



WALT AIR TIMES

Vol. 26 | Issue 5 | May 2022



HAPPY UGADI!



Happy
Ram Navami

House Journal of The Waltair Club, Visakhapatnam

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From the President's Desk



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SENIOR CITIZEN COMMITTEE

D.RAJAGOPALA REDDY R-065
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Dear Members,

I am greatly honoured to serve as the President of this august institution Waltair Club, as it has allowed me to give back to a foundation that has been an integral part of my social life over many decades.

Over the past few months, I have learnt much about the challenges that lie ahead of us as an organization. The Managing Committee has worked hard with a number of new initiatives, as well as bringing to fruition several projects and programs, a few of which were started by my predecessors.

I would like to celebrate the commonalities and the diversity that bind us together as members of this incredible organization. Waltair Club, by its very nature is perhaps one of the most varied social associations, comprising of members from different backgrounds, professions and interests. Yet, we are together as a family under the umbrella of Waltair Club, with respect, acknowledgement and appreciation towards one another.

Here I would like to also inform that the excise case verdict was given in our favour and we could persuade the department of excise to allow us to serve beverages in almost all the places in the club.

The Managing Committee is planning to have Iftar get together for all our Muslims brothers & sisters.

The last few months have been intense, with a few events that have been the highlights for reverting the club activities back to normalcy.

A big Thank you to all our members for all their efforts to make all these events a "success"!

Dr.S.V.H.RAJENDRA

From the Editor's Desk

Another significant month which includes the fasts and rituals of Navratri, Ramzan and Lent that reinforce the same core values of humanity in different ways. There is birth of the Lord, resurrection of the Holy Spirit and the bestowal of the Holy Scriptures. May we all appreciate and respect every sentiment with devotion and grace.

This time around we have some thought-provoking topics covered in this edition and we hope the readers find the same interesting.



- Angel investing, so simply and candidly explained by Mr. Anirudh Rao.
- Pain management, sensitive but important, is openly clarified by Dr Zohra Mehdi.
- Ugadi - a few fascinating details will enlighten us all. On the auspicious day, Ugadi Utsavam was celebrated with traditional opulence at the club.
- Ram Navami, Easter and Ramzan were in the Month of April. A brief note on the three indicates so much relevance and parity in values.
- Sri Ram Navami pooja at the Club had several members participate in the pooja and prasadam.
- Ms. Sushma Perla accounts for her introduction to being a life Coach and her healing practices with mental health.
- A student Entrepreneur, Zoya Hosain explains her foray into Zocial and how she manages her time.
- The science of Meditation and its purpose is explained by Ms Rama Devi Pandiri.
- Phoenix, the story continues to another interesting turn.
- Shilpa Seethamraju , with 'Destination Imagination' is such a unique endeavour and we were fortunate to have this event conducted in our Club.
- Unknown stories of the past, instrumental in the development of our Club again, as told by Mr. AVRK Kumar.

Movie nights at the club every weekend is looked forward by all members with the screening of latest films, moreso since the curbs of the pandemic have ceased (may be temporarily!). Beer n Biryani, and Tambola, were of course the all-time favorites for regulars of the club.

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To my team, **Chairman Mr T V Thimmayya Gandhi, Mr Vijay Atmakuri, Ms Sandhya Godey & Ms C Nirupama**, I remain ever grateful for the support in bringing together every edition of Waltair Times. May I also mention the support of **Mr. Kosuri Srinivasa Murthy**, to help us with relevant information.

Request members to forward achievements of members or their children or contribute any matter of interest to me @ parveenhosain14@gmail.com.

Stay summer safe & stay blessed !

Parveen Z Hosain

M.No.P-156

Hon. Secretary's Message



Dear Members,

First and foremost, I would like to extend to you all my warm wishes for a very happy **Ugadi, Subhakruth Nama Samvatsaram**, the Telugu New Year 2022. Another month has gone by quickly, leaving us all enthralled.

Ugadi Celebrations organized on the evening of 2nd April, saw a huge turnout of about 500 members. Members were treated to a classical Bharatha Natyam performance by Ms. S. Hasini Taraka, the daughter of our Steward Mr. S.T. Ramu, and classical songs were sung by Ms. Siddavarapu Vaishnavi (V-460) daughter of our member Mr. S. Prasad (P-198) and Sri Divya Desamsetty. A Dhanurvedya demonstration was performed by notable international Archery coach, Vardi Uday Kumar to the delight of everyone. The Panchanga Sravanam was recited by Brahmasri Kalaga Muralikrishna garu and evening concluded with serving of dinner for attendees.

On 10th of April, the Sri Rama Navami celebrations took place with pomp and grandeur in association with the Visakhapatnam Hare Krishna Movement and with the blessings of Swami Nischinta Das and Swami Yaduraja Das. Highlights of the evening included Sri Rama Taraka Yagnam, various Bhajans, Sankeerthanam, Homam and Divine Cultural Programs performed by our club members. My heartfelt thanks to everyone for making me a part of this Divine memorable celebration. A traditional dinner prasadam organized by Akshaya Patra Foundation followed the events of the evening.

The entertainment activities that were organized included The Super Bumper Tambola on Saturday, the 26th of March, which was an immense hit. Another Beer and Biryani Tambola was held on 3rd April, where the members along with their families had a great time. On 16th April, another Tambola was organized to the delight of the participants. For members who enjoy the summer evenings at the movies, a few latest new movies were screened in our club.

A first of its kind event, "STEM Day" (Science, Technology, Engineering, Mathematics) was organized on 9th April by our club member Mrs. Nagashilpa Seethamraju (S-937). Children show-cased their projects in different fields such as Robotics, Engineering, Science and Mathematics.

Coming to Sports Activities which are enjoyed tremendously by the young (as well as the not so young) members of the club, Tennis-Final Tournament was conducted on 27th March. The Basketball tournament was conducted on the 5th of April for Seniors and on the 6th of April for Juniors. The swimming competition too was held on 9th of this month in our club.

For the entertainment of women and children, a "Sports Fiesta" is being conducted exclusively for them which includes running race, cycling races, lemon & spoon race, relay race and painting competitions on 23rd and 24th of April.

We have even more exciting events lined up in the coming weeks.

Stay tuned for more fun and entertaining weeks ahead!

Best Wishes and Regards,

V.K.Visweswara Rao

(VISU Valluri) ; V-101

Ugadi - A time for new beginnings

- Nirupama C

Ugadi or Yugadi, also known as Samvatsardi, is the New Year's Day according to the Hindu Calendar. The current Ugadi, the year 2022-23 is called as "Subhakruth".

Story behind Ugadi

According to the people's belief, on the day of Ugadi, Brahma started creating the world and write the fate of people. One year for us is equal to one day to Lord Brahma. Lord Brahma starts his day and writes everyone's fate.

Why is Ugadi celebrated as New Year ?

The term Ugadi is derived from the Sanskrit words Yuga (age) and Adi (beginning), which means the beginning of a new age.

In the states of Andhra Pradesh, Telangana and Karnataka it is called Ugadi or Yugadi and in Maharashtra as GudiPadwa. It is a major festival for all these states and celebrated as New Year's Day.

One of the names of Lord Vishnu is 'Yugaadikrit', which means 'Creator of the Yugas'. So, He is also worshipped on this day.

What are the Ugadi festivities ?

The day is observed by drawing colourful patterns on the floor called Muggulu, mango leaf decorations on doors called Torana, buying and giving gifts such as new clothes, giving charity to the poor, oil massage followed by special bath, preparing and sharing a special food called 'Pachadi' and visiting Hindu temples.

Generally, the day begins with a ritual oil bath followed by prayers. The ritual of having an oil bath and eating neem leaves are a must as suggested by the scriptures. North Indians start the nine days Chaitra Navratri Puja on the same day. They too eat neem with mishri on the very first day of Navratri.

Here are the six tastes of UgadiPachadi

- " Kaaram - spice
- " Uppu- salt

- " Teepi- sweet
- " Vagaru- astringent
- " Chedu- bitter
- " Pulupu- sour

'Panchanga Shravanam' is an intrinsic part of Ugadi celebrations. It is a reading of a planner and prepares you for any outcome. It is ritual of reading the almanac during Ugadi. After the traditional celebrations in the morning, it is common to see the people dressed in their best and gather together to listen to 'Panchanga

Shravanam' usually in the evening. Now you can also simply watch the session at home on TV.

Some unique traditions associated with Ugadi

- Maharashtrians , on that day, fix a wooden pole in front of each house. A copper pot is placed on top of the pole and neem leaves, gathi and red or saffron decorated cloth are tied to the pole.
- In parts of rural Karnataka, village people watch the young moon in the evening. They link the sides of the moon to the season's harvest, and predict that the harvest will be good in the direction of the upper end of the moon and the harvest will be average in the direction of the lower end.

- A germination test is also an important thing associated with Ugadi. Just nine days ahead of this festival, the farmers take a bamboo basket and fill it up with cow dung and soil mixture. They sow nine varieties of grain in this basket. The entire setup is called jagara. It is well maintained and watered every day and brought to one place on Ugadi where the village elders examine each of the baskets. Depending on the quantity as well as the quality of sprouts they give an indication as to which grains are more suitable as a crop for the next season.



Ugadi Utsavam 2022!

To herald in the New year, in the most traditional way, a Utsavam was organized at the Waltair Club on the 2nd of April.

Ugadi which is derived from two words "Yuga"- which means age and "Adi"- which means the beginning. Hence known as the new year of the lunar calendar. It is quite significant in many states of India. Including Andhra Pradesh, Telangana, Karnataka, Manipur, Maharashtra and Sindh. Festival is celebrated to welcome the spring season and falls on the first day of chaitramaas in the months of March or April.

Our club celebrated Ugadi this year traditional grandeur. Scores of families have attended and have enjoyed the evening. It began with panchangasravanam by Brahma Sri Kalaga Murali Krishna garu, followed by the Bharatanatyam dance by Miss. S. Hasini Tarak (D/o Steward S. TarakRamu) and Karnatak Classical music by Siddavarapu Vaishnavi (D/o Siddavarapu Prasad) and her partner Miss. Sri Divya Desamsetty. An evening for the entire family, with several activities like archery show by Vardi Uday kumar, potter's wheel and devotional music kept the members engrossed. A Lavish Traditional Dinner was served with lots of sweets as desserts.

With rangoli and marigold, and with the traditional attires worn by members, the colorful evening was definitely a bright cheerful start to a wonderful year ahead!!



Announcements

1. It is noticed some of the guests are using **foul language** on the waiters and even in a conversation. Members are requested to check such guests not to use any **unparliamentarily language** either on the staff or in a conversation in the club premises and also not to speak in a **loud voice**, which is inconveniencing to our fellow members who are sitting nearby.
2. It is noticed that some **Ayahs** and **Drivers** are visiting the places where are members and their guests are only allowed. Members are requested not to let the **Ayahs** and **Drivers** in the restricted areas. Please co-operate with the management.
3. Dear Members please do not **stretch your legs** in the chair opposite to you which is causing inconvenience to the fellow members. Kindly co-operate with management.
4. Summer Coaching for swimming is started. Interested Members/Children may register their names at Club Reception and Swimming Pool. (Age group: 5-16 years)

Coaching - Batch Timings

1st Batch	:	03:30 p.m. to 04:30 p.m.
2nd Batch	:	04:30 p.m. to 05:30 p.m.

Programmes for May, 2022

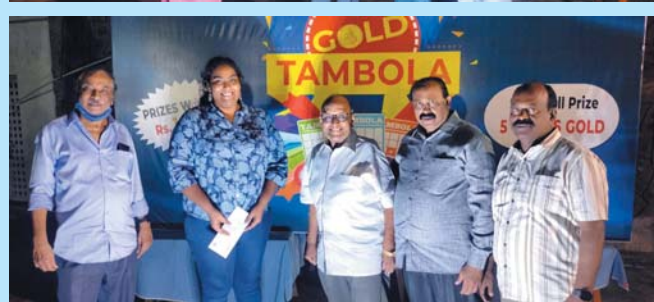
06.05.2022	Friday	Movie	7:00 PM
08.05.2022	Sunday	Beer n Biryani	12:00 Noon
13.05.2022	Friday	Movie	7:00 PM
15.05.2022	Sunday	President's Cup - Cricket	4:00 PM
16.05.2022	Monday	President's Cup - Volley Ball	5:00 PM
17.05.2022	Tuesday	Sports Carnival - Prize Distribution	6:00 PM
20.05.2022	Friday	Movie	7:00 PM
21.05.2022	Saturday	Tambola	7:00 PM
27.05.2022	Friday	Movie	7:00 PM

Mrs.V.Umadevi W/o Mr.V.K.Visweswara Rao (our Honorary Secretary) M.No.V-101 donated 3rd time her prize money of Rs.3,000/- to the club staff welfare fund. "She has already contributed her prize money twice earlier Rs.10,000/- & 5,000/-

Beer & Biryani held on April 3rd, 2022



Tambola held on 26.03.2022



Member Honour

Proud to introduce our newly Inducted Members in the State Cabinet!!



Sri Dharmana Prasad Rao (P-97)
Minister for Revenue,
Stamps and Registrations



Sri Gudivada Amarnath (A-222)
Minister for Industries and IT



Garuda Satya, W/o Garuda Venkata Bharat Kumar (V-151)

Has won the Gajagamani Title in the Visakhapatnam Telugu Ammai contest under married category, conducted by V Team (Veeru mama Vizag)

Dr.B.V.S.Raman, (R 636)

WFNS held its annual meeting in Bogota, Columbia, South America. Twenty research papers were selected from the five hundred papers submitted by Neurosurgeons across the world. Two of Dr Raman's papers, were in the twenty selected. He was invited by the federation with a scholarship, to present the papers at the forum. His presentation on "Foldoscope - Scope in Neurosurgery" was much acclaimed. The Harvard University of America has accepted for its publication, in their Global Neurosurgery Journal.



Festivals of the month

- Nirupama C

Jai Sri Ram !

Sri Rama Navami is a Hindu festival that celebrates the appearance day or the birthday of Lord Ramachandra on the holy land of Ayodhya in Treta Yuga. As a part of the spring Navaratri, Sri Rama Navami is marked on the ninth day of the bright half or Shukla Paksha in the Hindu calendar month of Chaitra.

On this day, people, especially ardent devotees of the Vaishnava sect of Hinduism engage in reading or reciting the Ramayana, offering pujas and performing homams in temples. Some people observe a fast, some organize charitable events and community meals. The most important spiritual activity on this day is however the bhajan or bhakti songs dedicated to Lord Rama.

Easter

Easter, without a doubt is one of the most important celebrations in the Christian calendar and is one of the most auspicious days for the Christian community.

After the somber observance of the Holy Week marking the events that led to his crucifixion, the Christian community commemorate the Resurrection of Jesus Christ by celebrating the Easter festival on the first Sunday after the first full moon of spring. This means there is no fixed date for Easter and it can be celebrated

from March 22 to April 25. This year, the festival is being celebrated on April 17.

The traditional rituals of the day in many churches begin with the Easter observance in the late hours of the day before (Holy Saturday) in a religious service called the Easter Vigil. Besides this, other Easter traditions include Easter eggs and related games.

Ramzan - A holy month

The Islamic holy month of Ramadan is a time for Muslims all over the world to renew their focus on spiritual life and its practical application in daily life. It is the ninth month of the Muslim calendar and the festival of Eid is celebrated at the end of the month of Ramzan.

Ramzan is observed by Muslims worldwide as a month of fasting, prayer, reflection and community. The most commonly accepted rule is that you must not eat or drink anything during hours of daylight. Fasting is one of the five pillars of Islam and is important during Ramadan as it allows Muslims to devote themselves to their faith and come closer to Allah, or God.

Muslims believe that Ramadan teaches them to practice self-discipline, self-control, sacrifice, and empathy for those who are less fortunate, thus encouraging actions of generosity and compulsory charity.

KILLING ME SOFTLY

(Treating chronic pain without surgery)



For Anurita, her arthritis was making her life a living hell, as every step she took sent waves of unbearable pain from her knees to her low back. The pain brought on depression and binge eating that made her grossly overweight and added to her woes. She consulted various experts and all of them

advised her to undergo total knee joint replacement both sides. Anurita dreaded surgery and called me for an alternative. With just two outpatient sittings at a local pain clinic run by trained anesthesiologists, I had her pain free. Indeed a miracle of sorts, achieved by modern techniques of pain treatment. I would like to share with Waltair Times readers, some of the modalities available within the city to treat chronic pain due to arthritis, disc problems and neuralgias.

RADIOFREQUENCY NERVE ABLATION

Radio frequency ablation uses an electric current to heat up a small area of nerve tissue to stop it from sending pain signals. It can provide lasting relief for people with chronic pain. The patient is kept awake and conscious during the procedure to an extent to be able to describe what they feel while locating and stimulating the target nerve before lesioning it. Once the needle tip is placed accurately, an active electrode is inserted through the needle and a small amount of electrical current is carefully passed next to the target nerve and a safe distance from other nerves. This current may briefly recreate the painful symptoms that the patient usually experiences. Once the target nerve is confirmed, a heat lesion is created on the nerve using the preferred method (conventional, pulsed, or water-cooled radiofrequency) of ablation. This process may be repeated for additional nerves. The entire procedure usually takes 30 to 90 minutes and it is advised to have someone drive the patient home after the procedure. The procedure can be repeated after 3 weeks to provide complete relief. Partially destroyed nerves may regenerate after a year when a repeat procedure may be required if the pain is intense. The success rate is in the range of 60 to 80%.

EPIDURAL STEROID INJECTIONS

Epidural steroid injections (ESIs) are a common treatment option for many forms of lower back pain and leg pain. They have been used for decades and are considered an integral part of the nonsurgical management of sciatica and lower back pain.

By Dr Zohra Mehdi, M-94

Associate Professor (Anesthesiology), NRIIMS

The injection is named an epidural steroid injection because it involves injecting a local anesthetic and a steroid medication directly into the epidural space that surrounds the spinal cord and nerve roots

The pain relief tends to be temporary, ranging from one week to one year. Typically, if the initial injection is effective, up to 3 injections may be given in one year.

When administered in the lumbar epidural space, steroid injections may have the following benefits:

- **Reduce nerve pain and inflammation.** Steroids decrease the production of inflammatory chemicals and reduce the sensitivity of nerve fibers to pain, generating fewer pain signals.
- **Limit oral medication.** Pain relief from these injections may help limit or eliminate the need for oral medications, some of which may have side effects when taken long-term.
- **Continue or re-engage in physical therapy.** This injection may provide sufficient pain relief to allow a patient to progress with a rehabilitative physical therapy program.
- **Postpone surgery.** Pain relief experienced from lumbar epidural steroid injections may help postpone surgery, and if physical therapy is effective, it may eliminate the need for surgical intervention

The injection procedure is usually scheduled for the morning. Instructions typically include no eating and drinking for about 6 hours before the procedure. A hospital gown is worn to allow better access to the injection site. Conscious sedation using relaxation medication may be given to ease the patient's anxiety. The injection is usually given while the patient lies on their stomach (prone position) on a fluoroscopy (live x-ray) table. The procedure may take up to 30 minutes

- The skin over the injection site is marked and cleaned with antiseptic solution.
- A fluoroscopic x-ray is used to locate the correct vertebral level for needle guidance; the live images can be seen on a computer screen.
- A local anesthetic is injected into the skin and underlying tissues to numb the area.
- An epidural spinal needle is inserted into the intended injection site and guided using fluoroscopy.

- A contrast dye is injected into the epidural space to check the spread of the injected contents.
- Once the spread is confirmed, the steroid medication is injected into the epidural space.

A tingling or mild burning sensation or the feeling of pressure may be experienced as the medication enters the epidural space. When the injection is completed, the irritation and discomfort usually disappear within a few minutes. The patient is usually monitored in a recovery room for 30 minutes to an hour where vital signs are continuously monitored.

Driving and strenuous physical activities and flying in an airplane are not recommended on the same day after the procedure.

The steroids may take up to 2 weeks for its effect to take place and the pain relief tends to be temporary, ranging from one week to one year. Typically, if the initial injection is effective, up to 3 injections may be given in one year.

PAINLESS LABOUR

For this, the anesthesiologist inserts a hair-thin pipe outside the coverings of the spinal cord through the low back region, to inject drugs that abolish labour pains completely without affecting the natural course of delivery. In case a Caesarian is inevitable, the same set up is used to intensify the degree of anaesthesia without need for general anaesthesia and unconsciousness during surgery. This way, the mother can hear her baby's first cry and bleeding is also much less.

TRIGGER POINT INJECTIONS

Trigger point injection is a procedure used to treat painful areas of muscle that contain trigger points, or knots of muscle that form when muscles do not relax. During this procedure, a healthcare professional, using a small needle, injects a local anesthetic that sometimes includes a steroid into a trigger point (sterile salt water is sometimes injected). With the injection, the trigger point is made inactive and the pain is alleviated. Usually, a brief course of treatment will result in sustained relief.

Trigger point injection is used to treat muscle pain in the arms, legs, lower back, and neck. In addition, this approach has been used to treat fibromyalgia, tension headaches, and myofascial pain syndrome (chronic pain involving tissue that surrounds muscle) that does not respond to other treatment.

Onabotulinumtoxin (Botox) is a toxin that blocks signals from the nerves to the muscles. It can also be injected to alleviate chronic migraine headaches. The procedure involves multiple injections around the head and neck every 12 weeks and may alleviate pain for up to three months.

ACUPUNCTURE

Acupuncture is thought to decrease pain by increasing the release of endorphins, chemicals that block pain. Many

acu-points are near nerves. When stimulated, these nerves cause a dull ache or feeling of fullness in the muscle. The stimulated muscle sends a message to the central nervous system (the brain and spinal cord), causing the release of endorphins that block the message of pain from being delivered to the brain.

Acupuncture may be useful as an accompanying treatment for many pain-related conditions, including headache, low back pain, menstrual cramps, carpal tunnel syndrome, tennis elbow, fibromyalgia, osteoarthritis (especially of the knee), and myofascial pain. Acupuncture also may be an acceptable alternative to or may be included as part of a comprehensive pain management program.

CHIROPRACTIC TREATMENT

Chiropractic treatment is the most common nonsurgical treatment for back pain. Improvements of people undergoing chiropractic manipulations can be remarkable.

THERAPEUTIC TOUCH AND REIKI HEALING

Therapeutic touch and reiki healing are thought to help activate the self-healing processes of an individual and therefore reduce pain. Although these so-called "energy-based" techniques do not require actual physical contact, they do involve close physical proximity between practitioner and patient.

In the past few years, several reviews evaluated published studies on the efficacy of these healing approaches to ease pain and anxiety and improve health. Although several studies showed beneficial effects with no significant adverse side effects.

CONCLUDING REMARKS

Positive aspects of psychological adjustment, such as pain acceptance, hope, and optimism, may play in explaining adjustment in persons suffering from persistent pain. It is a question of mind over matter and psychological treatments play a complementary role in some chronic pain conditions.

I wish to inform readers that the anaesthesiologist not only administers sleep medicine during surgery, but is also involved in pain therapy outside the operation theatre, caring for the very sick in the ICU, sedation for children, differently abled and uncooperative patients for various invasive procedures. He or she is indeed an angel of mercy and the most user-friendly of all the doctors!

I end with a prayer, "Loving God, I pray that you will comfort me in my suffering, lend skill to the hands of my healers, and bless the means used for my cure. Give me such confidence in the power of your grace, that even when I am afraid, I may put my whole trust in you".

Wishing you a pain free and healthy life!

Sree Rama Navami

Happy Rama Navami, may the blessings of lord Ram be showered upon you and your family. May this festival, light up your life with happiness and success. May lord Ram bless your family with health, wealth and prosperity.

Ram Navami is an important Hindu festival and celebration to honour the birth of the lord Ram. The seventh Avatar of the lord Vishnu.

Every year with lot of faith & dedication the festival is celebrated in the club by Akshyapatra foundation and the arrangements for the pooja are made by the club. Around 250 people attended the pooja at Jubilee deck, which was conducted in an absolute religious fervour and the discourse was given by Swami Nischinta Das and after which the members and their guests were given prasadam.

President

S V Rajendra



Let me start with a warning. Angel Investing is extremely risky and can lead to complete loss of capital. Only invest amounts that you can afford losing.

Now, over to the fun part.

The What?

Angel Investing, in simple words, is exchanging money for stock/convertible debt in early-stage, unproven ventures or disruptive companies. It's like buying shares in companies listed on the exchange, the difference being, these equity shares are illiquid (shares cannot be traded easily). As of today, its estimated that there are about 20,000 angel investors in India and I can assure that it has blown up over the years.



The Why?

A) Some of the world's largest companies such as Amazon, Facebook, Google etc. were startups one day. The growth trajectory and pace of growth/failure attracts investors looking to invest in high risk- high reward segments. Tech (in India) is on fire with the record number of Unicorns (companies with a 1bn USD valuation) added in 2021 and the number being added in 2022.

B) You get a chance to back companies or ideas you believe in. Gives you an opportunity to be a part of something disruptive/ cutting edge. A lot of people do not get the chance to start something new because of their existing commitments. This could serve as a medium to pursue something always dreamt of.

C) Conglomerates such as TATA, Reliance and now even Adani have realised the importance of tapping into the tech segment which further boosts and validates the ecosystem. HNIs, Family offices are deploying funds like never before into startups.

The How?

You can start by being an accredited investor through a Category- I AIF (Alternate Investment Fund) as per the guidelines of SEBI. The criteria to be an angel investor in India is that you need to have net tangible assets of at least INR 2 crore excluding value of your residence, and have early-stage investment experience, or have experience as a serial entrepreneur, or need to be a senior management professional with at least 10 years of experience. A commitment to invest cumulatively at least INR 25 Lakh over a period of 5 years is required.

Bottomline

- A) It's a great asset class which has the potential to reward outrageously.
- B) Start small (5% of your holding should be good) and preferably tag along with seasoned investors
- C) Diversification is key and the need for patience cannot be stressed enough.

The author C V Anirudh Rao is the Co-Founder of Dwellingo (A Co-living Startup) and an active angel investor.

<https://www.linkedin.com/in/cvanirudhrao/>



PHOENIX -- Looking back and moving ahead

Written by Sandhya Godey

Looking back at part 1 - A woman in her late 20's regains consciousness after being in coma. She soon realises that she is being held captive in a windowless place she cannot recognise and for reasons she has no idea at all. In addition, she has no clue to her own identity and seems to be suffering from total amnesia. A nurse who checks in on her from time to time is the only other human contact she has. The nurse addresses the woman as Gumm, someone lost, and apart from giving good nursing care, has very little to offer her patient. From the attire the nurse wore, the woman knew that the nurse was an Afghani. How Gumm had that knowledge, she had no idea. Gumm's repeated questions about how and why she came to be in this situation or location received nothing more than a nod, a shrug or rolling of the eyes.

Part 2 - In a sudden development one day, Gumm is moved to another location under armed escort. Her surmise that she is under detention gets proved when she is once again confined behind locked doors, this time in a room with a window. Her suspicion that she is in Afghanistan is strengthened when an unknown woman brings her a plate of Afghani pulaw. As Gumm begins to eat using her fingers, she feels something hard under the pile of rice, that turns out to be a cutlery knife. Almost simultaneously her hand holding the plate feel something on the underside of the plate. Lifting the plate carefully, Gumm peels away a bunch of currency notes and a single Afghani coin. The currency notes are a 5 Dirham note, a 50 Pound note, a 100 Rouble note, a 500 Indian Rupee note and a 10,000 Yen note.

Part 3 - As she examines each banknote, she finds two numbers on each note underlines. Put in ascending order, the number formed by all the underlined numbers is 9391150847, which she instantly memorises. The 100 Pound banknote displays a picture of Alan Turing, a British Mathematician and code breaker who helped win the war against Germany by breaking the Enigma code. Gumm understands that like Turing, she has to break the code hidden in the banknotes she holds. The 5 Dirham currency note shows a group of Palm trees, which she connects to the palm trees she can see from the window in her room. Using whatever she finds around her, Gumm manages to escape from her room. On the trunk of the fifth tree, she finds the now familiar number 9391150847 scratched into the bark.

Moving forward to Part 4

Looking around to make sure her escape had not been noticed, and that there were no people chasing her or

looking for her, Gumm wrapped the chadder around herself with only her eyes visible and decided to walk away from her present location when a city bus stopped a little distance away and a small group of women got off. Talking amongst themselves, the women moved towards Gumm. She saw one of the women point in her direction and two others nodded their heads in seeming agreement and hastened their steps towards Gumm. With the limited choice of facing these women or running back towards the place she escaped from, she chose to stand still and pretend to be engrossed in counting the money she had. As the women came closer, two of them slowed down and bit and stopped a few steps away from Gumm. The rest of the group came to a halt a few steps beyond Gumm. Standing in the middle, trying to figure all possible outcomes, Gumm finally had to look up and make eye contact with the woman standing closest to her. Even though covered from head to foot, the woman was well built and carried herself tall and erect. Gumm prepared for an attack by putting away the money back in her pocket and freeing her hands. The woman closest caught Gumm by surprise when she thrust a piece of paper at her and said something to her. It took just a few seconds for Gumm to realise that the woman spoke in Dari, a variety of Persian spoken in Afghanistan. Simultaneously, Gumm realised that she understood Dari. Wanting to get away from these women as soon as possible, Gumm responded to the woman who had asked Gumm if she knew the directions to the address on the slip of paper. Her first instinct was to say she didn't know the address, but on reading the address she replied in Dari telling the women that she was going that way herself and that the women could just follow her if they wished to get to their destination by the quickest route. While she was answering the women, a few more pieces of the jigsaw that was her life fell into place. She was now certain of three things - that she was in Kabul and familiar with the city, the importance of the number she had memorised and the relevance of the coin that was given to her. The memory of two children and the bearded man once again flashed across her mind. She was now certain that she was married to a local man and had a family, which is why she could multitask - talk to the women, remember a few things from her past and plan the next step she had to take with the conclusions she had reached all simultaneously. Women didn't seem to have the luxury of doing only one thing at a time. Gumm wryly smiled at herself at that thought and for the first time in many weeks, she felt there was a possibility of finding her life and her past again. Walking with the group of women made Gumm feel safe and unexposed.

The group made their way from narrow, sparsely populated lanes to wider streets bustling with people. They crossed a market area and Gumm told the women their destination was about 100 metres ahead. The distance to their destination reminded Gumm why she had taken this route. She remembered the pictures on the 100 rouble currency note, the Bolshoi theatre and the Quadriga. This being Kabul, she knew she would not find a theatre for ballet for women to perform in their skimpy tutu's, let alone dance with men. The closest alternative was the site where the Cinema Park movie theatre stood for 70 years. Though the Cinema Park theatre did not have a Quadriga in its portico, a sculpture of a single horse had adorned the foyer of the theatre for many years, before the Taliban had pulled down the theatre since movies were considered a negative influence on youth. Gumm scanned the area ahead of her. Both sides of the road were lined with small businesses - bakeries, clothes, stationery, bicycles, groceries, footwear and a phone booth stationed on the pavement almost at the site where the Cinema Park theatre used to stand. Gumm took the earliest opportunity to slip away from the group she was escorting and moved at a quick but steady pace keeping an eye out for anyone who seemed like following her. As she walked Pausing for a moment, uncertain of her next step, strolled

past the stores looking for any sign of recognition from the store owners. She stopped at the bakery intending to buy a bun, and then realised she could not spend any of the money she had. Anyway, apart from the one Afghani coin, she didn't have any local currency and she didn't want to arouse any suspicion by offering a foreign banknote. As she walked past the stores, Gumm took stock of the information she had. A number she had memorised, but didn't know where and how to use, the 5 Dirham note had already played its part. Gumm hoped she had interpreted the 100 Rouble correctly that had led her till here. She wondered what the 500 Indian rupee banknote and the 10,000 Yen banknote were trying to tell her.

Entering the phone booth, Gumm did what she thought was the only option she had at that moment. She dialled the only number she knew - 9391150847. 93 was the dialing code for Afghanistan. 91150847 was the number she was trying to reach. She wondered if her children would answer the call, or maybe her husband, or would it be her father? She dropped the coin into the slot for the call to connect. Her thoughts raced as she heard the phone ring three times. On the third ring, she heard the call connect and as the call connected, so did all the missing pieces of her past. Gumm remembered who she was. "

THE ZOYA FACTOR

Zoya Hosain in conversation with Sandhya Godey

Zoya Hosain, just past her teenage, is an associate member of Waltair Club (Z-006) who did her schooling in Timpany School. She is currently completing last semester at Manipal University Jaipur in Journalism and Mass Communication. Zoya was born and raised in Vizag. Having lived practically next door to the Club, Waltair Club has been a major part of her childhood. Like most people of her generation, the play pen and the swimming pool hold a lot of good memories for her. Waltair Times spoke to this young student - entrepreneur on her journey till now and her plans for the future.

Waltair Times : Zoya, your choice of study is a distinct move away from Medicine, Engineering and Computers. What prompted you to study journalism and mass Communication?

Zoya : Journalism and Mass communication was a decision that was made by my Mom and I back when I was in the 9th standard. I have always had a very strong inclination to creative activities, and my mother supported my interest and knew that I would thrive in a creative industry.

Waltair Times : How did your entrepreneurial journey start? By chance or by design ?

Zoya : Zocial was a very unexpected development. During the pandemic I kept myself occupied by doing multiple internships with various firms. During that period, I had an opportunity to help

out a family friend with her social media posts. What began as an experiment turned into a process that I loved. I used my own learnings to find more clients and to build a team. My parents being in business themselves, gave ample support. I learnt from their knowledge and experience to make Zocial what it is today.



Waltair Times : What does social media management mean? Why is it useful? What are the tools?

Zoya : Social media management is essentially a service that optimises the use of various social media like Facebook, Instagram, Twitter, LinkedIn to reach out to as many people as possible, interact with them and give them information about the products or services as well as receive feedback on those products and services. It helps a business, individual, a group or a cause to establish a brand presence or for branding.

Waltair Times : How have you managed to gain so many clients while studying? Zoya : I have managed to gain a handful of clients just through word of mouth. I had the opportunity to meet and interact with many clients in different fields of business and have met their requirement of making their presence felt in the social media world. Additionally, having a personal brand myself, I have managed to reach multiple clients across India through my own social media account! I am lucky that as I grew in my business, people often overlooked the factor that I was still a young student and gave due importance to my experience.

Waltair Times : Zoya, what is your time management mantra ?

Zoya : Managing my last semester along with commitments at Zocial and my extra-curricular sports (I play in my university's volleyball team) has been difficult but extremely rewarding. The demands on my time have actually been a learning experience and keeps me going. I started by prioritising one thing and kept changing the priority throughout the week to maintain a balance between all things that need my time. I worked hard, played hard. For Zocial any amount of time and effort was worth it, when I had happy and satisfied clients.

Waltair Times : What would you consider the secret of your success?

Zoya : Definitely hard work, sincerity and honesty. My success also multiplied the moment I started to delegate and built a team to support me. My work - life balance was definitely better too.

Waltair Times : Could you share three do's on social media in general?

Zoya : * Never shy away. Put yourself out there because this is a media which has a mammoth potential once used at its optimum. * Find the time to curate your content to the best of your knowledge. * Be a class apart from your competitors. Educate/entertain and promote your business. The last "Do's" of social media - Hire Zocial! Haha! Share the load with me !

Waltair Times : Three don'ts on social media

Zoya : *Do not be commercial. Don't get carried away trends. * Do not be "salesy". No one will follow if all you talk about is your business and have nothing to show for your knowledge. *Do not lose out on all the tools social media has to offer Hashtags, analytics, ads etc. Use these tools to your benefit.

Waltair Times : Most interesting aspect of business

Zoya : I love that Zocial has taught me so much about business. Creating agreements, invoices, client relationships are skills I got to master through Zocial which I am sure even my degree couldn't have taught me.

Waltair Times :Most frustrating aspect of business

Zoya : The most frustrating part of my business is finding a team that has the same level of passion for work that I have and people I can bank on. It took me a few months and many interviews to put together a team I know will get the job done

even if I am not in the scene.

Waltair Times : Best memory since you started?

Zoya : I was once at a social get together, and a couple of people came up to me to know more about Zocial. It was a great feeling to realise that I had created something that was being talked about and had reached people I didn't know.

Waltair Times : Is there a memory you would rather forget ?

Zoya : I have been blessed so far and I cherish each and every memory about Zocial.

Waltair Times : It's been a pleasure talking with you Zoya. Best wishes to you and may all your dreams come true. Is there a special dream you have?

Zoya : Thank you for featuring me in Waltair Times. It's a special feeling . My dream is to scale Zocial to a level which doesn't stop at catering only to social media needs, but reaches each and every media platform (advertising, public relations etc)





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DESTINATION IMAGINATION



Coding4kids was founded by Nagashilpa Seethamraju. Her experience ranges from working in the corporate world for over 15 years to teaching her kids programming and volunteering in her community schools. She has a Master's degree from University of Hartford, CT. She is a certified Lego EV3 teacher from

Carnegie Mellon University's Robotics Academy (USA) and a Raspberry Pi certified educator (Cambridge, UK)?

Destination Imagination is a hands-on, project-based educational experience that encourages creativity, collaboration, communication and critical thinking skills. Each year seven new STEAM Challenges are created by our teams of content experts and educators to help students from K to Grade 12 learn HOW to think, not WHAT to think. Destination Imagination applies the creative process to help student teams create their own unique solutions to the requirements posed by the Challenges.

Our Team has represented India at the regionals conducted on March 28th at SARA (SPACE AND ROCKETRY ACADEMY), DUBAI, UAE and all the teams won the 1st prize in the chosen Category

Scientific Challenge Team: Ridhi P, Ridhi K, Aadhya, Haanvika, Riya, Krithya (TEAM: RAINBOW GIRLS)

Engineering Challenge Team: Sharan, Suhas, Dhruv, Sai Dhanya, Swaasya, Aasrith, Kaushik (TEAM: AMAZING IMAGINATORS)

Technical Challenge Team: Sashil, Karthik, Aarnav, Jatin, Sathvika, Ankita, Kushal (TEAM CHERNOBYL)

All the teams were coached by Coding4kids in Vizag under the guidance of Nagashilpa Seethamraju and supported by SilpaKolli, Suma Vadrevu and Hyma Garuda

SeaPerch Challenge

- The SeaPerch Challenge is a remotely operated vehicle (ROV) regional and international competition. The Massachusetts Institute of Technology Sea Grant (MITSG) College Program created the SeaPerch initiative in 2003, and it is sponsored by the Office of Naval Research, as part of the National Naval Responsibility for Naval Engineering (NNRNE) to find the next generation of Naval Architects, Marine Engineers, Naval Engineers, and Ocean Engineers

- Shilpa Seethamraju, S-937

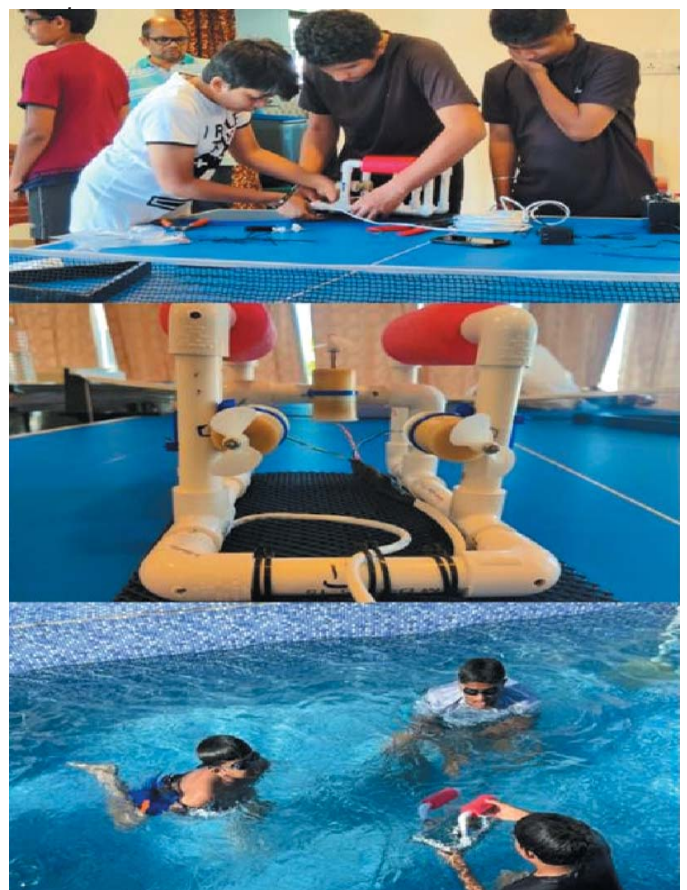
- The SeaPerch Program provides students with the opportunity to learn about robotics, engineering, science, and mathematics while building an underwater ROV. Throughout the project, students will learn engineering concepts, problem-solving, and teamwork. This innovative underwater robotics program guides students on building an underwater robot while supporting educators with the tools and training to help them through the process.
- Our team is competing in the international competition representing India against winning teams from around the world. The International competition will be held in University of Maryland on June 4-5, 2022.

The team was representing Coding4kids from Vizag and were coached by Mr Satyandra Vadavalli and supported by Nagashilpa Seethamraju

Seaperch team : Sashil, Aarnav, Krishna Karthik, Veer, Aditya, Kaushik and Sharan

TEAM : THE ATLANTIS

The team did a showcase of these projects at Waltair club on April 9th . We like to thank the Waltair club managing committee and MrJeevan Villuri in helping us organize this





Resetting for Happiness !

Sushma Perla in conversation with Sandhya Godey

We have all heard of coaches for sports and games, coaches for studies and competitive exams, coaches for arts and crafts, but a coach for living life happily? That's a new one. Come to think of it, it's not such a new concept. Elders in the family, Guru's, spiritual discourses, religious texts and books have been life coaches since times immemorial. With people getting busy with so many activities that add pressure and stress, these days it is accepted to take help from Life Coaches who give actionable steps that can help align emotions and thoughts. Sushma Perla, a Waltair Club member, is a life coach from our own Vizag who now resides in Dubai. She believes in the quote "Your emotions are an inbuilt GPS system that are always navigating and guiding you to stay on course. They are constantly providing you feedback to the quality of your thinking".

SUSHMA THE CLUB MEMBER

Daughter of Club member Kancharla Krishna Kumar and Revathy (who was a Ladies Committee Chairperson), Sushma did her graduation in Psychology and English Literature and her Master's in Communications Management. She later trained at the Robert Simic Coaching Institute in Dubai, to become Master Life Coach. Friday movie nights, Tennis and swimming sessions and hanging out with friends in the Club are her favourite memories at Waltair Club.

SUSHMA THE LIFE COACH

Always intrigued by psychology and a curious learner of life itself, Sushma stumbled upon a life coach at a retreat in Dubai. Initially, she started attending classes to be a life coach for her own self development. While doing the course, she realised that coaching others was an inborn gift that came very naturally to her. Her interest and her affinity to the process led her to complete stage after stage of coaching and soon, she was equipped to help herself as well as others.

IS COACHING A CLIENT A TIRING PROCESS?

"Life coaching is different from therapy. It is a very interactive process with a two-way conversation. They do not drain me in any way, but instead, my sessions recharge me. I feel I get a chance to relearn all my tools for myself. As I witness the positive changes in my clients I get pumped up with positive energy too. Yes, I do charge my clients, but I consider the money as a by-product. I strongly believe that any passion that gets an outlet will never seem like work, and hence is an enjoyable process.

JUST A FEW QUESTIONS & THEIR ANSWERS

* Is there a fool proof process that can ensure a healthy thought process?

* There is no one fool proof method. One has to work consciously at cultivating a healthy thought process with consistency to think differently in a way that serves you. By doing it repeatedly, it becomes second nature to you. When it isn't a struggle to think positively, it doesn't seem an effort, then THAT is fool proof FOR YOU. One size does not fit all. If it aligns with you, its your own fool proof answer to stay with a healthy thought process

* Can one help oneself over negative thoughts or depression?

* Absolutely. Clients always heal themselves. As a coach, I only enable them to heal themselves using certain tools and techniques that bring them closer to their true self.

* How long does it take to see results? How long does each session last?

* During my reset alignment program (9 sessions) which is done over two weeks, a client can expect transformational change. Each session lasts for 90 minutes. The goal of my program is to make the client manage and process their emotions in a healthy way. Sometimes clients choose to come back for follow up sessions when they want to go deeper to their goal setting and manifestation of their positive thought process.

* COULD YOU NAME A FEW SITUATIONS WHEN ONE WOULD NEED COACHING ?

1. Thinking in a way that is unable to break unhealthy patterns.
2. Someone who is unable to feel fulfilled.
3. Low self-worth and diminished self-esteem.
4. Someone who focusses on worst case scenario's all the time.

THREE MYTHS ABOUT MENTAL HEALTH

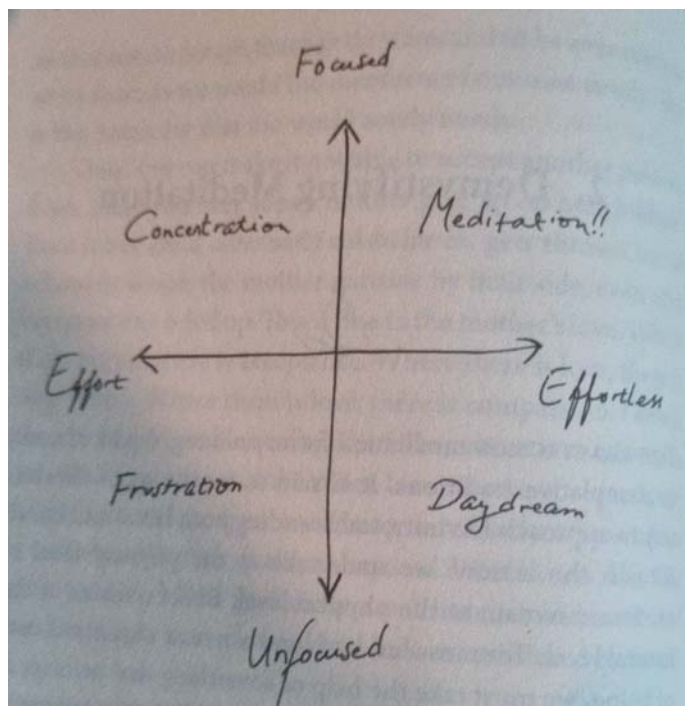
1. Transformational change takes forever
2. Happy people don't have problems
3. Seeking help for better mental health is a sign of weakness.

Waltair Times wishes that Sushma continues to coach many more people towards positivity and enhanced personal productivity. Sushma is reachable by email at connect@resetwithsushma.com and follow her tips and tricks to reset your own thinking @resetwithsushma on Instagram.



Meditation & its Purpose

By Rama Devi Pandiri. Heartfulness Meditation Trainer since 2017. M.No. V-124.



Recent pandemic has raised many questions in us and one that comes repeatedly is - Are we on the correct track? What are we doing? Are we doing it right? - To Nature, to Society and to Ourselves.

As we all know - "We Need to Balance" but we fear to answer these questions and are sometimes put in a dilemma as to how to do.

We want peace. We want happiness. We want calmness and joy.

In times of difficulties, we need the courage to accept and face them bravely.

The Best Answer to all these and the Easiest way to achieve them is through MEDITATION.

Meditation is simple and easy when we have the will to do it and do it regularly. When practice is done sincerely on a daily basis at a fixed time, at a fixed place, it becomes a habit. It works like a Biological Clock and our Day begins with a Positive Note.

"Heartfulness Meditation" as often quoted by Rev Master and Global Guide Sri Kamlesh Patel or affectionately called as DAAJI "Helps us to Regulate our Mind with the Heart".

Our mind is like a racing horse with our thoughts getting scattered all over and Meditation steps in and works like a LEASH and when Mind is regulated by Heart, it helps in easy Decision Making. It gives us courage or the required strength

mentally and emotionally. Our thoughts become feelings and our feelings in turn become Actions.

Thus our Mind is at peace.

When we are at peace, we naturally spread joy and happiness around us.

Heartfulness Meditation helps us accept challenges as Gifts and move forward. Solution is found not only by using our mind and logic but by also listening to our Heart and following it, motivating us to emerge stronger and transform as a better person.

In Heartfulness Meditation, the presence of Pranahuti or the Yogic transmission helps to achieve our Goals and Aspire for further Growth in the Right Direction. Meditation enhances our efficiency to perform better in all our activities which leads to confidence.

Meditation makes our sleep peaceful thus enabling us to start our new day refreshed and energetic.

Meditation helps us to introspect and gives us the courage to correct ourselves wherever and whenever the need arises.

In my experience as a Heartfulness meditator from the past 22 years,

I feel it has transformed me and I am able to balance better in my daily activities.

I like to bring smiles on the faces of people around me and try my best for the same.

Rama Devi Pandiri. Heartfulness Meditation trainer since 2017.



Club Life and its Nuances.

In conversation with AVRK Kumar, Past President of Waltair Club. Part 4.

- Vijay Atmakuri



AVRK's childhood was tempered by the Club Life. The Club shaped his childhood and youth and thus his affection for the Club is immense.

Waltair Times (Vijay Atmakuri) met with this iconic Past President who headed the Club around 25 years ago. Here he shares his clear memory and fine details

about the Flora and the Fauna that prevailed in the Club.

W.T: It is nice to hear feedback from our readers and they were impressed with your memory and attention to detail. What would you like to share with our readers now?

AVRK: I would like to make a small correction in the previous conversation. The Fleece awards were sponsored by the Raja of Bobbili and Raja of Mandsa. Now let me talk about the club's Flora and the Fauna. These contributed to the ambience of our club which was 34 acres instead of the 13 acres as of now.

During the eighties we saw so many changes. There was a determined effort by the club to add many coconut plants. These efforts dampened the noise, kept the air clean and brought the club closer to nature. If I close my eyes and think about the club, I am actually recalling the smell of the flowers. There were Temple Trees, Indian Cork tree locally known as AkasaMalli. This was very special. There were many of them close to the Club building in the front. Its fragrance is so fine and lingers in the air. It generated the finest feeling at the president's lounge / parking area. The tree sheds twice a year and the ambience it created was just wonderful. Unfortunately, Hud-Hud wielded its windy axe on the club's plants and trees, and many trees were lost forever or reached their end of lifetime.

In the area where the generator is now was the Akasa Malli tree on the left and the members were welcomed with the sweet smell upon entry into the Club up to the the present Library area, (the former office area). Secretary's room had the creeper Night Queen. So much so the Secretary's room had a fine floral smell during the evening. Thus it created a wonderful working atmosphere for the Secretary, for long hours. Night Queen creeper can still be found near the Band Stand and in lawn area next to the soda making rooms. Incidentally, this room is part of the original Club structure and still stands.

W.T. What other areas had a history?

AVRK: Before Jubilee hall was built it was just "YerraMattiDibbalu", till the present JagannadhaSwamy Temple area and well into Panduranapuram. Even the Club chambers / Wills pub area was such wilderness. I am talking about a Club area of 34 acres and now the land area is about 13 acres. At the Supper Garden area was a hillock and a play area for children. After sunset around 8 p.m., the rabbits

would come out, around 9 p.m the members would be leaving for their homes. One could easily spot the furry bunnies running around in the range of the car's headlights. Mongoose too could be spotted. Foxes - locally named Guntanakka, Golden Jackal were also there. The latter usually mind their own business and were usually mistaken for dogs. Their hideouts were around the present Centenary Hall and well into Pandurangapuram. Even the entire Pandurangapuram was just Yerra Matti Dibbalu.

These area where the Centenary Hall stands now, was also the dumping grounds for waste food. Availability of food sustained the animals. This area also was a garbage dump yard and thus a source of foul smell and at times it had to be burnt.

W.T. What else do you recall?

AVRK: Club Had many birds. Parrots, Quails, Owls were plentiful as they had a good habitat in the trees. Even now one tree by the bandstand is one of the still existing trees. There were many Bats from the University area that used to fly over the club at dusk.

W.T. Any other memories?

AVRK: Captain E.H Glassup was one of the members and he came to Vizag in 1927 and loved dogs. He and his wife stayed on in Vizag. He had a dog Husky which was an Alaskan Husky. Husky would enter the club through the wicket gate across the Tennis Courts. Though "Dogs were not allowed", everyone turned a Nelson's eye to Husky. After Mrs. Glassup passed away, Glassup lived the rest of his life in Vizag. Husky continued the habit, to visit the club and the club staff fed the dogs. Thus Husky was a enjoying some special privileges. Husky befriended other stray canines and gradually the progeny began to populate the canines at the Club.

AVRK: There was a rule that 10.30 p.m the bell would ring and members leave by 11p.m., this would start a Pavlovian reaction amongst all the dogs - for they would start barking in anticipation of their dinner or the waste food.

AVRK: Snakes were an issue. Thanks to the waste food, snakes would breed, thus mongoose too. Egrets (storks) would feed on the bugs and insects.

Till the late 60's migratory birds could be spotted flying in a V formation. Flamingos could be spotted flying around up to Chavulamadam . The knotholes of salwood trees at the Club were excellent breeding habitat for many types of birds.

AVRK: When members gathered around Jamunand Neeredi trees for afternoon beers, the dropping of seasonal fruit told the beer drinkers that the Club elections are round the corner.

I used us sit at the band stand on Saturday afternoon. It was clean, quiet, the rustle of the leaves and the sound of the ocean could be heard. It was such a pleasure to enjoy the moment.

Eventually the dogs became a menace. The Club had to employ 2 Malis to keep the dogs away. The Club had many resident Quails, Mynas, Bats and even an Eagle's Nest. The Indian Fox (Guntanakka), Golden Jackal (Nakka) were also the residents on the Club premises.

For me the Club's flora and fauna gave me a sense of happiness and a relaxed attitude. Shri Diniyar Nakara (former Secretary) shared these sentiments with me.



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- Music, Art, Dance, Sculpture, Craft...
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- NCC, Sports & Games, Swimming, Skating, Gymnastics, Rope Skipping, Basketball, Football, Lawn Tennis....
- Synergy Table Tennis Academy, ACA Cricket Academy.
- Affiliations with International Bodies in various fields.
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- Seats in IITs and Medical Colleges every year.
- Selections to KVPY Merit Scholarships.
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- National Champions in Kho Kho(CBSE).
- National Champions in Skating(CBSE).
- 63 National Selections in Games & Sports.
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A MEGA TOWNSHIP

