



# WALTAIR TIMES

Vol. 26 | Issue 6 | June 2022



House Journal of The Waltair Club, Visakhapatnam



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## From the President's Desk



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#### **SENIOR CITIZEN COMMITTEE**

D.RAJAGOPALA REDDY R-065  
9440327050

Thank you for an outstanding year 2021-2022 (December to June). Congratulations to all of you on the conclusion of an outstanding Club year.

The Managing Committee has dealt with difficult issues from legal to funding, to maintenance of the club but through it all the Managing Committee members have produced excellent work that continues to move, Waltair Club forward on our strategic mission, vision and values.

Progress continued at a fast pace and the Managing Committee members have put in the best of efforts which allowed the year to go by without any hurdle. I also thank all the members for attending all the programs conducted in the year in large members.

Few of those standout events were Bhogi, Holi, Ugadhi, Sri Rama Navami, Iftar party and the May Queen Ball apart from the regular events like Movies, Tambola, Beer n Biryani, Senior Citizen's Meet etc. All of us are trying to provide a conduit for privilege, diversity and multiculturalism as per the vision of the club. The main objective was to create of a positive atmosphere and bring all the members together as well.

Diversity is one true thing we have in common, and diversity should be a celebration every day. Imagine a club where diversity is recognized and respective cultural differences are acknowledged, celebrated and contributions from all the members is encouraged and members are empowered to explore their full potential.

I hope the Managing Committee could serve everyone to the best of our abilities and as well as take this opportunity to thank everyone for your support. Please do not hesitate to call any of the members of Managing Committee if there is anything we can do for you.

Sincerely,

**Dr.S.V.H.RAJENDRA**



# From the Editor's Desk

Greetings!!

The scorching summer wasn't a deterrent for Club activities. Conversely though, the serenity of the club environs encouraged children and members to spend the evenings with sports, games and swimming. So cheerful, to say the least!

It's been an eventful month - although restricted to air-conditioned spaces. The inclusions in the magazine are as below:

- Summery Sunday Bazaar was hugely encouraging with numbers that surpassed expectations, by the Ladies Committee.
- The Presidential cup for volleyball and cricket was a 2-day event sport festival.
- A first of its kind ever in the club, Iftar was organized with Qawwali in the month of Ramzan.
- Health camp for members and staff, in collaboration with Apollo Hospitals and Seven Hills Hospitals, by Senior Citizens Committee.
- A few myths clarified by Dr. Subba Reddy on Plastic Surgery
- Phoenix, the story concludes!!
- Mr. AVRK Kumar and his tales, of the entertainment and screening of movies, decades before, is interesting to read.
- May Queen Ball, with Tidal waves from Goa and DJ Ashish had many music lovers asking for more.
- Drama Jam for the kids saw inert talent emerge and kids enjoying the experience.
- Adults got competitive with Beer this time!!! Anything to beat the heat.
- Conversations with the young achievers, Ms. KeerthanaGrandhi and Dr Radhika Potluri.
- "Heartfulness", another dimension to meditation and spiritual awakening.
- Small gestures are mostly the most thoughtful ones!! Waltair Club staff expressing their gratitude to the outgoing Club Committee.
- Alana, our chess Champ proves it again!!
- Buddha Poornima, a few facts.

Needless to mention, latest movies, Tambola and Sunday biryani afternoons have become a routine and an integral part, for most Members.

My team, **Chairman Mr. T V Thimmayya Gandhi, Mr. Vijay Atmakuri, Ms. Sandhya Godey & Ms. C.Nirupama**, have

## EDITORIAL BOARD

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**Mr.T.V.Thimmayya Gandhi G-052**

### Editor

Mrs.Parveen Z Hosain P-156

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Mr.Vijay Kumar Atmakuri V-048

Mrs.Sandhya Godey R-185

Mrs.C.Nirupama C-063

tried our best to include relevant and interesting content in this short period. We have received several notes of appreciation which we will always be obliged to!

I will always remain thankful to my Team and **Mr. Kosuri Srinivasa Murthy**, who stepped in to fill pockets that we would lean on in the absence of Mr. Gandhi.

Hope readers of Waltair Times, found these editions worth while and wish the forthcoming team the very best!!

Stay safe, and stay blessed!

**Parveen Z Hosain**

M.No.P-156



# Hon. Secretary's Message

Dear Members,

It is with a heavy heart; I am penning my thoughts learning that this would be my last official interaction with you as my term in the office has nearly come to an end. But nevertheless, it has been one successful & fun filled year for me and hoping that it was for you all as well.

Going with the flow, last month too saw many fun filled entertainment activities. Tambola was organized on 23.04.2022. And another one was successfully organized on 28<sup>th</sup> of this month which was a tremendous success. Beer & Biryani was also organized on 08.05.2022, in which the members had fun and rejoiced.

The notable festival of the month; Ramadaan was celebrated by organizing an Iftar party on 27<sup>th</sup> of April, followed by a lavish dinner. A Sunday Bazaar was organized by Ladies Committee on 1<sup>st</sup> of May, which had stalls of various designer wear, accessories, décor, organic products & food stalls too. It was a refreshing event which enthralled all the members. A May Queen Ball was organized on 14.05.2022 by the ladies committee which included Live Music and DJ Mixes. It was a tremendous hit among the members who had fun and frolic. Also worth mentioning is that we have been continuing to screen latest movies in our club on Fridays without fail for the enjoyment of our members. Another notable event organized for the little ones of our club is a 7-day drama jam as part of the summer camp in association with Helen O'Grady International. A special thanks to Ms.Shilpa Colluru (S-505) for making this a huge success.

This month also saw the prestigious President's Cup Matches of Volleyball & Cricket on 15<sup>th</sup> & 16<sup>th</sup> May respectively. The prize distribution for the recently conducted Sports Carnival took place on 17.05.2022. To the amusement of cricket lovers, the IPL Match was screened on 13.05.2022. Another development worth mentioning is the installation of a new 18 Ton Central AC in the Wills Pub.

And finally, the news of declaring the elections on 19<sup>th</sup> & 20<sup>th</sup> of June, to choose the next committee of 2022-2023 must have already reached you by now. The AGM Meeting would be held on 20<sup>th</sup> June at 6:30PM and I invite everyone to attend it. Wishing the new team all the best in advance and hoping that they would continue to work with the same spirit and cheer to cater to the needs of our club members and keep them entertained as ever.

To conclude, I believe I have fulfilled all my promises made to you at the beginning of my term in spite of a short term; around only 7 months given to us. I seek your heartfelt endorsement & blessings for successfully completing all the tasks that were entrusted to me, which were intended to for the betterment of the club. I also would like to request you to accept my apologies for any lapses or deficiencies that have been left unfulfilled, which were sometimes beyond our power or reach. With this, I bid adieu, thanking each and every one of you including my Committee Members & staff for their constant support and giving me this wonderful opportunity to serve you and making the club a better place than yesterday for everyone.

Best Wishes and Regards,

**V.K.Visweswara Rao**

(VISU Valluri) V-101





## Tambola held on 28-05-2022

5GMS GOLD



SECOND FULL HOUSE



### Beer Competition:

#### Fastest Beer Challenge:

Winner: S Schakravarthy (C061)

Runner: Ravikanth Veerapalli (R446)



### 5 Min. Challenge: (Maximum Beers)

Winner: K Nanda Kumar (N029)

Runner: M.A. Murale (M115)



## Tambola held on 26-04-2022



### Staff Appreciation:

Our Kitchen staff and Waiters showed their appreciation to the current Management Team by honoring them with a bouquet. The staff thanked the Management Team for recognizing their work.





# CLUB ELECTIONS - 2022 - 2023

## AT AUDITORIUM

19.06.2022	SUNDAY	9:00AM - 1:00PM 4:00PM - 8:00PM
20.06.2022	MONDAY	8:00 AM - 12NOON
COUNTING	(AFTERNOON)	2:00PM ONWARDS
AGM	(EVENING)	6:30PM

### Members to please follow the below given guidelines:

1. ID Card is compulsory
2. Club dues to be cleared till April, 2022
3. To follow the social distance and MHA guidelines
4. Members are requested not to go beyond the Main Building except for voting.

## Programmes for June, 2022

03.06.2022	Friday	Movie	7:00 PM
05.06.2022	Sunday	Beer n Biryani	12:00 Noon
10.06.2022	Friday	Movie	7:00 PM
17.06.2022	Friday	Movie	7:00 PM
19.06.2022	Sunday	Club Elections	9am to 1pm / 4pm to 8pm
20.06.2022	Monday	Club Elections AGM	8am to 12 noon 6:30PM
24.06.2022	Friday	Movie	7:00 PM
25.06.2022	Saturday	Tambola	7:00 PM

## Member Honour

### World # 1 : Chess Champion

Indeed a moment of Pride for our Country India, our city Visakhapatnam and definitely Waltair club, as Ms. Alana Meenakshi Kolagatla, daughter of Madhu Kolagatla (M 109 ), became the World # 1, in under 11 girls Chess ( May 2022 FIDE rating list).

Alana is speeding ahead with achievements which are unmatched!! She was World #2 in U-10 girls Chess in December 2021.

Waltair Times wishes Alana Good Luck for all her future endeavours!



Buddha Purnima is celebrated to mark the birth anniversary of Siddhartha Gautama or Gautam Buddha. On this auspicious day, Buddhists and Buddhism followers from all over the world offer their respect to Lord Buddha by performing puja and visiting holy shrines. Every year, the date of Buddha Purnima depends on the Asian lunisolar calendar which usually falls on the full moon day in the Hindu month of Vaisakha.

Buddhists believe that all these major things happened on this day in the life of Buddha -his birth, his attaining enlightenment and his death.

In Hinduism, Buddha is considered the ninth avatar of Lord Vishnu. On the day of the festival, devotees visit temples, light candles and incense sticks, pray and offer sweets and fruits before the idols of Buddha. People give alms to the poor and meditate. Sermons on the life and teachings of Buddha are held.

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### **What is the history of Lord Buddha?**

Lord Buddha was born as Siddhartha Gautama, to Suddhodana and Maya, the king and queen of the Shakya clan. Predictions were made, even before the birth of Lord Buddha that he will either become a great ruler or a Greek monk. In fear of losing his son, Lord Buddha's father confined him in the palace and he was only able to see the outside world after the age of 29. On his first visit outside the palace, Gautama Buddha witnessed three things- an old man, a dead body and a sick man. These three sights made him understand how life is full of sorrow and how it is just a temporary phase. Post his encounter with the outside world, Lord Buddha left his princely life, travelled into the forest and spent six long years studying doctrines and undergoing yogic austerities.

### **How did Gautam Buddha attain enlightenment?**

It is said that he spent seven weeks in the shade of a Bodhi tree until he reached enlightenment or Nirvana. Then he

preached sermons and embarked on missionary travels for 45 years and later left the world at the age of 80.

### **Is there any specific prasad for Buddha Purnima?**

Kheer is the most popular prasad made and offered during Buddha Purnima. The prasad is mainly prepared using rice, milk, sugar and dry fruits. The Kheer Prasad is first offered to Lord Buddha, then offered to monks and later distributed amongst family, friends and also those who are less fortunate.

The story behind the popularity of Kheer is an interesting one. It is said that a milkmaid named Sujata offered Lord Buddha a bowl of Kheer and his six years of asceticism after she wrongly believed him to be a tree-spirit that had granted her wish of having a child.

### **What are the offerings offered to Lord Buddha?**

A statue of Lord Buddha is kept in a bowl filled with water and flower petals. Devotees offer honey, joss sticks, candles, fruits and flowers while singing hymns. In many parts of the world, devotees release birds, animals, and insects from cages as a 'symbolic act of liberation'.

### **What is the significance of Buddha Purnima?**

Buddha Purnima celebrates Buddhism which stands for -peace, non-violence and harmony and propagates attaining a pure soul. The day honours the philosopher,

spiritual guide, religious leader and meditator who got liberated from the cycle of birth and rebirth. The dharma chakra or dharma wheel is a symbol often seen during Vesak. It is a wooden wheel with eight spokes. The wheel represents Buddha's teachings on the path to enlightenment. The eight spokes symbolise the noble eightfold path of Buddhism.

Followers of Buddhism have been celebrating Buddhist festivals for centuries but the decision to celebrate this day formally was only taken at the first conference of the World Fellowship of Buddhists held in Sri Lanka in 1950. In India, Bodh Gaya is the most important pilgrimage site related to the life of Gautama Buddha. Kushinagar, Lumbini and Sarnath are the other important pilgrim centres. A large fair takes place in Sarnath, Uttar Pradesh, a major Buddhist pilgrimage site where Buddha is said to have delivered his first sermon after attaining enlightenment. The relics of Buddha are taken out for public display in a procession.





# May Queen Ball' 22!

Almost at the end of the Club year, the committee decided to have a fun and frolicking night for the members of the club.

What could be better on a hot summer evening than great music from the yesteryears with a band that absolutely blows you away.

Tidal waves from Goa, began literally with a bang and with such excellent English music, that there was no stopping them. Song after Song, they continued to mesmerise the audience until they realised, even they need a break!

This time filled in for the many gifts that the MC gave away as she encouraged ladies to come do a Walk, in their unique styles. A lot of ingenuity was displayed as ladies had fun in doing what they felt right without any inhibitions. All the ladies were the May Queens and each one had a goodie to take back.

A much-required rest later, the Singer and Band from Tidal waves was back, belting out one favourite after another. The dance floors were full with everyone having a blast.

Way into the night, there was no signs of an end. Dj Ashish Bajaj took over thereon and kept the tempo going.

Wonderful Evening, super music and a brilliant end- of- the- year treat!!







## The month of Ramadan & Iftar

Iftar is one of the religious observances of Ramadan, and is often done as a community, with Muslim people gathering to break their fast together.

After the sunset prayer, Muslims gather in their homes or mosques to break their fast with a meal called iftar that is often shared with friends and extended family. The iftar usually begins with dates, as was the custom of Muhammad, or apricots and water or sweetened milk.

The meal is taken just after the call to the Maghrib prayer, which is around sunset.

Ramadan is the ninth month of the Muslim calendar and the holy month of fasting. It begins and ends with the appearance of the crescent moon. Because the Muslim calendar year is shorter than the Gregorian calendar year, Ramadan begins 10-12 days earlier each year, allowing it to fall in every season throughout a 33-year cycle.

Islamic tradition states that it was during Ramadan, on the "Night of Power" (Laylat al-Qadr)—commemorated on one of the last 10 nights of Ramadan, usually the 27th night—that God revealed to the Prophet Muhammad, the Qur'an, Islam's holy book, "as a guidance for the people."

For Muslims, Ramadan is a period of introspection, communal prayer (salat) in the mosque, and reading of the Qur'an. God forgives the past sins of those who observe the holy month with fasting, prayer, and faithful intention.

Ramadan, is less a period of atonement than it is a time for Muslims to practice self-restraint. Although sawm is most commonly understood as the obligation to fast during Ramadan, it is more broadly interpreted as the obligation to refrain between dawn and dusk from food,

drink, sexual activity, and all forms of immoral behaviour, including impure or unkind thoughts. Thus, false words or bad deeds or intentions are as destructive of a fast as is eating or drinking.

There are additional prayers offered at night called the tawarikh prayers, preferably

performed in congregation at the mosque. During these prayers, the entire Quran may be recited over the course of the month of Ramadan. The Qur'an indicates that eating and drinking are permissible only until the "white thread of light becomes distinguishable from the dark thread of night at dawn."

The end of the Ramadan fast is celebrated as Eid al-Fitr, the "Feast of Fast-Breaking."







## Iftar at Waltair Club!

A first probably in the archives of the club, an Iftar party was hosted by the Management committee on 27th April.

Arrangements were made for the breaking of the fast with Dates and Sharbat which was followed by the customary Magrib Prayers led by a Moulana. Many snacks later, an entire spread of authentic cuisine was served to all the members.

It was a wonderful gesture and many have appreciated this as the first, with hopes that this would be continued in future reinforcing and strengthening the bonds of brotherhood in Waltair Club.

After a heavy meal, the Warsi Brothers regaled the members with Qawwali. The exuberance in the hall was beyond any measure with both the artists and the

audience immersed in Sufi Islamic devotional rendition. Past expected hours, quite reluctantly, a memory was made! A night that many will remember for many more Ramzans to come!

Many messages of gratitude and appreciation continued to swarm for until a few days later.

**Dear Rajendra,**

*It was truly an evening to remember for us. We are deeply touched by the Club's gesture to hold an Iftar evening which was well attended. Our appreciation and thanks to you and the committee members for organising and participating in the event. It was a good initiative.*

*Regards & Best Wishes, Tasneem Hamza Mehdi M -043*





# Presidential Cup

## Cricket Presidential Cup

The prestigious Presidential Cup was conducted this year on May 15th and 16th. It was indeed an action packed 2 days of cricket featuring the 3 best teams of Waltair Club -Oysters(led by Kranthi M), 1883 (led by Jaitesh J) and Club Pavilion (led by Vikranth H-V266). Team Club Pavilion held their nerve in a gripping final and ended up lifting the silverware. Jaitesh from 1883 was awarded the Most Valuable Player and Dilip from 1883 was the Best Batsman. Overall cricket was an absolute winner despite the heroics and the drama as they fondly say - 'The Game Is Supreme'.

**Winners: Club Pavilion (led by Vikranth)**

**Runners: 1883 (led by Jaitesh)**



## Volley ball Presidential Cup

The prestigious Presidential Cup was conducted this year on May 15th and 16th. It was indeed an action packed 2 days of Volleyball featuring the 3 best teams of Waltair Club - Oysters(led by Pradyumna-P315)), 1883 ( led by Amitav-A335) and Jubilee (led by Mohith- M287). Team Oyster held their nerve in a gripping final and ended up lifting the silverware. Ratan-S429from Oyster was awarded the most valuable player for the finals and Pradyumna from Oyster was awarded the Most Valuable Player for the tournament.

**Winner - Oyster (led byPradyumna)**

**Runner - 1883 (led byAmithav)**





## Prizes Galore ...





# Moments of Pride ...





Winning !!!





AP State snookers were held in Vizag where some games were conducted in our club and few of our players participated in the same.



Dr. Srijan Babu V (S896)



Sanjeev Dhawan



Subba Rao Eranki (S938)



- Rama Vidya Sagar, V-124

### Heartfulness for a Balanced Lifestyle

Heartfulness is a simple and subtle practice of meditation that connects each of us with the light and love in our hearts.

Heartfulness meditation is evolved out of the ancient tradition of Rajyoga. "Heartfulness" is the heartfelt approach to the practice of "Sahaj Marg" which means the "Natural Path". Simply saying Heartfulness is the way of living those results in simple living.

There are more than 6000 Heartfulness Centres around the globe and more than hundred thousands of practitioners of Heartfulness meditation.

The techniques of Heartfulness Meditation are guided by trainers free of cost across the Globe. As the Earlier Masters have said, Inner peace or God is not for sale.

The four simple tools of Heartfulness help us evolve as better human beings.

By regular practice we become more relaxed, and less stressed. We learn to remove tension from all parts of our system through heartfulness relaxation.

Our Mind will become more centered, regulated and we would be able to let go of mental tension, feel more lighter, carefree and joyful. With the help of the practice of Heartfulness cleaning, the heavier emotional burdens and complexities are removed from heart and mind layer by layer.

We learn to connect ourselves with the Source within us and listen to our heart, thus letting our heart to guide our life.

### Peaceful sleep

Problems with sleep are endemic in modern society. Heartfulness helps us to become more in tune with natural cycles and regulate our sleep patterns.

At the end of the day's work when we do our cleaning, we are able to let go of the worries and stresses of the day.

Surrender ourselves with subtle suggestions to stay connected to our source and then we can sleep in a deeply open relaxed state.

### Finally, our sleep patterns will change for the better.

#### Anger Detox

Anger affects our body, mind and heart. It is a contraction of energy manifesting as stiffness in the body, loss of energy, sensitivity and awareness.

There are physical effects such as cardiac incoherence, prolonged High BP, hormonal disorders, alterations of the immune system, decrease in concentration, etc.

We might get angry for any reason, unfulfilled desires, or failed plans or insults etc.

The unhappiness caused by anger multiplies in the absence of affectionate associates. This later results in feeling of guilt and shame. Then the emotional burden becomes heavier.

Heartfulness practice helps in regulating our speech. We learn the importance of PAUSE.

We learn to observe the tone of our conversations and let it flow evenly. We tend to attune our speech to a balanced condition of our Heart.

Similarly, Heartfulness also helps us in Fear Detox and Sex Detox thus improving our lifestyles and making it balanced and in general make us better human beings.

It has helped me be myself and to love one and all. It has made me stressfree and take things in the right way and stay positive.

You can visit [Heartfulness.org](http://Heartfulness.org) website for guided free sessions on ---

Stress detox      Anger detox

Fear detox      Sex detox

Along with guided Heartfulness techniques any time of the day throughout the year.



Entering the phone booth, Gumm did what she thought was the only option she had at that moment. She dialled the only number she knew - 9391150847. 93 was the dialling code for Afghanistan. 91150847 was the number she was trying to reach. She wondered if her children would answer the call, or maybe her husband, or would it be her father? She dropped the coin into the slot for the call to connect. Her thoughts raced as she heard the phone ring three times. On the third ring, she heard the call connect and as the call connected, so did all the missing pieces of her past. Gumm remembered who she was.

As the phone rang, it seemed as if her past came rushing to her out of a dense cloud of uncertainty and anonymity. It seemed as if like the coin that dropped into the phone, her identity too dropped the shroud around it and revealed the person behind the name of someone lost. Simultaneously, all the clues that were given to her in the form of the currency notes became crystal clear to her. Now, she wondered what took her so long to even decipher the clues. All her years of study and hard work seemed to have deserted her and she wondered if it was all worth the time and effort. Gumm mentally applauded the ingenuity of the people who put together the clues depicted in currency notes. She was sure at least one of them was a numismatist and definitely a world traveller too. Breaking codes was a specialised field and Alan Turing she now remembered was her hero. Someone knew her well enough to sneak in a 50-pound note with the picture of her hero to jog her memory and plan her escape. The ten Dirham note pointed to the escape route. The 100 Rouble note led her to a secure phone booth and the 500 Rupee note and the 10,000 Yen note leads to her identity. Gumm wondered if she would ever get a chance to tell this story to her children and grandchildren.

As she reflected on her recent past in a flash of images and memories, she smiled as her caller answered "Indian Embassy, Kabul. How may I help you?". The image of the Five hundred rupees note seemed to shout at her with the clue it represented. The 10,000 Yen note too came to her mind, but now with a clarity she hadn't felt in a long time. With an ever-widening smile, Gumm replied "This is Phoenix. May I speak with Red Fort please". Gumm remembered that she was in reality an agent for the Research and Analysis wing (RAW) of the Indian Government working under the code name PHOENIX. RED FORT was the secret code for the Indian Ambassador to Afghanistan.

Agent Phoenix could sense the excitement in the operator's voice as he said "Phoenix hold please. Connecting to Red Fort". While Phoenix waited for a few seconds although it seemed an eternity. The concerned, yet controlled voice of Ambassador Ravindra Tandon said "Come in Phoenix. Protocol MIA activated" and the phone line went dead. Protocol MIA as Agent Phoenix knew was the standard operating procedure that was activated every time any agent that was Missing-In-Action (MIA) was located and who reported back to the headquarters they usually reported to.

Agent Phoenix dropped the phone back onto its cradle and looked around to see if anyone was taking interest in her or if her absence had been noticed. Sighing with relief that no one was even looking in her direction she stepped out of the phone booth and adjusted the veil over her head to cover most of her face. As she strode confidently towards her destination which was the Indian Embassy, Agent Phoenix wondered how her family consisting of five-year-old twin daughters and husband had coped in her absence. As far as her family and friends knew, Agent Phoenix was known as Mrs Kriti Sharma, who worked as a flight attendant and travelled about 12 days every month. It took about ten minutes for Agent Phoenix to make her way to a brown stone building on one of the main boulevards of Kabul city. Standing next to a lamp post across the road from the brown stone building and once again made sure no one was following her. Phoenix wondered if this feeling of relief and elation was what made long distance runners and marathoners make that strong finish on sighting the finish line. The finishing line today for Agent Phoenix was the fluttering Indian Tricolour atop the flagpole in front of the Indian Embassy. As she crossed the street, a security team met her at the gate and led her directly to the office of the Indian Ambassador to Afghanistan Ravindra Tandon who shook her hand with a huge smile of relief and pride as he welcomed his star agent back.

'Welcome home Phoenix. You had us worried after the Taliban attacked the convoy at Kandahar. We had no news of your whereabouts and no remains to account for. It was a stroke of luck that our informer at the detention centre saw you being taken in. I had no doubt you would decipher the codes. You are our best RAW agent after all.

True to your code name, you almost rose from the dead. India is very proud of you agent Phoenix ".



# SHINING LIKE A DIAMOND

- Sandhya Godey

Like every good diamond, she is a CUT above her peers, has total CLARITY of thought, her decisive actions with far reaching implications are like high CARATS bought for investment and her judgements for her team have the pure colour of good intention. Mrs Grandhi Sai Keerthana (M.No S 1249), Whole Time Director, Manoj Vaibhav Gems 'N' Jewellers Limited. (Vaibhav Jewellers) is a second-generation member of our Waltair Club. Like most in her generation, Keerthana works hard and plays hard.

**Waltair Times :** Coming from a business family, you could have joined business after doing any branch of study. What merit did you see in pursuing the strenuous path of qualifying as a chartered accountant, which you passed did with flying colours? Was joining the family business a foregone choice or did you have other plans of your own?

**Keerthana :** My mother always believed that one should be independent, irrespective of having a family backing. This led to me pursuing a course in Chartered Accountancy. Pursuing a course like CA teaches you discipline and dedication.

Business was the only thing I grew up wanting to do. I saw my parents work relentlessly towards the goals they set for themselves and how they enjoyed their victories by bringing smiles on the faces of their clients. I was encouraged by my father right from a young age to attend to the customers in the store and take part in the meetings. He loved to personally share his experience and knowledge with my mother and me.

**Waltair Times: How much pressure do you feel following in the footsteps of a visionary businessman as your late father Sri Grandhi Manoj Kumar and taking his plans for himself and the Vaibhav family forward?**

**Keerthana:** The entire Vaibhav Family and I, are forever thankful to him for rather making it easy for us by carving a path to be followed. Pressure is part of the process and we take it positively to translate my father's vision and mission. We are blessed to be part of his plan.

**Waltair Times: Three myths that a customer usually has while shopping for jewellery?**

**Keerthana :** There is much mis-information and many wrong notions that clients have, but I would like to mention these three -

Layered jewellery leads to tangles and breakage

All gold jewellery are created equal

The bigger the diamond, the more expensive it is.

**Waltair Times: As a retailer, what are the three realities that you deal with in everyday work ?**

Selling jewellery requires high level of skill as you are selling an experience not just a piece of jewellery.

Trust and Quality play a vital role to close a deal.

Importance is given to the design factor rather than the price alone

**Waltair Times: Two major challenges you had to deal with during COVID?**

**Keerthana -** 1. Ensuring safe and hassle-free shopping experience for our clients., 2. Engaging and motivating our employees

**Waltair Times: Two tips on managing employee expectations considering you have a huge employee base ?**

**Keerthana :** Vasudeva Kutubam Vaibhav Kutumbam is our belief. Always invest in people and foster their innate talent. Then business is automatically multiplied. Creating a good value system and culture that brings in work- life balance.

**Waltair Times: Which area of the enterprise do you essentially work in ?**

**Keerthana :** My focus is on key business operations that include Supply chain, Finance, Operations, Marketing ,HR and E-commerce. It is to drive the teams in a way that they deliver value and improve the overall customer journey thereby effectively increasing engagement and to drive growth. I schedule my day in a way to delve deeper into every process and design strategies accordingly with the department heads.

**Waltair Times . What gives you the most satisfaction?**

**Keerthana:** Driving and achieving short term goals set as a part of the corporate mission.





### **Waltair Times: As a married woman, have your responsibilities multiplied or divided?**

Keerthana : Having been married into an understanding family has only made reasons to celebrate and joy multiplied, while my responsibilities are now divided with my husband Rakhal Gontla, who with his experience helps me in his own way.

### **Short and sweet rapid fire :**

#### **Role model / inspiration?**

My Father Late Shri Manoj Kumar Grandhi.

#### **Greatest strength?**

Able to read between the lines.

#### **Biggest weakness?** Overthinking.

#### **Rest and rejuvenation to you means?**

Movies and meeting friends.

### **Getting high to you is?**

Reaching the set goals in a given time frame.

### **How do you interpret being married? As a swing with ups and downs as in any relationship or as a see saw where one partner exerts more influence?**

My marriage is definitely a swing with ups and downs, but with equal important to both partners, there is constant learning of each other and from each other.

**What kind of jewellery do you like for yourself ?** Every kind. Each occasion demands a certain kind!

### **What's the latest trend for brides ?**

Experimental. The new age bride's jewellery is an extension of their personality.

### **NEW MEMBER LIST**

SL.NO.	MEMBER NAME	M.NO.	CATEGORY	D.O.J.
1	MR.HARSH GUPTA	H-208	REGULAR MC	24.03.2022
2	MR.P.S.S.ROHIT KRISHNAM RAJU	R-757	REGULAR MC	26.03.2022
3	MRS.P.V.L.Y.N.REVATHI	V-469	SERVICE	26.03.2022
4	MR.ARYAMAN MIDHA	A-482	REGULAR MC	01.04.2022
5	MR.M.DINESH CHOUDARY	D-144	REGULAR MC	07.04.2022
6	MR.D.RAJESH KUMAR	R-758	LIFE	07.04.2022
7	MR.T.SETHU DHARANIDHAR	S-1355	REGULAR MC	07.04.2022
8	MR.G.CHAKRADHAR	C-127	LIFE	07.04.2022
9	MR.I.APPALA RAJU	A-484	LIFE	08.04.2022
10	MR.M.MOULI KRISHNA	M-348	REGULAR MC	12.04.2022
11	MR.M.VENKATA ANISH	A-389	REGULAR MC	12.04.2022
12	MISS.N.MANASA MOHAN	M-349	REGULAR MC	13.04.2022
13	MRS.SAGI SRI HARIPRIYA RAJU	H-249	ASSOCIATE	25.04.2022
14	MR.P.SAI CHARAN	S-1357	ASSOCIATE	29.04.2022
15	MISS.T.SRIVARSHINI	V-470	ASSOCIATE	29.04.2022
16	MR.K.LEELA RAJ	L-081	ASSOCIATE	02.05.2022
17	MISS.ISHANI DHARIWAL	D-137	REGULAR MC	03.05.2022
18	MISS.P.AMRUTHA GAYATHRI	A-485	ASSOCIATE	04.05.2022
19	MR.ASHUTOSH KHAITAN	A-483	ASSOCIATE	05.05.2022
20	MR.B.BOSE	B-181	REGULAR MC	05.05.2022
21	MR.A.BALAJI SOHAN SRIKARA	B-161	REGULAR MC	09.05.2022
22	MRS.RAMYA VASIREDDY	R-696	REGULAR MC	11.05.2022
23	MR.V.KRISHNA DHANUSH	K-316	ASSOCIATE	13.05.2022
24	MISS.K.KEERTHANA KSHEERAJA	K-315	ASSOCIATE	18.05.2022
25	MR.Y.MANISH	M-350	ASSOCIATE	19.05.2022
26	MISS.K.SAI SRIJA	S-1356	ASSOCIATE	22.05.2022
27	MR.G.ANISH	A-476	REGULAR MC	23.05.2022



### **OBITUARY**

We regret to announce the sad demise of the following member

**MR.V.SRINIVAS**

(M.NO.S-256)

EXPIRED ON 19.05.2022





## Summery Sunday Bazaar

Every year the Carnival of stalls held at Waltair Club, which promotes local and small entrepreneurs to promote, display and sell their product and services is a runaway success and an event looked forward to each term.

This year in the peak of hot summer, on the 1st of May the **Summery Sunday Bazaar** was held in the centenary hall. The products were different and unique ranging from handmade soaps to clothes to jewelry to plants. Almost everything "under the sun". There were many food stalls with a variety of cuisines to complete the shopping experience.

1800 footfalls and 90 stalls, is an exceptional audience for both, those who wanted to buy and to those who desired to sell.

The event was inaugurated by Mrs Mallika Manoj Grandhi, in the presence Ms Vineesha Valsraj, a few Committee members of the club and the team of the Ladies Committee.







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# Hope in despair

In conversation with Dr Radhika Potluri a specialized infertility consultant. She is the daughter of Mr. P Phaneendra Babu, former President and Secretary of Waltair Club

**Sandhya Godey**

## **1. Dr Radhika, you are a gynecologist with special training. Tell us about what sets you apart?**

Working as an infertility specialist for so many years, I feel being empathetic and counseling couples becomes a major confidence booster. They need a lot of push and a positive attitude to take up infertility treatment. It's been my daily routine to talk with them as a friend and explain each and every step in detail so that they come out of their inhibitions and fears. Treatment alone cannot bring out success. So, creating a balanced and practical mindset becomes vital.

## **2. How exactly does IVF help couples to have children?**

When couples cannot conceive naturally, they visit a fertility center. Infertility can be due to problems in the male or female partner or both. After diagnosis, if we feel that the couple cannot conceive naturally or through other baseline fertility treatments, we recommend IVF. In some couples, IVF becomes the only resort to having a biological child. For instance, in case of advanced maternal age, women who have fallopian tube blockage, men with low sperm count, cancer survivors, etc. parenthood dreams can be made possible only through IVF. IVF along with PGT-A (Preimplantation Genetic Testing for Aneuploidy) can help couples prevent the transfer of genetic disorders to their offspring.

## **3. Where did you train and for how long?**

I did my fellowship in fertility and got trained in Sri Ramachandra Medical College and Research Centre, Chennai with around 10 years of experience in reproductive medicine.

## **4. Where do you practice?**

I'm the Clinical Head at Oasis Fertility, Vizag.

## **5. We have seen celebrities and busy working people opting for IVF. Is this a new trend or need of the new generation or optimization of time and effort?**

Our lifestyles, career aspirations, and commitments have undergone a sea change in the last 30 years. More and more couples have started to prioritize career and postpone their parenthood plans. Social Freezing is the advanced technology that helps in freezing sperms, eggs, or embryos of couples who wish to have children at their convenience in the future. The biological clock of women keeps ticking and one has to keep in mind that fertility decreases after women hit 30. If advanced technology can help you attain parenthood at your will, then why not achieve whatever you want to and then take up parenthood?

## **6. What are the chances of success?**

For Fresh Embryo Transfer (IVF cycle), our success rate is 59% and it is 69% in the case of Frozen Embryo Transfer (IVF cycle).

## **7. Compared to normal reproduction, what are the risks involved for mother and child?**

Whatever risk is seen in normal pregnancy is seen in the case of IVF pregnancy as well. The baby conceived through IVF is as healthy as a baby conceived naturally.

## **8. Is it very expensive in comparison?**

Cost is not the same for all couples and it depends on several factors. Fertility treatments are very personalized and hence vary from couple to couple.

## **9. Can anyone opt for IVF?**

We decide on IVF treatment based on the couple's age, health status, medical history, and several other factors.

## **10. Is privacy protected?**

Fertility treatments are based on ethics, transparency, and compassion. We at Oasis Fertility understand the sensibilities of the patient and maintain 100% confidentiality.

## **11. Difference between IVF and surrogacy?**

In the case of IVF, the fertilized egg (embryo) is implanted in the female partner whereas, in the case of surrogacy, the embryo is implanted in the womb of another woman (a surrogate) till delivery. Some women may not be able to undergo pregnancy due to some medical reasons and in such cases, a surrogate is preferred.

Rapid fire -

## **1. Who uses the club most in your family?**

Everyone, especially my son.

## **2. Best memory of the club?**

When my father won the Secretary post 3 times and the President post 2 times.

## **3. Favourite dish on club menu ?**

I love all the Continental dishes and Executive Lunch

## **4. Most memorable club program that you remember ?**

Beach Music Festival

## **5. A club program you try not to miss ?**

Tambola and Diwali Celebration

## **6. Your mantra for relaxation?**

Watching movies with kids and family

## **7. Your secret code to get over disappointment or failures?**

Success and failure are the two sides of the same coin. And I always see failure as a chance to learn. I have a balanced outlook. Neither success gets to my head nor failure disappoints me.

## **8. Your happiest memory as a doctor?**

There have been many couples who had been unable to conceive even after 15 or 20 years and after treatment at Oasis, they had conceived. Seeing their joy gives me satisfaction and immense happiness. I feel happy that I am able to create a scope for happiness in someone's life.







## Summer Pirate Jam

*- Shilpa Colluru (S -505)*

On a balmy summer evening in May, the cutest bunch of little pirates descended on Waltair Club. It was the final day of the week-long summer drama camp that had been organized by the Ladies Committee in association with Helen O'Grady International Drama Academy.

A short but sweet performance by the 8 little and not-so-little ones was super fun and full of laughs. Friends and family of the little actors came together to watch the show and cheer them on.

This performance was followed by certificate distribution and then the pirates were handed the real treasure - chocolate hampers, for their superb performances and enthusiasm!







## Health Camp

The Senior Citizen Committee in association with Apollo Hospital conducted medical screening camp on 8th May, Sunday from 9.00 am to 1.00 pm.

The emphasis was on screening tests related to cardiology, orthopedics and general physical health.

Three doctors were present during the camp. 35 members availed this opportunity.

Similarly on the same day, in association with Seven Hills hospitals, the tests and evaluations were conducted for the staff of Waltair Club and 60 staff members benefitted from this free medical camp.

Seniors members, Sri M.V.Narayanana Rao, Sri Jagapathi Raju and our Secretary Sri Visweswara Rao were present and ensured that this effort was successfully executed.

**D. Rajagopala Reddy**

Sr Citizens committee.





# Plastic Surgery-10

## common misconceptions

*There is a joke in plastic surgery circles. Once a patient came to a plastic surgeon and after consultation asked, Doc if I bring my own plastic will the cost of plastic surgery reduce? The Doctor joking answered 'only if it is recyclable plastic'*

*Here are some of the common misconceptions among the general public regarding plastic surgery.*



1. **Does plastic surgery involve plastic?** The word plastic surgery comes from Greek word "plastique" which means to mold. Sometimes artificial materials like silicone etc. are used in plastic surgery
2. **Is plastic surgery and cosmetic surgery the same?** Plastic surgery includes Reconstructive surgery and Cosmetic surgery. Reconstructive surgery is where restoration of form and function of a part (following trauma, cancer, burns, or congenital defect) is done while cosmetic surgery deals with improving the beauty of a part.
3. **Is plastic surgery scarless?** Any surgery which involves cutting of skin will lead to a scar. A plastic surgeon can camouflage a scar and give a better scar.
4. **Is cosmetic surgery permanent?** As patient ages there will be changes in the result.
5. **Is cosmetic surgery riskless?** Any medical procedure including an injection can have mild to serious risks. Risk can be due to the procedure or due to condition of the patient. So a patient should find out about all the risks and complications of the surgery from the doctor and then decide.
6. **Is cosmetic surgery only for woman and the rich?** Cosmetic surgery is equal in demand for both sexes and also for trans genders. It is as cheap or costly as any other surgery, depending on the time taken, implants used etc. Generally, insurance doesn't cover cosmetic surgery procedures.
7. **Is liposuction for weight loss?** Liposuction is a procedure to reduce areas of fat under the skin to shape the body. It doesn't help in weight loss.
8. A person's face can be changed to another person. It is not possible to change a face of a person to another person's face, though it can be improved to look much better.
9. A scar can be completely removed. Any scar cannot be completely removed. Bad scars can be improved by various treatments to look better but cannot be completely removed.
10. Anyone can perform plastic and cosmetic surgery. To legally perform plastic surgery the doctor should have a Mch. Or DNB degree in plastic surgery. To get these degrees the doctor should have finished specialty training in General surgery for 3 years and then supers-specialty training in plastic surgery for 3 years.

**Dr. C.V. Subba Reddy**

MBBS, MS (Gen Surgery), MCh (Plastic Surgery)

Consultant Plastic Surgeon

Membership number-S 727



# Club Life and its Nuances.

## In conversation with AVRK Kumar, Past President of Waltair Club. Part 5.

- Vijay Atmakuri



AVRK's childhood was tempered by the Club Life. The Club shaped his childhood and youth and thus his affection for the Club is immense.

Waltair Times (Vijay Atmakuri) met with this iconic Past President who headed the Club around 25 years ago. Here he shares his clear memory and fine details about

the Entertainment and the Club.

W.T: Hi Kumar. So what is new on your mind about the Club? You have taken us down the memory lane very well.

AVRK: What comes to my mind is entertainment. Today entertainment is a huge global industry. We have more entertainment at our fingertips than we can consume.

In the good old days there was no T.V. thus no home entertainment. Few cinemas were the option. Eating out was always a big event. I recall taking the family to eat at Apsara Hotel (now Green Park) or to Hotel Ooty. These were exciting evenings out. Another was to go to the beach and enjoy snacks. With this tapestry as the background - going to the Club was the most exciting event and made a great family evening.

When I recall those days, goosebumps follow instantly. The excitement, ambience, trees, birds were all that made the club outings so special for the family.

In those days the entertainment programs were limited. Annual events at the Club, Movies and Tambola were the mainstay. With limited options available the few Club events left us all exhilarated.

Independence day dance, Christmas Eve, New Year Eve Celebrations were the Annual Events. Christmas Eve was fun for the Children with gifts from parents given through the Club. It was always a family fun and no religious connotation was attached to it. Those were days where there were no event managers. Everything was organized by the members and staff. The only outside help was a band that the club hired.

Cinemas always kept the periodic entertainment happening. It was as 16mm projector and a temporary screen. On rainy day it was indoors. Where the president's lounge is located. The 1980s we had regular 35mm movies with a regular commercial cinema projector projection was in the old dining room which is the area where the present steps lead upstairs. Screen was at the other end - the old bar.

Children were not allowed after 7 pm and all under 18 left the club at that time. Even Card rooms and Tambola were off limits to children. If the movie had U certificate then children could attend the movies after the parents entered the children's names in a register. Even New Year Eve was not for children. After 1996 rules changed.

Under the leadership of Shri Saraf arrangements were made in the Jubilee Hall for screening the movies. Later under my leadership we made arrangements for the open air theatre which now has digital projection.

Waltair Times /// 26

W.T. It is nice to see that the club kept up with providing the best quality cinema projection for the members.

AVRK: Yet, let me say the old days had their own charm. When screen was on the dance floor the surrounding area was just open. We could turn off the lights and it was pitch dark. As there was no ambient light at all. It had its own charm. Since there was a break after every reel we were never annoyed. It was the time to pick up snacks and enjoy the movie for the next reel. Then Tuesday, Thursday, and Friday were the possible screening days. With advance notice the days could change. The movies were always English. The club had arrangements with the offices of 20th Century Fox, Paramount, MGM in Chennai. As an ardent movie fan I was involved choosing the movies for from the list of available movies. Invariably Coril Club was sharing the same movie with us as they also screened movies. Later Century Club started screening the movies.

**W.T. That is so fascinating. What other activities were there?**

AVRK: Once a quarter we had a children theme event. Planning was by the members and music was out sourced to a local band. For the big event like New Year Eve, we always had a difficulty to get a good band from another city. They would not accept Vizag. The city was small and the budget was small.

Thanks to Mr. Chitranjan of ITC., we could get their sponsorship. Then we could attract famous bands from Calcutta and Hyderabad. The scale and grandeur of the New Year Eve could be ratcheted up. All this made our New Year Eve very special to the members.

**W.T. In the days gone by it must have been quite a challenge to do all that. Any other sweet memories?**

AVRK: I literally have a very sweet memory at the club. Ice cream was a big treat at our club. Commercial ice creams were not available. So we had to make our own ice cream. It was a hand cranked container surrounded by ice and salt and the mix was literally churned into ice cream. Yes, it is a sweet and delicious memory. It is still a very special ice cream treat in my mind.

**W.T. What was the evolution of Tambola?**

AVRK: Tambola always meant good fellowship amongst members, special food and a chance to win a prize. Thus it maintained its popularity with members. Early on Tambola was a lunch event. Early on, it was conducted on the dance floor, supper garden, lawns, which were half the present size. As the Tambola attendance grew the prizes also grew. The first big boost to prizes came from Sri. N.A.R.Sastry of Panorama Travels. In an annual feature he offered an overseas holiday package. This was the beginning of high value prizes in Tambola. Lavish food was always part of Tambola.

W.T. Tambola and prizes have certainly grown to cars and gold. Any other entertainment events?

AVRK: From the mid-eighties - Club picnic was an annual feature. The food was prepared by the Club as there were no catering services. The early picnics were held at the casurina groves at Rushikonda. Members had to book early so food could be planned.

W.T. Thank you Past President Kumar. This the last issue for the Club's year. I am sure the members enjoyed your recollection.

AVRK: Thank you Vijay. I am glad Waltair Times gave me an opportunity to share my memories with my fellow members.





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- National Champions in Skating(CBSE).
- 63 National Selections in Games & Sports.
- Runner up in Hindu Young World Quiz.
- Selection to National Children Science Congress.
- International Science Fair selections.
- Book publications by students.
- National Medals in Maths & Science.
- Olympiads, Spell-Bee.

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