



WALT AIR TIMES

VOL.28 | ISSUE - 2

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From the President's Desk

Warm greetings and best wishes to our valued members and their families.

With each passing day at the Club, activities and entertainment events are gaining momentum and continue to thrive.

The Executive Committee recently hosted the Break-Free Ball on August 14th featuring THREEORY BAND and DJ Neharikaa. It was a fantastic, Independence Day-themed event with a patriotic skit and dance enacted by our Club Member Children. We were thrilled to see such a large turnout from our members and active participation by the children.

The Flag Hoisting Ceremony on August 15th, Independence Day was celebrated with pride and followed by a sumptuous breakfast.

Healthy and Exciting news! We've just opened Andhra Hospitals Clinic and Tree House Naturals, an organic store in the food court. We encourage members to make use of these facilities.

Additionally, our Sports Bar is now open for members to enjoy.

We're dedicated to continuously enhancing our offerings and addressing any areas that require improvement. As a united team, we aim for excellence. Please feel free to share your suggestions, and we'll carefully consider them. Your input is highly valued.

K. Vamsi Kishore (V-168)
98491 66669

PRESIDENT

K. Vamsi Kishore (V-168)
9849166669

VICE-PRESIDENT

Dr. Murali Krishna Reddy
(K-077)
9246623943

HON. SECRETARY

B. Lakshman Patro
(L-025)
9866446747

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(M-194)
9848323888

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9570119999

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(J-032)
9393103358



Vice-President's Message

Happy Independence Day to all the members and children of Waltair Club! Let's celebrate the freedom, diversity, and unity that make our nation strong. May this day inspire us to work together for a brighter future.

The Club's Independence Day Eve Celebrations were a huge success with old and young alike grooving to the tunes of Threory Band and DJ Niharikaa.

The Flag Hoisting by our President followed by a sumptuous breakfast was well-attended by members and provided a great opportunity to meet and greet.

I was delighted to see many of our Waltair Club children participate in a brilliant performance about India's Independence struggle and freedom.

I hope you all are enjoying the Waltair Times and urge you to come forward and contribute your achievements and contributions to times@waltairclub.com

"Jai Hind!"

Dr. Murali Krishna Reddy (K-077)
92466 23943

From the Editor's Desk

Dear Members and Children, Indian Independence Day is celebrated on August 15th every year to commemorate India's freedom from British colonial rule in 1947. On this day in 1947, India's first Prime Minister, Jawaharlal Nehru, hoisted the national flag at the Red Fort in Delhi, marking the end of British rule and the beginning of an independent India.

The Independence Day celebrations are not only a tribute to the freedom fighters who sacrificed their lives for the country's independence but also a reminder of the values of democracy, unity,

and diversity that India holds dear. The Club's Independence Day celebrations are filled with fervour and pride and this year was as splendid as ever. We had Threory, a progressive rock fusion band highlighting the evening with evergreen melodies and scintillating medleys on the sitar and violin.

Every saree has a story and a saree always makes you stand out in the crowd. From TRADITIONAL WEAR to CONTEMPORARY CHIC, this soiree had it all! Turn to Page 12 to check out our stunning members in their soiree best!

As always, we have some memorable captures from August's events and member contributions in the following pages. Please do send in your contributions to times@waltairclub.com or whatsapp - 95530 61835

Deepa Raju Kodali (D-098)
9652854111



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Hon. Secretary's Message

Dear Members,

Late July and August have been quite eventful months at the club with the Saree Soiree, Independence day ball, flag hoisting, screening of Chandrayaan-3 touchdown, opening of the Andhra Hospitals clinic, Treehouse Naturals organic store and sports bar to name a few.

Members participated and won attractive prizes worth ₹ 1.25 Lakh in the Bumper Tambola.

The enthusiastic participation of members and children motivates us and we promise to bring you more such entertaining events in the months to come.

B. Lakshman Patro (L-025)
98664 46747

Saare Jahan Se Acchaa, Chandrayan Hamara!!

India's ambitious lunar mission and successful landing of Chandrayaan- 3 marked another remarkable milestone in our nation's space exploration journey.

This experience was made memorable by arranging live streaming at the Main Building Lounge, where members witnessed this historic moment while enjoying sumptuous snacks and beverages.





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- Mock interviews are being conducted periodically to train students.



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BUMPER TAMBOLA



MEMBER HONOURS

Mr. C. Balasatish was elected to be the National Vice-President of Military Engineering Services (MES) Builders Association of India on July 25, 2023. The MES has 10,000 members spread across 74 branches in India. A Rotary Member and Managing Trustee of Visakha Safety Council Training, Mr. Balasatish is well-versed with the Indian Armed Forces Work Act and played a key role in securing Tax Exemption for Defense Contractors.



Mrs. Rekha Grandhi, W/o Mr. Grandhi Krishna Murthy (K-121) working as a teacher in Kendriya Vidyalaya Waltair, Visakhapatnam is a President Awardee (2014) and received the award from then Hon. President of India, Sri. Pranab Mukherjee. She is one among 25 awardees invited from all over India to participate in the 2023 Independence Day Parade and Celebrations at New Delhi and attend the speech by our Hon'ble Prime Minister, Sri. Narendra Modi. She also attended a meeting with the Hon'ble President of India, Ministers and Higher Officials.



The Management Committee extends special thanks to Mr. Gottipati Venu, Interior Designer, Gottipati Associates, who had contributed his services to construct the sports bar, golf arena. He is officially nominated as advisor for projects and renovation of club on pro bono basis for the year 2022 - 2023 & 2023 - 24.

We also express our gratitude to Mr. Talasila Vijaya Mohan for initiating the Golf Arena project in the club premises.



Programmes for September, 2023

08.09.2023	Friday	Movie	7:00 PM
15.09.2023	Friday	Movie	7:00 PM
18 .09.2023	Tuesday	Vinayaka Chavithi	
22.09.2023	Friday	Movie	7:00 PM
23.09.2023	Saturday	Tambola	7:30 PM
29.09.2023	Friday	Movie	7:00 PM

Obituary

We regret to announce the sad demise of



MR.M.L.SARWAGI
(M.NO.S-006) EXPIRED
ON 18.08.2023



MR.B.CHANDRA KIRAN
(M.NO.C-083) EXPIRED
ON 19.08.2023



MR.G.V.RATNAM
(R-175) EXPIRED ON
03.09.2023

Trekking to Nanda Devi: A Himalayan Adventure

Nanda Devi, the second-highest peak in India, is a majestic Himalayan giant that has been a beacon for trekkers and mountaineers for decades. Located in the Garhwal region of Uttarakhand, this pristine mountain offers some of the most breathtaking trekking experiences in the world.

Trekking enthusiast, Santharam Bolisetty recently explored the enchanting world of Nanda Devi and its surrounding treks.

Santharam has been traveling to the Himalayas every year since the past forty years and says the beauty of the Himalayas far surpasses any other mountain range he has visited in the world including the Alps and the Rockies.



The Nanda Devi Sanctuary Trek:

The Nanda Devi Sanctuary Trek is a crown jewel among Himalayan treks, taking adventurers through a protected biosphere that was once closed to outsiders to preserve its fragile ecosystem. This trek offers a unique blend of challenges and rewards as trekkers navigate through dense forests, deep ravines, lush meadows, and high-altitude terrain.

The trek typically starts from the town of Munsiyari, which serves as the gateway to the sanctuary. From here, you will trek through the Johar Valley, passing picturesque villages and rhododendron-filled forests. As you gain altitude, the landscape transforms into alpine meadows, offering stunning views of the surrounding peaks. With a single backpack and some Maggi to eat, Santharam and his sherpa guide reached base camp which stands at 4200 meters above mean sea level.

The highlight of the Nanda Devi Sanctuary Trek is reaching the base camp, where you are treated to panoramic views of the Nanda Devi massif and its twin summits - Nanda Devi East and Nanda Devi West. The towering peaks, glaciers, and pristine surroundings create a surreal experience that leaves trekkers in awe of nature's grandeur.





The other major attraction of this trek is undoubtedly the majestic Milam Glacier. At over 37 kilometers in length, it's a breathtaking sight with its vast expanse of ice, surrounded by towering peaks.

The 125km trek to base camp usually takes 14 days to cover but as an experienced trekker Shantaram and his sherpa guide covered it in just 5 days and four hours.

Challenges and Preparation:

While the Nanda Devi Sanctuary Trek is a rewarding experience, it is not without its challenges. The high-altitude terrain requires proper acclimatization, and trekkers should be prepared for rapidly changing weather conditions. It's essential to have the right gear, including warm clothing, sturdy trekking boots, and a reliable backpack. One also needs to obtain an Inner Line Permit from the Indo-Tibetan Border Protection Force.

Saying he missed The Nanda Devi Sanctuary Trek twenty years ago for some reasons, Shantaram is grateful he was able to journey into the heart of the Himalayas this year, quoting it as an adventure of a lifetime, offering a unique blend of natural beauty, cultural experiences, and physical challenges.

Note about the Author- Shantaram Bolisetty is an avid trekker and has trekked most peaks from Jammu & Kashmir to Arunachal Pradesh. Visiting Jageshwar Temple and doing the Kalindi Khal Trek are amongst some of his most memorable experiences.



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Stay Safe! Stay Healthy!

Warm Regards,

Suman Sikdar
Sr. Regional Manager - Sales and Marketing



Fashion

TRENDS & STYLES

In the 21st century the style trends of the fashion industry dominate the world more than they ever did, and control not only the way people dress but also trends in homeware design, makeup, fashion and people's overall attitudes. In the 60s, flower power did not only mean flares and tunics, it summed up the whole attitude of a generation, and this is even more prominent today.

Nowadays, fashion is bold and daring, and this reflects a noughties generation that is not afraid to say what they think, or wear what they want. Fashion is not just a means of clothing your body, it is the essence of your personality and beliefs, and designers are well-aware of the power they hold. Designers' predictions and designs for the coming season are more hotly anticipated than any other revelation in the world.

So what does fashion mean to Vizag? On par with rest of India, Vizag has seen a tremendous shift from traditional to 'fusion', which is the latest ruling trend. Being a very humid city, Vizagites have always preferred handmade cottons from its surrounding handloom pockets for everyday wear and woven silk for festive wear. The love for handloom cottons is still pretty strong but the styling of these cottons has changed from the traditional kurtis and salwars to the more modern silhouettes.

What are the current trends to look out for? Fashion is never constant and always circles back every few years. We have seen a repeat of the 80s, 90s and now it's a mix of y2k trends. So, look out for fantasy florals, puffed dramatic sleeves, cut-out dresses, maxi dresses, matching sets, monochromatic layering, sweet pastels, crop-blouses, bralettes and oversized everything for the young ones! Sounds like a lot to keep up with? Don't stress, fashion is all about fun. With the endless

options available at your fingertips, just play around with silhouettes and colours and find your own unique style!

Access to international fashion has made it very easy to keep with the latest trends even in an upcoming city like Vizag. In fact fashion has become a global unifier between women and men around the world, yet still allowing people the ability to portray their own individual style.

While fashion has always been a way to express oneself, it has branched off as a means to separate people into groups too. Even today, expensive brand-name clothing is sometimes used by people to distinguish themselves from others. Unfortunately, this can often have the effect of ostracizing certain groups.

Don't forget that it's always okay to develop your own sense of style. You can be unique and separate from others in the fashion world. Stay true to yourself and let your personality-not your clothes-speak for who you are!

Shwetha Kumarappa (P-212) is a Chemical Engineering Graduate from BITS Pilani and worked with Infosys before she turned into a retailer. She loves her job and enjoys the creativity, challenges, constant change and non-linear growth that is demanded in the field of fashion.





THE SAREE SOIREE

Waltair Club Ladies Committee 2023 has organized its first event, an exclusive Ladies Night - "The Saree Soiree" on 28th July, 2023 in Centenary Hall, Waltair Club. All the beautiful ladies of waltair club have dazzled the evening in their most exquisite saree and enjoyed the various entertaining games and competitions that were organized by the ladies' committee. The sponsors for the event were Kankatala, KIMS Hospital, MVS Jewel Park, SkinMed, Juice Salon & S3 Boutique. The ladies truly enjoyed the evening and every lady was treated to lots of exciting prizes and gifts.







THE BREAK FREE BALL

The children of Waltair Club put up an incredible performance for the Break Free Ball. The performances were a beautiful celebration of our nation's history and the values of freedom and unity. They also showcased the honor and sacrifices of a soldier for the country.



FLAG HOISTING

Flag hoisting in India is not only a symbol of national identity but also a reminder of the country's struggle for independence and its commitment to democratic values. It instills a sense of pride, unity, and patriotism among citizens. The 76th Independence Day celebrations were held at the lawns and well-attended by members. Mr. Vamsi Kishore, President of Waltair Club hoisted the flag along with the other committee members. An elaborate and delicious brunch was served and the spirit of national pride and fraternity was shared by all.



RUNNING WATER IS A PRIVILEGE. PERIOD.

One weekend, a few of my friends and I had the incredible opportunity to accompany Mr. Murthy, a tireless advocate for clean water access in the villages around Araku. I visited these remote villages near Araku on behalf of a social organization to distribute essential supplies to those in need.

After the distribution, Mr. Murthy guided us to a village, where he proudly showed us the water tank he had helped install (one among many installed in over 300 villages) with the support he received from several sponsors. This tank provided the villagers with access to clean, natural spring water flowing through the hills. Mr. Murthy has been working on sourcing the necessary materials such as pipes and tanks and then trains the villagers to set it up and maintain the system by themselves.



Witnessing the muddy water, the villagers had consumed before the tank was installed left a lasting impression on my mind. It was a shocking sight—a picture of contaminated water causing various waterborne diseases among the residents. In utter disbelief, I asked Mr. Murthy again if that was indeed the water they had been drinking.

The image of that tainted water remained etched in my mind throughout our journey back to the city. While I had heard about the struggles faced by people in rural areas and watched videos, movies depicting their hardships, this trip brought the impact to a whole new level.

Since that day, I have taken a personal pledge to consciously appreciate and conserve all the resources Mother Nature has provided, with a particular emphasis on the water flowing from our taps.

Let us pause and reflect—are we truly conscious (and also grateful) of the continuous stream of water while we brush our teeth, wash our hands, flush the toilet, or use the shower? This transformative experience serves as a constant reminder to be mindful of our water consumption and its profound impact.

May this journey inspire us to become custodians of the environment, ensuring a future where clean water is a universal right for all!



Baargav Duggirala (B-132) leads global startup ecosystem partnerships at Chargebee and is the past Chair of CII-Yi Vizag chapter.

Monsoons-Spring clean your SKIN routine!



Find us a person who does not enjoy a break from the sweltering and scorching heat! We guarantee you will also not find a person whose skin is in a constant state through the seasons!

Dull and lifeless skin takes the joy out of monsoon, doesn't it? Depending on your skin type you need to alter your routine to combat the monsoon effects on the skin.

Just like changes in the weather demand an altered dressing and eating routine, our skin also needs slight adjustments in daily care routines to combat humidity and dampness prevalent in the monsoons. The monsoons also bring a host of skin problems like acne, infections, breakouts, itchy skin & scalp, and loss of natural glow.

Here are some tips to tweak your normal skincare routine to make it monsoon friendly.

Normal Skin- A good facewash, clean skin, and moisturizing sun protection cream (SPF) will do the trick.

Oily Skin- An oil-based cleanser in the morning and evening will clean the dirt, grime.

Dry Skin- Get a gentle cleanser, which will benefit your skin.

Cleanse:

Washing your face twice a day is a must and do it thrice a day if you plan to walk or sweat in the rains.

Moisturise: A layer of light moisturizer will prevent the atmosphere from sucking the moisture out of your skin and making it dry and flaky.

The trick is to buy a moisturizer that does not make your skin look oily. Select a skin-type based moisturiser.

Keep a handy, travel size bottle of moisturiser in your bag and use it anytime your skin feels dry.

Be diligent with Sunscreen Yes, you will need a sunblock! A water-resistant sunblock will help the skin retain moisture, block UV rays, and prevent the skin from becoming wrinkly and tanned.

Apply sunscreen every time you move out of the house.

Exfoliate:

Exfoliate gently twice a week, some natural options are oats and coffee grounds (Do a patch test first). Exfoliation unclogs the pores, removing dead skin, and promotes cell repair and regeneration.

Hydrate: Take a sip of water at regular intervals. Irrespective of your skin type, drinking 8-10 glasses of water every day is a must.

This will keep your skin hydrated from inside, maintain its elasticity, and retain natural glow. Avoid Tea, Coffee and other drinks which are drying and not a substitute for water.

Go Minimal: Opt for the 'no makeup' makeup: Lumpy mascara and runny foundation are not going to do you any good in the monsoons. Stick to minimal makeup and if you must, then opt for powder-based makeup products. The trick is to let your skin breathe without clogging up the pores.

Remove your makeup every night before hitting the snooze button: This is applicable for year-round skincare. Use makeup cleansers to remove makeup before you go to bed every night.

Skin Infections:

Do

Get a good anti-bacterial and anti-fungal powder: The immunity level of the body decreases in the monsoons and makes the skin prone to fungal infections. Use a good anti-fungal powder on your private parts, and in between your toes and under the chest to prevent fungal growth.



Be kind to lips and eyes:

Use a lip balm regularly to prevent dry and chapped lips. A gentle eye cream will give your eyes a fresh and rested look.

Don't

The first thing to keep in mind is to keep your skin and hair away from dampness. Damp or wet skin is a breeding ground for fungi and microbes leading to various problems such as irritation, itchiness, ringworm, allergies, etc.

Avoid

Sharing your towels, napkins & hankies with other people.

Wearing artificial jewellery as humidity reacts with metals to cause allergies and rashes on the skin.

Washing with hot water: Hot water damages the outer layer of the skin. Instead, opt for lukewarm water. Be quick with your showers and pat dry your skin instead of rubbing with a towel.

Great time for skin treatment routines:

Monsoons are a great time to rejuvenate and de-tan your skin. Consult your dermatologist for microdermabrasion and chemical peel treatments.

Be vigilant and mindful about skincare and general health in the rainy season. Consult your dermatologist if you notice major changes in your skin and your regular skincare routine is not working out.

Dr Sravani Sandhya, MD DVL (D-105) is a senior consultant dermatologist at Aura Skin and Hair Clinic with thirteen years of experience in treating skin and cosmetic problems.

THERE & BACK AGAIN

I felt this subtitle "There & back Again" from the "The Hobbit" for all you Lord of the Rings or Hobbit fans was apt. I feel like one of the hobbits who love the Shire and would not live anywhere else. Vizag might not be a huge metro but there is something charming about Vizag and its people that just relaxes me, and I feel at peace in this city.

I moved to the US in 2005 to pursue my master's and started working for Expedia soon after. When an opportunity presented itself in the form of Expedia opening an office in Gurgaon, my wife & I moved back to Gurgaon in 2014. It was the second-best decision we made and never even for a second regretted moving back to India.

Our daughter, Naina was born in Vizag in September 2021. As Covid receded and offices started opening, we felt like Vizag was the place to be and there was no more moving back to Gurgaon. Seeing my daughter spend time with my parents, aunts & uncles, the long drives on the Rushikonda beach road, playing in the beach, going to the Ramakrishna beach road, taking her to Waltair Club to the kids play area etc... are experiences you can't put a price on. I would not want my daughter to have her childhood anywhere else.

The memories of Waltair Club form a big part of my association with Vizag. There are too many to name but learning to swim in the pool, Tambola nights, the Friday night movies, playing Badminton & Tennis, the lime sodas post playtime & the yummy Chicken Club Sandwich are memories that are etched in my mind. I feel extremely lucky to have had access to a place like Waltair Club during my childhood. Even though there has been a 20-year gap, the moment I enter the club gates and drive on the long narrow road till the swimming pool I feel so nostalgic as the memories come flooding back. It makes me very happy knowing that my daughter is going to have her share of experiences in Vizag & the Waltair Club that she will cherish and share with her kids someday.

Adarsh Atluri (A-219) has a Masters in Information Technology from Rochester Institute of Technology in New York and recently moved to Vizag after working with Expedia Group in Seattle and Gurgaon for seventeen years as a Director of Technology in the Data Platform and Product Team.



THE LORDS
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TREEHOUSE NATURALS

A Natural and Organic products store has opened in Waltair Club Food Court. Members are requested to visit the store and stock up on healthy cereals, millets and cold-pressed oils.



COASTAL CYCLING CHRONICLES



We each face unique challenges, pursue distinct goals, and find our own motivations for cycling. My personal incentive was to seek solace amidst the constant distractions of life. I vividly recall my initial adventure - a resolute effort to overcome inertia and rise at 4 AM, setting out on a cycling odyssey with the intention of immersing myself in the awe-inspiring beauty of Vizag's coastline.

Commencing from Park Hotel, with only the moon as my companion, I geared up and pedaled towards Kailasagiri Hill. The vista that unveiled itself was an awe-inspiring expanse of coastline stretching beyond the eye's reach. Ascending the hill presented a minor uphill challenge, but the reward far surpassed every pedal stroke. A true testament to my resilience and determination awaited at Rushikonda Hill, where the gradual incline demanded unwavering focus, making it a formidable test to maintain my pace. Yet, I emerged victorious, pushing my limits and

relishing the triumphant rush upon reaching the summit. Fueled by adrenaline, I continued my ride, basking in the wind's embrace until I descended to the foothills of Ramanaidu Studio. Pausing for a moment to rest and rejuvenate, I balanced the cycle on my legs, hands-free, and savored a refreshing juice.

By this point, the sun had begun its ascent, casting a warm, golden glow over the landscape. My pace remained steady as I journeyed towards Bheemili. Along the way, I encountered breathtaking vistas, catching glimpses of pristine, untouched beaches and INS Kalinga.

The return journey back home served as the ultimate test of endurance. Formidable headwinds, born from the mighty sea, presented a relentless resistance, challenging my pace and demanding every ounce of my strength. With each pedal stroke, I pushed against the gusts, resolute in my determination to conquer this demanding leg.

As the sun's serene morning visage transitioned into a scorching force, its unyielding rays bore down on me, sapping my energy. The struggle intensified, yet the prospect of a soothing, hot water bath that awaited me at home provided solace.

Pedaling through Vizag's enchanting landscapes, I couldn't help but marvel at the sheer magnificence of nature. Every turn, each uphill trial, and every breathtaking panorama served as a reminder of why I had fallen in love with this city. Vizag's coastline was more than a visual spectacle; it represented a journey of passion, fortitude, and an unwavering drive to explore the beauty that extended beyond the horizon. The limits of this journey were defined solely by how far I was willing to push myself, making the journey itself more meaningful than the destination.

Anoushk Kolagotla is an adventurous soul, conquering 100km cycling challenges, dominating the squash court, and exploring the world's oceans as an advanced certified diver. His wanderlust drives him to travel the globe, embracing diverse cultures along the way, creating a life enriched with thrilling experiences and cultural immersion.



శ్రీ ఆంజనేయం

|ప| అంజనీ పుత్ర శ్రీ ఆంజనేయ
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|చ| పంపా నదీ తీరాన కిష్కింధలో
అంజనాదేవి వాయు దేవుల
సుపుత్రుడిగా జనించిన వానరోత్తమ
మహాశూరా శ్రీ ఆంజనేయా |ప|

|చ| కిష్కింధలో వానర రాజు
సుగ్రీవుని చెలిమితో మహా
మంత్రివై మహాబలునిగా
మన్ననలందిన మహారాజా |ప|

|చ| వాలి సుగ్రీవుల వైరంలో శ్రీ రామ
సుగ్రీవులకు మైత్రినేర్పరచి శ్రీరామునిచే
వాలిని వధింపజేసి సుగ్రీవుని రాజును
చేసిన సుమంత్రి హనుమా |ప|

|చ| వియోగభరితుడైన శ్రీరాముని మాత
సీతాన్వేషణలో తోడు నిలిచి వాయువేగాన
సముద్రాన్ని లంఘించి లంకను చేరిన
శ్రీరామ దూతా హనుమంతా |ప|

|చ| రావణునకు తన బల పరాక్రమములు
చూపే కార్యంలో కుప్పితుడైన రావణుని

అజ్ఞతో తన తోకకు నిప్పుంటింప లంకా
దహనం గావించిన పవన పుత్రా |ప|

|చ| రామ రావణ పోరులో మాయావి
ఇంద్రజిత్తు బారిన మూర్ఛగొన్న
శ్రీ లక్ష్మసుని వానరులను సంజీవని
పర్వతాన్నే తెచ్చి రక్షించిన వీరాంజనేయా |ప|

|చ| భీకర రామ రావణ సంగ్రామంలో రామ
బాణానికి దశకంతుడు తలలోగ్గ విభీషణుని
లంకాధీశుని గావింప జేసి సీతా మాత చెర
విముక్తికై శ్రమించిన శ్రీరామభక్తా |ప|

|చ| రావణ వధ అనంతరం అగ్ని పునీత
సీతా మాత శ్రీ రామ లక్ష్మణ సమేతుడై
అయోధ్య చేరి శ్రీ రామ పట్టాభిషేకంలో
పాల్గొన్న శ్రీసీతారామాంజనేయా |ప|

|చ| కారణాంతరాల కానల చేరిన మాత
సీతను తనయులు లవ కుశ లను
శ్రీ వాల్మీకి ముని ఆశ్రమంలో చూసి
తరించిన భాగ్యశాలీ ప్రసన్నాంజనేయా |ప|

|చ| బంధీయైన యాగాశ్వాన్నివిడిపించే
క్రమంలో మాత సీతను శ్రీ రాముని
సుతులు లవ కుశుల సమాగ కారకుడవై
తరించిన శ్రీరామభక్తా శ్రీఆంజనేయా |ప|

పి.డోకి (P-061)

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