



# Waltair Times

HOUSE JOURNAL OF THE WALTAIR CLUB, VISAKHAPATNAM

Visit Us at [www.waltairclub.net](http://www.waltairclub.net)  
For Private Circulation

VOL. 24 | ISSUE 5 | NOVEMBER '19

*Happy  
Diwali*

*Diwali is a festival of lights and  
a celebration of the victory of good over evil,  
and is universal in it's spirit.*



The No.1 Brand in  
Kancheepuram Silk Sarees  
in South India

Kancheepuram Sarees  
at Weavers Price



#27B/76, Nadu Street, Shaikpet, Kancheepuram.

VRK Silks, 1st Floor

**KALANIKETHAN**  
SHOPPING MALL

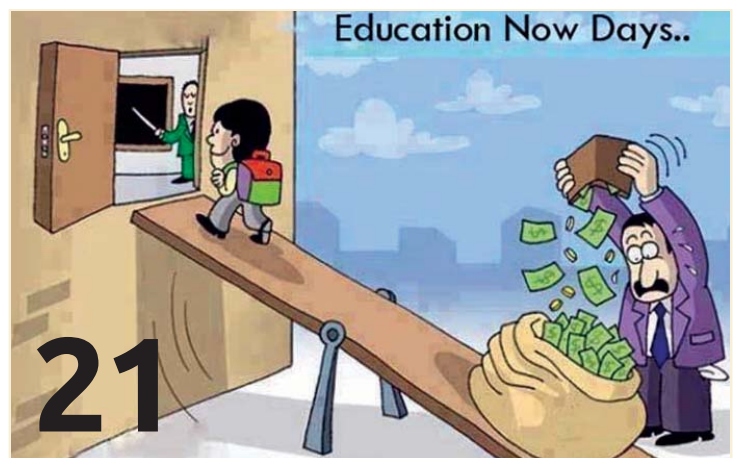
Dwarakanagar, Vizag. Ph: 6643388

Kancheepuram: Nadu street, Ph: 0442 7222226 Chennai: Anna nagar, Ph: 43561615, T Nagar Ph: 4359666. Hyderabad: Kukatpally, Ph: 40120188. Banjara Hills, Road No. 2. Ph:23544559, Ameerpet, Ph: 48514566, Himayat Nagar, Ph: 40117566. Suchitra circle. Ph: 27941999. Secunderabad, Ph: 48519317. Warangal: Nakkalagutta, Ph: 2456677. Karimnagar: Zaheer Center, Ph: 2242566. Khammam:Wyra road, Ph:237666. Nizambad: Pulong Road, Opp.Vamsee International Hotel. Koimbatore: 100ft Road, Ph: 4351666. Bengaluru: Malleswaram, Ph: 42067344. Jayanagar, Ph: 42566666. Kerala: MG. Road, Ernakulam. Ph: 4136666. Thrissur, Ph: 2970146. Srikakulam: Chinnabaratam St, Ph:226456 Kakinada: Main Road, Ph: 2388821 Rajahmundry: Pushkarghat, Ph: 2431725. Bhimavaram: P.P. Road, Ph: 232301. Vijayawada: MG. Road, Ph:2488333 Guntur: Lakshmpuram, Ph: 2211112 Ongole: Mangamuru donka, Ph: 223666. Nellore: Magunta Layout, Ph: 2326677 Tirupathi: VV Mahal Road, Ph: 2227466

# CONTENTS

Vol. 24 | Issue 4 | October'19

President's Desk .....	05
Vice President's Desk .....	06
Notice Board .....	08
Announcements	
Club Calendar	
Member Honour .....	11
New Members List .....	12
Events .....	12
Tambola	
Diwali	
Dandiya dhamaka	
Halloween nite	
Dussehra Tambola Winners	
Overhauling the Primary Education System - A Novel Approach .....	19
"Flab to fab" The aerobics way !!! .....	24
Sunday Bazaar 2019 .....	26
Senior Members Meet .....	29
Know your Club .....	30
What's up doc ? .....	31
Sadhana - A Social Impact Initiative .....	32
Data Breach .....	38
Abhijit Banerjee .....	42
Medical Arts - No malice .....	45
Some Fascinating Facts. ....	46
18 Signs of Maturity How mature are you? .....	50
Let's Know about Dengue .....	52
How to advertise in Waltair times .....	53
Snookers .....	55
Legal Matters .....	56
Club Timings .....	57
Jokes & Puzzles .....	58
Tit bits .....	60
Advisory on Etiquette In Club Premises .....	62
Affiliated Clubs .....	60
Visual brain teasers .....	72
Blow your Mind .....	74
Disciplinary & Legal Committee .....	75
flight timings .....	76
Emergency Phone Numbers .....	78
Cover Page Concept : <b>P S Raju FCA</b> , Vice President, Waltair Club	



*Life's Little  
Choco Pleasure*



2m offers high quality products from our state of the art plant based in Baddi, Himachal Pradesh, in B2B segment for Confectionery / Chocolate Manufacturers, Bakers & Ice Cream Manufacturers.

### PRODUCT RANGE

Cocoa Powder | Cocoa Butter | Chocolates  
Compounds | Hazel Nut Paste  
Compound Pastes | Vermicelli  
Chips | Dips



*Unbox  
Happy  
Moments*



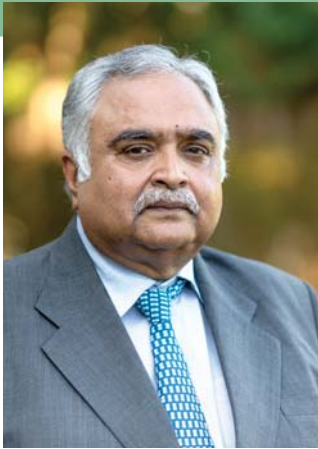
2m forays into consumer market with delicious  
Drinking Chocolate and Cocoa Powder

Looking for Distributors  
PAN INDIA in Retail / Wholesale

Please Contact Mr. Shyam  
Mob: 098491 55233 Email: [shyam@2mcocoa.com](mailto:shyam@2mcocoa.com)

DP  CHOCOLATES

304, Pancom Business Center, 8-2-945, Ameerpet X Roads,  
Hyderabad, T.S., India. Contact: 040 49499993/97/98.  
Mail: [info@2mcocoa.com](mailto:info@2mcocoa.com) [www.dpchocolates.com](http://www.dpchocolates.com)



## From the President's Desk

Dear Members,

Greetings and good wishes to you all.

I am sure everyone enjoyed the Diwali holiday with your loved ones. A time to enjoy with the family and with friends.

November marks the beginning of cool climate in India. With full moon around the corner, this month has many auspicious dates and unique celebrations in its pockets.

November also marks the birth anniversary of many famous persons and one in particular I would like to mention is WalchandHirachand.

Born 23rd Nov,1882, WalchandHirachand founded Walchandnagar Industries, Ravalgaon Sugars, Scindia Steam Navigation, Hindustan Aeronautics, Hindustan Shipyard (Visakhapatnam) Premier Automobiles ( Fiat Cars) and on and on.The Vizag Port was opened to shipping with the entry of the 1st vessel, S.S.Jaladurga of the Scindia Steam Navigation.

He was known as a visionary and patriotic industrialist who was the epitome of individual creativity and enterprise despite stiff resistance from the British.

The growth of Vizag is in part due to the pioneering efforts of persons like Sri Hirachand and he could be considered the true father of the title, 'Make in India`.

As we revel in the success of these visionaries, let us also be grateful for the many sacrifices they and generations before us have made so that we, and generations after us remember that under the fiercest resistance, voices of progress will always be heard.

With best wishes,

**Kumar Muppidi**  
President

### MANAGING COMMITTEE 2019-20

PRESIDENT  
**MR. M.V.S.N.KUMAR** K-32  
9949826556  
kumarmuppidi59@gmail.com

VICE-PRESIDENT  
**MR. P.S. RAJU** S-148  
9393107777  
psraju@gmail.com

HONORARY SECRETARY  
**PROF. G.SESHAGIRI RAO** S-246  
9949414114  
drgsrao@gmail.com

HONORARY TREASURER  
**MR. A.SURESH** S-547  
9848195707  
suresh.adu@gmail.com

### COMMITTEE MEMBERS 2019-20

SPORTS  
**MR. P.KRISHNAKANTH** K-176  
9246762909  
kris\_5624375@yahoo.co.in

ENTERTAINMENT  
**MR. A.SEKHAR BABU** S-699  
9849199906  
sekhamrf@gmail.com

BAR  
**MR. G.M.B.V.KRISHNA REDDY** K-77  
9246623943  
drgmbvkreddy@gmail.com

CATERING  
**MR. O.SRINIVASULU** S-759  
8977789999  
oruganti72@gmail.com

GENERAL SERVICES  
**MR. R.V.PRASAD** P-090  
8008767555  
rvprasad03@gmail.com

CHAMBERS & LIBRARY  
**MR. S.V.NARASIMHA RAJU** N-094  
9866565656  
varmasagi2828@gmail.com

LADIES SUB-COMMITTEE  
**MRS. M.DIVYA DAS** D-093  
9494130731

SENIOR MEMBERS  
**CAPT. G.M. PETER** P-09  
98484 06010



## Vice President's Message

### EDITORIAL BOARD

#### Editor

Mr.P.S. Raju S-148  
9393107777

#### Members

Mr.P.S. Raju S-148  
9393107777

Mr.S.V.Krishna Murthy Raju R-328  
9440189476

M.K.Mallikharjuna Rao M-91  
9848199009

Mr.T.V.S.K.Kanaka Raju K-134  
9849114247

Mr.K.R.Prasad P-79  
2553773

Mr.K.Narayana Rao N-44  
9491331914

Mr.Prem R Mirpuri M-54  
9849146137

Mrs.C.Padmaja N-34  
9440395454

Mrs.Shanti Chitra C-46  
7382621218

Mrs.Deepti Rathi D-166  
8297211007

Honorable Members,

It is, my privilege, to bring out the November issue of Waltair Times within a reasonable time. We have been delaying the distribution of the Magazine for various reasons. This time we are able to rectify and bring this issue in the second week of the Month. We will try to bring the next issue within the first week. I sincerely regret for the past delays and extremely thankful to the Members for their patience.

Diwali, the festival of lights, is universal and this issue has the Diwali lights as a Cover page, which reflectsthis belief. Hope u have fully enjoyed the Festival with family and friends and take this opportunity to wish all the Members and their families a Happy and Prosperous Diwali.

Mr. A. Sekhar Babu, our Chairman Entertainment Committee, is a highly charged Member of our Team. He is conducting various events, including the popular Tambola, with lot of energy. In this issue considerable material on the events conducted by the Club are published.

Mrs. Divya Das Sunkara, Chairman Ladies Committee, conducted events for the enjoyment & pleasure of the Gentle Ladies of the Club and their Guests, which are really good. Coverage of Sunday Bazaar, Dhandiya etc., are a part of this issue.

Mr. P. Krishnakant, Chairman Sport's Committee, who repeatedly deserves mention, is an important contributor about the Sports Activities of the Club. Being a keen sportsman himself, it comes out naturally for him to deliver, with utmost precision, data on sports activities. His contribution regarding aquatics, with the support of other able and talented ladies, is a part of this Magazine.

It gives a satisfactory feeling receiving lot of material on the, "Achievements of Members and their Children", which have all been included in the Member's Honor section of the Magazine.

Proud to specially draw attention to the achievements of Ms. Srivalleesha Mallidi d/o Dr. M. Kousalya (M.No.V-114) and niece of our Chairman Bar Committee, Dr. G. M. B. V. Krishna Reddy (M.No: K-77). She is making her presence felt around the World in the area of Bio-Medical Engineering.

Mr. V. S. Rao(M.No:S-462), a Senior Member of the Club was felicitated by the Alumni Association of Institution of Engineers, Visakhapatnam Branch for his contribution to the Institution of Engineers for more than three decades. His daughter and Member of the Club Dr V. Reshma (M.No. R-673) has presented a paper in the 24th World Congress of Neurology held in Dubai from 27th to 31st October, 2019 where, only two papers were selected from Andhra Pradesh, for this World conference.

Mr. K. Srinivas Rao (M.No. S-556), Partner of Aakar Architects, and his daughter Mrs. S. Pradeepta (M. No: P-235) received TV5 Architecture and Interior awards for AP and Telangana.

Mr. P. Brahmanadam (M.No: B-059), is an awardee of the prestigious Life time achievement award given by Global Aqua Culture Alliance. Mr. C. V. Atchut Rao (M.No.A-34) has been appointed as the President of Federation of Andhra Pradesh Chambers of Commerce & Industry.

Mr. Vipin Gupta (M.No. G-53) is a practicing Architect in Visakhapatnam since last 39 years. Vipin Gupta Architects, the firm in which he is a Partner, has been awarded the Best Architectural consultant firm in Andhra Pradesh. Ms. Pratyusha (M No P168), a Member of Waltair Club and daughter of Former President Mr. AHN Venkat Rao received 'The Good Samaritan Award' from the Government of Telangana on 15th August 2019.

Dr. S. Vijaya Kumar, Phd., from the Construction industry started an exemplary school in the name of "Sadhana" and ran it till 2003. This prestigious project is covered in the "Social Impact Initiatives" section of Waltair Times.

This issue contains in the "What's Up Doc" section contributions from Dr. B. V. Nagabhushana Rao, MD, MRCP (London) (M.No, N-101) and Dr. Srikanth of NRI Queen's Hospital on Dengue Fever. Under the caption "Medical Arts" article by Dr. Y. Jowhar (M. No.J-35) is published.

The Articles of Association mandate that the Vice President be the Editor of Waltair Times Magazine. Dr. Hema Yadavilli, ceases to be the Editor and Member of the Editorial Board. I thank the Lady Member for her contribution till date and wish her all the best in her endeavors.

A genuine concern raised by some Members, in their private conversation, is about the cost of printing and distribution of Waltair Times. I assure the Members that Waltair Times is generating a surplus and will contribute to the resources of the Club.

The coverage of Affiliated Clubs continues, with The Nizam Club, Hyderabad and Bombay Gymkhana, Mumbai covered in this issue.

Member's are again requested to contribute original articles of interest. Knowledge and communication of the same is Power and Waltair Times is the medium through which it can be achieved.

**Honest and Transparency are a must for the long term survival of the Club. The support of the Honorable Members, which we now have should continue, with greater participation, monitoring and questioning.**

**P. S. Raju, FCA.**

1. With effective from 18th October, 2019 the movies will be screened on Fridays at 6.30 PM due to Winter Season.
2. This is to inform that the guests of the members should not allow not more than 4 persons in their rooms. Guests should follow general dress code, when they are in Restaurant/Bar/Corridors/Reception.
3. With effective from 18th October, 2019 the movies will be screened on Fridays at 6.30 PM due to Winter Season.
4. Due to increase in prices of liquor by APBCL, the revised prices are as follows from 23.10.2019.

**Increased rates as follows:**

Liquor 30 ml	04/-	Beer 330ml	10/-
Beer 650ml	20/-	Breezer	20/-

5. Waltair Club Open Bridge Tournament under the auspices of APCBA & VDBA will be held from 30th Nov. 19 to 2nd December, 19 from 9 am onwards at Centenary Auditorium.
6. We request the Members to respond to our appeal for reduction of multiple number of copies to be posted to the same address. This can easily be done by sending an email from an address registered with the Club. This can also be done by posting a letter to the Club office/sign on the papers available in the Club office. All these requests will be registered and dispatches stopped. This would result in saving paper and thereby the environment.
7. "All are requested to submit their articles, member's honor, announcements, advertisements etc., before 25th of every month to avoid delay in bringing out Waltair Times".

**Free Eye Screening camp** for members will be conducted from 18th to 23rd Nov, 2019, from 1pm to 7pm by Shankar Foundation Eye Institute, Near Kalabharathi Auditorium. Phone - 0891-2784299. Open to Members by registration at reception.

There will be an orientation meeting/presentation on 17th Nov, 19 Sunday, at 11.00am at Pear I & II.

All members are requested to utilise this opportunity.

Staff and their families screening is also scheduled from 11th - 16th Nov, 2019, 1pm to 7pm for all age groups, at the same address.

## Club Calender

08.11.2019	Friday	Movie	6:30 PM
16.11.2019	Saturday	Tambola	7:30 PM
23.11.2019	Saturday	Movie	6:30 PM
29.11.2019	Friday	Movie	6:30 PM
01.12.2019	Sunday	Beer n biryani with Tambola	12 Noon
06.12.2019	Friday	Movie	6:30 PM

## Member's Honour



"In the recent event by TV5 architecture and interior awards AP and Telangana , Aakaar, Architects have received Excellence in Architecture Award in Hospitality Category from Telangana State Governer, for project Fairfield Marriott Vizag. Sri K . Srinivasa Rao (M.No.S-556) and Mrs. S. Pradeepta (M.No.P-235) are Patners of AAKAAR, ARCHITECTS, VISAKHAPATNAM".



## Member's Honour



Our member Dr V Reshma (R-673) has presented a paper in the 24 th World Congress of Neurology held in Dubai from 27th to 31st October 2019. Only two papers were selected from Andhra Pradesh for this world conference. She presented her paper on 27th October 2019. Dr Reshma is in final year of DM(Neurology) in Guntur Medical college. Her spouse iDr Viwanath is a pastic surgeon from NIMS, Hyderabad and Fellowship from Begium, She is the daughter of our senior member Mr V S Rao (S-462).



Ms. Pratyusha (M No P168), a Member of Waltair Club and daughter of former President Mr. AHN Venkat Rao received 'The Good Samaritan Award' from the Government of Telangana on 15th August 2019, appreciating her efforts and her service as a Joint Secretary of the Women's Forum (Society for Cyberabad Security Council) on creating a ecosystem for women to be safe and secure in Hyderabad. She received the award from the Commissioner of Cyberabad Mr. VC Sajjanar.



Mr.C.V.Atchut Rao (M.No.A-34) a Regular Member of our Club has been appointed as the President of FEDERATION OF ANDHRA PRADESH CHAMBERS OF COMMERCE & INDUSTRY. He has also served as the President of Waltair Club, Visakhapatnam. FAPCCI is a 102 year old trade body and it is erstwhile organization of the combined state had 3000 members in the field of Industry, Trade and Professionals.



State Level Award 2019 for Mr. Vipin Gupta (M.No. G-53) and his firm, from a Research Organization

"Mr V.S .Rao our member S-462 was felicitated on 15 th September 2019,Engineers day by the Alumini Association of Institution of Engineers, Visakhapatnam Branch for his contribution to the Institution of Engineers for more than three decades in various fields of engineering The chief guest was Shri N Sanjay IPS ,IG (Training) AP Police .Mr V S Rao a retired General Manager of H P C L ,Visakh Refinery received several national and state awards -Engineer of the year from Institution of Engineers,AP State centre Hyderabad,,Corrosion Awareness award from NACE International(India)sectio Mumbai,merit awards including a silver medal from Institution of Valuers Newdelhi etc.He is a member of number of national professional bodies and held various positions .He is currently engaged in arbitration and valuation,corrosion and related fields".



## Member's Honour



### IEEE Women in Photonics Member of the Month

**Srivalleesha Mallidi, Researcher & Assistant Professor, Director, Integrated Biofunctional and Therapeutics (iBIT) Laboratory, Department of Biomedical Engineering, Tufts University.**



"Seeing the unseen", finding what is inside our bodies and what we can do with that information has always been the driving factor for Dr. Srivalleesha Mallidi's research. She is an electronics engineer by training, works primarily on the clinical translation of photoacoustic image-guided PDT. Simply put- her research focuses on using light to diagnose and treat deeply seated tumors. She has made

numerous contributions in merging interdisciplinary fields, such as nano-engineering, biomedical imaging technology and cancer therapeutics, and has published 25 peer-reviewed publications (16 as first author) and 5 book chapters as first author. Mallidi obtained her M.S. and Ph.D. degrees in Biomedical Engineering from University of Texas at Austin. After graduation, she joined Wellman Center for Photomedicine at Massachusetts General Hospital (MGH) as a NIH Ruth L. Kirschstein F32 postdoctoral fellow. She won several awards during her postdoctoral tenure at MGH including the Young Investigator award at the Frontiers in Biomedical Imaging Science Symposium held at Vanderbilt University. She was also awarded the American Society of Lasers in Medicine and Surgery Research Award for junior faculty. Prior to Tufts, Dr. Mallidi has taught courses at Wentworth Institute of Technology and Wellman Center for Photomedicine, Harvard Medical School.

Mallidi serves as a reviewer for many journals in biomedical optics and PDT as well as frequently volunteers her time, as session chair, at a number of conferences, including



Dr. Mallidi showing an integrated probe that can obtain ultrasound and photoacoustic images simultaneously.

the IPA World Congress, within IEEE Photonics Society symposiums and at SPIE Photonics West. At the 17th International Photodynamic Association World Congress in Boston, Massachusetts, Mallidi was recently recognized with a 2019 Early Investigator Award, alongside peer Gigis Obaid. She has also been a key player in developing and evaluating low cost photodynamic therapy along with collaborators from Aligarh Muslim University, Massachusetts General Hospital, University College London and University of Massachusetts, Boston that won the 2019 Team Award for Advancing PDT in Rising Nations at the 17th International Photodynamic Association World Congress in Boston, Massachusetts.

Mallidi's students and colleagues describe her as a hands-on, passionate and committed mentor. Her mentees have won Best poster and presentation awards, travel awards at local



Dr. Mallidi with TUBER high school students.

and international conferences. Mallidi is also involved in outreach activities, particularly with elementary schools in her hometown Belmont, MA where she regularly organizes demo events to teach young kids about light and sound and how they can be used to visualize what is inside the body. Mallidi also participates in the Tufts University Biomedical Engineering Research Scholars program where she teaches a class and conducts laboratory session for high school students on advanced imaging technologies. In her spare time, Mallidi enjoys dancing and playing with her daughter, cooking, travelling, gardening and photography.

October 2019

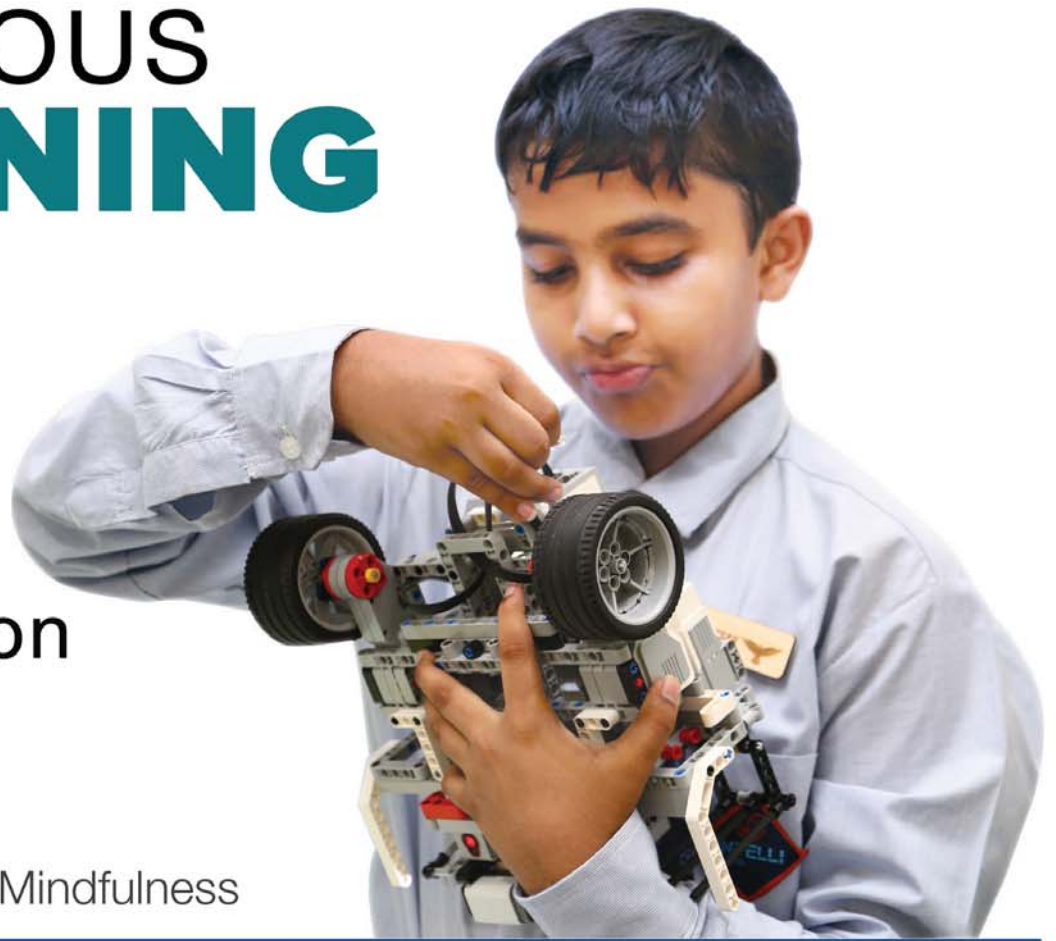


Life time achievement award given to  
**Sri. P. Bramhanandam Garu (M.No.B059)**  
by  
Global Aqua Cultural alliance

# CONSCIOUS LEARNING

Experience  
Education  
Reflection  
Collaboration  
Innovation

With Happy-Creative-Mindfulness



Building a generation of learners is what drives Intelli. A generation who are clear about their purpose. In an era of profound digital impact, children require schools that mentor them through a learning experience that is beyond curriculum. Learning that connects them to real time. Eco system that stimulates their reasoning.



The philosophy of integrating Happiness-Creativity-Mindfulness seamlessly through our frameworks, people and spaces is what makes Intelli unique.

Make your child a part of Vizag's unparalleled learning curve

Call:  
**0891-2525000, 2720000** [www.intellischool.in](http://www.intellischool.in)  
Behind Toyota Showroom, Marikavalasa, Paradesipalem, Madhurawada, Visakhapatnam

For Admissions: **91006 66395**



**POLLOCKS**  
**INTELLI**  
**SCHOOL**

*joyful learning that inspires!*

**A CBSE SCHOOL**



## New Member List

Member Name	M.No.	Category	D.O.J
Mr.S.Ruthwik	R-739	Associate	03.10.2019
Mr.S.Surya Akhil Sharma	S-1255	Associate	07.10.2019
Mr.A.V.S.Sanat	S-1259	Associate	07.10.2019
Mr.Y.G.Dinesh	G-124	Regular mc	09.10.2019
Mr.Aaron Richard Borthwick	A-442	Associate	14.10.2019
Mr.P.Pruthvi	P-360	Associate	15.10.2019
Mr.V.Sankirth	S-1260	Associate	15.10.2019
Mrs.D.Padmavathi	P-363	Life	15.10.2019
Mr.A.Vinay Kumar	V-358	Regular mc	16.10.2019
Mr.K.Satyanarayana Reddy	S-1261	Regular mc	17.10.2019
Mr.Sagi Rakesh Varma	R-669	Regular mc	19.10.2019
Miss.Akshara Raghav	A-445	Associate	21.10.2019
Mr.G.Vijay Rahul	V-436	Associate	21.10.2019
Mr.M.Prasannanjaneyulu	P-364	Life	23.10.2019
Mrs.D.Shifali	S-1029	Regular mc	25.10.2019



## Events

### Dussehra Tambola Winners



1st Full House Winner-Mr.R.Bhanu  
W/o. Cdr.R.K.Iyer (M.No.I-14)



2nd Full House Winner-Mrs.Alka Kumar  
W/o. Mr.Mohinish Kumar (M.No.M-171)



3rd Full House Winner-Mrs.V.Syamala  
W/o. Mr.V.Subba Rao (M.No.S-127)



4th Full House Winner-Mrs.Bhagya Lakshmi  
W/o. Mr.V.Sambasiva Rao (M.NO.S-131)



5th Full House Winner-  
Miss.O.Gayathri (M.No.B-163)

# GRAND GALA **DIWALI** CELEBRATIONS IN CLUB



**Mrs. Divya Das Sunkara (M.No.D-093)**  
Chairman, Ladies Sub Committee

A record breaking 1500 footfalls marked an extremely successful Diwali celebration this year at the Waltair Club. The event was simple but exciting with live rides for kids including horse rides, bouncies, merry go round and other games. Stalls with food and artefacts were received well. Well known singers Kumari and Anand enthralled guests with a good choice of old and new Telugu and Bollywood hits. But the unique point was the thrilling fireworks show which last for 20 full minutes. Many generations of revellers and old and new club members ushered the Festival of Lights together



# DANDIYA DHAMAKA IN WALTAIR CLUB



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



Colorful decorations, Live Photo studios, welcome dhol team, mehendi ladies, impressive stage and a lively singer was the cocktail made for a thrilling Dassera celebration at the club. Even the monsoons could not stop more than 500 guests enjoying the event. International singer Sekhar and the Supreme band held everyone under a spell. When the dance floor opened to disco dandiya we saw some really well dressed families who were geared up in their ethnic best to dance and win prizes.

***A lovely night of festival fun for everyone***





# HALLOWEEN NITE

The Halloween Party at Waltair Club was spookilicious. With a Scary Maze for the very first time, the Ladies Committee of Waltair Club attracted the crowd of all age groups, be it children, adults, seniors etc. Apart from the scary Maze, there was a haunted tunnel, many 1 minute games such as poke the pumpkin,... and the group games included wrap the mummy, the pirates eye etc. There were also many competitions such as best dressed child, best carved pumpkin, spookiest act and best dressed family. All in all, it can be said that the Halloween Party for the year 2019 was Spooktacular.







# SILVER OAKS IS NOW AN IB WORLD SCHOOL

At Silver Oaks, learning is a continuous journey to grow wiser and stronger each day. Being the city's 1st IB-PYP World School is just one such step. 17 years and beyond, as we raise value-driven learners to become creators, innovators and leaders of tomorrow, we are excited to transform education.



Rushikonda - **Visakhapatnam**

**Call:** 76619 78999

**Email:** [info@vizag.silveroaks.co.in](mailto:info@vizag.silveroaks.co.in)

**Character Before Competence**

## Dussehra Tambola Winners



1st Prize Winner-Mr.M.Srimanth  
(M.No.S-1163)



1st Prize Winner-Mrs.S.Rajani ... S.Prasada Rao  
(M.No.P-152)



2nd Prize Winner-Mr.V.Surya Prakasa Rao  
(M.No.S-1258)



3rd Prize Winner-Mrs.D.Vishwani  
(M.No.V-316)



4th Prize Winners- Mrs.T.Anupama W/o.  
Mr.T.V.Sudhakar (M.No.S-5 ... & Mrs.K.Yamini  
Lakshmi wo Mr.K.Satyanarayana (M.No.S-902)



5th Prize Winner -Mr.B.Srinivasa Rao  
(M.No.S-226)



5th Prize Winner-Mrs.D.Rohini  
W/o.Mr.D.Ramesh Kumar (M.No.R-347)



6th Prize Winner-Mr.G.V.Sanjeev  
(M.No.S-472)



6th Prize Winner-Mrs.G.Vijaya Malini  
wo Mr.G.Ramsai (M.No.R-441)



6th prize winner-Mrs.T.Santoshi Suseela  
W/o. Mr.T.Subba Rao (M.No.S-769)

# OVERHAULING THE PRIMARY EDUCATION SYSTEM - A NOVEL APPROACH



by P. S. Raju, FCA.

*"Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family".*

Kofi Annan

This article is about primary education. Secondary, Middle and Higher education are not covered due to constraint of space.

There is endless discussion about, the primary education system in our Country, and specially the corporate control in this system. The common areas of concern are the high cost, inadequate infrastructure, low quality of imparting knowledge, the mushrooming of corporate schools and high cost to the Central and State Governments subsidizing the existing system.

**Is it possible to find a solution to these problems with almost immediate effect? The answer is "YES", it can be done.**

This great Country is endowed with a huge population and mostly young. Imagine, what would happen, if we create a system of education where, it is provided, almost free of cost with air conditioned infrastructure, quality and adequately remunerated teachers, with little or low cost to the Central and State Governments.

The Author had the opportunity to discuss, his preliminary thoughts, with a few knowledgeable Members of the society. All of them, without exception, agreed that they are implementable. An initial thought is to, implement it as a private venture, in a corporate form. This would have, not only achieved the goals set, but also created a company with immense value. As an after thought however, the means need not necessarily be so. It may, on the other hand, invite criticism of furthering the present system of corporatization. Thus it may be better left, to the State Governments with the support of Centre, to make it happen.

*"The soul of India lives in its villages," declared M. K. Gandhi at the beginning of the 20th century. According to the 2011 census of India, 68.84% of Indians (around 833.1 million people) live in 640,867 different villages. The size of these villages varies considerably. 236,004 Indian villages have a population of fewer than 500, while 3,976 villages have a population of 10,000+".*

*"Urbanization in India began to accelerate after liberalization, due to the Country's adoption of a mixed economy, which gave rise to the development of the private sector. Urbanization is taking place at a faster rate in India. Population residing in urban areas in India, is standing at 31.16% in 2017, the numbers increased to 34%, according to The World Bank".*

(The above quotes are from Wikipedia.)

The Financials of the propositions, taking a village as a unit, for the whole of India:

Number of villages 6,40,867. Converting, as per the above data, the urban population into village as a unit  $68.84:31.16=2,90,085$ . It is assumed 4 villages as a cluster in rural areas and 2 in urban areas. The reason for this assumption is that the density in urban areas is more than in villages.

Rural -- 6,40,867/4	1,60,216
Urban -2,90,085/2	1,45,042
<b>TOTAL CLUSTERS</b>	<b>3,05,258</b>

This is about 300000 schools for the whole of India. This number is likely to go up if the latest census is considered.

### Cost of setting up a school(Capital Cost):

Primary requirement for setting up a school is land. In rural areas the Governments hold considerable land. It is not difficult to identify about 4 acres of land for each cluster of villages. It should be, to the extent possible, centrally located. It can be infertile but should have water, electricity and road connectivity. The school may require about 1800 sq. yards and the balance land is, for other activities, which will be touched upon in the later part of this article. 4 acres may not be available in urban areas where the area can be limited to 1800 sq. yds.

All the schools should be of standard design, pre-fabricated and capable of installation in 2 or 3 days. The building should be about 1800 sq. ft. with 5 class rooms, teacher's room and separate toilets for girls & boys.

The cost of this building, including installation, would be about Rs.16lakhs. A number of quality fabricators are available in this Country, who can be encouraged to set up units for the fabrication and installation. Fabrication and installation of a school would include, in addition to a coloured structure (life time paint free), electrical wiring, plumbing provision, windows and doors, flooring and provision for fixing air conditioners. Standard sports equipment, air conditioners, fans, lights, plumbing, sanitary, lighting, chairs and tables, storage racks, tabs, video monitors etc., may be acquired in bulk and at very competitive rates. The cost for these additional items, for each school, will be around Rs.7lakhs. Thus the total cost is around Rs.23lakhs per school. The fabricators need to be selected in a transparent manner with an open invitation for offers for technical and price bids.

The funds required can be raised in several ways. There are a very good number of successful people who identify themselves with the villages, towns or cities of their origin. They have the means and the urge to donate for a rightful cause, provided the activity is carried out in a transparent and honest way. Sources for the capital cost are donations from successful and socially conscious Indians, whether in India or abroad, corporate social responsibility funds (CSR), loans from Scheduled Banks, being a priority sector, at reasonable rates of interest... Repayment of loans, if any, can be out of internal accruals.

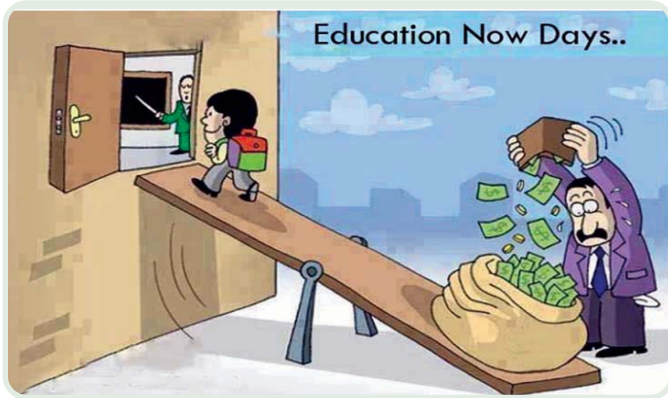
### Revenue Costs:

In the revenue costs, remuneration to employees, is a major item. 5 teachers and 2 additional members for security & cleaning will be required. The present average cost for each of the teachers may be high. However, this will taper down, to more reasonable levels, within a period of 8 to 10 years. The other expenses are maintenance, power, water charges, lunch, uniform, fiber cable connectivity, purified water and miscellaneous expenditure. The details for the same are as follows (figures per month):

	<b>Rs.</b>
1. Teachers' salary - 5 no's @ Rs.15,000/- pm.	75,000
2. Additional amount considered for existing pay levels 2 no's @ Rs.10,000/- per month	20,000
3. Other Staff salary - 2 no's @ Rs.10,000/- pm.	20,000
4. Power Charges	10,000
5. Fiber Connectivity	5,000
6. Maintenance, other miscellaneous exp.,	5,000
7. Interest on loan of Rs.23 lakhs @ 8% per annum.	15,000
8. Uniforms, lunch etc., @Rs.800/- x 150	1,30,000
<b>TOTAL REVENUE EXPENDITURE/PM</b>	<b>2,80,000</b>

### Recruitment of teachers:

This will be a crucial factor for the success of the project. The Governments taking this challenge have existing teachers and their present salary levels is a factor. It is assumed that the average of this will be around Rs. 25,000/- pm. Assuming



Before



After

that, 2 out of 5, would be the existing teachers a cost of Rs.20,000/- pm (after the sum already provided in the revenue cost) is required for about about 8 to 10 years.

The new teachers for this venture need to be selected with utmost care. There are any number of good colleges around the Country which offer courses in BA, BSc and B.Com. A shortlisting of these colleges on quality parameters is a must. Once this is done, the colleges so selected, can be offered campus recruitment through an online process. Only students of high merit need to be targeted by setting 75% cut off for general and a slightly lower % for schedule caste and tribe and other backward classes. Reservations, as applicable to respective States, need to be adhered to. Girl students should be offered at least 50% quota in the recruitment.

An an invitation to apply online, with all particulars, has to be made. This invitation, should also be sent to all other private school teachers to apply, provided they meet the above criteria. With the kind of inadequate salaries, the private schools now pay, there would be lot of interest from this group. Once the applications are received, the selection can be made purely on merit, with the computers doing all the work. An online aptitude test with the marks carrying not more than 20% weightage may be conducted under strict supervision. Couples, when both are selected, can be offered work at one place. The postings could be made, as far as possible, near the native place of the selected. The other staff required for overall management and support staff both at administrative level and for each school need to be recruited in an honest and transparent way.

The costs for these management and support staff at administrative level will be minimal. A number of retired employees, bureaucrats and other officers will offer their services free of cost, as a social service. They would only expect in return that, the corporation is run on sound professional, honest and transparent manner. The number required, would also be minimal, considering most of the work can be carried out by computers. The respective Governments can also divert a fraction of the administrative cost they are incurring on primary education.

The teachers recruited, as they are meritorious, will not remain in their jobs for more than 3 to 5 years. They would move on to better career opportunities. The recruitment would be a continuous process. Once recruited, the teachers need to be trained for about 15 days, on ways to impart education, at elementary level.

Nearly 50% of the education needs to be through the video by the fiber cable connection. Soft copies of teaching material are available on various subjects, and can be flashed to the monitors in the schools. Only books required would be for copy writing of the three languages and numbers.

Books and "home work" need to be avoided. Tabs of individual students are to be loaded with the required material. These would also contain tutorials etc., An hour in the school can be reserved for self work which would include copy writing. Another hour needs to be reserved for participation in sports. exercises and other physical activities.

Strict attendance procedure by way of finger print/iris recognition technology needs to be implemented for teachers, support staff and students. Lunch in prepacked and hot containers, like in private airlines, along with purified water need to be provided for the teachers, support staff and students.

### **Content of Teaching and imparting moral values:**

The medium of education needs to be the predominant mother tongue of each State with English and Hindi being second and third languages. Social work by way of "shramdhan" for at least half a day in a week, in their respective clusters, will help inculcate social awareness.

Mathematics should be given importance in addition to the languages, history, sciences and geography. Students should be asked to memorize multiplication tables from 2 to 20 and poetry, moral conduct from various religious texts, teachings, writings etc., The students need to be trained in debating, leadership, oral and written presentation of their knowledge. The imparting of moral values to these youngsters will allow them to take them home and bring a change, wherever required, in their parents, siblings and other relatives and friends. For example, if the child washes his hands before consuming any food item, it would have a positive effect on others.

### **Revenue generation to meet the expenditure:**

The plan is to have for every school five class rooms, each accommodating 30 students, for standards 1st to 5th. There cannot be any restriction on admission i.e., every one who wants, will get admitted. The only solution, to meet the demand, is by opening additional schools. Similarly, schools can be reduced/closed if adequate demand does not exist. The schools are capable of being shifted, since pre-fabricated structures, at a very low cost. There should be flexibility in this process.

Considering a fee of Rs.2,000/- per student for 150 students, the receipt for each school, per month would be Rs.3,00,000/-. The expenditure being Rs.2,80,000/- (see table above) leaving a surplus of Rs.20,000/- pm i.e. Rs.2,40,000/- per annum for each school. Sufficient to repay the loan, if any, taken. If the capital cost is met by donors, then there would be no interest and also repayment. This would result in considerable revenue for each school.

### **How to make all this free to the students?**

Many of the State Government's have announced schemes like KG to PG (free), 40% of the admissions to be made as per Government direction and fee would be reimbursed etc., These schemes can meet part of the cost. Socially conscious donors have a role. They can each sponsor a student or students. There would be large number of these provided, the donors get by an email, progress of the student or students they have sponsored. There are also many NGO's who would chip in. Even CSR funds that can be tapped. It would become easy to meet all the revenue expenditure and provide free top quality education in an air conditioned atmosphere with sports facilities to each and every student who wants it.

Imagine the amount of money now being spent. On transportation itself almost Rs.1500/- pm., by way of auto, bus or fuel for two wheelers or cars. In addition, they have to meet considerable amount on school fees, uniforms, food, books, pencils etc., which comes to about Rs.3000/-pm not counting initial admission fee and in some cases donation. The total cost for each student is about Rs.4,500/-pm.

Students can greatly reduce or avoid travel time, carrying books home, home work at home etc., The schools being situated, very near to their homes, they can walk, cycle or be dropped by their parents on a two wheeler. Less time and expenditure.

Pre school education is not required. The students can join after attaining 5 years and can be taught from then on. This would result in reducing considerable expenditure on baby schools, pre kg & kg.

### **Saving and benefit to the Governments:**

They can avoid schemes like "ammavodi" which involves, lot of fund out flow, and mainly benefits private schools. They can achieve 100% literacy rate, have the satisfaction that they are providing quality primary education to all the young children and at the same time create a corporation of good value. There would also be a lot of small and medium industries/businesses coming up to provide food, uniforms, water etc.,

The 4 acres, initially hinted at, can be used for solar power generation, organic farming, rural banking net work, ATMs, retail trade counters, milk collecting centers, seed-fertilizer-insecticide retailers, government facilitation centers, soil testing and advisory services, barber shops, black smiths, laundries, gyms, parlors, primary health centers etc., Most of these can be given to small and medium entrepreneurs, traders, artisans etc., These clusters, in time, would become hubs for business activity. They can also be used to set up middle and secondary schools say 1 for every 6 and 12 clusters respectively. Vocational training and skill development centers can also be set up at selected clusters. The revenue from the above activities can also go to meet the shortfall, if any, in revenue generation.

### **CONCLUSION:**

The above proposal to succeed would require a corporation to be established by the State Government u/s 13 of the Companies Act, 2013 and give it full autonomy. It should be absolutely free of political or government intervention and be headed by highly qualified and retired officers, top executives, eminent educationists and other professionals.

The corporation should have a top grade ERP implemented across all the schools. Strict and timely monitoring from a centrally located facility through video conferencing, reachability to each and every class room. This would ensure a continuous follow up without much expenditure. All revenues should be centrally collected, amounts required be transferred each month, to a bank account maintained in the name of the respective school, and operated jointly by two of the senior most teachers.

The corporation should obtain registration with the Central Government for various exemptions under Sections 12, 10(23)C, 80G and where possible Section 80GG of the Income Tax. The last Section would enable 100% exemption for the donors and be an incentive.

Middle and Secondary Education and Vocational & Skill imparting centers are equally important and more or less same procedure can be followed with slight changes. This will be dealt with in coming issues of Waltair Times, an in house monthly Journal of TheWaltair Club, Visakhapatnam.

***The privileged haves and the Government's have a duty and responsibility to see that the have not's do not remain so and quality education will ensure that.***

***"Give a Man a Fish, and You Feed Him for a Day. Teach a Man To Fish, and You Feed Him for a Lifetime"***

***(Chinese Proverb? Maimonides? Lao-Tzu? Anne Isabella Thackeray Ritchie? Italian Adage? Native American Saying? Mao Zedong?)***

***Author is a Senior practicing Chartered Accountant at Visakhapatnam and also the editor of Waltair Times & Vice President of Waltair Club, Visakhapatnam and can be reached at psraju@gmail.com.***

# “FLAB TO FAB” THE AEROBICS WAY !!!



**Krishna Kant**  
Chairman Sports Committee



Shaheda



Doing the strength training as a routine has helped me to improve my muscle strength, makes me feel active and energized throughout the day. Shaheda's energy is magnetic and we always look forward to her class. So thankful to the club for giving us all this opportunity to stay fit!

**Padmaja C**



Exercise can be a little boring unless you put some music into it. This is what we do at Shaheda's class, with so many variations each class is a surprise. Every class we are competing with ourselves to get better. The best part is you have so much fun and I really look forward to her classes.

**Arathi M**



Shaheda is a inspiring teacher. Ever so fit and full of energy. She encourages us all to our potential. Her clear explanations and precise feedback helps us push further. Rain or shine she does not miss teaching her class. Regardless of my age her class made me feel youthful. Her class is so enjoyable as well, that I look forward to attending it.

**Vasumathi A**



Quite contrary to what most of us think that exercise is to lose weight n look slim, I now know it's more about being fit n healthy and to be able to get up in the morning radiant n energetic.

Shaheda's classes make me feel just that.

Her sessions in aerobics n strength training added to her Aqua aerobics has been a real winner for me.

Appreciate her \*unconditional effort\* heartfully and the club in supporting this.

Living and Loving being with Shaheda and the girls. ??

**Jayalalitha P**





Shaheda class is absolutely magical ,the command and knowledge she possesses is commendable.The day you workout with her I really feel soo much energetic ,fit and come out of the class wanting to do various activities .If the workout schedule is not happening the whole body seems lethargic .Just wait to attend her classes n improve my fitness levels.She is a super GURU(calm ,composed ,to the point yet energetic ,knowledgable star instructor)

**Vyjayanti C**



I love Shaheeda's fitness Schedule.Every day a new schedule makes it more interesting. I wait for her class and missing it makes you feel guilty.Each one of us work at our own pace.The class leaves you energized for the whole day.

**Dolly Dhillon**



Shaheda's strength training classes are magical and have kept me active and energetic through the day. My fitness level has improved tremendously, thanks Shaheda for being there and making it a FUN class for each of us...

**Shobha Kishore**



# SUNDAY BAZAAR 2019



**Mrs. Divya Das Sunkara (M.No.D-093)**  
Chairman, Ladies Sub Committee



With Dussehra and Diwali round the corner, the Sunday Bazaar 2019 was a one stop shopping destination for the all members of Waltair Club and their dear guests. The Centenary Hall and the Dining Hall at the Waltair Club adorned itself with beautiful marigolds at the entrance and a very well laid out stall set up where the tables were covered with maroon cloth to add to the festive look which we wanted to maintain.

It was truly a bazaar with a huge number of 81 stalls which included, clothes, silver, gold & diamond jewellery, decorative items, earthenware, utilities for children etc. and after all that shopping there was the right food to satisfy the taste buds - with live dosas, samosa's, kachori's and live jalebi by Sweet India and some mouth watering biryani's, Mexican food, popcorn, candy floss, scrumptious desserts etc along with Nescafe Coffee which was highly in demand.

The Bazaar was inaugurated by our Hon. Secretary Prof. Seshagiri Raogarufollowed by the lighting of the lamp along with the Ladies Committee 2019 -20 and the members of the managing committee. Our President Mr. Muppidi Kumar garu has sent his best wishes. The prime motive of the Sunday Bazaar for the year 2019 was to make it spacious and qualitative by prioritizing the exclusivity of the stalls.

With a crowd of more than 1500 people walking in, this desire was fulfilled as people could move around freely and could choose from a wide variety of items.

A special mention would be about the Eat for a Cause stall set up Rohit Memorial Trust where guests could choose from a variety of food sponsored by the best hotels / restaurants in town and the proceedings were utilized to donate two fully equipped beds for a Cancer Hospital and these beds will be used for pediatric cancer patients.

The stage was occupied by Vaibhav Jewellers who showcased their elegant jewellery.

All the stall owners were thrilled by the overwhelming response.





**High strength cement!  
Crack-free concrete!**



**☎1800 425 5700**  
(9.00 am - 9.00 pm)



# MAHARAJAH'S INSTITUTE OF MEDICAL SCIENCES (M.I.M.S.)

(Sponsored by Sri Rama Educational Trust)  
Nellimarla, Vizianagaram Dist, Andhra Pradesh,, India.  
Ph. No. 08922-244777/ (Fax) 244333/244390



**Sri Alluri Murthy Raju**  
Chairman



**Sri Alluri**  
**Satyanarayana Raju**  
Managing Trustee



## A PIONEER IN MEDICAL EDUCATION

Offering :

**M.B.B.S., P.G. COURSES (CLINICAL & NON CLINICAL) ,  
HOMEOPATHY SCIENCES (BHMS), PARA MEDICAL COURSES,  
NURSING COLLEGE**

# SENIOR MEMBERS MEET HELD ON 6TH OCTOBER, 2019



Senior citizen committee quarterly meet celebrated on 6th of October Sunday, awareness programme on orthowith power point presentation is screened by Apollo Hospital Dr.Suresh Reddy our club member briefed the methods to fallow more than 90 members participated on that day. Seniors requested the doctor to organize medical check up and the same is fixed on 3rd Nov Sunday at auditorium followed by following test Bone density, Bp, test, Sugar and blood test. Two Seniors couple felicitated Shri Rajagopala Reddy (R-65) and Shri G.Santhana Krishnan (S-81), our Chairman Capt.G.M.Peter sponsored the event on the eve of his birthday on 3rd oct reaching 87yrs all October born babies together cut the cake and enjoyed. The event is sponsored by Apollo and the Senior Committee Members and we thank the Club Management for supporting the event and also thank to care taker Shri M.V.Narayana Rao for successfully organized the event.



# Know your Club



- By Prem Mirpuri

Going through the festive season that had a good many opportunities in the form of movies, ladies evening, ticking for gold at the tambola, celebrating the festive dandiya, at different venues of your club. We will walk you through the amenities of the Club for events and entertainment!!

With the comfortable weather and recent rains, Club has a very beautiful lush green cover, encouraging members to utilize the premises and enjoy nature at its best.



Passing the entrance to the HALL & JUBILEE DECK and being watchful THE PAVILLION accommodates lower & upper levels space for parties, meetings & birthdays of loved ones with an ambience to relax as well as interact & can be booked in advance at The Oyster , The Pearl One etc.

Opposite the well defined "PAVILLION " you will notice the "made well boutique and the club mart "that leads

you towards the spacious Centenary AC Auditorium sort after place for numerous occasions.

The open grounds that accommodate large functions, weddings & where even Club entertainments are held as well as the Auditorium which can be available for Members at a cost.

Parking is a least bother at your Club that continues to plan events regularly all year around.

Maintenance of the above facilities and the ambience comes under the watchful eye of the General Services Committee headed by Mr. R. V Prasad and other sincere Committee Members who have been attached to many more challenging tasks to maintain the high standards of hygiene and cleanliness of Club this year.



# WHAT'S UP DOC?



## THE BROKEN HEART SYNDROME

**Dr. B. V. Nagabhushana Rao, M.D.,**  
MRCP (London), Consultant Physician &  
Cardiologist.(M.No. N-101)



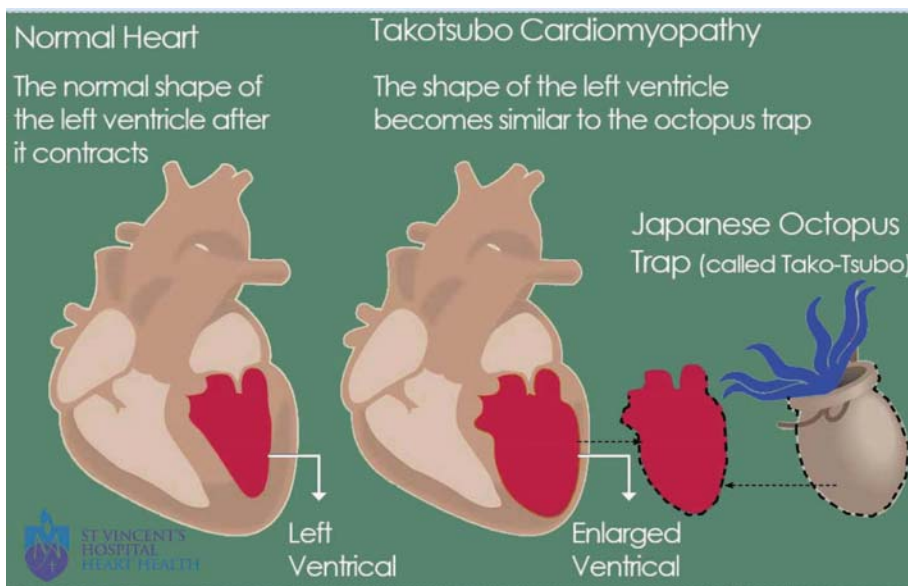
Stressful conditions like domestic abuse, bereavement, physical assault, financial worries, huge losses in gambling or been affected by natural disaster like an earthquake, terrorist attack and Hudhud cyclone. Major medical illnesses like paralysis, or severe asthma or a major surgery may precipitate this syndrome.

The Takotsubo cardiomyopathy was first described by Japanese doctors in 1990. It is also called Stress cardiomyopathy, Broken heart syndrome and Apical ballooning syndrome. It is characterised by sudden deterioration of regional function of muscles of the heart, even though circulation was not obstructed by a clot or cholesterol plaque. The affected heart looks like Takotsubo, a trap used by Japanese to catch an Octopus. (Figure)

Treatment is supportive and symptomatic. Diuretics to wash out the excessive fluid from the lungs, myocardial protection with ACE inhibitors, inotropic drugs to maintain the blood pressure are the mainstay of management. Those people who are in severe shock will be benefitted by intra-aortic balloon pump.

The individual usually presents with chest pain, shortness of breath or sudden collapse. Some people may experience palpitations, nausea, vomiting or dizziness. It closely mimics acute myocardial infarction. The ECG may display changes resembling myocardial infarction (Heart attack). The biochemical markers of myocardial infarction, Troponin, may be elevated making a correct diagnosis much more difficult. Two percent of patients admitted as myocardial infarction to the hospital are thought to be suffering from this disease. Echocardiogram may show regional dysfunction and abnormal configuration is suggestive of stress cardiomyopathy. Cardiac MRI may be helpful. Coronary angiogram should not show significant obstruction to the circulation of the region affected.

Often this syndrome is precipitated by emotional or physical stress. Any age group may be affected, though it is more common in post-menopausal women. Persons with anxiety and psychological illness are more prone.



Fortunately, the illness is temporary. Heart function becomes normal within two to three weeks, leaving no residual dysfunction of the myocardium. Recurrence is rare.

Note : Relevant article by the author " Takotsubo cardiomyopathy complicating a twin pregnancy at partum" is accepted for publication in International Journal of Research in Medical Sciences to be published in volume 7, issue 11, November 2019.

### Takotsubo Cardiomyopathy

# SADHANA -

## A SOCIAL IMPACT INITIATIVE



### Chairman's Message

Dr. Vijaya Kumar established Vijay Nirman Company in the year 1982 and spearheads the company from the front. He empowers the core team as well as employees.....

Dr. Vijaya Kumar,Phd., empowers the core team as well as employees with the twin mantras of and is also the Founder of a Social Impact Initiative under the name SADHANA a Holistic Education forExcellence.

### Sadhana

Sadhana is the word for a Student's sincere efforts for the development of willpower as the central focus. Among the many potentials one discovers on the inward journey, willpower is the highest of all. Determination, courage and fearlessness, which are important to a Student, all result from willpower. Willpower is higher than the power of thought and emotions. With the help of this power, one can do that which is considered to be impossible.

[Source: Perennial psychology of Bhagavat Gita: Swamy Rama]

### Yoga

Yoga does not accept dogmas or stereotyped ideas. It merely suggests techniques and then tells people to find out things themselves. Yoga gives a way of life that transcends national boundaries. Besides helping young people in improving their concentration, straightening their backs (spine), Yoga creates the right balance between introversion and extroversion. Yoga encourages service and this could be utilized for the greater benefit of mankind. Yoga is not a religion, but a science of living according to our means and according to the laws of life.

[Source: Yoga Education for Children : Swami SatyanandaSaraswathi]

**Managing Committee :** 1. Dr. S.Vijaya Kumar 2. Dr. P.Venkateswarlu 3. Prof. V.Viswanadham, 4.Sri P.RavindraNadh and5.Sri Ch.Raghavendra Rao.

**Advisory Board:** 1. Yogacharya Sri Raparthi Rama Rao, 2. Dr. R.Sadasiva Murthy, 3. Prof. J.Gopala Krishna, 4. Prof. D.Venkata Raoand 5.Sri K.S.N. Prasad.

### Goals (from Examination point of view)

	Group I	Group II	Group III
Duration of course	6 years	7 years	7 to 8 years
Secondary School Certificate, AP State syllabus, English Medium	Mar-2000	Mar-2001	Mar-2001/2002
Board of Intermediate Education, AP State syllabus, English Medium	Mar-2002	Mar-2003	Mar-2003/2004
Higher Studies	May-2002	Mar-2003	May-2003/2004



**Salient Points:**

\* Residential program (Saturday night & Sunday at home) \* No School Bag \*No homework

Miscellaneous Points:

Workshops by experts in Languages, Maths, Science, Fine Arts, Games, etc.

Utilizing "VennelaRaatrulu" for creative activities and to inculcate the joy of stayingtogether,

Exchange tours to other schools like :Sri Aurobindo Ashram, Pondicherry, Rishi Valley BalaJagat, Nagpur and Sainik School, Korukonda.

**FOUNDATION:**

Yoga, Language-->English, Telugu, Sanskrit, Hindi,

Mathematics, Science Experience, Fine Art, Games, Scouting & Guiding

Exposure' Local Education Tours + 1 Long education tour/year

**ADDITIONAL SUBJECTS :**

Group	I (Present 8 <sup>th</sup> Class) – 12-13 Yrs		II (Present 6 <sup>th</sup> Class) – 10-11Yrs		III (Present 5 <sup>th</sup> Class) – 9-10Yrs	
	3 <sup>rd</sup>	4 <sup>th</sup>	4 <sup>th</sup>	5 <sup>th</sup>	4 <sup>th</sup>	5 <sup>th</sup>
Additional Subjects	Physics Chemistry	Biology Social Studies	Physics Chemistry	Biology Social Studies	Physics Chemistry	Biology Social Studies

All students undergo "MADRAS ACADEMY FOR EXCELLENCE PROGRAM FOR STUDENTS" A unique workshop program exclusively designed for training in:1) Examination Preparation and Immaculate Presentation 2) Effective Communication3) Analytical and Logical Skills 4) Goal Setting 5) Time Management and Entertainment. All students will be trained for becoming Rashtrapati Scouts and Guides.

**AIMS AND OBJECTIVES :**

**YOGA**

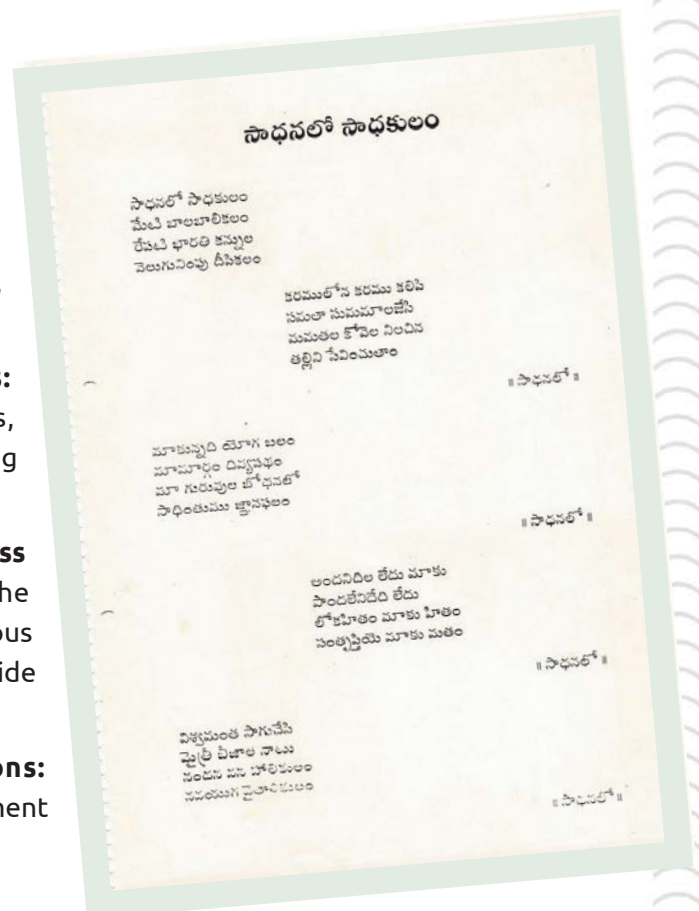
**1st Year: Attainment ofDharana:**(Shat Kriyas, Asanas, Bandhas and Pranayama, Mudras),

**2nd Year: Application ofDharana:**(Awakening of Ajna, Shushumna, Chakras, KeepingDharanaon various Chakras, continuousfor aday on each Chakra),

**3rd Year:Attainment of Dharanaand it's applications:** (Meditation on various energy forms and BeejaMantras, focusing each energy form on external objects experiencing the objects of Meditation).

**4th Year: Integration of Dharana and Dhyana on various gross and Subtle Oblects:** (Keeping Dharana and Dhyana on the various parts of body Keeping Dharana and Ddhyana on various psychic centres. (Chakras).Keeping Dharana and Dhyana outside the body Keeping Dharana and Dhyana abstract ideas).

**5th Year: Attainment of Samadhi and it's applications:** (Meditation on ViratSwaroop, attainment of Samadhi, attainment of various stages of Samadhi).



**6th Year: Attainment of Samyama:**(Attainment of samadhi keeping Dharana and Dhyana on gross objects, attainment of Samadhi keeping Dharana, Dhyana and Samadhi (Samyama).

**7th Year:Attaining knowledge on various object through samyama:**(Applying Samyama to know about the various aspects of body, through Samyama attaining knowledge of external objects, attainment of knowledge of working of the universe by applying Samyama and applying Samyama for relieving the misery of other living beings).

## SPIRITUAL TRAINING:

The main goal of Spiritual Training is to make the Children improve their intuitive abilities and to make them 'act' basing on this ability. For this purpose, the Children have to develop or attain Dharana by the following practices.

- " Japa->Kriya Yoga->Pranayama->Yogaswasa - Anuloma - Viloma (Alternate Breathing) - Surya Bhedhana (without Kumbhaka) - Chandra Bhedhana (Without Kumbhaka) - NadhiSodhana - Bhramari- Ujjayi.
  - " Pranayama with Bandhas->Moola Bandha - Jalandhara Bandha - UdyanaBhanda,
  - " Bhastrika Pranayama with Bandha Traya,
  - " Mudras->Aswani, Jyotir Mudra, Maha Mudra, Maha Bandha, Veda, Shanmukhi Mudra,
- Devotion and faith in Guru and Mantra and universal Love which is selfless.

## MENTAL or COGNITIVE TRAINING:

The following areas are dealt with: Improving concentration, Focusing and withdrawing attention, Imagination, clarity in thinking, Positive attitude, Divergent thinking, Memory skills, will power,Zen.

Cognitive training is given through: Skill Games, Mental Exercises (Memory and Concentration Games), Visualisation Techniques - Story Creating etc., Practical Workshops,Thratakam, Yoga Nidra, Meditation and Pranayama, Autosuggestion - Self Hypnosis etc.

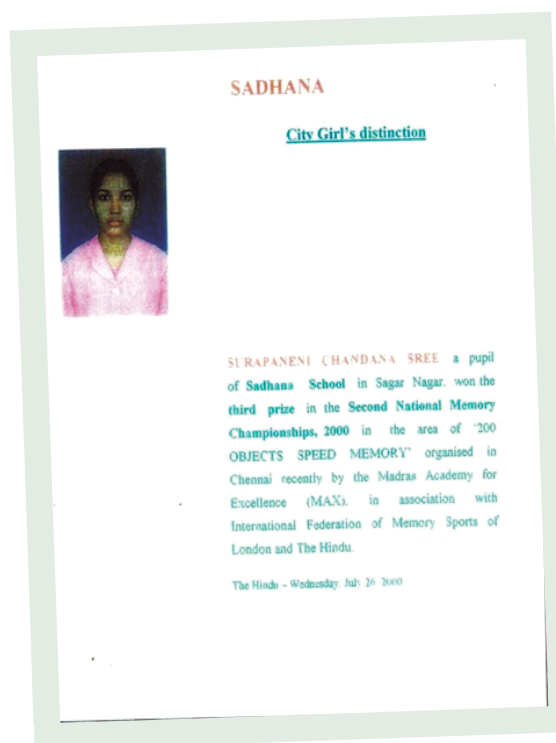
Student Classification:Students are classified into four groups based on comprehension levels, mental abilities and such criteria : Ramlal after Pujya Sri RamialPrabhuji, a Himalayan Master and the originator of the tradition followed by Sadhana, Viswamitra after RajarshiViswamitra, a symbol of Willpower, Determination and such creative traits and Patanjali after the sage Patanjali, the codifier of Yoga Sastra and Dattatreya after Bhagavatswaroopadattatreya son of Rishi Atri and Rishi PatniAnasuya, described as Nirguna and Guru of sage Parasurama.

Naming Classrooms:Classrooms are named after eminent people e.g., C.P. Brown, Tagore, Pythagorus, R.K. Narayanan, Jaidev, J.C. Bose, Damarla Rama Rao, Babu, Madam Curie, BammeraPothana, Euclid etc.

**Academic Affiliation:** Sadhana is a member of organisations such as SPICMACAY, Ramanujan Maths Academy, International Children Peace Council, Youth Hostel Association of India etc.

**Library:** Collection of books, manuals, encyclopedias, Journals and magazines on Subjects like languages, Mathematics, Sciences. Yoga, Health, Sports, Personality development and Spirituality.

**Science Toy Bank:** Collection of low-cost science equipment to create interest in students towards, experiments and hands-on knowledge of scientific principles.



**Environmental Awareness:** Keeping Sadhana Surroundings clean and tidy, Processing School mess garbage by Vermiculture/Biotechnology.

Energy Conservation, Using solar cookers and water heaters.

**Organic Farming:** Growing vegetables on school building terraces in vermiculture biotech mini-farms. Growing rare pooja-patri plants in school-yard. Growing medicinal herbs and shrubs in schoolyard.

**Nutrition:** Weekly menu-card prepared and implemented by nutrition-specialists. Brown rice / unpolished rice, salads, sprouts, fruits, vegetable juices and honey intake are part of the regular satvik food.

**Health - Care:** Regular health check-ups for students, teachers and other staff by highly reputed Homeo Doctor. Supplementary healing methods like Reiki, Pranic Healing, Bach Flower Remedies, Sanjeevani practiced.

**Sadhana Bank :** Students learn all banking operations through a model bank.?

**Foreign Dignitaries who visited Sadhana:**

S.No.	Date	Dignitary	Country
1.	02.03.97	Sri C.D. Likes, Sri Oliver Hawes	UK
2.	17.03.97	Prof. G.S.R.N.Murthy	U.S.A.
3.	04.06.97	Dr. Roxane Gupta	U.S.A.
4.	26.08.97	Sri C. Yuto Jobst, Sri Hitoshi Mishima	Japan
5.	27.08.97	Sri Yashko Tsumoto	Japan
6.	19.01.98	Sri Glynn and Smt. Miriam	South Africa
7.	03.12.98	Smt. Ellen Shulman	Israel
8.	21.08.99	Maria Cecilia Gonzalez	Argentina



### Interaction with Indian Dignitaries:

Sri JayendraSaraswati&Sri VijayendraSaraswati - KanchiPeetadhipati, Sri Harjindar Pal Singh -Santoor Maestro, Sri SubhashUdgata - Dramatics Maestro; Dr. J.N.Reddy Director - Madras Academy of Excellence, Prof. G. B. K. Murthy - U.S.A, Sri M.Lakshmi Narayana - Inspector General of Police, Sri. D. Ch. Tirupathi Raju - General Manager East India Petroleum Ltd., Rear Admiral R.M.Bhatia - Director General D.G.N.P., Mrs. Sakuntala Nair - Scouts and Guides Activist, Sri K.Parvathi Kumar - Director - World Teacher Trust, Sri. G .Bala Krishna Prasad - Vocal Artist, Tirumala TirupathiDevasthanam, Dr.Vempati China Satyam -Kuchipudi Maestro, Vice Admiral Narayana,, Sri Chander Varma, Managing Director - Continental Constructions and Sri K.Prabhakara Rao E-In-C, New Delhi.

### EDUCATION TOURS:

Calcutta and near by areas,100 National Adventure Programmeorganised byBharat Scouts and Guidesat National Adventure Institute, Pachmarhi, SPIC MACAY annual celebrations at Silparamam, Hyderabad, National Himalayan Trekking Expedition Nature Study at Dobhi, KulutoDobhi Base Camp, New Delhi : India Gate, South & North Blocks RastrapathiBhavan Parliament House KutubMinar Lotus Temple, Palika Bazar, Mathura Lord Krishna Temple &Sikandar (Mosque), Agra Taj Mahal, Rajasthan and Agra, Jaipur Bikaner Jaisalmer, Jodhpur Ajmer Pushkar fair Brindavan.

### City Girl's distinction:

Ms. Sree a pupil of Sadhana School in Sagar Nagar won the third prize in the Second National Memory Championships, 2000 in the area of '200 OBJECTS SPEED MEMORY' organized in Chennai recently by the Madras Academy for Excellence (MAX), in association with International Federation of Memory Sports of London.

This article was compiled by P. S. Raju FCA., Waltair Club & Editor, Waltair Times from the material supplied by Sadhana. Dr. S. Vijaya Kumar Phd., discontinued his association with the Trust in the year: 2003 due to his other pre-occupation.



**WALTAIR CLUB**  
Managing Committee. 2019-2020

**Mega Bumper Tambola**  
ON 16th NOVEMBER 2019 (SATURDAY) @ 7.30PM AT  
CENTENARY AUDITORIUM.

Snow Ball Prize

VASUNDHARA  
DIAMOND ROOF  
24K  
12 GRAMS GOLD

TOTAL PRIZES WORTH 2,00,000/-

**VASUNDHARA**  
DIAMOND ROOF

Hyderabad | Vijayawada | Visakhapatnam

# Sri Nivasam 10-27-1, 2nd Floor, Kailasa Metta, Facor Layout,  
Four Points Hotel Lane, Visakhapatnam - 530 003.  
M: +91 8332954322



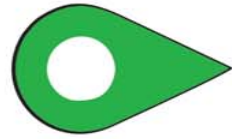
# Greendale

THE COMPLETE INTERNATIONAL SCHOOL

For Details Visit [www.greendale-is.in](http://www.greendale-is.in)

**ADMISSIONS OPEN  
NURSERY TO STD X  
FOR 2020 - 21  
Call: 897 888 5500**

**SCHOOL WITH  
ARTS VILLAGE &  
SPORTS ACADEMY**



### **CAMPUS**

Opp. Cricket Stadium  
Madhurawada  
Visakhapatnam.

**Call: 8978885500**

Mail: [greendale2014@gmail.com](mailto:greendale2014@gmail.com)

### **CITY OFFICE**

**Opposite HSBC**

1st Floor, Above Arrow Showroom,  
Siripuram Towers, Siripuram,

Visakhapatnam.

**Call: 9701008001**



Horse Riding



Basket Ball



Skating



Table Tennis



Cricket Nets



Indoor Pool



Volleyball



Throwball

**GOOD NEWS FOR THE  
PEOPLE OF VIZAG  
GET PROFESSIONAL COACHING  
OR PLAY FOR FUN**

DO IT ALL AT

# GREENDALE SPORTS CENTRE

(FOR ALL AGE GROUPS)

**Timings: 6 AM to 9 AM & 4 PM to 9PM (everyday)**

**Saturday & Sunday open from 6 AM to 9 PM.**

Sports Available:

### Indoor Sports

Indoor Swimming Pool | Table Tennis | Mini Shuttle Court

### Outdoor Sports

Horse Riding | Cricket Nets | Volleyball | Throwball  
Basketball | Skating | Swimming | Cricket Ground | Football Ground

PROFESSIONAL COACHING BY

GAME POINT, HYD (NETPLAY ACADEMY)



BOOK SLOTS AT NETPLAY SPORTS APP

**7337 336 737**

Greendale announces the first of its kind sports centre in Andhra Pradesh - **Greendale Sports Centre**. A place for the people of Vizag to Play or Get Professionally Trained in their favourite sport.

People interested can get enrolled for Professional Coaching Camps or Playing a Sport for Fun or Blocking a time slot for Individual/Group for a particular Sport.

**Timings: 6 AM to 9 AM & 4 PM to 9PM (everyday)**

**Saturday & Sunday open from 6 AM to 9 PM.**

For more details visit Campus at Madhurawada or City Office in Siripuram - 9701008001

# DATA BREACH

## At the outset it is pertinent to note:

"Employees are the weakest Links" and "Employees are the linchpins for most of the data breaches".

## Introduction:

Data Breaches are increasing in volume and scope in these days of high dependency on Internet and computer technology development. Hence if no stringent controls are in place all organisations are vulnerable for data theft either by internal persons or external hackers and cyber criminals working for a price to breach data and steal data for the benefit of one party and to the detriment of the organisation that is targeted.

Data Breaches have become large in numbers and their impact is severe on organisations privacy as well individual's privacy. In 2014 alone about 800 data breaches were reported and about 85 Million records exposed.

Over 2000 Indian Banks reported Data Breaches in October 2016 and an estimated 3.2 million debit cards were compromised. The banks involved were SBI, HDFC, ICICI, YES Bank AND AXIX Bank.

In a report in 2019 it is estimated that the average cost of these data breaches may go up to \$150 Million by 2020 with a global annual forecast of \$2.0 Trillion. In 2019 as per a report on the internet a collection of 2.7 billion identity thefts records consisting of 774 Million unique e-mail addresses and 21 million unique pass words was posted on the web for sale!!.

The following are some of the biggest Data Breaches reported during 2017-2018:

1. Aadhar Card
2. Face Book data breach
3. My Heritage, an online Genealogy platform
4. Ticketfly-US based organisation
5. Cathey Pacific Airlines

## Wikipedia definition of data breach:

..." A data breach is an intentional or unintentional release of secure or private /Confidential information to an untrusted environment....."

....." A data breach is a security incident in which, sensitive, protected or confidential data is copied, transmitted, viewed, stolen or used by an individual unauthorised to do so...."

## Broad Type of Data Breaches:

1. Internal
2. External

## Other Category of Data Breach Types:

1. Unintentional
2. Hacking and Malware
3. Intentional breaches
4. Physical loss of documents or misplacing of documents
5. Stolen laptops, I pad, documents and devises.
6. Compromised records.
7. Business partners.

## Statistical and other information on Data Breaches:

ITRC- Identity Theft Resource Centre-As per statistics of ITRC.in 2015, there 6000 data breaches were reported and more than 8.5 million records were compromised

It becomes easy for Hackers to breach data if 128-bit data encryption is followed instead of 56 data encryptions.

External data breaches are rampant. Hacking or unauthorised intrusion of network in the case of Comcast-Nov 2015 reported, 590,000 customer addresses, emails and pass words were compromised.



Verizon in its annual data breaches Investigative Report reported that during 2004 to 2014, 79,790 security breaches were reported, that led to 2,122 confirmed data breaches which resulted in about \$400 Million in losses and 70,000 compromised records.

Verizon released 2018 Data Breach Investigative Report and it is revealed that Ransomware took the major share of about 39% reported this particular Vicious Malware related breaches. The report studied 53,000 security breach incidents including 2300 confirmed data breaches across 65 countries.

"Incident" Means, a security even that compromises the Integrity, confidentiality or availability of an information asset.

"Breach" an incident that results in the confirmed disclosure of data to an unauthorised party.

Oklahoma College of Medicine-department of Obstetrics and Gynaecology lost patients' data of about 7,963 from a non-employee that is, external fraudsters.

Data breach may occur if the outsourcing company inadvertently sends data of one Client to another.

The above cases arise as a result of external thieves of data.

As per ACFE Survey of 4,662 cases, over a ten-year period, Internal causes 38%; External causes 47% and Untraceable 15%.

Another important factor identified from a survey is that Data Breaches occur due to "Improper protection or disposal of data ".21%; Current or former employees 9%; Hacking 2%; Loss of data 5%; External factors 7%; Non-Employees 4 %; Hacking by non-employees 25% and finally other unknown factors 27%.

2016 ACFE Report has observed that a typical organisation loses 5% of revenues in a given year as a result of frauds. Thus, the report mentioned 2.7\$ as average cost per case with a median loss for all cases was \$150,000/ with 23% cases causing \$ 1 Million or more.

### **Verizon 2018 Data Breach Investigation Report Observations:**

1.Ransomware was identified as a big threat from online criminals in 2018. These types of attacks have far over taken all other threats of data theft of cybercrime. It is a rough weather for many corporates facing this form of malicious malware features hackers making money by holding critical business systems hostage. The report found that ransom ware attacks have doubled over the past year, accounting for 56 percent of malware -specific incidents in 2018.Businesses are still not investing in appropriate strategic strategies to combat ransomware. 56% of Malware related breaches are related to Ransomware. Cyber criminals are only the winners as the corporates are paying off ransom without taking steps to install control over such incidents

2.The other data breach relates to phishing-that the fraudster sends an email message to the Victim who opens the e-mail and clicks on some malicious attachment or link which actually activates the Malware. The report states that though this type of data breach is of high incidence, the positive aspect is, that all most 78% of the users who receive such e-mails never click on such a Phishing e-mail the whole year.

### **Preventive steps from Data Breaches:**

#### **1.Protection of Data:**

All-important data should be properly and securely protected and access should be restricted to only the concerned persons. Precautions must be taken not to reveal inadvertently any personal information too.

#### **2.Data Storage:**

All data of the organisation must be stored externally and at more than one storage location. Utmost precaution must be exercised while transfer of data is affected during g the storage process or there may be a possibility of loss of data or data falling in the wrong hands.

#### **3.Disposal of storage or other devises and shredding of data:**

Whenever there arises a situation where data is shredded or disposed utmost care should be taken in the execution of that process under direct supervision of responsible persons and in a way, no one can have any access to such shredded data or disposed data files.

#### **4.Data movement:**

Whenever any data is sent by courier or other third party the devises or files of data must be securely packed and make sure that the packet carrying such data is tamper proof. Data in transit and data at rest should be securely identified and tracked.



VAIBHAV  
VISHESHA®

Inspired, Hand Crafted &  
Curated Jewellery



An uber exclusive jewellery boutique

Only at: **3<sup>rd</sup> floor, Vaibhav Jewellers**, Visakhapatnam, Ph: 666 7777

Shop Now @ [www.vaibhavjewellers.com](http://www.vaibhavjewellers.com)





QUEEN  
OF  
KANCHI

KANKATALLA

SINCE  
1943

VISAKHAPATNAM : DWARAKANAGAR, Ph: 0891- 6633336 | JAGADAMBA JUNCTION, Ph: 0891- 2706969 | MVP COLONY  
Ph: 0891- 2708989 | NOVOTEL, Ph: 0891 - 2866618 | GAJUWAKA: Ph: 0891 6771000 | VIJAYAWADA: Ph: 0866-6646666  
RAJAMAHENDRAVARAM: Ph: 0883-6656666 | GUNTUR: Ph: 0863-2236969 | HYDERABAD : Ph: 040 - 29885959

# ABHIJIT BANERJEE



Abhijit Vinayak Banerjee, was educated at the University of Calcutta, Jawaharlal Nehru University and Harvard University, where he received his Ph.D in 1988. He is currently the Ford Foundation International Professor of Economics at the Massachusetts Institute of Technology. In 2003 he founded the **Abdul Latif Jameel Poverty Action Lab (J-PAL)**, along with Esther Duflo and Sendhil Mullainathan, and he remains one of the lab's directors. Banerjee is a past president of the **Bureau for the Research in the Economic Analysis of Development**, a Research Associate of the NBER, a CEPR research fellow, International Research Fellow of the Kiel Institute, a fellow of the American Academy of Arts and Sciences and the Econometric Society, and has been a Guggenheim Fellow and an Alfred P. Sloan Fellow and a winner of the Infosys prize. He is the author of a large number of articles and four books, including *Poor Economics* ([www.pooreconomics.com](http://www.pooreconomics.com)), which won the Goldman Sachs Business Book of the Year.

He is the editor of three more books and has directed two documentary films. He also served on the U.N. Secretary-General's High-level Panel of Eminent Persons on the Post-2015 Development Agenda.

## Radically rethinking the way we fight poverty.

Why would a man in Morocco who doesn't have enough to eat buy a television? Why is it so hard for children in poor areas to learn, even when they attend school? Does having lots of children actually make you poorer? Answering questions like these is critical if we want to have a chance to really make a dent against global poverty.

**About The Department at MIT:** For over a century, the Department of Economics at MIT has played a leading role in economics education, research, and public service. The Department added graduate courses leading to a master's degree. Four years later, in 1941, it inaugurated the PhD program that is renowned worldwide. MIT's approach to graduate training in economics has been widely emulated at other leading institutions.

The MIT Economics Department today is a vibrant collection of faculty and students. The Department's faculty have received numerous awards, including the Nobel Prize. Many are Fellows of the National Academy of Sciences, the American Academy of Arts and Sciences, and the Econometric Society. Numerous faculty members have served in various elected offices of the American Economic Association and the Econometric Society.

The Department is consistently ranked as a top graduate training institution. Each year the MIT PhD program enrolls 20 to 24 candidates, selected from approximately eight hundred applicants. During the 2016-2017 academic year, there were 128 graduate students enrolled in the Department's PhD program. Most doctoral candidates spend five years in residence at MIT taking graduate courses and doing research. The first two years of the PhD program are devoted primarily to course work, while the remainder of the program focuses on writing a doctoral dissertation.

## Poor Economics (The Book):

Radically rethinking the way we fight poverty.

Why would a man in Morocco who doesn't have enough to eat buy a television? Why is it so hard for children in poor areas to learn, even when they attend school? Does having lots of children actually make you poorer? Answering questions like these is critical if we want to have a chance to really make a dent against global poverty.

Based on our work and that of many others, we try to do that in our book. This website provides supporting material: informative slideshows, material for teaching the book, supporting data, and links to researcher and organization websites. Feel free to delve in and learn more.

**"He is very much an Indian," says Nobel Prize winner Abhijit Banerjee's economist mother**

The Nobel Laureate Abhijit Banerjee's mother Nirmala Banerjee who is also an economist stated that he was hesitant to change his citizenship, adding that Banerjee was a book worm during his younger days.

Nobel Prize winner Abhijit Banerjee's mother Monday said that the Indian-American economist was "very much an Indian". The Nobel Laureate's mother who is also an economist stated that he was hesitant to change his citizenship, adding that Banerjee was a book worm during his younger days. She also said that he was a "great one at both sports and writing". The Indian-origin economist's mother also said that she did not hear from her son regarding his big win and that she would tell him off for not informing her about the same.

Dr Banerjee who is a noted professor of Economics at Massachusetts Institute of Technology (MIT) in the USA has been awarded the Nobel Prize (2019) for his efforts to alleviate global poverty. Abhijit, Duflo and Kremer won the award for their "experimental approach to alleviating global poverty".

Dr Banerjee's father also taught Economics at Presidency College, Kolkata. The Nobel laureate is the second person of Indian origin after Amartya Sen in 1998 to have won the prestigious award in Economics.

Indian-American Nobel prize winner Abhijeet Banerjee Monday said he got a first-hand experience of poverty through his early years when he grew up playing with the slum kids in Kolkata.

"My parents were not poor, I mean we were a very average middle-class family of academics, but my grandfather happened to have built house literally next to one of Kolkata's largest slum. So, in our previous book, we actually write about the fact that I grew up playing with the slum kids. I had a first-hand experience of poverty. I was very jealous of them as they (slum kids) did not have to go to school," he said.

"We had a discussion of things like poverty at home all the time -- what its consequences are, what its causes are and they would often be based on discussions on the lives of the poor at home and the facts were pretty evident to us," he added.



*Nobel Prize winner Abhijit Banerjee's mother Monday said that the Indian-American economist was "very much an Indian".*



*Abhijit Banerjee receives Nobel Prize*

Indian-origin economist Abhijit Banerjee has been conferred the Nobel Prize for Economics along with fellow economists Esther Duflo and Michael Kramer. The economists have been awarded the Nobel for their contribution towards alleviating global poverty.

Currently a professor of Economics at the premier Massachusetts Institute of Technology (MIT), Banerjee was an alumnus of Jawaharlal Nehru University (JNU). Banerjee was an Economics student at the university in 1983 where he pursued his Masters degree. Before JNU, Banerjee was a graduate student at the Presidency College in Kolkata. The Nobel laureate completed his schooling from the city's South Point School.

In 1988, Banerjee obtained his PhD in Economics from Harvard. The subject of his doctoral thesis was 'Essays in Information Economics'. Banerjee had taught at Harvard University and Princeton University before becoming the

Ford Foundation International Professor of Economics at MIT.

Banerjee and co-Nobel laureate Duflo were the authors of Poor Economics. In 2012, he shared the Gerald Loeb Award Honorable Mention for Business Book with Duflo for their book.

In 2013, he was named by United Nations Secretary General Ban Ki-Moon to a panel of experts tasked with updating the Millennium Development Goals after 2015 (their expiration date).

"The research conducted by the 2019 Economic Sciences Laureates has considerably improved our ability to fight global poverty. In just two decades, their new experiment-based approach has transformed development economics, which is now a flourishing field of research," a statement by the Nobel Prize said.

**Compiled from the web by P. S. Raju, FCA., Editor & Editorial Board Member and Vice President, Waltair Club.**

### **5.Encrypted Policy of devises:**

The organisation should have a strict policy of all computer and other related equipment for encryption. unencrypted devises etc should eb banned. It applies as well to data encryption. Something locked with a 256-bit encryption would take a bank of super computers billions of years to decode using brute force alone. However, an organisation should choose an encryption that is most suitable and feasible for securing its data and devises. The encryption should happen by default on the devises not by invoking any option.

6.Password protection of data and devises:The organisation must have a very strong passwords policy. The passwords should be unique and different users at different levels should have separate passwords for their respective restricted usage on need basis.

### **7.Tracking data in the organisation:**

There should be a mechanism for tracking data within the organisational network passing in the organisation; This will help to know who logged in or logged out who accessed what data and such other logging information for tracing in case of any data breach.

### **8.Security training to employees:**

The most important aspect of preventing data breaches, there should be security training to employees from time to time about the importance of data security and consequences if any employee is caught or traced for any breach of data.

### **9.Breach warning and response plans:**

There should be a mechanism to give a warning signal to the IT department if there is any data breach or intrusion. Also, there should be a plan in place to deal with any data breach that might have occurred despite all precautions to trace the breach and take necessary action from any damage due to the leak.

### **10.Cloud Computing:**

Use of the latest technology of cloud computing will help a lot in data security management. The data that is stored for access on cloud can be traced and only the persons with authorization can access, IT thus gets full visibility and control over data while the user gets the level of access, they need to get their work done. It has the maximum safety of data.

### **Conclusion:**

Data breach has become a universal problem and more rampant than another cause for misuse or loss of data that is detrimental to an organisation. There are several types of data breaches that are responsible for loss of valuable data of an organisation. However, an organisation should invest and take note of the importance for the prevention of such data breach by proper control mechanisms and secure passwords, data encryption and cloud computing methods. Also, the organisation should bring to light any data breaches to respective agencies and should not end up paying ransom to the fraudsters responsible for the breach.

### **References:**

#### **May-June-ACFE 2016 Magazine**

Verizon -2018 Report

ACFE-2018 Report

Information on web and various News items.

[www.frauds-detection.com](http://www.frauds-detection.com)

Author:

**CA KOLLURU N RAO**

M.No : N-44.

Contact: [kollururao@gmail.com](mailto:kollururao@gmail.com).

# MEDICAL ARTS - NO MALICE



## Dependency and Addiction

- By Dr. Y. Jowhar

-is different, every one knows. But still, if these words, create some interest and further information, go through otherwise throw it into the trash however preserving the Waltair Times which now is not a simple bulletin. It is an attractive and sophisticated Magazine. Well, some one dependent on coffee but not addicted can say:

"Oh, I am dependent, but never steal to get more coffee".

Addiction is an inability to stop using a drug, caffeine or alcohol. This results in failure to meet work, social or family obligations.



Physical dependency can happen with chronic use of many drugs, like Alprazolam (Restyl, Alprax etc.), though prescribed by a physician. Thus physical dependence is not addiction to start with, but soon gets into addiction!!!

Not only Alprazolam or alcohol - many Analgesics (pain killers), anti depressants, tranquilizers, stimulants and anti anxiety drugs can effect the body intensely creating havoc. A word of warning while contemplating a change in the medication or withdrawal is. It is not easy- call it an addiction or dependency and is difficult to distinguish between these two factors, when some one is trying to kick it.

The common withdrawal symptoms leads to fatigue, nausea, sweating, mood swings and suicidal tendencies. Of course, in insomnia (sleeplessness) the common antidepressants and tranquilizers like

Alprazolam (Restyl or Alprax) which induces sleep are prescribed, leads to "iatrogenic Disease" (Doctor induced) but the patients are happy with these drugs, lead a comfortable life style. If this is so, why should they kick it. They stick to it and if the drug, is to be changed or stopped, there will be challenges.

I have seen many Men and Women, specially Women (no offence meant) who use of Alprazolam/Restyl (men normally go with alcohol). If the drug is not in their reach, they become distressing and dangerous and also have seizures (Fits) and even die. It is a silent killer.

Even gradual withdrawal gives irritable temperaments, becomes cranky, insomnia, a sort of whooshing in the head. For some this drug Alprax/ Restyl has become a habit forming-a daily dose at bed time. If it is denied discomfort, staggering, debilitating, restlessness/ sleeplessness are felt. The wisest move is to consult a Health care provider, who can prepare, assist and relieve unpleasantness.

Instead some say, ' I will go back to it' and live in heaven. Often advise others, "don't talk to me" and "forget about it". They refuse to have even a slow taper reduction which can last for months and needs to be done in a systemic way - make it half a pill, skip it some times or on alternate days and slowly forget to take the pill in spite of a funky feeling. It is a time intensive process and depends - not every one is same and every solution need not apply to every one.

But be patient 'Not a patient'. Get help. Be sure to have a counsellor / Health care provider within reach. The "will power" should stay strong and say "hell to the drug". And "one" is not "alone".

References: Irvin School of Medicine

USCS Keck School of Medicine

Albert Einstein College of Medicine

Stanford University

Michigan Medical School

**Author is a Senior Member Dr. Y. Jawahar (M.No.J-35)**

# SOME FASCINATING FACTS.



- By Raj Reddy Dodla (R-065)

- 1) HAWAIIAN Punch was originally developed as a tropical flavored ice cream topping.
- 2) Between 1912 & 1948, art competitions were a part of Olympics. Medals were awarded for architecture, music, painting and sculpture.
- 3) The duffel bag gets its name from the town of Duffel, Belgium, where the cloth used in the bags was originally sold.
- 4) It cost 7million dollars to build Titanic & 200 million to make the film.
- 5) Jacuzzi is a brand name. You can also buy Jacuzzi toilets & mattresses.
- 6) Until 1954, stop signs were yellow.
- 7) There are more than 2000 varieties of cheese available worldwide, mozzarella is the favorite around the globe and the most consumed.
- 8) Googol (meaning & origin of Google brand) is the term used for number 1 followed by 100 zeroes & was used by a nine year old, Milton Sirota in 1940.
- 9) Different names for the number 0 include zero, naught, nil, zilch and zip.
- 10) Alexander the great founded 70 cities, naming at least 20 after himself and one after his horse e.g. Alexandria Eschate, Alexandria Opiana.
- 11) Sahara means desert in Arabic. So the Sahara Desert is the "Desert Desert".
- 12) The world's deepest post box is in Susami Bay in Japan. It is 10 meters underwater.
- 13) The idea of water first emerged in London in 1868, when a painter figured out how to heat cold by placing gas burners at the bottom of the water pipes.
- 14) Hot water is heavier than cold water
- 15) Crayola means "oily chalk". The name combines craie (French for chalk) and Ola (short for "oleaginous," or "oily").
- 16) The word hundred is derived from the word "hundrath", which actually means 120 and not 100.
- 17) Cheese can be produced using a variety of milk including cow, buffalo, goat, horse and even camel.
- 18) You can cry in space but your tears don't fall, as the weightless environment is not causing your tears to fall.
- 19) Our sense of smell & taste decrease by 20 to 50 % during flights
- 20) The average number of licks to finish a scoop of ice cream is 50.
- 21) A Hippo can open its mouth wide enough to fit a four foot tall child inside.
- 22) The average smart phone user checks Face book 14 times a day.
- 23) The heart pumps blood to almost all of the body's 75 trillion cells. Only the corneas receive no blood supply.
- 24) The wetness of a dog's nose is essential for determining what direction a smell is coming from.
- 25) Cats have fewer taste buds than humans and are the only mammals that can't taste sweet.

## SOME FASCINATING FACTS -2

- 1) Tequila is a regionally specific distilled beverage made from the blue agave plant, primarily in the area surrounding the city of Tequila.
- 2) ATMs were originally thought to be failures, because the only users were prostitutes and gamblers who didn't want to deal with tellers face to face.
- 3) Scientists have tracked butterflies that travel over 3000 miles.
- 4) The male Ostrich can roar like a lion.
- 5) There's a Pizza museum in Philadelphia called Pizza brain that is home to the world's largest collection of Pizza memorabilia.
- 6) Foot prints and tyre tracks left behind on the moon will stay there forever as there is no wind to blow them away.

- 7) At the ocean's deepest point, the water pressure is the equivalent of having 50 jumbo jets piled on top of you.
- 8) The most accurate clock ever built is the strontium clock, which is accurate to within a second over 15 billion years.
- 9) 14 billion pounds of garbage is dumped into the ocean every year. Most of it is plastic.
- 10) On the planet Mercury, a day is two years long.
- 11) Planet Earth in the English language is not named after a mythological figure like the other planets. Its name originates from the old English name for the planet. EOROE.
- 12) Your index and little fingers each have their own extensor muscles (the ones you need to be able to move them), but your middle and ring finger share one. So when you lock your middle finger underneath your hand, you can't move your ring finger.
- 13) Phrases commonly found in headlines such as 'experts say' and 'new study shows' are called 'Weasel Words'.
- 14) Our sense of smell and taste decreases by 20-50% during flights
- 15) Goats have rectangular pupils.
- 16) In 1741, Anders Celsius defined his temperature scale on the melting & boiling temperature of water. Celsius scaled his measurements as 0 for boiling point and 100 for freezing point but the order was later reversed.
- 17) The word carat derives from the carob bean. Gem dealers used to balance their scales with carob beans because all these beans have the same weight.
- 18) Despite navigation available by GPS (Global Positioning System), light houses are still in use. Modern lighthouses, however, are automated and they light up to the equivalent of 20 million candles, lit by high pressure xenon lamps reflected through huge Fresnel lenses.
- 19) Although Alexander Fleming discovered penicillin in 1928, it was only in 1938 that Howard Florey and Ernst Chain found a way to produce it, demonstrating it only in 1942.
- 20) An egg shell has as many as 17,000 pores over its surface.
- 21) Elephants can listen with their feet. They do this using the sensory cells in their feet and the ground's vibrations.
- 22) It can take a photon 40,000 years to travel from the core of the sun to the surface, but only 8 minutes to travel the rest of the way to earth.
- 23) German Shepherds bite humans more than any other breed of dog.
- 24) Clouds weigh, on an average, about 500 tons.
- 25) Bubble wrap was originally designed to be used as wallpaper.
- 26) French fries are originally from Belgium and not France.
- 27) Otters hold hands when they sleep so that they do not drift apart.
- 28) Ever wondered where the phrase "It's raining cats and dogs" comes from?. In the 17th century many homeless cats and dogs would drown and float down the streets of England, making it look like it literally rained cats and dogs.
- 29) The Spanish national anthem has no words.
- 30) Dead people can get goose bumps.
- 31) The largest book in the world is The Klencke Atlas at 1.75 meters tall (about 5 feet 9 inches) and 1.90 meters wide (about 6 feet 3 inches) when open.
- 32) The Dutch village of Giethoorn has no roads; its buildings are connected entirely by canal and foot bridges.

### SOME FASCINATING FACTS - 3

- 1) The smiley face was first created 50 years ago in Worcester, Massachusetts by the late Harvey Ross ball, an American graphic artist and ad man.
- 2) There's an opera house on the US - Canada border where the stage is in one country and half the audience is in another.
- 3) You cannot snore and dream at the same time.
- 4) Most Muppets are left handed because most Muppeteers are right-handed. (So that they can operate the head with their favored hand).
- 5) The word hundred is derived from the word "hundrath", which actually means 120 and not 100.

# Capriccio.

Make your own kind of music

LIVE MUSIC BAND FROM 7PM



PRESENTED BY



SEASON

02

# Maya Bazaar

FLEA • MUSIC • FOOD

# 01 DEC

From 10 am - 10 pm

At MGM Grounds,  
Beach Road, Vizag.

FULL DAY  
PASS  
200/-

Kids Healthy Snack  
Cooking Competition  
From 10.30 am



PRESENTED BY



From 04:00 pm  
Live Kids Music Band



PRESENTED BY



CHIEF GUEST:  
**Ms. Anjali Dange V**  
M.Sc Food Science and Nutrition  
Dietitian/Nutritionist

FRESH  
CHOICE

Patisserie • Bakery • Cafe

Cake Mixing Program  
From 10.30 am

For Stalls and Tickets Contact: +91 6300875861



think **CBSE**.. think **SRI PRAKASH**



Sensational Results in **CBSE - 2019**

## CBSE X



Namita Nayak



Konda Reesha

**486**  
500

**97.2%**

Above 90%

**44**

Subjectwise 100% Marks

Maths - 2  
Hindi - 3  
Social - 3

Pass %

**99.5**

## CBSE XII



Swaraj Pradhan

MPC

**92.6%**

**92.4%**

MPC



N.H.Vaibhav

Above 80%

**46**

First Class

**132**

Pass %

**97**

## KVPY

M.Sai Mukund



*All India*

**68<sup>th</sup>**  
Rank

KVPY selections every year..  
..a tradition here

## JEE-MAINS

M.Rahul



*All India*

**279<sup>th</sup>**  
Rank

37 Students qualified  
for JEE Advanced



**SRI PRAKASH**  
SYNERGY SCHOOL

Indian roots - International standards

PEDDAPURAM / KAKINADA [www.spss.edu.in](http://www.spss.edu.in)



The  
**CBSE**  
+2 School



**SRI PRAKASH**  
VIDYANIKETAN

[www.sriprakash.org](http://www.sriprakash.org)

PAYAKARAOPEETA / TUNI / RAJAMAHENDRAVARAM



LKG to +2 CBSE MPC+IIT, BiPC+NEET, MPC+JEE, MEA, BEA

IMS A Campus, Ramaraopeta, E.G.Dist, A.P., India  
09247739333, 09032616333, 09246696733

LKG to +2 CBSE MPC+IIT, BiPC+NEET

NH-16, Vizag Dt., / Red Convent Street E.G.Dt.,  
09246693833, 09295044333, 09440340519

# 18 SIGNS OF MATURITY

## HOW MATURE ARE YOU?



*Maturity is when you stop trying to change people and instead focus on changing yourself.*

*Maturity is when you realize that nothing is more important in this world than you and your family.*

*Maturity is when somebody hurts you and you try to understand their situation instead of trying to hurt them back.*

*Maturity is when you understand that whatever you do, you do for your own peace.*

*Maturity is when you stop proving to the world how intelligent you are.*

*Maturity is when you accept people for who they are.*

*Maturity is when you focus on positives in people.*

*Maturity is when you understand that everyone is right in their own perspective.*

*Maturity is when you do not seek approval from others.*

***Maturity is when you stop comparing yourself to others.***

***Maturity is when you don't react to the behaviour of insane people.***

***Maturity is when you are at peace with yourself.***

***Maturity is when you are able to drop expectations from a relationship and give for the sake of giving.***

***Maturity is when you can differentiate between Need and Want, and you can let go of your wants.***

***Maturity is when you are able to walk away from people and situations that threaten your peace of mind, self-respect, value, morals or self-worth.***

***Maturity is when you stop attaching Happiness to material things.***

***Maturity is when you learn to Let go, accept the situations and move on.***

***Maturity is when you have a lot to say, but you choose to remain silent in front of fools.***

# LET'S KNOW ABOUT DENGUE



**Dr SRIKANTH MD (PGI Chandigarh), FNB**  
**Critical Care (Manipal Hospitals Bangalore)**  
**CONSULTANT CRITICAL CARE**  
**QUEEN'S NRI HOSPITAL, Seethammadhara**

- Dengue is viral infection spread by mosquito (aedes aegypti). It is more common in tropical countries like India and the incidence is rising.
- Severe dengue infection poses grave risk to life and is caused by four related viruses (DEN1,2,3,4).
- Infection from one strain does not confer immunity to other strains.
- These mosquitoes grow commonly in water logged areas, man made containers etc. Hence it is typically seen in urban and semi urban areas & in unplanned rapidly growing areas.
- These mosquitoes typically feed on humans during early morning and evening before dusk.
- It is a disease of young adults and children. More dengue related deaths do happen in the same population.
- Symptoms range from simple flu like i.e. high grade fever, severe headache, vomitings, muscle & joint pains, rash etc.
- It can also cause serious complications like low blood pressure, breathing difficulty, failure of vital organs like heart, kidney, liver and severe internal bleeding.
- There is no specific treatment for Dengue. It is mainly supportive care. Taking adequate food and fluids is most important measure in preventing complications
- Early medical attention helps in preventing complications.
- Warning signs that need urgent admission to hospital, include persistent vomiting, severe abdominal pain, lethargy, restlessness and bleeding manifestations (gum bleeding, black coloured stools etc).
- Drop in platelet count happens to almost every case but usually recover soon. Some people need platelet transfusion if the count is too low or has bleeding manifestations.
- Severe Dengue cases require ICU admission and need supportive care for organ failures like Ventilation, Dialysis and medications to maintain blood pressure.
- Preventive measures are most important and they include mosquito control measures like disposing waste properly, covering, emptying and cleaning of domestic water storage containers, applying insecticides to water storage outdoor containers, personal protection from mosquitoes (nets, coils, repellents etc).
- Vaccines for Dengue are under trials

# HOW TO ADVERTISE IN WALTAIR TIMES



Dear Sir / Madam,

Waltair Club is one of the oldest Clubs in the country with a glorious past and an enviable history of 135 years. Right from its inception, the Members of the Club have been the 'who's who' of the city. We publish an inhouse monthly journal 'Waltair Times' that reaches every single Member of the 3,000 people and their families and friends.

The Waltair Times is designed in a way that attracts readers like no other and its high quality and perfect size will be a benchmark that will clearly separate it from other free publications. We are happy to inform you that we are offering advertising space for those who want to leverage the Club and the magazine's immense potential. The advertisements will have a massive target audience of 3000 Members of the Club alone besides the crossover of families and friends. Advertisement tariffs are enclosed. The Advertisements may be sent to [editor@waltairclub.com](mailto:editor@waltairclub.com)

Should you require any further details, please do not hesitate to contact the undersigned.

Thanking you and looking forward to welcoming you onboard Waltair Times.

Kind Regards,

**Editor, Waltair Times**

## Advertisement Tariff

Location	Single Issue Rs.	3 Issues Rs.	6 Issues Rs.	12 Issues Rs.
Back Cover Page Slot not available till June' 20				
Back cover outside half	16500	33000	53000	79500
**Back cover inside	16500	36000	66000	106000
Back cover inside half	9000	20000	33000	53000
***Front cover inside full	20000	44000	66000	121000
Full page inside	11000	27000	40000	66000
Half page inside	7000	17000	27000	40000

\*\*Back cover inside booked till April 2020

\*\*\*Front cover inside full booked till February 2020

## Advertisement Size

	Width(cm) Full Area	Height(cm) Full Area	Width(cm) Print Area	Height(cm) Print Area
<b>Full Page</b>	21.5	28.5	18.5	26.5
<b>Half Page</b>	21.5	14	18.5	12

- GST Extra 18%
- Cheques & DD in favour of WALTAIR CLUB.

## Bank Details

Beneficiary : **Waltair Club**  
 Bank Name : **State Bank of India**  
 Branch : **Dutt Island, Siripuram,**  
 City : **Visakhapatnam-530 003.**  
 Account No. : **34918462054**  
 IFS Code No. : **SBIN0006846**  
 PAN No. : **AAACW1956C**

Please send payment details UTR No.  
to [info@waltairclub.com](mailto:info@waltairclub.com).

# A1 GRAND THE CONVENTION - RUSHIKONDA, VISAKHAPATNAM

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

## FOR BOOKINGS CONTACT:

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

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

Mob: 9010052329

Land Line: 0891-2973777, 2976777.

e-Mail: a1grand.rooms@gmail.com

kumardatla2727@gmail.com



Front View-1



Front View -2



Hall - 1 (Ground Floor)



Hall - 2 (First Floor)



Rooms



Road View



# SNOOKERS



## SKATING COACHING

DEAR MEMBERS

WE ARE INTRODUCING  
**SKATING COACHING CLASSES**

FROM NOV 1ST AT THE  
JUBILEE DECK, MEMBERS  
ARE REQUESTED TO REGISTER  
AT THE CLUB OFFICE  
(KAVITA 2565240 EXT 262)



# AGEING - A SOCIAL CHALLENGE?

LEGAL MATTERS

- By TVSK Kanaka Raju

'Let him salute the aged, Let him give them his own seat, Let him sit by them with folded hands, Let him walk behind when they leave'..... Reverence for the aged in our country is a moral code of all religions. It is a vedic injunction for the Hindus. It is one of the most gracious virtues of youth. The personal laws of Hindus as well as Muslims spell out the obligations of children towards parents and they also speak about the rights and entitlements of parents -for instance, the Hindu Adoptions and Maintenance Act, 1956 codifies the rights of the aged parents. The personal laws of the Christians as well as Muslims do not appear to contain any provision regarding the maintenance and welfare of parents. They seem to have recourse only to the provisions of Section 125 Cr.P.C. wherein Parliament made an endeavor to codify the entitlements as well as the obligations towards aged parents and senior citizens.



The Maintenance and Welfare of Parents and Senior Citizens Act, 2007 aims at providing an inexpensive and speedy relief to the suffering parents and senior citizens. The Act recognizes the fact that ageing has become a major social challenge and there is an imminent need to give more attention to the care and protection for the older persons. Senior citizens, including parents who are unable to maintain themselves out of their own earnings or out of the property owned by them, shall be entitled to make an application for maintenance.

There is an obligation cast on the children who have attained majority to maintain their parents by meeting all their needs and ensuring that they lead a normal life. Even the relatives of a senior citizen having sufficient means have an obligation to maintain such senior citizen provided such relative is in possession of property of such senior citizen or would inherit the property of such senior citizen.

Constitution of tribunals has been contemplated under the Act for the purpose of adjudicating and deciding maintenance claims. Incidentally, in the state of AP, the RDO constitutes the tribunal. The maximum maintenance allowance which may be ordered by such tribunal shall not exceed Rs. 10,000/- (Rupees ten thousand) per month. The highlight of the Act is to make provisions for medical care of senior citizens mandatory. The protection of senior citizen is almost a guaranteed constitutional right. The Act mandates that government hospitals or hospitals funded fully or partially by the government should provide beds for all senior citizens as far as possible. Even separate queues and facility for treatment of chronic, terminal and degenerative diseases for senior citizens are contemplated under the Act. Section 23 of the Act provides great relief to senior citizen in distress. Everyday we come across several instances where aged people are either induced or coerced to execute gift deeds or other modes of conveyance to transfer their property in favour of those who are in a position to dominate their wish. Such instances are taken care of by section 23 of the Act. A wonderful deeming fiction is enacted under this section in simple terms. The section covers a situation where a senior citizen executes a conditional gift, say, either by assuming or believing that the donee would after execution of the gift look after the senior citizens needs or amenities. In such a case where the senior citizen is disillusioned at a later stage realizing that the donee has not complied with his obligations under the gift, the donor shall have the option to treat the gift as void. The tribunal adjudicating this dispute shall deem that the transfer of property made by the senior citizen is a result of fraud or coercion or undue influence at the instance of the donee.

Another welcome feature under the Act is excluding the right of legal representation. The Act provides for maintenance officers who shall be designated of the state government not below the rank of a District Social Welfare Officer to represent the aggrieved parties before the tribunal. Abandonment of senior citizens by persons in charge of their care and custody is an offence punishable with imprisonment of either description for a term which may extend to three months or fine which may extend to 5,000/- or with both. Though the Act, was passed in the year 2007, still, in some states of our country, permanent tribunals have not been constituted under the Act and some state governments have also not framed rules to facilitate effective implementation of the aims of the Act.

Over a period of time we have drifted from a society based on responsibilities and obligations to a rights-based society. By incorporating fundamental rights in the constitution and making legislations codifying various rights we have definitely missed the essence of our tradition as well as our culture. At a point of time when constitutional rights were not known and totally unheard of, elders and parents were adored and respected! Our epics are replete with such examples. Can we expect the existing statutes to inculcate that kind of discipline in us?

The Author is **TVSK Kanaka Raju**, K - 134,  
a Senior Advocate practicing at Visakhapatnam



# CLUB TIMINGS



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

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

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

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

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

### a) SWIMMING POOL:

For all Members & Children above 12 years:

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

<b>For Ladies On</b>	:	4.00 P.M. to 5.30 P.M. – All Days
----------------------	---	-----------------------------------

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

**Health Club:** Monday Closed

6.00 A.M. To 10.00 A.M. – All Members, Ladies & Children  
4.00 P.M. To 8:30 P.M. - “

#### TARIFF

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

### b) BILLIARDS & SNOOKER:

For Members:

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

#### TARIFF:

1. Per an Hour	-	Rs.40/-
----------------	---	---------

### c) SHUTTLE: The Shuttle Court is open between 6.00 A.M. to 9.00 A.M. and 4.00 P.M. to 8.30 P.M. on all days.

#### TARIFF:

1. For Member per month	-	Rs.300/-
-------------------------	---	----------

### d) TENNIS: The Tennis Court is open between 6.00 A.M. to 9.00 A.M and 3.00 P.M to 7.00 P.M on all days except Monday which is holiday.

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

# JOKES & PUZZLES

## Jokes on George W Bush

George Walker Bush (born July 6, 1946) is an American politician and businessman who served as the 43rd President of the United States from 2001 to 2009. He had previously served as the 46th Governor of Texas from 1995 to 2000. He was often the target of comedians for his malapropisms. He was never bothered by it, though, because he understood the value of a good laugh. The ribbing he received was embraced with affection at the White House; the regular meeting of top national security officials in the Bush White House was even renamed "The Strategy Meeting" after Will Ferrell, as Bush, used the word on Saturday Night Live. Terms such as underestimate and I'm the decider became part of the West Wing lexicon. He even beat comedians to the punch by telling many jokes at his own expense. He opened the 2005 Correspondents' Dinner, for example, by saying, "I look forward to these dinners where I'm supposed to be funny . . . intentionally." He always understood that when you make fun of yourself, you take away the power of your detractors.

George W. Bush once used his self-deprecating humor to come to the aid of Lea's daughter. Lea and her daughter were at a farewell dinner the Bushes threw her when she left the White House, and her daughter, Alice, then 14 years old, was seated next to the president. He asked her how school was going, and she whispered that she was failing algebra but hadn't worked up the nerve to tell Lea yet. When the president heard this, he interrupted the table conversation, turned to Lea, and said, "Mom! Alice is flunking math, but you shouldn't worry about it because I didn't do very well in school either, and things turned out all right for me." And he raised his shoulders to indicate where we were seated, in the Yellow Oval Room with the Truman Balcony and the Washington Monument beyond. The table erupted in laughter - and no one laughed harder than Alice. Years later, when President Bush saw Alice again, he greeted her by saying, "Haven't you graduated yet?"

"I'm in college now!" she replied excitedly. He smiled and patted her on the back. "So we both made it through."

### Funniest Bushisms

"We're enjoying sluggish times, and not enjoying them very much." -in 1992

"I just am not one who - who flamboyantly believes in throwing a lot of words around." -in 1990

"Please don't ask me to do that which I've just said I'm not going to do, because you're burning up time. The meter is running through the sand on you, and I am now filibustering." -in 1989

"If you're worried about caribou, take a look at the arguments that were used about the pipeline. They'd say the caribou would be extinct. You've got to shake them away with a stick. They're all making love lying up against the pipeline and you got thousands of caribou up there." -speaking in 1991 about the Alaskan pipeline

"It's no exaggeration to say the undecideds could go one way or another." -in 1988

President George W. Bush apparently jokes that he looks "pretty good" compared with President Donald Trump. While that's certainly more reserved than what his father has said - former President George H.W. Bush wrote in his book that



Trump is "a blowhard" and he doesn't like him - the younger Bush questions why the current White House administration can't get its act together, according to a Republican source. "Sorta makes me look pretty good, doesn't it?"

It's said that US president George W. Bush has a sense of humor. He certainly needs one because he's the butt of countless cruel jokes making fun of his supposed lack of intellect. Here are a few of our favorites. Sorry, Mr. President. Why is George W. Bush so hard-headed? His skull protects the weakest part of his body. George W. Bush is sitting in a hotel lobby, planning his speech to a group of businessmen, when a little man walks up to him. 'Excuse me, Mr. President, but my name is John Smith, and I'm here with an extremely important client. We're going to see your speech tonight, and it would be a great help to me if, when we walk by, you could impress him by saying "Hello, John".' Bush readily agrees, and 15 minutes later, the little man walks by, deep in conversation with his client. The President bounds up to him and cries: 'Hi there, John.' The little man says: 'Get lost Bush! I'm in a meeting.'

Bill Clinton, Al Gore, and George W. Bush are set to face a firing squad in a small Central American country. Bill Clinton is the first one placed against the wall and just before the order was given he yells out: 'Earthquake!' The firing squad falls into a panic and Bill jumps over the wall and escapes in the confusion. The soldiers reassemble and Al ponders what he has just witnessed as he is marched to the wall. Before the order is given Al yells out: 'Tornado!' Again the squad falls apart and Al slips over the wall. The last person, George W. Bush, is placed against the wall. He thinks 'I see the pattern here - just scream out something about a disaster and hop over the wall.' He confidently refuses the blindfold as the firing squad reassembles. As the rifles are raised he grins from ear to ear and yells... 'Fire!'

An infant school teacher in a small town in Texas explains to her class that she is a George Bush fan. She asks her students to raise their hands if they are Bush fans too. Not really knowing what a Bush fan is, but wanting to be liked by the teacher, their hands fly into the air. There is one exception. One little boy has not gone along with the crowd. The teacher asks him why he has decided to be different. 'Because I'm not a Bush fan,' he retorts. 'Then,' asks the teacher, 'what are you?' 'I'm a proud Al Gore fan!' boasts the little boy. The teacher is somewhat annoyed now. She asks him why he is a Gore fan. 'Well, my Dad and Mom are Gore fans, so I'm a Gore fan too,' he says. The teacher is now angry. 'That's no reason,' she snaps. 'What if your Mom was a moron, and your Dad was an idiot. What would you be then?' 'Then I'd be a Bush fan,' he says.

What happens when you cross James Dean with George W. Bush? You get a rebel without a clue.

George W. Bush is invited to a get-acquainted tour of the White House. After drinking several glasses of iced tea, he asks Bill Clinton if he can use his personal bathroom. He is astonished to see that the President has a solid gold urinal. That afternoon, George tells his wife, Laura, about it. 'Just think,' he says, 'when I'm President, I'll get to have a gold urinal too.' Later, when Laura has lunch with Hillary at her tour of the White House, she tells her how impressed George had been with his discovery of the fact that the president has a gold urinal. That evening, Bill and Hillary are getting ready for bed. Hillary turns to Bill and says: 'Well, I found out who ruined your saxophone.'

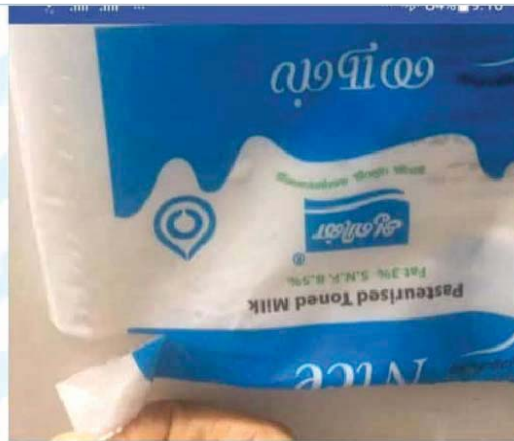
George W. Bush is very depressed that people are saying he is stupid so he calls his friend, the Queen. Her Majesty says: 'Now George, what you need to do is to surround yourself with intelligent people. Allow me to demonstrate.' She calls Tony Blair in. 'Mr Blair, your parents had a baby. It isn't your sister and it isn't your brother. Who is it?' The Prime Minister replies: 'It's me, Ma'am.' So Bush calls vice president Dick Cheney and says: 'Dick, your parents had a baby. It isn't your sister and it isn't your brother. Who is it?' Cheney says: 'Wow, that's a tough one. Let me get back to you.' So Cheney calls Colin Powell and says: 'Colin, your parents had a baby. It isn't your sister and it isn't your brother. Who is it?' And Colin Powell says: 'It's me!' So Cheney calls Bush and says: 'It's Colin Powell.' And Bush says: 'No, you idiot! It's Tony Blair!'

***Adopted from the web by P. S. Raju, FCA., Vice President Waltair Club and Editor Waltair Times.***



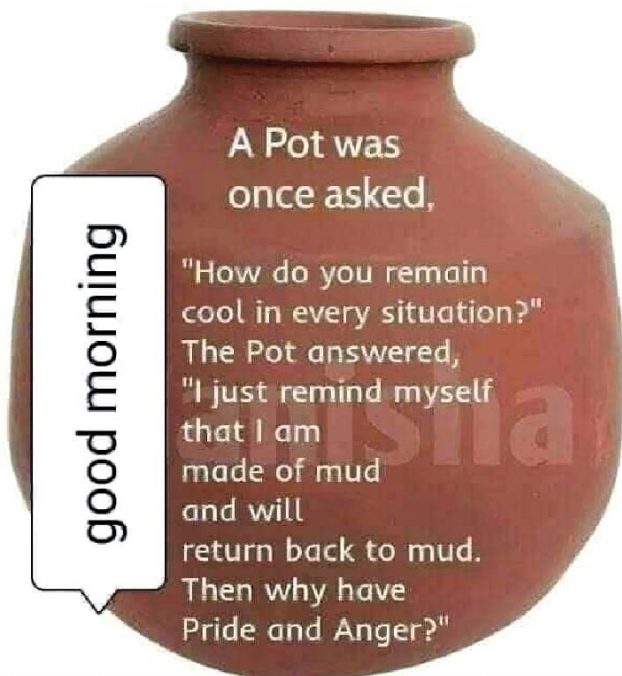
**If all of us open the milk packet without separating the piece we in Bengaluru alone can stop 50,00,000 small plastic pieces getting in the garbage. Small pieces cannot be recycled.**

**— TEJASWINI ANANTHKUMAR  
CHAIRPERSON ADAMYA CHETANA**



Indubala Ashok Yesterday at 6:23 AM · 

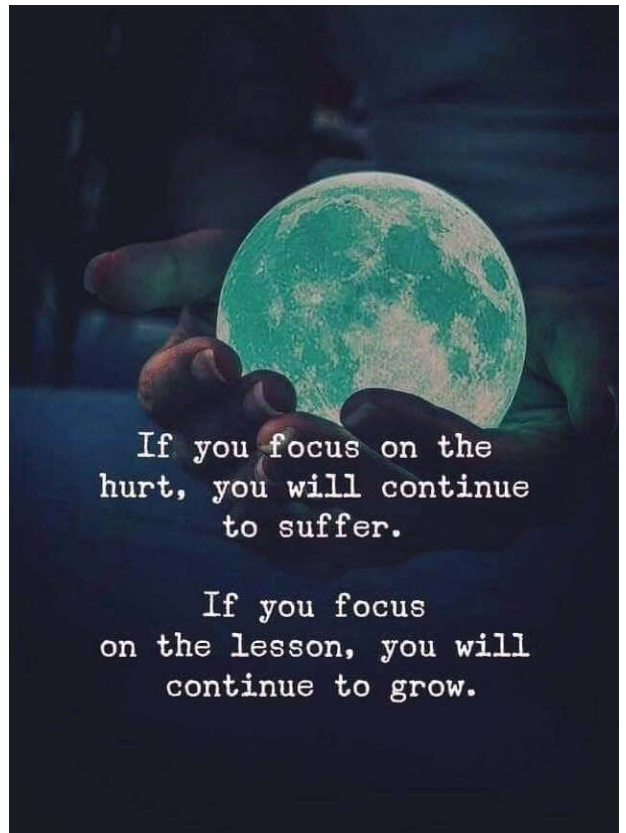
For those who still consume milk and for those who are not doing this yet, please do not snip off and throw away the corners of milk sachets. These small plastic particles are the most dangerous as they escape even sophisticated filters and enter the food chain, earth, waterbodies. Your daily milk sachets triangular miniscule corner may have killed a few sea creatures and blocked easy flow of water somewhere. It will take a 1000 years or more to disintegrate. Would you want that? Cut plastic sachets as shown in the pic. Milk CAN be poured out without spillage and these sachets ARE recyclable if done responsibly. This applies to ALL plastic sachets. It is never too late. Start today.



good morning

A Pot was once asked,

"How do you remain cool in every situation?"  
The Pot answered,  
"I just remind myself that I am made of mud and will return back to mud. Then why have Pride and Anger?"



If you focus on the hurt, you will continue to suffer.

If you focus on the lesson, you will continue to grow.



# MAHARAJA BANK

The Maharaja Co-operative Urban Bank Limited

IFSC : IBKL0031MCB



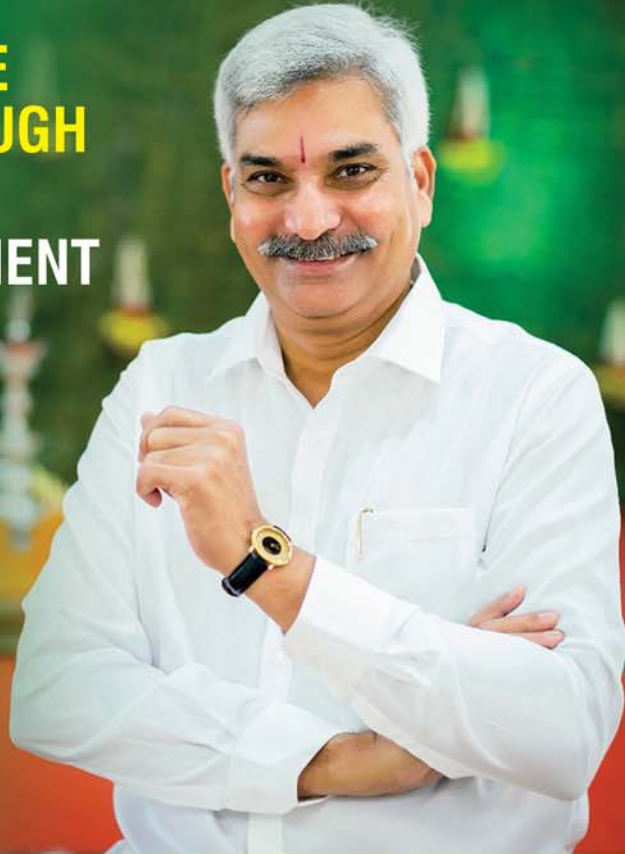
LOCKERS FACILITY

DOUBLE YOUR MONEY IN 90 MONTHS

ATM IMPS/RTGS/NEFT FACILITY



SERVICE THROUGH TRUST & COMMITMENT



RECURING DEPOSIT (RD) FACILITY

MOBILE BANKING FACILITY

*Be Sure & Secure*  
20<sup>TH</sup> YEAR IN BANKING SERVICE

6%\*  
ON SAVINGS ACCOUNT

Sri Rama Krishnam Raju M., Founder Chairman

Head Office : 47-9-16, 3rd lane, Dwarakanagar, Visakhapatnam-16.  
Phone : 0891 - 2721733, 2505888 Mob.: 7799774932, 7799774934



Branches

Gajuwaka	Butchirajupalem	Madhurawada	MVP Colony
2542155	2533722	2525226	2533744
7799774923	7799774925	7799774930	7799774927

\* CONDITIONS APPLY

MAHARAJA BANK

# ADVISORY ON ETIQUETTE IN CLUB PREMISES



Managing Committee noted, at times some Members and children are going overboard and the actions are in violation of Club's rules. The Committee's endeavor to bring to the knowledge of Members the issues and relevant rules to avoid any sort of embarrassment to the Committee or the Members.

## 1) **Behavior with the staff Members:**

The staff Members are part of our Club and have essential role in day to day working of the same. The decorum of our Club calls that they be treated with due civility. (There were instances in the past where misbehavior with staff Members led to suspension of a senior Member).

## 2) **Conduct in the Club:**

A Gentleman is someone who values comfort of other people in the neighborhood. Care is to be taken while talking and using cell phones that we do not disturb other Members or people around. Absolute silence need to be maintained in Library and It's polite to speak in a low-pitched voice in other venues of the Club. Abusive and vulgar language should be totally avoided in Club premises.

## 3) **Members and Dependent children using the sports and other facilities of the Club:**

It has come to the notice of the Committee that dependent children bring along with them their friends. It is to be noted, the dependent children are not allowed to bring any guests to use the sports or other facilities of the Club. Further Members also should ensure they enter the guests' names in respective registers as soon as they enter the Club. Non-compliance in this regard is gross violation of the Club rules and will be dealt seriously.

## 4) **Dress Code and Timing for using various facilities:**

The Members and children should strictly follow the prescribed Dress Code and the timings while using various facilities. Members are advised not to use or visit the venues/facilities during their closing time. Please note all the venues and facilities have fixed timings.

5) **Smoking Areas:**

Smoking areas are designated and they should alone be used to avoid inconvenience to other Members and families.

6) **Chambers:**

This is a facility created only to provide accommodation for our Members, their Guests and Members of our affiliated Clubs. Members to take note of the bye laws regarding introduction of guests when they reserve Chambers. Except the room guests and on duty staff, all the persons (including our Club Members not residing in the Chambers) should leave Chambers and the Club premises at the time of closing of the Club.

7) **Guest Rules:**

Care should be taken while introducing guests, as our bye laws state that you can introduce a guest who is not a Member of our Club but has the eligibility to become a Member of our Club. This is very important not to disturb the decorum of the Club. Further the same guest can be introduced only on four occasions in a calendar month.

8) **Usage of Affiliated Clubs:**

Please carry your identity card and currently valid Introduction Card to affiliated Clubs. Please adhere to the rules of the respective affiliated Clubs and attention to be given to the dress code, behavior etc. Members to note that while using affiliated Clubs, they are brand ambassadors of our Club.

9) **Dues to the Club:**

The dues to the Club should be in time to avoid unnecessary action.

The Managing Committee appeals to all the Members that Our Club's Dignity will be measured by our Discipline and Inner Peace, and solicit your valuable cooperation in upholding the same.

10) **Mobile phones**

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

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

# AFFILIATED CLUBS



## BOMBAY GYMKHANA

### History:

'Gymkhana' - a Hindi word, which was originally referred to a place of assembly is a topic of discussion today. When someone says Gymkhana, one may quickly imagine the place to hangout with friends, a Club housing amenities from sports, like tennis and squash, to holding big gatherings. It's a sign of elite and prestige if you are a Member of such Clubs. Gymkhanas and Mumbai go hand-in-hand as it is the City of dream and that too of pretty expensive ones.

If you live in Mumbai, or have visited it, you must have seen the buildings from the British era, which are pretty common sights. Well, that era was when the culture of Gymkhana came into existence in this City. They are still growing in full glory and there are many which are still standing tall.

But what used to be an easy accessible facility to the people, is now hard to get in. Yes, we are talking about the insane amount of fees charged by the Gymkhanas in the name of Membership. Today, we bring to you one such top expensive Gymkhanas in Mumbai, which is growing with the rapid speed and amount. Oh!!! let me tell you, it's not that easy being it's Members given it's conditions.

The oldest Gymkhana and one of the prestigious is the Bombay Gymkhana which was established in 1875. It is a one stop place for different sports facilities like cricket, football, tennis, squash, etc. This club was initially admitting Europeans as it's members, those who had a great social position and of elite families. This Club is known not only for it's friendly atmosphere but also it's rigorous rules, one of them being a dress code if you want an entry in the Club.



On the 19th of June, 1875, a meeting of Sports enthusiasts was held in the office of Wm. Nicol and Co. when it was decided to amalgamate the existing sports clubs, cricket, polo, football and gun into the Bombay Gymkhana. Only the Bombay Golf Club retained it's separate existence. The establishment of the Bombay Gymkhana was largely due to the steadfast efforts of Captain Ernest Lindsay Marryat and Lieutenant Carmichael Light Young. A long building which serves as the lobby, table tennis area, badminton court, restaurant and lounge connects the two roads. The region between the building and the lane is a large ground. Cricket is played here in the winter months, and rugby and football in the monsoon. This used to be major Centre for the erstwhile Bombay Pent angular Cricket matches.

Bombay Gymkhana houses three badminton courts, five squash courts, six tennis courts, six tables for billiards and snooker, one swimming pool and a fitness Centre. Until a few years ago, only Men could gain Membership to the Club. Women were able to join from the early 2000's.

### COTTAGE BOOKING RULES

1. The following Rules will apply for cottage booking during season period from 01 April to 30 June: (a) Advance booking by Members is limited to a period of 12 months. (b) Advance booking by affiliated members is limited to six months. (c) Maximum duration of booking is limited to 14 days. (d) No re-booking will be allowed after a gap / interval during the season period beyond a maximum of 14 days. (e) For bulk booking beyond four cottages during the season period, 100% advance should



be paid and any cancellation will entail no refund. 2. During the non season period no restriction will apply. 3. The following Rules will apply for cancellations: (a) 14 days and above in advance - 20% of advance forfeited. (b) 14 days to 2 days in advance - 50% of advance forfeited. (c) Less than 2 days in advance - 100% forfeit.

#### **TIMINGS:**

MEAL: Breakfast 8.00 am to 9.30 am, Lunch 1.00 pm to 3.00 pm, Dinner 8.00 pm to 10.00 pm, Dinner (Sat), 8.00 pm to 11.00 pm.

#### **BOOKING OF MEALS OR PARTIES:**

Breakfast, 8.00 pm, the previous day, Lunch 8.30 am, the same day, Dinner 2.00 pm, the same day, Parties 48 Hours notice.

#### **CANCELLATION OF MEALS OR PARTIES:**

Breakfast 10.00 pm, the previous day, Lunch 8.30 am, the same day, Dinner 2.00 pm, the same day, Parties 24 Hours notice.

**LIBRARY** Monday to Saturday 10.00 am to 5.00 pm. **GOLF HUT** Monday to Saturday, 7.00 am to 8.00 pm, **GYM** Monday to Saturday 7.00 am to 11.00 am & 4.00 pm to 8.00 pm, **GOLF PRO SHOP** Tuesday to Sunday 9.00 am to 6.00 pm. **TENNIS** Monday to Sunday 8.00 am to 12.30 pm & 2.30 pm to 6.30 pm, **BILLIARDS** Tuesday to Sunday 10.00 am to 1.00 pm & 4.00 pm to 9.00 pm. **GOLF** All Days 7.00 am to 6.30 pm.

#### **Office Hours:**

Days ( Mon - Sat ): 09:30 AM To 6:15 PM. Phone Number: +91 22 2207 0760

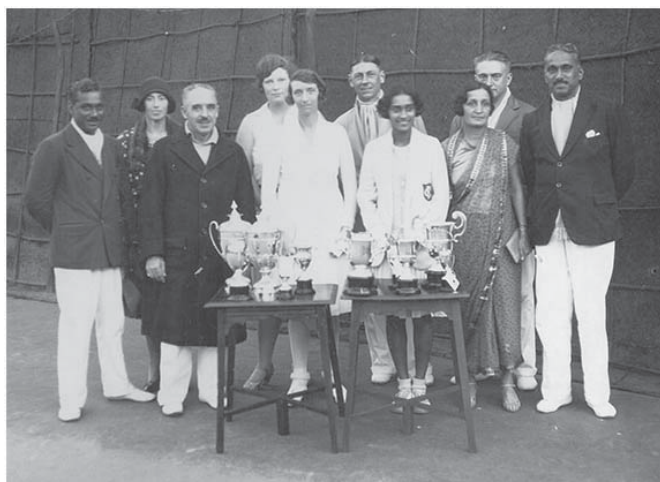
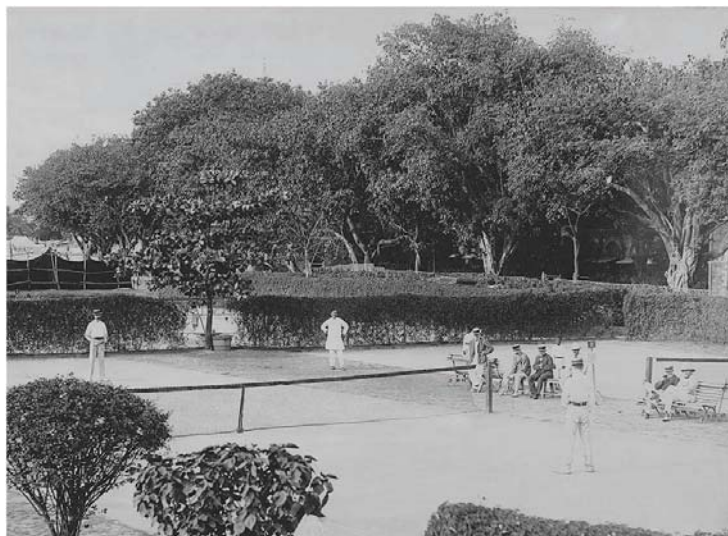
Contact Info: Email: admin@bombaygymkhana.com

Address: Mahatma Gandhi Road, Opp: Fashion Street, Azad Maidan, Fort, Mumbai, Maharashtra 400001

#### **HERITAGE:**

The unique Swiss Chalet style Bombay Gymkhana Club House and Pavilion designed by John Adams was completed in 1876. The Heritage Committee of the Municipal Corporation of Greater Mumbai has awarded heritage status and protection to the Bombay Gymkhana Club House. Accordingly, it is treated as a protected structure under the guidelines laid down by the administrative body.

The founder's ambition was to eventually have a cricket field, a swimming pool, a skating rink, a billiards room, a library of sporting books and "a pretty garden".



The First President of the Bombay Gymkhana was Sir Lyttleton Bayley, Acting Chief Justice of Bombay and a former cricket captain of Eton, who served in this capacity for 20 years. Social status and an interest in sports were important criteria for membership and 200 gentlemen were enrolled as the first members of the new Club.

Permission was obtained from the authorities to erect a Club House on the Parade Ground (now Azad Maidan) which was designed by John Adams and completed in 1876. The total cost of Rs.15,625 for the construction of the building was primarily raised by subscriptions and donations from Members, while



the Parsi philanthropist, Sir CowasjiJehangir, voluntarily contributed Rs.1000 for the furnishings although he could never enter the Club House, since membership was then open only to Europeans.

Bombay Gymkhana established in 1875, is one of the premiere gymkhanas (sports arena) in the city of Mumbai (Bombay), India. This iconic institution is situated at the junction of two major avenues, the Esplanade (now Mahatma Gandhi Road) and Hornby Road (now DadabhaiNaoroji Road), an area surrounded by heritage structures. Originally built as a British-only club it was designed by English architect, John Adams.

The Gymkhana's members reflect the spirit of this wonderful cosmopolitan city. Sports is what binds members together: cricket, football, rugby, tennis, squash, badminton, swimming, billiards, bridge, table tennis ... and, as a result, this Gymkhana, and its members, have won several Indian and International Tournaments in different sports and in different age groups. The Gymkhana also has a unisex gymnasium, yoga facilities, a library, a convenience store and offers excellent dining facilities.

**Compiled from the Web by P. S. Raju, FCA the Editor Waltair Times and Vice President of Waltair Club.**



# MITSUBISHI ELECTRIC AIR CONDITIONERS

## I TECH

9-14-5, Praveen Plaza, VIP Road, Siripuram, Visakhapatnam, A.P., India  
Mob : 9849760202, 7729988322 E-mail : itech.vsp@gmail.com

**Exclusive Sales & Service Dealers for MITSUBISHI ELECTRIC INDIA PVT. LTD.**

# AFFILIATED CLUBS



## NIZAM CLUB - HYDERABAD

### Club History:

The Club was established on 26th September, 1884 by Nawab Mahbub Ali Khan, Asaf Jah VI. During those days, there was only one major club in the Hyderabad State, the Secunderabad Club and it was exclusive and almost confined to the British Resident of Hyderabad State. Therefore, The then Prime Minister Mir Laiq Ali Khan Salar Jung II, suggested a club for gentlemen of status and culture, irrespective of race, religion or creed, be established. And the Nizam Club came into existence. In 1885, Mahbub Ali Khan, Asaf Jah VI sanctioned a monthly grant of Rs 100 towards rent for a suitable club building and this grant was continued till 1946. The Club was initially housed at the Abid Centre (now Abids), on a site where the old General Post Office building was subsequently located. Later, it was shifted to premises in the present Mahboobia Girls School complex. The present premises was purchased in 1906 for a sum of Rs.30,000, located opposite to the Andhra Pradesh Legislative Assembly building.



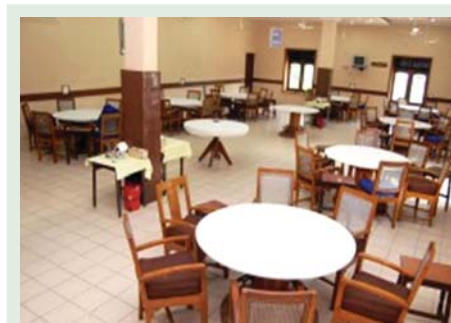
### Structure

The sprawling Club, spread across 4 acres of land, European in style, the central structure has a stone portico with steps leading up to the raised plinth. An arched corridor spans the entire facade and wraps around to the southern portion. A beautiful wooden staircase leads up to the upper floor. Various additions and alterations have been made to the original structure. The Club records attribute the construction of a magnificent Banquet in 1910 to Nawab Hakim ud Dowla and the creation of the Card Room designed and constructed in 1945.

The Club was established in the month of Aban 1293 Fasli, under the patronage of H.E.H. the Nizam's Government, and owes its origin to a desire to provide a first class club, managed on western lines to which gentlemen of culture and position could be admitted irrespective of race, and creed on terms of social equality. The Club registered under the A.P. Societies Act of 1951 and is the first society registered in A.P. The elected body consisting of President, Vice-President, Hon. Secretary, Joint Secretary, and 6 members of the Managing Committee maintains the Club. The Membership of the Club shall be open to all persons without any distinction of religion, race, caste or sex, subject to the provision of the Club rules. The Club runs all its activities with no profit, no loss motto. The Club maintains its discipline and decorum as per the Club rules to use the Club facilities by family gatherings. The aims and objects of the Club are to provide a central place for the residents of the city to meet during leisure hours to take part in indoor and outdoor games and to increase unity and feelings of cordiality among officials, non-officials, Jagirdars and nobles of the Dominions. The Club is located in the heart of the twin cities opposite to A.P. State Assembly Hall surrounded in 4 acres land.

**MILESTONES:** Club Established 1884 Tennis at the Anaila 1903. The Present Premises Acquired 1906. Dining Hall Constructed 1910. Billiards Room Built 1945. Guest Rooms Constructed 1966. Ahsan Memorial Building 1975 Children's Park and Table Tennis 1976. Double Storied Card Room 1979. Badminton Hall Constructed 1983. Swimming Pool Opened 1984. Banquet Hall 1984. Health Club Building 1986. Double Storied Building for Bar 1998.

### Facilities available at the Club:





### **A.C.T.V. LOUNGE:**

Open to members from 10.00 a.m. to midnight. It is primarily meant for all the Members, their families and their guests. Children below the age of 16 years are not allowed into the T.V. Lounge if, the parents are not with in the precincts of the Club. Dependent Members not accompanied by their parents will not be allowed after 10.00 p.m. Only snacks and beverages (soft drinks) will be served. The liquor will be served to Members and their Guests provided accompanied by a female member or female guest of his/her family Members.

### **NON-AC T.V. LOUNGE / NON-AC BAR**

Non-A.C T.V Lounge will be in operation as per the decision of the Managing Committee from time to time. Awareness programs / whist drives and any other programme/s will be held as decided by the Managing Committee from time to time. On Tombola days and any other function in the lower lawns, Non-AC TV lounge will be used as Non-AC Bar.

### **BAR:**

Bar facility is being provided in the Club after obtaining proper license from Excise Department ever year. Liquor will be served in the Club premises as permitted in the designated areas as prescribed. Liquor will be purchased from authorized Government out-let as per the requirement and availability of stocks. The working hours of the Bar will be from 11.00 a.m. to 4.00 p.m. and 6.00 p.m. to 11.00 p.m (or as per the permission by the Government). No out side liquor is permitted. The Companies may offer product promotional schemes to introduce their products with the prior permission of the Managing Committee. The Club clear off non moving stocks by different discount schemes as decided by the Managing Committee.

### **LOWER LAWN ADJACENT TO CENTENARY HALL:**

The lower lawn is used for Club functions, entertainment programmes etc. The snacks and liquor will be provided to Members and their Guests in the evening as decided by the Managing Committee from time to time. Members should enter their guest/s names in the guest register provided at the entrance of the lower lawns. It can be provided for booked lunches

subject to availability of the place and if there are no Club functions. The place is suitable to accommodate a maximum of 100 to 150 people with Buffet type of service.

#### **CENTENARY HALL:**

This Hall has a maximum seating capacity for 100 people. It is used as an alternate Dining Hall. Timings are 9.00 a.m. to 12.00 midnight. This Hall and the lower lawn are not available for private bookings on the days when there is organized club activity.

#### **FILM SHOWS:**

Popular films are exhibited at Lower Lawn for the entertainment of all Members, their Families, Children and Guests. No extra payment is necessary to watch the cinema. However, guest names are to be entered in the guest register kept at the entrance. Timings are from 7.30 p.m. to 10.30 p.m. Information on Cinema is given in the Club's news letter and on the notice board. Snacks and beverages will be served on self service.

#### **MAIN DINING HALL:**

In the main Dining Hall of the Club, regular lunch and dinner will be served. Members are allowed to bring a maximum of six guests. If the guests exceed this number, prior permission and 24 hours advance booking is necessary.

#### **TIMINGS:**

Lunch : 1.00 p.m. to 3.00 p.m.

Dinner : 7.30 p.m. to 11.30 p.m.

Saturday : 7.30 p.m. to 12 midnight.

Lunch & Dinner will be served on Al-a-carte basis every day. However, on Sundays buffet lunch will be served between 1 p.m. to 3 p.m. Al-a-carte lunch service is suspended on that day. Joining of the tables is restricted. The tables will be joined with prior permission from the Hon. Secretary with additional charges, if the guests are more than 6 on a table. Liquor will not be served in the Dining Hall. However, Members can themselves carry their last peg of drink to Dining Hall for consumption. Smoking is prohibited in the Dining Hall. The dress regulations as per the club bye-laws 5 (a) is applicable and members are requested to adhere to the rules strictly.

#### **PROCEDURE FOR BOOKING BANQUETTING PARTIES:**

Banquet Parties (Lunch, Dinner & At Home) will be allowed on availability of designated places subject to Club functions. The following places for banquet parties are available as mentioned below. Generally, all banquet parties will be served with buffet type of service.

Conference Hall (A.C.) : Maximum accommodation for 30 persons. (2) New Banquet Hall(A.C): 1st floor of Main Building - shall accommodate 60 persons. (3) Banquet Hall at lower lawn(Non-A.C): This will be provided for Lunch and can accommodate 100 to 150 persons. (4) Swimming Pool area will be provided on every Tuesday throughout the year and in Off Season, i.e. from July to February any day, which can accommodate a maximum of 100 persons.

Advance booking should be made on a prescribed form and on payment of 100% advance. Members those who are in credit stop / defaulter are not allowed to book the parcel/party unless they clear the club dues in full. The availability of the premises should be ascertained from the Hon. Secretary / Chief Executive Officer / F & B Manager for booking. Members are responsible for the orderly behavior of the guests in private parties. Members organizing private parties are to note the following restrictions:

An advance payment of 100% of the estimated cost of the Party shall be paid on booking to confirm the party. Speeches, Singing, Clapping and Music Systems are not permitted. There should be no disturbance to the other members. All guests should be dressed properly and only those who are recognized in general society shall be invited. Member hosting the Party should be present till the end compulsorily. The open theatre screen should not be used for any purpose of decoration. Performing religious activities/function is strictly prohibited in club premises. The number of persons booked for the party be observed strictly. If the number of persons exceeds the booking, the extra persons will be charged at 150% on the tariff of banquet parties. Outside liquor is strictly prohibited. Any additional items from supplying company will be provided on request of the member and will be charged accordingly. Charges for cancellation of parties: Before 48 hours : 5% of the booked value of the party

i) Before 24 hours : 10 % of the booked value of the party. No cancellation will be entertained for less than 24

hours notice. The advance paid will be forfeited. A maximum of 6 plates of each food item only will be given as parcel from Al-a-carte menu. Parcels worth a minimum of Rs.500/- will only be booked in advance if the items are not in the regular menu. Separate bills are prepared for the booked parties/parcels and member should settle the bill amount immediately, failing which the balance amount will be transferred to member's account at the end of the month.

#### **CHILDREN'S PLAY GROUND:**

A small play ground is available in front of Health Club building for use of children between 5 years to 12 years of age. Children are not allowed to loiter around the playground as Diesel generator room; electric panels etc. are in close proximity to the playground. They have to strictly remain at the sports facilities only. Play timings are between 9.00 a.m. to 7.30 p.m. Parents are requested not to leave their children in the play ground without proper supervision. The club will not be responsible if the children get hurt while playing or stray into dangerous areas.

#### **GUEST ROOMS:**

Guest Rooms are available for rent for members, member's guests and reciprocal Club Members who have prior booking and are in possession of valid identity cards. The room reservation will be confirmed only on written request, or email, or fax and payment of advance. Oral / Telephone booking enquiry are not treated as confirmed booking. For booking of rooms for affiliated club members, a letter from concerned affiliated club along with advance amount is compulsory. The check-in and check-out time is 8.00 a.m. Members from affiliated clubs should settle their bill by cash/credit card/ D.D. They must also make entries of arrival and departure time and date with their own handwriting. Over writings and alterations will not be considered for any claim/disputes. A member can book a maximum of two rooms. A member can book the rooms for a maximum of 3 months for self occupation at a stretch and 30 days for a guest. An affiliated club member can book the room maximum of 15 days at a stretch. The occupant should vacate Room/rooms without fail on the date and time as mentioned in their form. The introducing member shall be responsible for the payment of bills incurred by the guest/guests. Special Temporary member fee will be charged to the members guests in addition to the room rent as per the club rules. Occupants should settle their bills at the interval of seven days if their stay is more than 7 days at a stretch. Extra guest other than couple, 50% of the room rent subject to a maximum of Rs.300/- including extra bed charges. For children below 16 years: Rs.200/- per head including extra bed charges.

o) Cancellation charges for advance booking: Before 30 days: Rs.50/- per room. From 30 days to 3 days: Rs.100/- per room. From 72 hours to 24 hours : Rs.50% of the rent.

i) Within 24 hours is: Rs.100% of the rent. Members who books and cancel the rooms on the same day - Cancellation charge will be Rs.100/- per room. Cancellation after occupation: For the balance period of booking 20% of the room rent for a maximum of 3 days. Non-occupant lady will not be permitted to visit the guest rooms after 9 p.m. No parties are permitted in the Guest Rooms. Occupants are not allowed to entertain any guests in the Guest Rooms. No room service will be provided to any unauthorized guest staying with the occupants and service will be provided to the guest room occupants on an additional service charge of 15%. Occupants of the Guest Rooms who are not affiliated club members are not permitted for participating in Tombola. Dress regulations as prescribed in the byelaws are applicable for guest room occupants also in the club premises. The articles placed in the room should be intact and if there is any loss or damage of any article, the cost of such article will be recovered from the room occupant. The Club will not have any responsibility for the loss of any items belonging to the room occupants. Outside liquor is not permitted in the guest room.

#### **LIBRARY:**

A well equipped library with nearly eight thousand books and subscribing to all well known magazines, periodicals and news papers are available for the use of members and their families. The Library will be kept open from: 9.30 a.m. to 10.00 p.m. Members who wish to borrow the books from the library have to enroll as library member at a nominal fee of Rs.25/- a month. Each library member may borrow a maximum of three books at a time for a period of 14 days. If the books are not returned by the stipulated date, a fine of Re.1.00 for the first one week per day per book will be levied and after one week Rs.3/- per day. In case a book is lost, the cost of the book will be charged to the member's account. A list of latest arrivals is available with the librarian, and will also be displayed on the Notice Board of the Library. Members are expected to observe strict silence in the library. Usage of Cell phones are not permitted inside the library. Smoking is not permitted. No services will be provided. Children below 10 years are not allowed in the library. Guests are not allowed in the Library. Old magazines can be purchased by the members at 1/4th rate of the original price. Current Magazines and the issue prior to it will not be

considered as old magazines. Some of the periodicals are not available for sale. A suggestion/complaint book is placed in the library for members use.

#### **INTERNET FACILITY:**

An internet facility with PCs and printer are provided in the library. Member should register their name with membership number, in-time and out-time for browsing the internet. They will be charged as under: For 10 mts to ½ hour : Rs.10/-

For 1 hour : Rs.15/-

For printing (only black) : Rs.5/- per page.

#### **ENTERTAINMENT:**

The entertainment programmes of the Club are usually decided one month in advance and will be published in the monthly newsletter being circulated to all members and also will be placed on the notice board for information.. Unless some last minute change occurs due to adverse weather or any other disturbances, the programmes are generally implemented. The club usually conducts four tambolas in a month and bumper tombolas periodically. Film shows will be screened as and when decided by the Managing Committee. The entertainment programme is planned by the Social Activities Sub Committee and the approved programmes by the Managing Committee are intimated to all the members through Newsletters, posters and other publicity material like SMS. There shall be one special entertainment programme on the New Year's Eve on 31st December. The Club Day will be celebrated on 26th of September of every year as the The Nizam Club was founded on 26th September, 1884. Programme for the day will be intimated and notified, through Newsletter and displayed on the Notice Boards.

#### **CONFERENCE ROOM:**

An air-conditioned conference room is available for members. It has a seating capacity of maximum of 30 persons. Members may book the same in advance on availability for conference and seminars upto its capacity. Members are requested to contact the F & B Manager for booking, providing service and the charges of the hall, etc.

Members of affiliated clubs using Nizam Club shall observe the following Bye-laws:

- a) They shall carry with them a valid introductory card and permanent photo identity card from their parent club.
- b) On arrival they should enter their name, membership number on every visit in the register maintained at the reception. And they are also required to pay the prescribed charges and obtain the receipt.
- c) Reciprocal members shall not use Nizam Club for a period exceeding 10 days in a calendar month subject to a maximum of 30 days in any calendar year. Such members are exempted from payment of monthly subscription.
- d) For utilizing the club facilities by the affiliated club members, they are required to obtain smart card from the cash counter after depositing sufficient money in the card, along with a deposit of Rs.200/- towards card charges.
- e) The balance amount if any left over in the smart card and the card deposit will be refunded by the cashier on surrendering the smart card while leaving the club.
- (f) Balance amount if any in the smart card, if unclaimed for 10 days, shall be forfeited thereafter.
- g) Any person who has been refused admission in to the Club as a member, he/she shall not be permitted to use the Nizam Club as a Reciprocal Member.
- h) The affiliated club members are not permitted to participate in tournaments, competitions and tombolas. (For tombolas if they are staying in guest rooms they will be allowed).

• The Nizam Club, Saifabad, Hyderabad

Phone: 23237097, 23230262, 23210215

Fax : 23212315. Email: thenizamclub@gmail.com

**Compiled from the Web by P. S. Raju, FCA the Editor Waltair Times and Vice President of Waltair Club.**

# VISUAL BRAIN TEASERS



## Quick brain teasers for adults to flex two key mental muscles: attention and working memory

By: SharpBrains

Looking for some fun, and free, cognitive stimulation? Here you have a few quick brain teasers to exercise your attention and your working memory—the ability to keep information in your mind while working on integrating, processing it. Give them a try...they are not as easy as they seem.



1. Say the days of the week backwards, then in alphabetical order.
2. Say the months of the year in alphabetical order. Easy? Well, why don't you try doing so backwards, in reverse alphabetical order.
3. Find the sum of your date of birth, mm/dd/yyyy. Want a tougher. Do the same with your spouse's or best friend's date of birth (without looking it up...)
4. Name two objects for every letter in your first name. Work up to 5 objects trying to use different items each time.
5. Look around wherever you are and, within two minutes, try to find 5 red things that will fit in your pockets, and 5 blue objects that are too big to fit.



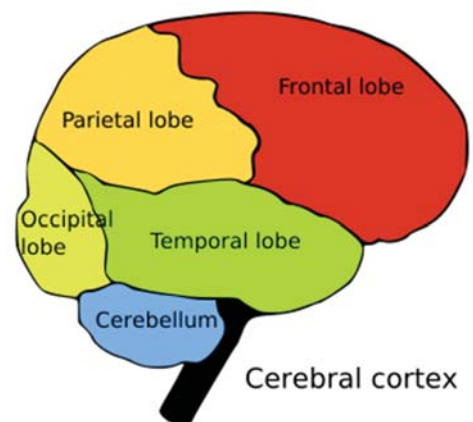
### Quick brainteaser to test your mental rotation skills

By: Dr. Pascale Michelon

Visuospatial skills are used everyday in many ways, ranging from going from one room to another in your house to navigating in a new city.

Let's take an example. Can you picture in your mind an arrow pointing to the right? Now, turn this arrow so it points to the left. Done?

You have just performed a mental rotation, a key ability to read maps, play chess, arrange furniture, etc. Mental rotation relies mostly on the parietal areas towards the back of your brain (orange section in the brain image to the right).



### Here is a brain teaser to stimulate your mental rotation cognitive skills.

For each number in the matrix below, decide whether it is a normal or reversed number, as in this example:

Ready. Set. Go! (and please don't rotate your device, or your head...)



**Riddle:**

What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?

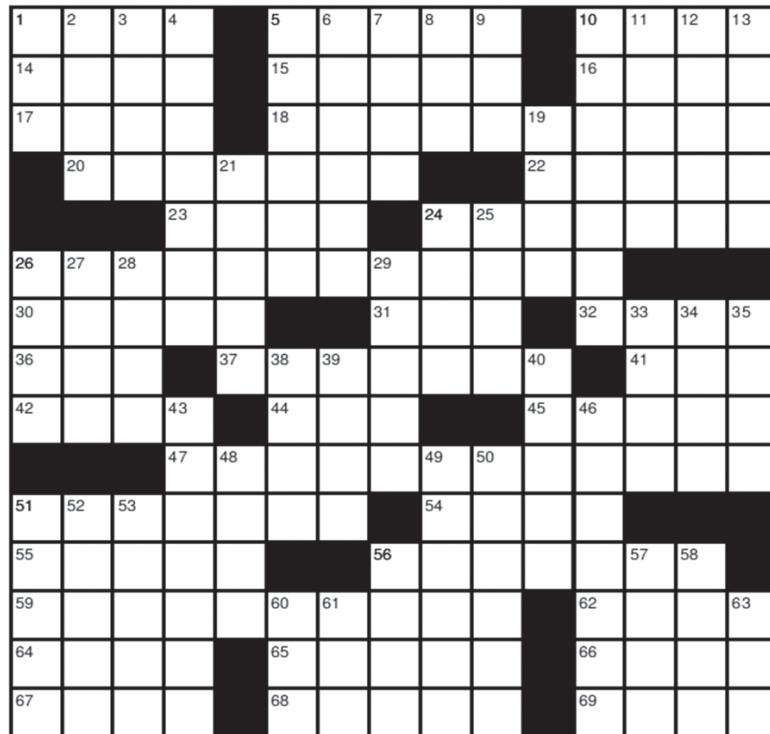
Answer: on page 70

**How Do You Like It?**

**Robert Stockton**

**ACROSS**

- 1. Butcher block, e.g.
- 5. Followed invitation instructions
- 10. Mech. for troubled sleepers
- 14. It keeps a keep safe
- 15. Many an IM user
- 16. Stew
- 17. Mendelssohn's Mrs.?
- 18. Window shopper's big purchase
- 20. Armor for an extreme athlete
- 22. Nimble
- 23. What many reporters may work on
- 24. Subj. of many bank ads
- 26. Sign of DTs or Disney spells



© 2009

- 30. Subject of a vengeful exchange
- 31. Olympic swimmer Thorpe
- 32. Eliza Dushku's role on Dollhouse
- 36. Place for a Blackhawk, Duck, or Penguin
- 37. Opportunity to hurl in a stadium
- 41. Don't fret if you mistake it for a lute
- 42. Youngsters
- 44. Non-Rx
- 45. It may be conventional
- 47. Break an impasse
- 51. Inspiration for the 1976 hit single "Convoy"
- 54. Blue ghost on a game grid
- 55. Dior dress label
- 56. Margin notes
- 59. He collars the collarless
- 62. "Sure thing!"

- 64. Courtroom attire
- 65. Sound of a (rocking) robin
- 66. Start of a conclusion
- 67. Ben & Jerry's rival
- 68. WWII weapons
- 69. DOS component
- 13. Asks
- 19. The first senator in space
- 21. Equipment for the modern pentathlon
- 24. British bloke
- 25. Irish mother goddess
- 26. Jack and Jill's burden

**DOWN**

- 1. Classifieds classification
- 2. Pastoral singer
- 3. Grammy-winning singer Jackson
- 4. Fair weather indicator
- 5. Fire-fighters descent
- 6. Comfort
- 7. Another name for Drac
- 8. Snit
- 9. Rapping Dr.
- 10. Originator of the toothpaste tube
- 11. Braid
- 12. Where a train might travel?
- 27. One-time Quechua speaker
- 28. Destitution
- 29. Word with slow or sales
- 33. Target of some seam work
- 34. Brobdingnagian
- 35. Some of Shelley's writings
- 38. Dwellers in the Painted Desert
- 39. Conductor Klemperer
- 40. Stashes, as a football
- 43. Concern for the batter or debater

- 46. Makes a positive affirmation
- 48. Flash in the brainpan
- 49. Name in a 1982-1983 hit by Dexys Midnight Runners
- 50. Emulates a contemptuous Mr. Ed
- 51. Inner circle
- 52. 7 down's supper
- 53. Name in a 1966 hit by The Beatles
- 56. Kadhi component
- 57. Like Itt or Thing
- 58. Droops
- 60. Some Audi roadsters
- 61. 100 lbs.
- 63. Trendy, or a word which can precede the starts of 18, 26, 37, 47, and 59 across

# Blow your Mind

## CHESS

Byrne vs. Fischer,  
New York 1956



At the age of 13, Bobby Fischer alerted the world to his presence, winning one of the finest games of all time against IM Donald Byrne with the black pieces. Fischer's 11...Na4!! and 17...Be6!! constitute two of the great hammer-blows in chess history; together they decimated the white position.

### Robert Eugene Byrne vs Robert James Fischer

"The Brilliancy Prize" (game of the day Mar-09-2017)  
US Championship (1963/64),  
New York, NY USA, rd 3, Dec-18  
King's Indian Defense: Fianchetto Variation. Immediate Fianchetto(E60) · 0-1

### White to move.

1...Nf6 2.c4 g3 3.g3 c6 4.Bg2 d5 5.cxd5 Qb3 maintains more tension. -Fischer 5...cxd5 6.Nc3 Bg7 7.e3 O-O 8.Nge2 Nc6 9.O-O b3. It's hard for either side to introduce an imbalance into this essentially symmetrical variation. Deadeye equality also ensues after 10.Nf4 e6 11.b3 Ba6 12.Re1 Rc8 13.Ba3 Re8 14.Rc1 (Stahlberg-Flohr, Kemerli 1937) -- Fischer 10...Ba6 11.Ba3. After White's 11th move I should adjudicate his position as slightly superior, and at worst completely safe. To turn this into a mating position in eleven more moves is more witchcraft than chess! Quite honestly, I do not see the man who can stop Bobby at this time. -- K.F. Kirby, South African Chess Quarterly 11...Re8 12.Qd2 e5! I was a bit worried about weakening my QP, but felt that the tremendous activity obtained by my minor pieces would permit White no time to exploit it. 12...e6 would probably lead to a draw. -- Fischer 13.dxe5 Nxe5 14.Rfd1 "Add another to those melancholy case histories entitled: The Wrong Rook." -- Fischer ~ "This is very much a case of 'the wrong rook'. One can understand Byrne's desire to break the pin on the e2-knight, but this turns out to be less important than other considerations. Fischer spends a lot of time and energy analyzing the superior 14. Rad1!, but still comes to the conclusion that Black can keep the advantage." -- John Nunn 14...Nd3 Now it's all systems go for the Fischer rocket. -- Robert Wade 15.Qc2 There is hardly any other defense to the threat of ...Ne4. -- Fischer 15...Nxf2! The key to Black's previous play. The complete justification for this sac does not become apparent until White resigns! -- Fischer 16.Kxf2 Ng4+ 17.Kg1 Nxe3 18.Qd2 Byrne: As I sat pondering why Fischer would choose such a line, because it was so obviously lost for Black, there suddenly comes... 18...Nxe3!! This dazzling move came as the shocker... the culminating combination is of such depth that, even at the very moment at which I resigned, both grandmasters who were commenting on the play for the spectators in a separate room believed I had a won game! -- Robert Byrne 19.Kxe3 20.Nxd4 Bb7+ The King is at Black's mercy. -- Fischer 21.Kf1 In a room set aside for commentaries on the games in progress, two grandmasters were stating, for the benefit of the spectators, that Byrne had a won game. Byrne's reply to Fischer's next move must have been jaw dropping! -- Wade 21...Qd7 And White resigns. Fischer writes: "A bitter disappointment. I'd hoped for 22.Qf2 Qh3+ 23.Kg1 Re1+!! 24.Rxe1 Bxd4 with mate to follow shortly." 0-1

## SUDOKO

SUDOKU								
	3	8				6		
5								8
						1		
		1						
	6			9	8			3
		5	4					2
		6		8		5		
2			9	5				
7				1	2			

ANSWERS  
Row 1: normal, reversed, reversed, reversed, reversed, reversed, reversed, reversed, reversed  
Row 2: normal, normal, normal, reversed, reversed, reversed, reversed, reversed, reversed  
Row 3: normal, reversed, reversed, reversed, reversed, reversed, reversed, reversed, reversed

## DISCIPLINARY COMMITTEE

2019-2020

<b>Mr.B.Satish Chandra</b> 9848198411	S-223 sbe_satish@yahoo.co.in
<b>Mr.G.V.K.Srirama Murthy</b> 9848196587	S-068 agency@gprn.co
<b>Mr.A.V.R.K.Kumar</b> 9393262826	K-016
<b>Mr.K.S.Anand Dutt</b> 9393100729	A-022 ananddutt@hotmail.com
<b>Mr.G.Veeramohan</b> 9848196777	V-088 veermohan@hotmail.com

## LEGAL COMMITTEE

2019-2020

<b>Mr.M.Ramadas</b> 9348186105	R-137 ramdasmangu@gmail.com
<b>Mr.D.Dakshinamurthy</b> 9346434348	D-018 dmdurvasula@yahoo.com
<b>Mr.S.V.S.S.R.Raju</b> 9949095891	S-208 svsstraju@rediffmail.com
<b>Mr.G.Ramakrishna</b> 9849999919	R-098 goliram1945@gmail.com
<b>Mr.A.V.Monish S Row</b> 9848190912	M-035 monishr@gmail.com

# FLIGHT TIMINGS

9I-539	-	0655	DAILY	ALLIANCE AIR	-	VIJAYAWADA/BLR	
I5519/ I5518	0645	0710	DAILY	AIRASIA	KOLKATA	KOLKATA	
AI 952/AI - 452	0715	0750	DAILY	AIR INDIA LTD	DUBAI/H'BAD	DELHI	
6E-288/6E-287	0700	0745	DAILY	INDIGO	BANGALORE	BLR/AHME	ON 7 DAY DEP BLR/PUNE
6E-2719/6E-608	0735	0805	DAILY	INDIGO	DELHI	HYDERA/MUMBAI	
AI-485	0740	0815	1,4,6	AIR INDIA	DELHI	PORTBLAIR	
6E-557/6E-557	0755	0825	DAILY	INDIGO	CHENNAI	BUBANESAR/KOL	
6E-6211/6E-2726	0825	0855	DAILY	INDIGO	HYDERABAD	DELHI	
SG-421/SG-422	0850	0920	DAILY	SPICEJET	MUMBAI/HYDE	HYDERA/MUMBAI	WEF 28/10/18
6E139/6E833	0855	0925	DAILY	INDIGO	KOLKATA	KOLKATA	
AI-487	0905	0940	1,5	AIR INDIA LTD	DELHI	PORT BLAIR	
6X207/6X208	0935	1005	1,2,3,4,5,6	AIR ODISHA	JAGDALPUR	JAGDALPUR	
I5-1452/I5-1453	1000	1025	2	AIRASIA	BANGALORE	BANGALORE	
I5-1452/I5-1453	1040	1105	1,3,4,5,6,7	AIRASIA	BANGALORE	BANGALORE	
6E-879/6E-881	1140	1210	DAILY	INDIGO	AHMEDABAD/HYD ERABAD	CHENNAI/ COIMBATORE	
AI-486	1145	1215	2,3,5,7	AIRINDIA	PORT BLAIR	DELHI	
6E833/886	1210	1240	DAILY	INDIGO	KOLKATA	KOLKATA	
6E-366/6E-809	1225	1300	DAILY	INDIGO	MUMBAI/H'BAD	H'BAD/MUMBAI	
9W-2979/9W-2980	1315	1345	DAILY	JETLITE	MUMBAI	MUMBAI	
9I-540/9I-527	1320	1500	DAILY	ALLIANCE	BLR/VIJWADA	BZA-TIR	
AI 651	1335	1415	DAILY	AIR INDIA	MUMBAI	MUMBAI	
6E-409/6E-422	1405	1435	DAILY	INDIGO	BANGALORE	BANGALORE	
6E-512 /6E-512	1425	1455	DAILY	INDIGO	KOLKATA/ BUBANESWAR	CHENNAI	
AI-488	1435	1515	1,5	AIR INDIA	PORT BLAIR	DELHI	
SG1056/SG1057	1445	1510	DAILY	SPICEJET	HYDERABAD	HYDERABAD	
6E626/6E783	1550	1620	DAILY	INDIGO	HYDERABAD	HYDERABAD	FROM DEC 16
6E531/6E0532	1620	1700	DAILY	INDIGO	COCHIN	COCHIN	FROM NOV 30
AI -451/AI-951	1715	1800	DAILY	AIR INDIA	DELHI	H'BAD/DUBAI	
6E-611/6E-2772	1800	1830	DAILY	INDIGO	HYDERABAD	DELHI	
6E-208/6E-216	1820	1900	DAILY	INDIGO	BENGALURU	BENGALURU	
6E-773/6E-776	1850	1920	DAILY	INDIGO	HYDERABAD	HYDERABAD	
6E-882/6E-883	1945	2015	DAILY	INDIGO	COIMBAT/ CHENNAI	H'AD/AHMEDABA	
9I-528	2020	-	DAILY	ALLIANCE	TIRUPATI/VIJWADA		
I5-1458/I5-1459	2030	2055	DAILY	AIRASIA	BANGALORE	BANGALORE	
6E-622/6E-647	2040	2110	DAILY	INDIGO	BANGALORE	BANGALORE	
SG3471/SG3292	2120	2200	DAILY	SPICEJET	KOLKATA	KOLKATA	
SG1059/SG-1060	2115	2140	DAILY	SPICEJET	HYDERABAD	H'BAD/MUMBAI	WEF 28/10/18
AK83/AK82	2125	2155	2,4,6,7	AIRASIA	KULALAMPUR	KULALAMPUR	
6E-2197/6E-742	2135	2205	DAILY	INDIGO	DELHI	HYDERABAD	
MI442/MI441	2220	2310	3,5,7	SILK AIR	SINGAPORE	SINGAPORE	
6E-838/6E-839	2240	2310	DAILY	INDIGO	BANGALORE	BANGALORE	
6E-437/6E-538	2325	2355	DAILY	INDIGO	CHENNAI	CHENNAI	
FD 116	2345	0015	1,3,5,7	THAI AIRASIA	DONMUEANG(BA NGOK)		FROM DEC 7
FD117			1,2,4,6			DONMUEANG (BANGOK)	

# FLIGHT TIMINGS

## EX VIZAG-HYDERABAD

Ex Hyderabad-Visakhapatnam

### INDIGO FLIGHT

- 01) VTZ-HYD66E-60866607:556609:10
- 02) VTZ-HYD66E-80966613:006614:15
- 03) VTZ-HYD66E-78366617:306618:50
- 04) VTZ-HYD66E-77666619:206620:30
- 05) VTZ-HYD66E-88366620:156621:30
- 06) VTZ-HYD66E-74266622:056623:20

- 01) HYD-VTZ66AI-952606:10666607:20
- 02) HYD-VTZ66SG-421607:45666608:55
- 03) HYD-VTZ66E-3666611:1566612:30
- 04) HYD-VTZ66E-6266615:5566617:00
- 05) HYD-VTZ66E-6116616:5066618:00
- 06) HYD-VTZ66SG-10596618:5566620:30

### SPICEJET

- 07) VTZ-HYD66SG-42266609:256610:35
- 08) VTZ-HYD66SG-105766615:106616:35
- 09) VTZ-HYD66SG-106066620:556622:10

- 07) HYD-VTZ66E-6211607:20666608:15
- 08) HYD-VTZ66E-879610:35666611:45
- 09) HYD-VTZ66E-77366617:3566618:50

### AIR INDIA

- 10) VTZ-HYD66AI-951666618:006619:10

- 10) HYD-VTZ66SG-1056613:3566614:50

## EX VIZAG-BANGALORE

Ex Bangalore-Visakhapatnam

### AIR ASIA

- 01) VTZ-BLR66I5-145366611:056612:40

- 01) BLR-VTZ66I5-145266609:10666610:40

### INDIGO

- 02) VTZ-BLR666E-42266614:456616:20
- 03) VTZ-BLR666E-21666619:006620:35

- 02) BLR-VTZ666E-10966612:45666614:15
- 03) BLR-VTZ666E-60866616:50666618:20

## EX VIZAG-CHENNAI

EX Chennai-Visakhapatnam

### INDIGO

- 01) VTZ-MAA66E-881666612:156613:40
- 02) VTZ-MAA66E-512666615:006616:20
- 03) VTZ-MAA66E-6001666617:556619:05

- 01) MAA-VTZ66E-557666606:40666608:10
- 02) MAA-VTZ66E-683466616:00666617:25
- 03) MAA-VTZ66E-882666617:55666619:15

## EX VIZAG-MUMBAI

Ex Mumbai-Visakhapatnam

### INDIGO

- 01) VTZ-BOM66E-60866607:556611:25

- 01) BOM-VTZ666SG-42166605:45666608:55

### SPICEJET

- 02) VTZ-BOM-66SG-42266609:256612:30

- 02) BOM-VTZ666E-36666609:15666612:30

### AIR INDIA

- 03) VTZ-BOM66AI-65166614:156616:20
- 04) VTZ-BOM66AI-65366621:306623:40

- 03) BOM-VTZ666AI-65166609:50666613:35
- 04) BOM-VTZ666AI-65266619:10666620:50

## EX VIZAG-DELHI

EX DELHI-VISAKHAPATNAM

### AIR INDIA

- 01) VTZ-DEL66AI-45266608:406611:20

- 01) DEL-VTZ66666E-271966605:20666607:25

### INDIGO

- 02) VTZ-DEL66E-27266608:556611:25
- 03) VTZ-DEL66E-277266618:306621:10-

- 02) DEL-VTZ66666SG-890366609:10666611:25
- 03) DEL-VTZ66666E-219766619:25666621:35

### SPICEJET

- 04) VTZ-DEL66SG-890466611:556614:20

- 04) DEL-VTZ66666AI-451666615:00666617:20

## EX VIZAG-KOLKATA

EX KOLKATA-VISAKHAPATNAM

### AIR ASIA

- 01) VTZ-CCU66I5-51866607:006608:35

- 01) CCU-VTZ66I5-519666605:10666606:35

### INDIGO FLIGHT

- 02) VTZ-CCU666E-55766608:5066610:30

- 02) CCU-VTZ666E-512666612:20666614:00

\* SCHEDULE IS SUBJECT TO CHANGE

\* PASSENGER SHOULD ENQUIRY BEFORE BOOKING/TRAVEL

### ENQUIRY NOS.

\* 6E ñ INDIGO FLIGHT

9910383838

\* SG ñ SPICEJET

9871803333

\* AI- AIR INDIA

18602331407

\* I5 ñ AIR ASIA

08046662222

\* VISAKHA AIRPORT

08912851169

# EMERGENCY PHONE NUMBERS AT VISAKHAPATNAM

## AMBULANCE SERVICES/HOSPITALS

HOSPITALS	Phone Number
Emergency	108 (Toll Free)
Apollo, Waltair Main Road	
Apollo, Arilova	2727272
	2867777
Care Hospital, Ramnagar	3041444/ 2522622
ESI Hospital - Malkapuram	2577195
ESI Hospital - Industrial Estate	2558209
ESI Hospital - Ramnagar	2553780
Golden Jubilee Hospital	2748050, 2748037
Ghosha Hospital	2562637
K.G.H.	2564891,
	Casulity (2542987)
	Blood Bank : 2543342
Kanakadurga Nursing Home	26667201
Latha Hospital(Daspalla Hills)	2736116
Lazarus Hospital	2780780,2784784
Mental Hospital	2570915
Queen's NRI Hospital	2535063/ 2535752
Seven Hills Hospital	2535488, 6677777
TB Hospital	2552525
Sunrise Children's Hospital	9550377799
Onmi RK Super Speciality Hospital	3080300
Mahatma Gandhi Cancer Hospital	2878787
LV Prasad Eye Institute	6714000
Visakha Eye Hospital	3042525
Vasan Eye Care Hospital	3989000
Lotus Hospital for Women	6656666
Star Pinnacle Hospital	6769977,6769978
RK Hospital	2764411
Govt.ENT Hospital	2711443
Krishna Hospital	2706628
Sankar Foundation Eye	9152769228
St. Joseph's Hospital	2706974

# Good music and good health who doesn't enjoy both ..



**Mr. P. Krishnakanth**  
Chairman Sports Committee

Good music and good health who doesn't enjoy both ..

It's winters almost now, but in Vizag summers is always around the corner. It's 35 degrees and rainy, and very moment it's 25 degrees and chilly, whatever the weather brings, we always endeavour to bring you good health, and the good news is, this time it's with good music and movement.

Whatever weather thrusts on you, hitting the fitness class conquers all lows.

Time now to put not only your health first but to build on some confidence, strength and perseverance. Wondering how?

We bring you fun aerobics! By Shaheda Mehidi our own member a certified Reebok trainer with high and low intensity fitness workout for muscle, fat loss and of course great abs. Aerobics is a great fitness regime that pairs up body coordination with music and can be taken up easily without any experience in dance.

Aerobics actually means living with air (oxygen). And we here on Waltair Club, make those feet lighter that you live in the air. And this beautifully translates to the importance of oxygen to keep the body fit, more the oxygen, more the energy, more the energy better the health.

Aerobics is the cardiovascular conditioning where heart is thumped up and stimulate it to pump up more and more oxygen yet one feels nothing short of breath. (sounds good) But the great news is still to deliver.

Want to slow down the fine lines and wrinkles. Knock at our age defying corner and pick up aerobics now.

Benefits of it bring you neurotrophic factor which recharges and rebuilds the brain health too.

Our stretching and strengthening techniques are all we offer in fun aerobics.

Bring on flexibility, great heart, lustrous skin and an "active you" ..

We welcome you all from a fat to fit journey only to make you fabulous.

Give yourself an hour of your choice every Monday & Thursday's (timings - 7.45am to 8.45 am)

And make club a healthier community.

Why edit pictures when you can edit that "FAT"

Cheers

**P Krishnakanth**

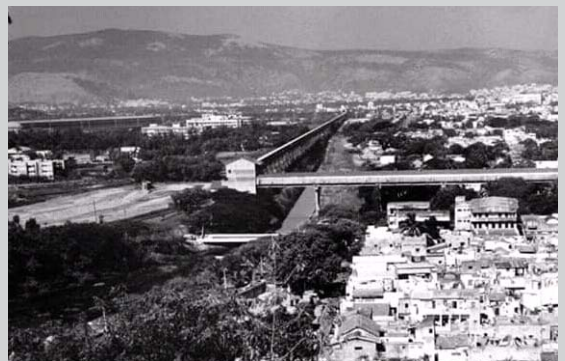
Chairman sports

Row 2: normal, normal, reversed, reversed, reversed

Row 1: normal, reversed, reversed, reversed

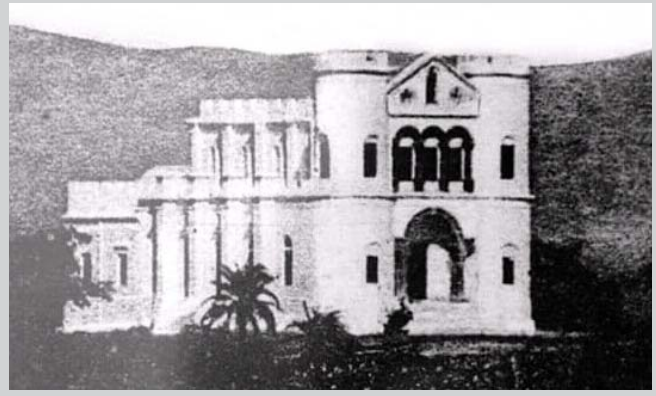
**ANSWERS**

# Visakhapatnam - Nostalgia. ///









Taken from the web by P. S. Raju., FCA., Editor Waltair Times and Vice President - Waltair Club.



# COMFORT ROOMS

Adjacent to International Cricket Stadium, Madhurawada



## AMENITIES

- Air conditioned rooms
- Express check in/check out
- Non-smoking rooms
- Flat screen TV (43" LED)
- Safe lockers
- Newspapers
- Key card access
- Inter-connected rooms



## Luxurious Rooms with HILL VIEW & CITY VIEW

## LOCATION NEAR BY...

- Adjacent to International Cricket Stadium
- 2km to Indira Gandhi Zoological Park
- 5km to Tenniti Park
- 8km to Bheemli Beach
- 12km to RTC Bus stand
- 13km to Railway station
- 17km to International Airport



## VIZAG CONVENTIONS

10-10/1, APHB COLOY, PM PALEM, Beside Cricket Stadium, Visakhapatnam-530041  
Ph : 0891-2737481, Mob.: 9515154745 Email : reservations.vizagconventions@gmail.com



  
**PMJ**  
JEWELS

Vizag's Biggest  
Wedding Jewellery Exhibition

16<sup>th</sup> & 17<sup>th</sup> November, 2019

Hotel Grand Bay, Vizag

11:00 Am Onwards

+91 80088 33333

Opp. Dutt Island, Siripuram Junction, Vizag.

VIZAG | HYDERABAD | VIJAYAWADA | BENGALURU | USA | UAE



+91 80088 86888



+91 80080 19281



pmjjewels.com

Follow us:

