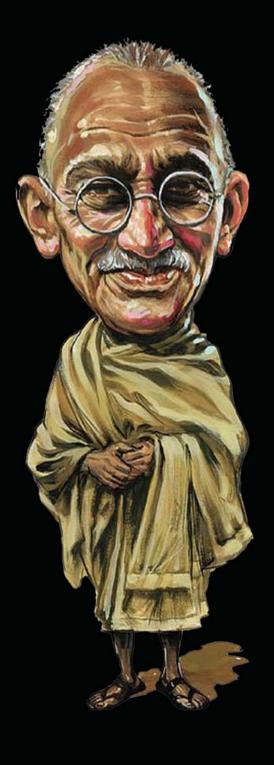


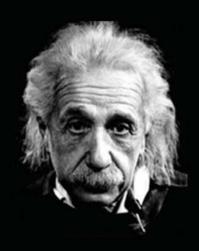
Waltair Times

HOUSE JOURNAL OF THE WALTAIR CLUB, VISAKHAPATNAM

Visit Us at www.waltairclub.net For Private Circulation VOL. 24 | ISSUE 4 | OCTOBER '19

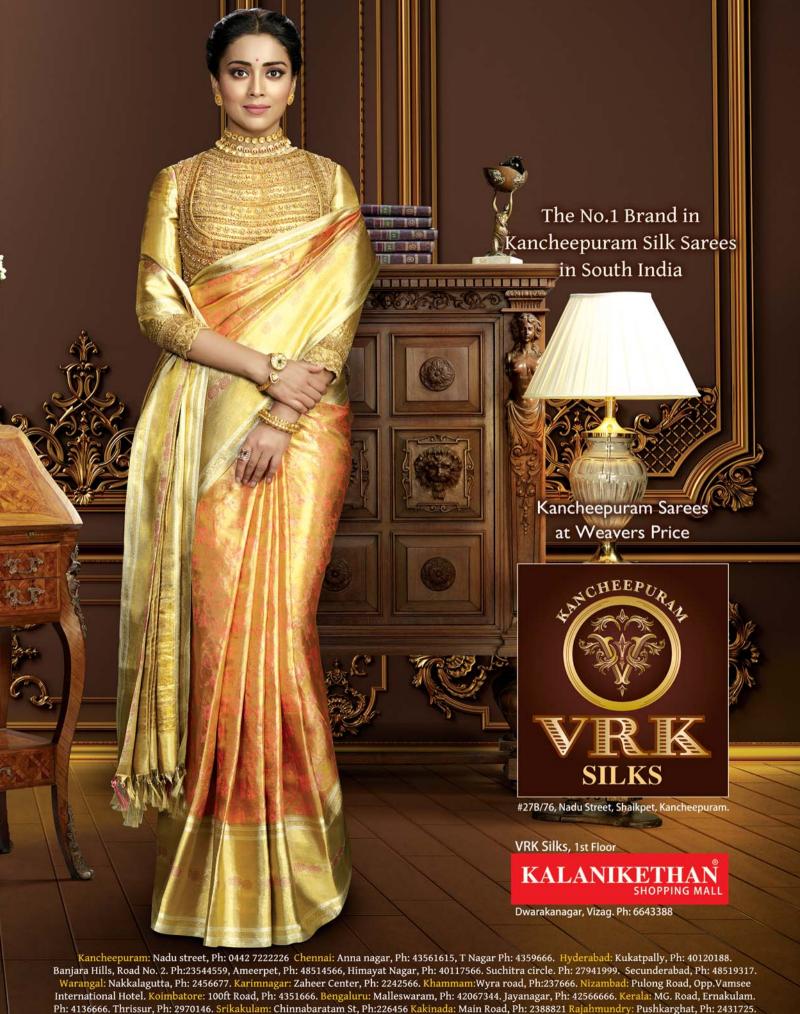






"Generations to come will scarce believe that such a one as this ever in flesh and blood walked upon this earth. (said of Mahatma Gandhi)"

- Albert Einstein, On Peace



Warangal: Nakkalagutta, Ph: 2456677. Karimnagar: Zaheer Center, Ph: 2242666. Khammam:Wyra road, Ph:237666. Nizambad: Pulong Road, Opp.Vamsee International Hotel. Koimbatore: 100ft Road, Ph: 4351666. Bengaluru: Malleswaram, Ph: 42067344. Jayanagar, Ph: 42566666. Kerala: MG. Road, Ernakulam. Ph: 4136666. Thrissur, Ph: 2970146. Srikakulam: Chinnabaratam St, Ph:226456 Kakinada: Main Road, Ph: 2388821 Rajahmundry: Pushkarghat, Ph: 2431725. Bhimavaram: P.P. Road, Ph: 232301. Vijayawada: MG. Road, Ph:2488333 Guntur: Lakshmipuram, Ph: 2211112 Ongole: Mangamuru donka, Ph: 223666.

CONTENTS

Vol. 24 | Issue 4 | October'19

President's Desk
Vice President's Desk
Secretary's Desk
Notice Board 10
Announcements
Club Calendar
Obituary
Member Honour
New Members List 14
Events
Tambola
Technology to reduce corruption-3 15
Motivational Quote of the Day 18
Association Saikorian-Campus Challenge 28
Know your Club
Career Guide
Travel Diaries
What's Cooking? 40
What's up doc?41
How to play Bridge 42
Benefits of Playing Bridge 45
Rain,Rain, don't go away 46
Indian stone tools
Billiards 50
A Plastic Pain54
How to Host a Grown-Up Game Night 56
Tech Next
Pet Corner 60
Online Dating Frauds62
Legal Matters 64
C;ub Timings
Shelf love
Happy Indulgence - kids book review 67
How to Improve Your Sudoku Skills in 5 Minutes or Less 68
Jokes & Puzzles70
Blow your Mind75
Advisory on Etiquette In Club Premises
Disciplinary & Legal Committee
How to advertise in Waltair times
Affiliated Clubs
Wellington Gymkhana Club - Ooty, Nilgiris
Tollygunge Club - Kolakatta
Emergency Phone Numbers 86













Cover Page Concept: PS Raju FCA, Vice President, Waltair Club

FREE RECLINER on purchase of homeware *













CMR Central Mall, Second Floor, Maddilapalem, New Resaspuvanipalem Vishakapatnam-530013. Ph. No.: 0891-6677330 / 07306652998.

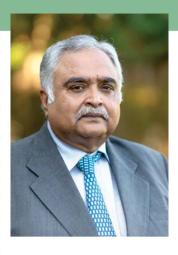
WE HAVE NO OTHER BRANCH IN VIZAG

(1800 210 0004

For bulk orders call: 9848005254

Shop online at: www.hometown.in

Offers are subject to change



From the **President's Desk**

Dear Members,

Greetings to you all!

We are now into the festive season and it's a good time to reflect on the values and fundamental principles that have guided us. Changes are happening at a rapid pace and many of us are left wondering what to hold onto and what to discard. How to take advantage of the new ideas and yet retain our core principles.

Ageless ideals and traditions cannot be replaced by technology, and so we need a special courage to stand up for everything that is true and right. It is easy to hate and destroy but much more difficult to build and cherish.

So as we wish you all a very Happy Dussehra and Joyous Diwali, i hope and pray that our festivals unite us in a true sense and motivate us to be our better angels.

I extend all good wishes to each of you and your families.

God Bless

Kumar Muppidi

MANAGING COMMITTEE 2	019-20
PRESIDENT MR. M.V.S.N.KUMAR 9949826556 kumarmuppidi59@gmail.com	K-32
VICE-PRESIDENT MR. P.S. RAJU 9393107777 psraju@gmail.com	S-148
HONORARY SECRETARY PROF. G.SESHAGIRI RAO 9949414114 drgsrao@gmail.com	S-246
HONORARY TREASURER MR. A.SURESH 9848195707 suresh.adu@gmail.com	S-547
COMMITTEE MEMBERS 20	19-20
SPORTS MR. P.KRISHNAKANTH 9246762909 kris_5624375@yahoo.co.in	K-176
ENTERTAINMENT MR. A.SEKHAR BABU 9849199906 sekharamrf@gmail.com	S-699
BAR MR. G.M.B.V.KRISHNA REDDY 9246623943 drgmbvkreddy@gmail.com	K-77
CATERING MR. O.SRINIVASULU 8977789999 oruganti72@gmail.com	S-759
GENERAL SERVICES MR. R.V.PRASAD 8008767555 rvprasad03@gmail.com	P-090
CHAMBERS & LIBRARY MR. S.V.NARASIMHA RAJU 9866565656 varmasagi2828@gmail.com	N-094
LADIES SUB-COMMITTEE MRS. M.DIVYA DAS 9494130731	D-093
SENIOR MEMBERS CAPT. G.M. PETER	P-09

98484 06010



EDITORIAL BOARD Editor Dr.Hema Yadavalli H-22 9949485555 Members Mr.P.S. Raju S-148 9393107777 Mr.S.V.Krishna Murthy Raju R-328 9440189476 M.K.Mallikhariuna Rao M-91 9848199009 Mr.T.V.S.K.Kanaka Raju K-134 9849114247 Mr.K.R.Prasad P-79 2553773 N-44 Mr.K.Narayana Rao 9491331914 M-54 Mr.Prem R Mirpuri 9849146137 Mrs.C.Padmaia N-34 9440395454 Mrs.Shanti Chitra C-46 7382621218 Mrs.Deepti Rathi D-166 8297211007

Vice President's Message

Honorable Members,

This issue of Waltair Times is dedicated to the father of the Nation, Mahatma Gandhi whose 150th Anniversary of birth falls on October 2nd of this year. In addition to the cover page we have also compiled articles, stories and poems of the Mahatma. This would specially be very educative and motivational to the young members of the Club who may not be very familiar with the Mahatma's beliefs.

Cover page is a very important driver for any Magazine. The first issue of July'19 carried the photograph of the new team, Aug'19 carried Monsoon concept. Sept'19 the Chandrayan-2 mission and this issue of the Mahatma.

We are happy to inform that Waltair Times has reached the present form after considerable effort of the Editorial Board, Members of the Management& Executive Committee and other Members who have contributed articles and content to the Magazine.

I need to mention some of the regular contributors namely Mr.PremMirpuri on "Know Your Club", Mr. T V S K Kanaka Raju on "legal matters", Mr. K. Narayana Rao on various topics and Mrs.DeepthiRathi and Mr. Monish A Row. The Committee Chairmen specially Mr. K Krishna Kant and Mr. R V Prasad have been consistent source of content.

I am personally glad to have written articles starting with the July'19 issue, on potential of the Club and it's under utilization, a series on Technology to Reduce Corruption, the part-3 of which appears in this issue.

In this issue the editor Dr. HemaYadavalli has taken the initiative to contribute/gather content on Tech First. Book Reviews by Mr. AnaghSarda S/o NeerajSarda, (N-266) is a welcome feature.

I cannot justify, in a few words, the support of the advertisers without which Waltair Times would not be what it is today. With a readership consisting of influential Members of the Club, the advertisers derive value and slowly but surely the demand for advertisement space is going up.

I would like to appeal to the Younger generation who are Members of the Club and also the dependent Children to contribute articles of interest and we can assure them of publishing the same provided they meet the exacting standards. The articles need to be original in content and if sourced from else where the fact has to be mentioned. The involvement of the Young Members is very important for the future of the Club. They need to opt for and take leadership positions so that the Club would be in safe hands for the next generation.

I would like to specially mention the contribution of Mr. Sumedh Yadavalli, (S-1222) who has penned an article, "Career Guide". Similarly, worthy of mention, are the articles in the same section of the previous issues, by Ms. Diyanshu Emandi and Mr. Ameet Mirpuri (A153). Youngsters coming forward in this manner is an inspiration to others.

In this issue we have added an article on bridge by a Senior Member Mr. B. Venkateswarlu, (V-38). As a supplement to this article material on "How to play Bridge" is published.

The information on affiliated Clubs continues with Wellington Gymkhana and Tollygunge covered in this issue.

I also take immense pleasure to announce a new series on organizations involved in Social and other Charitable work, which is carried out by many in this Country. In this issue we are covering "Campus Challenge" a social impact initiative started by Association Saikorian, which is the alumni association of the old students of Sainik School, Korukonda. I am sure this would inspire, a lot many, to look forward to support a Charitable and/or a Social cause.

Feedback is an important source for us to know the areas which require improvement in Waltair Times. Feel free to express your viewsat email: editior@waltairclub.com. We will publish these, well intentioned, messages irrespective their being, even, critical.

There are qualified, experienced, creative Club Members, who staunchly believe in honesty &transparency . I appeal to them to participate in the activities of the Club and more particularly Waltair Times Magazine. They can contribute informative and appealing original articles to Waltair Times. We would like to publish more of these and lessen our dependence on web sources for content.

It is also a good opportunity for the silent but highly thoughtful intellectual minds to share their views. These inputs can be an instrument of change on how an ideal Society needs to function. When written without fear these expressions of morality would add great value to the Society, Club and specifically this Magazine.

P S Raju FCA. Vice President-Waltair Club and Member Editorial Board of Waltair Times



Character Before Competence

LET US CELEBRATE THE MESSAGE BEFORE THE MAN.

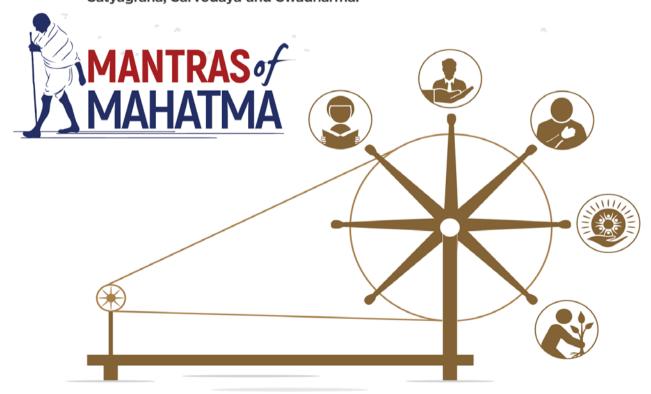
Is Gandhiji the man who scripted the India story?
Or is he the message that inspires us to script a new Self?

Is he the visionary who transformed our world? Or is he the vision to be the change ourself?

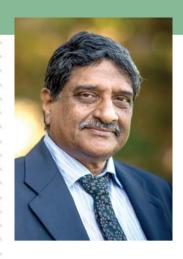
'Gandhi' is a symbol, a mantra, a philosophy, a way of life.

An awakening, a call for action to be honest, courageous, purposeful and in harmony.

Let us mark the 150th birthday of the Mahatma by pledging to relive 'Gandhi' by living the mantras of Mahatma; Swaraj, Swadeshi Satyagraha, Sarvodaya and Swadharma.



ORCOMM.i



From the Hon. Secretary's Desk

HAPPY DUSSRA & DIWALI TO ALL MEMBERS

It's an opportunity and honor to address the Members and their dependent Children of the Club in this October'19 issue of Waltair Times and it is also time to talk about the initiatives taken by me and other Committee Members who supported me in that cause.

The use of singe plastic ban is a hot and current topic World over and specially in India with the Central & State Governments actively pursuing the same. Taking a cue and an inspiration from these initiatives of the Governments we at Waltair Club decided to ban single use plastic.

The usage is primarily for packaging the parcels that are taken home by the Members or their dependent Children. We presently use plastic tins, bags, cutlery etc., One of the Committee MembersMr. S V Narasimha Raju displayed some of these new items which can replace the plastic items. The first and foremost is the tin in which the food is packed. A container made from banana tree bark was shown to us and found to be eco friendly. Similarly cotton bags, wooden cutlery ware also presented.

I was personally caught up with this idea and so are the other Members including the Honorable President. Therefore, we decided to adopt these measures at the earliest and do away with the use of plastic. Hope the Members would appreciate this new move and also write to us if any better ideas can be adopted.

Another important area, I have always been concerned about, is the dependent Children of the Club Members being accompanied by their friends or relatives. The later without authorization use the Club facilities and any number of measures taken earlier did not yield expected results. To curb this practice, I have introduced identity cards for the dependent Children of the Club. This I am confident would put an end to the practice and also avoid inconvenience to other Members or their quests.

The Catering Chairman Mr. O Srinivas Rao suggested and we have decided to start a food fiesta with the name "Lucknow Food Festival". This I am sure would delight the culinary aspirations of the Club Members and their dependent Children and of course theirguests.

Prof G. Seshagiri Rao

- ______/ -----
- 1. Organic Vegetables, Fruits, Millets etc., will be available on every Sunday from 7:00am to 12:00 Noon starting from this Sunday (22.09.2019) by "THE RYTHUMITRA TRUCK".
- 2. Members are requested to note that Rs.10,000/- credit limit includes chamber bills also. Please note and cooperate with Management.
- 3. This is to inform all the members that only buffet breakfast is served at Shells Dining Hall. A-la-carte Breakfast is served at lounge at Main Building. Timings: 8:00 am to 10:00 am. Members are requested to co-operate with the Management.
- 4. This is to inform all the Members that the Managing Committee decided to debit Rs.100/- per annum from members, towards staff welfare fund (this fund to be utilized as loans for staff and their families medical and education purpose) as per article –XXXIII (G) (110th Annual General body Meeting on 30th June, 2016).
- 5. We request the Members to respond to our appeal for reduction of multiple number of copies to be posted to the same address. This can easily be done by sending an email from an address registered with the Club. This can also be done by posting a letter to the Club office/sign on the papers available in the Club office. All these requests will be registered and dispatches stopped. This would result in saving paper and thereby the environment.



11.10.2019	Friday	Movie	7:00 PM
11.10.2019	riiday	Movie	7.00 PIM
18.10.2019	Friday	Movie	7:00 PM
19.10.2019	Saturday	Mega Bumper Tambola	7:30 PM
25.10.2019	Friday	Movie	7:00 PM
26.10.2019	Saturday	Diwali Mela	5:30 PM
01.11.2019	Friday	Movie	7:00 PM
03.11.2019	Sunday	Beer n Biryani with Tambola	12:00 Noon
08.11.2019	Friday	Movie	7:00 PM

Kavita. Ph: 2565240 (Ext. 262)

Obituary



MR.DEEPAK C IDNANI (M.NO.D-93) EXPIRED ON 18.09.2019

We regret to announce the demise of our Regular Member. May his soul rest in peace.



Member's Honour ______



It's an absolute honour that Sunray Resorts belonging to Sri Raja Babu (R-415) received the prestigious "Best theme based Resort" from Andhra Pradesh tourism for the fourth consecutive year, which makes it all the more special.

Our Club Members have been elected to the Board of ANDHRA PRADESH CHAMBERS OF COMMERCE AND INDUSTRY



Mr KRB Prakash Vice Chairman Visakhapatnam Zone M.No.P-40



Mr Sudhir Mulagada Chairman Visakhapatnam Zone M.No.S-597



Mr Pydah Krishna Prasad President Elect M.No.K-41





WALTAIR CLUB Ladies Committee Presents

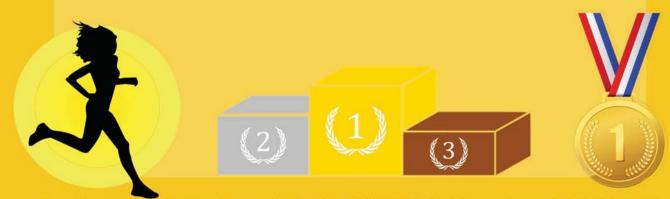
LADIES & CHILDREN



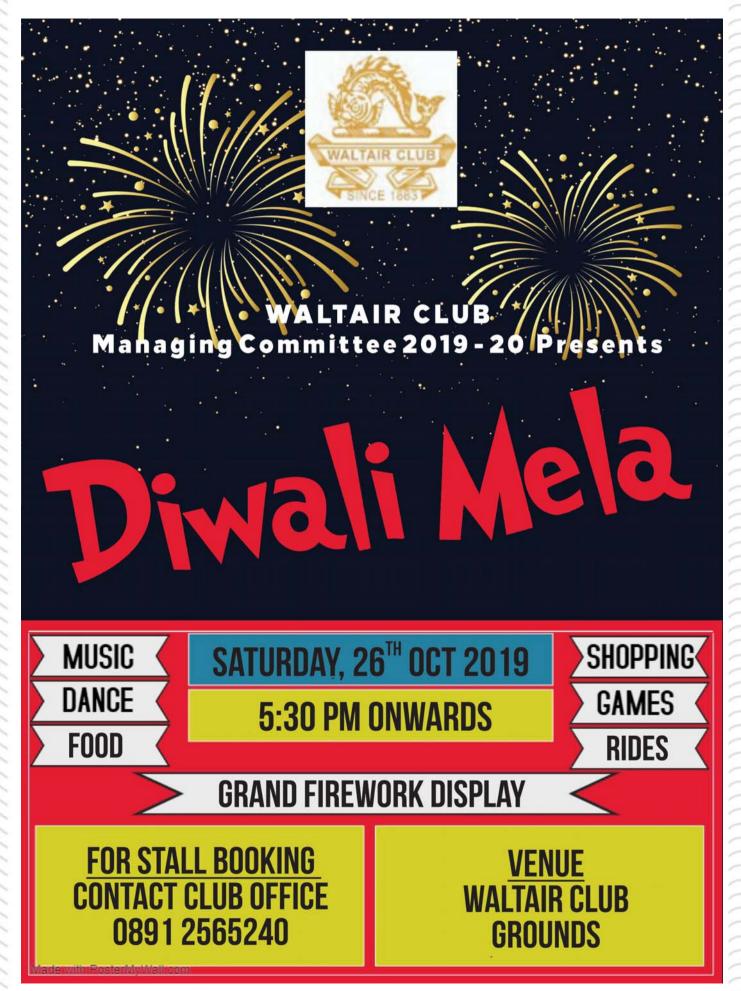
9th November (2nd Saturday), 2019 at Club Grounds from 03:00 PM to 06:00 PM

Age Group: Toddlers & 3 Yrs to 75 Yrs

A wide range of Track & Field events like Novelty races, 50 mts Dash, 100 mts Dash, Relay Races, Cycle Races (bring your own bi-cycle), Triathlon, Slow & Fast paced races for ladies and many many more!!



For Details call: Dr. Gayathri: 9985577227 | Divya Das: 9494130731



New Member List

Member Name	M.No.	Category	D.O.J
Mr.G.Sai Basaveswara Rao	S-1111	Regular mc	14.09.2019
Mr.V.Surya Prakash Rao	S-1258	Life	16.09.2019
Mr.D.Subba Reddy	S-1256	Life	17.09.2019
Mr.K.Nikhil Krishna	N-269	Regular mc	17.09.2019
Miss.P.Urmila Gajapathi Raju	U-40	Associate	19.09.2019
Miss.Muskan Minda	M-332	Associate	19.09.2019
Mr.B.Sachit	S-1010	Regular mc	20.09.2019
Miss.G.Pranathi	P-361	Associate	20.09.2019
Mr.M.Venkata Aravind	A-443	Associate	21.09.2019
Miss.Prita Dhawan	P-362	Regular mc	21.09.2019
Mr.O.Suresh Kumar,IRSSE	S-1254	Service	23.09.2019
Mrs.D.Sneha	S-1257	Regular mc	23.09.2019
Miss.Japna Jolly	J-136	Associate	24.09.2019
Miss.Y.Hasya Reddy	H-230	Associate	25.09.2019
Miss.P.Pallavi	P-359	Associate	30.09.2019
Mr.Y.G.Dinesh	G-124	Regular mc	30.09.2019



Events

Tambola Winners



1st Prize Winner Mr.K.Mohit (M.No.M-287)



2nd Prize Winner- Mrs.V.Kavitha W/o. Mr.V.Ravindranath (M.No.R-524)



3rd Prize Winner-Capt.S.V.S.Reddy (M.No.S-397)



3rd Prize Winner-Mrs.B.Srinitya W/o. Mr.B.Adarsh Varma (M.No.A-432)



4th Prize Winner-Mrs.Preeti Bhatia W/o. Capt.Pradeep Bhatia (P-131)



5th Prize Winner-Mr. M.Surya Teja spouse of Mrs.M.Divya Das (M.No.D-93)

TECHNOLOGY TO REDUCE CORRUPTION-3





MEDICAL AND HEALTH DEPARTMENT

"In nothing do men more nearly approach the gods, than in giving health to men".

- Marcus Tullius Cicero

This article will primarily focus on the state of Government Hospitals, Corruption therein and solutions that Technology can provide to reduce the woes plaguing these Hospitals.

Before proceeding further, a look at the statistics and or opinion polls which have been taken from information available on the web.

Key findings - snapshot

Total monetary value of petty corruption put at ₹ 2,017 crores a year

59% of rural and 51% of urban households sought services of government hospitals. All India figure: 55% (11.3 crore) households

Of those who interact with government hospitals, 26.5% (3 crore households) paid bribes - 19% in rural areas, 49% in urban; average bribe paid per household: ₹ 663

Reasons for repeated visits

Doctor not available in previous visit-39%

Failed to get appointment -21%

Admission to ward not available-14%

Operation theatre was not free-13%

Diagnostic lab failed to take sample -12%

Prevalence of Corruption

There is widespread corruption in hospitals

Strongly Disagree-6%

Disagree Somewhat-9%

Neither Agree Nor Disagree- 18%

Agree Somewhat- 38%

Strongly Agree- 29%

Common Irregularities

Medicines unavailable-52%

Doctors suggest a visit to their private clinic -37%

Doctors refer to private diagnostic centers-31%

Over-prescription of medicines-24%

Bribes demanded by staff-20%

Diagnostic tests are done even when unnecessary-18%

Doctors are absent-13%

Experience of Interaction with Hospitals

Ways to bypass normal process

By paying bribes -54%

By using influence- 42%

Middlemen-5%

Corruption in Hospitals has serious consequences on the Society. It can lead to death, prolong illness, increase the intensity of natural disasters, loss of faith in health care system undermining the moral visionðics of Medical profession etc.,

The most effected are the poorest of the poor. They neither have the resources nor the influence to manage the system to get adequate health care.



"Government Hospital. No doctors, patients please run away-Manager"

The major concerns and ways to tackle them are as follows:

Failed to get an appointment: People without the means, influence or support fail get an appointment. The wealthy and the influenced, who can otherwise afford the cost of private medical care, also queue up for the Government Hospitals. This is donefor the facilities namely the advanced equipment and eminent Doctors these Hospitals have. It may also be just for the sake saving on costs that are not covered by the insurance of they have bought. It is not uncommon for Specialists to advise their otherwise wealthy/connected patients to go and book themselves at the Government Hospitals. The same Doctor attends to the referred patient. This, in a way, is using the scarce Government resources for private enrichment.

This issue can be mitigated, to an extent, if technology is introduced in the registration and prioritization of the admissions. Strict online registration and/or proper records at the out patient counters are some of the ways in which it can be done. Any deviation from the established and/or recorded preference list should be severely dealt with. Also, if a deviation is necessary, the reasons for the same need to recorded in writing by the concerned Doctors. Strict monitoring of this system will help in greatly reducing the unfair admissions.

2. Non availability of Medicines/Drugs: It is often noticed that the Doctors in Government Hospitals prescribe drugs on the plea that they are not available in the Hospital. The patients are asked to buy them from outside pharmacy stores. These stores have connections with the concerned Doctors. This is nothing but private enrichment at the cost of the poor and helpless patients.

- A remedial measure is by maintaining adequate stock registers
- for Medicines and other consumables wherein the description, and their pharmacombinations are mentioned. Technology will help preventing a prescription if the required drug is available in the Hospitals. It follows the prescription should also be generated online to derive the intended result.
- If the relevant Medicine is commonly used, strict action should follow on the personsresponsible for ordering the medicines and keeping adequate stock of the same.
- 3. Diagnostic Test and Lab Reports: The patients are required to go through several diagnostic and lab tests. These facilities are normally available in the Hospital but not uncommon to find instances of the patients asked to go out and get the test reports from private players. As is the case with Medicines this practice also breeds corruption. Introduction of online prescription is one solution. This would prevent an unfair prescription if the facility is available in the Hospital. Strict monitoring and action be taken if there is no sufficient and valid reason for not having the resource available in the Hospital.
- 4. Absenteeism of the Doctors or other para Medical Staff: Non availability of Doctors or other staff is also a common phenomena in the Government Hospitals. It is known fact—some of these Doctors have their own private practice and tending to them ignore their duties in the Government—Hospitals. With the advent of modern technology this can—be prevented by introducing advanced systems like finger print/face recognition software at the entrance to any ward or department in the Hospital. It goes without saying there should be a strict monitoring and action if there any lapses.
- 5. Purchase & Procurement and Contracting Policy: The introduction of a strict, flawless and transparent Purchase & Procurement and Contracting Policy is a necessity for for any business or other social organizations and Hospitals are no exception. Implement, starting from short listing the Vendors in a transparent way, calling for and getting quotations, technical evaluation, price negotiation and ordering, control methods with an ABC analysis, ordering quantities and levels are some other measures which need to be introduced.

The Author is convinced, it is not the lack of knowledge/ideas, that prevent the adoption of the above stated solutions. It is nothing but a reluctance of the concerned authorities who, deliberately, prevent the introduction of the systems. It is very well known to them that if the systems are introduced their own private agenda gets effected. The silent & honest majority consisting of civil society, whistle blowers and other eminent leaders and of course the media have been speaking up but change can be brought about if more public pressure is maintained on the way the Government Hospitals are run.

The gloomy picture presented does not take away the reality of some great Doctors who are ethically and morally of a high standard even in Government Hospitals. They need to be encouraged and propelled to positions of power.

The Author is PS Raju FCA., a Senior Chartered Accountant practicing at Visakhapatnam and can be reached at psraju@gmail.com

MOTIVATIONAL QUOTE OF THE DAY



5 INTERESTING AND INSPIRING SHORT STORIES OF MAHATMA GANDHI'S LIFE

by Shubham Gupta in Mahatma Gandhi Quotes, Mahatma Gandhi Stories, Motivational Stories

Until you decide to change, no one can change your life-Today is the Day to start changing your Life- Just Do It.

MotivationJet

Gandhi stories and interesting Mahatma Gandhi facts that will inspire us to adopt his teachings and give respect to the martyrs' of the nation.

Here are the Mahatma Gandhi's interesting life stories in short.

1.The Whole World Was His Family

Long ago when a reporter asked Kasturba Gandhi how many children, she had, she replied "Four,but she also replied that Bapu, my husband, has four hundred million."

Now, you can think why she said like this because 400 million was the population of India at that time.

2.He Believed In The Dignity Of Labour

Once upon a time Lalaji (LalaLajpatRai) and Mahatma Gandhi were staying at the house of an ardent nationalist, Shiv Prasad Gupta.

On their first day at the house of their host, LalaLajpatRai dressed new clothes after his bath and left his dirty and old clothes, in the bathroom.

The next morning he found the clothes washed and neatly folded, on his bed. He was delighted. Lalaji had been travelling a lot for Freedom Movement at that time and he had many more dirty clothes with him.

He politely asked Mr Gupta if he could put the whole lot of dirty clothes for washing. Mr Gupta said he certainly could.

So LalaLajpatRai got all his clothes washed.

When the time came for them to leave, the Lalaji said he would like to tip the servant who had washed his clothes. His host said it was not necessary but Lalaji insisted.

Mr Gupta went in search of the man who had washed the clothes of Lalaji but he shocked to know that, the clothes had not been washed by any of his servants.

Finally, a servant said, "It was the other man in the room with Lalaji who washed all the stained clothes. "I saw him hanging out the clothes to dry."

Can you guess now, who had washed the clothes of Lalaji?

3.We Are Here To Serve Not To Be Served

A sanyasi (Monk), Swami Satydev spent a day at Sabarmati Ashram and then expressed a wish to stay there.

"I like the work you do here," he told Gandhiji.

Gandhiji said he was welcome to stay at the ashram was meant for people like him, but added

"You will have to put away your saffron robes, and dress like the others here."

The Swami did not like that."I am sanyasi (Monk)!" he protested.

"I'm not asking you to renounce sanyas," explained Gandhiji.

"Sanyas is a state of mind. Dress has nothing to do with it."

If you wear your ochre robes here, people will not allow you to do work out of respect for your robes, instead, they will serve you, and that would be contrary to the principles of this ashram. We are here to serve, not to be served.

The swami thought the matter over and decided to join the ashram.

On another occasion, a man in an advanced state of leprosy came to the ashram and asked for shelter.

"I've come to shed me skeleton here," he said.

"I won't go even if I'm pushed out."

"How can I say there's no shelter for you here?" said Gandhiji.

"You're welcome."

Nursed by Gandhiji, the man spent several days in the ashram before succumbing to the disease.

4.He Was Fearless

"I have no fear. That is why I'm unarmed. That is what ahimsa is about."

When he visited the Northwest Frontier to meet his Pathan supporters, he was dwarfed by their height. They were tall and rugged, and all carried guns.

"Are you afraid?" he asked them.

"Why else would you carry guns?"

They stared at him, stunned into silence. No one had ever dared to question their courage.

"I have no fear," continued Gandhiji."That is why I'm unarmed. That is what ahimsa(Non-violence) is about."

The leader of the group, Khan Abdul Ghaffar Khan, threw down his gun, and the others followed suit.

5.He Was Considerate

Mahatma Gandhi suspended his individual Satyagraha campaign for almost a fortnight from 25th December 1940 to 4th January 1941 so that British officials enjoying their Christmas holidays would not have to come out to make arrests.

ODE TO MAHATMA

Salutation To The Father of The Nation By Anil Deshpande

O, thou, father of the nation, We owe you salutation. For each and everything that you did; For the cause of the nation and freedom's seed; For the wheel called 'CHARKHA',1 the steering of 'SWADESHI';2 For the drive of 'CHALE JAO', 3 to expel 'VIDESHI'; 4 For the teachings of truth, nonviolence and peace; For the messages of cleanliness & patience against tease. Guided thou, for listening not, seeing not, speaking not an evil; Still one of us only, dared you kill. Gone might be you but not your thoughts; Forever, they'll inspire, like lustrous spots. Therefore, O, thou, father of the nation, We owe you salutation; With lotuses of hearts of a hundred plus crores; From the peak of the Himalayas to the ocean's roars; O, thou father of the nation, We owe you salutation,

The Night of Nights

We owe you salutation.

They gathered round him where he lay Upon a bed of dewy flowers: A smile upon his lips did play, His eyes were closed, as one should say It was a sleep of dreamless hours. The anguish and the pain were gone; The light of peace upon him shone. And some did sigh and some did And there were some who stood apart; There is a grief for words too deep -A sorrow that can only creep In silence of a broken heart. And then some men and maidens sang; In solemn tones echoes rang: O Lord of Raghus, Raja Ram! Saviour of sinners, Sita Ram! Ishvara, Allah are thy names

Chanted in many a holy psalm.

Our Beloved Bapu

He, the saint of Peace and Nonviolence, Taught the world at large; That hatred and violence Bring nothing else but curse, "Rise, awake and shake off the slavery" He called his countrymen, far and near, And lo! The mighty empire shook To quit India for ever. "God is Truth and Truth is God" What he preached and believed -That human race is one -Without any cast and creed, He, the Father of the Nation, uplifted All "son of God" from woe. Himself worked and set examples. So that oppression must go His love, piety and kindness, Conquered the heart of people. Without any wealth and kingdom, He was the King of one and all. Evil bullet pierced his body, But not his immortal soul. Let us bow and take pledgehis ideals will always be our goal. Thank you. Song of Ascents By DevarakshanamGovinden It is not in erudite thoughts But in the sinews Of a spinning wheel Serving my neighbour I see truth's cause And freedom's gain In women's sighs its liturgy And widows' tears an altar

For the sacrament of love

Inspiring Stories from Gandhi's Life

(For all ages)

- Uma Shankar Joshi

The night was very dark and Mohan was frightened. He had always been afraid of ghosts. Whenever he was alone in the dark, he was afraid that a ghost lurking in some dark corner would suddenly spring on him. And tonight it was so dark that one could barely see one's own hand. Mohan had to go from one room to another.

As he stepped out of the room, his feet seemed to turn to lead and his heart began to beat like a drum. Rambha, their old maidservant was standing by the door.

"What's the matter, son?" she asked with a laugh.

"I am frightened, Dai," Mohan answered.

"Frightened, child! Frightened of what?"

"See how dark it is! I'm afraid of ghosts!" Mohan whispered in a terrified voice.

Rambha patted his head affectionately and said, "Whoever heard of anyone being afraid of dark! Listen to me: Think of Rama and no ghost will dare come near you. No one will touch a hair of your head. Rama will protect you."

Rambha's words gave Mohan courage. Repeating the name of Rama, he left the room.

And from that day, Mohan was never lonely or afraid. He believed that as long as Rama was with him, he was safe from the danger.

This faith gave Gandhiji strength throughout his life, and even when he died the name of Rama was on his lips.



Mohan was very shy. As soon as the school bell rang, he collected his books and hurried home. Other boys chatted and stopped on the way; some to play, others to eat, but Mohan always went straight home. He was afraid that the boys might stop him and make fun of him.

One day, the Inspector of Schools, Mr. Giles, came to Mohan's school. He read out five English words to the class and asked the boys to write them down. Mohan wrote four words correctly, but he could not spell the fifth word 'Kettle'. Seeing Mohan's hesitation, the teacher made a sign behind the Inspector's back that he should copy the word from his neighbour's slate. But Mohan ignored his signs. The other boys wrote all the five words correctly; Mohan wrote only four. After the Inspector left, the teacher scolded him. "I told you to copy from your neighbour," he said angrily. "Couldn't you even say that correctly?" Every one laughed.

As he went home that evening, Mohan was not unhappy. He knew he had done the right thing. What made him sad was that his teacher should have asked him to cheat.

In South Africa Gandhiji set up an ashram at Phoenix, where he started a school for children. Gandhiji had his own ideas about how children should be taught. He disliked the examination system. In his school he wanted to teach the boys true knowledge-knowledge that would improve both their minds and their hearts.

Gandhiji had his own way of judging students. All the students in the class were asked the same question. But often Gandhiji praised the boy with low marks and scolded the one who had high marks.



This puzzled the children. When questioned on this unusual practice, Gandhiji one day explained, "I am not trying to show that Shyam is cleverer than Ram. So I don't give marks on that basis. I want to see how far each boy has progressed, how much he has learnt. If a clever student competes with a stupid one and begins to think no end of himself, he is likely to grow dull. Sure of his own cleverness, he'll stop working. The boy who does his best and works hard will always do well and so I praise him."

Gandhiji kept a close watch on the boys who did well. Were they still working hard? What would they learn if their high marks filled them with conceit? Gandhiji continually stressed this to his students. If a boy who was not very clever worked hard and did well, Gandhiji was full of praise for him.

This incident occurred when Gandhiji was practising law in the city of Johannesburg in South Africa. His office was three miles from his house.

One day a colleague of his, Mr. Polak, asked Gandhi's thirteen-year old son, Manilal to fetch a book from the office. But Manilal completely forgot till Mr. Polak reminded him that evening. Gandhiji heard about it and sent for Manilal. He said, "Son, I know the night is dark and the way is long and lonely. You will have to walk nearly six miles but you gave your word to Mr. Polak. You promised to fetch his book. Go and fetch it now."

Ba and the family were upset when they heard of Gandhi's decision. The punishment seemed far too severe. Manilal was only a child, the night was dark and the way lonely. He had only forgotten a book after all. It could be brought the next day. This was what they all felt, but no one had the courage to say anything. They knew that once Gandhiji's mind was made up, nobody could change it.

At last Kalyan Bhai plucked up courage. "I'll fetch the book," he offered. Gandhiji was gentle but firm, "But the promise was made by Manilal.""Very well, Manilal will go but let me go with him," Kalyan Bhai pleaded. Gandhiji agreed to this and Manilal set off with Kalyan Bhai to fetch the book.



The kind and gentle Gandhiji could be firm as a rock at times. He saw that Manilal kept his word and did as he had promised.

Soon after Gandhi's return from South Africa, a meeting of the Congress was held in Bombay. Kaka SahebKalelkar went there to help.

One day Kaka Saheb found Gandhiji anxiously searching around his desk.

"What's the matter? What are you looking for?" Kaka Saheb asked.

"I've lost my pencil," Gandhiji answered. "It was only so big."

Kaka Saheb was upset to see Gandhiji wasting time and worrying about a little pencil. He took out his pencil and offered it to him.

"No, no, I want my own little pencil," Gandhiji insisted like a stubborn child.

"Well, use it for the time being," said Kaka Saheb. "I'll find your pencil later. Don't waste time looking for it now."

"You don't understand. That little pencil is very precious to me," Gandhiji insisted.

"Natesan's little son gave it to me in Madras. He gave it with so much love and affection. I cannot bear to lose it."

Kaka Saheb didn't argue any more. He joined Gandhiji in the search.

At last they found it - a tiny piece, barely two inches long. But Gandhiji was delighted to get it back. To him it was no ordinary pencil. It was the token of a child's love and to Gandhiji a child's love was very precious.

Children loved visiting Gandhi. A little boy who was there one day, was greatly distressed to see the way Gandhiji was dressed. Such a great man yet he doesn't even wear a shirt, he wondered.

"Why don't you wear a kurta, Gandhi?" the little boy couldn't help asking finally.

"Where's the money, son?" Gandhi asked gently. "I am very poor. I can't afford a kurta."

The boy's heart was filled with pity.

"My mother sews well", he said. "She makes all my clothes. I'll ask her to sew a Kurta for you."

"How many Kurtas can your mother make?" Gandhiji asked.

"How many do you need?" asked the boy. "One, two, three.... she'll make as many as you want."

Gandhi thought for a moment. Then he said, "But I am not alone, son. It wouldn't be right for me to be the only one to wear a kurta."

"How many Kurtas do you need?" the boy persisted. "I'll ask my mother to make as many as you want. Just tell me how many you need."

"I have a very large family, son. I have forty crore brothers and sisters," Gandhiji explained.

"Till every one of them has a kurta, how can I wear one? Tell me, can your mother make kurtas for all of them?

At this question the boy became very thoughtful. Forty crore brothers and sisters! Gandhiji was right.

Till every one of them had a kurta to wear how could he wear one himself? After all the whole nation was Gandhi's family, and he was the head of that family. He was their friend, their companion. What use would one kurta be to him?

One day Gandhi and Vallabhbhai Patel were talking in the Yeravda jail when Gandhi remarked, "At times even a dead snake can be of use." And he related the following story to illustrate his point:

Once a snake entered the house of an old woman. The old woman was frightened and cried out for help. Hearing her, the neighbours rushed up and killed the snake. Then they returned to their homes. Instead of throwing the dead snake far away, the old woman flung it onto her roof.

Sometime later a kite flying overhead spotted the dead snake. In its beak the kite had a pearl necklace which it had picked up from somewhere. It dropped the necklace and flew away with the dead snake.

When the old woman saw a bright, shining object on her roof she pulled it down with a pole. Finding that it was a pearl necklace she danced with joy!

When Gandhi finished his story, Vallabhbhai Patel said he too had a story to tell:

One day a bania found a snake in his house. He couldn't find anyone to kill it for him and hadn't the courage to kill it himself. Besides, he hated killing any living creature. So he covered the snake with a pot and left it there.



As luck would have it, that night some thieves broke into the bania's house. They entered the kitchen and saw the overturned pot. "Ah," they thought, "the bania has hidden something valuable here." As they lifted the pot, the snake struck. Having come with the object of stealing, they barely left with their lives.

Gandhi went from city to city, village to village collecting funds for the Charkha Sangh. During one of his tours he addressed a meeting in Orissa.

After his speech a poor old woman got up. She was bent with age, her hair was grey and her clothes were in tatters. The volunteers tried to stop her, but she fought her way to the place where Gandhi was sitting.

"I must see him," she insisted and going up to Gandhi touched his feet.

Then from the folds of her sari she brought out a copper coin and placed it at his feet.

Gandhi picked up the copper coin and put it away carefully.

The Charkha Sangh funds were under the charge of Jamnalal Bajaj. He asked Gandhi for the coin but Gandhi refused.

"I keep cheque worth thousands of rupees for the Charkha Sangh," Jamnalal Bajaj said laughingly "yet you won't trust me with a copper coin."

"This copper coin is worth much more than those thousands," Gandhi said.

"If a man has several lakhs and he gives away a thousand or two, it doesn't mean much. But this coin was perhaps all that the poor woman possessed. She gave me all she had. That was very generous of her. What a great sacrifice she made. That is why I value this copper coin more than a crore of rupees."

This incident occurred in Noakhali. After the Hindu-Muslim riots Gandhi toured the area on foot to reassure and comfort the people. He would set off from a village soon after dawn and arrive at the next village after sunset.

On arrival he would first attend to his work then he would take a bath. Gandhi used a rough stone to clean his feet. Miraben had given this stone to him many years ago and Gandhi had kept it carefully ever since. He took it with him everywhere.

One evening after they had arrived at a village and Manu was getting Gandhi's bath ready, she noticed that the stone was missing. She looked everywhere but could not find it. She told Gandhi that the stone was lost and added, "It must have been left behind at the weaver's where we stayed yesterday. What should I do now?"

Gandhi thought for a moment.

Then he said, "Go and fetch the stone. If you suffer once, you'll not forget another time."

"Can I take someone with me?" Manu asked. "Why?" questioned Gandhi. Manu was silent.

She did not want to admit that she was frightened to go alone.

The road to the village lay through forests of betel nut and coconut and it was easy to lose one's way. Besides, Manu was barely sixteen years old and she had never gone anywhere alone. But she could not think of an answer. So Manu took the path they had taken earlier in the day.

Carefully following the old footprints she managed to reach the village and find the weaver's house. The old woman who lived there recognised her and welcomed her warmly. Tired and rather irritated Manu told her why she had come.

But how was the old woman to have known that that bit of stone was so valuable? She had thrown it away with the rubbish. They both began to search for it. At last much to Manu's joy they found it.

Manu had left the house at 7.30 in the morning. By the time she returned it was past one in the afternoon. She had walked nearly fifteen miles.

Worn out, hungry and irritated she went straight to Gandhi and put the stone in the lap.

Then she burst into tears.

"This stone was a real test for you," Gandhi told her gently. "Do you know that this stone has been with me for the last twenty-five years. It has gone with me everywhere, from jails to mansions. I can easily get another stone like it, but I wanted you to learn that it is bad to be careless."

"I've never prayed as hard as I did today," said Manu.

"I want to make women brave and fearless", Gandhi said. "Today not only you but I too learnt a lesson."

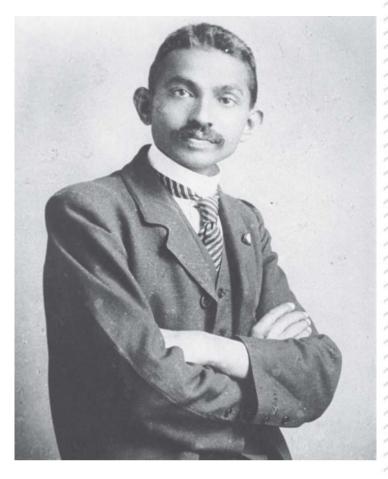
Manu did not say anything but she must have thought Gandhi's methods were very unusual.

Mahatma Gandhi

Revered the world over for his nonviolent philosophy of passive resistance. Mohandas Karamchand Gandhi was known to his many followers as Mahatma, or "the greatsouled one." He began his activism as an Indian immigrant in South Africa in the early 1900s, and in the years following World War I became the leading figure in India's struggle to gain independence from Great Britain. Known for his ascetic lifestyle-he often dressed only in a loincloth and shawl-and devout Hindu faith, Gandhi was imprisoned several times during his pursuit of non-cooperation, and undertook a number of hunger strikes to protest the oppression of India's poorest classes, among other injustices. After Partition in 1947, he continued to work toward peace between Hindus and Muslims. Gandhi was shot to death in Delhi in January 1948 by a Hindu fundamentalist.

Early Life

Mohandas Karamchand Gandhi was born on October 2, 1869, at Porbandar, in the present-day Indian state of Gujarat. His father was the dewan (chief minister) of Porbandar; his deeply religious mother was a devoted



practitioner of Vaishnavism (worship of the Hindu god Vishnu), influenced by Jainism, an ascetic religion governed by tenets of self-discipline and nonviolence. At the age of 19, Mohandas left home to study law in London at the Inner Temple, one of the city's four law colleges. Upon returning to India in mid-1891, he set up a law practice in Bombay, but met with little success. He soon accepted a position with an Indian firm that sent him to its office in South Africa. Along with his wife, Kasturbai, and their children, Gandhi remained in South Africa for nearly 20 years.

Did you know? In the famous Salt March of April-May 1930, thousands of Indians followed Gandhi from Ahmadabad to the Arabian Sea. The march resulted in the arrest of nearly 60,000 people, including Gandhi himself.

Gandhi was appalled by the discrimination he experienced as an Indian immigrant in South Africa. When a European magistrate in Durban asked him to take off his turban, he refused and left the courtroom. On a train voyage to Pretoria, he was thrown out of a first-class railway compartment and beaten up by a white stagecoach driver after refusing to give up his seat for a European passenger. That train journey served as a turning point for Gandhi, and he soon began developing and teaching the concept of satyagraha ("truth and firmness"), or passive resistance, as a way of non-cooperation with authorities.

The Birth of Passive Resistance

In 1906, after the Transvaal government passed an ordinance regarding the registration of its Indian population, Gandhi led a campaign of civil disobedience that would last for the next eight years. During its final phase in 1913, hundreds of Indians living in South Africa, including women, went to jail, and thousands of striking Indian miners were imprisoned, flogged and even shot. Finally, under pressure from the British and Indian governments, the government of South Africa accepted a compromise negotiated by Gandhi and General Jan Christian Smuts, which included important concessions such as the recognition of Indian marriages and the abolition of the existing poll tax for Indians.

In July 1914, Gandhi left South Africa to return to India. He supported the British war effort in World War I but remained critical of colonial authorities for measures he felt were unjust. In 1919, Gandhi launched an organized campaign of passive resistance in response to Parliament's passage of the Rowlatt Acts, which gave colonial authorities emergency powers to suppress subversive activities. He backed off after violence broke out-including the massacre by British-led soldiers of some 400 Indians attending a meeting at Amritsar-but only temporarily, and by 1920 he was the most visible figure in the movement for Indian independence.

Leader of a Movement

As part of his nonviolent non-cooperation campaign for home rule, Gandhi stressed the importance of economic independence for India. He particularly advocated the manufacture of khaddar, or homespun cloth, in order to replace imported textiles from Britain. Gandhi's eloquence and embrace of an ascetic lifestyle based on prayer, fasting and meditation earned him the reverence of his followers, who called him Mahatma (Sanskrit for "the great-souled one"). Invested with all the authority of the Indian National Congress (INC or Congress Party), Gandhi turned the independence movement into a massive organization, leading boycotts of British manufacturers and institutions representing British influence in India, including legislatures and schools.

After sporadic violence broke out, Gandhi announced the end of the resistance movement, to the dismay of his followers. British authorities arrested Gandhi in March 1922 and tried him for sedition; he was sentenced to six years in prison but was released in 1924 after undergoing an operation for appendicitis. He refrained from active participation in politics for the next several years, but in 1930 launched a new civil disobedience campaign against the colonial government's tax on salt, which greatly affected Indian's poorest citizens.

A Divided Movement

In 1931, after British authorities made some concessions, Gandhi again called off the resistance movement and agreed to represent the Congress Party at the Round Table Conference in London. Meanwhile, some of his party colleagues-particularly Mohammed Ali Jinnah, a leading voice for India's Muslim minority-grew frustrated with Gandhi's methods, and what they saw as a lack of concrete gains. Arrested upon his return by a newly aggressive colonial government, Gandhi began a series of hunger strikes in protest of the treatment of India's so-called "untouchables" (the poorer classes), whom he renamed Harijans, or "children of God." The fasting caused an uproar among his followers and resulted in swift reforms by the Hindu community and the government.

In 1934, Gandhi announced his retirement from politics in, as well as his resignation from the Congress Party, in order to concentrate his efforts on working within rural communities. Drawn back into the political fray by the outbreak of World War II, Gandhi again took control of the INC, demanding a British withdrawal from India in return for Indian cooperation with the war effort. Instead, British forces imprisoned the entire Congress leadership, bringing Anglo-Indian relations to a new low point.

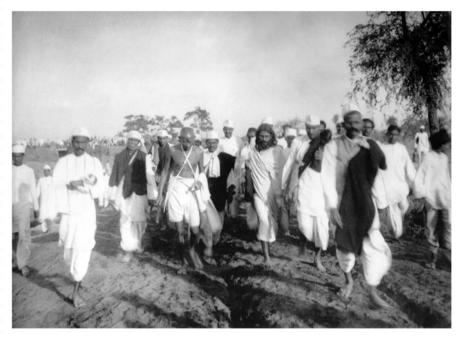
Partition and Death of Gandhi

After the Labor Party took power in Britain in 1947, negotiations over Indian home rule began between the British, the Congress Party and the Muslim League (now led by Jinnah). Later that year, Britain granted India its independence but split the country into two dominions: India and Pakistan. Gandhi strongly opposed Partition, but he agreed to it in hopes that after independence Hindus and Muslims could achieve peace internally. Amid the massive riots that followed Partition, Gandhi urged Hindus and Muslims to live peacefully together, and undertook a hunger strike until riots in Calcutta ceased.

In January 1948, Gandhi carried out yet another fast, this time to bring about peace in the city of Delhi. On January 30, 12 days after that fast ended, Gandhi was on his way to



an evening prayer meeting in Delhi when he was shot to death by NathuramGodse, a Hindu fanatic enraged by Mahatma's efforts to negotiate with Jinnah and other Muslims. The next day, roughly 1 million people followed the procession as Gandhi's body was carried in state through the streets of the city and cremated on the banks of the holy Jumna River.



Salt March, also called Dandi March or Salt Satyagraha, major nonviolent protest action in India led by Mohandas (Mahatma) Gandhi in March-April 1930. The march was the first act in an even-larger campaign of civil disobedience (satyagraha) Gandhi waged against British rule in India that extended into early 1931 and garnered Gandhi widespread support among the Indian populace and considerable worldwide attention.

Salt production and distribution in India had long been a lucrative monopoly of the British. Through a series of laws, the Indian populace was prohibited from producing or selling salt independently, and instead Indians were required to buy expensive, heavily taxed salt that often was imported.

This affected the great majority of Indians, who were poor and could not afford to buy it. Indian protests against the salt tax began in the 19th century and remained a major contentious issue throughout the period of British rule of the subcontinent.

In early 1930 Gandhi decided to mount a highly visible demonstration against the increasingly repressive salt tax by marching through what is now the western Indian state of Gujarat from his ashram (religious retreat) at Sabermati (near Ahmadabad) to the town of Dandi (near Surat) on the Arabian Sea coast. He set out on foot on March 12, accompanied by several dozen followers. After each day's march the group stopped in a different village along the route, where increasingly larger crowds would gather to hear Gandhi rail against the unfairness of the tax on poor people. Hundreds more would join the core group of followers as they made their way to the sea until on April 5 the entourage reached Dandi after a journey of some 240 miles (385 km). On the morning of April 6, Gandhi and his followers picked up handfuls of salt along the shore, thus technically "producing" salt and breaking the law.

No arrests were made that day, and Gandhi continued his satyagraha against the salt tax for the next two months, exhorting other Indians to break the salt laws by committing acts of civil disobedience. Thousands were arrested and imprisoned, including Jawaharlal Nehru in April and Gandhi himself in early May after he informed Lord Irwin (the viceroy of India) of his intention to march on the nearby Dharasanasaltworks. News of Gandhi's detention spurred tens of thousands more to join the satyagraha. The march on the saltworks went ahead as planned on May 21, led by the poet Sarojini Naidu, and many of the some 2,500 peaceful marchers were attacked and beaten by police. By the end of the year, some 60,000 people were in jail.

Salt March sculptureSculpture in New Delhi, India, depicting Mohandas (Mahatma) Gandhi leading the 1930 Salt March.

Gandhi was released from custody in January 1931 and began negotiations with Lord Irwin aimed at ending the satyagraha campaign. A truce subsequently was declared, which was formalized in the Gandhi-Irwin Pact that was signed on March 5. The calming of tensions paved the way for Gandhi, representing the Indian National Congress, to attend the second session (September-December 1931) of the Round Table Conference in London.



The short stories, articles and poems on the Mahatma compiled from the web by Mr P S Raju FCA., Vice President, Waltair Club

ASSOCIATION SAIKORIAN-CAMPUS CHALLENGE



Adopted from the Web site of Campus Challenge by **P S Raju FCA**., Vice President, Waltair Club

A SOCIAL IMPACT INITIATIVE

SAINIK SCHOOL KORUKONDA, VIZIANAGARM DISTRICT, ANDHRA PRADESH

The Alumni of Sainik School Korukonda, call our selves "Saikorians". Having passed out of the portals of a Great School, we Saikorians have brought glory to their Alma Mater by achieving excellence and making significant contribution in various fields. Dr D Subba Rao, IAS, the former Governor of Reserve Bank of India, Lt Gen(Retd) K Surendra Nath, VSM, General Officer Commanding in Chief, Army Training Command, Lt Gen(Retd) KR Rao, PVSM, AVSM, VSM, Director General Artillery. Lieutenant General Y V Krishna Mohan, AVSM, SM, VSM is the current Commandant of the Defense Services Staff College, Rear Adm L V Sarat Babu, NM, IN (Retd), presently Chairman



and Managing Director Hindustan Shipyard Ltd., Visakhapatnam, Rear Admiral T. Sudhakar NM, Vice Admiral MS Pawar, AVSM, VSM, Chief of Staff, Eastern Naval Command, Commodore C. Uday Bhaskar, Indian Navy, Defence Analyst, K. Vijay Bhaskar, Telugu film director, Malli Mastan Babu, Mountaineer and World's fastest seven summiteer, Sri Jandhyala Suresh, IRS(Retd) Chief Commissioner of Income Tax, Dr. K.P. Reddy, M.B, DO, MRC(Ophth), Max Vision Super Specialty Hospitals, Hyderabad are only a few stalwarts besides a long list of luminaries in the field of business, industry, medical, engineering, academics, adventure and sports.

About Campus Challenge

Campus Challenge is a regional center for Children and youth with disabilities. Itprovides rehabilitation and support to the all sorts of disable children (speech & hearingimpaired, visually impaired, mentally challenged and physically challenged). Specialed ducation (like Braille for visually impaired, Indian Sign language for Speech & Hearingimpaired, ADL training for Mentally challenged) with inclusive education at it's Campus.

Disabled youth are trained in computer withspoken English, Stitching, Carpentry (woodframing) and print shop by providing accommodation at it's youth hostel. Campus is builtin 7 acres of area with required infrastructure facilities as HealthCare Centre,10Children homes for 120 children, Education Centre, Youth Hostel, Central KitchenandDining, Conference Hall, Library, Print Shop, Carpentry workshop, Stitching Centre, Administration Block, Staff Quarters and Guest House. Orphan and single parentChildren withvulnerable situation are admitted into the campus. We concentrate onproviding care, support, mobility and other needed accessories to these children. Weare also providing outreach support through CBR Mode 1066 children in 310 villages. In the remote coastal and tribal areas of Andhra Pradesh, India, healthcare is abysmally poor!! The prenatal and postnatal care for the mother and the child is ina very bad state. The government is trying it's best on improving the situation.



But,still,quite a high number of children are born with disabilities. And also the righthealthcare, post birth, is not in place problems are identified/diagnosed too late.

Another bigsocial issue is that parents see a child with a disability as a curse of God for something wrong they have done. They are ashamed of themselves and hide the Child. The parents are often poor farm labourers. They leave their villageearly in the morning, to go for fishing or to work in the fields. And



















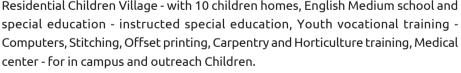


when it is aone-headed family, it means that the disabled child - not going to school -oftenstays in the hut the whole day waiting. And life goes by Children with disabilities are more likely to miss out the school than other Children. Even if they go toschool, they are more likely to quit before finishing their primary education. For Children who are already marginalized, living in rural areas, a disability creates anadditional barrier to accessing education. They need special support and care toaccess better Education in order to improve their future and livelihood.



The team at Campus challenge increases the chances of Children and youngster with a disability through improvement of the following conditions:

Healthcare, Education, Livelihood, Social empowerment, Social life. Campus has the following facilities for 150 differently abled children and youth. Residential Children Village - with 10 children homes, English Medium school and





Campus challenge is not limited to housing 150 Children and youth. They also extend their support to 1000+ differently abled and malnourished Children in 374+ rural villages via theiroutreach program.

They work for the disabled Children and youth in Vizianagaram, Srikakulamand Visakhapatnam districts, in fiveMandalsand cater to a total of 374 villages. The Campus outreach team (the five social workers, doctor, ANM, two physiotherapists and two orthopedic members) hasidentified 1884 children in the period 01.01.2010 - 31.08.2019.

Various Medical support via outreach program:

Physiotherapy Centre - Differently abled children accessing physiotherapy facility at Campus.Orthopedic & Prosthetic Work shop - Assistive devices manufactured at Campus and supplied.Medical camps - Conducted by the medical team and referred to Campus for various support systems.Awareness meetings - Conducting Various Awareness meetings covering topics like, reducing malnutrition, disadvantages of early marriages and creating awareness of the various schemes provided by the Govearmament etc.

SUMMARY:

Since 2014 we have done our bit for our Children. At Campus itself, we see them happily living/playing and going to School. Under the outreach program, we do our best to give them the care they need, while staying with their parents. And at the vocational training, it gives immense pleasure to see many people acquiring skills needed to stand on their feet.

We appeal to all large-hearted and philanthropic individuals to contribute their









time and energy and also financial support in this endeavour of ours, to help the most disadvantaged members of our society and help them build a better future for themselves.

The concept of CBR was initiated in the year 2009 in Campus Challenge with an aim to improve thesocio economical condition and to ensure the Human Rights of the Persons with Disabilities. The Association Saikorian has taken the responsibility of the Campus Challenge from the year 2014andmain focus of our all activities for the persons with disabilities is, facilitating access to health, education, livelihood, and community mobilization, to promote opportunities and respect









theirabilities. The outreach team is presently working in the 5 Mandals in 3 districts covering a population of 2, 97,421 and specially concentrating on fishery and tribal villages.

The new identification of person with disability was screened by a systematic survey method. The 6social workers covered 379 villages and a total number of 1526 PWDS were identified. The medicalteam consists of a doctor, nurse and physiotherapist was screened all for diagnosis and categorizedas per their needs. The medical and other status of the persons with disability was put on database.. Total identified persons with disability by the end of June - 2016 is 1585. All the 1585 identified clients were under the stream of health care. The outreach and medical teams take the responsibility or executing the medical plan. We are working with different groups communities and developmentorganizations to involve them in disability rehabilitation process and to include the disabled personsin the on going community development work. We provide our services by conducting various activities and supports.

Survey, medical camp, Eye camp, Orthopedic assessment, counselling, Dental camp, specialconsultation, Parents meeting, community awareness, group meetings, network meetings, vocational trainings, empowerment, physiotherapy, ADL, speech therapy, follow-up, sports & gamesand etc.Health care supports provided from 2014 to June-2016-736Children and youngsters with a physical disability receive an aid (wheelchair, hearing aid, walker, orthopedic aid, crutches etc.), medication and in some cases surgery depending on their needs. Campus has it's own orthopedic workshop, more aids were being distributed.Campus OrthopedicWorkshop started in the year 2011 to manufacture and provide Mobility Aids and Appliances to the PWDs to improve their lives. To improve the mobility of persons with disability we are providing the



high quality cost effective artificial limbs, appliances and assistive devices. We do the repair worksalso for the aids. Organizing orthopedic assessment camps with outreach and medical teams inrural area for providing services for unreached PWDs. The workshop working with 3 staff, out ofwhich 2 are orthopedic handicaps and 1 is hearing impaired, all of them were came to campus forvocational training. The 2 were selected to get an education at Mobility India and now they run theworkshop.





An important task of the outreach team is creating awareness and providing information to parentsand communities to bring down the rate of occurrence of disability. We conduct every month 4awareness meetings in four Mandals (Ranastalam, Denakada, Pushapatirega and Bhoghapuram)this awareness helps the general community to decrease the stigmatization towards disabled people. The topic is rights of children with disabilities, available facilities and services. The parents meeting concentrate on counselling concerning extra care, health issues, andeducation. On top of that, all parents receive individual assistance from the social workers. Once amonth, issues such as the use of medicines, orthopedic aids



and physiotherapy are discussed. Theparents also understood the importance of their involvement in the development process. We conduct every month 2 awareness meetings in four Mandals (Ranastalam, Denakada, Pushapatirega and Bhoghapuram)



























Our outreach team identified 1066 children in the villages. Out of them 96 children are selected forinstitutional rehabilitation at Campus Challenge. The criteria for a seat at the Campus are:

- " Orphan Children
- " Semi orphan children
- " Lack of responsible parent hood
- " More disabled children in one family



Regular medical checkups are in once in a 10 days for the campus children and are recorded. During this year total 16 children were suffered with diseases like malaria, jaundice, normal feverand abdomen pain. One child is undergone with special treatment and she got blood transmissiontreatment in the private hospital of Vizianagaram.

Also Physiotherapy sessions were conducted for 25 in campus children in this period. Childrenare doing balancing exercises, strengthening exercises, stretching exercises, grip & grasp exercises, splint age exercises, sand bag exercises and parallel bar exercises in this time. These exercises arehelping the children to recover from the disability. This is the first workshop of its kind in the northern parts of our state. We can prepare lower and upper orthotics and prosthetics and supportive tools. Products like foot orthotics, ankle footsorthotics, ankle foot knee orthotics and arm splint can be produced at this moment at the workshop. These products are prepared with light weight materials. Equipments are already installed and it isstarted functioning. Dutch volunteer team consisting 5 members are worked here for the initial period. One youth with disability is selected and sent for 1 ½ year intensive training on orthoticsmaintenance at Bengaluru. Two other youth with disabilities are also getting training at ourworkshop. They will continue the functioning of the workshop.



Special education classes are conducted for various disabled children with special teachers focusing on the skills development. We established an English coaching center in the campus with Rotary Matching Grant Program. This Centre is equipped with 30 computers with head sets. "Child Tuition" is a software

Waltair Times /// 32

whichteaches English through interactive games. Each child will log in individually and learn Englishthrough interesting games. For the first 8 months Dutch volunteers are working in the class. Furthermore volunteers will join to continue the work.We have library with 3000 volumes in the campus. This is eauipped with books. journals, newsletters, newspapers and other useful materials for children and youngsters. Library is regularlyopened and children from campus, English medium school and youth enjoy reading.Campus Challenge provides young people with disability, access to information, choices and supports that allow them new options and ideas. Most









importantly, Campus Challenge often putyoung people with disability in touch - sometimes for the first time - with other disabled young peopleand adults with disability who can provide them with crucial support networks and mentoring relationships. We are planning to reach young people with disability in rural areas, those living withinmore traditional family and traditional community structures, still needs to be more systematically empowered.

Sustainable Tribal Development Programme













Project Objective:

- Access to basic education
- Access to basic education for children coming from child labor situation
- Access to basic education for adults to read, write and mathematics
- Eradication poverty one headed families
- Eradication poverty farmer families
- * Access to clean water, sanitation, and health care
- * Information and treatment HIV-Aids
- * Care for children and youth with a disability
- * Care for street children
- Access to the learned lessons how to reach MDG's in a remote rural area

Target Community:

We cover primitive Tribes of AnanthagiriMandal of Visakhapatnam district. We cover 86 villages of Ananthagiri Mandal around population of 9992 and around 1936 families.

QUALITY EDUCATION & I LEARN TO SPEAK ENGLISH

"ILEARN TO SPEAK ENGLISH" program started in Andhra Pradesh for offering help to deprived Children from 2 to 12 years by raising their level of independence by means of learning to speak, read and write English and learning basic skills and social abilities. The journey of ILSE started in the year 2013 from Campus-challenge located at Andhra Pradesh. The first village we made hole in the wall and placed kiosk at KomaravaniPeta, fisher village. Webuild a secure desk with wood and cast iron and well painted kiosk for attracting children towardsgrackle application. It was given good impression to move forward and we placed the second kioskat Kasipatnam Ananthagiri Mandal. Then we start the journey of placing kiosks at 16 fisher schools, 15 tribal schools and 11 rotaryurban slum area schools. Solar panels of 500 watts for each computer, 800 VA UPS and 150 AH power battery to run thecomputer. For security we placed computer in wooden and cast iron framed kiosk. There are 69 computers we placed at 42 locations in three areasand we covered 5393 children beneficiaries and are using these computers at schools. All the computers are covered underwarranty for one year and solar equipment covered for two years. We build the wooden kiosks at Campus challenge and Rotary provided Computers with Solar Equipment. We transfer wholematerials to the schools and installed by the technicians. The coordinator visits every school once amonth or if problem persists.

Goal:

To access to education and where possible quality education with special attention for:

Children who have no or a broken education because of Child labour, migration or dropout Children with a disability

Street children

Target Community: Child labour, migrated children, school dropout, Children with disabilities and street children of 15 villages of marine fishing area.

Coverage: We covered 42 schools of 4 mandals of Vizianagaram, Srikakulam and Visakhapatnam districts.

The following are the Saikorians who are Waltair Club Members:

1.	Mr. A. V. R. K. Kumar:	K-16	Past President
2.	Mrs. K. Santhi	(W/o K. Vijaya Kumar):V-56	Past President
3.	Mr. P. S. Raju	S-148	Present Vice President
4.	Mr. P. Vijaya Kumar	V-84	
5.	Mr. U. Sekhar	S-269	
6.	Mr. P.S.N. Murthy	M-103	
7.	Mr. K.V. Krishna Kumar	K-21	
8.	Mr. P. Padmanabham	P-54	
9.	Mr. G. Radha Krishna	R-516	
10.	Mrs. G. Sunitha Prasad		
	(W/o Late R. V. Leela Prasad)	L-10	
11.	Mr. Late M.N.Reddy	R-103	
12.	Mrs. T. Jaya	(W/o Late T. Ravi Rao)	

Contact Us

Association Saikorian Campus Challenge

Address: Konada Junction, KothaKopperla Pusapatirega Mandal, Vizianagaram.

Phone: +91 8790366699 Email: director@campus-challenge.org

Compiled from the official website of Campus Challenge by **P S Raju FCA**., Vice President-Waltair Club and ex Saikorian



"Father of the Nation'

(2 October 1869 - 30 January 1948)

"Strength does not come from physical capacity. It comes from an indomitable will."

-Mohandas Karamchand Gandhi

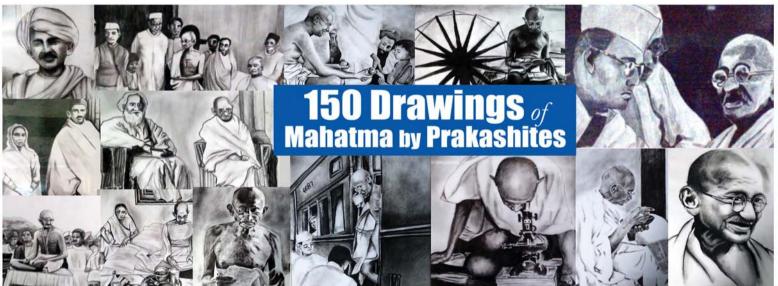
Celebrating







Years of **Mahatm**





SEETHAMMADHARA

TPT COLONY Tel: 084659 23333 Tel: 084659 83333

PENDURTHI Tel: 084659 73333 Cambridge Assessment
International Education

Cambridge International School

Learn Discover Achieve



day - cum - residential school www.sriprakashschools.com VISAKHAPATNAM

SEETHAMMADHARA TPT COLONY PENDURTHI KAPULUPPADA A.C CAMPUS

Tel: 0891 2732799 Tel: 0891 2503344 Tel: 0891 2510433 Tel: 089773 23333



Know your Club



- By Prem Mirpuri

Now that it's getting cooler, lets talk about the sports activity hubs that are present in the Club.

"Be it the early morning walking track, the yoga and meditationarea, the swimming pool or the state of the art gym to set you in shape & keep you fit, the Club provides ample opportunities to it's Members to participate in various kinds of fitness exercise.

"Badminton, table tennis and squash courts and billiard tablesare located prominently for sports enthusiasts in our Club.

The lawn tennis courts of the Club were laid out in 1977 and here, the younger players draw inspiration from our active, senior veteran players and actively take part in the sport."



A special mention about the Children's arena and play pen equipped with colorful slide boards, sea saws and other games, to energize Children to have a playful day of leisure and entertainment.

"Fitness being the IN thing right now, youngsters can play outdoor group games at the basket ball, volley ball and throw ball courts, and even plan a game of cricket and soccer too!!!

"With the theme - "I chose to be active - Victory is what counts in the competition and not the final result", adedicated team of sports enthusiasts has been selected from among the Members of the Club as a sub-committee, whose Chairman is none other than Mr.P.Krishnakanth, who himself is an active and passionate sportsman.

Another special mention about the Aqua-Aerobics classes that have recently been started in the Club and are guided bycertified Reebok trainer and our Member, Mrs.Shaheda Mehdi. "Health is Wealth" and so are the benefits of aquaaerobics!!! It being a low impact exercise, increases relaxability and muscle strength, alleviates pressure on the joints, reduces blood pressure and with regular participation helps maintain a healthy heart.



Career Guide ///



- By Sumedh Yadavalli, S-1222

In all my schooling life, I have been anaverage student and never a topper in the class. I never truly believed my marks in an exam defined my intellectual worth. I also felt the way CBSE and ICSE/ISC boards tested knowledge was based on memorising concepts rather than testing the applicability of concepts. I was but determined to get into a decent University and learn something I am truly interested. Right from my eleventh grade, every step in my life has been a learning lesson. When in twelfth grade I, started taking everything seriously, whenmade the School Vice-Captain. At the end of my final exams, I managed to be in the top twenty-five percentile and was pleased with my result. I took the SAT in the first half of my twelfth grade and got a decent score as well. Following my SAT, I started researching about Universities all over the World and within India as well.



Receiving recognition for outstanding contribution to the UB Student Council

Later, on strong insistence of my parents, I limited my applications to multiple Universities in India and one University in Singapore. The University at Buffalo (UB), Singapore program caught my eye as it was an opportunity for me to get an American tertiary education while being close to home. The application process was very straightforward with compulsory requirement of IELTS/TOEFL and strong scores of SAT. Great scores in IELTS, SAT, a decent ISC board result and strong participation in co-curricular activities easily secured my admission. I had an memorable experience before choosing College, as all other Universities in India for which application was made also offered me admission. Being just 17 I was in great dilemmaas Universities both in India and Singapore have their "pros" and "cons". In the end, I chose Singapore because of the freedom and the structure of the Course which was being offered.

Though I was very committed to choosing communication as my Major, the fact that I could change it later gave me comfort. Also the advantage of studying in an American education system is that, it lets you add a second Major or even a Minor. Also Singapore

as a City appealed to me as safe, vibrant and bustling. The prospect of growth, as an individual and also as a professional, convinced me to come to this beautiful island-Nation.

Fast forward two years, I do not regret the decision and my experience in the University chosen exceeded my expectations. My University is an R-I University, which means it focuses a lot on Research and Development. So generally, the Professor at the University who is teaching the content is the Author of the textbook for the Course. Additionally, I've been fortunate enough to be part of some Research and make my own contribution to the field, which enabled me to enhance my communication skills thereby make myself more employable. I have also added a Business Management

Minor which gives me an advantage of knowing how a Business operates. Additionally, becoming a part of multiple Clubs and Societies here in the University not only enhance my experience but also enabled me to expand my network. This allowed for interaction with people having varied ideas and thoughts.

In my two years here, I've been the Creative Director of the Photography Club and a respected Member of the University at Buffalo Student Council, where my actions and thoughts have the power to bring in a change in other students. Also I have also become part of a youth organization called AIESEC which, along with United Nations, tirelessly works to make the World a better place through cross-cultural interactions. Having risen through the ranks today I am the Youngest Vice President ever of the World's largest youth organization in Singapore. Through my, outside the Class, experience I stand out as a leader among my peers. Most of all, through networking I have met wonderful people and some of them have fortunately become lifelong friends. In a nutshell, after going to



With the Hon'ble Speaker of the Singapore Parliament

University and meeting many academic laureates, I would say marks in an examination only help you go to the next level but do not define you as a person nor certainly not your capabilities. After reflecting on my experience, one can conclude that it's never too late. From an average nobody in eleventh grade to a highly enthusiastic student-leader, I can say with confidence, give ur best and surely there would be success.

Sumedh Yadavalli is a Communication and Business Management student at the University at Buffalo (The State University of New York) and a student leader.





Swetha Manchukonda, R-427 Reethika Kurminaidu, S-899

We are a motley group of travel frenzy people, who are always eagerly waiting for that time of the year, when we would explore new countries. And this time we are off to Russia for a seven-day trip. We took a direct flight from Delhi to Moscow and continued from there to St. Petersburg. Chilly breeze greeted us as we landed in that beautiful city. Day One was meant for rest but we could not keep our excitement and decided to explore the city. The taxi drivers there love Bollywood songs and entertained us showing off all their knowledge of Hindi. We tried our hand at gun shooting, about which I was very apprehensive at first but it was a nice experience. We then visited the Church of the Saviour on Spilled Blood. The name of the church signifies the location where political enemies murdered Emperor Alexander II. The colourful mosaics and the onion domes would make you fall in love with the Russian architectural style. This church looks quite similar to the St. Basil's cathedral in Moscow but I think it has its own charm. The day ended with a short trip around Nevsky Prospect, the shopping and walking street.

The Next day was our guided city tour, taking us around some of the touristy places of the city like the Peter & Paul fortress, the Russian Cruiser Arora (similar to Vizag's submarine museum), the famous Hermitage Museum which is the second largest art museum after Louvre of Paris, St Isaac's Cathedral and the Cabin of Peter the Great, who stayed there to supervise the construction of that city. We stopped by the Teremok fast food chain of Russia to taste their famous savoury pancakes. I must say they were really tasty. The best street to unwind after all this was Nevsky Prospect with its never ending shops and restaurants (what else one would want on a trip?).



Day Three was packed with exciting activities. We teed off with indoor tunnel sky diving. One would really love the sensation and the freedom that comes with floating on air but I have to say it didn't seem so easy. Tandem sky diving was a much comfortable option. St. Petersburg is a city of waterways. It is particularly famous for its beautiful drawbridges, which were installed to allow both waterborne and pedestrian traffic. These drawbridges open at midnight and are a sight to watch. This city is also referred to as "The Venice of the North" due to its numerous canals. And so a boat ride was mandatory and thoroughly enjoyable. After a lot of discussion on what to do with the rest of the evening, we came across a rooftop tour of the city. When you hear the word "rooftop tour", you would immediately imagine getting on to the roof/terrace of a tall building with the 360 degree view of the city, it was not as simple



as that. We climbed on to the roofs of local apartments that had common walls with slanting and sloppy roof and almost no parapet walls. The view was breathtaking, but mind you, a small slip meant that one would land on the road 5 floors below. I have to say it was the most adventurous activity of the trip and something I will never forget.

It was time to move on to the second part of our trip - Moscow. We took the superfast Sapsan train and reached the capital city of Russia. Our day in Moscow began with the city tour and our first stop was the Cathedral of Christ the Saviour, It is the largest Orthodox Church in the world, located just few hundred metres from Kremlin, the official residence of the Russian President. Later we walked towards the Red Square which is the heart and soul of Russia and the most famous landmark of the country. From there, one can see the Kremlin, St. Basil's Cathedral, Lenin's Mausoleum, GUM mall and almost all the important buildings at a glance. You should visit Red Square in the evenings when it is lit up and crowded giving a festive vibe to the place. The St. Basil's Cathedral is a fairy tale of a building, one I dreamt of seeing for years and of course, that is



the first picture you get in your mind when you think of Russia. When we actually see it, it looks even more impressive, stunning and seems like a ginger bread house with colourful icing.

We cannot leave Russia without a visit to their metro stations. In fact. most of the stations truly look like museums. Every station has its own unique decoration, theme and a fascinating story behind it. Most of them carry the reminiscences of the Bolshevik Revolution. The Arbat Street is one of the oldest streets of Moscow, which can be called, the souvenir street.

Our last day in Moscow was spent exploring the Red Square again where we came across the newly opened Zaryadye Park with various interesting museums and theatres. We enjoyed breathtaking views of the Kremlin from the floating bridge, visited the Ice Cave and experienced a 4D attraction called "Flight over Russia".

Russia to me, was like a huge history book with so much to learn about. The shawarma joints on the streets, the google translator conversation with the locals, the colourful churches, the picturesque buildings, Bollywood songs in taxis, Russian alphabet quizzes and above all, endless fun with friends are the memories that we carried back home. Alas, the only thing Russian that we could learn was dasvidaniya which means good bye!

What's Cooking?

Mangalore Recipes

- By Shaimini, B-86

Kori Gasi

Kori Gasi is a traditional Mangalorean recipe. You can have it with Idly, Apam, Mangalore rotti and Neerdosa as well.

The name Kori Gasi when translated from Tulu, literally stands for Chicken (Kori) curry (Gasi)

Ingredients:

Skinless chicken 500 gm(Cleaned and cut into small pieces)

To make paste

- Ghee 1 tbsp
- Coriander seeds. -1 tbsp
- Jeera. ½ tsp
- Methi. 1/4 tsp
- Turmeric powder ½ tsp
- Pepper corns. 1 tsp
- Garlic 6-8 kerlels
- Tamrind pulp ½ tsp
- Red chilles 12 (Byadagi chilles are used in traditional recipe)
- Freshly scraped coconut one cup
- Finely chopped onions: one medium sized



For Seasoning

- 2 tbsp ghee
- 1/4 tsp methi seeds
- One medium sized onion
- 2 cloves.1/2 " cinnamon sticks (Optional)

Neer Dosa

In a pan, heat one tbsp of ghee, add methi seeds and fry them until they turn brown. To this add 2 tsp chopped onions (keep the remaining aside to use when cooking the chicken) and fry them till they turn into transluscent. Add red chillies and fry for a minute.

Add all the other dry masalas and garlic and fry for another minute. Now add coconut and fry in low flame till it turns golden yellow. Switch off the gas, cool the mixture, add tamrind juice to it and grind it to a smooth paste by adding water as needed. Keep this aside.

Now heat one tbsp ghee in a kadai, add methi seeds and fry till they crackle. Add chopped onions and fry till they brown (be careful not to burn them), add chicken, salt and cook for a while. Now add the ground coconut masala and water (the consistency should be thicker than sambar).

Add remaining onions, adjust the salt and cook till done.



Ingredients

- Raw rice. 1 cup
- Scraped coconut 1 tb sp
- Salt to taste

Method:

Wash and soak rice in water for 2-3 hours. Grind the rice with coconut and salt by adding water to get a smooth paste. Dilute the batter until the consistency of it is watery (which is why this is called Neer Dosa:))

Heat tawa (preferably iron and flat bottom), smear it with a bit of oil and splash the batter on the pan (If you like it crispy remember to splash a very thin layer) Cover the tawa with a lid, cook for minute and remove the Dosa.

Serve with chutney or some tasty Kori gassi. Enjoy!

WHAT'S UP DOC?

-///

HEALTH IN A PACKAGE: BOON OR A BANE?

Dr. Anju Ramesh Choudhary, R-436 Consultant Pathologist and Zonal Clinical head, Medall Diagnostic Center

In this age of being ahead in everything, the race is on to keep ahead of diseases

and disabilities. The quest is for eternal life. If not thats at least a long life of high quality free from ailments.

The advent of new technologies in modern medicine, ongoing researches into preventive medicine, and the increase in general awareness concerning health via the internet and social media, has led to an exodus in Health check-up packages and methods of screening for disease. General health check-ups or periodic health checkups done annually or bi-annually are the most commonly used methods to screen for diseases or markers of future morbidity in an apparently healthy population. Screening for specific diseases or cancer are a different issue and are not usually covered under routine health check-ups

All of these services imply the possibility of being able to reduce morbidity and mortality of disease or modify risk factors of disease at an early stage.

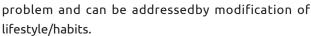
As with most things, diagnostic services are also like the proverbial double edged sword with its advantages and disadvantages

The beneficiaries of these services would be using these facilities at

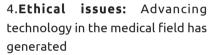
optimal if they are aware of the information they seek and realistic benefits of the same.

BOON ?:

- 1. Early diagnosis/Prevention: A master health checkup can aid in the early detection and treatment of a health problem. The examinations and laboratory tests done during a health checkup vary depending on an individual's demography and lifestyles. Health checkups also promote better patient-doctor relationships and allow the doctor to promote healthy habits through patient education thence decreasing morbidity.
- **2. Disease limitation**: Early detection gives one the best chance for getting the right treatment quickly, avoiding any complications thus leading to a better quality of life.
- **3. Possibility of reversal of condition:**Regular check-ups can help find potential health issues before they become a



- 4. **Lowers health care costs:** Early detection of diseases lead to early prevention and treatment which decrease the cost of healthcare in the long run.
- 5. Decreases burden of disease on the society as a whole: Healthy individuals make a healthy society.
 BANE?;
- 1. **Over diagnosis**: Due to ethnological or demographic biases an apparently innocuous result may be misinterpreted to be indicative of disease with further burden of testing and mental anguish.
- 2. **False positives:** As the sensitivity of various test methodology vary, false positives cannot be totally eliminated which leads to anxiety, further testing and psychological disturbances besides the increased financial burden on the patient due to further testing to confirm the results
- 3. **False negatives:** Varying sensitivity and specificity of tests may give a false negative result leading to a false sense of relief, ignoring of pre-emptive symptoms leading to delayed detection.



several bio-ethical dilemmas especially applicable in the case of screening for cancers.



As with any other technological advances, diagnostic services are also affected by the good and bad associated with it. A user of these

modalities is advised do a thorough study of the packages, the tests included, their indications, positive predictive value of each, and their limitations.

It is advisable to take the recommendation of one's family doctor or general physician and accordingly follow up with them pertaining to the interpretation of the results. It should be borne in mind that these tests are only a pointer to the presence of disease if any and not confirmatory in themselves. The results should always be interpreted in concordance with a physician consultation and with the actual presence of signs/symptoms.

It helps to bear in mind that Health check-ups serve as a compass for the direction to ones health and never as a final diagnosis.

Health to all!



HOW TO PLAY BRIDGE

" Game Type: Trick Taking

" Age: 13+

" Players: 4

" Tag: Cinch Life Masters



Countless newspapers have daily Bridge columns, and there are more books about Bridge than any other game, except Chess. Bridge tournaments continue to attract thousands of players who compete with each other to become Life Masters.

GAME SETUP/RANK OF SUITS

Spades (High), hearts, diamonds, clubs.

Rank of Cards: A (High), K, Q, J, 10, 9, 8, 7, 6, 5, 4, 3, 2

THE DEAL

The dealer distributes 13 cards to each player, one card at a time, face down, beginning with the player on their left.

OBJECT OF THE GAME

Each partnership attempts to score points by making its bid, or by defeating the opposing partnership's bid. At the end of play, the side with the most points wins.

THE BIDDING

Calls - Once the cards are dealt, each player picks up their hand and, beginning with the dealer, makes a call (pass, bid, double or redouble).

PASSING

When a player does not wish to bid, double, or redouble, they say, "Pass." If all four players pass in the first round, the deal is "passed out," and the next dealer in turn deals a new hand.

BIDDING A SUIT

Bid a number of tricks greater than six that the bidder expects to win, and a suit which will become the trump suit.

Ex. = "One Spade" is a bid to win seven tricks (6+1) with spades as trumps.

A bid may be made in "No-trump", meaning that there will be no trump suit. The lowest possible bid is one, and the highest possible bid is seven.

Each bid must name a greater number of odd tricks than the last bid, or an equal number but in a higher denomination. Notrump is the highest denomination, outranking spades.

Ex. = "Two No-trump" will overcall a bid of "Two Hearts", and a bid of "Four Clubs" is required to overcall a bid of "Three No-trump".

DOUBLING AND REDOUBLING

Any player may double the last preceding bid if it was made by an opponent.

Any player may redouble the last preceding bid if it was made by their side and doubled by an opponent.

A doubled or redoubled bid may be overcalled by any bid, which would have been sufficient to overcall the same contract undoubled.

Ex. = "Two Spades" is doubled and redoubled, it may still be overcalled by a bid of "Two No-trump," a bid of "Three Clubs," or by any other higher bid.

FINAL BID AND THE DECLARER

When a bid, double, or redouble is followed by three consecutive passes, the bidding is closed. The final bid in the auction becomes the contract. The player who, for their side, first bid the denomination named in the contract becomes the "declarer." If the contract names a trump suit, every card of that suit becomes a trump. The declarer's partner becomes the "dummy," and the opposing players become the "defenders."

THE PLAY

Take a card and place it, face up, in the center of the table. Four cards so played, one from each hand in rotation, constitute a trick. The first card played to a trick is a lead. The leader to a trick may lead any card. The other three hands must follow suit if they can. If a player is unable to follow suit, they may play any card. For the first trick, the defender on the declarer's left makes the first lead (the opening lead).

FACING THE DUMMY HAND

As soon as the opening lead has been made, the dummy then spreads their hand face up, grouped in suits, with each suit vertically arranged so that the other three players can easily view all 13 cards. The suits may be placed in any order as long as the trump suit (if any) is placed to the declarer's left. There is no particular order for placing the suits down in a No-trump bid.

WINNING OF TRICKS

A trick containing a trump is won by the hand playing the highest trump. A trick not containing a trump is won by the hand playing the highest card of the suit led. The winner of each trick leads next.

DECLARER'S PLAY

The declarer plays their own cards and the dummy's cards, but each in proper turn, since the dummy does not take an active part in the play.

PLAYED CARD

The declarer plays a card from their own hand when they places it on the table or when it is named as an intended play. When the declarer touches a card in the dummy hand, it is considered played (except when he is merely arranging the dummies cards). Alternatively, the declarer may name a card in the dummy and such a card must be played. A defender plays a card when they expose it so that the other defender can see its face. A card once played may not be withdrawn, except to correct a revoke or other irregularity.

TAKING IN TRICKS WON

A completed trick is gathered and turned face down on the table. The declarer and one of the defenders should keep all tricks won in front of them, and the tricks should be arranged so that the quantity and the order of the tricks played are apparent.

HOW TO KEEP SCORE

When the last (13th) trick has been played, the tricks taken by the respective sides are counted, and the points earned are then entered to the credit of that side on the score sheet. Any player may keep score. If only one player keeps score, both sides are equally responsible to see that the score for each deal is correctly entered.

The score sheet is ruled with a vertical line making two columns that are titled They and We. The scorekeeper enters all scores made by his side in the We column and all scores made by the opponents in the They column. A little below the

middle of the score sheet is a horizontal line. Scores designated as "trick score" are entered below the line; all other scores are "premium scores" and are written above the line.

TRICK SCORE

If the declarer fulfills their bid by winning as many or more odd-tricks as the contract called for, their side scores below the line for every odd-trick named in the contract. Thus, if the declarer wins eight tricks and the bid is Two Hearts, the score for making "two" in a bid of hearts would be credited, as per the Scoring Table.

OVERTRICKS

Odd-tricks won by the declarer in excess of the contract are called "overtricks" and are scored to the credit of their side as premium score.

THE GAME

When a side has scored 100 or more points below the line, it has won a "game." To show this, the scorekeeper draws a horizontal line across the score sheet, below the score that ended the game. This signifies that the next game will begin. A game may be made in more than one deal, such as by scoring 60 and later 40, or it may be scored by making a larger bid and earning 100 or more points in a single deal. Once the next game begins, if the opponents had a score below the line for making a bid, such as 70, this score does not carry over, and each side needs the full 100 points to win the next game.

VULNERABLE

A side that has won its first game becomes "vulnerable," and that side's objective is to win a second game and thus earn a bonus for the "rubber." When a side scores its second game, the rubber is over, and the scores are totaled. The winning partnership is the side with the most points. A vulnerable side is exposed to increased penalties if it fails to fulfill a future bid, but receives increased premiums for certain other bids that are fulfilled.

HONORS

When there is a trump suit, the ace, king, queen, jack, and ten of trumps are "honors." If a player holds four of the five trump honors, that partnership scores 100 above the line; all five honors in one hand score 150. If the contract is in No-trump, a player holding all four aces scores 150 above the line for their side. Note that the points for honors are the same whether the side is not vulnerable or vulnerable, and that the defenders can also score for honors.

SLAM BONUSES

Other premium scores are awarded for bidding and making a "small slam" (a bid at the six-level, such as Six Hearts) or a "grand slam" (a contract at the seven-level, such as Seven Spades or Seven No-trump).

DOUBLED OR REDOUBLED CONTRACT

When the declarer makes a doubled contract, a premium bonus is scored. Making a redoubled contract scores an even bigger premium bonus - this is a recent change in scoring. Note that doubling and redoubling do not affect honor, slam, or rubber bonus points.

UNFINISHED RUBBER

If the players are unable to complete a full rubber and only one side has a game, that side scores a 300 bonus. If only one side has a part score, that side earns a 100 bonus.

BACK SCORE

After each rubber, each player's standing, plus (+) or minus (-), in even hundreds of points, is entered on a separate score called the "back score." An odd 50 points or more count 100, so if a player wins a rubber by 950 he is +10, if he wins it by 940 the player is +9.

Source: The Web

BENEFITS OF PLAYING BRIDGE



by B.Venkateswarlu, M.No.V-38



The game officially called "Contract Bridge" is played with one ordinary deck of cards, with 4 people (i.e. 2 pairs) consisting a table. This is a partnership game with 2 people forming a pair. The championships are conducted on the following categories.

- 1. Pair event (2 persons), Juniors, Regulars, Senior Citizens.
- 2. Team Event (4 persons i.e. 2 pairs) Juniors, Regulars, Senior Citizens.
- 3. Ladies Team, Ladies Pairs for Junior, Regulars and Senior Citizens.
- 4. Mixed Pairs (One Gent Player + One Lady Player).

Official Status:

This game/sport was added in 2018 Asiad as one of the events and likely to be included in 2024 Olympic agenda.

Association of Indian University (AIU) the apex body of Universities has directed all Universities to conduct Inter University Championship from 2019. This Circular is issued with the approval of Ministry of Sports, Government of India.

Europe, USA, Australia, China, Russia, Dubai and many other countries conduct several events in this game for Schools, Colleges, Universities and regulars.

In India, Railways, Tisco, some other organizations recruit bridge players under sports category and admissions to educational institutions can be considered under sports category.

Benefits:

- Meaningful social interactions
- Communication and team work skills.
- Maintaining mental sharpness
- Boosting immunity to ward off illness.
- Very extensive social net working across the world
- Can play on line 24/07/365
- Admissions to American Universities, European Universities etc., after achieving proficiency

This game requires one month coaching of 3 hrs a day. To achieve proficiency and win laurels at the State, National and International levels, the partnership (i.e. a pair requires a daily practice of 2 hrs and intensive reading of game literature.

The following categories have abundant opportunities to represent India in the next Asiad 2022 after acquiring sufficient proficiency.

1. Mixed Pairs

2. Ladies Pairs

In the present context, in India, the contestants in the above 2 categories are very few in number. Several Tournaments are conducted in India, each of 3 / 4 days duration at Hyderabad, Mumbai, New Delhi, Calcutta, Chennai, Bangalore.

For achieving proficiency and expertise, a team of 2 pairs or a pair has to participate in these events.

The author is a National Master in this game.

RAIN, RAIN, DON'T GO AWAY...

///

by Deepti Rathi, D-116



It was all about going out in the rain and playing and getting wet! Making paper boats and watching them float in the rain water. Jumping about in the mud puddles till our feet were as dirty as the ground beneath them. Splashing each other with water from the puddles! Putting our heads and hands out of our car and balcony windows to get the feel of the rain water falling on our faces. Sticking out our tongues to try and drink the rainwater!

Remember going out and getting stuck in a downpour? Huddling up under a single umbrella? Or making a dash for the car in the rain and get inside soaking wet? Getting back home and getting scrubbed from head to toe with a towel by mom and then drinking a hot cup of milk? And then laughing about all these crazy times over dinner later. As adults, we miss these times so much we end up organising raindance parties! Why deny our kids these memories?

Let us, once again, appreciate the beauty of nature once the rains are over. Haven't you ever felt that the world goes into High Definition mode after a good downpour? The colours become brighter, the surroundings become sharper (or maybe our eyes can see clearly since all the pollution in the air subsides for a little while) and Mother Nature is in full bloom. Let's enjoy these small joys of life again. Let's not stay cooped up in our homes because we're worried about a couple of days of sneezing and coughing.

The monsoons were all about going outside when we were younger. So why not for our children too?

Let them play and dance in the rain, just like we used to when we were their age. Keep an eye on them, regulate their timings and take care of them when they return - there are several ways to avoid falling ill even after getting drenched!

Indoor play areas are great, but they are nothing compared to outdoor spaces. And we, as members of Waltair Club, are lucky enough to have such beautiful outdoor spaces in the Club premises for our children to enjoy - especially in this weather. Let's get out with them more often and enjoy with them in the pool, the play area or any one of the open courts. So what if it starts to rain, the car park is right there!

You can always make a mad dash for it.

See you outdoors.

INDIAN STONE TOOLS

COULD DRAMATICALLY PUSH BACK DATE WHEN MODERN HUMANS FIRST LEFT AFRICA -By PS

- By P S Raju FCA

Author

Patrick Randolph-Quinney Reader/Associate Professor in Biological and Forensic Anthropology, University of Central Lancashire



Disclosure statement

Patrick Randolph-Quinney has worked extensively on Middle Pleistocene sites in South Africa. He is a scientist on the Rising Star team and co-author on papers describing the taphonomy and geological context of Homo naledi. He has co-directed palaeo-archaeological excavations in the Makapansgat Valley and region, including the Cave of Hearths.

We are all children of Africa. As members of the hominin species Homo sapiens, you and I are the product of millions of years of shared evolutionary history of life on Earth. But as a species we are relatively recent, emerging between 400,000 and 300,000 years ago in East Africa from indigenous archaic populations.

Currently, some of the biggest questions facing palaeoanthropology involve trying to work out how and when early humans left the continent. Was it a single dispersal? Or multiple?

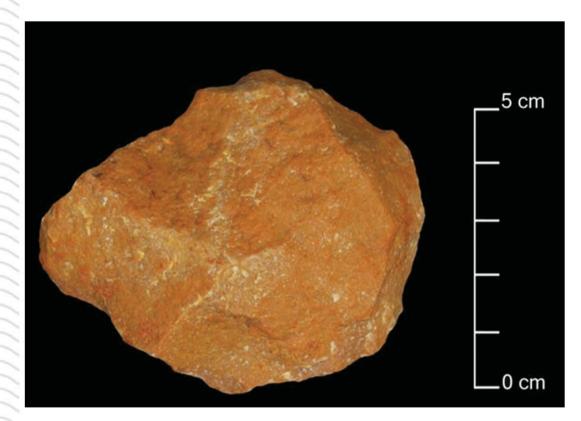
A recent discovery of a jawbone fossil in Israel suggests that there could have been a migration as early as about 180,000 years ago. But a new study, published in the journal Nature, suggests early humans may have left Africa much earlier than that.

The new research reports the discovery of tools from the Middle Palaeolithic (200,000 to 40,000 years ago) in Tamil Nadu, India. Surprisingly, the tools date back to 385,000 years ago - which is around the same time as this technology is thought to have first developed by archaic or possibly modern humans in Africa. This challenges the view, backed by most researchers, that modern humans brought these technologies to India less than 140,000 years ago.

Attirampakkam site

Attirampakkam is located on the banks of a stream of the Kortallaiyar River in northeast Tamil Nadu. Excavations by a team of Indian researchers revealed abundant layers of stone tools trapped within sediments deposited by streams which ran through the area in prehistory. The site appears to have been sporadically occupied by apes and early hominins





predating Homo sapiens from as far back as 1.7m years ago.

Acheulean hand axe from Egypt. wikipedia, CC BY-SA

Using a dating technique called infrared-stimulated luminescence - which pinpoints the last time that sediment grains were exposed to light - the authors determined that the silts and gravels which contain the tools date to between 385,000 and 172,000 years ago. These tools chart the transition from the Acheulean handaxe culture, created by archaic humans of the

Lower Palaeolithic, to smaller tools. The latter were produced by a more sophisticated technique called Levallois - involving the production of stone points and blades.

The tools push the date back for the origins of Middle Palaeolithic technology in India. Previous studies have suggested that this occurred between 140,000 years and 46,000 years ago, possibly as Homo sapiens migrated into the subcontinent.

Middle Palaeolithic artefact. Sharma Centre for Heritage Education, India

But what is perhaps more important, is what these dates mean for the emergence of Homo sapiens and our species' migrations into the rest of the Old World. And to understand those implications we need to consider fossils from North Africa and how they are associated with hominin species and technology.

Modern humans

African Middle Stone Age technologies, which first emerged around 400,000 years ago, have been documented as developing out of Earlier Stone Age cultures at sites such as Kapthurin (Kenya), Kathu Pan (South Africa), and the Cave of Hearths at Makapansgat (South Africa). The latter site, in particular, mirrors the transition from Acheulean to Levallois technologies seen at Attirampakkam quite nicely, but is associated with archaic rather than modern human fossils.

Some typical artefacts from Attirampakkam. Sharma Centre for Heritage Education, India

Recent work at the cave site of Jebel Irhoud in Morocco, has discovered fossils of Homo sapiens and Middle Stone Age tools together - dating to about 315,000 years ago. The research suggests that the emergence of our own species was a pan-African evolutionary process, and one implicitly associated with the development of indigenous Middle Stone Age technologies.

Implications for human migration

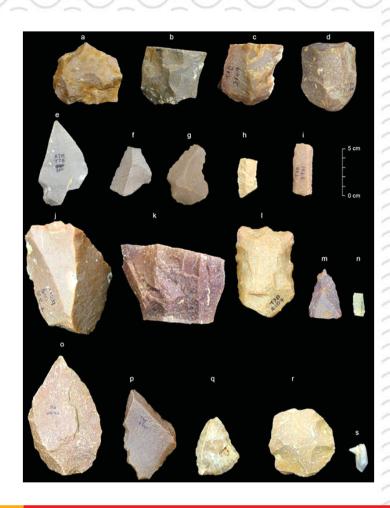
The new findings could mean that archaic humans in India developed such technology all on their own, which some researchers have previously suggested. However, it could also mean that modern humans left Africa much earlier than recent archaeological and palaeontological evidence on Africa's doorstep suggests. In fact, they could have left Africa shortly after evolving, making it as far as the east coast of India in perhaps a few tens of thousands of years.

Further work at Attirampakkam may allow us to test these competing models, but we have to bear in mind that the association between technology and biology is not simple. Unfortunately, I do think we need to find a smoking gun - in this case, a hominin fossil - to find out for sure.

Elsewhere in this time frame, the cave site of Rising Star in South Africa has provided strong evidence of the primitive hominin Homo naledi engaging in ritual mortuary practices and deliberate disposal of their dead. Such archaeological behaviours have traditionally been associated with more advanced hominins and modern Homo sapiens.

In the archaeological record, sometimes biology and culture do not line up. The best way to resolve this? Dig! Archaeologists and palaeoanthropologists need to get out into the blank spaces on the map and explore, excavate ... and publish.

Compiled from the Web **P S Raju FCA.**, Vice President-Waltair Club.









Another prized possession of the Club is it's billiards room. Armed with two billiards tables which date back to the British era and were used by the Britishers, these boards are indeed antique. Even the decor of this space has retained it's old classic look of the 1920's. Both the tables are of the same size, measuring 6x12 feet which conforms with the International standards. The billiards room is open from 11.00 am to 10.00 pm.

It's not just the regular games that happen here, the Club conducts annual billiards tournaments to encourage the players. A tournament was organised on the 1st of September, called the 'Lightning Snooker Tournament' which is held every year. We would like to thank Mr. Kamaraju Vajrapu for sponsoring the Lightning Snooker Tournament and it's winner was V Kishore and runners up was Mr. Aswin G.

Billiards & Snooker are both wonderful gentlemen's games, one demonstrates ball control i.e. self control, while the other demonstrates concentration and focus. So let us encourage our younger generation by conducting these types of lightning tournaments as well as the regular ones. The Managing Committee should give importance to this game and should give encourage to conduct these type of events.

By Nekkanti Srinivas

M.No.S-343



A coaching camp will be organised soon for our Members

A fun filled tournament well conducted by the organizing Committee. Special thanks to the Chairman for all the support and the Sub-Committee for taking the effort to conduct the tournament and make it a fun filled Sunday for the Members. Such events need to be conducted frequently and I request all the members to participate in large numbers and make them a success as always.

Gowrisetti Ashwin M.No.A-135



Competitive Tournaments always bring out higher standard of the game and builds the camaraderie - kudos to V.Kamaraju Garu for consistently promoting this.

G.Sandeep M.No.S-402



As a beginner, my reception was very friendly and warm. From the observation of a first timer, it was a very well organized event. The professionalism of the game has been well guarded from generations of play. The marksmen and the staff were extremely professional in their approach to the tournament. Looking forward for more such tournaments and encouragement of amateurs.

Aditya Muppidi M.No.A-287



It is really nice to be associated with the Waltair Club Snooker room. I have been actively coming to the snooker room from the past couple of years and Sub-Committee noticed that the number of players keep on increasing every year. As a Sub-Committee Member, I feel very excited to organize the tournaments with the support of the sponsors, players and the Club Committee.

I thank Mr. Vajrapu Kamaraju for sponsoring the Lightning Snooker Tournament September 2019. 40 players attended the tournament and the tournament was a huge success. Snooker is a wonderful game and I have been playing the game at the Club for a long time. The maintainence standards of the tables and the snooker rooms are great. I would like to specially thank the snooker markers for rendering their support all the time for training new players, especially during tournaments. Thanks a lot to the Head Committee and mainly Krisnakanth for all the support.

Wish to organize and conduct many more such events with this kind of support from the Committee.

E.Subba Rao M.No.S-938

A Tournament means competition but W.C.L.S.T is an occasion which brings all the snooker players of Waltair Club together. The day chosen is Sunday so that no one is disturbed from their work.

The Committee Members and the sponsors left no sto ne unturned to make the event entertaining for the participants. Only the organizers who are behind the scenes and the markers know the pressure and effort put in to make the tournament a grand success. Right from snacks/drinks to the lunch, it's all extremely well organized. The game is played with high spirits and seriousness. Every player is honoured and ranked as per their seniority. The "Lightning" makes it really electrifying and surprises everyone in every game. We hope this trend continues and such tournaments happen more often.

N.Chandrakanth

M.No.C-73





Mr. Kamaraju Vajrapu The sponsor of the Snooker Tournament

think CBSE.. think SRI PRAKASH











%99.5

CBSE XII



47.6%



80% **46**

First **132**



KVPY selections every year... ..a tradition here



JEE-MAINS

All India

37 Students qualified for JEE Advanced



The **CBSE** +2 School



www.sriprakash.org PAYAKARAOPETA / TUNI / RAJAMAHENDRAVARAM

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

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

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

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

A1 GRAND THE CONVENTION - RUSHIKONDA, VISAKHAPATNAM

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

functions/meetings.

FOR BOOKINGS CONTACT:

Mr. D.V. Anil Kumar, (Manager) Plot No.29, Beach Road, Rushikonda, Visakhapatnam - 530 045.

Mob: 9010052329

Land Line: 0891-2973777, 2976777. e-Mail: a1grand.rooms@gmail.com kumardatla2727@gmail.com

















The menace of plastic and its many detriments are no longer an alien concept. We have seen first-hand the beautiful beaches of Vizag littered with disposables and water pouches. Come rains, no Vizagite is a stranger to the garbage our own choked drains spew back on us - most of which is unsurprisingly plastic waste. On an international level pictures of a turtle with a straw stuck in its nose and of floating islands of plastic have triggered a justifiable panic in all of us. The last few years has seen a concentrated awareness movement on why we can no longer be indiscriminate in our usage of non-degradable single use plastic. Even a child will probably rattle away a stream of instances on the harmful impacts of plastic. Thanks to this awareness drive as well as the strong voices all around us, we are now seeing a gradual and conscious shift towards more bio-friendly material in all aspects of day to day living. Shoppers are carrying their own shopping bags, children are increasingly using traditional steel tiffin boxes, governments are banning plastic. The air is rife with the possibility of change.

It is in the spirit of this very movement that Waltair club too has passed a resolution to do away with single use plastics. So going forth you can expect the club premises to be rid of disposable cutlery, straws, single use bags, cling wraps etc. The club will soon be introducing edible disposable cutlery, trash baskets made of cane and paper straws.

Small as these measures may seem in the face of the huge waste pile we have generated in the last few decades; they still will have a measurable impact. Having said that, these small changes cannot be the end of the lifestyle changes that we now need to make. There is a bigger question that needs to be answered here. How did we, a progeny of culture that is built on peaceful co-existence with nature and its beings, lose our way so hopelessly? And more importantly, are we, as humans, going to continue with this detrimental life style or are we willing to make the tough lifestyle changes that will ensure we atleast leave a habitable earth for the future generations?

We are at the tipping point of saving our planet. In fact according to some critical assessments, we may have already crossed the point of no return. However, it is not our prerogative to debate on where on the destruction scale we stand today. What is ours is the decision to be very careful and judicious in the usage of every single resource. What is ours is the choice of a lifestyle that may be a compromise on convenience but will enhance quality.

As a club and as a collective of well informed and educated individuals, we have to start understanding why the future of humanity lies in us returning to our roots. There was a reason our grandmothers packed food in banana leaves and not foil. There was sustainability in the use



of clay utensils as opposed to glass and plastic. There was huge value in mindful wasteless consumption of not just food, but any resource including electricity, water and fuel. It was and is basic common sense.

We do not need half the luxuries that we have accustomed ourselves too. The menace of plastic pollution is a clear example of our irresponsible choices. Look back and think. Plastic came as a very useful invention. We have plastic to thank for a lot of our medical needs, critical food supplies, even communication. Where we went astray was its "mindless" usage. The same stands for almost all the resources at man's disposal.

A little strife now will go a long way in saving the only planet we call home. So when asked to choose between convenience and being responsible, let's all choose to beresponsible. Let's turn that tap off, let's stop that person littering on the street, let's walk to where we can, let's turn that light switch off. Carry your own water bottle, ditch that straw in your drinks, pick up a cloth bag for shopping, pour only half a glass of that water, learn to survive for a little time without air conditioning. Do we have to reduce to dangerously low water levels before we will save water? Do we have to kill off have the animal kingdom before we save forests? Do we have to create suffocating stockpiles of plastic? Do we have to always wait for the next doomsday prophecy for us to fix our habits?

The answer to all the above is simple, the execution however will need some effort.



I TECH

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

HOW TO HOST A GROWN-UP

GAME NIGHT



- By AV Monish Row

Did you see that movie? asked my friend. Seen it, was my reply. Shall we go to eat chinese? was next. There's swiggy and zomato so why go out, was my answer. It's a holiday tomorrow, what shall we do? she asked. Lets go to the brewery like every weekend, i said. To which, my friend made a face! But resigned to the idea of doing the same thing that we've been doing every weekend for the last so many months!

Sounds familiar?

Well, what about Game Night?

While there's nothing wrong with falling back on tried-and-true plans like grabbing drinks or catching a movie, we're going to suggest planning a get-together that'll break up your usual normal routine. The next time you're scheduling quality time with your pals, why not shake things up and offer to host an at-home game night? It could be a BYOB or even potluck which is easy on everyone!

With great adult game night ideas, the right mood, and a little bit of alcohol, you'd be surprised how fun and raucous playing good old-fashioned games with friends can get. Its both intimate and interactive, staying in for a game night is going to be your new favorite way to spend a Saturday evening—trust us. The key is to invite the right number of friends, serve up some fun finger food or snacks, and create a fun space to play games by clearing off the dining table and adding more chairs.

Pictionary

A fun game for families, parties, or any group activity, Pictionary is a drawing game where one person draws and other players try to guess what is being drawn. Pictionary works with as few as four people or can be played with teams consisting of two or more papers. Pictionary is basically charades with drawing. Mattel sells this board game and is easily available.



Count on big laughs when you and your friends get together to find out who's an artist and who really isn't! In this quickdraw classic, the guesses can be just as hilarious as the sketches, making it the perfect way to get the party started.

So, whens the Game Night?





GET PROFESSIONAL COACHING OR PLAY FOR FUN

Do it all at

GREENDALE SPORTS CENTRE!

Call: 733 733 6737

Sports Available:

Cricket | Basketball | Skating | Swimming | Table Tennis Horse Riding | Volleyball | Throwball

Book Slots At Netplay Sports App 🕟 💰

Greendale International School,

Opp. International Cricket Stadium, Madhurwada, Visakhapatnam.



TECH NEXT

PORTAL TV

Facebook is bringing its connected device strategy to the television. The company today announced Portal TV, an accessory that brings the company's wide-angle video chats to the biggest screen in the house. Portal TV is begins shipping November 5th for \$149 Plug Portal into your TV using the HDMI port, sign into your Facebook accounts, and you can begin making calls using Messenger and WhatsApp.

Portal TV also introduces a new picture-in-picture mode that lets you keep one eye on friends and family members while you watch another show. For people who spend a lot of time video chatting with friends or family, or who would like to do more of it, Portal TV could be worth



a look. The way the camera frames and tracks shots is legitimately impressive. And the TV screen could enable larger families to talk with everyone crowded together in the living room in a way that a phone or desktop computer can't compete with.



SONOS MOVE

SONOS new \$399 MOVE wireless speakeris a milestone product for Sonos, a 17-year-old independent company that sells popular wireless home audio products.It's the first model from the company with a battery and support for Bluetooth audio, which means it's the first Sonos speaker you can easily transport - or move, if you will - from place to place. It's more than a typical Bluetooth speaker, though, because the Move also supports the classic Sonos Wi-Fi system and integrates seamlessly with Sonos' other speakers. It's also a smart speaker with always-on microphones that you can use to speak to Amazon's Alexa or Google Assistant.

BOWER & WILKINS PX7

Bowers & Wilkins new noise cancelling headphones PX7 just launched. The flagship over the ear headphones supports fast charging and supports USB-C with 5 hours of play back off a15 minute charge. Set to release in oct 2019 and cost \$399.



GOOGLE MAKES 'BIGGEST CORPORATE PURCHASE' OF RENEWABLE ENERGY.



Google CEO Sundar Pichai announced a further commitment to clean energy with the biggest corporate purchase of renewable energy in history. This purchase is made up of 1,600 MW package of agreements increasing Googles worldwide portfolio of wind and solar agreements to 5,500MW. The new deals will spur 2 billion in new energy infrastructure across 3 continents.

HUAWEI MATE 30 PRO

The Chinese giant recently unveiled the Mate 30 and Mate 30 Pro, its latest flagship phones, at an event in Munich. The phones will ship with state-of-theart hardware, including four rear cameras, but without full Android support. The Mate 30 phones are based on Android open source, meaning they will still function like Androids. What they won't have, though, is Google services or apps. No Google Maps, no Google Chrome and, most importantly, no Google Play Store. The Mate 30 Pro's quad-camera setup consists of a 40-megapixel camera, a 40-



megapixel ultrawide-angle camera, an 8-megapixel telephoto lens and a time-of-flight sensor, which helps add depth to photos. On top of a promising photography setup, the Mate 30 Pro is brimming with luxurious hardware. It's powered by the company's new Kirin 990 CPU, and a 16-core Mali G76 GPU. The Mate 30 Pro runs a huge 4,500-mAh battery, which Huawei claims will get you two days of heavy usage. Exp price \$1200.



Mi BAND 4

XIAOMI launches its latest wrist worn device, the Xiaomi Mi Band 4. The Band 4 can mirror all notifications from your phone to the colourful OLED display. The Mi Band 4 comes with music control. A simple left swipe from the home screen now reveals the music control panel. Not only can you see the name of the current track playing, but you can also pause/resume music, increase/decrease volume and skip tracks.

The Mi Band 4 comes with a host of other features and is priced at rs.2,299.

NETFLIX'S NEW BILL GATES DOCUMENTARY.

The three-part Netflix docuseries Inside Bill's Brain: Decoding Bill Gates divides its time evenly between its subject's inner life and outer philanthropy. The back-andforth leaps between biography and philanthropy serve a creative purpose, but they're jarring in a way that undermines the documentary's entertainment factor. As much as Gates has worked to do good in the world, the insights into his history and personal life are flat-out more interesting and surprising.

Gates' inherent brilliance is evident immediately. Even if we didn't have friends and colleagues on hand to describe his reading habits - 150 pages per hour, apparently - it's clear in the way he talks about his life, his career, and the way he tackles problems.



Compiled from the web by Dr. Hema Yadavalli

PET CORNER



- By CA K. Narayanarao

12 POPULAR BREEDS OF DOGS IN INDIA:

In this edition of pet corner, I would like to share a short note about the most popular breed of dogs in India. The following are the top12 breeds but not necessarily in that order.

Most of these breeds are domestic pets. Nevertheless, everydog is a man's best friend, irrespective of their breed. Here they are described very briefly.

1.German shepherd:is a medium to large sized dog. It is generally large and muscular and very agile. The male weighs upto 60 Kgs and the female 40Kgs.It is very watchful and intelligent. They are very calm and caring.



2.Labrador:is a friendly, active and outgoing and one of the most popular

with dog lovers. The male weighs over 65 Kgs or more and a female 55 Kgs or more. It needs good exercise. A good dog to have with children around.

3. Great Dane: It is one of the tallest

breed of dogs. It is very strong and powerful but friendly. d This breed originated from Germany. They need to be trained to be gentle and at home as basically they are good hunting dogs. It is an excellent guard dog too and mostly known for it's large size. It is also not prone to obesity. The male may weigh maximum upto 85 Kgs and female 60 Kgs.





4.Bull Dog:They are wide and muscular with a short-muzzled head. It is only about one foot by one for and very short. Weighs about 25 Kgs maximum. They are very dependable and excellent with Children. They are also gentle and calm and not aggressive unless provoked.

5.Pug:They are happy ,loyal and affectionate dogs.They weigh around 10 Kgs.They are kid friendly.They are

smart and quick learners too. Pugs are more of companion dogs than guard dogs.





6.Beagle: They have peculiar feature of their ears being droopy. Beagles come

in two types-one miniature size and the other medium. Beagles need good training and they have a very powerful sniffing capabilities. They are usually not very aggressive in nature. They are very good hunting dogs and weigh a maximum of upto 25 Kgs though the miniature type weigh much less.



7.Dachsghund:This breed belongs to the hunter category. They are affecionate and get along well with Children. They are mischevious and normally weigh about 7 Kgs and a maximum of 15 Kgs. It is short legged and long bodied.

8.Boxer:This breed is of medium height and short haired. They are family pets though very aggressive against

other dogs. This is mostly because of their high energy levels and tend to come across as aggressive. They weigh a maximum of 30 Kgs. This breed is fearless and confident and cheerful.



9.Saint Bernard:This is a huge breed of dogs and very watchful. They usually weigh over 60 Kgs and can even go up to 100 Kgs. They are an even tempered and smart. They are good indoor family dogs.

10.Doberman:They are good family dogs but being medium to large in size are used by police and corporates as

watch dogs. They are very aggressive towards strangers. They look very competent and can be aggressive, if not trained well. They may weigh upto 40Kgs.



11 Rottweiler: They are good natured

and obedient dogs, usually courageous in nature. They are also good family dogs. This breed is jealous and protects it's owners and can be dangerous to strangers and even attack if not trained properly. This quality is not inherently destructive but if in wrong hands is dangerous.

12.Golden Retriever: This is a large sized dog and a hunter. It may weigh upto 60 Kgs.Because of their long hair they need more regular brushing, compared to other breeds. They are large dogs and fully coated. Thus, maintenance of this breed can be an issue. However, they are

friendly, reliable and intelligent breed and a good family dog.



Note: I request all pet owner members to freely contribute their views and articles under this column-"Pet Corner". Possibly an association of Pet owners of the Club may be formed for the mutual benefit of all and participate in events too in the future.

Author: K. Narayana Rao, Chartered Accountant, M.No: N-044.

ONLINE DATING FRAUDS



- By CA K. Narayanarao



Online dating frauds are another area of concern amongst numerous other frauds. Around 7.0million UK adults used online dating sites in 2016.

National Fraud Intelligence Bureau has found that in 2016, singles were conned to the extent of about 40 Million Pounds, by fraudsters.

Dating fraud is becoming more successful and sophisticated and more and more victims are duped. The victims often do not go to police as they are ashamed or embarrassed of what happened to them.

The fraudsters create fake online profiles and trick people in parting monies with false and misleading promises. They first befriend the victim, even for months, before suddenly asking for money on some medical or other emergency, which the victim unfortunately parts. Many victims parted with huge money by way of transfers, leading to bankruptcy. At times it may be in a circle of friends that the victim is exchanging messages making him/her more vulnerable.

Thus the main objective of these scammers is to defraud monies from victims, keeping their identity behind a dating site or social network but never meeting his victim face to face.

The following "profile" features are observed of a Male dating fraudster:

- 1. Male aged about late forties, say, 45+ yrs. Old
- 2. Status-widower
- 3. No political interests
- 4. High Income
- 5. Good height, say, 5 feet 10 inches or more
- 6. A good professional degree.
- 7. Finally the photo of the fraudster from a distance and at an angle.
- 8. Normally dating scammers are abroad and not reachable.

The following profile features are observed of a Female dating fraudster:

- 1. Female aged in her late 20s
- 2. Status: Single-never married.
- 3. Body: Average
- 4. Education: Student

- 5. Height: 5 feet 6 inches.
- 6. Dress in snaps: Selfies of her wearing skimpy vest tops showing lots of cleavage.
- 7. Politics No Interest.
- 8. Normally dating scammers are abroad and not reachable.
- 1. Search Google, for the name and profile or turn to "Dating scam "profiles" on Google.
- 2. If the name or profile is not found, immediately, stop contacting and take appropriate action with the concerned crime regulating authorities.
- 3. Also when messaging if one is dealing with a group of fraudsters, they forget their previous chatting, hence be watchful for consistency.
- 4. Scammers usually target older woman in the age group of 50+ who are very vulnerable are rich. Hence such persons should be more careful in responding to online dating websites.
- 5. Do a profile check of their professions and photos on Google. Check to see if the photo appears on Google with another name and profile.
- 6. Be very alarmed if in a rapid way they escalate in 5 to 6 weeks of friendship online, they start messaging, that they love you.
- 7. Don't trust anyone until actually you have met him/her.
- The fraudsters first select a target victim, create emotional connection and finally blasts last minute resistance-(Seduction hand book-The Game By Neil Strauss), hence be careful communicating with unknown persons online without verifying their credentials.
- 9. The scammers may ask the victims to chat and message outside the dating sites like face book, Skype that makes them more close to the victim for getting more personal information to con the gullible person at the other end.
- 10. Generally, the scammers avoid direct questions like "what do you do for a living"? "How tall are you"? "Who are your other family members"? etc. This is another red flag that should sound an Alert to the possible victim.
- 11. The scammers also avoid meeting face to face on some excuse or other.
- 12. Make sure that internet dating doesn't cost you emotionally, mentally or monetarily. Some are desperate to find love that they completely ignore the warnings and red flags and fall victims to scammers.
- 13. Scammers first mislead the intended victims by informing the intended victim that he or she makes say \$150,000/ pa. and trick the victim to disclose how much they are making and other financials, so that when the fraudster suddenly asks for money to meet an emergency the victim parts with it assuming that it will be paid back.
- 14. If you get suspicious and asks whether it is scam, the fraudster pretends he is very angry for being suspected and makes the victim feel guilty who then parts with the money.
- 15. The messages and letters written by the scammer is full of love poetry so that the victim believes in him.

Author K. Narayana Rao (N-) is a Senior Chartered Accountant at Visakhapatnam and Member of the Editorial Board Waltair Times.

OF A SOCIETY

LEGAL MATTERS

-///-

- By TVSK Kanaka Raju

The A. P. Societies Registration Act, 2001 had come into force on the 10th of December, 2001 vide G.O.Ms.No.742 revenue (R & M) dated 10-12-2001. Earlier the law relating to the Societies and their Registration was governed by the Societies Registration Act, 1860 in the Andhra area of the state of Andhra Pradesh. The description of the Societies which can be Registered under this Act is not exhaustive. The Act is a special enactment which provides for relevant machinery for adjudication of any dispute arising among the Committee or the Members of the Society in respect of any matter relating to it's affairs. A choice is given to the litigant to proceed with the dispute under the provisions of the Arbitration & Conciliation Act, 1996 or approach the District Court concerned for resolution of the dispute.



Every Society must make it's rules and regulations which are generally called the Bye Laws. The rules of the Society form a contract amongst the Members. In contracts of this nature the Court is competent to imply certain terms. For instance, even if the rules are silent regarding the procedure of expulsion of a Member the Courts are competent to imply a term and condition that "expulsion cannot be ordered by a procedure which is totally unfair and unjust". For constituting the Bye Laws a great deal of planning is required as these constitute a general agreement between the Members. The person who drafts them should keep in mind the possible disputes that may arise in the future, visualize the "pros" and "cons" and then frame such Bye Laws which will be effectual in preventing litigation. For instance, while drafting the Bye Laws of an apartment Society the author of the Bye Laws should adopt such clauses in the which will clothe the apartment Society with the power, authority and liberty to disconnect the amenities of the defaulters. There is nothing wrong in making such Bye Laws and it is perfectly legal to clothe the Society with such power.

In the Zoroastrian Co-operative Housing Society case the Supreme Court had an occasion to delve into the legal efficacy of Bye Laws of a Society. The issue that broadly arose in this case was whether the society is competent to take new members who do not satisfy the requirements of bye laws? The Bye Laws in this case mandated that only Parsis would be eligible to be members of the Society. Submissions were made before the Apex Court that such a Bye Law would interfere with the fundamental rights of the Citizen and would also interfere with the right to property available to him/her. However, the Supreme Court ruled that Bye Laws need to be respected as they represent the collective will of the Members constituting a general agreement between them. The Apex court observed "the bye-laws of a cooperative society setting out the terms of membership to it, is a contract entered into by a person when he seeks to become a member of that society. Even the formation of the society is based on a contract. This freedom to contract available to a citizen cannot be curtailed or curbed relying on the fundamental rights enshrined in Part III of the Constitution of India against State action. A right to enforce a fundamental right against State action, cannot be extended to challenge a right to enter into a contract giving up an absolute right in oneself in the interests of an association to be formed or in the interests of the members in general of that association." When such is the importance of Bye Laws, they should certainly be drafted skillfully.

A Society needs to have a proper name. It cannot have undesirable names. No Society shall be registered by a name which contravenes the provisions of the Emblems and Names Act (Prevention of Improper Use) Act, 1950. The proof that a Society is active is the act of filing of annual lists. Every year the Society shall within 15 days from the date on which the General Body Meeting was held, furnish a list to the Registrar of Societies which shall contain the names and addresses of the members of the Managing Committee and Officers entrusted with the Management of the affairs of the Society.

Any seven or more persons can form a Society by filing a Memorandum of Association and Bye Laws before the Registrar of the District in which the Registered Office of the Society is located. The Registrar shall issue a Certificate of Registration to the Society or may refuse to Register stating valid reasons. An appeal lies to the Registrar General within 60 days from the date of communication of the order of the Registrar refusing to Register the Society. Where the Registrar neither refuses nor grants Registration within 60 days the Society is deemed to have been Registered. It is important to bear in mind that the term of the Committee of the Society can be for a period not exceeding six years. However, this has to be specifically mentioned in the Bye Laws. The above article equally applies to other forms of organizations namely trusts, Companies Registered u/s 13 of the Companies Act.

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

CLUB TIMINGS



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

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

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

Office: Monday To Friday : 9.00 A.M. to 1.00 P.M.

4.00 P.M to 8.00 P.M

Saturday : 9.00 A.M. to 1.30 PM

Sunday : Holiday

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

a) SWIMMING POOL:

For all Members & Children above 12 years:

Timings : 6.00 A.M. TO 9.00 A.M.

&

4.00 P.M TO 8.30 P.M.

Monday Closed.

For Ladies On : 4.00 P.M. to 5.30 P.M. – All Days

Tariff: Member Rs.400/- Month

Each additional family Member Rs.50/-

Health Club: Monday Closed

6.00 A.M. To 10.00 A.M. - All Members, Ladies & Children

4.00 P.M. To 8:30 P.M. -

TARIFF

Rs.400/- - Member/Month

Rs.30/- - Member/visit (if he has not

Taken a Monthly Card).

b) BILLIARDS & SNOOKER:

For Members:

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

TARIFF:

1. Per an Hour - Rs.40/-

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

TARIFF:

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

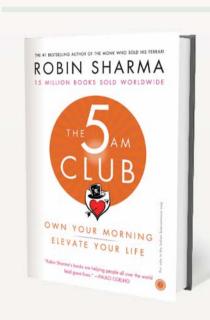
d) TENNIS: The Tennis Court is open between 6.00 A.M. to 9.00 A.M and 3.00 P.M to 7.00 P.M on all days except Monday which is holiday.

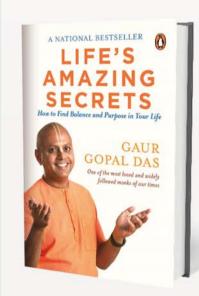
TARIFF: For Member per Month - Rs.400/- per head.

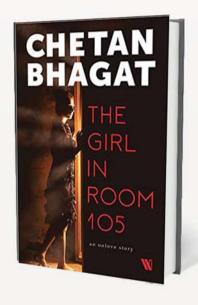
SHELF LOVE

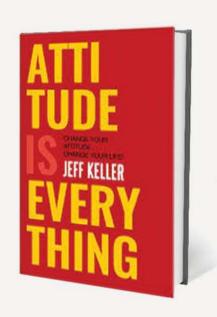
111

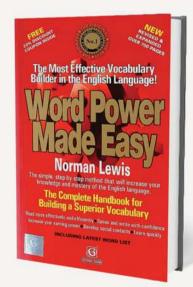
TOP SELLERS OF THE MONTH

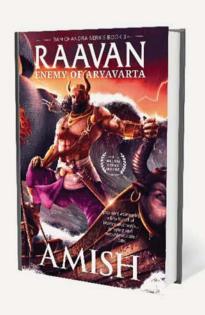












- Courtesy Gupta Brothers

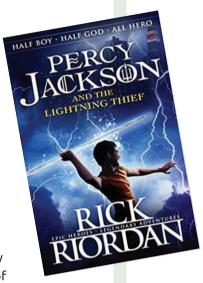
HAPPY INDULGENCE

- KIDS BOOK REVIEW



Percy Jackson and the Lightening Thief by Rick Riordian (Ages 10+)

The Lightening Thief is the first of aseries of novels about Greek demigods. A demigod is a person who is the son/daughter of a god and a mortal. Percy Jackson is the son of the Greek God of water Posidon and his mortal mother. Affected by learning disabilities, he gradually comes to realise that he has the power to control water. All the novels of Percy Jackson are loosely based around Greek mythology. Rick Riordian has put his imagination into the myths and made the book interesting as young readers can draw the parallel between what they are learning in their History Courses and what they get to read in the book. The main stories in the Percy Jackson series are built around prophecies to be fulfilled dangers of battling monsters and sometimes the Gods themselves.



The Adventures of Tin Tin by Herge (Georges Prosper Remmi) (Ages 7 to 10)



Tin Tin is a comic series of 24 books about an investigative journalist and his dog Snowy. Written in the 20th century, the easy to read comic captures the adventures of TinTin as he zips in and out of exotic lands as well as more populous cities. Usually accompanied by the hilarious Captain Haddock, Professor Calculus and two absent minded detectives Thompson and Thomson, the stories always capture TinTin's inquisitive thoughts. Throughout the series,the author consistently expresses every plot in a funny yet serious way. The best part about TinTin is the colourful and attractive way in which the cartoons and landscapes have been sketched. Tin Tin's very first adventure is called "TINTIN IN THE LAND OF SOVIETS" was interestingly a black and white comic. Most of the comics in this series are interconnected so to understand the series, you must preferably read it in the order that they were written.

HOW TO IMPROVE YOUR SUDOKU SKILLS IN 5 MINUTES OR LESS



Set a Timer

If you don't want to lose too much time to playing Sudoku, start with just 5 minutes. Seriously - set a stopwatch or the timer or the stove or microwave - give yourself five minutes and only five minutes. If you limit the amount of time you spend, it can help you focus your mind on playing Sudoku. Sometimes having some structure imposed on it - by a 5-minute timer - will give your brain the impetus it needs to make big improvements in your Sudoku skills.

Focus on a Single Row, Column or Square

An entire 9-by-9 Sudoku grid can be overwhelming. So instead of worrying about all 81 spaces on the grid, give yourself permission to focus on just one part of the grid - focus in and spend five minutes working on a single row, column or square. You might be surprised at how many spaces you can fill in five minutes if you shut out the other distractions.

Practice One New Technique for 5 Minutes

If you're trying to learn new Sudoku techniques, such as the Number Pairs technique, give yourself 5 minutes to do nothing else but practice that specific technique. 5 minutes is a good amount of time to do some high-intensity "brain exercise" without getting fatigued.

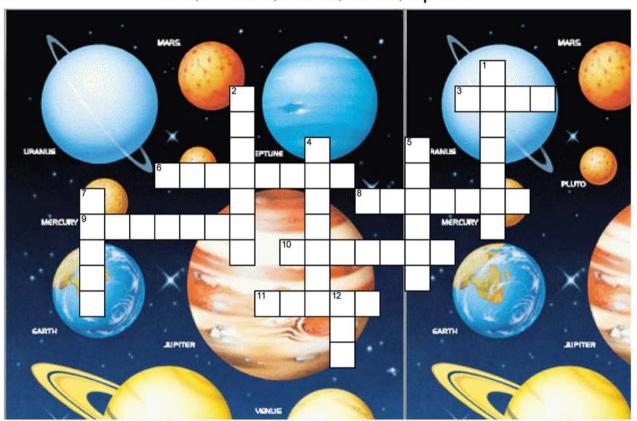
Get a Fast Start

Some Sudoku players make the mistake of "over-thinking" and over-analyzing the Sudoku grid. They might be too cautious or too hesitant to place any numbers - and as a result, they never make any progress toward solving the puzzle. Using the 5-minute limit, give yourself permission to "go for broke" and get as fast of a start as possible on the Sudoku puzzle.

TIT BITS RECORD The Heat taste from chillies comes from Relative spiciness is measured and then ranked on the Scoville scale and are recorded their Capsaiconoids, a chemical compound that gives a burning sensation in Scoville Heat Units (SHU) upon contact. Bhut Jolokia was till recently the hottest chilly in the world. Grown in NE India, one seed can make a mouth smolder for a half hour. **CAROLINA REAPER** Scoville Scale \cap 10,000 50,000 3,50,000 1,041,427 2,200,000 Tabasco Pepper Bhut Jolokia Capsicum Jalapeno Habanero Carolina Reaper

The Solar System

Sun, Planets, Earth, Moon, Space



BIGGEST BIGGER LIGHTER HEAVIER BRIGHTER HOTTEST LONGEST SUN PLANETS FIRST SPACE MOON

3. Neil Armstron	g was the first man to land on
the	
6. The sun is	than other stars.
8. The sun is the	thing in the solar
system.	
9. There are nine	e in the solar
system.	
10. The Earth is	heavier than the moon. The
moon is	_ than the Earth.

11. Captain Yang Liwei became the ____

Chinese man in space.

Across

Down

The first planet is the _____ planet because it is nearest to the sun.
 The Nile River is the _____ river on Earth.
 The moon is lighter than the Earth. The Earth is _____ than the moon.
 The Earth is ____ than the moon.
 Yuri Gagarin was the first man in ____.
 The ____ is the biggest thing in the solar system.

copyright, 2007 www.esl-galaxy.com Futonge Kisito

JOKES & PUZZLES ///

The Stroop Test: Great brain teaser to challenge your mental vitality and flexibility

By: SharpBrains

red white green brown green red brown green red red white green brown brown green white red white brown red green white brown red green white brown red red brown green white

Ready to test your mental vitality and flexibility?

Quick - say aloud what color you see in every word, NOT the word you read.

Go from left to right, from top to down. Ready. Set. Go!

Not easy, right? This task is called the Stroop Test, and is used in neuropsychological evaluations to measure mental vitality and flexibility, since performing well requires strong attention, inhibition and self-regulation capability (also called executive functions).

#1. Brain teaser: can you count the Fs in this sentence?

By: SharpBrains

Quick! Count the number of times that the letter F appears in the following sentence:

"Finished files are the result of years of scientific study combined with the experience of years."

How many did you find?

Solution: Most people say three. Why? We often don't correctly process the word "OF" for two reasons. First, the letter F usually makes the "f" sound, like in "fox". However, in the word "of", it makes a "v" sound. Second, you have probably read the word "of" so many times in your life that you process it as one unit, overlooking the second letter/sound.

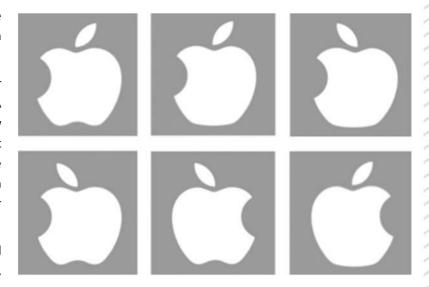
#2. Can you identify Apple's logo?

By: SharpBrains

We don't notice much of what we see: 85 college students tried to draw the Apple logo from memory; 84 failed (Science Daily):

"Could you draw the ubiquitous Apple computer logo from memory?...Out of 85 UCLA undergraduate students, only one correctly reproduced the Apple logo when asked to draw it on a blank sheet of paper. Fewer than half the students correctly identified the actual logo when they were shown it among a number of similar logos with slightly altered features.

An explanation may be that our brains have learned it is not important to remember specific details. An efficient memory system does not need to store the details of a corporate logo...



Earlier studies have shown that most people have a poor memory for other items they encounter daily or almost daily, including computer keyboards (even skilled typists have difficulty describing a standard keyboard), pennies and road signs."

-> Can you recognize the correct Apple logo? See how you do (takes 30 seconds)

FAMOUS CHESS GAMES:



Korchnoi V. - Kasparov G. [A64]

ol/Luzern 1982

1. d4Nf6 2. c4g6 3. g3Bg7 4. Bg2c5 5. d5d6 6. Nc3O-O 7. Nf3e6 8. O-Oexd5 9. cxd5a6 10. a4Re8 11. Nd2Nbd7 12. h3Rb8 13. Nc4Ne5 14. Na3Nh5 15. e4Rf8 16. Kh2f5 17. f4b5 18. axb5axb5 19. Naxb5fxe4 20. Bxe4Bd7 21. Qe2Qb6 22. Na3Rbe8 23. Bd2Qxb2 24. fxe5Bxe5 25. Nc4Nxg3 26. Rxf8+Rxf8 27. Qe1Nxe4+ 28. Kg2Qc2 29. Nxe5Rf2+ 30. Qxf2Nxf2 31. Ra2Qf5 32. Nxd7Nd3 33. Bh6Qxd7 34. Ra8+Kf7 35. Rh8Kf6 36. Kf3Qxh3+ 0-1

HARD RIDDLE

Who makes it, has no need of it.

Who buys it, has no use for it.

Who uses it can neither see nor feel it.

What is it?

Answer: A coffin.

During which month do people sleep the least?

February (there are fewer nights in February).

WET END

What is made of water but if you put it into water it will die?

An ice cube.

Barack Hussein Obama II (born August 4, 1961) is an American attorney and politician who served as the 44th President of the United States from 2009 to 2017. A member of the Democratic Party, he was the first African American to be elected to the presidency. He previously served as a U.S. senator from Illinois from 2005 to 2008 and an Illinois state senator from 1997 to 2004.

JOKES ON BARACK OBAMA:

What does Barack Obama call illegal aliens? Undocumented democrats.

Barack Obama is on a sinking ship, who gets saved? The Country!

What's Michelle Obamas favorite vegetable? Barackoli

Why shouldn't Democrats worry about losing the midterm elections? Apparently depression is covered by Obamacare.

What is Barack Obama telling Independents? Orange Is NOT The New Black.

What kind of lip balm do presidents use? Barack oBALMa!

Why won't Barack Obama be celebrating his birthday? Republicans won't let Democrats raise taxes on the rich let alone Barack Obama's age!

Why did Obama change his name from Barry to Barack? He thought Barry sounded too American.

What kind of doctor do you need to fix Obamacare? A URLologist

What is Barack Obamas favorite TV show? Game of Drones.

What's the main difference between Romneycare and Obamacare? The name.

Why did Barack Obama save the auto industry? Because his shareholders are the American people!



Other than health care what other promises has Barack Obama made to the American People? Balancing the budget, reining in the banks and putting a unicorn in every backyard!

Why won't Obama release his real birth certificate? He accidently smoked it.

How did Barack Obama propose to Michelle Robinson? He got down on one knee and said "I don't wanna be Obama self.

How do you know your doctor is not a fan of Obama's Health Care Plan? He/she has remodeled the waiting room with death paneling.

What's more unacceptable than another 4 years of Obamacare? Another 8 years of Romneycare!

How is Obama going to make the tobacco industry pay for health care reform? By allowing Marlboro Miles to be redeemed for health care coverage!

Did you hear about the reporter who asked Obama a hard question? Neither have I!

Will health care be different under Barack Obama's new reforms? No, but if you call right now, you might get an appointment by then!

Why do you want Obama in your band? He has smoked rocks and knows how to roll (weed).

Why is Healthcare reform so important to the enigmatic Barack Obama? His pregnant mom was turned away from many hospitals and was forced to give birth in a manger!

Under Obama's health care plan can you get coverage for preexisting conditions? Certainly, as long as they don't require any treatment!

How can Barack Obama get the rich to pay their taxes? By nominating them to a cabinent post!

What did Barack Obama tell Al Qaida after Osama Bin Laden's death? Don't put your contact info on the Playstation Network!

Did you hear who Barack Obama thinks is more dangerous than Dictators in the Middle East? Reverend Jeremiah Wright and a microphone!

Why is it surprising that Dick Cheney and Barack Obama are related? Because Dick Cheney now has more blacks and gays in his own family than in the entire Republican Party!

It turns out that broad is Oprah Winfrey! Why did Barack Obama cross the road? To help the other side!

A muslim, a socialist, and a communist walk into a bar. The bartender says hello Mr. President. Did you hear that Barack Obama and Kanye West are related? Apparently they both think they are the son of god.

What's Obama's new slogan in these tough times? Spare Change You Can Believe In!

Why is it not surprising that Republicans lost two presidential races to Obama? In long races usually the guy from Kenya wins.

Why should Obama have chosen Evan Bayh for Vice President? The name Birch Evans Bayh III makes Barack Hussein Obama sound almost normal.

What did George W Bush say after hearing Barack Obama admitted to using cocaine in high school? "High school? I can't believe he waited that long."

What do you get when you cross a crooked politician with a crooked lawyer? Barack Obama!

Why will Jay Leno vote for Barack Obama? Because it's too easy to make jokes at Mitt Romney's expense.

Why did Barack Obama bulldoze the Rose Garden? He didn't want any Bushes at the White House.

What is Obama's archenemy? The constitution

The pentagon has changed strategies in the war against ISIS. Instead of sending cruise missiles they are sending Obamas Economic Advisors.

28% of Americans voted for President Obama just because they enjoy watching white people embarrass themselves after he wins.

Richard Nixon put a man on the moon, Barack Obama put a man in the women's room.

It's so cold this winter, Obama is keeping his hands in his own pockets!

First President Obama was re-elected, then Alabama loses, this has to the worst week for southern white folks since Gettysburg. Current popular 2012 vote count for Barack Obama: 62,088,847. Tops Bush's 2004 re-election vote of 62,040,610.

Knock Knock Who's there? Obama Obama Who? Obamaaa-self....

Barack Obama Bar Jokes World Economic Summit During a World Economic Summit,

Barack Obama, Mexican President Enrique Pena Nieto, Russian President Vladimir Putin, and French President Francois Hollande are ceremonially riding in Japan's newest bullet train. As you might know all of these political leaders have big egos and this is what ensued. Barack Obama says "This is a fine bottle of wine Francois" Upon hearing this President Francois Hollande throws out a case of France's finest wine and says "In France fine wine is bountiful and plenty!" Not to be outdone by Vladimir Putin who then throws out two cases of Russia's finest Vodka "In Russia premier vodka spirits flow like the Volga River" President Obama not wanting to seem weak, thinks for a moment, looks at Mexican president Enrique Pena Nieto, and throws him out the window.

Three Boys Three boys were out hiking one winter day, and heard cries for help coming from the lake. Rushing to see what was the matter, they found Barack Obama who had fallen through some thin ice on a lake and was about to drown. Quickly the boys formed a human chain and pulled him to safety. "I'd like to reward you boys with something special for saving me", said Obama. "Just name it, and it's yours!" "I want a ride on Air Force One", said the first boy. "You've got it!", said Obama. "I want a medal that I can show the other kids at school", said the second boy. "No problem!", said Obama. The third boy thought for a moment, and said "I want a wheelchair". "But why would you want that?", asked Obama. "'Cause when I get home and tell my dad that I saved YOU he's gonna break my effin' legs!".

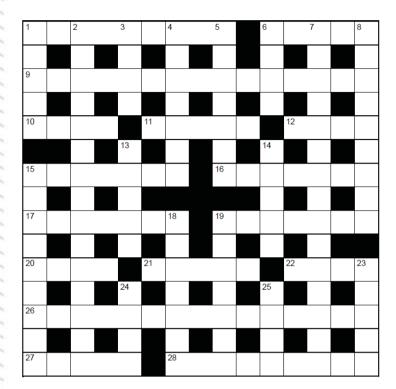
Town Hall Meeting One day three people were standing in front of the president Obama during a town hall meeting. John, weighs about 140 pounds. James, weighs about 150 pounds. Codi weighs 243 pounds. The first one, James said "You know I have nothing more to say here. John your turn." Then John spoke up and said "Hahaha hey Codi has a joke do ya want to here it??? Haha!" The president doesn't know how to respond so he nods slowly. Codi was walking over to the president with a limp and a hand on his back. The president said well "Codi what's the joke?" Codi begins "Well sir I just gave your mama a piggy back ride and she weighs four times more than me!"

Air Force One Barack Obama and Joe Biden are on a plane. Suddenly Joe Biden says I can throw 100 dollars out of this plane and make 100 people happy. Barack says I can throw 1000 dollars out of the plane and make 1000 people happy. The pilot over heard this and said, "I can throw both of you out of this plane and make the whole country happy."

Wall of Clocks A man died and went to heaven. He saw ST. Paul in front of him. Behind him was a wall of clocks. The man asked St. Paul "What are these clocks for?" St.Paul answered "These are lie clocks, every time you lie the clock moves once." There's Mother Teresa's. She hadn't lied once so her clock is still. There's Abraham Lincoln's clock. He had lied just once and the clock has just moved once. The man asked "Where is Obama's clock?" St.Paul said "Oh! It's in Jesus's office he uses it as a ceiling fan."

source: http://www.jokes4us.com/celebrityjokes/barackobamajokes.html

Blow your Mind ///



SUDOKO

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

ACROSS

- 1 Thus the present may be seen (9)
- 6 Ourtageous quote for a hat (5)
- 9 The lingo confused flier in Herts town (8,7)
- 10 Boy runs inside for a haircut perhaps (4)
- 11 Dog imbibes nothing but tea (5)
- 12 Somewhat nasty encounter providing
- discomfort for the viewer (4)
- 15 Put up with computer problem first of all, but it's a pet hate (7)
- 16 Settles for old-fashioned types (7)
- 17 After a bit of drink old fellows fall asleep (4,3)
- 19 Irritable if constrained to give evidence (7)
- 20 Fruit found in fridges on odd visits (4)
- 21 Egg producer wants zero change (5)
- 22 One vehicle or another heading for Telford (4)
- 26 Being made, but not enough being made (15)
- 27 After short time I beat giant (5)
- 28 He doesn't approve of new residents (9)

DOWN

- 1 With solar illumination, first off? Yes and no (5)
- 2 I go into Watford, perhaps to take in good play (7,3,5)
- 3 Former tennis player wants a woman (4)
- 4 Innovator, one needing external support (7)
- 5 Suspicious American friend returns and
- promises to pay (7)
- 6 It is heard in confusion (4)
- 7 One of eight competing in qualifier rants wildly
- about team's leader (7-8)
- 8 Ned's yells unsettled continually (9)
- 13 Brave fellow meets new bird (5)
- 14 Visitor made an estimate for the audience (5)
- 15 But fey lad comes unstuck because of failure to act (2,7)
- 18 Excited always when given meal outside (7)
- 19 Gets bored taking in a daughter's rants (7)
- 23 He sings a number at start of opera, right? (5)
- 24 Rex gets stuck into booze with a smile (4)
- 25 Spots champion outside Nag's Head (4)

27 titan. 28 dissenter.

1 unwrapped. 6 toque. 9 Leighton Buzzard. 10 trim. 11 pekoe. 12 stye. 15 bugbear. 16 squares. 17 drop off. 19 testify. 20 figs. 21 ovary. 22 cart. 26 under-production.

6 Lizz. 7 quarter-finalist. 8 endlessly. 13 heron. 14 guest. 15 by default. 18 fevered. 19 tirades. 23 tenor. 24 grin. 25

1 unlit. 2 Waiting for Godot. 3 Ashe. 4 pioneer. 5 dubious. 6 tizz. 7 auarter-finalist. 8 endlessly. 13 heron. 14 auest.

роми

ACROSS

ADVISORY ON

ETIQUETTE IN CLUB PREMISES



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

1) Behavior with the staff Members:

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

2) Conduct in the Club:

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

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

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

4) Dress Code and Timing for using various facilities:

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

5) Smoking Areas:

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

6) Chambers:

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

7) Guest Rules:

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

8) Usage of Affiliated Clubs:

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

9) Dues to the Club:

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

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

10) Mobile phones

Mobile phones should be used with absolute discretion so as not to cause any disturbance to other Members.

DISCIPLINARY COMMITTEE

2019-2020

Mr.B.Satish Chandra S-223

9848198411 sbe_satish@yahoo.co.in

Mr.G.V.K.Srirama Murthy S-068

9848196587 agency@gprn.co

Mr.A.V.R.K.Kumar K-016

9393262826

Mr.K.S.Anand Dutt A-022

9393100729 ananddutt@hotmail.com

Mr.G.Veeramohan V-088

9848196777 veermohan@hotmail.com

LEGAL COMMITTEE

2019-2020

Mr.M.Ramadas R-137

9348186105 ramdasmangu@gmail.com

Mr.D.Dakshinamurthy D-018

9346434348 dmdurvasula@yahoo.com

Mr.S.V.S.S.R.Raju S-208

9949095891 svssrraju@rediffmail.com

Mr.G.Ramakrishna R-098

9849999919 goliram1945@gmail.com

Mr.A.V.Monish S Row M-035

9848190912 monishr@gmail.com

HOW TO ADVERTISE

IN WALTAIR TIMES



Dear Sir / Madam,

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

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

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

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

Kind Regards,

Editor, Waltair Times

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

^{**}Back cover inside booked till April 2020

^{***}Front cover inside full booked till February 2020

Advertisement Size				
	Width(cm) Full Area	Height(cm) Full Area	Width(cm) Print Area	Height(cm) Print Area
Full Page	21.5	28.5	18.5	26.5
Half Page	21.5	14	18.5	12

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

Bank Details

Beneficiary : Waltair Club
Bank Name : State Bank of India
Branch : Dutt Island, Siripuram,
City : Visakhapatnam-530 003.

Account No. : **34918462054**IFS Code No. : **SBIN0006846**PAN No. : **AAACW1956C**

Please send payment details UTR No. to info@waltairclub.com.

AFFILIATED CLUBS



WELLINGTON GYMKHANA CLUB - OOTY, NILGIRIS

Wellington Gymkhana Club, one of the oldest Clubs in the Country, has a recorded history of a century in the Nilgiris. The Club has affiliations with numerous prestigious Clubs of the genre, in India and abroad. The main attractions of the Club are its sylvan surroundings, sprawling golf course and an inescapable spell of history it casts on the visitors.

Nestled in the Nilgiris, the Club takes you back in time and returns you rejuvenated. Traditions have been blended with the right mix of modernity to provide the Members a memorable visit. Wellington Gymkhana Club is 69 acres of pure bliss where nature and history are a part of the menu.



The Wellington Gymkhana Club, situated at an altitude of approximately 6,000 feet nestles in the lush green hills of the Nilgiris. It was a garrison Club started to offer recreation

and relaxation to the garrison stationed at Wellington. However later, membership to the Club was thrown open to the civilian population of Wellington and nearby Coonoor. The Club stands on military land and pays a yearly rental to the Defence Department.



In about 1855 JACKATALLA, as Wellington was then known, became a Convalescent Depot for British Troops. In 1860 JACKATALLA was renamed Wellington and the ground where the WGC now stands was levelled and a wooden pavilion erected to serve as a soldiers' recreation ground. Maj Gen Charles Richards, the then magistrate of the Cantonment, was responsible for getting this ground ready.

A brick cricket pavilion which now forms the central part of the Club was built in 1872-73. This was erected for The Hill Rangers' Cricket Club.

Membership rules were revised and all members living outside a radius of 6 miles from the Club house were considered Non-resident members for subscription purposes only. Also, no one eligible for membership within a radius of seven miles of the Club house, who was not a member, could be invited to the Club as a guest. This was

done to increase the membership of the Club and make it more popular.

On the 23rd November 1959, Maj Gen SHFJ Manekshaw took over as the President of the Club. At one of the Genera! Body meetings it was suggested that since the Club's insignia was an 'lbex' head - they should have Club ties with the Ibex on a dark green background, which is the Club colour. A firm in Calcutta was detailed to fabricate this.

The Club gave the following pictures to the DSSC to be displayed in the Syndicate Rooms of the Staff College: -

- (a) A portrait of Lord Kitchener.
- (b) An autographed picture of Lord Curzon.
- (c) A picture of the Duke of Wellington at Waterloo.

In 1969 when Mr M S Parikh was the President of the Club, Col Rowcroft, one of the old Members bequeathed to the Wellington





AFFILIATED CLUBS

Gymkhana Club two Club quarters built during 1968 with finances loaned by him. He did not intend to claim either principal or interest in respect of this loan when leaving India. The Club Committee showed their appreciation by calling this block the 'Rowcroft Suites'.

In the new millennium the finances of the Club having considerably improved, a lot of work was under taken to enhance the facilities in the Club as also to renovate the existing infrastructure and assets. To name a few, facilities have been created for day and night tennis on a synthetic court. The Golf Course has been slope rated by the IGU and the greens are playing true and very well. A large parking for more than a hundred cars has been created. Main lounge (Shangri-La and Rendezvous) as also the Gun Bar have been fully renovated with teak wood flooring. Space and facilities for the increased number of members have been catered for. Modern facilities have been introduced at the same time keeping the old world charm. Golf Hut has been renovated with modern facilities like sauna bath, gym room, lockers for the golfers, proshop, and a restaurant with open space facing the golf course.









Address Wellington, Barracks Post Nilgiris - 643231 Tamilnadu Email-wgc@wellingtongymkhanaclub.co.in Secretary Tel:0423-2244041

Housekeeping

Cottages & Reception

Catering Tel:0423-2244030,0423-2244059 Tel:0423-2244044

Office Tel:0423-2244043

Tel:0423-2244042

Tel:0423-2244050

Admin

Booking: Visit the official website for online booking.

Compiled from the official website of Wellington Club by PS Raju FCA., Vice President Waltair Club.

AFFILIATED CLUBS



TOLLYGUNGE CLUB - KOLAKATTA

The Tollygunge Club, Kolkata, is the only Country Club of its kind in India and ranked amongst the top 20 Clubs of the world. It is spread over a hundred acres with a Club House that is over 220 years old.

The Tollygunge Club is located in the southern part of Kolkata, only 9 Kms from the Centre of the City.

The Tollygunge Club was founded in 1895 as a meeting ground for British Merchants and bankers, who sought refuge from the encounters of a sweltering city to carve out a niche for themselves in an otherwise alien environment. Where the 'Tollygunge' scores over other Clubs set up during those times, is it's identity as the first Country Club of it's kind in India with a



unique collection of flora and fauna, some of which are rare enough to be found in a botanical garden.

Beginning as an equestrian institution devoted mainly to riding and all manner of equestrian sport, it now boasts a range of facilities rarely found under a single roof. In this and many other respects, 'Tolly' as it has affectionately come to be called, has few equals in India and indeed, in the world.



It offers facilities for golf, tennis, squash, indoor and outdoor swimming, riding and amateur equestrian sports. There is also a well-equipped and extensively used gym with professional instructors. The Club has a bridge room, a billiards room, a proshop, a well-stocked library, cyber cafe, unisex salon and herbal ayurvedic centre.

Sports apart, the Club offers members and guests a wide range of entertainment the year round from open-air theatre to music and dancing. Excellent cuisine is available at it's restaurants, lawns, pavilions and well-stocked bars. There are also a pastry hut and an ice-cream parlor.

The Club has 67 newly furbished, air-conditioned suites and residential rooms for Members and their guests, each with an

attached bath, while separate conference and banqueting facilities offer a choice of venues accommodating between 25 and 600 people. There is abundant provision for parking. A country club that is truly an oasis of greenery and quietude in the midst of Kolkata's bustling southern residential district, the hallmark of Tolly is it's warm, leisurely and friendly atmosphere.

Over the years Committees have continued with overall improvements to the Club and accelerated the introduction of new facilities.

RULES & REGULATIONS

Guest Rules

Members are not permitted to bring more than 8 guests on any one day, except for a venue which has been booked for a private function.

Car Parking

Members are requested to ensure that their drivers do not park their cars in the areas earmarked for 'Owner Driven Vehicles' under any circumstances. There is extreme pressure on parking, particularly on week-ends and Members' cooperation in this matter is requested.

In the event of a chauffeur driven vehicle parked in the Members' area, the security personnel have been directed to ask them to remove their vehicle and park in the area earmarked for 'Chauffeur Driven Vehicles'.

Personal Domestic Staff

Members' personal domestic staff are not permitted in any of the venues or facilities of the club. An Attendant's area has been created near the Children's Park and Members are advised to ensure that their maids and domestic staff who might accompany them limit themselves to the area earmarked for them.

Usage of the Club by Dependents

Dependent Members are not permitted to bring quests and must be accompanied by the Member or his/her spouse.

Mobile Phones

The use of mobile phones in the bars, restaurants and 18th Shamiana of the Club is not permitted and Members are requested to adhere to this as a courtesy to other members.

Excise Rules

Excise rules in the Club are stringently followed. Alcohol consumption is only permitted in the excise approved facilities and areas of the Club. The closure timing of the bars is also strictly adhered to and members are expected to follow these rules without exception.

Tipping

Tipping is not permitted in the Club and any Member found tipping can attract disciplinary action by the General Committee and it can also lead to the staff member's employment being terminated by the Club.

Dress Code

The Tolly as a part of it;s sporting tradition has a very liberal dress code, proud of our heritage we also have a culture of being sensitive to the times and this includes sartorial styles of the day.

The General Committee has included in permissible traditional attire for men, the wearing of Kurta / Churidar with strapped sandals or shoes, at all venues of the Club. Kurta with Pajamas however are not permitted.

Wearing of shorts and chappals (without backstrap) is not permitted in the Tipu Sultan Dining Room, the Wills Lounge, the Ballantines Cruicksank Bar, the Billiard and Bridge Rooms, the Belvedere Restaurant, the 100 Pipers Indigo Bar, the Regal Lounge and the Chivas Pentiles Bar. Please change after golf or other exercise prior to using these rooms.

The minimum dress for gentlemen is a collared shirt / T shirt and trousers, Dhoti, Punjabi, Kurta Churidar, shoes and sandals with backstrap in the Dining Rooms, Bars and the Wills Lounge. Ladies in shorts are not permitted in the Dining Rooms and Bars.

Sleeveless garments (singlets/vests) may be worn for the purpose of jogging and in the Gymnasium, but please avoid wearing such garments whilst playing squash, tennis or golf, or when in the Shamiana, the gravel area or any other part of the Club premises. Short-sleeved sports/bush shirts are a minimal requirement.

Traditional apparel consisting of Punjabi / Pyjama or Kurta / Pyjama etc. is not permitted in the Club or in any of the rooms







mentioned above. However, these may be worn for private receptions or functions but Members and their guests will not be served in any of the abovementioned rooms. On special occasions as decided by the Club, traditional clothing may be worn for Club events.

Members and guests wearing swimming costumes must kindly restrict their movement to the area of the indoor and outdoor swimming pools. Use of any other part of the Club premises whilst in swimming apparel is not permitted.

BOOKING RULES

Please note that NO DEPENDENT MEMBER is permitted to book a room directly. Bookings can only be done by the Member concerned. Dependent Members can only book room on producing an authority letter or confirmation from the Member (Parent)

CONTACT US

The Tollygunge Club

120, Deshapran Sasmal Road,

Kolkata-700 033, India.

Phones: (91-33) 2417 6022; 2472 8754/8755; 2473-2316

Telefax: (91-33) 2472 0480, 2473 1903

Terms & Condition

The Club rooms are intended for reservation by Members for short periods not exceeding 10 days, but occupation may be extended at the discretion of the Managing Member,

No interviews, press conference or Party may be held by the residents of the club premises without prior permission of the management.

Room residents are requested to adhere to the Dress Code in all club facilities.

Check in / out time is 12 Noon.

Temporary and reciprocal Members are not allowed to book room for their guests.

Reciprocal Members are required to produce valid photo membership card on their arrival.

Any statutory taxes shall be payable as applicable.

Residents are requested to see their children do not cause any inconvenience to other residents or members.

Residents are requested to ensure entertainment of guests in the Rooms do not cause any inconvenience to other residents or members.

Other than room occupants, visitors are not allowed to be in the rooms after 11:00 PM.

Rights of Admission is strictly reserved.

Cancellation Rules

Cancellation Policy

30 days - 72 hours 25% of one night accomodation Charge 50% of one night accomodation Charge 72 - 42 hours Less than 24 hours 100% of one night accomodation Charge

HERITAGE

The Tollygunge Club was founded by a Scottish banker, William Dixon Cruickshank to provide facilities for games, sports and pastimes in the neighborhood of Kolkata, then called Calcutta, and to afford to it's members all the usual privileges, advantages, conveniences and accommodation of a residential and Gvmkhana Club.

The Clubhouse and surrounding areas carry a rich store of legends, anecdotes and memories and the Club has inherited a tradition of sports from it's inception in 1895. Cruickshank partially leased and partially bought some of the property surrounding an 18th century Palladian garden house once



used by its owner, Richard Johnson, an employee of the East India Company and subsequently by Prince Gholam Mohammed Shah, the 11th son of the Ruler of Mysore, Tipu Sultan. The Club house is now over 220 years old.

Prior to the locality being named Tollygunge it was known as Russapugla, a densely forested area abounding in Sundari, Byne and Garjan trees which even today make up the bulk of the Sunder bans, the estuary of the river Ganges. The name Russapugla stems from a unique tree which gave shade to Pugla Pir (the Sufi saint with remarkable powers) who meditated and died in the neighborhood.

It was renamed Tollygunge after Col. William Tolly was permitted to dredge the adjoining canal connecting the Ganga with the Matla and Vidya rivers and collect toll on all ships travelling from Calcutta to destinations in erstwhile East Bengal (present day Bangladesh).

Some three hundred years ago, before Kolkata was born, the main vegetation consisted of mangroves adapted to tropical tidal estuaries. Over a period of time, the decreased flow of saline water gave way to fresh water-dependent plants.In the past, the Europeans had brought into India plants from all over the world. That period saw the introduction of various exotic plants in Bengal. These exotics and other indigenous plants have been systematically planted in the Club; as a result, there is a delightful mix of trees and plants at Tolly.

Most of the open spaces of the Club are occupied by an eighteen hole golf course. The wide open expanses of the fairways bordered by lines of trees or wooded areas are a lovely sight in all seasons. These stretches provide an ideal foraging ground for a multitude of birds. Cattle Egret, Pied Myna, Indian Roller, Black Drongo, Kingfisher are a few of the innumerable number of birds at Tolly. The original wild mammals, reptiles and amphibians that inhabited the area hundreds of years ago even before the city was born, now live in the remaining Sunder ban mangrove forests.

Some species adapted themselves to the changing times and others moved in as the salinity of the area decreased. Within the crowded city in an oasis of green like the Tolly Club, jackals still prowl at night.

To know more about the history of The Tollygunge Club, please read `The Tollygunge Club Since 1895' by Pradip and Amita Das, available at the Club's Pro-Shop.

Compiled from the official web site of Tollygunge Club by P S Raju FCA., Vice President Waltair Club.

EMERGENCY PHONE NUMBERS AT VISAKHAPATNAM

AMBULANCE SERVICES/HOSPITALS

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

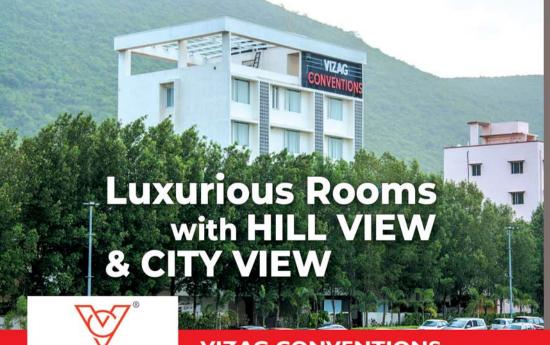


Adjacent to International Cricket Stadium, Madhurawada



CONVENTIONS





AMENITIES

Air conditioned rooms

Express check in/check out

Non-smoking rooms

Flat screen TV (43" LED)

Safe lockers

Newspapers

Key card access

Inter-connected rooms

LOCATION NEAR BY...

Adjacent to International Cricket Stadium

2km to Indira Gandhi Zoological Park

5km to Tenniti Park

8km to Bheemli Beach

12km to RTC Bus stand

13km to Railway station

17km to International Airport

VIZAG CONVENTIONS

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



Store: Opp. Dutt Island, Siripuram Junction, Vizag.

VIZAG | HYDERABAD | BANJARA HILLS | HIMAYATNAGAR | CHANDANAGAR

VIJAYAWADA | BENGALURU | USA | UAE