



Visit Us @ [www.waltairclub.com](http://www.waltairclub.com)  
For Private Circulation

# WALT AIR TIMES

Vol. 22 | Issue 11 | May 17



स्वच्छ  
सर्वेक्षण  
2017

Swachh Bharat Mission - Urban, Ministry of Urban Development

# 3

India's Cleanest City



**VISAKHAPATNAM**



House Journal of The Waltair Club, Visakhapatnam



The No. 1  
Silk Saree  
Brand in  
South India  
with 23  
showrooms.

KANCHEEPURAM  
SAREES  
@ WEAVERS PRICE



**Kancheepuram:** #27B/ 76, Nadu Street Shaikpet Kancheepuram | **Chennai:** Anna Nagar, T Nagar, Khader Nawaz Khan Road  
**Hyderabad:** KPHB Colony Kukatpally, Road No.2 Banjara Hills | **Warangal:** Nakkala gutta Hanmakonda | **Coimbatore:** 100 ft Road  
**Bengaluru:** Margosa road Malleswaram, 4<sup>th</sup> Block Jayanagar | **Kerala:** M.G road Ernakulam Palace road, Thrissur  
**Srikakulam:** Chinabaratam Street | **Nellore:** Dargamitta GNT Road | **Khammam:** Indira Nagar Vira road | **Vizag:** Dwaraka Nagar  
**Rajahmundry:** Pushkarghat | **Vijayawada:** M.G. Road | **Guntur:** Lakshmiapuram Main Road | **Kakinada:** Main road  
**Bhimavaram:** PP road | **Ongole:** Mangamuru donka | **Tirupathi:** V.V. Mahal Road



## From The President's Desk

Dear Members,

I am delighted to see that this month has begun with an exciting start and had a comprehensive list of programmes offered to the members. Srirama Navami was celebrated with much grandeur and festivity at the Club. The event was celebrated in association with the Hare Krishna Movement and the Akshaya Patra Foundation.

Consumer Awareness is the need of the hour. In the present time, the main objective of business firms is to maximize profits and in the bargain, sometimes, consumers are taken for a ride in the form of overcharging, under weighing, selling adulterated or poor quality goods, misleading advertisements etc. In this context, a program on consumer awareness was organized for the club members to enlighten them on consumer rights and duties. Eminent experts and officers from concerned departments were invited to give valuable inputs to the audience including how to approach the Consumer Court if they feel that they are cheated. It was a very productive session.

The Karaoke night held on 8th was a good platform for inhouse talented members to sing their heart out to some melodious numbers. It was a perfect evening for music lovers who had good fun.

Bacardi Club Night held at Wills Pub on 15th was a gala musical night thoroughly enjoyed by the couples. The lights flashed colours across and soon the music came alive. The party folks headed towards the dance floor and tapped their feet to the exhilarating music by the DJ. Senior Citizens day as usual was celebrated with great enthusiasm and zeal. The senior members thoroughly enjoyed the games, food and drinks.

Members can avail special menu offered on weekends by name 'Weekend Soul food' which includes veg and non veg combo lunch in Continental, Chinese and Indian food like sizzlers, pasta, noodles, tandoori etc. Special offers are given on liquor too.

We Vizagites are very proud that vizag stood third in Swacch Bharat rankings, 2017. Lets join hands and aspire to be at the top of the list by next year. Proud to be a Vizagite !!.

With regards

**A. Satyanarayana**

### Managing Committee for the year 2016-2017

<b>President</b>	Mr.A.Satyanarayana	9866445565
<b>Vice-President</b>	Mr.N.K.Hirawat	9849121000
<b>Hony.Secretary</b>	Mr.K.Vamsi Kishore	9849166669
<b>Hony.Treasurer</b>	Mr.B.Lakshman Patro	9866446747

### Editorial Board

<b>Chairman</b>	<b>Members</b>
Mr. Nirmal Hirawat	Mr. A Vijay Kumar
<b>Editor</b>	Dr. Padma Murale
Dr. Hema Yadavalli	Mr. Shashank Dutt Kancharla

### Committee Members

<b>Catering</b>	Mr.D.Krishna Prasad	9676212333
<b>Entertainment</b>	Mr.S.V.H.Rajendra	9848192607
<b>Library, Chambers &amp; Auditorium</b>	Prof. G.Seshagiri Rao	9949414114
<b>Bar</b>	Mr.D.Srinivas	9849114535
<b>Sports</b>	Mr.S.Murali Krishna	9848323888
<b>General Services</b>	Mr.K.Sri Krishna	9160121414
<b>Ladies Committee Chairperson</b>	Mrs.Meghna S Oza	9346106110
<b>Ladies Committee Co-Chairperson</b>	Dr.Hema Yadavalli	9949485555





## Announcements

1. This is to inform all the players that Lightning Snooker Tournament will be conducted on 14th May, 2017 Sunday from 10.00 am onwards. Entry fee Rs.100/- per head. Interested members please register at the Billiards Room.
2. Bollywood dance classes are conducted thrice a week 6pm - 7pm at Yoga Hall by eminent choreographers Sharat and Ayushi. Monthly charges are Rs. 1200/-.

## Member Honour

Our Member Dr. Meenakshi Anantram (A-82) won the prestigious award as BEST NATIONAL ANCHOR & EVENT MANAGER for 2017 from the Public Services Society of India, New Delhi. She started India's pioneering events company Razzmatazz, which has over 4000 events across the globe.



## Programmes for May, 2017

05.05.2017	Friday	Movie	7:00 PM
07.05.2017	Sunday	Beer n Biryani with Tambola	12 noon
12.05.2017	Friday	Movie	7:00 PM
19.05.2017	Friday	Movie	7:00 PM
26.05.2017	Friday	Movie	7:00 PM
27.05.2017	Saturday	Super Bumper Tambola	7:30 PM

## New Members List

Member Name	M.No.	Category	D.O.J.
Miss.A.L.Mayukha D/o.A.Srinivas S-278)	M-310	Associate	04.04.2017
Mr.Divyam Bharadia S/o.Sandeep Bharadia (S-427)	D-139	Associate	15.04.2017
Mr.Samyak Hirawat S/o.Sanjay Kumar Hirawat (S-501)	S-927	Regular mc	19.04.2017
Mr.T.Vishnu Priyatam S/o.T.V.Sudhakar (S-590)	V-413	Associate	20.04.2017
Mr.Vishay Gothi S/o.Mahavir Gothi (M-161)	V-306	Regular mc	26.04.2017

## Obituary

We regret to announce the sad demise of our regular member Mr.V.Hemanth Kumar Reddy (M.No.v-103) on 12th april, 2017. May his soul rest in peace.



## New Books in the Library

TITLE	AUTHOR	TELUGU
1 Sankalpam	Surya Devara Ram Mohana Rao	
2 Rugveda Part -1	Surya Devara Ram Mohana Rao	
3 Rugveda Part -2	Surya Devara Ram Mohana Rao	
4 Pasupathadu	Arikapudi (Koduri)Koshalya Devi	
5 Kalpatharuvu	Arikapudi (Koduri) Koshalya Devi	
6 Pujarini	Arikapudi (Koduri) Koshalya Devi	
7 Apuroopa	Madhi Reddy Sulochana	
8 Kalahamsaa	Madhi Reddy Sulochana	
9 Naga Mallikalu	Madhi Reddy Sulochana	
10 Poola Manasulu	Madhi Reddy Sulochana	
11 Runaam	Gollapudi Maruthi Rao	
12 No.888	Kommuri Sambasiva Rao	
13 Yarrani Gurthu	Kommuri Sambasiva Rao	
14 Prapanchaniki 10 Gantalu	Kommuri Sambasiva Rao	
15 Pelli	Thapi Dharma Rao	
16 Leadar	Balabhadrapathurni Ramani	
17 Dongata	Malladhi Venkata Krishna Murthy	
18 Aruguru Anumanithulu	Kommuri Sambasiva Rao	
19 Nalugu Nallani Chukkalu	Kommuri Sambasiva Rao	
20 Mutyaala Pandiri	Poranki Dhakshnamurthy	
21 Pendli Pandiri	Dr.Somaraju Sushila	
22 Reppapatu Prayanam	Polamraju Sarada	
23 Lankaadhinetha		
Raavanaa Brahma	Banda Venkata Ramarao	
24 Seeta Josyam	Narla Venkateswara Rao	
25 Idiot	Kommuri Venugopala Rao	
26 Ateendriya Kathalu	Malladi Venkata Krishna Murthy	
27 Jen And Sufee Kathalu	Malladi Venkata Krishna Murthy	
ENGLISH		
1. The Whistler	John Grisham	
2. Magpiemurders	Horowitz,Anthony	
3. This Was A Man	Jeffrey Archer	
4. Indian 500 Tests	Hindu Group	
5. Ms Revisited	Hindu Group	
6. The Complete Guide To Fasting	Jason Fung	
7. Muslim Girl	Amani Al-Khatahtbeh	
8. Two By Two	Nicholas Sparks	
9. The Spy	Paulo Coelho	
10. Mossad	Michael Bar-Zohar Nissim Mishal	
11. Bourne Enigma	Eric Van Lustbader	
12. Sita's Curse	Sreemoyee Piu Kundu	
13. One Indian Girl	Chetan Bhagat	
14. Half Lion	Vinay Sitapati	
15. Harry Porter & The Cursed Child	J.K.Rowling	
16. Dangerous Games	Danielle Steel	



# SUPER BUMPER TAMBOLA

On 27<sup>th</sup> May, 2017

Snow Ball Prize



Aprilla Bike  
Ex Showroom Price

**RS.79,000/-**

Total Prizes Worth of

**RS.1,50,000/-**



The Waltair Club

PRESENTS

**week  
end!** **SOUL  
FOOD**

LUNCH @

**2010 & 1883**

*Restaurant*

ON SATURDAY & SUNDAY

VEG & NON VEG  
COMBO LUNCH  
IN CONTINENTAL  
CHINESE  
& INDIAN



SIZZLERS



SOUPS

PASTA



NOODLES



TANDOORI



SPECIAL OFFER  
ON LIQUOR  
&  
MANY MORE..

## New Ice Cube machine with RO System



To offer more convenience to the members, an Ice Cube machine with RO System is newly installed at Parcel Counter.

## Complimentary Snacks in Wills Pub

Complimentary snacks are served at all the tables in Wills Pub







## Sri Rama Navami Celebrations



Sri Rama Navami was celebrated with much grandeur and festivity at the Waltair Club on 5th April, 2017. This year the Club, in association with the Hare Krishna Movement and the Akshaya Patra foundation, organized a special puja for members to celebrate the festival with due religious fervour. The Puja was held on the Jubilee Deck from 6 p.m onwards and was followed by a traditional prasadam and dinner.

Some of the highlights of the event included Sri Rama Taraka Yagna, Shanthi Homam, Sri Nama Ramayana Bhajan and Pushpa Yagam. The Puja was well attended by the Committee members as well as other members of the Club and their families. Sponsors of the event are Mr. R. Appala Raju (A125) & Mr. O Naresh Kumar (K70), Symbiosys. over 350 members attended the event.





## Consumer Awareness Programme on 16<sup>th</sup> April 2017



During the Consumer Awareness Program, Four speakers spoke in every angle of the consumer protection.

Smt.C.V.Bhaskaram, President, District consumer Forum-I, Vizag explained about how to approach the consumer court, what types of help given to lodge a complaint, and other things with examples. Sri K.Veerabhadra Rao, Food Inspector, Govt. of A.P. explained how to give a complaint in terms of the food quality, sanitation etc., in food related shops, restaurant etc. He told that they will immediately react to the complaint. Sri A.Madhusudhan Rao, Sr. Scientific Officer & Food Analyst, Regional Health Labs, Vizag, gave a wonderful demonstration about food adulteration. His Department compared various samples that go with adulteration. He also explained about his Lab facilities in the analysis of foods. The importance of product labeling was also discussed in a lengthy manner Legal Metrology is very important in a daily life of a consumer. Lots of cheating is done while weighting the goods and in measuring various foods like milk, fuel etc., Shri K.Sudhakar, Asst. Controller of Legal Metrology A.P explained how to find out various methods of cheating in Metrology and to whom one has to complain.

Over all the program is very interesting and productive. The Waltair Club conveys thanks to all the speakers and also Shri P.K.Lingeswara Rao, Secretary, Consumer Protection Council, Vizag and his team, who made this programme grand success.

Smt.C.V.Surya Bhaskaram  
Shri A Madhusudhan Rao

Mob: 9290103224  
Mob: 9704344405

Shri K.Veerabhadra Rao  
Shri P.K.Lingeswara Rao

Mob: 9959994092  
Mob: 9440853074.



## Karaoke Night on 8<sup>th</sup> April, 2017







## Story Telling Sessions



## Waltair Club shakes a leg at Bacardi Club Night on 15<sup>th</sup> April, 2017



It was a Saturday night and that meant it was time to party and dance the night away . Club members danced to the tunes of DJ Rahul Kedia aka FLIPSYD . The evening started off slowly with members walking in munching on snacks and sipping on their drinks and after some time members got into the mood . The DJ started the night off with some Retro and then progressed to the



latest tracks . Members had a blast tapping their feet to the music and everyone had a great time. There was a lot of energy and enthusiasm from everyone . The atmosphere and the vibe was just perfect . Members danced their heart out and made the most of the evening , All in all , an event that will be remembered for a long time to come . Kudos to DJ Rahul for belting out tunes that made us not want to leave the dance floor throughout the night .





## Senior Citizens Day on 16<sup>th</sup> April 2017



Senior citizen Meet was celebrated on a grand gala affair at the Club. Four senior members Sri P.S.Prasad (P-015), Capt. P.B.Patnaik (P-005), Sri G.G.Satwani (S-007), Sri C.M.Rao (R-031) were honoured in the event. This meet is being organized every quarter and is well attended by the senior members of the Club. This time the members has reached



150 members. Many fun games, Singing & Housie were conducted to entertain the audience. This time the meet was sponsored by Dr.Veerabadhra rao and Dr.Kamalakar. Mr. M.V.Narayana Rao was instrumental in organizing this meet successfully.

## Tambola held on 22nd April 2017



1<sup>st</sup> Prize Winner :  
**Mr.R.Sharma (R-248)**



2nd Prize Winners :  
**Mr.V.Kiran Kumar (K-79)**





## Family Harmony

Harmony is very essential in every one's life. No family is perfect. We fight or argue but in the end, family is family, the Love will always be there. Therefore everyone should try to be on their toes to keep harmony every minute, everyday, always, throughout the life.

All will have aspirations, goals to achieve. Isn't it? Human basic aspiration is happiness, prosperity and their continuity. In order to work for that we need to be aware of:

1. Self
2. How to maintain good relationship with others, and
3. How to improve our physical facilities.

Knowing self is nothing but knowing our package, which includes feelings, preferences, needs, and expectations etc. Knowing self helps to know others, which in turn help to build an effective relationship. In knowing each other, recognising feelings & expectation

of feelings, fulfillment of feelings that desired, promised and predicted, then evaluation of the same must be done by both the members. When such evaluations are right, both feel respected, which in turn helps to trust each other that leads to a good relationship.

Of course, with little efforts to plan and work hard, we can improve our physical facilities very easily. Isn't it? When we are in continuous progress we feel harmony. There is a Chinese proverb, "A Family in Harmony will prosper in everything. If harmony enters, success, well being and wealth will follow."

We are living in a highly materialistic society. We are obsessive about material possessions. Instead of showing excessive concern for material possession if we show little concern to understanding self as well as others, we can get lot of satisfaction & happiness which in turn brings harmony.

It is always better to agree ourselves to undertake to keep ourselves as well as others in harmony and also show our ability to accomplish it. When we are in harmony, we should show excellence to bring others to our level. Spreading harmony is not something asking others to be in harmony, it is something that we need to help others to reach our level of harmony.

I appreciate the entire library committee, who is organizing very useful programs for the club members. I wish them all the best for future programs. I also wish every luck & everlasting harmony & happiness to the entire Waltair club.

**Sharvani Durvasula**

Career planner & Counselling Psychologist

Catalyst Centre, Contact: 9030770087

## INTRODUCING FOR THE FIRST TIME IN ANDHRA PRADESH



**Digital Mammography with 3D Tomosynthesis**

**3 Tesla MRI – Dedicated Breast Imaging coil**

**High Resolution Ultrasound with Elastography**

**Image guided procedures - Core Needle Biopsy, Fine needle Aspiration, Hook Wire Localization & Histopathology.**



**STAY ABREAST WITH HEALTH**

**V I J A Y A**  
medical centre  
ZP JUNCTION, VISAKHAPATNAM



## What's Up Doc?

### Leading Health issues in Indian Women - Screening & Early Diagnosis are the only ways to complete cure



Every year cancer claims the lives of many women, and is the second most common cause for mortality after cardiac disease. Fortunately cancers when detected early, are amenable for conservative treatment and complete cure.

What is screening for disease? Screening tools which look for cancer before the patient has any symptoms form the mainstay for early detection of disease.

This helps detect the cancer at an early stage. The five common cancers in women are - breast, cervical, uterine, lung and colon cancer.

**BREAST CANCER:** This is the most common cancer among urban Indian women and accounts for one third of all cancers. Unfortunately, due to lack of appropriate screening protocols there is very high mortality rate of 50% in India as compared to 10-15% in developed countries.

High risk factors for breast cancer include: older age group, family history of breast cancer, presence of BRCA1 and BRCA2 genes, early menstruation and late menopause, no children or having children after 30 years.

Alcohol, smoking, and hormone replacement therapy further increases the risk.

First and foremost, all women should be educated about breast health awareness and symptoms of breast cancer which include lumps (painless or painful), discharge other than breast milk, alteration in the size of the breast or change in the contour or texture of the skin or nipple, any swelling in the armpit. Breast self examination should be done at regular intervals.

The most effective available technology for breast cancer screening are mammography and MRI of the breast. Mammogram uses a very low dose of X-rays to detect early cancer and has been found to reduce breast cancer mortality by 20%. Technological advances in mammography using 3-Dimensional digital Mammography Tomosynthesis and Computer-aided detection have further improved the detection rate by 25-50%.

Radiation concerns in mammogram: Mammograms (as well as Dental X-rays and other Routine X-rays) use very small doses of radiation. Medical radiation is based on ALARA (as low as reasonably achievable) concept. The average dose from mammogram is about three millisieverts which is equivalent to background ionizing radiation one receives in nature. The chance of radiation doing any harm is very slight. Further coming to the risk-benefit ratio, the benefits nearly always outweigh the risk. The rest of the body parts which are not included in imaging are also protected by shields.

Guidelines for breast cancer screening:

Women with low or average risk of breast cancer:

- Ages 30-40 years - clinical and ultrasound exam every 3yrs
- Ages 40-45 yrs - clinical exam and ultrasound every year
- Ages 45-54 yrs - yearly mammogram
- Age 55 yrs and older - mammogram every 2 yrs

Women with high risk for breast cancer:

- Women from the age of 30 yrs should have mammogram every three years.
- MRI breast imaging beginning at the age 30 yrs in addition to mammogram
- Women older than 40 yrs should have mammograms and MRI every year.

Women above 75 yrs need not undergo screening mammogram.

Other imaging methodologies like high resolution ultrasonography, elastography and MRI are used to supplement mammographic data when inconclusive. Ultrasonography is also used in younger women before childbearing to avoid radiation. Suspicious lesions detected on screening mammography are biopsied under ultrasound or stereotactic guidance. Biopsies performed under guidance are more accurate, especially when the lesions cannot be felt and are further advantageous as they cause less surgical morbidity and cosmetic deformity as compared to open biopsies. However, it is reassuring to know that 80% of breast lumps are not cancerous but are fluid containing cysts or fibroadenomata

Genetic testing using samples of blood or saliva to detect mutations in BRCA1 and BRCA2 genes which when present increase the risk of developing breast cancer by 45-65%. However, only a small percentage (10%) of patients have a family history with an underlying genetic mutation as the cause of breast cancer.

**CERVICAL CANCER:** Cervical cancer is the second and most common cancer in Indian women. It is caused by Human Papilloma Virus (HPV). It can be prevented by giving HPV vaccine to young girls in the age group of 9-13 yrs before sexual activity starts. Cervical cancer can be detected by a screening method called Pap smear test. The protocol advised for Pap smear screening is

21-29 yrs - every 3 yrs

30-65yrs - 3-5 yrs, If pap smear and HPV are negative no further screening required.

65+ yrs - screening tests not needed

The women should be non-menstruating, refrained from sexual activity and vaginal douching before the procedure.

**UTERINE AND ENDOMETRIAL CANCER:** Cancer of the inner lining of the uterus is called endometrial cancer and is usually seen after menopause especially in obese women and those on hormone replacement therapy. It usually presents as abnormal bleeding after menopause. Post menopausal bleeding should not be neglected and needs investigation by ultrasonography or MRI and subjected to biopsy if necessary.

**LUNG CANCER:** High risk individuals are those - who have a history of heavy smoking, passive smoking or have quit within the past 15 yrs, ages 35 - 80 yrs or who have had prior radiation to the chest. The only recommend screening test is a low dose CT scan.

**COLON CANCER:** If the colon cancer is detected early - 90% is curable. This occurs mainly in the age groups of 50-85 yrs so colonoscopy is advised after the age of 50 yrs and every 10 years in presence of family history. Colonoscopy is advisable 10 yrs before the age at which the member was diagnosed and a repeat colonoscopy every 5 yrs.

The fact remains that the above diseases cannot be prevented but an early and accurate diagnosis provides a way to complete cure, favourable outcome, increased survival and healthy women. An effective screening programme and health education for women needs to further evolve from the present nascent stage to reduce incidence, morbidity and mortality caused by these diseases.

**Dr. Sajeeda S Kalagara MS.,DNB**  
Consultant Radiologist,  
Vijaya Medical Centre, Visakhapatnam



