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# WALT AIR TIMES

Vol. 21 | Issue 4 | Oct 16



House Journal of The Waltair Club, Visakhapatnam

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## From The President's Desk

Dear Members,

Warm Wishes!

Festival season is in the air! It started with Vinayaka Chavithi, the most awaited festival of India which is celebrated across the country with great zeal and enthusiasm and The Waltair Club is no exception. We celebrated Vinayaka Chavithi in Waltair Club with lot of fervour. The place was beautifully decorated. Mr.Lakshman Patro, the Honourary Treasurer of the Club and his wife Padma performed pooja while the members keenly watched the pooja being performed. After the pooja, prasadam was distributed to all the members which was followed by a sumptuous breakfast.

The Library Committee organized an interactive session with the renowned author Sreemoyee Piu Kundu on 'The Journey of a Woman in the Modern India'. The session addressed issues such as dowry deaths, sexual abuse and other kinds of harassment towards women in India. It was indeed a thought provoking session. The Library Committee is conducting Story Telling sessions in English and Telugu every Saturday for the children. Members are requested to encourage their children to attend these sessions to improve their communication skills.

The most awaited mega mela of the Club, 'Sunday Bazaar' was organized by the Ladies Committee which was a platform to display a wide range of clothes, jewellery, food and food products, gift items, paintings and what not. The footfalls were more than 1200 which was very encouraging. It was a productive Sunday for the stall owners as well as the visitors.

Dasara is around the corner and preparations have begun all over to celebrate this colourful festival. The Entertainment Committee took the members to experience the festival euphoria by conducting a dandiya workshop. There was an overwhelming response from the ladies who put their best foot forward in learning dandiya moves.

The Entertainment Committee is fully geared up to celebrate Vijaya Dasami Eve with grandeur and magnificence. The programme promises a cultural treat to the members with a mélange of performances by professional artists as well as inhouse talent. Members are invited to witness these enthralling performances, and taste the lip-snacking cuisine from different states of the country.

For Club members Diwali is always the most awaited festival. The food and game stalls, the huge firework displays, the festive mood all around make Diwali a very special occasion for all the members. This is the time when we get an opportunity to spread cheer and catch up with relatives and friends. So lets celebrate Diwali together in our Club.

As I conclude, I would like to express my deepest condolences to the families of the brave soldiers who sacrificed their lives in Uri attack fighting for their motherland. May god give their families required strength and courage to face the situation.

Jai Hind !

With Regards

**A. Satyanarayana**

Managing Committee for the year 2016-2017			Committee Members		
<b>President</b>	Mr.A.Satyanarayana	9866445565	<b>Catering</b>	Mr.D.Krishna Prasad	9676212333
<b>Vice-President</b>	Mr.N.K.Hirawat	9849121000	<b>Entertainment</b>	Mr.S.V.H.Rajendra	9848192607
<b>Hony.Secretary</b>	Mr.K.Vamsi Kishore	9849166669	<b>Library, Chambers &amp; Auditorium</b>	Dr.G.Seshagiri Rao	9949414114
<b>Hony.Treasurer</b>	Mr.B.Lakshman Patro	9866446747	<b>Bar</b>	Mr.D.Srinivas	9849114535
<b>Editorial Board</b>			<b>Sports</b>	Mr.S.Murali Krishna	9848323888
<b>Chairman</b>	Mr. Nirmal Hirawat		<b>General Services</b>	Mr.K.Sri Krishna	9160121414
<b>Editor</b>	Dr. Hema Yadavalli		<b>Ladies Committee Chairperson</b>	Mrs.Meghna S Oza	9346106110
			<b>Ladies Committee Co-Chairperson</b>	Dr.Hema Yadavalli	9949485555

**Announcements**

- This is to inform the members that Swimming Pool timings are as follows:  
Morning : 06.00 AM To 09.00 AM  
Evening : 04.00 PM To 09.00 PM  
Requesting members to co-operate and strictly follow the timings.
- This is to inform the members that gym timings are as follows:  
Morning : 05.00 AM To 10.30 AM  
Evening : 03.00 PM To 08.30 PM  
Requesting members to co-operate and strictly follow the timings.
- "STORY TELLING" at "CHILDREN'S PLACE" in Library at 5:00 PM is conducted on every Saturday for children aged 3-6 years. Interested parents can drop their children at Library, if possible, with their favourite books. Contact Librarian for details.
- Library Committee is conducting "Quiz Competition" (General Knowledge & Current Affairs) for Member Children on Sunday 2nd October, 2016 from 11:00 am to 01:00 pm at AC Dining Hall. Group-1:- 8th-10th Class & Group-2:- Inter-I&II yr. Register at Library on or before 30th Sept. 16 (Friday).
- Waltair Club is participating in the Cricket Tournament 'VIZAG SUPER 20 Cricket Tournament' conducted by Faza Foundation under the name 'Waltair Riders'. All those interested in taking part in the tournament may register their names at the Reception before 30th Sept, 2016. The first selections on nets with cricket ball will be on 2nd October, 2016 and so on every Sunday till 30th October, 2016 and practice matches among the finally selected players will be on all Saturdays and Sundays in November till the date of tournament. Please contact Mr.V.Ravikanth (R-446) Contact No.9441400007 for any details.
- The senior citizens get together will be held on 16th October, 2016 at Oyster from 11.00 AM onwards followed by Tambola, Fun Games, Singing Dancing etc., Senior Citizens (Aged 60 & Above) with spouse are invited to the get together and make it a grand success. Age limit is to be strictly adhered to. Buffet Lunch and Snacks are served.

**Programmes for September, 2016**

07.10.2016	Friday	Movie	7.00 PM
09.10.2016	Sunday	Beer n Biryani Tambola	12 noon
10.10.2016	Monday	Dasara Eve	7.00 PM
14.10.2016	Friday	Movie	7.00 PM
16.10.2016	Sunday	Senior Citizens Day	11.00 AM
21.10.2016	Friday	Movie	7.00 PM
22.10.2016	Saturday	Super Bumper Tambola	7.30 PM
28.10.2016	Friday	Movie	7.00 PM
29.10.2016	Saturday	Diwali Mela	5.00 PM

**New Members joined in August & September, 2016**

Member Name	M.No.	Category	D.O.J.
Miss.Indira Shanker Reddy	I-22	Regular mc	01.08.2016
Miss.Y.Arushika	A-398	Associate	01.08.2016
Mr.Anuj Sabharwal	A-230	Regular mc	23.08.2016
Mr.Tushar Khatod	T-087	Associate	10.09.2016
Mr.G.RaviTeja	R-710	Regular mc	12.09.2016
Miss.P.Sai Lahari	S-1136	Associate	15.09.2016
Mrs.Jwalanthi Raghuram	J-129	Regular mc	15.09.2016
Miss.B.Sonali Patro	S-1138	Associate	16.09.2016
Miss.Deepakshi Dhariwal	D-137	Associate	16.09.2016
Mr.V.Venkatesh	V-400	Regular mc	16.09.2016
Mr.P.Sai Anish	S-1137	Associate	20.09.2016
Miss.R.Nitya	N-241	Associate	20.09.2016
Miss.C.Varsha	V-399	Associate	21.09.2016
Mr.T.Vikram	V-402	Regular mc	22.09.2016
Mrs.Y.Anjana	A-394	Regular mc	22.09.2016
Miss.Karishma Bothra	K-289	Regular mc	23.09.2016
Mrs.Hari Preethi	H-205	Regular mc	26.09.2016
Miss.T.Rajyalakshmi	R-711	Associate	27.09.2016

**Waltair Times Advertisement Tariffs**

Location	1 Issue	3 Issues	6 Issues.	12 Issues
Back Page Full	25000	60000	90000	144000
Back Page Half	15000	30000	48000	72000
Inside back Full	15000	36000	60000	96000
Inside back Half	8000	18000	30000	48000
Inside 2nd page Full	18000	40000	60000	110000
Full Page inside	10000	24000	36000	60000
Half Page	6000	15000	24000	36000
2" x 8" Strip Other	6000	—	—	—
2" x 8" Strip Cover	6000	—	—	—

**Obituary**

We regret to announce the sad demise of our Past President Mr.A.T.Rayudu (M.No.R-67) on 21.09.2016. May his soul rest in peace.





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### Ganapathi Bappa Moriya !!!!!

We take our festivals very seriously in India and Vinayaka Chavithi was no exception. Vinayaka Chavithi was celebrated on 5th September 2016 at our club. There was active participation and attendance in good numbers from all the members. Mr. Lakshman Patro, our club's treasurer and his wife were on the stage actively taking part in the pooja proceedings, while members keenly watched the pooja being performed. After the pooja, prasadam was distributed to all the members which was followed by a sumptuous breakfast, which was enjoyed by all the members.



### Free Medical Camp Conducted on 18-09-2016 by Pinnacle Hospital



### Super Bumper Tambola Held On 27-08-2016



1st prize Winner : **Mrs.P.Madhuravani** W/o.Mr.P.Krishna Prasad(K-190)



2nd prize Winner : **Mrs. Nilima Chaudhuri** W/o.Arunava Chaudhuri (A-297)





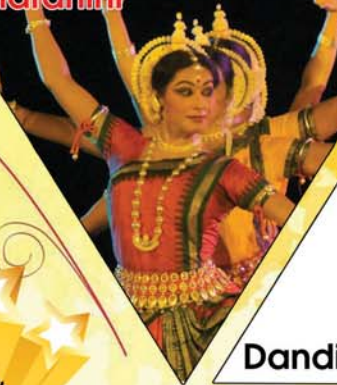
THE WALT AIR CLUB

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# Dandiya Night

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Dandiya



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## Interactive session with Sreemoyee Piu Kundu



Waltair Club Library committee had the pleasure of presenting an interactive evening on the topic, "The journey of a Woman in Modern India" with the bestselling author, Sreemoyee Piu Kundu,

on the 24th of September.

She is the recipient of the L'oreal NDTV Women of Worth award in the category of 'Literature,' this year and the Author Award by the Indian Council of UN Relations, from the Delhi Chief Minister Sheila Dixit on the occasion of Women's Day in 2014.

Sree who started her career with Senior Editorial positions in reputed newspapers and magazines, made her literary debut with 'Faraway Music' in 2013. Sreemoyee's second book, 'Sita's Curse' (Hachette) - an erotic fiction, launched in May 2014 was a national best-seller, followed by 'You've Got The Wrong Girl' (Hachette) and she has just finished her fourth, Cut! Still to come is probably the most exciting of them all, 'Status Single', which talks about being single in India. Sreemoyee kept the audience enthralled for an hour and a half

with her topic for the day. She is extremely passionate about social issues/evils that plague us every day, where it is the woman who is the victim in most cases as in Dowry deaths,



rapes, stalking or harassment of women of any kind. It was clear that she deeply cares for such issues and her writing is her way of trying to bring about a change in the society and attitude of people. Her lucid delivery of a very meaningful message about women, their struggles along with various anecdotes from real life experiences, at times drawing parallels with history, captivated and endeared her to men and women alike present that evening. Despite speaking for women, nowhere did she come across as a strong feminist though she believes like all of us in gender equality, which everyone appreciated. She spoke about daughters and how it's important to raise them right. The focus is not on marriage only. How mothers need to be evolved and more empathetic and supportive of her child if she's being abused.



Concluding her session, her audience and Sreemoyee both agreed that the problems are universal and that we are in it together! So let's make it "our business" to improve opportunities for women and girls and teach the same to our children to create a better world.

## Story Telling Sessions



Story telling is successfully conducted both in English and Telugu by Miss.Devyani and Mrs.Sudha respectively, every Saturday at 5pm at the Children's Place in our Library. We encourage the Members to send their children for the same. At the end of the year these kids

will be suitably rewarded.

The Spell Bee competition conducted last month was very much successful and A Quiz on "GK & current affairs" is conducted on 2nd October, 2016.

In future Library Committee will be conducting a marathon Spell Bee contest for children of all age groups.

Library Committee is Planning a program on Paediatric Oncology and brain tumours in children and on fashion by Mrs. AVANTIKA, one of the editors of Hello magazine in December.

Members of the club are requested to give suggestions about the above and also about any innovative programs to be conducted.





## Sunday Bazaar held on 25-09-2016

The annual exhibition of products and services, talent and art, food and home products and probably everything one can think of is an event that is awaited by all. What initially started off as a platform for all the members to “showcase” their strengths, has become a mega mela, for some great retail therapy, especially in the comforting environment of our club Premises.

Therefore with this year being no exception and with the festive season drawing up close, the Ladies Committee of Waltair Club, with Mrs Meghana Oza as Chairperson, conducted this befitting event in this month.

Dressed in Orange, At 10am the Ladies Committee welcomed the The President of our Club Mr. A. Satyanarayana and the First Lady Mrs Rama, who cut the ribbon and lit the inaugural lamp. The members of the Waltair club committee also attended the event.



The footfalls were encouraging with almost 1200 and all the stall owners were very happy to promote their products. There were wide range of clothes, jewellery, food and food products, crockery and gifting items, paintings were exhibited, novel things like product made with beads, potted plants, exquisite aesthetics to boost your home décor, NGO s , bedsheets ....in short it was a shopper’s paradise for anyone. Almost everyone walked away with something or the other, and many with a taste of the lovely chaats and chocolate cakes and cookies.

Day long, with visitors coming through out, it was a lovely Sunday especially for the stall owners who look forward to the next time.

Parveen Hosain  
P-156







29<sup>th</sup> OCT 5pm onwards

VENUE:

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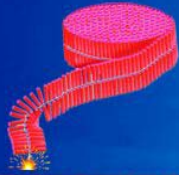


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**Dr. Siva Prasad A. V. (S - 174)**  
*Consultant Gastroenterologist.*

This article is quite likely to make me unpopular in the Club - all those who enjoy their daily drinks will resent being reminded about the risks they incur; and even the management of the Club may be unhappy considering how much revenue is generated from the sale of liquor! However liver disease due to alcohol is an important and common clinical problem and it is worthwhile reminding the members the precautions they need to take.

How much is safe?

It is said in a lighter vein that an "Alcoholic" is someone who drinks whom you don't like! The problem with alcohol consumption is that truly moderate drinking is safe and according to cardiologists even beneficial for the system. The difficulty comes with being able to define accurately the limits of moderation and for consumers to be able to accurately estimate how much they drink and to consistently stay within the limit.

Roughly speaking the "safe" limits for alcohol for men are about 3 small pegs i.e. 90 ml of hard spirits (like whisky, gin, rum, vodka) per day and half the amount i.e. 45 ml/day for women. For soft spirits like wine, beer or 'breezers' where the alcohol percentage is less the total volume is correspondingly higher. A 10% alcohol content would mean a total volume of 400 ml and a 5% alcohol content would mean a volume of 750 ml. To a limited extent, it is possible to increase the quantity and reduce the frequency - for example double the above quantities but only strictly speaking thrice a week. But most people seriously underestimate the quantity and frequency of their drinks and self-assessment becomes extremely unreliable. These limits given indicate the threshold above which a measurable risk for liver disease begins to appear and the actual risk is again directly proportional to the total quantity and duration of drinking (e.g. 375 ml of spirits daily for 15 years is a 50% chance of serious liver disease).

### Alcoholic Liver Disease

Liver disease manifests in three forms.

- a) Fatty liver      b) Hepatitis      c) Cirrhosis

#### a) Alcoholic Fatty Liver:

This is a common, mild, reversible stage of involvement of the liver. There is enlargement of the liver with fat accumulation and sometimes discomfort in the right upper abdomen. A simple ultrasound scan shows the changes in the liver and liver function is usually normal. Though it is essentially of good prognosis being completely reversible, it serves as a good early warning system to caution the person that he should be conscious of how much he is drinking and strictly control the intake and reduce the quantity.

**b) Alcoholic Hepatitis:** The background of development of alcoholic hepatitis is usually that of a regular (daily) drinker who has recently been on a 'binge' of heavy drinking. Here there is a direct damage to liver cells that

has occurred with symptoms of jaundice, loss of appetite, vomiting etc. The clinical severity of alcoholic hepatitis is directly proportional to the depth of jaundice. Patients with mild elevation of bilirubin level in the blood can still recover completely but those with high values may even succumb to the liver failure that supervenes. Patients with severe disease which is potentially life-threatening require hospitalization and intensive care management. It is important for someone who has recovered from even a mild episode of alcoholic hepatitis to realize that he is susceptible to the injurious effects of alcohol. He has to give up alcohol completely and cannot afford anymore to go back to what may be 'safe' for normal people.

#### c) Alcoholic Cirrhosis:

In this stage, there is permanent irreversible damage to the structure and function of the liver - with associated complications like jaundice, blood vomiting, fluid accumulation etc. Cirrhosis can develop along with an episode of alcoholic hepatitis or more commonly it can be silent and progressive and show up only with complications. Though the long-term progress of cirrhosis is guarded it is important to realize that at any stage (unless already terminal) the survival and quality of life is far better and chances of complications are far less in those who have successfully given up drinking than in those who continue to drink.

**Management of patients with liver disease :** Contrary to popular belief there is really no proven treatment that will help the liver to successfully regenerate. What is required is complete abstinence along with supportive treatment for control of symptoms, prevention and treatment of complications and proper nutrition. Again contrary to popular myths, there is no need to restrict any kind of food intake in those with liver disease/jaundice. The only caution should be with the use of salt in patients who have already developed cirrhosis. Otherwise a balanced, nutritious and palatable diet is encouraged strongly. In fact in those who have a good appetite and are able to eat well - the chances of recovery are the best.

Another myth is that one can prevent liver injury even while regularly drinking by using the many available liver supportives and tonics. This is a completely useless measure and may only lead to a false sense of confidence and continued heavy drinking until it is too late.

In summary, while drinking in strict moderation can be both safe and pleasurable, it is always important to be constantly conscious of the quantity and frequency of drinking - no easy task even while sober, let alone when 'high'. At least as a secondary measure - it is important to recognize that any evidence of liver injury indicates that you are in the 'susceptible' group and can no more afford to continue drinking.

Tail piece : An alcoholic patient with cirrhosis was told by his gastroenterologist that his liver had been damaged and now he was having 'water-accumulation' in his abdominal cavity and legs to which he expressed "How is it possible doctor? All my life I have been having my drinks 'neat' without adding any water!"

## What's Up Doc? ALCOHOL & THE LIVER



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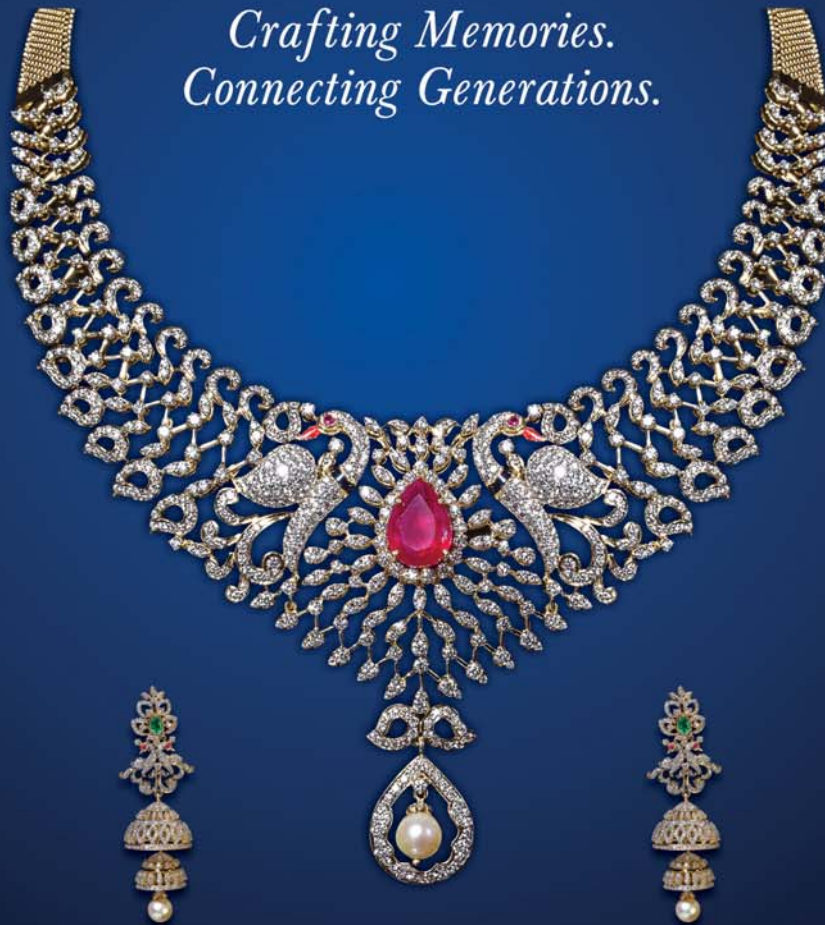


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