



WALT AIR TIMES

Vol. 26 | Issue 4 | April 2022



House Journal of The Waltair Club, Visakhapatnam

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From the President's Desk



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9848192607

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9849766622

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MISS.VINEESHA VALSARAJ V-422
8500099666

SENIOR CITIZEN COMMITTEE

D.RAJAGOPALA REDDY R-065
9440327050

Dear members,

Warm weather is kicking in the summer fever a little early this year, indulge your summer sensation by attending all the functions and programmes and the other activities, as there is no better environment than our club.

I hope everyone is enjoying the warm weather and accelerating sports like Cricket, Volleyball, Kabbadi, Bridge and Senior Volley Ball tournament and other sports activities along with Diva night, Holi, Waltair Club Golf Cup Awards , Senior medical Camp, Beer & Biryani and tambola and their was a huge response for the Hindi movie last Friday.

Life is coming back to normalcy , as I see large number of members are attending every day either for their health or for their entertainment. After the pandemic as the recovery is slow, we have learnt a lot and found that we can continue to survive & reset our club members to have a good time in the Club.

Caring for others is a norm and creativity is how to do it is a challenge and we discovered a brand new learning experience around every corner.

The Managing Committee has focused on a new concept in the club with love, respect and kindness for all our members who have been effected but still learning to live with the pandemic.

We as Managing Committee with smiles, love and gratitude to each of our members for their encouragement in making all the programmes a grand success.

Thanking you,

Dr.S.V.H.RAJENDRA

From the Editor's Desk

We seem to be warming up to summer heat pretty quickly. Let us all remember to stay hydrated, stay sun protected and make sure we are empathetic and do whatever we can especially for those (animals & birds included) who have no choice but to bear the heat and the harshness of the season.

A lot of warmth and cheer spread through the events in the past month. Sports, matches and competitions stirred up quite a competitive atmosphere in the club and it kind of felt more like the sports meet back in school.

Thank you all once again for the positive feedback and the appreciation for the edition published last month. It was encouraging to read through the testimonials.

This time, it's a large spectrum. We are sure the following would be fascinating to read about:

- A Diva night for the ladies just a few days before the International Women's Day (IWD) was a fun event held. The theme of IWD for this year is #Break the Bias. A brief overview is included.
- Several matches and tournaments were held in the ongoing sports carnival. Golf, Volleyball, Cricket, Squash, Carroms, Chess, Badminton and the carnival is still continuing with events for Ladies and kids.
- Mr Preetham Sunkavali, our member is an inspiration with a relentless strength of mind and intent.
- Dr D. Mano Tej, explains candidly about exercises and bone health, very relevant with the ongoing sports festival.
- Journey of Munim M Mehdi, to follow his desire and play cricket, divulges and proves that "where there is a will, there is a way" and how important it is to follow a dream.
- 18th April is the World Heritage Day and an interesting article by Mr John Castellias, on pictures of Waltair club and Vizag from 1900's.
- The story of phoenix takes another turn; as the mystery continues to deepen.
- Significance of Holi, and the celebrations this year at the club.
- MahaShivaratri, a night that we keep awake, the rationale and the importance is explained as the "celebration of the month".
- An adventure filled getaway to Kashmir, travel diaries of Ms. Shaheda Mehdi, should enthuse many to follow trail.
- Little Sesha Sai Abhinav and his achievements in Karate which began with coaching in the Club.
- Mr AVRK Kumar and his recollections nuances of the activities and games of yester years is a nostalgic read.
- Report on the Cardiac awareness camp for seniors which was conducted last month.



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Mrs.Sandhya Godey R-185

Mrs.C.Nirupama C-063

The regular events, tambola, beer & biryani and movie nights completed the events held in the month.

Indebted to an incredible team, Chairman Mr T V Thimmayya Gandhi, Mr Vijay Atmakuri, Ms Sandhya Godey & Ms C Nirupama, I hope the readers enjoy this edition.

Request members to contribute articles and achievements directly to me @parveenhosain14@gmail.com.

Stay sun safe and stay blessed!

Parveen Z Hosain

M.No.P-156

Hon. Secretary's Message



Dear Members,

Hoping that you are all in good health and delighted for an exciting fun-filled month ahead in the club.

With that, I am happy to announce that in the past few months, the club has been buzzing with a lot of sports & entertainment activities and most of them have been a huge success.

On Feb 19th a Super Bumper Tambola was Conducted at our Auditorium, which saw a huge turnout. Again, on 6th March, a Beer and Biryani Tambola was conducted much to the excitement of our members.

I'm also delighted to announce that the next Tambola will be conducted on March 26th and on April 3rd another Beer & Biryani Tambola is scheduled to take place.

Furthermore, on March 4th, a Diva Night was conducted by the Ladies committee at the Centenary Auditorium, and it was an instant hit. On 18th March, the most happening festival of the season, Holi celebrations were organized at Jubilee grounds with Rain dance, DJ Music, Dhol & Colours. Nevertheless, I need not mention how huge a sensation it was.

Not to forget the accomplishment of being able to screen the latest movies like Pushpa, Akhanda and Gangubai (Hindi), much to the delight of the members.

Here, I have to especially thank the Organizing Committee for their enthusiastic event organization throughout and specifically mentioning, the Entertainment Committee Chairman; Mr Sairaju, Catering Committee Chairman; Mr Deepak Mende, and Bar Committee Chairman; Mr Kosuri Murthy.

Pertaining to the sports activities, on Feb 26th and 27th, The Waltair Club Golf Cup - 2022 was organized at East Point Golf Club and on 5th March, the trophies were presented at our Centenary Auditorium by our Club to the winners.

On 4th, 5th & 6th March the Cricket Tournament was conducted in the Jubilee Grounds of our Club.

And on 12th & 13th March, the prestigious and most popular tournament of season; Volleyball Tournament was conducted, and it witnessed a large gathering with families. Extending the sportive spirit, on 20th March, the Senior Volleyball Tournament was conducted at our volleyball court, in which the winners were Mr V Ravikant and team, and the runners up were Mr G Veera Mohan and team.

The Chip/ Put Golf Tournament was conducted on March 12th & 13th at the golf arena, and it too was a grand success. A Senior National Bridge Tournament was organized on 12th, 13th & 14th March at the Centenary Auditorium, where 28 teams participated from all over India. I have to convey my special thanks to Mr. B Venkateswarulu and Mr. Rajiv Dhawan for making this possible and also a huge success.

Other notable upgrades that happened in the sporting arena are; the 2nd shuttle court was renovated, the 2nd bridge table was restored, the Synthetic Mat of the Shuttle Court was fixed too. I have to mention my special thanks to Mr Subbu. Also, a huge thanks to the Sports committee chairman Mr Kirthi

Vinayak and his members for organizing a whole ton of sporting events and tournaments in an outstanding manner.

On the account of fitness, the Ladies Committee organized a health checkup in association with MGHCRI: " Women's Health to Prevent Cancer & HPV Vaccination" on 6th March in Pearl Hall. Likewise, on 13th March, a senior citizen's health checkup was organized in association with Seven Hills Hospital, which saw a tremendous response from our members.

I am also delighted to inform you that we have many more exciting events & activities lined up for the coming month. The Ugadi Eve is scheduled to take place in April and a Sunday Bazaar is being planned on May 1st. Further details will be announced soon.

Wishing you all a Happy Ugadi in advance and another fun filled exciting month in the Club.

Best Wishes and Regards,

V.K.Visweswara Rao

(VISU Valluri) ; V-101

CRICKET



The summer of 2009 when I was all of 9 years in age, was when it all started. My parents had decided that I had thoughtlessly broken enough windows and lights in my house playing cricket to consider sending me to a cricket academy.

The academy was in Bangalore and I was packed off for a couple months (or so my parents assumed!!). They probably they assumed that I would be homesick enough and would tide over this phase and return home.

During my time at the academy, I had managed to catch the eye of my then head coach, Imtiaz Ahmed sir. It was his encouragement that motivated me to move to Bangalore, and offered me a full scholarship to study and play cricket tournaments for Ebenezer International School Bangalore.

During my time there I was selected to represent the Karnataka (under-14) cricket team in the South Zone cricket tournament. This small taste of Joy and Honour in representing Karnataka, fuelled, and motivated me to endlessly chase a distant dream of one day representing India.

I then moved on to Jain University for my higher studies, where I was enrolled under the Sports Quota programme, which is directed at helping sportspersons of various fields to create a balance and excel in their Sport without compromising on their Education.



During my time there I went on to again represent Karnataka in the coveted Cooch Behar All India cricket Trophy (under-19) and Col.C.K.Nayudu All India cricket Trophy (under-23), conducted by BCCI. I also Represented South Zone in the Prestigious All India Vizzy Trophy.

By this time, like any another professional cricketer in India, the sheer childlike joy while playing the game had slowly turned into a sense of professional mindset, where each time we step on the field, we are responsible for a certain standard of performance that is expected off of

us from our teammates, coaches, selectors, well-wishers and most of all the standard that we expect from ourselves. To succeed in such a competitive environment, discipline, commitment, mental strength and flawless skillset is paramount.

As a result, I had to adopt a strict fitness routine alongside continuous improvements and adjustments to my skillsets, with monitored eating and sleeping habits to try and gain as much of an edge as I could against my peers.

Through my journey a significant source of motivation for me has been the support and encouragement of my family through all the successes and failures, which has been the key to my survival in such a competitive sport.

It was this unconditional support, that allowed me to pursue my dream, and today I have no regrets whatsoever.

Munim Moosa Mehdi (M -316)



Master D.Sesha Sai Abhinav, age 7 yrs s/o Mr D. Sunil (S-316) and grandson of Past President Mr DV Raju was coached in Karate organised by the Club management for children prior to Covid and continued training as per syllabus for a year.

After having fulfilled all the requirements for physical and mental prowess, he was promoted to the rank of YELLOW KYU (second rank in the order) in November 2021.

In December 2021 Master Abhinav participated in individual Kata event in the 6 to 7 years sub-junior group in the South India open karate championship and won the Bronze medal.

Many thanks to Club management for promoting karate and organising coaching classes for members children in the club.



P. R. Narayanaswami (N-50) and K. Ratan Kumar (R-171) were congratulated for organising the Golden Jubilee Reunion of M.A. English language and Literature students of 1970-1972 batch held on 5th and 6th March 2022 in the department of English, Andhra University, both were felicitated by their classmates on 6th March 2022.



Reopening of Pool Table on 3.3.22 after refelting



International Womens Day! March 8th

Marked annually on March 8th, International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. A world free of bias, stereotypes and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. The campaign theme for International Women's Day 2022 is

#BreakTheBias.

Gloria Steinem, world-renowned feminist, journalist and activist once explained "The story of women's struggle for equality belongs to no single feminist, nor to any one organization, but to the collective efforts of all who care about human rights."

An overview: International Women's Day (IWD) has been observed since the early 1900's - a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies.

1908 - Great unrest and critical debate was occurring amongst women. Women's oppression and inequality was spurring women to become more vocal and active in campaigning for change. Then in 1908, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights.



1909 - In accordance with a declaration by the Socialist Party of America, the first National Woman's Day (NWD) was observed across the United States on February 28. Women continued to celebrate NWD on the last Sunday of February until 1913.

1910 - In 1910 a second International Conference of Working Women was held in Copenhagen. A woman named Clara Zetkin (Leader of the 'Women's Office' for the Social Democratic Party in Germany) tabled the idea of an International Women's Day. She proposed that every year in

every country there should be a celebration on the same day - a Women's Day - to press for their demands.

1911 - Following the decision agreed at Copenhagen in Denmark in 1911, International Women's Day was honoured the first time in Austria, Denmark, Germany and Switzerland on 19 March.

1913-1914 - On the eve of World War I campaigning for peace, Russian women observed their first International Women's Day on February 23, the last Sunday in February. Following discussions, International Women's Day was agreed to be marked annually on March 8 that translated in the widely adopted Gregorian calendar from February 23 - and this day has remained the global date for International Women's Day ever since.




KIDS & WOMAN

Dance Classes



DAYS
MONDAY
TO
FRIDAY

TIMINGS
5:30 PM
TO
6:30 PM

AGE GROUP
5 YEARS
TO
11 YEARS

DAYS
MONDAY
WEDNESDAY
FRIDAY

TIMINGS
6.30 PM
TO
7.30 PM

INSTRUCTOR : AAYUSHI JAIN

PRE REGISTRATION REQUIRED.
CONTACT : 9160573911

Waltair Club

Diva Night

- Prerna Kancharla (R- 520)



As Women's Day was around the corner, the Ladies Committee of Waltair Club got into action to organize Diva's Night on 4th of March with glitz and glam as the theme and dress code.

On entry and registration, the ladies were given different coloured badges which eventually divided them into groups. Early bird games were conducted as well.

The evening started off with a dance performance by the members of the Ladies Committee on some really popular Hindi and Telugu songs. This was followed by a fashion show (competition) by some of the members. The winners of the fashion show were Alka Rajput who bagged the first place, Lalitha, who stood second and Geethika won the third place.

A few group games were played in the latter part of the evening. Scrumptious snacks and food flowed in thorough the event. In a nutshell, the event was well attended, enthusiastically participated and there were many, many gifts given away for several group games and ice breakers.



An Extravaganza of Colour HOLI

A Hindu festival of colours, a celebration of prosperity and well-being, overall joyous and vibrant.

In a total community spirit, this festival is widely celebrated all over India and in other countries that have quite a significant population of Hindus. Especially, it is the most popular springtime festival of Northern India. On day 1, the Holi bonfire is lit (on Purnima or the full moon night) and the celebration of colours happens the next day.

The day of the bonfire 'Holika Dahan', also called as 'Chhoti Holi' symbolises the triumph of good over evil. 'Badi Holi' is the next day when people, transcending all barriers, shower each other with coloured powder and coloured water irrespective of caste, creed, age and gender.

Do you know that the colours of the pigments have symbolic meaning? Red is for joy and love, orange for optimism, green for harmony and blue for vitality. So, only good things!

A quintessential image of Holi is the parties, dancing, eating, drinking and of course, playing with colours. But in the rural, semi urban and tribal lands, there are a number of beautiful and unique traditions that are representative of Holi. Like, in Gujarat, the nomadic tribes have delightful story telling sessions through musical plays, song and dance. In Rajasthan, some particular tribes worship goddess Shakti whom they refer to as Hingala Mata or Holi Mata. In some small parts of Madhya Pradesh and Maharashtra, Holi includes a unique celebration -- the match-making fairs. Few days leading up to Holi, these fairs are held where the men choose a prospective partner by applying red colour to her face. If she likes him, she applies red colour to his face too. Otherwise, she wipes off the colour and both move on. Finally, the partnerships are sealed with the couple eating 'paan'. Interesting, isn't it.

Going local, be ready to get showered with colour powder, indulge in merry making and enjoy the festivities !!



Holi in Waltair Club

On the 18th of March, Holi was celebrated with full gaiety in the club grounds complete with Rain showers, music & dhol, lots of colours and coloured water and most of all, a spirit very colourful and joyous.



Families made the most of the arrangements made and thoroughly enjoyed the morning, complete with festive snacks and lunch. With almost 500 heads, it was surely a colourful riot!!

This is what our President Rajendra has to say:



Everyone loves to be a part of the successful event and It feels amazing to experience one.

Two, after such a happening I personally and behalf of the Managing Committee would like to congratulate Mr.K.S.R.K.Raju, Chairman, Entertainment and



Mr.Deepak Manu Menda, Chairman, Catering for giving a wonderful and a great Holi party celebrated on 18th March with an absolute religious fervour. Managing Committee also thanks all the members for participating and having a gala time, playing with colours, enjoying the music, dancing to the tunes of the dhol and the DJ music, and enjoying the number of snacks and sweets served by the club. We have witnessed the children of a members having a ball of a time in the artificial rain, the Managing Committee thanks the members and their guests for making the event a grand success. We are sure you will do the same in the future events.

THEATRE & DRAMA AT WALTAIR CLUB

- Shilpa Colluru, S-505

"All the world's a stage,
And all the men and women merely players;
They have their exits and their entrances;
And one man in his time plays many parts."

- William Shakespeare, 'As You Like It'.



Theatre and drama as art forms have been around from the beginning of time. All cultures and traditions have their own versions of theatrics and expressions, be it Shakespeare or our very own Telugu 'naatakalu'. At first glance, one might think that drama is nothing but entertainment. However, this isn't always true. It is one of the most 'human' of art forms that has been used extensively to take on a political or philosophical stance.

Drama isn't all about being on stage, putting on a performance, dressing up in costumes, with lights and music; and an audience to perform. It is much more than a bit of light-hearted fun to do as an extra curricular activity. Learning through drama is a very integral part of the entire experience. Introducing children to drama and theatre at a young age is a great way to build their imagination and creative thinking. It also helps them lose their inhibitions, become more confident, think independently and build their communication skills.

Where can one find police officers, astronauts, dinosaurs, princesses, toymakers, and chefs all happily working side-

by-side? In a drama class, of course! Think of the way this expands a child's mind! Another special thing about drama is that there are no 'wrong' answers - through their imagination, animals can talk, kids can travel to outer space and become aliens, and the sky can be green while the grass is blue! This helps them build their confidence and teaches them not to limit their thinking.

Expressing emotions, feelings & actions through theatre games and fun exercises for speech & movement, allow children to explore their range of awareness and discover individual expressions in an imaginative manner. Of all the arts, drama involves children the most fully: intellectually, emotionally, physically, verbally and socially. As actors, children assume the roles of others, and they learn about becoming more sensitive to others who are different from them. At the same time, they learn to work together because drama is a communal art and each person is necessary to complete the whole.

Even the shyest of children find their voice and gently build their confidence after a few classes. If not verbally, they learn to express themselves through facial expression and body language, all of which help them become better communicators. By its very nature drama creates strong bonds between children as they laugh, learn together.

The most incredible part of drama is that every child's thought and idea is discussed, sparking their interest in the world they live in, making them more inquisitive and therefore more interesting little people!

Shilpa Colluru is a senior creative trainer with Helen O'Grady International EduDrama Academy, Vizag. Headquartered in UK, Helen O'Grady trainers have been teaching theatre and drama to children across the world, for over 40 years. Shilpa will be organizing Summer Drama Workshops at Waltair Club from May 2022 onwards. These workshops will be open for children from the ages of 4-15 years. Interested members can get in touch with her on +91 97405 44928 for more details.



Senior Citizen's

Cardiac Awareness Screening camp.

Senior Citizens of Waltair Club, conducted a cardiac & general camp for senior members on 13-3-22 from 10:00 am to 1:00pm in association with Seven Hills Hospital. Dr Shashanka Chunduri, the cardiologist & Dr S. Vara Prasad, Gen. Physician & their team conducted the medical camp.

The senior citizens committee members Sri Jagapati Raju & MV Narayana Rao coordinated and our Club Hony. Secretary Sri Vishweshwar Rao spared his valuable time to monitor the screening camp.

61 senior members availed this opportunity.

We also took the opportunity and requested 7 Hills Hospital to conduct a mega screening camp for the club staff/workers.



Programmes for April, 2022

01.04.2022	Friday	Movie	7:00 PM
02.04.200	Saturday	Ugadi Eve	7:30 PM
03.04.2022	Sunday	Beer n Biryani	12:00 Noon
08.04.2022	Friday	Movie	7:00 PM
15.04.2022	Friday	Movie	7:00 PM
16.04.2022	Saturday	Tambola	7:30 PM
22.04.2022	Friday	Movie	7:00 PM
29.04.2022	Friday	Movie	7:00 PM

OBITUARY

We regret to announce the sad demise of the following member



MRS.S.B.RAJARAJESWARAMMA
(M.NO.S-011)
EXPIRED ON 27.02.2022

NEW MEMBER LIST

SL.NO.	MEMBER NAME	M.NO.	CATEGORY	D.O.J.
1	MR.V.SMYANTEZ	V-468	ASSOCIATE	19.02.2022
2	MR.M.ANIRUDH VARMA	M-345	ASSOCIATE	21.02.2022
3	MRS.M.SRAVANTHI	S-1347	REGULAR MC	22.02.2022
4	MISS.P.PARVATHI BHAVANA	P-374	ASSOCIATE	22.02.2022
5	MRS.T.SRIJA	S-1342	REGULAR MC	22.02.2022
6	MR.E.DEVEJYA	E-018	ASSOCIATE	24.02.2022
7	MR.TUSHAR AGARWAL	T-095	LIFE	04.03.2022
8	MR.GAURAV GUPTA	G-149	LIFE	04.03.2022
9	MR.G.MOHAN KRISHNA	M-346	REGULAR MC	07.03.2022
10	MRS.K.MALINI REDDY	M-347	REGULAR MC	08.03.2022
11	MISS.B.SONALI PATRO	S-1138	REGULAR MC	11.03.2022
12	MR.D.BHARAT CHANDRAHAS	B-180	REGULAR MC	15.03.2022

Waltair Club Sports Carnival

The sports carnival held in our Club is one of those times where the energies are high, competition is the spirit and to win is the motto!! The on-going sports and matches have held the above in every which way. • Cricket match was held on the 4th, 5th and 6th of March and the participating teams were:



No	Team Name	Owner	Captain
1	Waltair Raiders	Krishna Murthy	Kiran
2	Vikings	Raviteja	Jai
3	Club Class	Sahu	Kranti
4	Vizag Challengers	Srikanth K	Vikranth
5	Waltair Titans	Shashank Reddy	Hanmesh

Winners: **Vikings**

Runners: **Challengers**



WALT AIR CLUB CARNIVAL

SPORT NAME	DATE
CRICKET	MARCH 4TH, 5TH, 6TH

OWNER
KRISHNA MURTY

WALT AIR RAIDERS

CAPTAIN - KIRAN

OWNER
RAVITEJA

VIKINGS

CAPTAIN - JAI

OWNER
SAHU

CLUB CLASS
FRIENDS TOGETHER FOREVER

CAPTAIN - KRANTI

OWNER
SRIKANTH K

VIZAG CHALLENGERS

CAPTAIN - VIKRANTH

OWNER
SHASHANK REDDY

WALT AIR TITANS

CAPTAIN - HANMESH

**DJ,
DRINKS,
SNACKS &
DINNER**

Volley ball Matches!!

Lights, Music and Action!!!

Jaya Narasimha Rao (J-76)

When there is sand, chairs, lights, music in high decibels, the aroma of hot snacks n Biryani wafting through the air one would think it's a sundowner party but nope it's the event of the year. "The Waltair club volley matches."

It has all the works of a premier league matches. There are team owners, players to be bought, team uniforms, strategies planned and some awesome Team names, Warriors, Strikers, Club class Bulls, Defenders & Hawks.

The fun n joyful element is the family atmosphere which is on all through. For a few, some of our family members are in the team (spouses, kids or your buddies). But to all its a big family party for 2 days.

From 6 pm onwards the thumping music with floodlights on the volleyball court is on and the games begin.

"Middle, Lift, Spike" are the three words you hear all along with encouraging shouts to the players from the spectators. Whistles, shouts n cheers to the teams as the games progress. Words of encouragement, a friendly high five when your team player makes a blunder, joyful yell when a point is won, strategic breaks to pep up your team all this to keep the adrenaline flow high. Oh yes! there are the favourite n popular players every year and we get to see young rookies turn into seasoned players for the next season. Talent in abundance and opportunities for all.

super family weekend we look forward to!



Madhu is a recipient of a special prize of 10k as the only lady who played with men, announced by our President.







Audi
Visakhapatnam

WALTAIR CLUB SPORTS CARNIVAL

SPORT NAME	DATE
VOLLEYBALL	MARCH 11TH & 12TH



OWNER RAJA LINGAM





CAPTAIN-KINZ



OWNER RAHUL GANAPATHI





CAPTAIN-MOHIT



OWNER VENKAT





CAPTAIN-SRIDHAR



OWNER JASTI SRIKANTH





CAPTAIN-KK



OWNER RAJABABU





CAPTAIN-PRADYUMNA



OWNER NARASIMHA RAO





CAPTAIN-MALLIK

DJ, DRINKS, SNACKS & DINNER





Volley Ball Seniors

Four senior teams competed for the seniors cup;
Sharks
Panthers
Fighter
Smashers.

After a real tough fight, the Winners were Smashers (owned by Mr Ravikanth) and the runners were Sharks (owned by Mr. Veeramohan)

Audi
Visakhapatnam

WALTAIR CLUB SENIOR VOLLEYBALL

FRONT LINE

**OWNER
VEERMOHAN**

PLAYERS

VEERMOHAN	PRAMOD	NILESH	GK RAJU
SRIDHAR	SUDHEER	KISHORE	

Audi
Visakhapatnam

WALTAIR CLUB SENIOR VOLLEYBALL

**OWNER
VENKAT**

PLAYERS

MALLIK VARMA	DVK RAJU	DR. GANGA RAJU	VENKAT
TARUN	PRASHANTH	KASIRAJU	

Audi
Visakhapatnam

WALTAIR CLUB SENIOR VOLLEYBALL

**OWNER
VENKAT**

PLAYERS

MALLIK VARMA	DVK RAJU	DR. GANGA RAJU	VENKAT
TARUN	PRASHANTH	KASIRAJU	

Audi
Visakhapatnam

WALTAIR CLUB SENIOR VOLLEYBALL

**OWNER
PBL RAJESH**

PLAYERS

SURENDRA	KIRTI	JAGAN	RAJESH
SHAAD	KISHORE	KARUNAKAR	



Other Competitions held were:

Table Tennis.

Winner Avneesh A-475

Runners Ajay manchukonda R-427

Shuttle Men doubles

Winner Sakta ram S-751...
Chirag Ashok mirpuri.....C-104

Runners Dev Aruan narla....D-112
KiranK-290

Shuttle. Under-19 Doubles

Winners: Karthik K-314
Srimanth R-621

Runners Rahul H-111
Saketh Varma S-1300

Squash

Winner Naresh N-187

Runner Up Nilesh N- 86



Golf at EPGC

Waltair Club Golf Cup was conducted at East Point Golf Club on Feb 26th & Feb 27th. Approx 180 players participated in the event which includes Regular Members, Seniors, Ladies & Children in separate divisions. Many Common Waltair Club Members participated in all divisions & won prizes.



Prabhav Dasari is winner in Junior Division.

Golf at Waltair Club

Golf Arena is newly added Chip & Putt area developed very beautifully. As part of Annual Sports event for the first time Chip & Putt Competition was organised by Managing Committee. It was huge success approx. 90 playing members participated. 10 teams played for 2 days on Mar 13th & Mar 14th. Event was very grand and successful and was witnessed by Member families & Children.

Winner : Club Class Runner : Green Lovers

3rd Place : Waltair Pitchers

Team Names:

Rock n Roll : Alwardas Group

Vizag Tigers : Mr. Kancharla Ram Prasad

Club Class : Mr. Dasari Krishna Prasad

Pro Putters : Mr. Y. Hari Krishna

Waltair Pitchers : Mr Jakampudi Srinivas

Shree Albatros : Mr G.V.V.Satya Naryana Rao

Green Lovers : Mr K. Kirit

Lagan Golfers : Mr Raja Srinivas Rao

Eagle 2019 : Mr Ch RajaSekhar

Golden Hands : Mr Nagu



Vintage View's of Waltair

-John Castellas

The earliest view of the Waltair Club is by Rathnam & Co who had two studios managed by two brothers-in-law, one in Soldierpet near Moshin Bros and the other near Poorna Market. They captured images of Vizag and Waltair in the 1920's.



The first views of Waltair were by the father-in-law of the Rathnams, C. Mooneswamy Mudaliar who was the first photographer resident in Vizag. His studio was near Moshin Bros in Soldierpet. He captured images of Vizag and Waltair in about 1900.



Waltair past Scandal Point was considered jungle and the inhabitants were mainly on Zamindar properties and bungalows they built for rental to the temporary European residents. The Rathnams also captured some images of early Waltair. Waltair Station was the junction of the Bengal Nagpur Railway from Calcutta and the Madras Railway from Madras. Both companies promoted tourism to Vizag as a destination of City, Sand and Surf for a relaxing holiday away from the bustling big cities. This was also the time of early colour photography that the Rathnams used on postcards for BNR. So the next time you are at RK Beach, remember these images of a pristine Waltair and how economic growth and development has transformed it.

Contributed by John Castellas who has collected this Waltair history when researching the contents for the Waltair Club Coffee Table Book published in 2021.

BRIDGE

Our Club hosted the Annual All India Bridge Tournament after two years. The Club has hosted 11 tournaments till date.



It was indeed a proud moment for Waltair Club, when we hosted the 1st post-covid, All India Bridge competition and 138 people from all over India participated.

The feedback from the players indicates that it was a great success !

We are indebted to our Sponsors namely Devi Fisheries, Devi Sea Foods, Nekkanti Sea Foods, ATR Group and Fluent Grid Ltd. , who come forward every year to sponsor this prestigious tournament.



We also are indebted to The Waltair Club Managing Committee, especially our President Dr. S.V.H.Rajendra and Hony.Secy. Mr. V.K.Visweswara Rao, who on all the days were present to look into the arrangements. We were well guided by APCBA and VDBA and thank Officers Club and Faculty Club for their help. Our heartfelt appreciation for the staff of Waltair Club who did a super job .



We had Gold and Silver Team events and Pairs events. The tournament was held for 3 days. The Winners ----

GOLD

1. KBDSN
2. Hemant Jalan

SILVER

- 1.SAJU
- 2.Jai Jagannath

SWISS PAIRS

- 1.Gautam & Sanjit Dey
2. PK Mishra & PC Das

We are humbled by the enthusiasm shown by the local and outstation players, which made the event a grand success.



Adventure Trails & travel Diaries!!

"KASHMIR"

- Shaheda Hakim Mehdi (H-12)



Kashmir has been on our "to -do" list since a long time. But circumstances did not allow us to make this a reality. However, on the 24th of January, on their regular morning club walk, Hakim and Narasimha decided to make Kashmir into reality!

On the 29th of January we left for our long pending destination. More than two days in Gulmarg and about two days in Srinagar, was our planned itinerary.

Day one:

The drive from Srinagar to Gulmarg transports you into views of serenity, tranquillity and bliss. Since it had snowed heavily, we had to fasten chains on the approach to Drang.

At this time of the year the frozen waterfall located in Drang (slight detour from Gulmarg) is a must see. I suggest you take a guide and snow woods to avoid accidents.

Day two:

Gulmarg gondola: Second longest and second highest cable car in the world reaches Apharwat mountain. Timings: 10:30am to 6:30pm Elevation: 3980ft ASL

Reach phase one (Kongdoori) by 11am latest. If you are keen on taking skiing lessons, your adventure starts here. Spend at least a couple of hours.

For adventure enthusiasts you can hire your snowmobile here. I suggest you do the longest route option because the endless terrain and picturesque snow-covered landscapes transports you into limitless bliss. The icing on the cake being that the professional rider allows you to manoeuvre the snowmobile and rides behind you giving you periodic words of caution. There is enough on phase 1 if adventure is your interest. There is also enough hot food like maggi , soup, chips , chai , coffee , chocolates , sandwiches to keep you going.



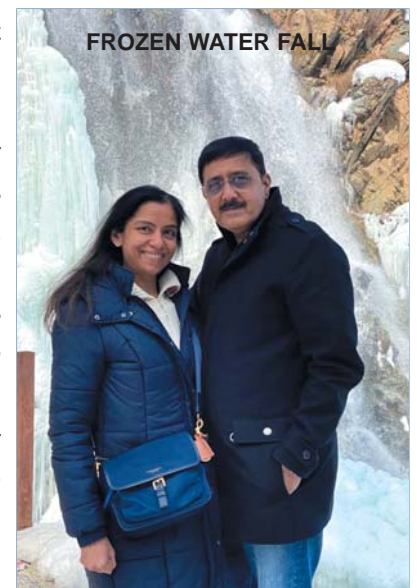
The gondolas are continuous and there is hardly any waiting time since at this time of the year there are only serious skiers or adventure junkies.

Day 3:

In Gulmarg. There may be other touristy hotspots but we chose the ATV ride into the wilderness. It's just you and nature with the tall Himalayas at the one side and the deep gorge on the other. Just enough space for the ATV to manoeuvre. It is an adventure lovers paradise. You wonder does the human race even exists. A 13km circuit but worth every minute. Gulmarg in winter is snow nirvana. Hardly any tourists and snow as far as your eyes can see. We had the opportunity to

see the biggest Igloo in the world being constructed.

Of course, after three activity filled days, we needed a little calm and our stay in Srinagar accomplished that. A bit of Kashmiri art and relaxed walks completed our trip and we came back with unforgettable experience of a thrilling holiday!!





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PREETHAM SUNKAVALLI in conversation

with SANDHYA GODEY

Waltair Times : Hello Preetham. How long have you been a Club member ?

Preetham : Thanks for talking with me Mrs Godey. I was an associate member before I became a

permanent member in 2017 when I turned 23 years old. My membership number is P-304. I am a

third generation Waltair Club member.

Waltair Times : Which Club service do you use the most ?

Preetham : The restaurants and lawns where food is served. In my younger days I learnt swimming in our Club pool and used the Gym.

Waltair Times : Preetham, please share a little bit about yourself?



Preetham : I started schooling in Timpany school, then moved to a few smaller schools. I completed my 10th in the Indo American School and my intermediate in Chaitanya Junior College. Unlike the medical and engineering streams, there was less demand for the

commerce stream which I opted for. My time at Chaitanya was relatively good since we were fewer students and not crammed like sardines in classrooms. I completed my graduation in BBM from GITAM. I took a year off to prepare for CAT exam and then did my MBA from IIMA. I was partial towards marketing and strategy in my MBA.

Waltair Times : Have you used your learning in strategy in your life ?

Preetham : Strategy is something I love. Contrary to popular belief, apart from telling you what to do, strategy also tells you what you should not be doing. It teaches one where to stop and can identify core competencies.

Waltair Times : Is there anything you regret doing or not doing?



Preetham : Looking back, I regret one decision I made after my schooling. My mom wanted me to leave Vizag and study in some other city. We even went to Chennai to check out Loyala college. But back then, I was too much in my comfort zone and I chose to stay back in Vizag and go to GITAM. Now, I wonder how my career would have been had I left home back then.

Waltair Times : Preetham, you are a visually disabled person. Medically, what would your condition be known as ? Could you explain in layman terms too ?

Preetham : My condition is known as Retinitis Pigmentosa where in, the retina does not process light signals it receives, and hence the brain doesn't get any signal to process.

Waltair Times : I have heard a couple of your podcasts and you are very matter of fact about your condition. How, what and who helped you normalise this condition for you ?

Preetham : What normalised it mostly was my family treating me like my sister. They didn't make me feel different in any way. But outside of home, it was different. At school, I got bullied a lot. I felt like any other student, but my classmates excluded me from play and group activities. This happened even during graduation after which I spent a few months in US where I learnt basic skills, mobility, independent living and ability to talk and share about my disability. IIM A was a place where I realised that I belonged to a community of people I could relate to. IIM A had people like me before me, who put in place systems for disabilities. The rehab clinic in LV Prasad Eye Institute helped me a great deal too with making me independent and with availing resources here in India and abroad.

Waltair Times : Preetham what is your professional ambition or plan for the future ?

Preetham : My ultimate ambition is to build exceptional customer experiences. From first contact

to purchase, I would like to create an end to end satisfying experience.

Waltair Times : Preetham, despite their best intentions, most people do not know what to say to disabled people. Any suggestions on how one should interact with people with disabilities? **Preetham :** I would definitely like to make a few suggestions

1. Address them as **people with disabilities**. DO NOT call them differently abled or challenged or specially abled. Think about it, aren't we all challenged in some way ?
2. Do not presume disabled people need help. One can always ask if help is required and then trust and respect the choice they make.
3. Disabled people are perfectly capable of making decisions for themselves, they are not delicate and can get through a days activity like anyone else, be it standing for a few hours or doing continuous work.

Waltair Times : What is your biggest achievement as a person ?

Preetham : Writing the C.A.T and getting a good score. After my BBM, when a giant corporation with equal opportunity policies did not offer me the job citing lack of accessibility software, I realised I can't be an average guy doing average things. I trained for CAT like a professional athlete with tough training schedule. A very helpful coach handled a few topics while my mother helped with the verbal section. A friend motivated me to aim high and not settle for just any IIM but to aim for only IIM A, B or C. I took 36 mock tests and improved with each test and finally made it to IIM A.



Waltair Times : What would you consider your achievement as a person with disabilities ?

Preetham : Again my CAT score. I also have some small wins like travelling on my own and living

on my own. A recent trip to Bangalore with 5 other visually disabled people was extremely

satisfying. I am so proud of all of us. We didn't have any trouble or emergencies.

Waltair Times : What about wins at work?

Preetham : Surviving in sales and earning the trust of my dealers.

Waltair Times : What makes you sad ? Happy ? Excited ? Angry ?

Preetham : I feel sad when I can't see the things I want to see. When I was younger, I longed to watch the Navy Day celebrations. Common things that are not accessible also make me sad. I feel happy with some experiences and spending time with interesting people. I am excited when

something needs a lot of planning , involves a lot of small moving pieces that all finally fall into place. It is exciting when my plan goes according to the plan. I get angry when people are not open to opinions. Also it upsets me when things not accessible. **Waltair Times :** What are your hobbies ?

Preetham : Cardboard modelling of planes and ships, reading and baking. I baked a Lemon bread today.

Waltair Times : Any suggestions to the Club Managing Committee to make the Club facilities more accessibility friendly ?

Preetham : I would like to congratulate the Club for making mobility easy for disabled people with well placed and well designed ramps. They could however add tactile paving and bumps on the floor to aid visually disabled members. Although the Club app has improved with better

accessibility than earlier versions, it could do with some more improvements and if needed I could sit with the developers and give inputs. **Waltair Times :** Preetham, before we wrap up, a short rapid fire.

- * Your favourite type of music - acoustic
- * Your favourite cuisine - Italian. I even went to Italy to indulge in Italian food.
- * What's your comfort food - Chicken Tikka and fresh lime Soda in Waltair

Club.

- * Who inspires you ? - Dr APJ Abdul Kalam who was very knowledgeable, humble and could relate to anyone on their level. It's awesome that he worked on missiles.
- * Five most used apps on your phone - Whatsapp, MS Teams, Hindu news app, Twitter and Youtube.
- * What do you do when you get happy ? - I love to hang out with people.
- * What do you do when you get sad ? - I listen to music.
- * What do you do when you get angry ? - Eat desserts. Sugar calms me.
- * Three social media handles you follow - **#Prof Chinmay Tumble** (economic historian at IIMA), **#Planet Money** (podcast that explains super complicated business concepts well). **# 'Weratedogs'** on Twitter where the image descriptions are very cute.

THE PHOENIX - PART 3 - THE MYSTERY DEEPENS

- Sandhya Godey

As she studied each bank note, Gumm was assailed by several thoughts. Although she was a captive for reasons she had no idea about, there was someone who sympathised with her, although again, she had no idea why.

Cutting her thoughts that gave no answers, Gumm continued examining the banknotes in an effort to get some clue about herself and to her current situation. Starting with the United Arab Emirates 10 dirham banknote she saw that the mostly green banknote featured a sheathed khanjar on its left and the coat of arms at the centre. The reverse side featured a bird that looked like an eagle or a falcon on its right, and a farm of date palm trees in the middle. The serial number on the 10 Dh banknote had two of the numbers underlined very faintly. As she checked the other banknotes, she found that the 50 Pound, 100 rouble, 500 rupee and the 10,000 Yen currency notes too had two numbers of their serial number underlined very faintly. Gumm was convinced that someone was trying to send her a message of some sorts. There were people who missed her presence and were trying to help her. Gumm instinctively arranged the notes in ascending order of the currency numbers - 10, 50, 100, 500 and 10,000. The underlined numbers in sequence read 9391150847. She found herself repeating the number without looking down at the notes.

93 91 15 08 47

She quickly looked at all the other notes too. She instinctively knew that £50 note is the highest denomination of banknote issued for public circulation by the Bank of England. It bore the image of Queen Elizabeth II on the obverse and a man she recognised as computer scientist and World War II codebreaker Alan Turing on the reverse. One side of the 100 Rouble currency note, showed the Bolshoi theatre and the Quadriga. The 500 Rupee Indian banknote showed Mahatma Gandhi and the Red Fort. The 10,000 Yen Japanese currency depicted a man she did not recognise and a phoenix. Gumm definitely was a literate person she realised as she could read, recognise and understand whatever she saw.

It also occurred to Gumm that handling currency notes of different countries wasn't alien to her. A brief memory of her handing over an envelope of currency notes to a bearded man flashed across her mind. She wondered if she worked at a bank or in the foreign exchange counter in the Kabul airport. Was she a numismatist? Or was she just a well travelled person? What ever it was that she did in the past, she wondered what she had done that got into the situation that she was in. She hoped she wasn't a fake currency dealer or a courier for drugs or something even worse. Picking up the plate of rice she had abandoned on finding the currency notes, Gumm started eating her meal which she recognised as Afghani Palaw, and again wondered how she knew that. Was she a cook who also dealt in fake currency? Once she ate every grain on her plate, Gumm tucked the currency notes and single coin safely in a small pocket that her bonton had. Walking to the window to contemplate her next move, Gumm looked out to check out her surroundings. A little distance away she could see a group of palm trees and almost at the same moment she realised that the currency was a code to help her by her unknown benefactors. She had to do what Alan Turing did many years ago, break a code. While Turing helped win a war, Gumm had to break a code to win her freedom and answers about herself.

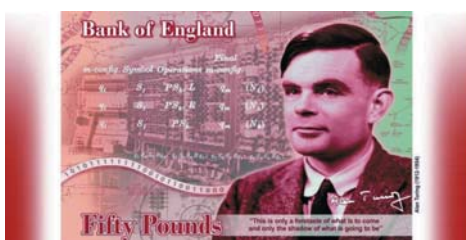


The palm trees on the 5 Dh banknote was clearly a pointer to the Palm trees that she could see a little distance away. She looked at the bars across the window that had been

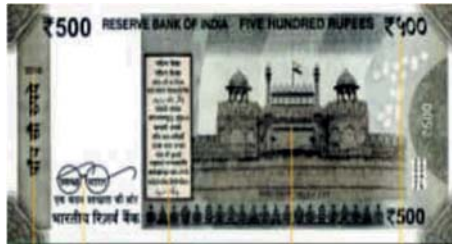
screwed in. An idea began forming in her mind which 'MMF-iaaite 10000 seemed to be dissolving its fogginess at a rapid rate.

Using the cutlery knife, she started to unscrew the three bars. The feel of the knife in her hand evoked faint images of a kitchen, two young children and a man in a beard. Gumm was now sure she had a family ^^^^^terency.c^ somewhere who were trying to help her. Before Gumm

could decipher the faint memory, she had managed to unscrew all the three bars across the window. As expected,



the door to her room was bolted from the other side, but Gumm bolted the door from the inside too. Peering



down from her second floor room, she decided that she couldn't jump down to the ground without injuring herself. Moving with quick and precise movements, Gumm wrapped the chaddar around her head leaving only her eyes visible. She then quickly stripped the bed of its sheet and tied it to the spare set of clothes she had. She then knotted one end of the cloth rope she had made to the cot and hung the rest over the window ledge. Climbing onto the bed, Gumm stepped out of the window and slid down the rope and landed silently on the ground. She quickly untied as many knots on the rope as she could reach and hid the clothes under a nearby bush. Hoping no one would notice the sheet hanging out of the window, Gumm ran quickly to the palm trees she had spotted earlier. Panting slightly from the run and the rush of adrenalin, Gumm stood in the shadow of the Palm trees and looked around quickly. She didn't see any activity or anyone who could jeopardise her escape. As she brought her attention back to her surroundings, she was sure she would find some other clue that was connected with the tree's under which she stood. As Gumm looked up and down and around, she noticed fresh scratch marks on the trunk of one of the tree's. Moving closer to that tree she could read some numbers scratched into the trunk. In a moment she recognised the numbers as the ones she had memorised from the underlined digits on the bank notes - 9391150847. She had memorised the number, but it still didn't make any sense to her. All she knew at that point in time was that she had five currency notes of different denominations and nationalities, one coin and a memory that was fighting its way through the darkness to tell her more about herself.

(Concluding part of this story will feature in the next issue of Waltair Times.)



Beer & Biryani Events —●●●

Beer & Biryani held on 6.02.2022



Announcements:

1. As per the Club Policy, outside food or liquor is not permitted to be brought into the club or consumed within the club premises. However, outside food only, is permitted for events booked in Centenary Auditorium and Jubilee Grounds. Kindly comply with this policy.
2. This is to inform the members that Club Office will be open on Saturdays in the evening session also to make it convenient for the members to utilize the office services.
Timings Monday to Saturday: 9:00am to 1:00pm
4:00pm to 8:00pm
3. Request all the members to carry their I.D. cards at all times for any service in the club, this includes food court, take away, movies, all the events etc, to make things easy for your good self.
The KOT system is being closed from 27-03-2022 onwards. Collect your I.D. cards from the club office, if you do not possess one. Kindly cooperate with this endeavour.
4. As per the club policy please note that making charges on food is not allowed. Kindly comply with this policy.



Most people are familiar with many of the benefits of exercise, such as improving muscle strength and endurance, reducing the risk for heart disease and stroke, and preventing obesity. Perhaps not as well understood is the importance of regular physical activity in building and maintaining healthy bones. Inactivity causes loss of bone!

Aging, along with certain diseases and medications, can cause bones to become very weak and fragile over time — a condition called osteoporosis. It often occurs in women after menopause, and in men in older age. This bone-thinning disease puts people at a greater risk for broken bones, which can seriously limit mobility and independence. We also tend to lose muscle as we age — a condition called sarcopenia. People who develop osteoporosis or sarcopenia are considered frail: more likely to fall and more likely to break a bone.

Exercise works on bones much like it works on muscles — it makes them stronger. Exercise is important for building strong bones when we are younger, and it is essential for maintaining bone strength when we are older. Because bone is living tissue, it changes over time in response to the forces placed upon it. When you exercise regularly, your bone adapts by building more bone and becoming denser. This improvement in bone requires good nutrition, including adequate calcium and Vitamin D.

Another benefit of exercise is that it improves balance and coordination. This becomes especially important, as we get older because it helps to prevent falls and the broken bones that may result.

Exercises for Strong Bones

There are many different types of exercise and they all offer health benefits. The two types that are most effective for building strong bones are weight-bearing exercise and strength-training exercise. Exercises to improve bone strength are site-specific. For example, walking can improve bone strength in the legs and spine but not in the wrist.

Postural stretching and strengthening can help prevent or decrease the amount of upper spine slumping seen in many older people. Leaning over to tie your shoes or sweeping and mopping can lead to spine fractures in people at high risk of spine fracture. Try to maintain good spine posture with all your activities.

Weight-Bearing Exercise

Weight-bearing describes any activity you do on your feet that works your bones and muscles against gravity. When your feet and legs carry your body weight, more stress is placed on your bones, making your bones work harder. Weight-bearing exercise after young adulthood can help prevent further bone loss and strengthen bone.

Examples of weight-bearing exercise include:

- Brisk walking and hiking
- Jogging/running
- Dancing
- Jumping rope
- Tennis, badminton, ping pong
- Team sports such as basketball, soccer and volleyball
- Stair climbing

Higher impact activities, such as jogging and jumping rope, increase the weight on bones and provide more bone-strengthening benefits. However, people who are frail or who have already been diagnosed with thinning bone should talk to their doctors about the types of physical activity that would be best for them.

Strength-Training Exercise

During strength-training activities, resistance is added to movement in order to make muscles work harder and, over time, become stronger. Although resistance exercises focus on increasing muscle mass, they also put stress on bones and have bone-building capacity.

Common types of strength training include weight machines, free weights, and exercises (such as push-ups) that use your own body weight. Elastic bands can also be used to add resistance to exercises.

A general guideline for strength training is to exercise each major muscle group at least twice a week. Be sure to rest for a full day between strength sessions.

Other Forms of Exercise

Non-impact exercises, such as yoga and tai chi, are not as effective at strengthening bone, but provide significant flexibility and balance training benefits. Non-weight-bearing exercises, such as swimming, cycling, and chair exercises, do not increase bone density but are excellent choices to strengthen muscles as well as the heart and lungs. If you have a musculoskeletal health condition, such as arthritis, that prevents you from doing weight-bearing activities, these are good alternatives.

Starting a Program for Bone Health Fitness

An effective exercise program for bone health includes 30 minutes of weight-bearing activity, four or more days a

week. To help you stay motivated, choose an activity that you enjoy. There are many activities that will get you on your feet and moving.

Your 30 minutes of exercise can be done all in one stretch or broken up into shorter intervals. A 10-minute brisk walk three times a day is a great way to get started.

If it is not safe to walk outside, walking throughout your house, climbing stairs indoors and even walking in place are all great weight-bearing exercises.

To really reap the benefits of exercise, you need to add flexibility and balance training to the mix. All exercise sessions should end with stretching. Increasing your flexibility improves your ability to move easily, can reduce your risk for injury, and provides mental relaxation benefits.

Before choosing an activity, it is important to consider your risk of falling. Your doctor and a physical therapist can help you plan your exercise program. People with severe osteoporosis should be careful weightlifting with their arms while standing upright to avoid excessive spine compression (10-20 pounds may be safe). They should also avoid exercises that bend or twist the spine. Similarly, stationary bikes and rowing machines are not the best options for those with severe osteoporosis and contact sports should be avoided. Chair and corner wall exercises can be a safer alternative.

Age and Bone Health Fitness Adolescents and Young Adults

Building strong bones begins in childhood. The best time to build bone density is during years of rapid growth. We essentially develop the skeleton that must last our lifetime when we are between the ages of 10 and 18 years old. Our peak bone mass in maximum strength and density is achieved in our late twenties.

Weight-bearing exercise during the teen years is essential to reach maximum bone strength. A teen's physical activity should include 20 to 30 minutes of weight-bearing exercise at least 3 to 4 days each week.

Adults

Once we reach the age of about 25, physical activity alone can no longer increase overall bone mass dramatically. In adults, bone density may increase 1-2 %, but this increase occurs only in the area of the skeleton that is stressed and this improved density will be lost if the loading exercise isn't continued.

However, exercise can prevent or slow bone loss, maintain muscle mass to preserve and strengthen surrounding bone, and decrease the risk of falling. Both men and women also need good nutrition, calcium, and Vitamin D to preserve their bone mass.

Women and some men in middle age may require hormonal supplementation (estrogens or androgens) to improve or

maintain bone mass as they age. For older people, however, these hormones are generally not recommended. Typically, for older people with significantly weakened bone, bone-preserving or bone-building medications are better options. In elderly adults, falls often result in fractures with long-term consequences that may include permanent disability. The most common breaks in older people occur in the wrist, spine, and hip.

Balance training and tai chi have been shown to decrease falls by 47% and reduce the risk of hip fracture by approximately 25%. In addition, men who participate in vigorous physical exercise tend to have a lower risk of hip fracture.

Body Weight and Bone Health

When people lose weight, they also lose bone. Low body weight at any age is associated with a greater risk for bone problems and fractures. Very low body weight has increased consequences for women. Sports and exercise are healthy activities for girls and women of all ages. However, a female athlete who focuses on being thin may eat too little or exercise too much. The result may be long-term health problems and bone damage.

If young women exercise excessively, they can lose enough weight to cause hormonal changes that stop menstrual periods (amenorrhea). This loss of estrogen — the hormone that is necessary for maintaining

bone mass — can cause bone loss at a time when young women should be adding to their peak bone mass.

A woman who misses several menstrual periods, sustains a stress fracture in sports, continuously focuses on her weight, or has a distorted body image should see her doctor right away.

Conclusion

Although exercise has been shown to have clear bone-building effects in children and adolescents and bone-preserving effects in adults, it is just one element of a total program to prevent bone loss and decrease fracture risk.

Understanding your individual risk for osteoporosis, such as genetic factors and family history, is essential. A balanced, calcium-rich diet, adequate Vitamin D, and a healthy lifestyle (avoiding excessive alcohol and nicotine) are also key ingredients for lifelong bone health.

Dr. Dandupati Mano Tej Ms ortho

Fellow in advanced arthroplasty (SIAA) Fellow in orthobiologics (ITALY) CONSULTANT ORTHOPAEDIC SURGEON KIMS HOSPITALS, KONDAPUR, HYDERABAD, TELENGANA.

Club Life and its Nuances.

In conversation with AVRK Kumar,
Past President of Waltair Club. Part 3.

- 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 Sports activity that prevailed in the

Club. Last issue was mostly about Tennis. The following are some corrections concerning the Tennis at the club. 1) The Ladies Tennis Club should be read as Ladies Club. 2) Applaswamy Reddy and Pola Reddy were brothers. 3) Polo was played at Vijayanagaram Grounds not connected with the Raja of Vijayanagaram. 4) The Polo prizes were known as Fleece awards. Two of them are on display at the Club. 5) Raja of Bobbili was always the Chief Patron.

W.T: Was Tennis actually the beginning of active sports activity at Waltair Club?

AVRK: Actually, Racquetball was the first sport that took off. The courts were located on the land where the All India Radio is now located. In the older maps of the city, the area was marked as courts for Racquetball. These were larger than Squash Courts. As Squash evolved from Racquetball, slowly the game disappeared. During the '50s Squash dominated the players interest. Then, Members and their children started using the area as wall practice for Tennis. Even Shuttle was played in the Racquetball court. As a part of our history Racquetball cups are there in the Waltair Club covering the year 1900-1911.

W.T : Who were enjoying the game of Racquetball?

Of course the then members of Waltair Club. Mostly the British who were associated with the Railways, Nagpur Railway officers. ICS Officers who were all members of Waltair Club. The tournament cup was called Northern Circars Racquet Cup.

As long as the courts were with the Club, the snacks - coffee - tea served. The Courts and the Club compound were separated by a road, there was a small wicket gate to enable movement of service staff across the road. This gate was located next to the present Spa and the new Gym.

It is still a pleasant nostalgic sight to remember the uniformed bearer, with a turban carrying a tray of food, teapot had to be covered with a Tea Cozy, (to keep the tea hot over the distance) and cutlery, to the courts for the enjoyment of the members.

W.T : It is really nice travelling down the memory lane of sports. You had covered Tennis earlier. Anything further you would like to share?

AVRK: Golf - its history in Vizag and its link to Waltair Club is significant.

W. T. East Point Golf Club is an independent Club.

AVRK: True. I am sure the present members would like to know that the members of Waltair Club actually started East Point Golf Club. The Golf loving British needed a Golf Course. They started a separate institution. A Golf course was developed next to Park Hotel. Now we know the area as Vuda Park.

Though the Golf Course was there to play, the support facilities consisted of only a Caddy Hut. Then the Club Members perceived the Golf Course as an extension of the Waltair Club. So all

the meetings, social and prize events were held at Waltair Club. There was no line of separation in the member's minds. Golf Club's annual day, Prize distribution, social get togethers were all at Waltair Club. Expats working at Port Trust, Caltex (now HPCL Refinery) Coromandel Fertilizers were from USA. There were around 50 of them. The Americans also loved Golf, so the Golf course saw some brisk usage.

Caltex had Coril Club at their residential park and thus many events were shared at Coril Club and Waltair Club. The events were exclusive to Waltair Club until

Golf received tremendous support from the Wadhawan family and later the Gangpur family while it was part of Waltair Club activity.

There was a prestigious Golf Tournament - which was called the Waltair Club Cup in the 1930's. During 1995 I had the opportunity to revive this Cup.

During the 60's the Golf Club's annual feature was hosted at the Club in the area we now know as President's Lounge. Later it was hosted in the Supper Garden. The pomp, fun,

music, dance floor were good memories of Waltair Club and Golf.

W.T. : What other games come to your mind?

AVRK : One game is particularly nostalgic for me. It is Billiards. It is something that one can truly enjoy at Waltair Club and we have a wonderful ambience for it.. Well lit tables, gallery chairs, gives us an experience like none other. We have two classic tables. We had John a billiard marker coach who took meticulous care of the facility. He brushed the table twice daily. To remove moisture coal embers in Terracotta containers were placed under the table. Snooker had a variety of colorful balls. It is the classic nature of the billiard balls that is amazing. Till the 60's billiard balls were made from ivory of elephant tusks. Of course they were delicate and may get chipped. The synthetic variety came later.

Waltair Club: This is all fascinating. Was it hard to set up?

AVRK: There are two tables. Buying a Billiard Table was not something the Club could afford. One Table was donated by the Raja of Bobbili and another one by the Ankitam family. The support from Royalty and Zamindari families helped this sport at the Club. One Table was dedicated for junior players and the other for experienced players.

W. T.: What other recreational activity was there at the Club?

AVRK: Card rooms were a great source of fellowship till the millennium. Actually Rummy was not included at the Club. The card rooms were meant for Bridge. With renovation came an exclusive Bridge room. The Bridge account or the game details were always maintained by Club.

Rummy was a limited game with only 2 tables reserved for the ladies, who played regularly, had lunch and returned to play. After renovation, there was a Rummy room. Now the game's participants have grown.

W.T: Thank you Past President Kumar. We at the Club appreciate your detailed memories.



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Maha Shivaratri is a Hindu festival celebrated annually in honour of God Shiva. It is particularly important in the Shaivism tradition of Hinduism. The name also refers to the night when Shiva performs the heavenly dance called Tandava.

In every month of the luni-solar Hindu calendar, there is a Shivaratri – "night of Shiva" – on the day before new moon. But once a year, in late winter and before the arrival of summer, this night is called "Maha Shivaratri" – "the Great Night of Shiva". According to the South Indian Hindu calendar, Maha Shivaratri is observed on Chaturdashi Tithi during Krishna Paksha in the month of Magha, and in other parts of India, on 13/14 night of Krishna Paksha in the month of Phalguna of North Indian Hindu calendar, the Gregorian date however remaining the same.

Unlike most Hindu festivals which are celebrated during the day, Maha Shivaratri is celebrated at night. Furthermore, unlike most Hindu festivals which include expression of cultural revelry, the Maha Shivaratri is a solemn event notable for its introspective focus, fasting, meditation on Shiva, self study, social harmony and an all night vigil at Shiva temples. In Shiva temples, "Om Namah Shivaya", the sacred

Panchakshari mantra of Shiva, is chanted through the day. Devotees praise Shiva through the recitation of Shiv Chalisa. It is celebrated over three or ten days based on the Hindu luni-solar calendar.

The Maha Shivaratri is mentioned in several Puranas, particularly the Skanda Purana, Linga Purana and Padma Purana. These medieval era Shaiva texts present different versions and mention fasting,



reverence for icons of Shiva such as the Lingam. A different legend states the offering to Shiva icons such as the linga is an annual occasion to get over past sins if any, to restart on a virtuous path and thereby reach Mount Kailasha and liberation.

The significance of dance tradition to this festival has historical roots. The Maha Shivaratri has served as a historic confluence of artists for annual dance festivals at major Hindu temples such as at Konark, Khajuraho, Pattadakal, Modhera and Chidambaram. This event is called Natyanjali, literally "worship through dance", at the Chidambaram temple which is famous for its sculpture depicting all dance mudras in the ancient Hindu text of performance arts called Natya Shastra.

One who follows Lord Shiva with full dedication must practise sadhana or meditation on the auspicious night of Mahashivratri to feel the sense of peace and calm within the self. According to Sadhguru:

- On Mahashivratri night there is a natural upsurge of energies within the human system.
- This extravagant energy can only be made use of by those who have straight vertical spinal cords or spines.

As the planetary positions affect the human circulatory system, it is recommended by Yogis to observe fast and remain awake during the night to keep the body erect so that the body fluids reach the brain and makes one to attain a meditative state of mind.

In recent years, the Isha Foundation has been a major patron of such festivities in India, with even Prime Minister Narendra Modi having attended the celebration hosted at the site of the Giant Adiyogi in Coimbatore.



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