIVE APPROACH TO HEALTH CARE - PRIMARY HEALTH CENTERS



by P. S. RAJU, FCA., (M. No.S-148)
Editor - Waltair Times.



In the earlier issues of Waltair Times I have extensively covered education, in three parts, being primary, secondary and middle & skill and vocational training and higher level.

India, is by far, a great Country with thousands of years of history, tolerance for all and excellent moral values.

No other Country in the World, comes any where close to it, leave alone having this past. Can we imagine, any where else in the World, the adaptability this Country has for any religious or atheistic thoughts.

I am not, for a moment suggesting that, in the present times we are sticking to these values. We have moved away, from this great history and need to go back to them and very soon. Once this happens, India would become a leader of the World.

While writing on education at higher level, reference was made to the ills in the American economy. This was done, not to isolate that great democracy but, only to drive home a point. There are many, positives to learn from, that great Country. However, cost and quality of, education - health care and judicial system are not one of those. The universal free health care system, with suitable modifications, as in the case England, is a model to adopt.

In the article on higher education it was argued that, our Country cannot afford the luxury of high costs, in these three sectors. This argument was further taken forward by saying, it is rather a boon and not a bane, to be poor. Being poor becomes an imperative and leaves no option to our Country, but to find cost effective solutions. Similar is the situation for health care and judicial sectors.

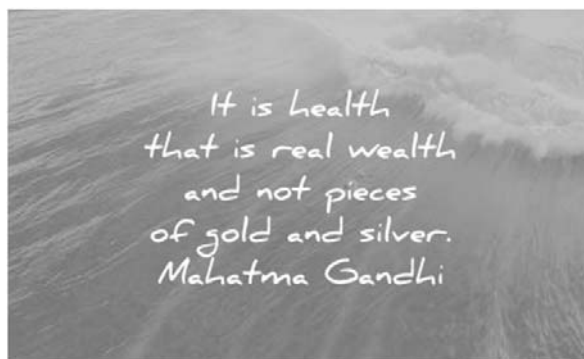
I would like to take the readers back to the article on primary education. The concept of clusters, for imparting education, was mooted in that article. Clusters are, land banks of about 4 to 5 acres, situated between about 4 villages in the rural areas. In the urban areas it was limited to 1800 sq. yds. in view of the scarce availability of land. It was also put forward that, it is the individual State Governments, which should take the lead. Having used about 1800 sq. yds. for the primary level and 3500 sq. yds. for the middle, secondary, vocational & skill training centers there is enough space available for health care and other uses. These activities, were briefly touched upon, in the referred article.

This is where, the concept of primary health centers, comes in. Primary health center is not a new concept. In fact, all the State Governments have these, but manage them in a totally un-professional manner. The primary health centers can be located, one for two clusters, that is about 8 to 10 villages. The technological solutions we now have, make it possible for every primary health center to get and use, the latest medical solutions.

The primary health centers can be constantly in touch with doctors and other professionals. These centers, need not necessarily be under the supervision of qualified doctors, but can be managed by trained and experienced para medical staff, where in rare cases the doctors are not available. We do have enough under graduate doctors and also retired doctors (willing to work as a social service) who can easily be taken to manage these centers.

The salary and other facilities of these recruits should be attractive. The recruitment process itself, should be transparent and honest, with online examination and considerable weightage given for marks obtained in formal schools/colleges. Students in medical colleges, nursing schools etc., be given an opportunity to work part time and contribute to these centers.

The reservation guidelines of the concerned States, need to be strictly followed, with 50% reserved in each of the category for women.



The centers need to be open to the public, 24x7 and be fully air-conditioned, with enough beds of say about 10 for each center. The buildings should be pre-fabricated, so that they can be erected in 2 or 3 days. The area of the building can be around 2500 sq. ft. to accommodate out patient room, hospital beds ward, surgical room, doctor's and other staff waiting room, toilets, dining hall, verandah etc.

All basic medicines and testing equipment need to be available. The centers should be kept impeccably neat and tidy with clean toilets, beds, mattresses, pillows, linen, soaps, shampoos etc. The linen should be clean, changed every day and steam washed. They should also have the facility of free hygienic food and water. Each of the centers should have one ambulance. The compound of these centers should have lot of greenery.

The Capital and Revenue costs are not being discussed in this article since they can easily be met out of the monies of the Central & State Governments, Donations, CSR funds etc.

The admission of patients in these centers should be done with utmost transparency & honesty and also absolute need. The out patients need to be attended to promptly and be made available the medicines and tests. The medicines supplied, tests carried out, consultation and also food and water should be absolutely free of cost. There should not be any distinction between the haves and have not's, cast or religious considerations, powerful or powerless, privileged or under privileged. Nepotism, influence, political intervention, bribery should strictly be kept away from the management of these centers.

Normally, 80% to 90% of the health care needs can be met at these centers. Intake of non-hygienic food, un clean water, alcoholism, family abuse, child birth, fevers, viral/bacterial infections, pediatrics, primary surgeries, physiotherapy, old age diseases, diarrhea, heat wave, dehydration, vomiting, breathless ness, psychological, mild heart or brain strokes, stomach ailments are some of the common problems that occur.

These centers should have, broad band connectivity and be equipped with video/telecom conferencing. A panel of experts and retired doctors needs to be maintained with their areas of specialization, addresses, phone numbers, email addresses and available hours of consultation. All these consultations need to be recorded and preserved.

In serious cases where re location is required, on the the recommendation of the experts, a decision needs to be made to shift. This should be done free of cost, to a higher level medical facility (Mandal Hospital). The setting up and managing of these secondary & midlevel Mandal Hospitals, would be discussed in the next issue.

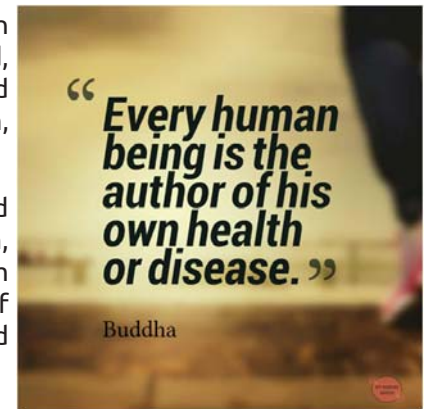
Health, is the most important for any person. This is only something that can provided by the medical profession with the active participation of the Governments, NGO's, Corporates in the form of social responsibility, socially conscious retired and experienced professionals in every other field. The cost of establishing these centers and running of the same would be negligible, as compared to the huge budget allocations at present, both by Central and State Governments. This can achieved say by providing free universal health cards.

In addition to these the Corporates and other socially conscious persons both in India and Abroad can be invited to join in this endeavor.

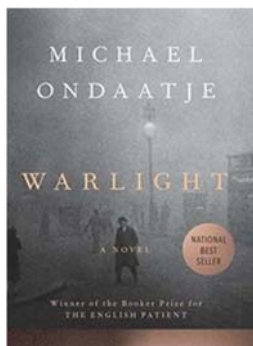
The overall control of these centers and mid and super specialty level Hospitals have to be under, an autonomous Corporation, set up by the Individual State Governments. Management of these Corporations should consist of retired experts in health sector, administrators, professionals etc. There should not be any political or Government intervention in the management of these Corporations. All the purchase needs be Centrally controlled and stocks monitored by adopting enterprise resource planning systems (ERPs).

These Corporations have to be registered with the Central Statutory bodies to get maximum tax benefits both under the Direct and Indirect Tax codes. These registrations under Sections 12 and 35 of the Income Tax Act not only help the Corporations in saving on taxes but also benefit the Donors by allowing them exemptions/deductions in their tax computations. Similar provisions exist in GST and Customs Acts.

The Author is Mr. P. S. Raju, FCA., (S-148) a Senior Practicing Chartered Accountant based at Visakhapatnam and is the Vice President, Waltair Club & Editor, Waltair Times and can be reached at psraju@gmail.com.

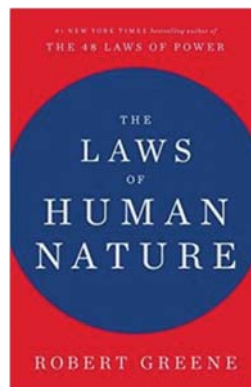


REVIEWS : BOOKS, MOVIES, MUSIC, ALBUMS, GADGETS

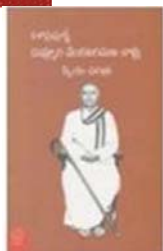
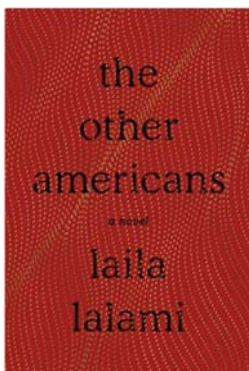


The term warlight was used to describe the dimmed lights that guided emergency traffic during London's wartime blackouts. The word aptly describes the atmosphere of this haunting, brilliant novel from Ondaatje (The Cat's Table), set in Britain in the decades after WWII, in which many significant facts are purposely shrouded in the semidarkness of history.

In this detailed and expansive guide, Greene (Mastery) seeks to immerse his audience in "all aspects of human behavior," as represented by 18 laws created by Greene. He claims that studying these laws will transform the reader into a "calmer and more strategic observer," immune to "emotional drama."



When a Moroccan immigrant is killed in a California intersection, consequences spiral outward to bring together a group of strangers bound across their differences by the crime. Always clear-eyed and revelatory when it comes to the immigrant experience, Lalami is at the height of her powers in this poignant symphony of perspectives about the painful complexity of life as a Muslim American.



తీయటి మాటల్లో స్వీయ చరిత్ర

ఈ జీవితంలోకి ఎందుకొచ్చామో, ఎప్పుడొచ్చామో, ఎక్కడెక్కడ తిరిగామో, ఏమి చేసామో, ఏమి చెప్పామో, ఏమి విన్నామో, ఏమి తెలిసిందో అని సింహావలోకనం చేసుకుని, దాని నంతా ఓ ప్రయాణంలా రికార్డు చేసారు దువ్వూరి వేంకటరమణ శాస్త్రి. ఎన్నెన్నో స్వీయచరిత్రలూ, ఎవరెవరితో ఆత్మకథలూ చదివిన మీదట ఈ రచనకు పూనుకున్నారు. చట్టుమని పదిపేజీలు వ్యవహార భాషలో ఎప్పుడూ రాయని ఆయన సరళమైన మాటల్లో

దీనిని చిత్రించడం ఓ విశేషం.

దువ్వూరి వేంకటరమణ శాస్త్రి స్వీయ చరిత్ర, పేజీలు : 232, వెల : 160

ఇద్దరు మహావీరులు

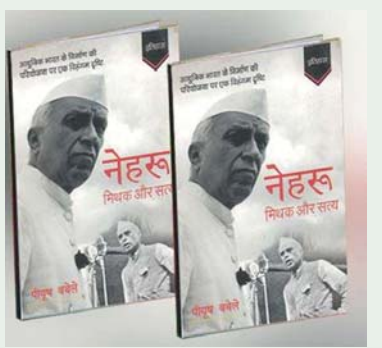
'మహా సామ్రాజ్య సామ్రాజ్య' సిరీస్ లో వచ్చిన రెండు వుస్తూలు-అలెగ్జాండర్ ది గ్రేట్, రెంమిజ్ ఖాన్. అలెగ్జాండర్ గురించి తెలియని వారెవరు? తండ్రి మరణం తరువాత మానదోనియో సేనలకు నాయకత్వం వహించి, వర్షియా రాజ్యాన్ని దండెత్తి దానిని భూభద్రవైతే పెరించి అక్కడ బానిసలుగా జీవిస్తున్న గ్రీకువాసులకు స్వేచ్ఛను ప్రసాదించిన విశేష ఆతడు. అక్కడితో ఆగక భారత దేశంలో అడుగుపెట్టి మంజూషీ వరకు జైత్రయాత్ర కొనసాగించిన అతడి సంపూర్ణ విజయగాథ మొదటి వుస్తూలు.



రెంమిజ్ ఖాన్ స్థాపించిన సామ్రాజ్యానికి సాటియైనది మరొకటి ఆ కాలంలో ఖరీదైనది. ఎందుకంటే అతడి మరణం తరువాత కూడా దళబలం పాటు చెక్కుచెదరక నిలబడ్డ సామ్రాజ్యం అది. ఒక ఎడారి ప్రాంతంలో మంగోల్ తెగలో వుట్టి అనేక దిన్నె దిన్న తెగలను ఏకం చేసి నాగరిక దేశాలను మట్టిబెరిపించాడు అతను. ఆ మహావీరుడి సంగ్రహ చరిత్ర రెండవ వుస్తూలు.

అలెగ్జాండర్ ది గ్రేట్, పేజీలు : 148, వెల : రూ. 75
రెంమిజ్ ఖాన్, పేజీలు : 120, వెల : రూ. 60
ప్రచురకు : పబ్లిక్ పబ్లికేషన్స్, 88661 15655

Nehru Mithak Aur Satya - Jawahar Lal Nehru Myths and Truth (Hindi, Paperback, Piyush Babele)





A new tide has turned in Hollywood that is seeing women taking the lead. After ending January on a high with a perfect mix of action, romance, inspiring and empowering stories, February has something exciting in-store. This week at the box office will see films like 'Little Women' and 'Birds of Prey' up for their releases.

With the Oscars just around the corner, there is no better time than now for the release of the Greta Gerwig directorial 'Little Women'. Starring Saoirse Ronan, Emma Watson, Florence Pugh, Eliza Scanlen, and Meryl Streep among others, the film that is up for six Academy Awards will soon be released in India this Friday, over a month after it released in the US.

Shubh Mangal Zyada Saavdhan :

Ayushmann Khurrana, Neena Gupta, Gajraj Rao, Manu Rishi Chadha, Maanvi Gagroo, Jitendra Kumar, Sunita Rajwar
 Critic's Rating : 3.5
 Avg. Users' Rating : 3.4
 Hindi Comedy | UA



Love Aaj Kal

Kartik Aaryan, Sara Ali Khan, Arushi Sharma, Randeep Hooda, Eesh, R Bhakti Klein
 Critic's Rating: 3.0
 Avg. Users' Rating: 3.1
 Hindi
 Romance | UA
 14 Feb 2020 | 2 hrs 22 mins



Bheeshma :

Release date February 21, 2020

123telugu.com Rating : 3.5/5

Starring Nithiin, RashmikaMandanna,

Vennela Kishore, Brahmaji

Director : VenkyKudumula

Producers : Suryadevara Naga Vamsi

Music Director : Sagar Mahati

Cinematographer : Sai Sriram

Nithin is back after a gap of one and half years with a film called Bheeshma. The film is out today and let's see how it is.



Pressure Cooker :

Starring: Sai Ronak, TanikellaBharani,

C. V. L. Narasimha Rao, PreethiAsrani, Ramakrishna

Director : Sujoi, Sushil

Producers : Sushil, Appi Reddy.

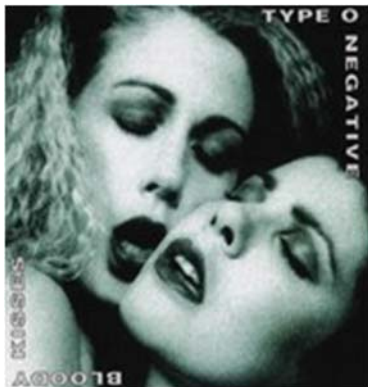
Music Director : Rahul Sipligunj

Cinematographer:NageshBanell

Editors:Naresh Reddy Jonna

Yet another low budget film with a funny title, Pressure Cooker has hit the screens today. Let's see whether the film has anything interesting in store for us.

MUSIC ALBUMS - ENGLISH :



Type O Negative
Bloody Kisses



Soakie
ROCKBY : QUINN MORELAND

MUSIC ALBUMS - HINDI :



Shubh Mangal Zyada Saavdhan

The soundtrack is as interesting as the subject and opens with a quintessential Bollywood love song with the song 'Mere Liye Tum Kaafi Ho', which captures the essence of the film beautifully.



Malang

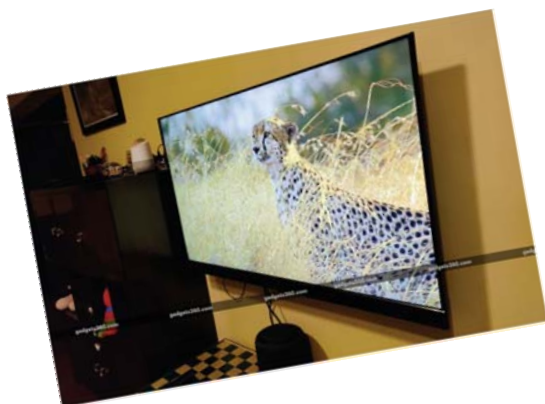
The album of four songs (at the time of going to press) is predominantly love tracks and has been composed by four different musicians with distinct styles, thereby making the album an interesting one. Composed and sung by Ved Sharma, Malang Title Track' penned by Kunaal Verma and Haarsh Limbachiyaa

MUSIC ALBUMS - TELUGU :



Kanulu Kanulanu Dochayante
Music Review The first single from
'Kanulu Kanulanu Dochayante'
is out, on Zee Music South.

Orey Bujjiga Music Review
The first single from **'Orey Bujjiga'**
is out, on Mango Music.



VU 4K CINEMA LED ANDROID TV DESIGN AND SPECIFICATIONS

First off, the Vu 4K Cinema TV is available in three sizes - 43-inch, 50-inch, and 55-inch - with all of them having 4K resolution LED-backlit screens. We had the 50-inch 50CA variant for review, which is priced at Rs. 29,999. The 43-inch and 55-inch options are priced at Rs. 26,999 and Rs. 33,999 respectively. Your choice of which one to go for should depend entirely on the size of your room and the amount of space you have for the TV - all three have exactly the same specifications, with the obvious exception of screen size.

64MP AI QUAD REAR CAMERA WITH PORTRAIT

ultra-wide lens, macro lens, LED flash,
AI support, beautify support | 20MP front camera
Performance : Smooth gaming experience with
powerful Helio G90T gaming processor, Game turbo and
Liquid cooling technology.



NOTE BOOK APPLE MACBOOK PRO (16-INCH)

Ninth-generation 8-core Intel Core i9 processor, Stunning
16-inch Retina display with True Tone technology,
Touch Bar and Touch ID, AMD Radeon Pro 5500M
graphics with GDDR6 memory, Ultrafast SSD
Intel UHD Graphics 630, Six-speaker system
with force-cancelling woofers



CAMERA

SONY ALPHA ILCE-6400 24.2MP



Mirrorless Digital SLR Camera Body (APS-C Sensor,
Real-Time Eye Auto Focus, 4K Vlogging Camera, Tilttable LCD) -
Black Real time eye AF and real time tracking,
World fastest 0.02 Sec AF speed with 425 phase detection
and contrast points, 24.2MP, EXMOR CMOS sensor with
outstanding light sensitivity, 11 FPS continuous shooting with
AF/AE, 180 degree tilttable touch LCD screen ISO sensitivity up
to 102400, High resolution, sensitivity and color
reproduction capability.

*The above reviews compiled from the web by Mr. P. S. Raju, FCA.,(M. N0. S - 148) a senior
practicing Chartered Accountant based at Visakhapatnam and Vice President of
Waltair Club & Editor, Waltair Times.*

SENIOR VOLLEY BALL TOURNAMENT



P. Krishnakanth, Sports chairman



**Captain
Satish**



Nekkanti



FIGHTER

**Captain
Veera mohan**



P.B.L. TRANSPORT
CORPORATION PRIVATE LIMITED

SMASHERS

**Captain
Venkat**

Dasapalla HOTEL
Hospitality by Passion



**Captain
B Rajesh**



A senior volleyball tournament was held on 11 th January

We had four teams and each team played league matches it was exciting to see the seniors playing with full enthusiasm. There were four teams panthers captained by Rajesh sponsored by brc sharks captained by satish and sponsored by nekkanti smashers captained by Venkat and sponsored by Dasapalla and the fighter captained by veeramohan and sponsored by Pbl transport , panthers captained by Rajesh were the winners runners up was smashers captained by Venkat.

Regards

Krishnakanh

Sports chairman



ENTHUSIA 2020 VOLLEY BALL



P. Krishnakanth, (M. No.K-176)
Sports chairman

ENTHUSIA 2020 VOLLEYBALL

It was that time of the year, when high energy was in the air. The fifth edition of Enthusia, one--its-kind volleyball tournament of the esteemed Waltair Club, engrossed the teams and onlookers alike.

Finding its genesis in 2016, with just 4teams, Enthusia has grown bigger and larger this season. Held on 8th and 9th February, this year's game witnessed the participation of 8 teams.

The real attraction of this annual volleyball tournament in 2020, was the new format that was introduced. Drawing inspiration from the coveted IPL, Enthusia had eight team owners and for the first time the players were auctioned. The teams were Hawks, Club Class, Spartans, Defenders, Knights, Waltair Bulls, Waltair Strikers and Waltair Warriors.

It was indeed a treat to the eyes to watch all the night matches under the flood lights with families and friends amongst nail-biting experience.

The semifinalists were Hawks vs Defenders and Strikes vs Knights. The tough battle between these four teams took the excitement of the matches to a different level.

Hawks and Knights made it to the finals beating the rest two. Captained by Krishnakanth and owned by Nara (V convention), Hawks grabbed the trophy as the winners. The runners up, Knights was captained by Venkat Phani and owned by Chinna Babu (Svbc).

P.krishnakanth
Sports chairman



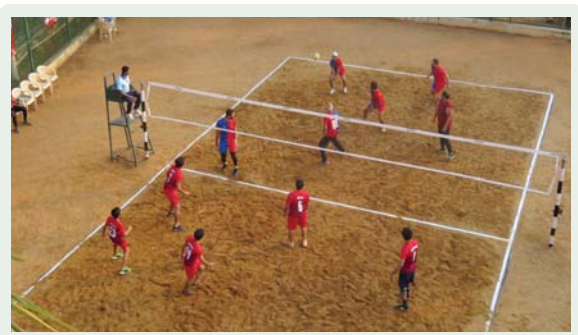
VOLLEY BALL PLAYERS AUCTION



VOLLEY BALL TEAMS & PHOTOS



VOLLEY BALL PHOTOS



VOLLEY BALL TOURNAMENT





VOLLEY BALL TOURNAMENT



A1 GRAND THE CONVENTION - RUSHIKONDA, VISAKHAPATNAM

The beautiful Smart City of Visakhapatnam has a function and convention space adjoining the lovely Bay of Bengal on the East Coast of India less than a kilometer from Gitam University. Designed with modern architecture the facility boasts of a fully air conditioned function/convention hall which can comfortably accommodate 1500 persons and dining space with an equal area. Ten double occupancy air conditioned rooms are available. Convenient car parking for 300 cars with valet facility available. The management is in the hands of experienced professionals who ensure smooth conduct of functions/meetings.

FOR BOOKINGS CONTACT:

Mr. D.V. Anil Kumar, (Manager)

Plot No.29, Beach Road,Rushikonda,
Visakhapatnam - 530 045.

Mob: 9010052329

Land Line: 0891-2973777, 2976777.

e-Mail: a1grand.rooms@gmail.com
kumardatla2727@gmail.com



Front View-1



Front View -2



Hall - 1 (Ground Floor)



Hall - 2 (First Floor)



Rooms



Road View



TECHNOLOGY TO REDUCE CORRUPTION-5 PANCHAYAT RAJ DEPARTMENT



by Mr. P. S. Raju, FCA., (M. No. S - 148)
Vice PresidenWaltair Club and Editor - Waltair Times.



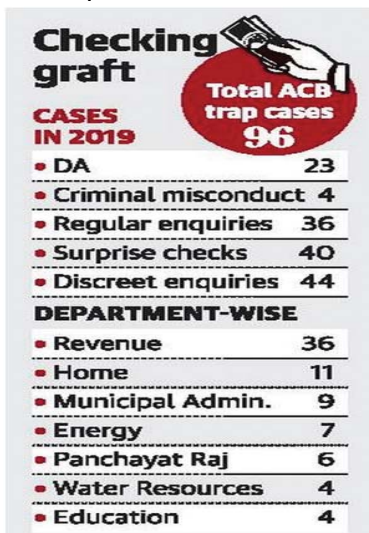
Ever since MGNREGA brought a flood of resources to gram panchayats, allegations that PRIs are corrupt have gained in strength. Photo: Ramesh Pathania / Mint (Ramesh Pathania/Mint)

NEWS REPORTS (EXTRACTED FROM WEB)

"Panchayat Raj officer has been caught red-handed by the Anti Corruption Bureau (ACB) sleuths while taking a bribe for a transfer order in Srikakulam district. K Subhadra Kamala Sobharani, Superintendent at Srikakulam Panchayat Raj Circle Office, had demanded Rs10,000/- as Bribe from Thota Rao, a Senior Assistant at the Department, to transfer him from Chodavaram to Yelamanchili in Visakhapatnam district. Rao, however, did some bargaining with the accused officer and finalized a deal for Rs.5,000/-. He also informed the sleuths of the ACB, who caught Sobharani while taking the money. ACB Deputy Superintendent of Police (DSP) Ramanamurthy said the Bribe money was seized and a case was registered against the accused. The bureau will further investigate the matter.

PERSONNEL IN REVENUE DEPARTMENT TOP THE CHART

Officials of the Anti-Corruption Bureau (ACB) cracked the whip on the corrupt and as many as 243 cases were registered in 2019. The cases included trap, disproportionate assets (DA), criminal misconduct, regular enquiries, surprise checks and discreet enquiries. The ACB sleuths focused on about 20 departments in the State. The highest of 36 cases were registered against the personnel of the Revenue Department, 11 against the staff of home affairs, nine against those in municipal administration, seven (energy) and six cases against the staff of the Panchayat Raj and Rural Development.

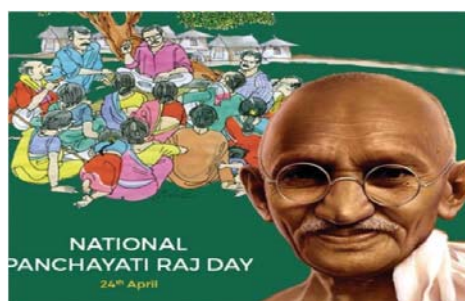


"We have taken several measures to prevent corruption. Complainants can call on 'Spandana-14400 (CM office toll free number) email: dg.acb@ap.gov.in, Whatsapp No.8333995858, Twitter account: dgacbab, Facebook page: dgacbab and Toll Free Telephone No.1064," said Director-General (ACB) Kumar Viswajeet. The percentage of convictions during 2019 was 57.89 against 56.36 in 2018 in trap cases. In DA cases, 56.52% were convicted, while it was 58.06 % in 2018. The State government has signed a Memorandum of Understanding (MOU) with IIM, Ahmedabad, to study the reasons for corruption in various government departments. A report has been submitted on how to weed out corruption.

PREVENTIVE WING

Besides, ACB is planning to establish preventive division in ACB to examine systems, practices and procedures in all government departments and other units, identify loopholes and make recommendations to bring corruption at 'Zero' level, according to Mr. Viswajeet.

Those against whom trap cases were registered in 2019 include BoinaMosha, Deputy Registrar and Divisional Cooperative Officer, Visakhapatnam, Haseena Bee, Tehsildar, Gudur in Kurnool district, PatireddySankara, Revenue Inspector, Parvatipuram Municipality in Vizianagaram district, G. Raja Shekar, Assistant Engineer, Nandyal in Kurnool district, KolleRaghavaiah, Tehsildar, Bapatla in Guntur district. In DA cases, Akkiraju Siva Prasad, Motor Vehicle Inspector, Kurnool, Kandasani Suresh Reddy, Assistant Executive Engineer, Panchayat Raj Department, Ananthapur, Rachuri Siva Rao, Estate Officer, AP Tourism Department, Vijayawada, Javvaji Srinivasa Rao, senior assistant, Acharya Nagarjuna University (ANU), Guntur, and Mannam Lakshmi Narasimham, Special Deputy Collector (Land Acquisition), Telugu Ganga Project, Rapur, Nellore district and others were booked, he said. Of the 40 surprise checks, 14 were conducted on Sub-Registrar offices and 19 checks were conducted on BC and Social Welfare departments in the States. Six inspections were done on Transport department and check posts and found many irregularities, Mr. Viswajeet added".



SOME OF THE MAIN DEFECTS FOUND IN PANCHAYAT RAJ SYSTEM IN INDIA ARE AS FOLLOWS :

The Panchayat Raj in India has not been an absolute success. Its functioning all these years has demonstrated numerous shortcomings. The above are extracts from the Web and show how deep rooted Corruption in Panchayat raj Department is.

Some of the defects of the system are as follows :

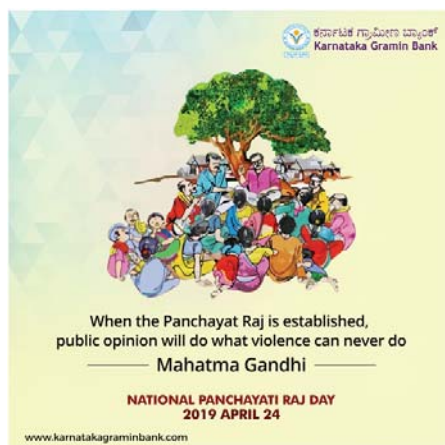
1. Unscientific distribution of functions
2. Incompatible relation between the three-tiers
3. Inadequate finance
4. Lack of cordial relation between officials and people
5. Lack of conceptual clarity.
6. Undemocratic composition of various Panchayat Raj institutions
7. Disillusionment on structural-functional front
8. Administrative Problem
9. Politics is an inevitable part of a democratic frame -work.



The only way is to introduce Technology in a big way. The Central Government has already taken the initial steps in this regard. The management of Mangrega funds online direct to the beneficiaries is one of these measures. The attendance for the work should also be streamlined in tune with the goals of the Governments both the Central and States. The works to be undertaken need to be selected very carefully and the contractor appointed needs to be chosen with transparent and honest bidding process. Since the labor is supplied the contractor free cost under the MANGREGA scheme, the quotations for the work need to be evaluated taking this factor into consideration.

Similarly, the other works carried out by the Panchayat Raj Department should follow a transparent and honest system, stream lining the Contractors with clean record and sending them online invitation for tenders should be sent online and bids should be accepted online. The computers then would perform their duty and make a comparative statement and also identify the least cost bidder. Technical evaluation of the Contractor is not necessary since this would have been taken care at the registration of the Contractors. There should not be any nominated works.

The recruitments, transfers etc., need to be done in a transparent way. The concerned Village or Mandal Heads need to be involved and their comments sought. There should be any role to the politicians, their benamis etc., in finalizing the list of registered Contractors. Honest and Sincere Officers should be rewarded and action taken against an erring Officers.



The Author is Mr. P. S. Raju, FCA., a Senior Practicing Chartered Accountant at Visakhapatnam and Vice President, Waltair Club and Editor, Waltair Times and can be reached at psraju@gmail.com.

"WALK 8"



Our Club has created a walking path in the shape of 8 located beside the spa. This is called 8 Walking invented by Tamil Siddars(Yogis). In the western world it is called "Infinity Walk".

PROCEDURE TO PRACTISE 8 WALK

Practice this in the morning or evening, only on empty stomach. Start walking from south to north direction in clockwise for 15 min and then anticlockwise for 15 min. Total 30 min is good enough for a daily routine, but you can increase the timing based on your comfort. Walk bare foot (without shoes) and concentrate on the 8 shape while walking. Please maintain silence but you can do OM Mantra chanting while doing the walk. You can also use Yoga mudra while walking (like Prana Mudra)

BENEFITS OF 8 WALK

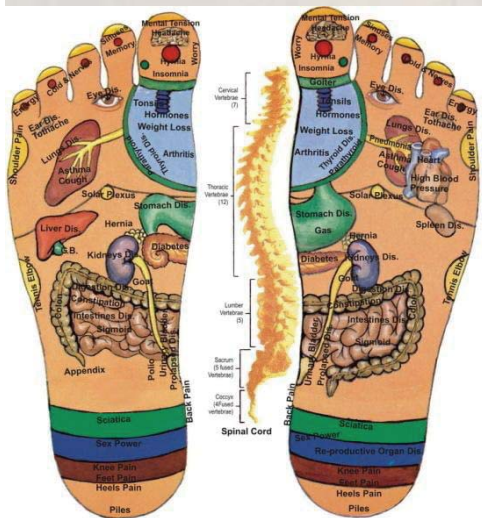
During walk in the 8 shape our entire body (hip, abdomen etc.) is twisted and all our organs are activated. At the end of thirty minutes of 8 walking stuffy nose is cleared and feel free breathing from both the nostrils. In the meantime we can feel



the cough in the lungs and sinus cavity get dissolved. The phlegm is eliminated either by spitting out or getting assimilated into the body and your asthma is reversed. As five kilogram of oxygen is inhaled due to complete respiration, phlegm in the lungs is released. Intake of five kilograms of oxygen energizes the body.

Headache, Digestive Problems, Thyroid, Obesity, and Knee pains, Rheumatoid Arthritis, and constipation is reversed. It reduces the sugar level in the blood and reverses your diabetes and its complication within a year of regular 8 walking, twice daily for half an hour. Improves eyesight. Due to concentration in the 8 shaped line, short sightedness and other eye related problems are improved / curtailed. Hearing power is improved. Gentle walking reduces the blood pressure.

Practicing this for half an hour twice a day cures foot cracks, all types' pain and knee pain. Shoulder, neck, back, lumbar, knee, heels, cervical and lumbar, spondylitis, sciatica, disc prolapse, paralysis, depression, epilepsy, migraine, diabetics blood pressure, thyroid, kidney and gall bladder stones, asthma, sinusitis, piles, colitis, nervous debility, sleeplessness, heart diseases, kidney problems are benefited. Energises the brain with alpha rays and considerably improves Hand and Eye Co ordination.



With regular practice you will notice relief from Headache, Digestive Problems, Thyroid, Obesity, Knee pains, Rheumatoid Arthritis, weight gain/loss and constipation etc., This walk helps in balancing blood pressure. It also reduces sugar level in the blood and reverses

your diabetes and its complication within a year of regular 8 walking. Helps you to calm down your mind and relieve stress. Refresh your body for daylong work. It's especially easy and very convenient for aged people who can't go out for regular walking. Practice "8 walking" and enjoy the good health!!!!

Inspired by

Mr. B. Radhakrishna, FCA., Senior Member (M.No. R-161),

Co-ordinated by:

The Past President of our Club **Mr. Anand Dutt Kancharla** (M.No. A-22).

Sponsored by:

Mr. BSK Rajkumar (M.No. R719) and Mrs. B. Padma

Metal by:

Mr. Ramprasad Kancharla (M.No. R-110)

Sand by:

Mr. RVV Sudhakar (M.No. S-715).



LOVE IS IN THE AIR



by Deepti Rathi (M. No. D - 116)

I begin with a disclaimer - this article will definitely showcase the merits of an unpopular opinion.



The opinion in question is, that I sincerely believe that Valentine's Day is one of our more sensible imports from the Western culture.

Now before you get all up in arms against me, hear me out. In my humble opinion, there is nothing more important right now than celebrating love and more importantly, celebrating and expressing our love.

Valentine's day has potential, to be so much more than the negativity that is created around it, on news channels on 14th February. It's essentially a celebration of all types of love!!! The conventional and the unconventional. The love we find hard to accept and to express. The love that we forget to show in the hustle and bustle of our lives. Just one week in the year to

show the most important emotion we possess!!! It's a little unfair, right?

Celebrate the love you have for your parents. Can you imagine how amazed they would be if you have a week long celebration with them - the same way you have with your partner? A simple rose, given to them on Rose day would definitely make them feel more special than the choicest diamonds. It will surely guarantee a dazzling smile! We should never forget that small gestures go a long way in creating big, lasting feelings of happiness.



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Celebrate the love you have for your partner. For too long, we have confined ourselves to the four walls of our houses, to showcase our feelings and emotions for our partners. If we start being more open in the way we express our feelings for our spouse, our kids will learn to distinguish between genuine and toxic emotions. They will understand the healthy ways to express love. They will realise that even though mom and dad fight (which even after trying our best, sometimes happens in front of them), they still respect and love each other. Disagreements happen and sensible discussions and a worst case scenario of 'agree to disagree' is the best way to solve them. Remember, what kids see at home, they replicate in the World outside.



Celebrate your Children. We do keep emphasizing on the importance of not showing our anger to our Children, but we don't emphasize nearly as much on the importance of showing our love for them. Discipline can be achieved in equal parts by being strict and loving. The parenting culture of our Country allows us, very easily, to use harsh punishments on our kids, but it doesn't allow us to naturally express our affection for them. Think about it, when was the last time you said 'I Love You' to your Child? A little more forgiveness for their minor misdemeanors and a little more acceptance for who they are, rather than what we want them to be, is a great way to build a healthy, lasting relationship with your Child.



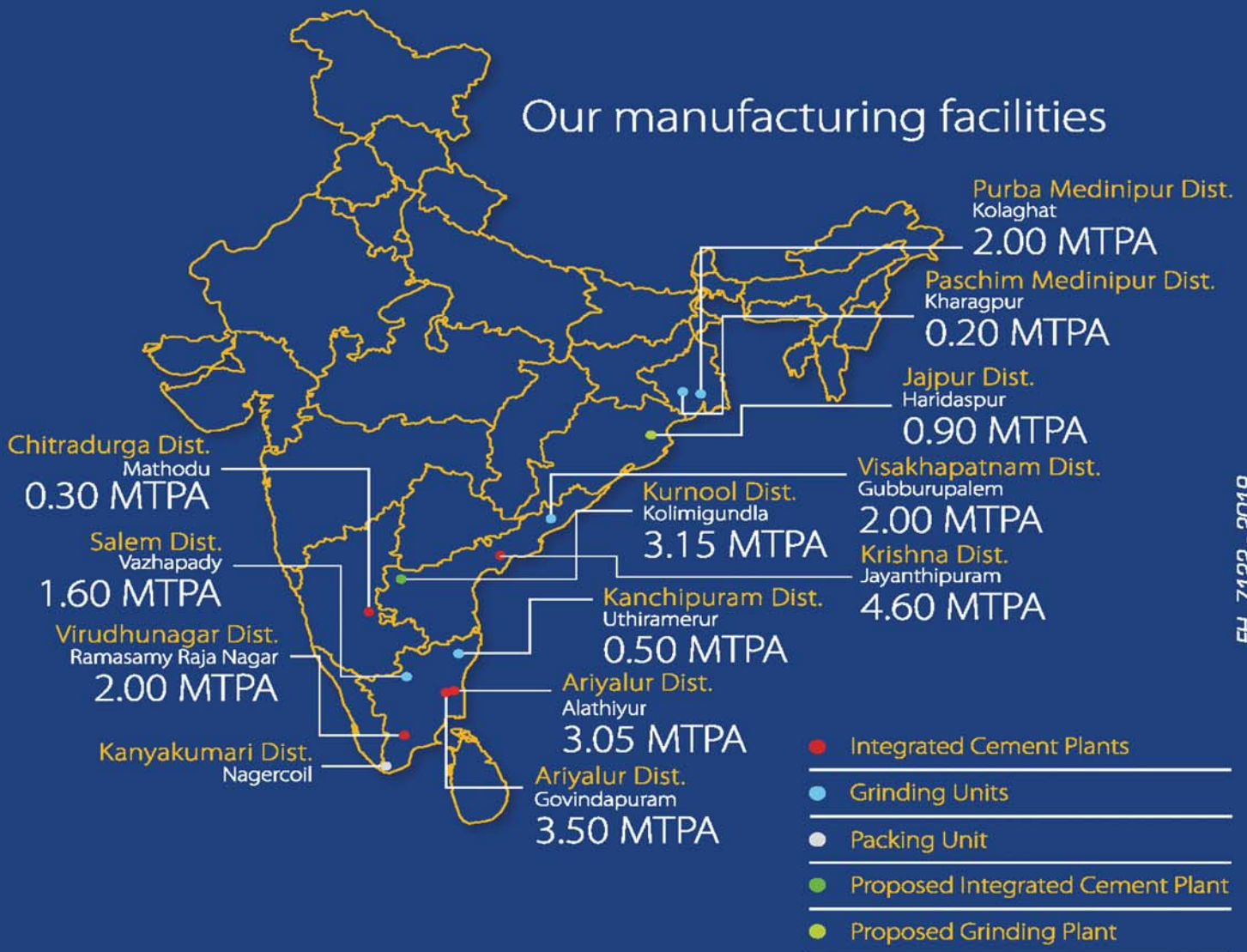
And finally, celebrate love in it's essence. In all it's shapes and sizes, in all it's queer and straight-ness, in all it's wonderful, rainbowcoloured glory. A week-long celebration of love is just what the Doctor prescribes, at the beginning of every year, to remind us that at the end of the day, we just have to accept people for who they are and build relationships based on zero percent judgment and hundred percent support. Isn't that the happiest way to live our lives?

The Author is a Lady Member of the Club (D-116) and Member of the Editorial Board, Waltair Times and can be reached at mohta.deepti@gmail.com

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SENIOR MEMBERS MEET



Senior Citizen Committee quarterly meet held on 07.01.2020 in the evening celebrated New Year and Sankranthi together 2020 with big hungama.

More than 180 members with couples attended the function, well organized with Navy Band Troup performing nice old melody hindi songs, the young teenage girl TV Artist singer Sri Rachana Best Telugu Melody songs, life member of our Club Sri D.Murali Krishna (M-101) also performed best Hindi and Telugu songs. He love signing. The Navy Band Troup brought by Bharathi Sikand with her efforts on free of cost.

Bone fire arranged to protect the cold for senior citizens this meeting is sponsored by Sri V.K.Visweswara Rao (V-101), Sri M.R.K.Raju(R-184), Sri K.Venkateswara Rao (V-154), Dr.V.Peda Somulu, Sri C.Balasatish (B-94) and Senior Citizen Committee Sri D.Rajagopal Reddy (R-65), Sri R.Jagapathi Raju J-32), Sri D.Murali Krishna (M-101) and Sri Goli Ramakrishna (R-98). Delicious food with cocktail served to the members.

Two lady senior members are felicitated Smt Ch.Lakshmi (R-32) Smt P.Geetha Patnaik (P-06).

We thank Specially the Management, sponsors and special thanks to our dynamic event organizer for senior citizen Sri M.V.Narayana Rao for taking all efforts to make the function a grand success.

It is proposed by the Senior Citizen Committee to collect Rs.1,000/- per member per one year term to meet our quarterly function expenditure. The senior members and 60 yrs above are requested to contribute liberally and cooperate the senior citizen committee to conduct the our quarterly meeting in a grand manner.





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M/s Suryashakti Bizadvize Private Limited is a, start up Business Advisory Services Company, at Visakhapatnam in Andhra Pradesh and is promoted by Sri. P. S. Raju, FCA., a Chartered Accountant in practice for the last 40 years., with a rich and varied experience in Direct & Indirect Taxation, Corporate Law, Project Financing, Restructuring of Businesses and Value addition leading to listing and public issue and holding positions as Director, Financial Advisor, etc., in several Companies. M/s Suryashakti Bizadvize Private Limited, provides the Services listed in the experience of the Promoter. Our guiding principles are Professionalism and Integrity. Suryashakti Bizadvize Private Limited is staffed with highly qualified and experienced people and are presently involved in implementation of Club Management System in Waltair Club along with M/s. **INTEGRATED RISK MANAGEMENT SYSTEMS (P) LIMITED**, Bengaluru.

Name	Role	Experience
Sitarama Raju Pusapati (P. S Raju, FCA) 	President	40 plus years in Taxation both Direct and Indirect, Corporate Law, Project Finance and Advisory Services.
Srinivas Raju Pusapati, MS (Info Systems) 	Senior Analyst	5 plus years in the area of ERP Implementation.

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దూర్వాసుల దక్షిణామూర్తి (డి-18)

బాగా సంపాదించి సమాజంలో గొప్పగా బతకాలని ఎందరో తలపోస్తారు. గౌరవంగా, అందరితో సమానంగా జీవించాలన్న ఆలోచన మంచిదే. సాధించడమేప్రతిభ. సిరిసంపదలు ఈ శ్వరతుల్యమైనవి. జగత్తులో ధనమేమూలమైంది, పూజనీయమైంది. భారతీయ ఆధ్యాత్మిక సంప్రదాయంలో దేవతలు శ్రీమంతులే. శివుడు భస్మం ధరిస్తాడని ఏమీలేనివాడని బసవపురాణం చెబుతున్నా?

ఆ బోళాశంకరుడు దయతలచాడా... అష్టభశ్వర్యాలైనా ఇవ్వగలడు. ఏమీ లేనివాడు ఎలా ఇవ్వగలడంటే - ఆయన వద్ద అన్నీ పుష్కలంగా ఉన్నాయి. స్వామి చిన్మయానందుడు శివుణ్ణి సకల సంపదలకు కారకుడని అన్నాడు. ఆశ్రయించే జనులకు ఆయన వరదుడు కనుక - తనకంటూ ఏమీ దాచుకోలేక ఎవరు ఏది అర్థించినా ఇచ్చేందుకు వీలుగా సర్వం పరిత్యజించి భస్మధారణ చేశాడు. మానవుడు సైతం దాచేందుకుకాక దాతృత్వ బుద్ధితో సంపాదించాలి.



ధనం పుట్టింది భోగాలకోసం కాదు. ఇతరులకు సహాయం అందించి ఆనందించేందుకేనని కనకధారాస్తోత్రంలో శంకర భగవత్పాదులు అన్నారు. 'తల్లీ నాకోసం అర్థించడం లేదు... దానం ఇచ్చేందుకు సైతం ఏమీలేని దీనులైన దంపతుల కోసం' అని లక్ష్మీదేవిని ప్రార్థించి ఆపేదకుటుంబానికి ధనం ఇప్పించారు ఆదిశంకరులు. అవసరానికి మించి సంపదలు కూడబెట్టడం తగదని భర్తృహరి ఉద్బోధించాడు. మనిషిలో లాలస, దురాశకు మూలకారణం అవసరానికి మించిన సంపదేనని తన సుభాషితాల్లో ఆయన తెలియజెప్పాడు. డబ్బు సరిగ్గా వినియోగించక పోతే ఉపద్రవాలను కొనితెస్తుంది. సహాయమే ప్రేరణ అయినప్పుడు ధనందివ్యమైన ఉపకరణం అవుతుంది. యోగ్యుడైన వాడిచేతిలోని డబ్బు, ధర్మరక్షణకు ఉపయుక్తమవుతుంది. అవసరానికి మించి ఉన్న ధనంతో గుడినిర్మించడం కన్నా బడికట్టించడం మహత్కార్యమని కంచి పీఠాధిపతి చంద్రశేఖరేంద్ర సరస్వతి బోధించారు.

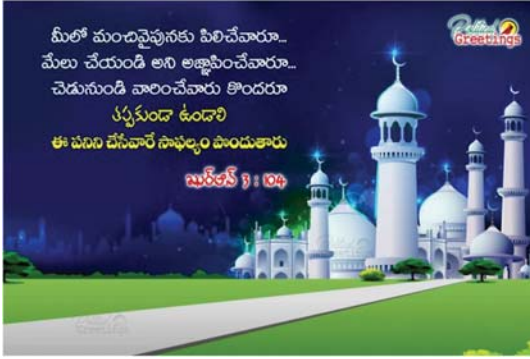
భారతీయ సంస్కృతిలో ధనంజగత్తుకు మూలం. భూమిపై పవిత్రమైన మనుగడకోసం, జీవితంలో ధర్మరక్షణకోసం సంపదలు అవసరం. పూర్వం రాజులవద్ద సంపదలు ఇందుకోసమే పోగుచేసి పెట్టేవారు. కరవుకాటకాల్లో ప్రజలకు ఆపన్నహస్తం అందించేందుకు పన్నుల రూపంలో ప్రభుత్వాదాయం సమకూర్చుకునేవారు. రహదారులు, చెరువుల నిర్మాణం, వైద్య సహాయం లాంటి ప్రజాసంక్షేమాలకోసం ఈ సంపదలను వ్యయంచేసేవారు. అందుకే రాజును దైవానికి ప్రతినిధిగా



ప్రజలు భావించేవారు. భౌతిక ఐశ్వర్యానికి సమృద్ధికి ప్రకృతి ప్రాతినిధ్యం వహిస్తుందని కొప్పీతకి ఆరణ్యకం చెబుతోంది.



భారతీయ సంప్రదాయంలో ధర్మబద్ధంగా సంపాదించిన ధనాన్నే సంపదగా పరిగణిస్తారు. గృహస్థాశ్రమంలో పురుషుడు సంసార పోషణార్థం డబ్బు సంపాదించాలి. ఆ సంపాదన ధర్మకార్యాలకు వినియోగపడాలి. సంసార పోషణ, పిల్లలచదువులు, వివాహాది శుభకార్యాలు, అతిథి సత్కారాలు లాంటి వాటికోసం సంపాదించడం, పొదుపు చేయడం, పాత్రోచిత దానాలు చేయడం, నిత్యకర్మలు... గృహస్థు నిర్వహించాల్సిన విధులు. గృహస్థుకు భేషజాలు, అసూయా ద్వేషాలు తగవని ఆశ్రమధర్మాలు సూచిస్తున్నాయి. ఇతరుల బాధలను గమనించకుండా స్వార్థబుద్ధితో సంపదలను నిల్వచేసుకొనేవాడు దోషయుక్తజీవుడని భగవద్గీతచెబుతోంది. మనిషిని రకరకాల మాయకు గురిచేసేవేసిరి సంపదలు. వాటిని సరైన రీతిలో వినియోగించు కోవాలి. స్వర్ణలంకను ఏలిన రావణుడు అహంకారంతో పరస్త్రీని కాంక్షించి సిరిసంపదలు అనుభవించకుండానే మరణించాడు. ధనాన్ని ఆశించకుండా ధర్మాన్ని ఆచరించిన విభీషణుడు అదే స్వర్ణలంకకు రాజయ్యాడు. యుక్తమైన పద్ధతిలో ఉపయోగించగల సత్పురుషుల వల్లనే సిరిసంపదలు సార్థకమవుతాయి.



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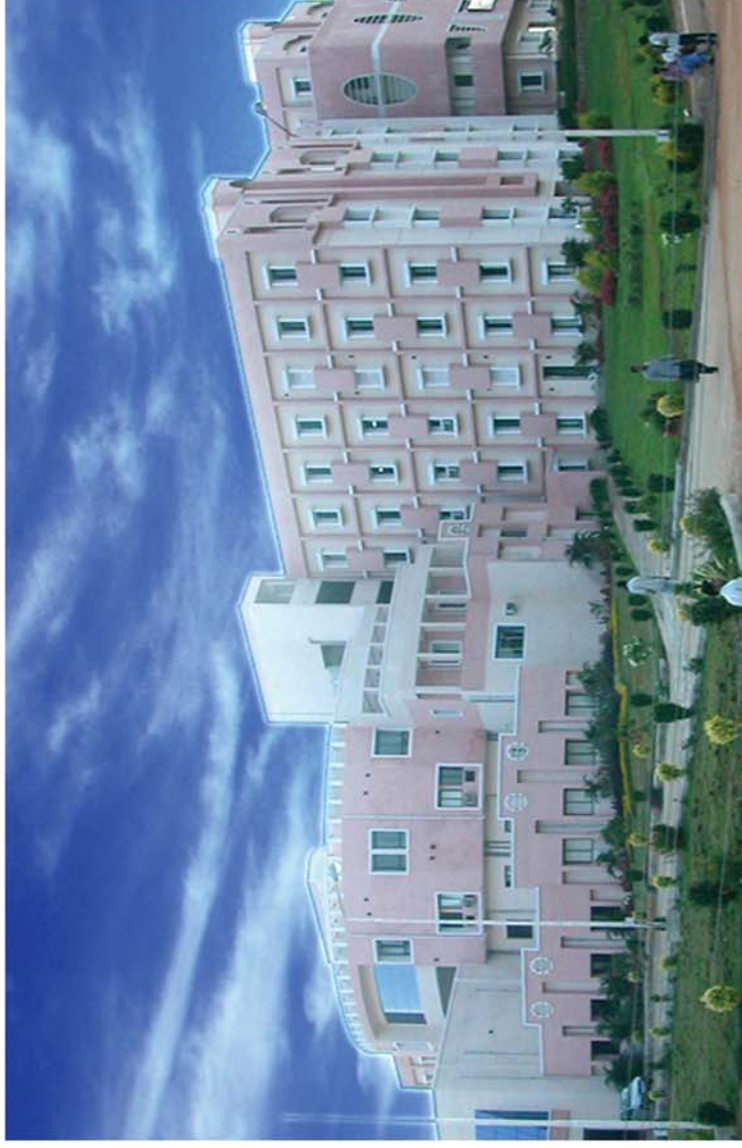
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CAPTAIN VIKRAM BATRA, PVC



Captain Vikram Batra, PVC (9 September 1974 - 7 July 1999) was an officer of the Indian Army, awarded with the Param Vir Chakra, India's highest and most prestigious award for valour, for his actions during the 1999 Kargil War.

Early life and education

Batra was born on 9 September 1974, in Palampur, Himachal Pradesh, India. He was the third child of Girdhari Lal Batra, a government school principal, and Kamal Kanta Batra, a school teacher. In 1996, he passed the CDS examination and got selected at the Services Selection Board (SSB) at Allahabad. He was among the top 35 candidates in the Order of Merit. In the words of his father, "Vikram had found his purpose in life". He had found the way to a righteous path that would lead him to his goal - to a service that was extraordinarily high and supreme.

Military Career

Batra joined the Indian Military Academy (IMA) at Dehradun in June 1996 in the Manekshaw Battalion. After completing his 19-month training course, he graduated from the IMA on 6 December 1997 and was commissioned as a lieutenant into the 13th battalion, Jammu and Kashmir Rifles (13 JAK RIF). He joined his battalion in Sopore. 13 JAK RIF, after completing its counter-insurgency tenure in Kashmir under 192 Mountain Brigade of 8 Mountain Division, received orders to proceed to Shahjahanpur, Uttar Pradesh.

Vikram Batra would call his Parents at least once in ten days. The last phone call he made was on 29 June 1999, in which he said "Mommy, ekdum fit hoon, fikar mat karna", ("I'm absolutely fine. Don't you worry.") This was the last time that Batra spoke to his Mother. Attempts to capture Tololing could only succeed in securing the lower slopes, while suffering heavy casualties. Eventually, 2 RAJ RIF was assigned the mission of capturing Tololing and they did so on 13 June 1999. 13 JAK RIF marched from Dras to Tololing, reaching their destination in 12 hours. Upon reaching, A Coy, 13 JAK RIF took over Tololing and a portion of the Hump Complex from 18 Grenadiers.

Capture of Point 5140

Point 5240, about 1600 metres north of Tololing on the same ridgeline, is at an altitude of 16,962 feet above sea level and overlooks the Tololing Nulla. It is the highest point on the Tololing ridgeline and the most formidable.

D Coy, was under the command of Lt. Vikram Batra, from two sides; east and south. At the Hump Complex, Jamwal and Batra were given their orders. During the briefing,



Sher Shah of Kargil : The Story of Captain Vikram Batra

Jamwal chose the words "Oh! Yeah, yeah, yeah!" to be the success signal for his company whilst Batra chose the words "YehDil Mange More!" (This heart wants more!) as his success signal for his company. D-Day was set for 19 June, and H-Hour at 2030.

Both Jamwal and Batra, realizing the gravity of the situation, contacted commanders at the base via radio, asking to continue artillery bombardment of the enemy positions till the Companies were 100 meters from their target. By 0315 hours, both B and D Coys had reached the vicinity of Point 5140 despite the treacherous terrain. B Coy reached the top of the feature first and assaulted from the left flank. By 0330 hours, B Coy had captured its objective, and at 0335 hours Jamwal radioed his command post, saying the words "Oh! Yeah, yeah, yeah! Batra decided to approach the hill from the rear, aiming to surprise the enemy, and to cut off their withdrawal route. Batra fired three rockets towards the bunkers on the east side of the feature, before attacking them. He and his men ascended the sheer rock-cliff, but as the group neared the top, the enemy pinned them on the face of the bare cliff with machine gun fire. Batra, along with five of his men, climbed up regardless and after reaching the top, hurled two grenades at the machine gun post. Batra then killed three enemy soldiers single-handedly in close combat. He was seriously injured in the process, but insisted on regrouping his men to continue with the mission. He continued to lead his troops, and then charged at the next enemy position, capturing Point 5140. In all its actions, D Coy killed at least eight Pakistani intruders and recovered a heavy anti-aircraft machine gun. The remaining enemy soldiers fled.

At 0435 hours, Batra radioed his command post, saying the words "YehDil Mange More!". Considerable quantities of arms and ammunition were recovered from the feature.

Both the assault Companies were leading the offensive from the right flank. The climbing was difficult, and the soldiers had to take out enemy pockets of resistance which they encountered en route. However, at one point, a strategically located machine gun halted the advance, and by first light the troops were still 50 meters short of the target. Now it was getting dangerous because in daylight, Indian soldiers could easily be seen by the Pakistanis. The attack was also halted by very effective sniper fire from Pakistani soldiers hiding behind rocks.



Just before leaving, Batra along with the 25 men of D Coy who were to accompany him, prayed at the Durga Mata temple. It was pitch black night when they began the climb. Having heard a wireless message from the base that Sher Shah (Batra's code name) was coming, a cheer went up among the tired Indian soldiers on top. The Commander ordered them to hold their ground until Batra arrived and then he would take over. "The Pakistanis too intercepted the wireless message where the base told the peak that Sher Shah was coming. They knew Batra, the first man on top of Peak 5140 in Dras, was Sher Shah and broke into the Indian wireless system to threaten him. Undeterred, Batra kept climbing,"

On the night of 6-7 July, the opposing forces were so close that besides exchanges of small arms fire, verbal exchanges continued throughout the night. It was at this stage that it became imperative for Indian troops to destroy this Pakistani post, located north of Point 4875, from where enemy fire was coming as otherwise the situation could get worse. At this juncture, the Indian troops detected an enemy presence on a long and narrow ledge, running north from Point 4875. On the ledge, the enemy were holding strong sangers echeloned one behind the other. Batra, who was still recovering from his own wounds received in the battle of Point 5140, wanted to reach the top to rescue his fellow soldiers and carry out reconnaissance of the ledge where the enemy soldiers were. The problem was that the Indian soldiers were caught unawares about the presence of the enemy soldiers on the ledge ahead of Twin Bump. They went ahead into the enemy lines and destroyed their bunkers on Peak 4875 but the firing from the ledge pinned them down, "Even though it was pitch dark

when they had left at night, when they neared the top where the soldiers had to climb vertically, visibility was almost zero because of fog. Even worse, it began snowing as they advanced. En route to the top, Batra spotted a Pakistani machine gun position firing at the trapped Indian soldiers. Crouching, he moved toward the machine gun position, hiding behind rocks whenever possible. As he reached close to the enemy's machine gun position he lobbed a grenade, destroying the machine gun position. "Follow me, boys," he whispered in the dark, and they advanced to the next position. At 16,087 feet, even though they were struggling for breath and panting, this did not stop them and they kept advancing non-stop. Before first light on 7 July, the troops succeeded in knocking out two more enemy machine guns, however, firing from the ledge continued. Batra's platoon soon reached the ledge, though by this time it was broad daylight.

At 0530 hours Joshi spoke to Batra and asked him to recce the area. Batra, accompanied by Sub. Raghunath Singh and Maj. Bhat, his artillery observation officer, took out a patrol to recce a route to reinforce Nagappa from a flank. Batra located the position of the enemy sangar on the ledge from which enemy machine guns were holding up the advance of his company. At this juncture, Batra, realising that there was no way from the left or right, decided to make a direct daylight frontal assault. At great personal risk and under heavy fire from enemy machine guns and grenade launchers, Batra moved forward, screaming the battle cry of his regiment, Durgamataki jai, and charged the sanger firing incessantly from his AK-47. He sustained grievous injuries in the process, yet he continued his charge, with supporting fire from the rest of the patrol, and reached the very narrow entrance of the sanger. Taking the enemy by complete surprise, he killed 5 Pakistani soldiers in a close combat. "There was a time he grappled with a Pakistani soldier, punching him in the nose. As soon as he fell, Batra plunged his bayonet into the fallen soldier's stomach. But another enemy soldier caught him from behind. He, too, was done to death after being thrown off the back by Batra, the ferocious. All hell broke loose. It was utter chaos," The attack resulted in the deaths of seven Pakistani soldiers and the Indians gained a foothold on the ledge. Taken by surprise by this ferocious attack, the Pakistanis started retreating. Batra and his men had gained the upper hand. However, there was still an enemy machine gun nest in action on that ledge that had to be silenced. Four Pakistani soldiers including a , who was guiding the fire on the Indian soldiers fighting outside, were manning the machine gun nest. An enraged Batra quickly charged forward alone, killing all four members of the crew.


Suddenly, Batra realized that one of his men had been shot. Turning toward Sub. Raghunath Singh, who was positioned behind a nearby boulder, maintaining an iron grip on his AK-47, Batra shouted above the din of flying bullets: "Aapaur main usko evacuate karenge," (We will evacuate him, you and I). With bullets flying around him, he pushed Singh toward the safer side and placed himself between Singh and the enemy, saying: "You have a family and children to go back to, I'm not even married. Main sarkitarafrhungaauraappaanvuthayenge" (I will take the head and you take his feet). Batra courageously exposed himself to enemy fire to drag the injured soldier to safety, and in the process was shot in the chest by an enemy sniper from very close range and a split-second later, by a splinter from an RPG which hit him in the head. Batra collapsed next to the injured soldier, succumbing to his fatal wounds.


ParamVir Chakra :

Vikram Batra was awarded the Param Vir Chakra, India's highest military honor on 15 August 1999, the 52nd anniversary of India's independence. His father G.L. Batra received the honor for his deceased son from the President of India, the late K. R. Narayanan.

Compiled from the the Web "Wikipedia" by Mr. P. S. Raju, FCA., a Senior Practicing Chartered Accountant at Visakhapatnam and Vice President, Waltair Club & Editor, Waltair Times and can be reached at psraju@gmail.com

INDIA'S FINEST MINERVA'S OWN





CAPTAIN VIKRAM BATRA

SEPTEMBER 9, 1974 – JULY 7, 1999 (AGED 24)

NICKNAME	SHERSHAH
PLACE OF BIRTH	KABUL
SERVICE/BRANCH	INDIAN ARMY
YEARS OF SERVICE	1990-1999
UNIT	12 JAMMU & KASHMIR RIFLES
BATTLES/WARS	KARGIL WAR
AWARDS	PARAM VIR CHAKRA (POSTHUMOUS)

Captain Vikram Batra, 13 JAK Rifles, and his Delta Company was given the task of recapturing Point 5140. Nicknamed Lion King ('Sher Shah' in Hindi) for his unflinching courage, he decided to lead the rear, as an element of surprise would help stupefy the enemy. He and his men ascended the sheer rock-cliff, but as the group neared the top, the enemy pinned them on the face of the bare cliff with machine gun fire. Captain Batra, along with five of his men, climbed on regardless and after reaching the top, hurled two grenades at the machine gun post. He single-handedly killed three enemy soldiers in close combat. He was seriously injured during this, but insisted on regrouping his men to continue with the mission. Inspired by the courage displayed by Captain Batra, the soldiers of 13 JAK Rifles charged the enemy position and captured Point 5140 at 3:30 a.m. on 20 June 1999. His company is credited with killing at least eight Pakistani soldiers and recovering a heavy machine gun.

The capture of Point 5140 set in motion a string of successes, such as Point 5100, Point 4700, Junction Peak and Three Pimples. Along with fellow Captain Anuj Nayyar and Rjt Sanjay Kumar(PVCI), Batra led his men to victory with the capture of Point 4750 and Point 4875. He was killed when he tried to rescue an injured officer during an enemy counterattack against Point 4875 in the early morning hours of 7 July 1999. His last words were, "Jai Mata Di." (Which means in English 'Hail the Divine Mother'). For his sustained display of the most conspicuous personal bravery and leadership of the highest order in the face of the enemy, Captain Vikram Batra was awarded the Param Vir Chakra.

Once he said "I'll either come back after raising the Indian flag in victory or return wrapped in it". This shows that he was nation lover and was very dedicated to serve for his nation. He used to say "Jeth Dil Maange Mare" means my heart asks for more which was later adopted as tagline for Pepsi commercials.



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MAYA ANGELOU



Good Morning
Life is like a NOVEL
And every day is a new page.
So if a page is sad
next will be happy...
So, don't worry turn the page and
enjoy the life...

PRECAUTIONS TO PREVENT nCoV

- Wash your hands often with soap.
- Use an alcohol-based hand sanitizer.
- Observe good personal hygiene.
- Avoid touching your face with unwashed hands.
- Avoid contact with people with possible symptoms.
- Avoid contact with animals & consumption of undercooked meats.
- Avoid travel to areas where animals are slaughtered.
- Wear a mask if you have respiratory symptoms.

SYMPTOMS OF nCoV

- Fever.
- Difficulty in breathing.
- Dry Cough.
- Severe acute respiratory syndrome.
- Pneumonia-like symptoms.

TIT BITS

SYMPTOMS OF nCoV

- Fever.
- Difficulty in breathing.
- Dry Cough.
- Severe acute respiratory syndrome.
- Pneumonia-like symptoms.

TREATMENT

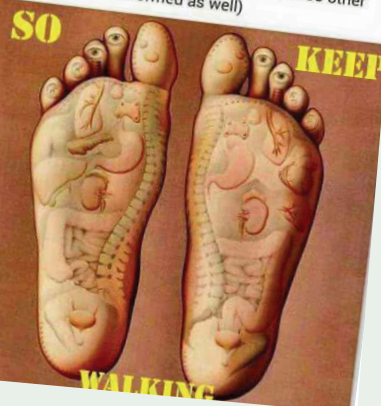
- Treatment is symptomatic and supportive, based on the patient's clinical condition.
- No vaccinations available as of now.
- Visit doctor in case of any symptoms detected.

WHAT IS nCoV?

Novel Coronavirus, nCoV is a new strain of coronavirus. Originated in Wuhan, China. Previously not identified in humans. Notorious for mutating quickly and acquiring new qualities. Causes pneumonia-like symptoms, even death.

God created our body so well that he thought of even this. He made us walk so that we will always be pressing these pressure points and thus keeping these organs activated at all times.

So, keep walking... (don't forget to share so other people will be informed as well)



TREATMENT

- Treatment is symptomatic and supportive, based on the patient's clinical condition.
- No vaccinations available as of now.
- Visit doctor in case of any symptoms detected.

TIT BITS

Got this from a friend in the hospitality industry. Seeking everyone's opinion please.

What should you never order at an Indian restaurant?

Being in the hospitality industry for a couple of years now, here are some tips I'd like to give you if you visit any restaurant in India. Keep in mind that almost every restaurant ranging from small-scale to large-scale only has one goal in mind - Profit.

Starting with a very obvious point, never ever go to a restaurant on Monday and Tuesday (sometimes Wednesday too) especially for non-veg meals. The ingredients used are the leftovers from the weekend. Wholly avoid a restaurant which doesn't attract a lot of crowd. Because of the same point mentioned above.

All-you-can-eat buffet is a total waste of money. The starters served in these buffets are filled with appetite suppressant chemicals such as CLA, forskolin etc. The main course? Well leftovers from the previous day never go to waste.

Hygiene is a major concern. In 5-star and above hotels there is a standard procedure to maintain the overall hygiene. In normal restaurants? None!

Because maintaining hygiene takes a lot of effort and isn't always the priority. Chef takes a toilet break nobody is there to supervise whether he/she has washed hands or not. Nobody is there to supervise whether the chef is wearing white cap over his head or not. There is always a worker who is given the job of chopping vegetables. And 99% of the time, he is chopping those vegetables on the floor. Does he even wash the veggies? Nope! Thus, never ever order uncooked food such as salad!

Never order non-veg dish from McDonald's, KFC or Domino's. These multi-national food chains don't give a damn about the health of the consumers. You'll find the stalest meat in their cold storage. They have secret ingredients travelling all the way from USA to cover up the staleness of the meat.

As pointed by Abhi Bharadwaj, inspections do happen but food inspectors are a joke. Some of the ingredients used by these MNCs are poisonous and can cause severe health problems and the inspectors know each and everything about it.

Money solves everything. It's a win-win situation.

Satpal Singh - No cap no entry is strictly followed only in 5-star and above hotels and in some 3-star hotels. I started my career at a 3-star hotel. And let me tell you something. Leftovers are the lifeline to these hotels. As a hotelier you should know how unhealthy and dangerous these buffets are.

Aniket Mishra - Thank you so much for pointing out Barbecue Nation! Completely forgot about it. If BN was the last place on earth to serve food, DON'T GO! Their rule is simple. If onion has fungus, it goes into the gravy else it goes into the salad. And it's just the tip of the ice-berg. I can write a whole essay on it, maybe someday I will. Yash - Who said anything about food poisoning? That's too mild. These chemicals used in KFC, McD etc. cause improper growth of the cells, which grow into cancer. Adulterated ingredients cause diabetes and heart problems (because of blockages in arteries). You won't know the difference right now. Come back to this answer after 10 years.

Just remember

Must Know -- Indian Restaurants - Weekend Leftover Food Served Till Wednesday



A BRIEF INSIGHT INTO CYBER CRIMES



The Motto of a Cyber Criminal

"I CAN ACCESS YOUR DATA"!!



by K. Narayana Rao (M. No : N-044)

"A Cyber criminal is faceless, obscure and may operate from a few thousands of miles away from the "Target Victim" and uses Internet and Networks together with sophisticated knowledge of computers and systems-Hardware and Software."

Thus, in the present-day context it is the most dangerous threat across the world, as one and all, lives day in and day out, on digital world, from computers to Mobiles to Smart TVs leave a trail of personal information through social networks and depends on online banking and financial transactions.

Any illegal activity committed by the usage of Computers, internet, mobiles or other digital media modes for committing illegal activities is a cybercrime. The target of such illegal or unlawful and nefarious activities can be an individual, group of persons, public-defence -private organisations.

Most of the cybercrimes in the present-day context are aimed at Bank accounts, Corporates and Government Organisations. Money laundering, terrorist activities is also resorted to by fraudsters through cybercrimes.

It is relevant to note that Information and technology act 2000 was enacted by Parliament of India on 9th June 2000. It is the primary law in dealing with cybercrime and electronic commerce. The objective of this Act is:

"An Act to provide legal recognition for transactions carried out by means of electronic data interchange and other means of electronic communication, commonly referred to as "electronic commerce", which involve the use of alternatives to paper-based methods of communication and storage of information, to facilitate electronic filing of documents with the Government agencies and further to amend the Indian Penal Code, the Indian Evidence Act, 1872, the Banker's Books Evidence Act, 1891 and the Reserve Bank of India Act, 1934 and for matters connected there with or incidental thereto."

The following acts are construed as cybercrimes under the said Act :

1. Intrusion without the permission of the authorised user
2. Accessing the computers, computer net works
3. Downloading, copying or extracting any data or information for such computer or systems or networks including information stored on any external removable storage or other storage systems.
4. Introducing virus or worms etc with an intention to contaminate a computer or computer systems.
5. Intention to disrupt the computers or net works
6. Disrupting access to computers or computer net works
7. Tampering with source documents on computers and hacking the computer systems.
8. Publishing information which is obscene in electronic form
9. Failure to extend all facilities to decrypt any information in digital form
10. unauthorised access to systems, misrepresenting facts or suppressing facts from the controller or certifying authority for obtaining any license or digital signature certificate.

According to section 66 of the Information Technology Act, 2000, if any person, dishonestly or fraudulently, does any act referred to in section 43, he shall be punishable for a term which may extend to three years or with fine which may extend to Rupees five lakhs or with both.

Cyber crimes are on the high over the years and increasing year by year as the cyber criminals are always one step ahead and up to date with developing technology like any other person.

One of the biggest fears all over the world in the present-day context is corruption and destruction of digital information by attacking the computers and networks and other digital media.

The following are the various means by which the computers, systems are attacked over the internet :

1. Viruses, 2. Trojan horse, 3. Logic Bombs, 4. Worms.

Briefly, the terms are explained below:

1. Virus

A computer virus is a malicious software programme loaded onto a user's computer without the users' knowledge and performs malicious actions. It can self-replicate by inserting into other programmes, files, infecting them in the process. However, all viruses may not be destructive.



2. Trojan horse

Is a programme that claims to rid your computer systems of viruses but instead introduces several viruses onto your systems. The term comes from the Greek story of Trojan war. It thus seemingly hides programmes that look harmless or trick you into installing in the system.



3. Logic Bombs

A logic Bomb is a piece of code intentionally inserted into a software system that will set off a malicious function when the specified conditions are met.



4. Worms

A computer worm is a standalone malware computer programme that replicates itself in order to spread to other computers. They do cause some problem to the network of the systems. It has thus the ability to spread from computer to computer. The worms often get into the systems through e-mails.



The most common types of cybercrimes, briefly are :

1. Frauds:

Intentionally deceiving another person and cause monetary loss to another, the "Victim" who placed trust on the former, the "fraudster".

2. Hacking:

Means breaching the computer systems and networks security and steal data and information. It is thus invading the privacy. Hacking may take place from a individual to corporates and Government and defence systems of the Nations.

3. Identity theft:

Cyber criminals steal personal data, passwords, credit card details, social security details, bank account details and thus steal monies.

4. Scamming:

Scamming may occur by unnecessary computer, network related and IT support services forcing users to shell out huge amount of money for a trouble shooting that is actually not necessary.

5. Computer Viruses:

Highly skilled programmers send viruses, malware and Trojan to infect the computer systems and networks. Also, these viruses spread through removable devices and through unsecure internet connections.

6. Ransomware:

It is most destructive malware. It will enter computers and networks and encrypts information, files. In 2017, over \$5 billion is lost due to global ransomware.

7. DDOS Attack:

Distributed Denial of Service Attack is one of the most popular methods of hacking. These attacks interrupt servers and networks temporarily or completely and make websites unavailable.

8. Botnets:

Are controlled by remote attackers by sending spams and malware. Mostly happens with businesses and Governments.

9. Spamming and Phishing:

Includes fake e-mails, fake links to websites, unsolicited messages from unfamiliar organisations, companies and groups are sent to a large number of users. Through such e-mails fraudsters trick users and deceive users. Users believe such mails and links to websites and part with valuable personal information.

10. Social Engineering:

It is a method where the cyber criminals or fraudsters make a direct contact through e-mails or at times in person. At times even through companies that look legitimate as well. They exploit the human weakness by understanding the psychology of the Victims.

11. Malvertising:

Is very dangerous, as websites are filled with advertisements carrying malicious codes. If users click on these advertisements they will be redirected to fake websites or a file containing malware will automatically download into the systems that will give control to the cybercriminal.

12. Cyber stalking:

Is very prevalent. The cyber stalker follows a person anonymously observing all their movements through various social media like Facebook, Instagram etc., that will give glimpse into the nature, likes and dislikes of such victim, who will be duped or cheated by observing over a period of time.

13. Software Piracy:

Downloading, songs, content, books and movies through illegal websites and torrents that duplicate the original content.

14. Child Pornography:

This serious cybercrime involves exploiting children who have access to internet. There are an estimated 10,000 plus internet websites of such type and it is a \$3 Billion Industry.

15. Cyber Extortion:

It means obtaining something by threatening someone by force in the digital world or an attack through computer and computer network. It refers to stolen data from the victim and misused or threatened to be exposed in order to extort money or other favours.

16. Cyber Terrorism:

It is no longer a fantasy but far more devastating and dangerous threat than biological warfare or chemical warfare as wars and battles can now be fought in cyber space from thousand of miles across the world from one country on another.



17. Cyber Bullying:

This is another very rampant crimes on the social media and internet. It is a form of bullying carried over the internet and a very serious issue on the internet. It is using technology Over internet and hurting someone By rumours/gossip, making fun of the person and sending mean and hurtful messages. Mainly the young generation from 15-25 years of age are more likely to get bullied on the internet by faceless unidentifiable strangers on the net.

Conclusion :

The following are some of the safety measures against cybercrimes :

1. A very strong password. Avoid date of birth, family names and such familiar hints.
2. Never disclose or correspond on the internet about your personal details etc to unknown persons.
3. Avoid giving details of your travel plans and family photos etc on the social media and the details may move from your contact persons on the social media to another and another and it is endless.
4. Avoid to keep your location is "ON" all the time.
5. Use strong trusted and original anti-virus software to protect your systems.
6. Never do financial transactions etc on unsecured public Wi-Fi at airports/hotels/restaurants/railway stations etc just because it is free. You may regret latter!!
7. Keep an eye on children using internet at home.
8. Never send your credit and debit card details over internet to unknown or unsecure websites. Double confirm whether the websites are genuine.
9. Report any cybercrime immediately to police.
10. Get your computers and hardware checked from time to time.
11. Never share your passwords with anyone, even the most known and dear friends or relations.
12. Always protect your data in external storage devises.
13. Do not get carried away by e-mails from supposed to be known or unknown persons asking for monies or open attachments purported to be from your bankers/suppliers or customers unless otherwise the same double checked.

So be safe on the internet and pay attention to the precautions and be sure not to become a "Victim" sooner or later to cyber crime.



Author is Mr. K. Narayanarao (M. No: N-044) is a Senior Chartered Accountant based at Visakhapatnam and Member of the Editorial Board of Waltair Times.



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Butchirajupalem, NAD Kotha Road, Ph: 2549566. | Opp Rythu Bazaar, Kancharapalem, Ph: 2565857.

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Know your Club

- By Mr. Prem R Mirpuri
(M. No. M-54).



..... Looking forward to a comfortable place to dine with your family? "Your Club" is the best place with a good number of restaurants that are well furnished with an inviting ambience serving the best tasty delicacies range of cuisines.



Prepared by professional cook under the watchful supervision of a master chef & responsible team of committee members lead by Mr. O.Srinivasulu (A connoisseur of food himself)

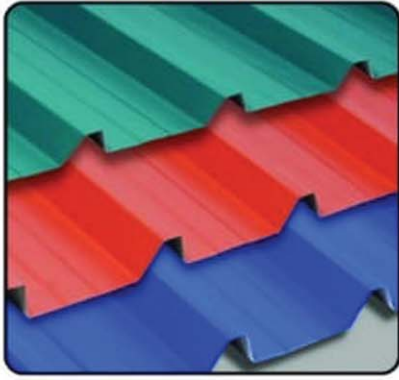
Passion for foods shows from the new additional dishes changed & presented to suit our tastes on a regular basis.

Make note to try out the services at "The Lawns", "2020" Restaurant off the lawns, "1883" the popular family dining, "The Pub" & "The Food Courts" frequented by many or "The Cafe" for a quick bite.

Please find time to experience dining at "Your Club". You will go back home, satisfied & with a smile!

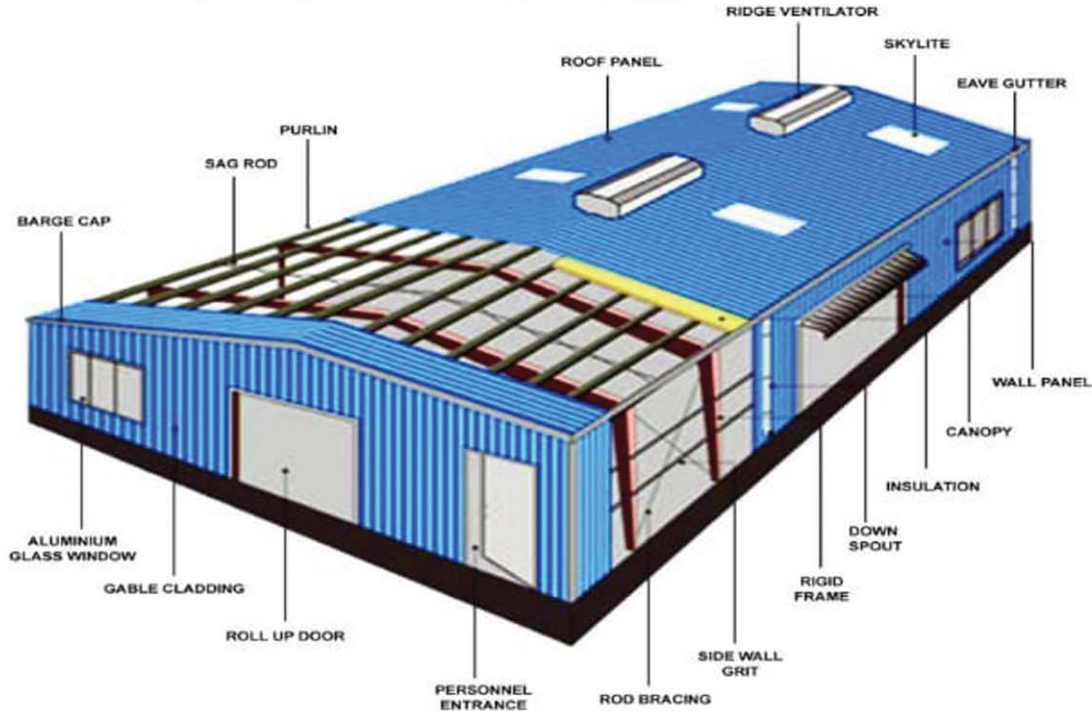


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Building Trust Together

"ONE OF THE MOST UNDERRATED INDIANS



By Mr. TVSK Kanaka Raju
(M.No. K - 134)



Sexual harassment at a workplace is considered violation of women's right to equality, life and liberty. It creates an insecure and hostile work environment, which discourages women's participation in work thereby adversely affecting their social and economic empowerment and the goal of inclusive growth. With this idea, the legislature formulated the Sexual

Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 which came into force on 23-04-2013.

Though people are aware of the Act they are blissfully unaware of it's provisions! Ask any banker, head of the institution of a school or hospital or a software firm whether they have constituted internal complaints committees in their establishments as per the mandate of the Act? They will be dazed to discover their ignorance of these provisions!!! Though ignorance of law is not an excuse but still large section of people in India are blissfully ignorant of the legal provisions. Surprisingly cases of sexual harassment concerning journalists and even judges have gained ascendancy only after passing of this Act.

The Tehelka case where one of the lady employees complained of sexual harassment against her boss is still the talk of every town. Even before this could fade away from the memory of the Public, a greater sensation was created by a law intern who had the courage to disclose the name of a former Supreme Court Judge, Mr. Ganguly, alleging sexual advances by the judge in a Hotel room. In the Tehelka case, apparently, the mandatory requirement of constituting an internal complaints committee (ICC, in short) was not fulfilled by the time of complaint against Mr. Tarun Tejpal!



In Ranjan Gogoi's case, most unfortunately the top most judge of the Apex Court was in the dock. The allegations of sexual harassment were levelled by a lady employee of the Supreme Court against Chief Justice of Supreme Court Ranjan Gogoi. There are several hundreds of employees in Supreme Court to look after the administrative and supervisory functions apart from the learned judges. There are good numbers of lady employees too in Supreme Court of India. From what is reported in the press and media, it is very clear that Supreme Court of India did not have an internal complaints committee!!!

The constitution of internal complaints committee is discussed under Chapter-II of the Act. It mandates that every employer of a work place shall constitute an internal complaints committee by an order in writing. Where offices or administrative units of workplace are located at

different places, the ICCs shall be constituted at all administrative units or offices.

The term "Work Place" is given a very wide definition. Private establishments, institutions, public sector undertakings, banks, bar councils, bar associations, district courts, hotels, hospitals, social clubs, nursing homes, hostels, educational institutions, software companies, trusts, societies, even lawyers' offices, doctors' chambers all come under the purview of work place. All these organisations are mandatorily required to constitute internal complaints committee.

If you blame the rape victim because her clothes were provocative. You must also blame the bank that was robbed because it's content were provocative.



Sexual Harassment Quotes
www.geeksondilly.com

The Internal Complaints Committee shall comprise of following members to be nominated by the employer, viz:

A presiding officer who shall be a woman employed at a senior level at the workplace from amongst the employees:

Where such a senior level woman employee is not available, the Presiding officer shall be nominated from other offices or administrative units of the workplace. Provided further that, in case other offices or administrative units of the workplace do not have a senior level woman employee, the Presiding

Officer shall be nominated from any other workplace of the same employer or other department or organization.

There shall be not less than two Members from amongst employees who shall be committed to the cause of women or who have had experience in social work or have legal knowledge.

(c) One member from amongst non-governmental organizations or associations committed to the cause of women or a person familiar with the issues relating to sexual harassment.

The Act stipulates that at least one-half of the total Members so nominated shall be women. The presiding officer and every member of the internal complaints committee shall hold office for such period not exceeding three years from the date of their nomination as may be specified by the employer. The member appointed from amongst the non-governmental organizations or associations shall be paid such fees or allowances for holding the proceedings of the ICC, by the employer as may be prescribed.

The ICC shall have the powers of a civil court under the civil procedure code in respect of the following matters:

- (a) Summoning and enforcing the attendance of any person and examining him on oath
- (b) Requiring the discovery and production of documents; and
- (c) Any other matter which may be prescribed.

The inquiry shall be completed within a period of 90 days. In the event of delay the time could be extended for sufficient reasons. Before instituting any inquiry, the internal complaints committee shall at the request of the aggrieved woman take steps to settle the matter between her and respondent through conciliation.

The internal complaints committee shall follow the service rules in the matter of conducting the inquiry and where there are no service rules stipulated, the service rules stipulated for domestic worker should be followed. Where the employer fails to constitute the internal complaints committee, he shall be liable to pay a penalty of Rs.50,000/-. Graver punishment has been provided in case of repetition.

I wish I could tell my sister that she's not dirty and that she should not feel any shame for something that she literally was not responsible for.



Viola Davis
www.geeksondilly.com

Men in responsible positions should be cautious in their dealings with women employees working under them. They should not give scope for remarks being passed against them. They should not even think about inappropriate or unwelcome physical, verbal or non-verbal conduct of sexual nature. Whenever a woman is required to meet a male person in authority in his room or chamber, it would be ideal if a diary is maintained by the person in authority and the purpose of the visit and the meeting are recorded as far as practicable by the women in her handwriting and signatures of the woman as well as the male member are subscribed underneath. This should be a mandatory requirement at least in the form of a self-regulation which would definitely act as a check and deterrent against erring male members as well as possible frivolous complaints.

As an addendum to the Article "Regularisation of Plots" by the same author in "Legal Matters" the Government of Andhra Pradesh has issued the following GO where in the regularisation charges payable to the Government have been brought down. "MUNICIPAL ADMINISTRATION & URBAN DEVELOPMENT (M) DEPARTMENT G.O.MS.No. 102 Dated: 12-02-2020"

The Author Mr. TVSK KANAKA RAJU (M.NO. K-134) is a Senior Advocate Practicing in Visakhapatnam and Member of the Editorial Board, Waltair Times and can be reached at tvskkanakaraju@gmail.com

#MeTooIndia

"When I walk alone, I walk with all my senses on alert. I walk with aggression and hold a bag or something protectively against me, with my elbows ever-ready to shove someone in case they touch me. Do you know how stressful it is to walk like that, protecting yourself constantly, without letting your guard down? Do you realize how painful it is to think that you can't enjoy a good walk alone for the fear of being touched by a creep?"

- Sandhya Menon

Handwritten signature

A SOCIAL IMPACT - INITIATIVE



PROFILE OF PREMA SAMAJAM

1. Prema Samajam, Visakhapatnam is a Charitable Society established in Visakhapatnam City in the year 1930 under Registration No.2/1941-42(Annexure-1) under the Societies Act XXI of 1860. The Prema Samajam is brought under the purview of section 6(C) (i) of the Andhra Pradesh Hindu Charitable and Religious Institutions and Endowments Act, 1987 with effect from 26-9-1969, as per the orders of The Commissioner, Endowments Department, Hyderabad in R.C.No. J3/47528/87 Dt.16-11-1987 at Sl.No.24 by virtue of which the administration of the Prema Samajam and its properties are governed by the provisions of the A.P.Endowments Act 30/87 and the Rules framed there under.

Sri Maredla Satyanarayana was the founder of the Prema Samajam. Sri Kancharla Ramabrahmam was the Honourable First President of the Samajam.

The Samajam is doing the following services.....

1. Orphanage Section,
2. Destitute Home,
3. Leprosy Centre,
4. Narayana Seva(Nitya Anna Danam),
5. Last rites of unclaimed bodies,
6. Gosamrakshana, 33
7. Home for the Aged,
8. Free Medical aid to senior citizens,
9. Natural calamity relief Service,
10. Free Education for poor,
11. Free Tailoring classes,
12. Free Computer training,
13. Tribal welfare services,
14. Prema Diagnostic Centre.



2. Society is rendering services without any discrimination of Religion, race or creed, and 90 to 95% of our beneficiaries are belonging to SC, ST, and BC communities. PremaSamajam is also having a branch unit at Chodavaram Town in Visakhapatnam District. It is one of the oldest charitable institutes in Visakhapatnam which receives contributions from within and outside the city of Visakhapatnam.

3. Late Sri Kancharla Ramabrahmam First President of Prema Samajam from 1941-1945 & Late Sri K.S.Dutt Second President from 1946-1980 (Father of Present President Sri Kancharla Ramabrahmam and who is serving from last 9 years as a President of Prema Samajam.

4. And also Sri K.S.Dutt and Sri K.Ramabrahmam past Presidents of Waltair Club.

MANAGEMENT 2019-2021

1. SRI. KANCHARLA RAMABRAHMAM PRESIDENT
2. SRI BUDDHA SHIVAJI, VICE PRESIDENT
3. SRI MATTAPALLI HANUMANTHA RAO, VICE-PRESIDENT
4. SRI KONA JAGADISWARA RAO, HONOURARY SECRETARY
5. SRI G.RADHA KRISHNA, JOINT SECRETARY I
6. SRI KRALETI KRISHNA RAO, JOINT SECRETARY II
7. SRI A.BHASKAR VARMA, JOINT SECRETARY III
8. SRI D.V.BALAJI KUMAR, HONOURARY TREASURER



The article has been compiled and submitted by the Office Bearers of Prema Samajam.

MEDICAL ARTS - NO MALICE

SLEEPING BEAUTY

By Dr.Y.Jawahar

M.No.J-35



A good night's sleep is a must for good health and long life.

Sleep is a biological imperative and is the top priority. Scientists exploring the possible connections between inadequate sleep and decline in immunity.

The lack of it is also linked with risk of obesity and High Blood Pressure, Diabetes, Depression, Heart attack and stroke.

The healthy survivors of long life and diseases like cancer are those who sleep for 7 hours and the worst is 4 hours of sleep.. Too much sleep of more than 9 hours or more, are associated with higher risk of mortality.



A night's sleep of 8 hours is the best, to recover, even from 16 hours of work, or being awake. Less sleep costs reduced memory, focus, concentration and reaction time.

For all the organs in the body, to rejuvenate, to be alert, to work with full force, sleep is essential.

The chronic sleep deprivation, damages not only the mind, but the body too. This inadequate sleep in young people, the study says - develops "beer belly and pear bottom". It is a life style disorder.

The central command for sleep is in the brain - The hypothalamus. It is this, that inhibit or activate and in turn takes the hormone production. It is from this, the body gets the signal to go to bed' or to 'get up'/ wake up', and this, adjusts the body temperature, Blood Pressure, Digestive Secretions and the immune activity.

If a person suffering from insomnia - not getting enough sleep, the central nervous system will become more active and works on pancreas, from producing enough insulin. With over action of the central nervous system, it gives less production of insulin. It so, the digestion of glucose will be affected - hence the diabetes - is one factor.

In a sleep deprived state, when they woke up, their hunger and appetite increases for carbohydrate foods. It is the "Royal Road for Diabetes and Obesity".



Nurses normally sleepless, and the study says "will be heavier" than, those who sleep well for more than 7 hours.

The brain as it controls a lot, including the cardiac muscle, the ever beating heart, needs sleep too. During the sleeping night, the heart gets a break, that is drop in heart beats and reduction in blood pressure. A good nights sleep reduces the hypertension, without medication.

Even some cancers are rooted to sleep deprivation, increase in Breast Cancer linked with sleepless nights, upsetting the hormonal disturbance in its cycles.

Bright light suppresses the production of hormone melatonin, which allows levels of estrogen to increase.

When it is time for the darkness (night) for a long time, the sleeping time, but lights are on for work or otherwise, this confuses the women's clocks for the cycles.



It is not yet clear, and no knowledge, why the breast cancer is more in industrialized societies. Women should get enough sleep to cast away the cancers. Short sleepers have the risk, after the time spent on work during the day, the biggest temptation in the night is television, computers and entertainment on smart phones.

Sleeplessness is not only a safety issue for driving, but is for breathing, drinking and eating too.

"Healing night", Rubin said, is the science and spirit of sleeping dreaming and a fresh awakening.

Milk can help to sleep. Coffee interferes. Alcohol might help to fall asleep, but interrupts with the ability to stay asleep.

Susan Brink says "Bite the Bullet go to bed an hour earlier".

Well, as I have written earlier, the Alprazolam, is the queen of sleeping tranquilizer!

Bed time beats lulls to sleep, for many, is the secret.

So many staring at the skies and ceilings for house, struggling for unconsciousness. There are some famous bed time beats like Beethoven's Moon light Sonata and Ravel's pavane for dead infant - easy for the ear and emotionally unobtrusive- are good lullaby tunes.

The dreams thou, they are something else!

Gudipati Venkata Chalam, the famous telugu writer, wrote to me from Arunachalam in 1958.

"రాత్రి 9 గంటలకుజట్కాదిగి, తలుపుతట్టకు. నిద్రాదేవి

వెళ్ళిపోయిందో, తిరిగి ఈ రాత్రికిరాదు - చాలాఅభిమానవతి"

KundanLalSaigal sang for his beloved "SojaRajakumariSoja"

Sleep like a baby, Good night!.

References: Suan& Rosie of Los Angeles.

THE 10 RULES OF ikigai

1. Stay active; don't retire.
2. Take it slow.
3. Don't fill your stomach.
4. Surround yourself with good friends.
5. Get in shape for your next birthday.
6. Smile.
7. Reconnect with nature.
8. Give thanks.
9. Live in the moment.
10. Follow your ikigai.

From the book 'Ikigai: The Japanese Secret to a Long and Happy Life' by Hector Garcia and Frances Miran.



AGING GRACEFULLY

Some Mantras

Dr.V K Rao

Life begins at 60 NOT Re-tire but it is Re-Live

Life can begin at 60, it is all in your hands! Many people feel unhappy, health-wise and security-wise, after 60 years of age, owing to the diminishing importance given to them and their opinions. But, it need not be so, if only we understand the basic principles of life and follow them scrupulously.

Here are some mantras to age gracefully and make life pleasant after retirement.



While at the doctors office today, we were informed by a Nurse the proper way to use a medical mask. I didn't know about this before. I thought it would be helpful to share, Because I was using them wrong the entire time.

When using a medical mask you're suppose to use as follows:

Colored side out if you're sick and do not want to spread your germs around.

White side out (this is the filter part) for when you're not sick and you want to stop germs from getting in. I always just assumed the color (blue) side went outward.

The Nurse said the entire doctors office never knew either, until the supplier sent them "proper directions" for them this past week!

Hope this helps!

MANTRA-1

NEVER SAY I am Old/Aged

- There are **three ages** in everybody's Life.
- Biological: calculated based on your date of birth. We don't have a control on this.
- Chronological: determined by health condition. You can take care of your health with good diet, exercise, a cheerful attitude and activity filled vocations
- Psychological: depends on how old you feel. **A positive thinking, active life and optimistic attitude can reverse the psychological age.**

MANTRA- 2

Your health is top priority

If you really love your kith and kin, taking care of your health should be your priority so that you are not a burden to them. Try to become a joyful company to them

- ✓ Have an annual health check-up and take the prescribed medicines regularly.
- ✓ Do take health insurance coverage

TIT BITS

23 January, 1897.
A hero was born
with a dream of free India.
Salute to our true Hero
Netaji Subhas Bose.

Jai Hind!

BHARAT MATA KI JAI



MANTRA- 3

Neither ATM nor FDR

- ✓ Money is essential for meeting the basic necessities of life, keeping good health and earning family respect and security.
- ✓ Don't spend beyond your means even for your children. You have lived for them all through and it is time you enjoyed a harmonious life with your spouse.
- ✓ If your children are grateful and they take care of you, you are blessed.
- ✓ But, never take it for granted & presume that they are bound.
- ✓ Neither are you an ATM for them, Nor are they MFs/FDRs for you!
- ✓ Circumstances and situations can change and so can children attitude and their own compulsions towards you.



Money kept in the banks may not be really yours. When it is time to spend, just spend, treat yourself well as you're getting old!

MANTRA- 4

Detached Attachment

- Everybody Loves their children
- But just as there is a thin line between Need and Greed, so there is a thin line between Vatsalya and Vyamoha
- Greed and Vyamoha will lead ultimately lead to Dukha
- Adopt compromise, detachment and try to be friendly with children.
- Never argue with them on any topic—social, political or religious
- Because you may WIN the argument BUT may loose relationship and Cordiality
- It is not worth it at this stage!!!
- Remember that at this stage you require them more than they require you - **EMOTIONALLY** if not financially!!
- Thus , Adopt Detached attachment towards your children and shun Vyamoha.
- Just retain Vatsalya (affection) and enjoy the lee years of Life.

MANTRA- 5

Time left is precious

- It is almost like holding a horses' reins. When they are in your hands, you can control them. Imagine that everyday you are born again.
- Yesterday is a cancelled cheque. Tomorrow is a promissory note. Today is ready cash - use it profitably. Live this moment; live it fully, now, in the present.
- Yesterday is history, tomorrow is Mystery and Today is **TRUTH** what is present is in your hands
- Don't harp on yesterday achievements nor predict future course.
- The changed circumstances are the real **TRUTH**, Live with it and channelise your thoughts accordingly.

I LOVE INDIA

పుల్కామా ఉగ్రవాదిలో

అమరులైన

వీర జవాన్లకు హృదయ పూర్వక

అభినవాళి

జై జవాన్...జై హింద్

Vande Mataram

Feb -14th

Black day of INDIA

The FIVE Treasures of Old Age

Body	Keep your body healthy and fit to avoid physical dependence.
Funds	Manage your funds judiciously to last longer.
Companion	One of you will leave first, so give all your love and affection.
Attitude	Have a positive attitude to change for your own mental and emotional health.
Attachment	Practice detached attachment.



PADMA SHRI
2020

SUNDARAM VERMA

Social Work (Environment -
Afforestation) | Rajasthan | 68 Yrs

He planted 50,000+ trees in arid areas of Rajasthan with 100% survival rate, using just 1 litre of water per tree



PADMA SHRI
2020

ABDUL JABBAR

Social Work (Service)
Madhya Pradesh | 69 Yrs

Fought for fair treatment and rehabilitation of Bhopal Gas Tragedy survivors



PADMA SHRI
2020

ARUNODAY MONDAL

Medicine (Affordable Healthcare)
West Bengal | 66 Yrs

Has been tirelessly providing medical aid to the needy in remote Sunderbans for 2



PADMA SHRI
2020

JAVED AHMAD TAK

Social Work (Disyang Welfare)
Jammu & Kashmir | 46 Yrs

Has been improving the lives of Kashmir's specially-abled children



PADMA SHRI
2020

TRINITY SAIOO

Others (Agriculture - Organic)
Meghalaya | 52 Yrs

She spearheaded the women-led turmeric farming movement in Meghalaya, enabling the women farmers to their



PADMA SHRI
2020

HAREKALA HAJABBA

Social Work (Affordable Education)
Karnataka | 64 Yrs

A fruit vendor who devoted his life and life's earnings towards educating others



PADMA SHRI
2020

MOOZHIKKAL PANKAJAKSHI

Art (Puppetry) | Kerala | 70 Yrs

The only practitioner of Nokkuvidhya Puvakalli, a traditional



PADMA SHRI
2020

RAHIBAI SOMA POPERE

Others (Agriculture - Organic)
Maharashtra | 56 Yrs

Self-taught tribal woman famous globally for her work in agro bio-diversity conservation, particularly of



TIT BITS



PADMA SHRI
2020

TULASI GOWDA

Social Work (Environment)
Karnataka | 72 Yrs

Halakki Tribal woman known for possessing endless knowledge of plants and herbs



PADMA SHRI
2020

POPATRAO PAWAR

Social Work (Water)
Maharashtra | 60 Yrs

Transformed a drought prone village into a green model village



PADMA SHRI
2020

KUSHAL KONWAR SARMA

Medicine (Veterinary)
Assam | 60 Yrs

An extraordinary elephant doctor, helping Asia's endangered



PADMA SHRI
2020

USHA CHAUMAR

Social Work (Sanitation)
Rajasthan | 53 Yrs

Former manual scavenger, who through decades of service has become President of Sulabh International, at the forefront of environmental sanitation



PADMA SHRI
2020

JAGDISH LAL AHUJA

Social Work (Service)
Punjab | 84 Yrs

Has been selflessly organising langars for 500+ poor patients daily for over 2 decades



PADMA SHRI
2020

MOHAMMED SHARIF

Social Work (Service - Last Rites)
Uttar Pradesh | 80 Yrs life years

Bicycle mechanic who has been performing the last rites of thousands of unclaimed dead bodies for the last 25 years



THE ROAD AHEAD - 1



(CAREER CHOICES : EXPLORATION)

by Mr.C. V. S. Suri (M. No.S 333)

Hi there !!!

If you are a youngster in Senior School or College, this article is for you; and if you are wondering about what to do next, here are some thoughts for consideration:

Life is a precious gift. Some of us take longer to understand that, because we take it for granted. As part of the Waltair Club family, you are a Privileged Member of Society, being reasonably well placed economically, with access to the material comforts of life, healthcare, and education. This puts you in a very strong position to look ahead and plan for your future.

Vision and planning create the future. The Architect envisions the Building before it gets constructed; the Smart Phone gets designed before it gets manufactured. What about your life? How are you going to design it? Many people do not get to choose. You do.

There are two major approaches here. One is to run with the flow - after getting a proper educational grounding, join the Family Business/Profession or start your own Business or get into a promising career in the Industry, or Services sector whether in India or abroad. Perfectly alright.

The other approach is to consciously work out what/where your interests lie, what exactly drives you, and what kind of an impact you want to make with your life. Your choice of Profession could end up being the same, but your choice of approach makes all the difference!

Success requires Passion and Commitment and a desire to make an Impact. My point of course is, that if life is a gift, and you are a well-placed member of Society, you should seek to make a Positive Impact. That is how Societies progress. So, where do we start?

Exploration 1 : Ask yourself :

- Which field of Human Endeavor truly engages my interest and curiosity? Science, Medicine, Technology, Sports, Psychology, Business, Administration, Social work, Nature, Wildlife, Travel, Environment,.....?
- Is this a passing interest, being of general curiosity, or does it spark Drive and Energy to do something in this Space?
- Is this something that would serve as a Hobby or is it deep enough to become an area of Professional Interest where I wish to significantly contribute and make an impact?
- Make out a list of your top 3-5 areas of Interest.



Exploration 2 : Checking out the Options :

Most of the time and typically, we are risk-averse. In our Society this is natural and understandable. But what stops us from doing some Minor Experimentation and Exploration? Nothing really; we are just not used to it. Nothing ventured, nothing gained. Let's get some adventure in!

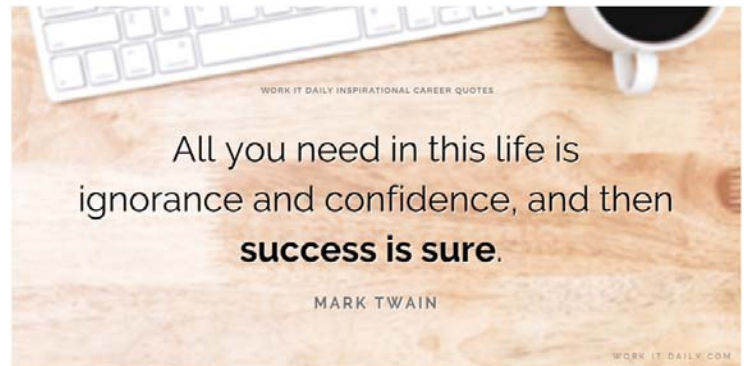
(Minor aside: Back in the days of Steam Engines, I once talked to an Engine Driver into letting me into the cabin; I shoveled Coal for 30 minutes- totally back-breaking. My reward was a panoramic view from the front, personally accelerating the train using the steam controls, and tooting the horn whenever I saw people!).

. If you are interested in Medicine, go spend some time in a Hospital: sit with Doctors, watch a surgery.

. If Business tickles your fancy, spend 2-4 weeks of your Summer Vacation interning with the Sales Department of a Company - there's no business without Sales, or even work in a Departmental Store!!!

. Want to become a Mariner? First, check out Vizag Port and see what happens there. Get permission to board a Ship and see the activity on Board, and interact with the Crew.

. What do Mechanical Engineers do? Go to the Vizag Steel Plant and interact with them.



. How does the Pharmaceutical Industry work - Plan a visit to the Pharma City, just a stone's throw away from Vizag.

. Social work? Check out the PremaSamajam, Sankar Eye Foundation or the Bhagavatula Charitable Trust and the wonderful work they do.

I think by now you are getting the drift. Speak to your Parents and Friends. Get as much exposure as possible into your areas of Interest. That will give you a better sense of your true calling,

of what drives you. All of the above Professions and a hundred more are well represented in the Membership of Waltair Club. That is why I say, you are privileged. Try and contact a Senior Experienced Member and get guided.

Life is indeed a Gift. Let's make it count for something.

Next time we will explore evaluation of options. Until then, Bye and take care. Happy adventuring too!!!



Author Mr. C. V. S. Suri is a Senior Member (M. No.S 333), an MBA from XLRI, Jamshedpur, and works with a large Industrial Group based at Hyderabad.

"ONE OF THE MOST UNDERRATED INDIANS"



RADHA BINOD PAL

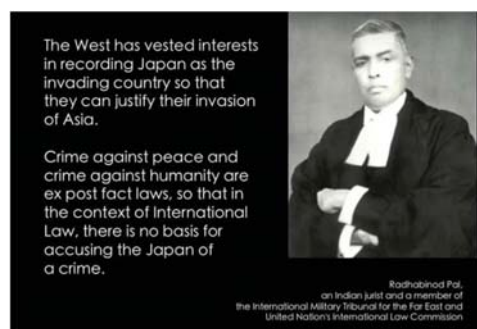
The day was 12th November, 1948. Tokyo Trials was going on in a huge garden house on the outskirts of Tokyo, for the trial of fifty-five Japanese war criminals including Japan's then Prime Minister Tojo, after losing WWII.

Of these, twenty-eight people had been identified as Class-A (crimes against peace) war criminals. If proved, their only punishment "death penalty". Eleven international judges hailing from all over the world are announcing their verdicts "Guilty" "Guilty" "Guilty" Suddenly one voice thundered, "Not Guilty!"



A calm silence descended across the hallway. Who was this lone dissenter? His name *Radha Binod Pal* and he is from India. But in India nobody really knows him. Before going to Tokyo, he was one of the Calcutta High Court Judges and for two year he was also the Vice-Chancellor of The University of Calcutta. Born in 1886 in the Kumbh District of East Bengal (now Bangladesh), he was the son from an impoverished family. In his early childhood, his mother took shelter with her son in a village called Chuadanga, adjacent to the neighboring village.

For the sake of a living, his mother used to take care of the house hold activities and tend the cows. During the feeding of the cows, the boy used to travel around the local primary school and when the teacher taught in classrooms, he used to listen in awe from the outside. One day the school inspector came for his routine inspection.



He posed some questions to the students. Every pupil was generally silent. This boy shouted from outside the classroom window.... "I know the answer to all your questions." The boy answered all the questions one by one. The Inspector was wonderstruck.. He asked, "Which class do you read?"

The hesitant answer came, "... I do not read...I just graze cows. "Everyone was shocked to hear that. Calling the head master, the school inspector instructed the boy to be admitted in school as well as be provided some monthly stipend. This is how the formal education of Radha Binod Pal started. Then after passing the school final with the highest marks in the district, he was admitted to Presidency College. After finishing M Sc. from the University of Calcutta, he studied Law again and got the Doctorate therein.

Let's come back to the International Court of Tokyo episode. In his convincing argument, the rest of the jurists signaled that the Allies (victors of WWII) also violated the Principles of Restraint and Neutrality of International Law. In addition to ignoring Japan's clear surrender hints, they had killed two hundred thousand innocent people using deadly nuclear bombs. Most of the judges were thus forced to drop many of accused from Class-A to Class-B, seeing this logic written in twelve hundred thirty-two pages by Radha Binod Pal.

These Class-B war criminals were saved by him from sure death penalty. His verdict in the international court gave him and India a truly world-famous reputation. Japan respects this great man till this day. In 1966 Emperor Hirohito awarded him the highest civilian honor of the country, 'Kokko Kunsao'. Two busy streets in Tokyo and Kyoto have been named after him. The law has been included in the syllabus along with this famed judicial sentencing. In front of the Supreme Court of Tokyo, his statue has been erected.



Irrfan Khan's 'Tokyo Trial' Tells the Story of a Forgotten Indian ...

In 2007, Prime Minister Shinzo Abe expressed his desire to meet his family members in Delhi and met his son. Dr. Radha Binod Pal's name (27 January 1886 - 10 January 1967) is remembered in the history of Japan. In Tokyo, Japan, he has a museum, a street and a statue in Yasukuni shrine in his honour. Japan University even has a research center in his name.

Because of his just judgment on Japanese war criminals, the Chinese people hate him. He is also the author of many books related to law. In India, almost nobody acknowledges or even knows him for his astute jurisprudence! A Hindi movie was made on his exploits, starring Irrfan Khan, but that movie never made any headlines. *So we see how this great man of justice is actually one of the most underrated Indians.

This content has been compiled from the Web by Mr. P. S. Raju, FCA., a Senior Practicing Chartered Accountant at Visakhapatnam and Vice President of Waltair Club and Editor Waltair Times and can be reached at psraju@gmail.com.



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Margaret Hilda Thatcher, Baroness Thatcher, LG, OM, DStJ, PC, FRS, HonFRSC (née Roberts; 13 October 1925 - 8 April 2013) also known as the Iron Lady, was a British stateswoman who served as Prime Minister of the United Kingdom from 1979 to 1990 and leader of the Conservative Party from 1975 to 1990. Born: 13 October 1925,

Grantham, Lincolnshire Died: 8 April 2013, The Ritz London Spouse: Denis Thatcher

With the sad news that Margaret Thatcher passed away this morning aged 87, from a stroke, we have unfortunately put together a bunch of Margaret Thatcher jokes. This isn't to cause offence to anyone, but you wouldn't be clicking on this link unless you were an unpleasant person...so here goes. I've just seen that

Maggie Thatcher died from a stroke. What was she stroking, a fucking tiger? Philip, Green Park

Margaret thatcher died after having a stroke! I've been having a stroke for years and I'm fine... Liz, Kensington
Any excuse for a drink, I was straight down the Pub. "What you having", the barman said. "Thatcher's best please" I replied So, he leant over and gave me a stroke. Boris, Westminster. I knocked on my neighbors door earlier and said "The bitch is dead". He said "I know, its brilliant news, we are definitely going to be partying tonight!" Funny, I thought he'd be more upset that I had run over his dog. Ken, Victoria

There is one good thing about Thatcher that nobody can deny - even in death she made millions of people happy. Charlie, Cambridge

I've just seen the plans for Margaret Thatcher's grave...Its beautiful - but I think they should have made the dance floor bigger. Harry, Windsor
When I realized Margaret Thatcher was dead, I did a double fist pump and shouted, "Fucking brilliant!" Everyone around me was disgusted, and looking back, I suppose it was out of order. Especially as I was the first paramedic at the scene. Ed, South London. Plans have begun for Margaret Thatcher's state funeral. It'll be the first time ever the 21 gun salute is fired into the coffin. Will, Devonshire.
What do Margaret Thatcher & Prince Andrew have in common?

...They both shafted miners! Why did Margaret Thatcher hate the Trade Unions? Because they include u and i but not her.

My swimming teacher asked me what my favorite stroke was I replied "the one that finished off Thatcher". What's an Irish swimmer's favorite stroke? Margaret Thatcher's, Gorbachev, Reagan, and Thatcher all meet God. God says "I'll answer one question from each of you." Reagan asks "How long will it be before the American people are happy, healthy, and living in prosperity?" God replies "50 years." Reagan starts to weep, and says "I won't live long enough to see it!" Thatcher says "Wh... read more." Grandpa, tell the story again when you broke a duck's neck with your erection at your brother's wedding! "Well, children, the year was 1922. I had nothing more than a flat cap, a shovel, and my favorite pint glass to my name. It was around the time where cars were a brand new luxury and a lass would let you put a thumb in her bum just to honk the horn. Well as luck would have it, I was out peat poaching ... read more. When Thatcher ruled it was Thatcherism! Does that mean we now have Mayhem? Margaret Thatcher takes the cabinet out for dinner

Margaret Thatcher takes the cabinet out for dinner. The waiter comes along and asks her what she will be eating tonight. Margaret replies, 'I'll have the steak. The waiter then asks, 'What about the vegetables? To which Margaret says, 'They'll have the same as me. Margaret Thatcher has only been in hell for half a day..... but she's already sorted out Satan's budget deficit, busted up the demons' union and made Hitler cry during a debate. An Irish swimmer, A British swimmer and an American swimmer were at the Olympics. The American asks "What's your favorite stroke?" Mines the butterfly. "The British swimmer says "The backstroke. "The Irish swimmer says "Margaret Thatcher's". My toddler refused to get her PJs on because she was watching The Iron Lady, a biopic about Margaret Thatcher, along with our family. I said, "Looks like we have a minor strike on our hands. "So it looks like there was a pedophile ring operating at the heart of Thatcher's government.

I don't know why everyone's so shocked, they were well known for fucking miners. First Thatcher dies, then Ferguson retires... Somewhere there is a scouser with a lamp and one wish left. So excited to go and watch 'the Evil Dead' next week. Anyone else going to Thatcher's funeral? Bring 'em on! Post em all here. Some topical jokes for the Brits: Government cuts bite deep as former prime ministers slashed by 25%. What's the difference between Margaret Thatcher and Jimmy Savile? Nothing: they're both dead and fucked miners. Margaret Thatcher has died peacefully following a stroke at the age of 87. I for one am truly devastated a... read more. A child asks his father about the origins of surnames. 'Well Johnny, you see that surnames originate from the professions. For example, Margaret Thatcher's surname shows that she has the origins of a roof thatcher,' says the father.' Oh do you have any other names that you could tell me?' pleads little Johnny. 'Well of course there... read more. Bob and Uncle Angus, An American named Bob discovers that he has a long-lost Irish uncle named Angus. Bob travels to Ireland to visit Uncle Angus. They are sitting on the porch of Angus's cottage that evening, looking down on the village at the base of the tall hill Angus lives on. Bob turns to Uncle Angus and ... read more. What do you call an old, dead, bloodsucking leech?

Margaret Thatcher. A joke for (and by) Northern Irish people. Made from two redditors' comments on the death of Paisley. "Thatcher and Paisley within 18 months of each other; somewhere in West Belfast there's a bloke wondering what his third wish should be.

Thought you couldn't make jokes about. Margaret Thatcher's funeral, Rolf Harris's arrest or Justin Bieber's comments about Anne Frank? You haven't spent much time on Twitter, dear friend.

Yes, the 'microblogging website' (copyright: all papers five years ago) has provided a running - and often very funny - commentary on all these events and more this week. We've rounded up some of our favorite tweets as usual - and hopefully you'll agree that we've stayed on the side of 'generally tasteful'.

From Big Ben being silenced to Samantha Brick once again refusing to be, check out some of the wittiest Twitter comments on this week's news below. We think it's what Lady Thatcher would have wanted. Possibly.



Compiled from the Web by Mr. P. S. Raju, FCA., a Senior Chartered Accountant in practice at Visakhapatnam and Vice President, Waltair Club and Editor, Waltair Times and can be reached at psraju@gmail.com.

PUZZLES, SUDOKU CHESS, BRIDGE

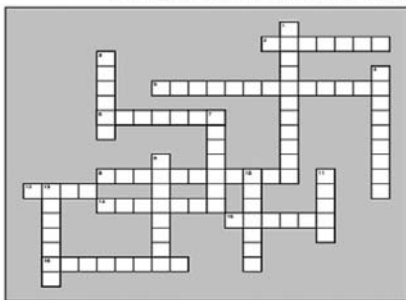
PUZZLE

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Cross word puzzle: Investigations

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infer
observe
examine
revealed
inconceivable
aspects
link
detective
inquisitive
inspect
conclude
inquiry
analyze
mental
deduce
investigate

Across

2. a question
5. unimaginable
6. to examine all the parts of something in order to understand it
9. to look into a situation (often a crime, but it can also be a mystery)
12. a connection; one part of a chain
14. to notice or watch
15. to figure out something unknown by considering all its known aspects and reasoning it through
16. to consider the evidence and then decide what is true or correct (OR to end something)

Down

1. curious; wants to understand things
3. related to the mind
4. a person whose job is to find or recognize the hidden information needed to solve a crime
7. to look closely at something
8. shown or made known
10. different sides or ways of looking at something
11. to make a logical guess that something is true based on the evidence, although the evidence is not clear enough to be absolutely certain
13. to look at something carefully to find problems or specific information

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SUDOKU

Sudoku : Hard Set 1
Puzzle 1



Name: _____

Solve each Sudoku puzzle!

8	5			1			6
		7		6	4	1	
		4		7		5	9
2				5	6		4
6			1		9		7
7	1		4				9
	1	9			4	6	
	9	6		8			7
7		6					1

		4	6	2			1
	1			4		3	6
3	6	1					4
		1		6		2	4
	3	5			4		1
2					8	6	
7	2						3
		6	5	3		4	
4				1		6	

3	8			1			6
	6		8	9			2
		1			3	9	8
6		4	2	3			
	8		1		6	4	
	1	2		4			3
	3		6		2		8
2				8	4		6
8						2	7

3			1			2	6
1	9			8			3
		5	6		3	1	
	3			9			2
5	1		2				3
9	6	2					1
		1	9	6		3	
8	3		1				6
	2				5		4

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CHES

Morphy vs. Allies, Paris Opera 1858

Often called the "Opera Game," Paul Morphy's informal masterpiece played against the Duke of Brunswick and Count Isouard is the first complete game shown to many beginning and intermediate players. It illustrates the value of development, centralization, and king safety, but most important, it is the perfectly concise game to illustrate the beauty of chess. What chess player can fail to smile at 10.Nxb5!, 13.Rxd7!, and 16.Qb8+!!?



Morphy won this game in the midst of his European Tour where he easily defeated the other great players of his day before virtually retiring from chess to pursue law in New Orleans.

"I really think it's the game we all wish we could play-giving up pieces one after another, reaching a crescendo with a queen sacrifice before ending it all. There'd be no purpose to studying chess if learning its secrets didn't give one the ability to astound or crush an opponent. The Opera Game, which I learned about when I started chess, was a promise. It proved to me that the game was worth studying, because if I did, someday I might be able to play a game like that too." - @Shaun.

BRIDGE



SIMPLE SCORING READY RECKONER (Non Vul)

CONTRACT DEFEATED :- 50 pts per trick short
(regardless of denomination).

Contract Made		
BID	TRKS	SCORE
1♣	7	70
	8	90
	9	110
	10	130
	11	150
1♦	12	170
	13	190
	7	80
	8	110
	9	140
1♥	10	170
	11	200
	12	230
	13	260
1♠	7	90
	8	120
	9	150
	10	180
	11	210
1 NT	12	240
	13	270

Contract Made		
BID	TRKS	SCORE
2♣	8	90
	9	110
	10	130
	11	150
	12	170
2♦	13	190
	8	110
	9	140
	10	170
	11	200
2♥	12	230
	13	260
	8	120
	9	150
	10	180
2♠	11	210
	12	240
	13	270
	9	110
	10	130
2 NT	11	150
	12	170
	13	190
3♣	10	430
	11	460
	12	490
3♦	13	520

Contract Made		
BID	TRKS	SCORE
3♥	9	140
	10	170
	11	200
3♠	12	230
	13	260
3 NT	9	400
	10	430
	11	460
4♣	12	490
	13	520
4♦	10	130
	11	150
	12	170
4♥	13	190
	10	420
	11	450
4♠	12	480
	13	510
4 NT	10	430
	11	460
	12	490
5 NT	13	520

Contract Made		
BID	TRKS	SCORE
5♣	11	400
	12	420
	13	440
5♦	11	450
	12	480
	13	510
5♥	11	460
	12	490
	13	520
5♠	12	920
	13	940
5 NT	12	980
	13	1010
6♣	12	990
	13	1020
6♦	13	1440
	13	1510
	13	1520
6♥	13	1520
	13	1520
	13	1520
6♠	13	1520
	13	1520
	13	1520
6 NT	13	1520
	13	1520
	13	1520
7♣7♦	13	1520
	13	1520
	13	1520
7♥7♠	13	1520
	13	1520
	13	1520
7NT	13	1520
	13	1520
	13	1520

Compiled from the Web by Mr. P. S. Raju, FCA., a Senior Chartered Accountant in practice at Visakhapatnam and Vice President, Waltair Club and Editor, Waltair Times and can be reached at psraju@gmail.com.

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

Use of mobile phone inside the enclosures maybe avoided. Mobile phones should be used with absolute discretion so as not to cause any disturbance to other Members.


11) Member to enter Guest details in the Register at the Reception. Guest must be accompanied by the Member.


AFFILIATED CLUBS





BOWRING INSTITUTE, BENGALURU.

Bowring Institute is one of the finest club in Bengaluru that illustrates the spirit of the garden city with a perfect blend of luscious green space and local heritage

Bowring Institute is one of the few heritable clubs in India. With one hundred and seventy six affiliated clubs currently spread across India and Overseas, Bowring has been able to sustain a perfect blend of the traditional age while keeping its pace with cosmopolitan times.  resort's like ambience with spacious rooms, lawns and banquets are ideal for residential conferences and social gatherings. Its multi-cuisine restaurant complements it with fine dining, vibrant bars and brilliant health and wellness services.

Its foundations were laid in 1868 by B. L. Rice CIE who was the Director of Public Instruction in Mysore and the author of the Mysore Gazette. Renowned for making a strong camaraderie with its guests and members,  redefines the tradition of hospitality in an interestingly modern way to create unique experiences and lifelong memories.

Bowring has a cosmopolitan group of over 5,000 Members, comprising of all sections of the Society and the largest daily attendance of any Social Club in the State. The Main Building of the  has been declared as a 'State Protected Monument' that is featuring a historical Main Hall and a Reading Room with its heritage dating back to 1888.  is a Social Club in the truest sense of the word providing elaborate Multi-Sports facilities such Tennis, Badminton, Squash, Billiards, Snooker and Swimming Pool, Health Club and Guest Quarters with ATM facility.



TERMS AND CONDITIONS FOR ACCOMMODATION:

1. 24 hours check-out time.
2. Can be booked only by members of affiliated clubs and members of Bowring Institute for their guests.
3. Mode of payment is cash / DD. (Cheques are not accepted).
4. Club members should carry their letter of introduction & ID card of the parent club as a mode of introduction.
5. Total visits permitted is 3 days at a stretch.
6. Affiliated Members/ Member's Guests can stay for 30 days in a calendar year.
7. Guests of reciprocal members are not allowed.
8. Dress code for the guests is formals or casual wear. Shorts are not permitted except in the sports area.

FACILITIES:



AFFILIATIONS

The Bowring Institute being one of the elite clubs in India, it is affiliated to many equally prestigious clubs pan India. Bowring members can enjoy the hospitality of more than 100 premium clubs across the country and clubs in Dubai and Singapore as well.



CONTACT DETAILS;

Bowring Institute #19, St. Marks Road, Bengaluru, Karnataka, India, 560001, 080-22228881, admin@bowringinstitute.in

AJMER CLUB - AJMER:



About us

The Ajmer Club was registered under section 26 of the Companies Act of 1882 as a Limited Company not working for profit, after a license had been obtained from the Local Government, as No.III of 1891, on 9th November 1891, and the Articles of Association were delivered and registered on 12th November 1891.

The original Memorandum and Articles of Association were altered by special resolutions passed at a general meeting on 3rd December 1915 and confirmed at a general meeting on 18th December 1915 and the revised Memorandum and Articles included in this issue of Club Rules were duly registered.

The Club is not precluded from making profits, but must apply those profits in promoting its objects and may not pay a dividend to its members, vide Section 26 of Companies Act.

The Companies Act of 1882 was repealed by the Companies Act of 1913 which was repeated by the Companies Act 1956 (1 of 1956). The Club is presently deemed to be a company registered under the Registrar, Non Trading Companies Act 1960 (13 of 1960), and the provisions of the latter Act now apply to the Club vide section 290 of Companies Act of 1913 and Section 38 of Companies Act of 1882.

The Articles of Association were further revised in 1946 to bring them into line with the amendments of 1936 to the Companies Act. Further amendments were made from time to time.

FACILITIES & SERVICES



Tennis court two (with flood light)



A.C.Billiard hall With two tables



Card Room



Wooden Badminton courts two



Table Tennis



A'C . Licensed Bar



Two conference halls with all infra structure



Air Condition health club gymnasium



Restaurant



Squash Court



Residential rooms



Baradari (New wing)



Old Wing



Total 14 A.C. rooms with all luxurious facilities



Air Cooled room

Reciprocal Club Information Sheet

Total Area	:	40,000 Sq. Yds
Established	:	1883
Total no. of Members	:	717 (Seven Hundred Seventeen)
Club Timings	:	6:00 am to 12:00 midnight
Residential Rooms	:	15 Rooms out of which 14 A. C. & 1 Air Cooled
Length of Stay Permitted	:	Seven to Ten Days in a month or Thirty days in Year
Reservation	:	On advance payment & availability

Ajmer Club - Contact Information

Name & Address	:	
Civil Line, Ajmer (Rajasthan) India	:	
Telephone Nos	:	0145-2627003; 2624303
Contact person	:	Mob. No. 7737520220 (Rajendra Prasad Mathur)
Website	:	www.ajmerclub.co.in
e_mail address	:	ac.ajmer@rediffmail.com
Contact Persons	:	Between 11 am to 3 pm and 7 pm to 9 pm

" The above compiled from the Web by Mr. P. S. Raju, FCA., a Senior Practicing Chartered Accountant based at Visakhapatnam and Vice President-Waltair Club & Editor-Waltair Times and can be reached at psraju@gmail.com"

CLUB TIMINGS



1) CLUB HOURS: The Club shall remain open as follows:

1. On all days 6.00 A.M To 11.00 P.M.

Bar shall be closed at 10.30 P.M. every day

Office: Monday To Friday	:	9.00 A.M. to 1.00 P.M. 4.00 P.M to 8.00 P.M
Saturday	:	9.00 A.M. to 1.30 PM
Sunday	:	Holiday

1) TIMINGS & TARIFF FOR VARIOUS SPORTS & GAMES IS AS UNDER:

a) SWIMMING POOL:

For all Members & Children above 12 years:

Timings	:	6.00 A.M. TO 9.00 A.M. & 4.00 P.M TO 8.30 P.M. Monday Closed.
---------	---	--

For Ladies On	:	4.00 P.M. to 5.30 P.M. – All Days
---------------	---	-----------------------------------

Tariff: Member Rs.400/- Month
Each additional family Member Rs.50/-

Health Club: Monday Closed

6.00 A.M. To 10.00 A.M. – All Members, Ladies & Children

4.00 P.M. To 8:30 P.M. - "

TARIFF

Rs.400/-	-	Member/Month
Rs.30/-	-	Member/visit (if he has not Taken a Monthly Card).

b) BILLIARDS & SNOOKER:

For Members:

10.00 A.M to 10.00 P.M. = Monday to Saturday.

TARIFF:

1. Per an Hour	-	Rs.40/-
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c) SHUTTLE: The Shuttle Court is open between 6.00 A.M. to 9.00 A.M. and 4.00 P.M. to 8.30 P.M. on all days.

TARIFF:

1. For Member per month	-	Rs.300/-
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d) TENNIS: The Tennis Court is open between 6.00 A.M. to 9.00 A.M and 3.00 P.M to 7.00 P.M on all days except Monday which is holiday.

TARIFF: For Member per Month	-	Rs.400/- per head.
------------------------------	---	--------------------

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Character *Before* Competence

DISCIPLINARY COMMITTEE

2019-2020

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9848198411	sbe_satish@yahoo.co.in
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2019-2020

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FLIGHT TIMINGS

9I-539	-	0655	DAILY	ALLIANCE AIR	-	VJAYAWADA/BLR	
I5519/ I5518	0645	0710	DAILY	AIRASIA	KOLKATA	KOLKATA	
AI 952/AI - 452	0715	0750	DAILY	AIR INDIA LTD	DUBAI/H'BAD	DELHI	
6E-288/6E-287	0700	0745	DAILY	INDIGO	BANGALORE	BLR/AHME	ON 7 DAY DEP BLR/PUNE
6E-2719/6E-608	0735	0805	DAILY	INDIGO	DELHI	HYDERA/MUMBAI	
AI-485	0740	0815	1,4,6	AIR INDIA	DELHI	PORTBLAIR	
6E-557/6E-557	0755	0825	DAILY	INDIGO	CHENNAI	BUBANESAR/KOL	
6E-6211/6E-2726	0825	0855	DAILY	INDIGO	HYDERABAD	DELHI	
SG-421/SG-422	0850	0920	DAILY	SPICEJET	MUMBAI/HYDE	HYDERA/MUMBAI	WEF 28/10/18
6E139/6E833	0855	0925	DAILY	INDIGO	KOLKATA	KOLKATA	
AI-487	0905	0940	1,5	AIR INDIA LTD	DELHI	PORT BLAIR	
6X207/6X208	0935	1005	1,2,3,4,5,6	AIR ODISHA	JAGDALPUR	JAGDALPUR	
I5-1452/I5-1453	1000	1025	2	AIRASIA	BANGALORE	BANGALORE	
I5-1452/I5-1453	1040	1105	1,3,4,5,6,7	AIRASIA	BANGALORE	BANGALORE	
6E-879/6E-881	1140	1210	DAILY	INDIGO	AHMEDABAD/HYD ERABAD	CHENNAI/ COIMBATORE	
AI-486	1145	1215	2,3,5,7	AIRINDIA	PORT BLAIR	DELHI	
6E833/886	1210	1240	DAILY	INDIGO	KOLKATA	KOLKATA	
6E-366/6E-809	1225	1300	DAILY	INDIGO	MUMBAI/H'BAD	H'BAD/MUMBAI	
9W-2979/9W-2980	1315	1345	DAILY	JETLITE	MUMBAI	MUMBAI	
9I-540/9I-527	1320	1500	DAILY	ALLIANCE	BLR/VJWADA	BZA-TIR	
AI 651	1335	1415	DAILY	AIR INDIA	MUMBAI	MUMBAI	
6E-409/6E-422	1405	1435	DAILY	INDIGO	BANGALORE	BANGALORE	
6E-512 /6E-512	1425	1455	DAILY	INDIGO	KOLKATA/ BUBANESWAR	CHENNAI	
AI-488	1435	1515	1,5	AIR INDIA	PORT BLAIR	DELHI	
SG1056/SG1057	1445	1510	DAILY	SPICEJET	HYDERABAD	HYDERABAD	
6E626/6E783	1550	1620	DAILY	INDIGO	HYDERABAD	HYDERABAD	FROM DEC 16
6E531/6E0532	1620	1700	DAILY	INDIGO	COCHIN	COCHIN	FROM NOV 30
AI -451/AI-951	1715	1800	DAILY	AIR INDIA	DELHI	H'BAD/DUBAI	
6E-611/6E-2772	1800	1830	DAILY	INDIGO	HYDERABAD	DELHI	
6E-208/6E-216	1820	1900	DAILY	INDIGO	BENGALURU	BENGALURU	
6E-773/6E-776	1850	1920	DAILY	INDIGO	HYDERABAD	HYDERABAD	
6E-882/6E-883	1945	2015	DAILY	INDIGO	COIMBAT/ CHENNAI	H'AD/AHMEDABA	
9I-528	2020	-	DAILY	ALLIANCE	TIRUPATI/VJWADA		
I5-1458/I5-1459	2030	2055	DAILY	AIRASIA	BANGALORE	BANGALORE	
6E-622/6E-647	2040	2110	DAILY	INDIGO	BANGALORE	BANGALORE	
SG3471/SG3292	2120	2200	DAILY	SPICEJET	KOLKATA	KOLKATA	
SG1059/SG-1060	2115	2140	DAILY	SPICEJET	HYDERABAD	H'BAD/MUMBAI	WEF 28/10/18
AK83/AK82	2125	2155	2,4,6,7	AIRASIA	KULALAMPUR	KULALAMPUR	
6E-2197/6E-742	2135	2205	DAILY	INDIGO	DELHI	HYDERABAD	
M442/M441	2220	2310	3,5,7	SILK AIR	SINGAPORE	SINGAPORE	
6E-838/6E-839	2240	2310	DAILY	INDIGO	BANGALORE	BANGALORE	
6E-437/6E-538	2325	2355	DAILY	INDIGO	CHENNAI	CHENNAI	
FD 116	2345	0015	1,3,5,7	THAI AIRASIA	DONMUEANG(BA NGOK)		FROM DEC 7
FD117			1,2,4,6			DONMUEANG (BANGOK)	

FLIGHT TIMINGS

EX VIZAG-HYDERABAD

Ex Hyderabad-Visakhapatnam

INDIGO FLIGHT

01) VTZ-HYD—6E-608———07:55——09:10
 02) VTZ-HYD—6E-809———13:00——14:15
 03) VTZ-HYD—6E-783———17:30——18:50
 04) VTZ-HYD—6E-776———19:20——20:30
 05) VTZ-HYD—6E-883———20:15——21:30
 06) VTZ-HYD—6E-742———22:05——23:20

SPICEJET

07) VTZ-HYD—SG-422———09:25——10:35
 08) VTZ-HYD—SG-1057———15:10——16:35
 09) VTZ-HYD—SG-1060———20:55——22:10

AIR INDIA

10) VTZ-HYD—AI-951———18:00——19:10

01) HYD-VTZ—AI-952—06:10———07:20
 02) HYD-VTZ—SG-421—07:45———08:55
 03) HYD-VTZ—6E-366——11:15——12:30
 04) HYD-VTZ—6E-626——15:55——17:00
 05) HYD-VTZ—6E-611——16:50——18:00
 06) HYD-VTZ—SG-1059——18:55———20:30

07) HYD-VTZ—6E-6211—07:20———08:15
 08) HYD-VTZ—6E-879—10:35———11:45
 09) HYD-VTZ—6E-773——17:35———18:50

10) HYD-VTZ—SG-1056—13:35———14:50

EX VIZAG-BANGALORE

Ex Bangalore-Visakhapatnam

AIR ASIA

01) VTZ-BLR——I5-1453——11:05——12:40

INDIGO

02) VTZ-BLR——6E-422——14:45——16:20
 03) VTZ-BLR——6E-216——19:00——20:35

01) BLR-VTZ——I5-1452——09:10———10:40

02) BLR-VTZ——6E-109——12:45———14:15
 03) BLR-VTZ——6E-608——16:50———18:20

EX VIZAG-CHENNAI

EX Chennai-Visakhapatnam

INDIGO

01) VTZ-MAA—6E-881———12:15——13:40
 02) VTZ-MAA—6E-512———15:00——16:20
 03) VTZ-MAA—6E-6001———17:55——19:05

01) MAA-VTZ——6E-557———06:40———08:10
 02) MAA-VTZ——6E-6834——16:00———17:25
 03) MAA-VTZ——6E-882———17:55———19:15

EX VIZAG-MUMBAI

Ex Mumbai-Visakhapatnam

INDIGO

01) VTZ-BOM—6E-608———07:55——11:25

SPICEJET

02) VTZ-BOM—SG-422———09:25——12:30

AIR INDIA

03) VTZ-BOM—AI-651———14:15——16:20
 04) VTZ-BOM—AI-653———21:30——23:40

01) BOM-VTZ———SG-421———05:45———08:55

02) BOM-VTZ———6E-366———09:15———12:30

03) BOM-VTZ———AI-651———09:50———13:35
 04) BOM-VTZ———AI-652———19:10———20:50

EX VIZAG-DELHI——

EX DELHI-VISAKHAPATNAM

AIR INDIA

01) VTZ-DEL——AI-452———08:40——11:20

INDIGO

02) VTZ-DEL——6E-2726———08:55——11:25
 03) VTZ-DEL——6E-2772———18:30——21:10

SPICEJET

04) VTZ-DEL——SG-8904———11:55——14:20

01) DEL-VTZ———6E-2719———05:20———07:25

02) DEL-VTZ———SG-8903———09:10———11:25
 03) DEL-VTZ———6E-2197———19:25———21:35

04) DEL-VTZ———AI-451———15:00———17:20

EX VIZAG-KOLKATA

EX KOLKATA-VISAKHAPATNAM

AIR ASIA

01) VTZ-CCU——I5-518———07:00——08:35

INDIGO FLIGHT

02) VTZ-CCU——6E-557———08:50——10:30

* SCHEDULE IS SUBJECT TO CHANGE

* PASSENGER SHOULD ENQUIRY BEFORE BOOKING/TRAVEL

01) CCU-VTZ——I5-519———05:10———06:35

02) CCU-VTZ——6E-512———12:20———14:00

ENQUIRY NOS.

* 6E – INDIGO FLIGHT

9910383838

* SG – SPICEJET

9871803333

* AI- AIR INDIA

18602331407

* I5 – AIR ASIA

08046662222

* VISAKHA AIRPORT

08912851169

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Care Hospital, Ramnagar	3041444/ 2522622
ESI Hospital - Malkapuram	2577195
ESI Hospital - Industrial Estate	2558209
ESI Hospital - Ramnagar	2553780
Golden Jubilee Hospital	2748050, 2748037
Ghosha Hospital	2562637
K.G.H.	2564891,
	Casulity (2542987)
	Blood Bank : 2543342
Kanakadurga Nursing Home	26667201
Latha Hospital(Daspalla Hills)	2736116
Lazarus Hospital	2780780,2784784
Mental Hospital	2570915
Queen's NRI Hospital	2535063/ 2535752
Seven Hills Hospital	2535488, 6677777
TB Hospital	2552525
Sunrise Children's Hospital	9550377799
Onmi RK Super Speciality Hospital	3080300
Mahatma Gandhi Cancer Hospital	2878787
LV Prasad Eye Institute	6714000
Visakha Eye Hospital	3042525
Vasan Eye Care Hospital	3989000
Lotus Hospital for Women	6656666
Star Pinnacle Hospital	6769977,6769978
RK Hospital	2764411
Govt.ENT Hospital	2711443
Krishna Hospital	2706628
Sankar Foundation Eye	9152769228
St. Joseph's Hospital	2706974

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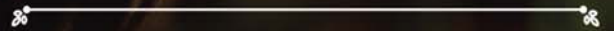
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