



# WALTAIR TIMES

Vol. 26 | Issue 3 | March 2022



House Journal of The Waltair Club, Visakhapatnam

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## From the President's Desk



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8500099666

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D.RAJAGOPALA REDDY R-065  
9440327050

Dear members,

It gives me great pleasure to write a few words to our members regarding the progress of the activities in our club. I am happy to inform and thank the members for their unstinted support in participating in large number in all programmes and request to do the same in future also. The sports fiesta is being held in the first week of March.

It is noticed that the members are visiting the club in good numbers and they are using all the available facilities extensively in the club premises.

We would like the members to give a feedback regarding the drawbacks if any in administration of maintenance, sports, kitchen, entertainment, chambers and bar etc.

We would like to introduce the best practices and resources for our members to be at ease in all sectors of the club. There are few upcoming events in next few months and request the members to extend the same patronage as they have done so far.

With best regards,

Thanking you.

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

# From the Editor's Desk



Time flies and in a blink, we are already two months into the year of 2022.

As the third wave of this dreaded pandemic wanes, and with the spring bloom, let us all hope for respite, of a normal pandemic free world and a closure in many ways. However, let us also remember to be prudent and careful, and be reminded that it is that one infection that crippled the world.

I am very grateful for all the appreciation received and hope that this edition also delights the readers with its content.

- The pink blossom on the cover page is the relentless effort of the general services committee in making the Club environment lush and green.
- Ratha Saptami, yoga and the 108 Surya namaskars to herald in the Spring season was an event well received by many morning risers and students of yoga.
- Insights into mental health and its effect due to the pandemic from Dr Rekha Dutt is an eye opener.
- Young lady, Dr Smriti Chitra proves that passion and focus are instrumental for a career and a hobby to co-exist simultaneously. Alternatively, Ms Tanvi Somani proves that nothing is impossible. Despite her professional education, she turned a hobby into a career. Passion can remain a hobby, or a hobby can become a career. Read thru their exciting journeys.
- A rib tickling, rather cliched, plight of a husband as he takes his wife shopping is in lighter vein. Fun to read especially as "Hotel California", is an anthem for many of us.
- The story gets more intriguing, Phoenix, continues. We can't wait to know more.
- Club nuances and anecdotes are such fun to read. Mr AVRK Kumar and his account of erstwhile Polo and Tennis at Waltair Club opens several windows of the past.
- Another author, Mr Raghu Y details his voyage into writing and his motivation to pick up a pen instead of a scalpel.
- Mr John Castellas, a contributor of much content for the Coffee Table Book, has an extract of the Valentine Diaries which is a lovely read in local phraseology.
- Valentines was celebrated early on the 12th but with the same gusto, with many games, music and great food.
- Help comes from unknown quarters. Achievements are a result of dedicated efforts. Read about, Dr R Rajesh Reddy, young doctors, Dr Hethu & Dr Snigda, young Diyanshu Emami and Mr. Pydah Prasad Garu.
- Seniors had a lovely morning with games and an exclusive event on the 20th of this month.
- A game of Bridge, a few facts that we can all learn about offers a peek into the game, should you evince interest.
- Career and university guidance given by Ms Priyanka Deo Jain benefitted our budding enthusiasts who wish to study abroad.

This is a glimpse into this edition. Apart from this, there have been the regular Tambola, Beer & Biryani and movie nights!!

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Mrs.Parveen Z Hosain P-156

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Mrs.Sandhya Godey R-185

Mrs.C.Nirupama C-063

We are thankful for all the positive feedback on the previous edition.

Again, and as always, grateful to **Mr Thimmayya Gandhi** and the incredible team, **Vijay Atmakuri, Sandhya Godey & Nirupama. C**, for their support, without whom this would be a difficult task.

Members may contribute relevant articles, achievements and their thoughts.

Please email: [parveenhosain14@gmail.com](mailto:parveenhosain14@gmail.com)

Stay safe, stay blessed!

**Parveen Z Hosain**

M.No.P-156

# Hon. Secretary's Message

Dear Members,

Hoping that you are all cheerful, doing well and rejoicing from the festive spirit of last month. I am happy to inform you that we had a productive month in February by successfully executing some fun events.

To begin with on a healthy note, on 7th Feb we organised a Yoga & Surya namaskar program at the swimming pool deck which was followed by a special breakfast.

A Pre-Valentine's Day was celebrated for all the lovebirds organised by the Ladies Committee on 12th Feb with special DJ music and other fun games. On 19th Feb, we conducted the Super Gold Tambola with prize money worth 1 Lakh and Gold and it was a huge success.

I would also like to extend my heartfelt thanks for the wonderful arrangements organised by our Managing Committee, particularly Mr K Sai Raju; Chairman, Entertainment committee, Mr. A. Sekhar Babu; Chairman, General services, Mr. Kosuri Murthy; Chairman, Bar Committee and Deepak Manu Menda; Chairman Catering committee.

Another noteworthy accomplishment is the delivery of a lecture on "Career Guidance for Young Students" by Ms Priyanka Deo Jain on the 20th of Feb, assisting the youth of our Club in looking for a career abroad. On the same day, we also conducted the Senior Citizens Day for our elders, which was followed by lunch.

On 20th Feb a Sunday Walkers Club picnic was hosted at Sunray Resorts by our member Sri Raja Babu. I would like to extend my special thanks to Mr. Rajababu Garu for his wonderful gesture.

I am also excited to announce that we have many more exciting events lined up for the coming month.

The most awaited event of the year, Sports Fiesta 2022 is finally scheduled to start on 23rd Feb and has events lined up till April. Wishing all the sports fanatics out there the very best and fun filled sporting moments.

Also, wishing you all an advance Happy Holi and Ugadi in the coming month.

Best Wishes and Regards,

**V.K.Visweswara Rao**  
(VISU Valluri) ; V-101



## Snippets



Sri Pydah Krishna Prasad, President of AP Chambers of Commerce and Industry Federation was appointed as Member of Andhra Pradesh State Level Committee on Standardization(SLCS) constituted by the Government of Andhra Pradesh.

The State Level Committee on Standardization constituted to realize the goal of creating a robust quality ecosystem in the State is headed by the Chief Secretary.

Sri Pydah Krishna Prasad is the Chairman of Pydah Educational Institutions, State President of AP Chambers and President of Prema Samajam.



Young doctor couple from our Club, Dr. Hethu Chebrolu (H-237), and his spouse Dr. Snigdha Kamini achieved top ranks, all India 11 and 10 respectively in the recently conducted NEET Super specialty 2021 examination. While Dr. Hethu has chosen Urology as his field, Dr. Snigdha has chosen Surgical oncology.

"Diyanshu Emandi (AD -152), has graduated from Denison University USA with Summa Cum Laude honors (the highest distinction that is awarded to graduating students in the US) with a double degree in Philosophy and Economics. She is now advancing her remarkable academic career with a Ph.D. program in Philosophy in the US."



As promised, laptop presented to WCM Alana Meenakshi by our President S.V.H. Rajendra.



Club Walkers picnic organised at Sunray Resorts on 20th Feb, Sunday hosted by Mr. Rajbabu garu.



Shot on OnePlus  
By Suresh

## Senior Citizen's meet

The senior Citizen's meet on 20-02-2022 began by 11:00 am and was attended by a total number of 51 senior citizens members. Three games of tambola anchored by Smt. Valli Ramgopal were played. Smt.Vijaya Prithviraj anchored a fun game recalling all old Hindi & Telugu movies which was nostalgic and fun. A sumptuous lunch was served to all the members. The whole meet was sponsored by the Club & was successfully held at the 'North-end'.



### Programmes for February, 2022

04.03.2022	Friday	Diva Night	5:00 PM
06.03.2022	Sunday	Beer n Biryani	12:00 Noon
11.03.2022	Friday	Movie	6:30 PM
18.03.2022	Friday	Movie	6:30 PM
19.03.2022	Saturday	Tambola	7:30 PM
25.03.2022	Friday	Movie	6:30 PM
01.04.2022	Friday	Ugadi Eve	

## OBITUARY

We regret to announce the sad demise of the following members



**CAPT.S.V.S.REDDY**  
(M.NO.S-397) EXPIRED ON 31.12.02021



**MR.ASHISH TIBRAWALLA (M.NO.A-159)**  
EXPIRED ON 01.02.2022



**MRS.M.LAXMI DIWAKAR (M.NO.D-003)**  
EXPIRED ON 06.02.2022

# Tambola and Beer & Biryani Events

## Tambola held on 29.01.2022



1st Prize Winner -  
**Mr.K.V.V.S.N.Kishore**  
(M.No.K-250).



WINNERS



2nd Prize Winner -  
**Mr.N.Ajit Madhusudhan**  
(M.No.A-409)

## Beer & Biryani held on 6.02.2022



## Tambola held on 19.02.2022



1st Prize Winners- **Mrs.K.Kanaka Lakshmi** Wo.Mr.K.Panduranga Rao (M.No.R-447), **Mrs.Diana Christian** (M.No.D-140), **Mrs.J.Lakshmi** , Wo.J.M.Mohan Choudary, (M.No.M-116), **Mrs.T.Sree Vani** Wo.Mr.T.V.S.Lingamurthy, (M.No.V-171)



2nd Prize Winner- **Mr.K.V.V.Satyanarayana** (S-290)



3rd Prize Winners - **Mrs.P.Umamaheswari** wo.P.Kasi Viswanadha Raju (M.No.K-148) and **Mrs.V.Sailaja** wo. Mr.V.Srinivas (M.No.S-592)

## Career Guidance for Young Students!



Waltair club youngsters had the unique opportunity to interact and learn from Ms Priyanka Deo Jain, M.Sc, MS. Ed.M, a student of Harvard University, The London School of Economics & Political Science, University of Southern California & The University of Illinois.



It was an excellent interactive session, where she made some very vital points essential for every student aspiring to study abroad.

The stream of study, the choice of the country to do your masters, the consultants to help you and the route to achieve your goals were so candidly expressed and explained. To know and recognize your skill set and preferences is the first step that determines your career path and the country that is most appropriate.

Ms Priyanka patiently answered every doubt that arose and at the end of it all, we were more informed and encouraged than we were 2 hours prior.

**Abhay Katneni (A-446)**



## A Case of Selflessness!

**Dr Rachamalla Rajesh Reddy, MBBS, M.S.(Ortho), Consultant Orthopaedician and Joint Replacement Surgeon, Apollo Hospitals, Vizag (M.No. K-255)**



A staff of our kitchen, Ravindra Kumar Sahoo, native of Orissa has been in service since many years. In an accidental fall, he broke his leg and the treatment required surgery. Not having sufficient means or the necessary documents to avail some financial subsidy, his respite came from the unconditional support of Dr R Rajesh Reddy. The entire treatment, food and stay were cost free.

Such gestures truly reinforce the strength of humanity and a proud acknowledgement that our members contribute in so many ways!!

SL.NO.	MEMBER NAME	M.NO.	CATEGORY	D.O.J.
1	MISS.ZOYA ZAFAR HOSAIN	Z-006	ASSOCIATE	06.11.2021
2	MR.SANKETH JAIN	S-1331	ASSOCIATE	08.11.2021
3	MISS.PAYAL JAIN	P-372	REGULAR MC	09.11.2021
4	MR.P.SIDDHARTH	S-1330	ASSOCIATE	10.11.2021
5	MR.K.SASHANK VARMA	S-1088	REGULAR MC	10.11.2021
6	MR.MUKUL AGARWAL	M-342	ASSOCIATE	16.11.2021
7	MISS.A.RACHANA	R-750	REGULAR MC	18.11.2021
8	MR.K.ROHIT	R-749	REGULAR MC	18.11.2021
9	MR.G.V.K.PATTABHI RAMAYYA	P-373	REGULAR MC	18.11.2021
10	MR.P.SESHA SAI BHARATH	S-1334	REGULAR MC	18.11.2021
11	MR.P.RAMMOHAN RAO, I.F.S	R-751	SERVICE	18.11.2021
12	MRS.V.KOMALA ABHIRAMI	K-313	REGULAR MC	19.11.2021
13	MISS.V.LEELA PAVANI	L-080	REGULAR MC	20.11.2021
14	MR.JASTI KARTHI MANIKANTA	K-314	ASSOCIATE	20.11.2021
15	MISS.ISHTA KOLA	I-032	ASSOCIATE	20.11.2021
16	MISS.M.SRI SREYA	S-1337	ASSOCIATE	20.11.2021
17	MISS.M.NAMRATA RAO	N-233	REGULAR MC	20.11.2021
18	MISS.CH.SANJANA	S-1333	REGULAR MC	22.11.2021
19	MISS.D.MEDHA	M-343	REGULAR MC	23.11.2021
20	MISS.PAYAL JAIN	P-372	REGULAR MC	26.11.2021
21	MR.K.SRICHARAN, I.R.S.	S-1332	ASSOCIATE	26.11.2021
22	MISS.M.SRIKARI	S-1335	ASSOCIATE	01.12.2021
23	MR.M.SRIKANT	S-1336	ASSOCIATE	01.12.2021
24	MR.K.RAHUL VARMA	R-743	REGULAR MC	06.12.2021
25	MR.V.VINAY KUMAR	V-394	REGULAR MC	06.12.2021
26	DR.TALASILA RAJYALAKSHMI	R-711	REGULAR MC	09.12.2021
27	MISS.P.ANNIKA	A-475	ASSOCIATE	13.12.2021
28	MR.S.GOWRI CHAKRADHARA RAO	G-148	LIFE	14.12.2021
29	MR.G.TARAK	T-082	REGULAR MC	14.12.2021
30	MISS.D.SRAVYA RAJU	S-1338	REGULAR MC	17.12.2021
31	MRS.MADHURI GRANDHI	M-344	REGULAR MC	17.12.2021
32	MR.K.ARIN PANDA	A-477	ASSOCIATE	18.12.2021
33	MR.HRISHEET JAGGA ROW	H-246	REGULAR MC	20.12.2021
34	MRS.Y.KRISHNA SINDHUSHA	K-287	REGULAR MC	20.12.2021
35	MR.R.SRI KRISHNA	S-1339	REGULAR MC	20.12.2021
36	MISS.T.ANJANA NAGA VAISHNAVI	V-459	ASSOCIATE	21.12.2021
37	MISS.B.YLR SRI VAISHNAVI	S-1341	ASSOCIATE	24.12.2021
38	MISS.D.VAISHNAVI KRISHNA	V-461	ASSOCIATE	28.12.2021
39	MISS.S.VAISHNAVI	V-460	ASSOCIATE	29.12.2021
40	MR.V.VENKATA RAVITEJ	V-458	REGULAR MC	30.12.2021
41	MR.A.JAYRAM	J-140	ASSOCIATE	30.12.2021
42	MR.A.ABHIRAM	A-478	ASSOCIATE	30.12.2021
43	MR.M.ROHIN	R-752	REGULAR MC	30.12.2021
44	MR.Y.SURESH	S-1344	REGULAR MC	30.12.2021
45	MR.R.E.BHARADWAJ	B-154	REGULAR MC	06.01.2022
46	MISS.SAMYUKTHA SHODANGI	S-1345	REGULAR MC	12.01.2022
47	MR.P.SRIRAMA DAKSHINAMURTHY	D-160	ASSOCIATE	18.01.2022
48	MR.K.INDIRA	I-033	REGULAR MC	22.01.2022
49	MR.M.SAI HRUSHIKESH	S-1106	REGULAR MC	24.01.2022
50	MR.P.SAI ANISH	S-1137	REGULAR MC	29.01.2022
51	MISS.A.SAI SHARANYA	S-1350	ASSOCIATE	04.02.2022
52	MISS.R.VENKATA SAI AMULYA	A-376	REGULAR MC	05.02.2022
53	MR.K.SATYA PHANEENDRA	S-1346	LIFE	07.02.2022
54	MR.K.SATISH KUMAR	S-1354	LIFE	07.02.2022
55	MR.B.V.RISHIK AKSHOBHYA	R-754	ASSOCIATE	08.02.2022
56	MISS.J.ALEKHAY REDDY	A-481	ASSOCIATE	08.02.2022
57	MRS.SWATEE JAYASWAL TAYAL	S-1343	LIFE	09.02.2022
58	MR.M.RAVI TEJA	R-753	REGULAR MC	14.02.2022
59	MR.N.S.V.N.SHARAN	S-1348	REGULAR MC	14.02.2022
60	MR.ASHISH CHOUDHURY	A-479	REGULAR MC	14.02.2022
61	MR.MD.SIKANDER HUMED KHAN	S-1349	ASSOCIATE	15.02.2022
62	MR.P.ANISH VARIN	A-480	ASSOCIATE	16.02.2022
63	MR.K.OMKAR ANEESH	O-006	REGULAR MC	17.02.2022

# Shopping - Husbands' Hotel California

(With apologies to the lyrics of Hotel California)



(Unquarantine Your Minds)

- Aziz Mehdi, M-95

(This is a true story I received on WhatsApp.)

There was this 'freedom fighter' who was caught and brought before a very strict and tough judge. The proud freedom fighter, in keeping with his antecedents, kept shouting "Give me liberty or give me death". This caused the judge's temper to slowly rise. As the time came near for sentencing, the judge's temper was almost near boiling point. At the time of sentencing, the judge, already at boiling point, said, "I have heard all the arguments from both sides and the prisoner's demand for either liberty or death. I cannot give him liberty. The law does not allow it. And because of the prisoner's constant disruption of the court's proceedings with his demand, I am constrained to impose a sentence even worse than death. So, I hereby sentence the prisoner to get married immediately."



The prisoner was panic stricken. He now changed his plea to "give me death". He became delirious, started shouting, tending to becoming violent. The judge was aghast at this defiance. He told the prisoner, "I hold you in contempt of court. I hereby increase your sentence to immediately get married and take your wife shopping every week. And if the prisoner continues his disorderly conduct, I will increase the sentence to taking her shopping every alternate day!"

The once 'tall, defiant and proud' freedom fighter was now reduced to blabbering idiot, shivering like jelly, eyes glazed, mouth frothing, pleading for mercy as he was dragged away to the marriage registrar's office. It is probably the first time in judicial history that a judge, married for 18 years, wept at the harshness of his own judgement; so did the two security guards, each married for 20 years and all the married men in the courtroom.)

Show me a man who says he loves taking his wife shopping and I will show you a chronic liar! Or a man who has come into a huge dowry or whose wife is at least 25 kilograms heavier than him....

So I narrate my experiences taking my wife out shopping. And my "Hotel California" experiences.

As I drove my wife along the highway, cool wind in my hair, in the distance I saw the simmering lights. And I heard the voices say, "Welcome to the Kanakatala Mall, such a lovely place, such a lovely place, Plenty of room at this mall, any time of the year....."

I waited outside as my wife went into one store after another. As my patience grew thin, I went inside one store and asked the sales lady the name of the store. She said, "Victoria's Secrets". As I looked around, I wondered what secrets would Victoria have left after wearing all this stuff. Out of curiosity I asked the sales lady if she had anything for men. Giving me a haughty look she said, "All this is for you men only!" Probably secrets are better buried deep down in the multiple folds of a saree! And appropriately names "Sankuntala's Secrets"!

But I digress.

I hastened out of the shop to be with my own kind, fellow sufferers, in shorts, hairy legs, sweaty armpits, some reeking of stale beer. All husbands "prisoners of their own device."

As I grew desperate for my wife's return, the lyrics of the song "Hotel California" resonated in my ears....

"The last thing I remember, I was Running for the door I had to find a passage back To the place I was before. "Relax", said the security guard, "We are programmed to receive, You can check out any time you like But you can never leave"

Curiously, I remembered the WhatsApp story I have just narrated. You can "check out anytime you like but you can never leave."

And to all my fellow husbands, I say, "Unite or Perish!"

*(The pandemic has asked us to quarantine out bodies; not our minds!)*

# A Tryst with Health & Food

Tanvi Somani, T-065

My journey with food has been instrumental in understanding my own self. I feel it's appropriate when they say, 'You are, what you eat'. I realised my true passion for food when I was in my college days, living alone and cooking for my friends. I was making a conscious effort to eat healthier at that time, and was slowly gaining a better perspective of food, how it is grown, processed and how it affects us as humans and our planet. Some home grown basil and a good batch of pesto was all it took to pique this ever-growing curiosity.

It was back in 2016, out of this sheer passion and interest in food, when I finally decided to change my career path from Chartered Accountancy to exploring organic food and farming. I was clear that I wanted to pursue my passion in the food industry in the coming future and the eventual dream of being able to have my own cafe with a kitchen garden someday.

I spent the next few years exploring different facets of the food system, learning about permaculture, and engaging with farmers in pursuit of understanding the very source of our food. Aiming to empower a more conscious consumer mindset, I moved to Bombay to organise farmers markets and went on to work with a few startups - selling farm produce directly from farmers, and creating wellness products rooted in Ayurveda.

I clearly remember, it was December 2020 when I had my aha moment with an experimental vegan cheese sauce being an absolute hit at the dinner table. I would say that it was the night that Rainbow Bowls was born.

I quit my job during the lockdown and went back to what sparked my love for food in the first place – 'cooking at home'. Needless to say, we were all indulging in comfort food amidst all the uncertainty that came along with the pandemic - and hence the need to eat balanced food became even more important. Coming from a Marwari family, where our lives revolve around the dining table and kitchen, creating recipes which were healthy and appealing as well to the picky taste buds of my family members was the real challenge. As I found myself creating more and more dishes that fit the bill, I felt like I had come up with something that was pretty unique - clean, healthy food that broke the "salad / soup" stereotype, with variety that's wide enough not to bore you from eating healthy.

I truly believe that cleaner food practices can help heal the earth, and while the key focus at Rainbow Bowls has been on clean & healthy eating, there's so much that we do with respect to sustainability as well. We use locally procured and seasonally available ingredients, our packaging is 100% biodegradable, and we compost all of our food wastage. What's good for the planet is also usually good for your body. Rainbow Bowls aims to help people eat better, while also positively impacting our farmers, the food systems, and the planet.

My journey with food and a healthier lifestyle has been ever evolving; this journey would feel fruitful if I have been able to contribute to making this world and its people healthier and happier.





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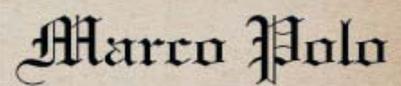
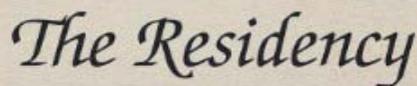


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## IN CONVERSATION WITH Dr. SMRITI CHITRA - THE VEENA PLAYING DOCTOR

- Sandhya Godey

Its always a joy to be in conversation with young people. The youngsters these days make choices that are multidimensional and those that give them satisfaction and accomplishment. Dr. Smriti Arvind Chitra, (M.No S-985) , daughter of Arvind Chitra (M.No C-46) ) whose favourite place in Waltair Club till today remains the playpen, almost 20 years after she first stepped in there as a toddler, is one such example. Straddling two very demanding choices in medicine and music, Smriti manages to pursue the demands of being a medical professional as well as a dedicated Veena player since the age of six. !

**Waltair Times : Smriti how would you describe yourself ?**

**Smriti :** Stubborn, yet cool and composed. I don't give up anything to achieve something else. **Waltair Times : How and when did music enter your life ?**

**Smriti :** It began when my mother dragged me to my first Veena class when I was 6 years old. She had to continue to force me to these classes for the next five years as I hated missing my playtime.

**Waltair Times : What changed your attitude after the first five years ?**

**Smriti:** As a Timpany school student, I was asked to perform at a Grandparents day celebration. Many grandparents appreciated my performance and congratulated me for taking up Veena recital as an interest. It was at that point that I felt that I had some talent and I should not waste that gift. After that for the next 15 odd years till now, music has been my passion.

**Waltair Times : Did you have to sacrifice anything to pursue medicine and music ?**

**Smriti :** Luckily, I did not have to sacrifice either study of medicine or my music or anything else. My parents supported me with suggestions and advice to make the right choices.

**Waltair Times : Your father and brother are engineers. Your grandparents were doctors. How did you choose medicine ?**

**Smriti :** One thing I was always very sure of, was that

whatever I did, I would use the knowledge I gained and teach it to others. I thought teaching medicine would be useful to society. I also took Veena classes to earn some pocket money and really liked the experience of teaching. I hope to do MD in an upcoming branch like palliative care or transfusion medicine which are emerging branches where I can use my experience to teach students.

**Waltair Times : What or who influenced you the most ?**

**Smriti:** It was my teachers who have influenced me the most in my decision to take up teaching. My Veena teacher for example saw my resistance to learning music and without

forcing me worked around my attitude, temper and resistance to help me realise my potential. I hope I will be able to do the same for my students in the future and help them utilise their potential and natural gifts.

**Waltair Times : What would you say are your accomplishments as a doctor ?**

**Smriti:** I have saved lives, although that's a result of my education. I actually started

working because I didn't want to study again so soon after completing my MBBS. During the last year, two cases that gave me happiness were an elderly lady who came to casualty and was hesitant to be treated. Eventually, she began to faith in me and wanted only me to accompany her to the general physician. Another case involved a young burns case who was just 7 yrs old. I managed to calm the child and build such a good rapport that she wanted only me to treat her.

I have also received a Certificate of excellence in Transfusion Medicine in 2018. I also earned a Certificate in Palliative Care Medicine in 2018 after completing a course.

**Waltair Times : What do you consider as your accomplishments as a musician ?**

**Smriti :** Recognition is a great motivator. I won the Emani Shankar Shastry award in 2009, which boosted my confidence and my interest. I also won the Best Student Award in 2017 from amongst all the students including international students at the Ramavarapu Vijayalakshmi Music Trust . I received the award from Pandit Vishwa Mohan Bhatt, which in itself was a thrill for me. I also secured the



Third prize in the senior category at a competition conducted by Radel Electronics, the biggest manufacturer of instruments for Carnatic music.

**Waltair Times : Smriti would you like to share your experience as a doctor during the current COVID 19 crisis, especially during the Delta wave ?**

**Smriti :** The first wave of COVID was a new experience and we managed by following protocols, but it was the second wave, the Delta wave that was traumatic in many ways. The high fatalities, the pressure for oxygen, hospital beds and ventilators made it a war zone of sorts. Wearing PPE kits and getting through the allotted six hours was a nightmare in itself which got compounded by extended working hours for reasons beyond anyone's control. We doctors went beyond the call of medical duties and helped patients with boiling water for them, transporting food parcels and giving them moral support. We were often caught between trying to decide what was worse -having to hold a bursting bladder for 6 hours or get dehydrated with lack of water due to the hassle of getting out of a PPE kit to use the toilet and get back into a fresh PPE kit after that.



**Waltair Times : Are you doing anything currently that is exciting for you as a musician ?**

**Smriti :** Until recently, I used to collaborate with a band called Kairoz and have performed private fusion music shows with them in Vijayawada, Hyderabad and Jaipur. Kairoz is a top band in Vizag and I am lucky to have had an opportunity of collaborating with them. Quite a few of you have watched the YouTube video where I played Veena along with the lead guitarist of Kairoz that was shot on the Rushikonda beach. About four months ago, I started my own band called Dhvani which features 5 of us . I play the Veena of course and we have a guitarist, a vocalist, a pianist and a percussionist. Recently Dhvani played in hotel Devee Grand Bay .

**Waltair Times : Smriti, is there anything you would like to share for those beginning their journeys in life ?**

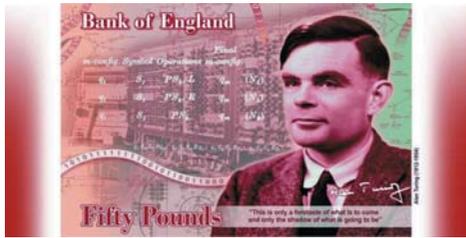
**Smriti :** Sure. Like I said, I like teaching. I have learnt from experience that , if you ever want to do anything, just do it. It's ok to sail in two boats. Time doesn't wait for anyone and neither do opportunities. By doing multiple things till you figure out things, you might not be the best , but you will know where your true calling lies, and this may be in more than one area. Where there is a will, you will find a way.

**RAPID FIRE WITH DR SMRITI**

WALT AIR TIMES	DR SMRITI
What kind of music do you like to play ?	Fusion
What does your car play list sound like	90's pop bands
Which branch of medicine would not interest you at all	Paediatrics
Whats your favourite part of the Club ?	Play pen, even now.
Whats your favourite dish on the Club menu ?	Chicken sizzler on Wednesdays
Whats an unforgettable memory associated with the Club	First time I ramp walked during a program which was coincidentally conducted by you Sandhya aunty .
The Club facility you use the most ?	Food court
Your favourite ragam	Kadanakutuhalam
A famous song based on this ragam	Yamahanagarilo - a song filmed on Chiranjeevi in the movie Choodalani Undi.
How many types of Veena's are in use	Bobbili, Thanjavuru, Electric
What type of Veena do you use now ?	Electric
Is there anything special about it ?	I can break it down into parts and reassemble it to play. Very convenient when I travel.
Have you ever had a chance to mix medicine and music ?	Yes, when I treated my Veena for minor ailments ( I used a screw driver to fix the strings )

# THE PHOENIX - PART 2 - THE MYSTERY DEEPENS

- Sandhya Godey



Without speaking a word, the nurse handed Gumm a newspaper and nodded towards the small

bedside stand that held two spare sets of clothes, two changes of undergarments, a toothbrush, a small tube of toothpaste, a comb, two rough cloth towels and a bar of soap. The nurse placed the spare gowns in the middle of another newspaper that she spread open on the bed and gestured for Gumm to place everything else on top of the gowns.

Gumm had been waiting for this day. Without quite realising it, she had been mentally preparing for it too. She was filled



with trepidation and with excitement. She finished piling all the other items, folded the newspaper over them to make a parcel and turned towards the nurse. The nurse looked around the room as though checking for any items Gumm might have forgotten to pack. As she glanced around, she said "You go now. You go to another place". Holding her excitement and nervousness in check, Gumm asked "Where am I going?". She didn't really expect an answer since all of her previous enquiries had been met with stony silence. Today was no different. All she knew about herself was that she was able to think and speak in English. She was sure she would be able to write in English too. She had traced the letters G U M M on her bed-sheet several times.

Satisfied that everything was packed, the nurse beckoned for Gumm to follow her outside the room. Gumm stepped outside her room for the first time, and saw a gun wielding man standing guard and took in the dull and drab corridors, the dim lighting and the total absence of the hustle and bustle associated with a hospital. As she followed the nurse

to the end of the corridor, she wondered what necessitated an armed guard outside a room that she was

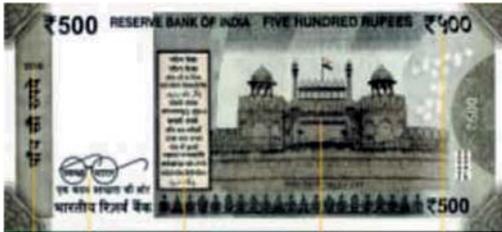


confined to. Who was she and why was she being held captive? For perhaps the thousandth time, she couldn't answer her own questions. Lost in her thoughts, Gumm suddenly realised that the nurse was no longer with them, and they had reached a car that was apparently waiting for them. Neither the escort nor the man in the drivers seat said anything as she settled in the back seat. Before she could say anything to either, she was blindfolded and her hands tied behind her back. She heard the engine start and felt the car moving.

After about thirty minutes, as Gumm estimated, the car stopped. Her blindfold was removed and her hands untied. They had stopped at a small three storied building. There were not many others buildings nearby. The driver gestured for her to step out.!



They entered the building and stopped at what looked like a reception desk or was it a female guard in the guise of a receptionist. The woman behind the desk handed her a pen, pushed a register towards her and gestured for her to enter her details. The black page suggested that was apparently the only check-in for the day. She wrote "Gumm" under the name column and looked at the ceiling in frustration as the woman pointed to the other columns for nationality, passport number and address. Gumm saw the woman and the driver exchange a strange look. Under signature she scrawled something that came very naturally to her. The signature definitely did not look like 'Gumm', but neither could she decipher what the signature actually spelt. Gumm was escorted to a small dingy room which had a small hard bed by the window, a small table and a window with three cross bars and little else. A door led to a small toilet. As she stepped into the room, the door was bolted from outside. Gumm realised that she had been moved from one detention centre, to another.



A few hours later, another woman stepped into the room. She did not make any eye contact with Gumm. Gumm too did not make any attempt to initiate a conversation. After placing a plate of what looked like flavoured rice and a glass of water on the table, the woman left the room and Gumm heard the lock turn.

With nothing to do, Gumm wondered if she should ask the guard outside for a spoon or just simply use her fingers. Deciding that no help would be forthcoming, Gumm washed her hands and picked up the plate of food. As she scooped the first helping with her fingers, she felt something hard. It was a cutlery knife. Just then the fingers of her other hand holding the plate felt something on the under surface of the plate. Carefully lifting the plate so that she could look under it, she found a bunch of what looked like currency notes taped to the underside of the plate. Intrigued and excited, Gumm carefully



peeled the currency notes away from the plate and looked at the small pile of money she had. Hunger and meal forgotten, she started examining the sudden windfall.

There were five banknotes - a 10,000 Yen, a 500 Indian rupee, a 100 Rouble, a 50 pound and a 10 Dirhams. There was also a 1 Afghani coin.

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# Pandemic and it's effect on Mental health !

- Dr. Rekha Dutt, A-22



The pandemic definitely had its effect on people in general, in the form of anticipating illness, getting the infection or just living through the times. It tried the weak and the strong, and it brought out survivor skills in everyone. The following is a compilation of the clinical observations of many of us mental health professionals in the city.

People lived through the first wave with only mild anxiety and that's because Vizag didn't suffer as much as the larger cities. The ones with OCD developed an exacerbation of their symptoms. There was insomnia in those who had never suffered from it.

But the second wave with all its ravaging was what caused all the changes in the mindsets and mental state of people . We are all aware of what happened then - the horrors , the uncertainties , not knowing whether those with infection are going to get through the cytokine storm or not, and will they survive . That period tried everyone, so much so that we were treating a lot of people for anxiety . The psychological strength of people whose family members were suffering was tested severely

Mental health professionals were left picking up the bare threads of the minds of people who had lost their loved ones . Insurmountable grief , long standing depression , survivor guilt were the common sequelae . Luckily for most the extended family came to help them. Young people suffered the maximum shock effects as they didn't expect their friends to die.

A surprising effect was of acceptance of loss and no fear of death amongst some people . Knowing that the virus took so many made them fatalistic and they decided to take what comes their way. Stoicness was a surprising change.

The ones who got COVID had sequelae like sleep disturbance , overconcern about symptoms , getting frequent scans done to rule out complications which weren't required .

Post traumatic stress disorder is a problem for some , wherein they imagine themselves as being back on the sick bed and going through the whole illness again . Panic attacks were frequent and were mistaken to be breathlessness due

to lack of oxygen . Many had a bout of depression and fatigue which was psychological.

Let's now come to the changes in society in general . Many people have turned to spiritual thought and process realizing that they aren't immortal.

Some called the COVID deaths as fate and no one really blamed the government. They started appreciating their immediate family and came to understand them .

Many started keeping pets . A lot of people took to farming, to feel close to the soil .

These were unexpected . There was no revolting or rebelling against curbs and masks . People followed the rules as they knew it was for their own good. Looks like we are a practical people , not given to fanciful emphasis on misplaced "freedom"!

Children seem to have suffered because of online classes , not meeting friends and other people . This form of isolation made them feel irritable and not able to mingle easily when they went back to class . Teenagers preferred the phone to direct interaction . In adults , there were both positive and negative effects . They got used to sitting for long hours in front of the TV and internet . This has become an addiction that cant be shaken off after the pandemic . Some can't socialize as easily as earlier . Dieticians tell me that though many started eating healthily, an equal number started overeating because of staying at home. Those people are now fighting obesity.

On the positive side , many have taken to using their time usefully with new businesses , hobbies and past times . Housewives have picked up new skills and started work from home projects. Many learnt survival skills like cooking , which some made into a business . The time out from a fast paced life , no travelling or socializing has helped people turn inward and prioritize the different aspects of life . Fortunately, spending time with family has taken centre stage.

This may be short lived . The world will go back to its earlier dizzy pace , but at least we got some time to stop and reflect . We have to resolve to learn from this and move on.



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## A Valentine Rose at Waltair Club Extracts from Laura's Diary 1893

Waltair 13 Feb. 10 am. Dear Diary, I should have cried with vexation this morning when the postman knocked, as there was nothing from him. There were half a dozen letters for me, a box of gloves, with a bouquet from that old love of a Colonel, who Papa is fond of asking to dinner, and is always saying would be such a good match for me. As for him these days, he hasn't asked me, though I did think the other night at the Club, when we went onto the veranda, that he was going to do so, but just as he got as far as 'Miss Miller - Laura - may I call you Laura?' Some stupid people came in, and one of them was the Colonel, and all he had time to say was, 'Tomorrow is Valentines Day, and will decide my fate.' His name is Charlie, I know because he's written a few little notes about tennis, and music and I think it's a lovely name. - Captain Charlie Huxley. How well Mrs. Charles Huxley would sound.

Waltair 14 Feb. 3 pm. - my sister arrived by the steam train from Madras last night. She is yet to tell me about this new way of travelling the country. They tell me that the East Coast Railway can transport me from Madras to Calcutta in three days.

Waltair 14 Feb. 5 pm. - Worse and worse - I feel utterly broken-hearted. I feel too miserable to write down all that happened this unloved afternoon. I wouldn't get any sympathy from Mama, or my sister, and poor dear Papa treats all love affairs as what he calls 'bores'. I had been looking forward all day to meeting Captain Huxley at the Club because he is always there to play tennis. Well my sister and Mama drove to the Club this afternoon and my sister was quite affectionate to me, and I really had not the heart to tell her how unbearably a big red nose was, which she was wearing in her dress. As we drove up, who should come out from the Club but the dreadful Colonel who was talking about something. I think about the bouquet he had sent me, but I was looking around to see if he had come, and there, sure enough, he was striding across from the tennis ground. He half stopped near the Colonel, looked hard at me for a second or two, just raised his cap, and without a second look, stalked past. It would have been disgraceful if I had followed and asked what was the matter. I gave the Colonel a nervousful snubbing, and he went off to the bar of the Club in a huff. Oh! Dear me, what have I done? I don't think I will go to the Valentines Day Ball at the Club tonight.

Waltair 14 Feb. 4 am. Oh, I am unsure what day it is, but what a day, never again will there be such a Valentines Day. They made me go to the bath. The Colonel's bouquet was a lovely one, but I could not touch it and gave it to my sister. Mama said that I should wear a rose to brighten up my face, so I did help myself to a single red rose from the bouquet. Charlie was not there and so I did not want to dance, but Mama insisted that I should not be so miserable. Time wore on slowly - until after supper, I asked Mama to go home. I think she was just going to say 'Yes', when a voice at my elbow said 'Don't go so soon Miss Miller. And as I turned around was Charlie - not the Charlie of the afternoon, cross and ugly, but a radiant Charlie with a sparkle in his eye. I don't know how it happened, but we hurried around the bathroom in a waltz or two and then slipped through the doorway into the moonlit garden. Charlie held me in an embrace, pressed his face and asked me to be his wife. He then asked, 'Why on earth Laura, didn't you wear the rose this afternoon?' And he pointed to the red rose in my dress. And I said, 'What dear has the rose to do with it?' Then Charlie looked carefully surprised, and turning his mustache said 'Why everything. That was to be the token you accepted me as your Valentine for ever and ever.'

Then it all came out how the dear fellow had sent me a letter which should have reached me by Valentines Day, and said in those words, - 'Darling, if you will let me be your Valentine wear a red rose this evening at the Club, and it was simple signed 'Charlie.' The letter was addressed to 'Miss Miller,' and my sister of course took it, & only Charlie had put 'Miss Laura Miller' I would have got it, and been saved such a miserable day. Whether my sister thought it was some anonymous admirer, or did it just for mischief I don't know; but she kept the letter to herself and wore a red rose in her dress at the Club. Poor Charlie, seeing me with the Colonel, and without the rose, thought me faithless. But no matter, we are happy now, and if only Papa will consent everything will be all right.

Waltair Feb 15. Papa has consented, Charlie and I have been laughing over this diary and we have concocted this verse:-

Oh! Valentine Oh! Valentine  
Come guide my halting numbers,  
And with that magic spell of thine  
Awake my loved ones slumbers.

Oh, Valentine! The birds today  
Are met in happy sessions,  
And children close on laugh and spray  
They make their soft confessions.

The bulb in the shady vale  
Her tale of love is cooing  
The mynah in a sheltered nest  
His faithful mate is wooing.

For summers green or leafless grove  
They care not what the weather  
And so for weed or rose, my love,  
We'll link our lives together.

Laura



(The Madras Mail published a regular column titled Vizagapatam and Waltair Notes. This article is from 'A Valentine Rose' in the Madras Mail. Abridged for the Waltair Times by John Castellias, a Vizag aficionado, who writes articles on Vizag's heritage and was a contributor to the coffee table book published by the Waltair Club.)

# Love is in the air!!! Pre-Valentine's Party

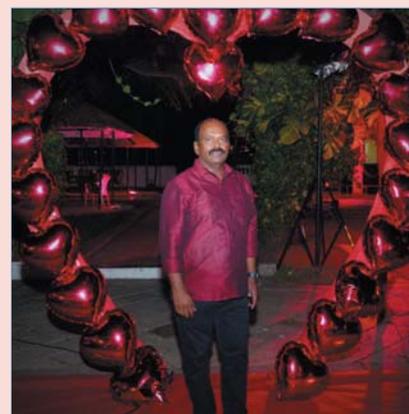


On Saturday night 12th, a pre-Valentine's party was held on 12th February 2022 at The Lawns. Decked up in Black and Red, roses and candle lights, a very warm atmosphere beckoned the members to a cosy evening, with great snacks and dinner. A lot of cupid games were organised for couples and it was wonderful to see participation right from young adults to seniors.

Thereafter Dj Chetan took over the reins and all the members enjoyed the music. The prizes given away to the winners were sponsored by Sunray village resort and The Park hotel. Waltair times thanks the sponsors on behalf of the Managing Committee.

## The winners:

- Paper dance: **Karthik & Ravali / Ashish & Diana**  
Lemon & Spoon: **Laxman Patro & Padma / Mallik & Silpa Kankatala**  
Balloon Dance: **Sangeeta & Sandeep Baradia**  
Best dressed couple: **Avinash & Kaumudi Mattapalli**  
Best Colour Coordinated couple: **Hari Y & Hema**



# Club Life and its Nuances.

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

- 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.

**W.T.: What can you share about the Sports activity in our Club's history?**

AVRK: Sports were a good and popular recreation at the Club. In the Colonial era, the British Officers, few Zamindars, and the Royalty of this region were the key members of the Club. The Royal British Sport - Polo was a part of Waltair Club. These key members were players.

**W.T. Polo at the Club - it sounds so alien !**

AVRK: Yes today it seems that way. It had a strong presence in Vizag. It needed a level playing ground that was large. In Vizag it was the Police grounds, or what we now call Police Barracks Ground. Horses were plentiful, British Officers, Club members, Railway Officers, Police Officers were all players. The Raja of Bobbili was a great patron of the sport.

Polo needed large playing grounds - so Raja of Bobbili provided his palace grounds and so did the Raja of Vijayanagaram. Thus it was a game also for the wealthy and blue blooded Indian Citizens.

During the '50s Polo slowly eclipsed from the Club. Horses, large grounds, logistics and the departure of the British all contributed to it. It was inevitable. The game could not be sustained on a regular basis.

**W.T: That is quite a bit of history of Polo at the Club. What other sports were there?**

AVRK : Tennis of course. Tennis was part of Waltair Club and it was a big sport in all of Andhra. Yet it was elitist in its participants.

In Vizag, Waltair Club was the first, with its 3 clay tennis courts. Today All India Radio is located on these former courts. It was a popular outdoor sport. Other courts came up in the city. Town Hall Club, where my father Appana Suryanarayana Rao, Colluru Ratnam Babu were some to the Club members who played there regularly. Century Club, Rail Club, Port Club all opened tennis courts. Our club was the pioneer. Zaminidars of Vijayanagaram, Rajamundry, Kakinada, Vijayawada, Eluru were members of our Club and pioneered tennis in their cities.

**W.T. : So the sport found lot of players?**

AVRK : Actually there were many difficulties to get Tennis going.

Land, its preparation, maintenance, money were all issues.

Waltair Club was the first so problems surfaced at Club that needed new solutions. The Club was fortunate to have the sincere patronage of the Raja of Bobbili. He took the lead in setting up a proper system for Tennis. One of the vexing problems the club faced was to find a good maker/coach for the tennis courts. Here the Raja identified two of them and placed them in the Club.

Appalaswami Reddy one such dedicated maker/coach and an excellent tennis player. Another Pola Reddy who joined later and a good tennis player as well. The two individuals were of immense value in developing the game of Tennis at the Club.

These two played barefoot on the court only because they could not afford tennis shoes. They got the members to learn Tennis and the game reached a new level of popularity.

## **W.T. Gosh these are the unsung heroes of our Tennis History.**

AVRK: It is more than that. Let me narrate an incident.

During the 1950s. there was a Sumant Mishra of the Indian Railways was their Star Tennis player. He visited Vizag and met with members of the Club. Mishra was ranked to be India's No.2 played and every Tennis lover at the Club was in awe of meeting him in person.

It was common courtesy to invite Mr. Mishra for a friendly match at the Club. The problem was that no member was willing to play him, as they were not confident of requisite standard to play someone of all India standing like Mr. Mishra. So the Club chose Pola Reddy to play the national champion. And play he did! He played barefoot and played his best and gave Mr. Mishra a formidable opponent and a spirited game. The game outcome was completely unexpected.

Pola Reddy actually won the match over Mr. Mishra. May be Mr. Mishra let him win? We will never know. It was a memorable event at the Club. Mr. Mishra recognized the talent and perseverance of Pola Reddy and later got him to join the Railways and play for the Railways. He went on to win National recognition.

Thus Pola Reddy must be remembered to keeping the Waltair Club Flag flying high eventually. The legendary clay courts of the Club were acquired for All India Radio.

## **W.T : So Pola Reddy made history at Waltair Club Tennis. Was it a game that was a male preserve?**

AVRK : Actually women were passionate about tennis in Vizag. There was an exclusive Ladies Tennis Club for Vizag. They played on the tennis courts that were there near the Zilla Parishad junction next to Jeypore House.

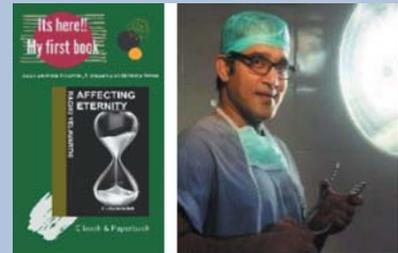
# Affecting Eternity

Dr Raghu Yelavarthi is an experienced senior consultant in Orthopaedics at Apollo Hospitals, Visakhapatnam and runs his own hospital National Orthopaedic center.

He has a demonstrated history of working in the hospital & health care industry. He is skilled in Orthopaedics, medical education, people management, research in Orthopaedics, education, English and student affairs. He did a masters degree focused in Orthopaedics from Kasturba Medical College, Manipal and undergraduation from AFMC (Armed Forces Medical College), Pune.

## **The Author Says:**

It was fortunate (unfortunate to the whole world) in a way



that I had to face the COVID pandemic. With time on my hand, I came across this online course on Coursera called "Foundations of teaching for learning", which gave me a lot of insights into teaching, the art of learning, and thinking. It has opened up my mind to one of the most important things in life "Reflective Practice", the art of teaching/influencing in a positive way of the things you learned or got influenced positively.

In my short stint as a teacher and a deputy director of student affairs in a relatively new medical college, I have wondered most of the time as to how is my class? Are the students learning well in the environment I had created for them in the class? How do I assess the effectiveness of my teaching in my class? And, a myriad of other questions and nagging self-doubt about will the students look up to me?

It was mandatory of the course that we had to submit a series of essays on topics that were taught. These essays were then peer-reviewed and then finally you get a set grade to pass the course.

So, here is a collection of all those small essays and above all a piece of my mind, direct from my heart, this book called "Affecting Eternity".

Proudly presenting you my first book. Part proceeds from the sales goes toward educating underprivileged children.

**Dr. Raghu Yelavarthi R- 412**

# RATHA SAPTAMI

- Rajni Chitra (S-591)

## Significance:

The festival of Ratha Saptami is dedicated to Lord Surya and is considered the birth anniversary of Lord Surya (also known as Surya Jayanthi). Ratha Saptami is symbolic of the change of season to spring. It is represented in the form of the Sun God, Surya turning his Ratha (Chariot) drawn by seven horses (representing seven colours) towards the northern hemisphere, in a north-eastern direction.

Ratha Saptami is symbolically represented in the form of the Sun God Surya turning his Ratha (Chariot) drawn by seven horses, with Aruna as the charioteer, towards the northern hemisphere, in a north-easterly direction. The symbolic significance of the ratha and the seven horses reigned to it is that it represents the seven colours of the rainbow. The seven horses are also said to represent the seven days of a week starting with Sunday, the day of Sun god Surya. The chariot has 12 wheels, which represents the 12 signs (each of 30 degrees) of the Zodiac (360 degrees) and constituting a full year, named Samvatsara. The Sun's own house is Leo (Simha) and he moves from one house to the next every month and the total cycle takes 365 days to complete.



## Yoga & 108 Surya Namaskars:

On this prominent day in the sun's cycle, it is believed that the sun transmits high positive energy to the human body. When the human body energetically and consciously receives this positive energy, each cell becomes more powerful to fight any kind of disease. Surya Namaskar is one form through which we all can receive the sun's energy. The number 108 has long been considered a sacred number in Hinduism and yoga. Great mathematicians of Vedic culture viewed 108 as a number of the wholeness of existence.



This number also connects the Sun, Moon, and Earth. The average distance between the Earth and the Sun is 108 times the sun's diameter. The average distance from the Earth to the Moon is 238,800 miles, about 108 times the moon's diameter.

According to yogic tradition, there are 108 pithas, or sacred sites, throughout India, and there are also 108 Upanishads and even 108 sacred places in the body.

Repeating the Surya Namaskar 108 times is a challenge - doable but not easy. Completing 108 cycles means breaking free of the notion of impossible and inviting an attitude of resilience, focus, and discipline. This in turn creates a commitment to one's yoga and self-improvement.

Physically, the exercise makes you feel much stronger and fluid. As a form of active meditation, the practice helps you connect better with your mind.

## At The Waltair Club:

From a week Prior, the students of the Yoga (morning and evening batches) were being prepared for this occasion. Knee strengthening asanas in set of 4/5 (of 12 each)



were done, so that everyone could cope and successfully do 108 surya Namaskars. A day before, we were even told what we should be eating and that we should sleep early.

At 5.30am, all of us were present fresh and vibrant and almost all of us could complete the 108 Surya Namaskars. A beautiful arrangement was done by Mrs Silpa Kankatala, along with the image of Sun God. At 5.45 am we began and before we realised, the feat was accomplished. Sir, concentrated a lot on the breathing and his guidance on technique of breathing in each asana made it a lot easy. In between sir made us do Dauti, which allowed us to catch our breaths.

A wonderful spread of breakfast, completed the auspicious morning and on my way home, recalled the past years very nostalgically, a ritual I haven't missed in the past 7-8 years at least !!



# A Mind Boggling Game - **BRIDGE**

Bridge is the ultimate trick-taking card game and easily the greatest source of enjoyment that four people can have with a pack of cards.



One can trace the beginnings of Bridge back to the early 16th century, although at that time it was called "Whist" and was played by the Brits. In the following centuries, Whist became popular with all classes. It was around 1890's that this game was introduced to the United States. It was perfected by the American Mr. Harold Vanderbilt who introduced rules, principles, treatments and even a scoring table for Bridge. He is said to have changed the course of the game when he was having some invaluable idle time on a steamship cruise.

## **Few facts about game of "BRIDGE" .**

1. Official Name. "CONTRACT BRIDGE".
2. Played with a deck of cards, 52 cards .( No jokers).
3. Officially in the list of Sports , Ministry of Sports.
4. In fact, the apex body of universities "AIU , Association of Indian Universities " has directed all university to include in the curriculum and conduct Interuniversity champion ship.
5. USA, UK, France, etc , it is part of official curriculum.
6. In India , Railways , some public sector undertaking , recruit bridge player under sports category.
7. It is included in ASIAD games from 2018.
8. BRIDGE and Chess may be included in Olympics in the near future. "Mind Games " category. Under active consideration.
9. Very important : This is a Partnership game, i.e. PAIR. One has to choose a partner and learn.
10. Team comprises 2 pairs ,i.e. 4 members.
11. Very good number of tournaments conducted in India at National level and International tournaments conducted.

12. Team event, mixed team event, pair event, mixed pairs event, senior citizens. All formats in ASIAD.
13. India. Club level social bridge, competitive tournament bridge. Abroad also similar situation.
14. Can be played on line on free app BBO. 24 hours.
15. Juniors. Can start at the age of 12. Can win laurels at the national and international levels, secure scholarship and admission in leading university, abroad, eligible for sports quota admission in India.
16. Senior citizens, others, for active time pass, at club level.

Bridge games offer intellectual and social stimulation on a routine basis. An area in the brain used in playing bridge stimulates the immune system. Researchers suggest that is because players must use memory, visualization, and sequencing. Like any sport Bridge can be learned and played at any age. Specially it helps older people in keeping their memory sharp.

To say the least, Bridge is a fascinating card game, unrivalled to any other card game, by its depth. For many people who love



logic, challenges and communicating with a partner in code, it can be fun. For others, it might seem hard and boring. Unlike other sports, this game can be continued playing well into the later years. Research has shown that regular bridge playing improves reasoning skills and long and short-term memory. Remember that Bridge is one of the best ways to practice the " Use it or Lose it " advice for maintaining mental alertness and sharpness especially in old age. All said and done, it can be a lifetime of learning...about others and yourself!

This is a call to the young and old alike - What are you waiting for? Come and learn to have some good clean fun.

Please contact for active coaching.

**Mr.B.Venkateswarlu (M.No.V-38)**

Phone Nos.6300445363, 9848698990.

## Member Reviews

Mrs Parveen Hosain has managed to make the Waltair Times a reflection of the wealth of experiences offered by Waltair Club. It is a record of the unique heritage of the club, its many stellar individuals, their achievements and experiences.

**TSD Srinivas S 1050**

Just happened to read the latest edition of Waltair Times and was pleasantly surprised with the subtle makeover that the magazine has undergone. Starting from the Cover Page, the Zentangle Art incorporating icons from our Ethnic Festival to the articles penned by our Members encompassing Art, Literature and Health and a good coverage of the Club Activities. Good Work by the Editorial Team headed by Ms. Parveen Hosain

**Sudhir Mulagada S 597**

Waltair club magazine has life this time. Please get me this every month. Phoenix, Breaking down n understanding Covid, Zentangle, Soft Magic are very interesting.

**Mrs. Pushpa Venugopal**

Because of the digital billing, I check my bills online. I don't check the physical bills with which the magazine is delivered. I quite like that WhatsApp group which shares pictures and news about the club events. It definitely makes me feel more engaged. This is my personal experience. The magazine articles if they could be shared in snippet format in the group, would create interest to read the actual magazine. Other friends mentioned the same. Bills go to parents/ inlaws/ office. They don't get them at their new address.

**Anila Narla A-262**

Waltair Times , has always been an endearing rehash of the month gone by and, whips up just the right level of excitement for the month to come. I especially enjoyed reading about the members, their talents and their triumphs. Looking forward to many more scintillating reads.

**Sonal Sardar, N -266**

**WALTAIR CLUB**  
**SPORTS FIESTA 2022**  
END OF REGISTRATION ON 21<sup>ST</sup> FEB

**AUCTIONS 11AM-1PM 7PM-9PM**

**FEB 23<sup>RD</sup> THROW BALL CRICKET**  
**FEB 24<sup>TH</sup> GOLF VOLLEYBALL**

<b>BILLIARDS AND SNOOKERS</b>	<b>MAR 4<sup>TH</sup></b>
<b>CRICKET</b>	<b>MAR 4<sup>TH</sup>, 5<sup>TH</sup> &amp; 6<sup>TH</sup></b>
<b>THROW BALL</b>	<b>MAR 5<sup>TH</sup> &amp; 6<sup>TH</sup></b>
<b>CARROMS / TENNIS / CHESS / SHUTTLE / SQUASH / TABLE TENNIS</b>	<b>MAR 7<sup>TH</sup>, 8<sup>TH</sup> &amp; 9<sup>TH</sup></b>
<b>GOLF</b>	<b>MAR 9<sup>TH</sup> &amp; 10<sup>TH</sup></b>
<b>VOLLEYBALL</b>	<b>MAR 11<sup>TH</sup> &amp; 12<sup>TH</sup></b>
<b>KABADDI</b>	<b>MAR 13<sup>TH</sup></b>
<b>FOOTBALL</b>	<b>MAR 13<sup>TH</sup> &amp; 14<sup>TH</sup></b>
<b>VOLLEYBALL SENIORS</b>	<b>MAR 18<sup>TH</sup> - 19<sup>TH</sup></b>
<b>VOLLEYBALL (PRESIDENTIAL CUP)</b>	<b>APR 2<sup>ND</sup> - 3<sup>RD</sup></b>
<b>CRICKET (PRESIDENTIAL CUP)</b>	<b>APR 8<sup>TH</sup>, 9<sup>TH</sup> &amp; 10<sup>TH</sup></b>

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- Interactions with International personalities from various walks of life.

**Allround Achievements**

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- Selections to KVPY Merit Scholarships.
- Seats in reputed international Universities.
- State Champions in Cricket.
- National Champions in Kho Kho(CBSE).
- 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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