



WALTAIR TIMES

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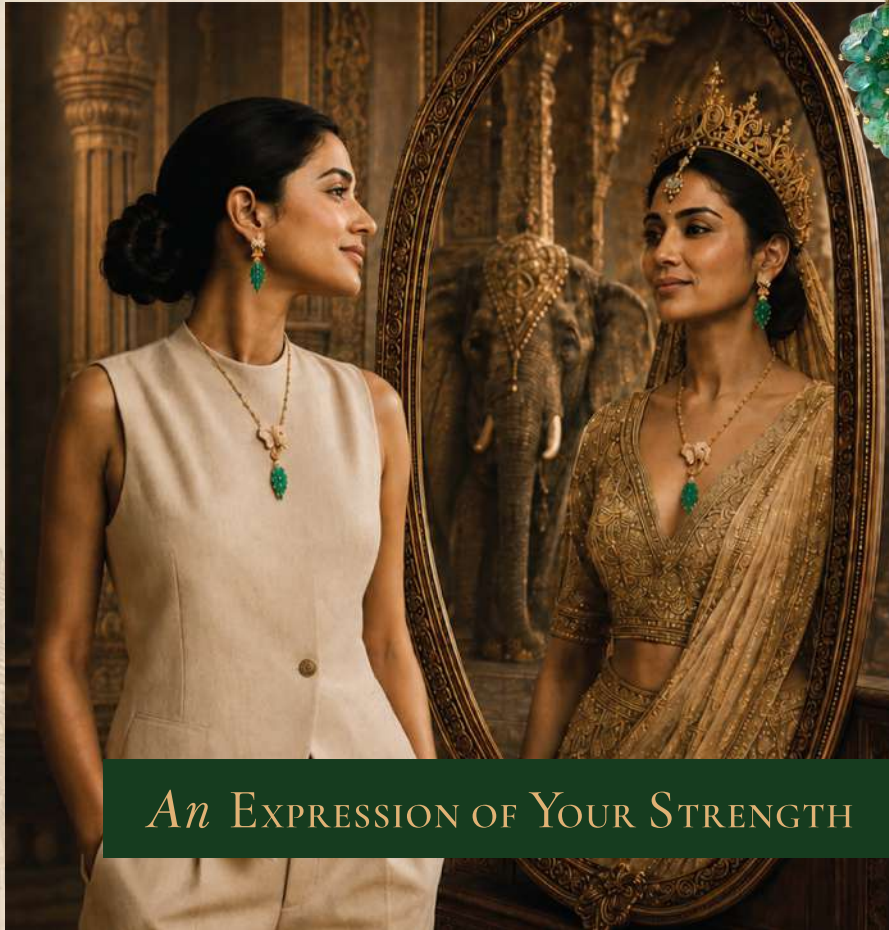
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From the President's Desk

Celebrating Freedom, Strengthening Fellowship

Dear Members,

August is a special month for every Indian. As we celebrate our Independence Day, we remember with gratitude the countless men and women whose courage, sacrifice and determination gave us the freedom we enjoy today.

At Waltair Club, our Independence Day celebrations once again brought members together in an atmosphere of patriotism and fellowship. The recitation of Vande Mataram, the unfurling of our National Flag and the singing of Jana Gana Mana reminded us that, despite our different backgrounds and professions, we are united by our love for our country.

A Club such as ours also has a responsibility to promote unity, friendship and mutual respect. I am happy to see members participating enthusiastically in our programmes and contributing their ideas for the betterment of the Club.

As we move forward, let us continue to make Waltair Club a place where traditions are respected, friendships are strengthened and every member feels a sense of belonging.

I wish all our members and their families good health, happiness and prosperity.

Jai Hind!

G. Seshagiri Rao (S-260)

Hon. President
98494 91111



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VICE-PRESIDENT	Mr. T. Rajesh Kumar	(R-383)	7735899999
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LADIES CHAIRPERSON	Smt. Ch. Srilatha	(R-261)	9778560560



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and where we can enhance your experience

info@waltairclub.com

Vice-President's Message

A Club Grows Through Participation

Dear Members,

A beautiful building alone does not make a great Club. It is the participation, friendship and enthusiasm of its members that give a Club its true character.

Every time members come together for a cultural programme, sporting activity, literary event or simply an evening of friendly conversation, another thread is added to the fabric of our Club. Such moments may appear small, but over the years they become treasured memories.

I particularly encourage our members to participate in the various activities being organised by different committees. We should also involve our families and younger generations so that they develop a lasting association with Waltair Club.

Let us not remain merely members on the Club register. Let us be active participants in Club life—meeting one another, exchanging ideas, encouraging new initiatives and supporting the programmes organised for us.

Together, we can make our Club more vibrant, inclusive and enjoyable for everyone.

With warm wishes,

Mr. T. Rajesh Kumar (R-383)

Hon. Vice-President
7735899999



Chairman :

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Editors Message

A Magazine Should Make Us Pause and Think

Dear Readers,

In an age when information reaches us every second through mobile phones and social media, the value of a monthly magazine may appear to have diminished. I believe the opposite is true.

A good magazine gives us something that the endless stream of digital messages often does not—it gives us an opportunity to pause, read and think.

Waltair Times is not merely a record of Club events. It should be a platform for ideas, experiences, creativity and conversation. In every issue, we try to bring together subjects that touch our lives—health, technology, society, history, humour, literature and the changing world around us.

The literary activities of our Library Committee, including the recent poem-writing competition, are encouraging examples of the creativity that exists among our members. I invite more members to contribute short articles, poems, memories, photographs, travel experiences and interesting observations for future issues.

This August, as we celebrate the freedom achieved by earlier generations, perhaps we should also cherish another freedom—the freedom to think, to question, to learn and to express ourselves responsibly.

May Waltair Times continue to be not only a magazine we receive, but a magazine in which our members see themselves reflected.

Happy reading!

Dr.M.Ramjee (R-267)

98480 40655



Hon. Secretary's Message

Small Improvements Make a Better Club

Dear Members,

The smooth functioning of a Club depends not only on major projects but also on continuous attention to the small things that affect members every day.

Clean and well-maintained facilities, courteous service, good food, timely communication, orderly administration and prompt attention to members' suggestions all contribute to a pleasant Club experience. Our effort is to continuously improve these areas while maintaining the traditions and standards of Waltair Club.

Various committees are actively working in their respective areas, and I appreciate the time and effort being contributed by committee members. Suggestions from members are equally valuable. Constructive feedback helps us identify areas where improvement is required and enables us to serve the membership better.

I request every member to extend cooperation to the staff and committees and also to help us maintain the discipline, cleanliness and dignity of our Club premises.

Administration works best when there is cooperation between members, committees and staff. With your continued support, we look forward to making Waltair Club better with each passing month.

With best wishes,

Mr. Ch. Satyanarayana Raju (S-182)

Hon. Secretary
9440192777



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INDEPENDENCE DAY CELEBRATIONS AT WALTAIR CLUB

The 79th Independence Day of India was celebrated with great enthusiasm and patriotic spirit at Waltair Club on 15th August 2026. A large number of members participated in the celebrations, making the occasion both memorable and meaningful.

The programme commenced with the soulful recitation of "Vande Mataram," creating an atmosphere filled with patriotism and national pride. This was followed by the hoisting of the National Flag. As the Tricolour flew proudly, all the members joined together in singing our National Anthem, "Jana Gana Mana."

Following the flag-hoisting ceremony, a few of our members addressed the gathering. They recalled the sacrifices made by our freedom fighters and spoke about the importance of preserving the values of freedom, unity, responsibility and service to the nation. Their words reminded everyone that Independence Day is not only an occasion to celebrate our freedom but also a time to reflect on our duties as responsible citizens.

As part of the Independence Day celebrations, the Library Committee of Waltair Club organised a Poem-Writing Competition. The competition provided an opportunity for member children to express their thoughts and feelings through poetry. The winners were congratulated and prizes were presented by the President of Waltair Club, adding a special literary dimension to the celebrations.

The programme concluded on a warm and cheerful note with breakfast being served to the members. Members spent time greeting one another and sharing the happiness of the occasion, further strengthening the spirit of friendship and fellowship for which Waltair Club is known.

The Independence Day celebrations beautifully brought together patriotism, culture, creativity and fellowship, making the morning a memorable one for everyone present.

Jai Hind!

Vande Mataram!



FROM FREEDOM IN 1947 TO THE INDIA OF 2047

A Century of Freedom — and a New Responsibility

When India awoke to freedom in 1947, the nation inherited not only independence but also an enormous responsibility. Poverty was widespread, literacy was low, healthcare facilities were limited, industries were few, and the country faced the difficult task of building almost everything required by a modern nation.

Yet India moved forward.

Over the decades, we built universities, industries, dams, laboratories, hospitals and institutions. We achieved self-sufficiency in food production, developed nuclear and space technologies, built a strong information technology industry, created world-class scientists and entrepreneurs, and became one of the world's important economies.

Today, as we look towards 2047 — one hundred years of India's Independence — a new question arises:

What kind of India do we want to leave to the next generation?

The answer cannot be measured only by the size of our economy. A truly developed India must also be educated, healthy, innovative, clean, compassionate, disciplined and responsible.

Education Must Create Thinkers, Not Just Degree Holders

The India of 2047 must begin in today's classrooms.

Every child, irrespective of family income or place of birth, should have access to quality education. But education should mean more than passing examinations and obtaining certificates.

Our schools and universities must develop curiosity, creativity, communication, problem-solving ability and character. Students should learn how to think, not merely what to remember.

Artificial Intelligence will change many professions before 2047. Therefore, young people must be prepared not simply for the jobs that exist today, but also for jobs that do not yet exist.

At the same time, technology should never replace the human values that education must nurture — integrity, empathy, discipline and respect for others.

A Healthy India Must Be Our Priority

A developed nation needs healthy citizens.

By 2047, quality healthcare should be accessible and affordable to everyone. Technology, telemedicine, Artificial Intelligence and digital health systems can help doctors reach more people and detect diseases earlier.

But healthcare cannot begin only when we enter a hospital.

Walking, nutritious food, adequate sleep, regular health

checks, clean surroundings and control of lifestyle diseases must become part of our culture.

We should move from simply treating illness to protecting health.

An India that lives longer must also learn to live healthier.



Technology — From User to Creator

India has embraced smartphones, digital payments, online services and Artificial Intelligence at remarkable speed. But by 2047, our ambition should go further.

India should not merely be a large consumer of technology. We must become one of its leading creators.

Our young scientists and engineers should contribute to Artificial Intelligence, quantum computing, semiconductors, biotechnology, robotics, clean energy, space technology and advanced manufacturing.

Research must receive greater importance in our universities. Industry and academic institutions must work more closely together. Young people with good ideas should be encouraged to experiment, innovate and build enterprises.

The India of 2047 should confidently say:

"Designed in India. Developed in India. Made for the World."

Employment Must Become Opportunity

India's young population is one of its greatest strengths. But youth becomes a national advantage only when education leads to skills, skills lead to opportunities, and opportunities lead to productive lives.

The future cannot depend only on everyone searching for a job.

We must also create a generation capable of creating jobs.

Entrepreneurship, small businesses, start-ups, manufacturing, agriculture-based industries and new technology enterprises can provide opportunities across the country.

A young graduate should be able to dream not only:

"Where can I get a job?"

but also:

"What can I create, and how many people can I employ?"

Clean Cities, Clean Villages, Clean Thinking

What should an Indian city look like in 2047?

It should have clean roads, reliable public transport, safe drinking water, efficient waste management, more trees, pedestrian-friendly spaces and cleaner air.

But no government can keep a city clean if its citizens continue to litter.

We cannot demand clean streets while throwing waste from a car window. We cannot complain about traffic while ignoring traffic rules. We cannot ask for beautiful public spaces while damaging public property.

Development is therefore not only about infrastructure.

It is also about civic behaviour.

A developed country requires developed civic habits.

Science Must Become Part of Our Culture

India has produced remarkable scientists, engineers and doctors. Our achievements in space, atomic energy, medicine and information technology demonstrate what Indian talent can accomplish.

By 2047, scientific thinking should become part of everyday life.

Children should be encouraged to ask, "Why?"

Universities should encourage researchers to ask, "Why not?"

And society should encourage innovators to ask, "What if we try?"

A nation that encourages questions creates discoveries.

A nation that supports research creates its own future.

Development Must Reach Everyone

The India of 2047 cannot be considered truly developed if progress belongs only to large cities or prosperous sections of society.

A farmer in a village, a student in a government school, a senior citizen, a person with a disability and a young entrepreneur in a small town should all feel that India's progress has improved their lives.

Technology should reduce inequality, not increase it.

Development must therefore be inclusive — giving every citizen dignity, opportunity and hope.

What About Us — The Citizens?

When discussing India 2047, it is easy to say:

"The government should do this."

"The authorities should do that."

But perhaps we should ask another question:

"What should I do?"

Can we obey traffic rules even when no policeman is watching?

Can we avoid wasting water and electricity?

Can we keep our surroundings clean?

Can we refuse corruption instead of merely complaining about it?

Can we respect people regardless of language, religion, region or economic status?

Can we help one deserving student?

Can we plant and protect a tree?

Can we teach a child something useful?

Can we use social media responsibly instead of forwarding information without checking whether it is true?

These may appear to be small acts. But when millions of citizens practise them, they become national transformation.

2047 Begins Today

In 1947, an earlier generation gave us political freedom.

By 2047, our generation has the opportunity to give the next generation something equally precious — a nation that is educated, healthy, innovative, prosperous, clean, inclusive and humane.

The journey from 1947 to 2047 is therefore not merely a journey of one hundred years.

It is a journey:

From poverty to opportunity.

From literacy to knowledge.

From importing technology to creating technology.

From treating disease to protecting health.

From seeking jobs to creating opportunities.

From demanding change to participating in change.

The India of 2047 will not suddenly appear on the morning of 15 August 2047.

We are building it today — in our classrooms, laboratories, offices, factories, farms, homes, clubs and communities.

The freedom fighters of 1947 asked themselves:

"What can we sacrifice for India?"

As we move towards 2047, perhaps our generation should ask:

"What can we contribute to India?"

If every citizen finds a meaningful answer to that question — and acts upon it — the dream of a developed India will no longer remain merely a vision for 2047.

It will become the India we leave proudly to our children and grandchildren.

PRE INDEPENDENCE EVE - AUGUST 14



VANDE MATARAM AT 150

The Song That Awakened a Nation

There are songs we enjoy for their music. There are songs we remember for their words. And then there are rare songs that become part of the history of a nation.

Vande Mataram
is one such song.

Two simple words — meaning, in essence, “Mother, I bow to thee” — became a powerful expression of love for the motherland during India’s struggle for freedom. They were sung in public meetings, heard during protest movements and carried in the hearts of countless Indians who dreamed of an independent nation.

As India commemorates 150 years of Vande Mataram, it is an appropriate moment not merely to sing the song, but to understand the remarkable journey behind it.

THE MAN BEHIND THE SONG

Vande Mataram was composed by Bankim Chandra Chattopadhyay, one of the great literary figures of nineteenth-century India.

Born in Bengal in 1838, Bankim Chandra was a novelist, poet, essayist and government official. At a time when India was under British rule, his writings helped awaken a sense of cultural confidence and national consciousness.

In 1875, he composed Vande Mataram. The song was later incorporated into his celebrated Bengali novel *Anandamath*, published in 1882.

The words were poetic, but the idea behind them was powerful.

India was presented not simply as a geographical territory on a map, but as a mother — beautiful, fertile, nurturing and worthy of love and devotion.

The famous opening words,

Vande Mataram

gave people an emotional way of expressing their attachment to the country.

FROM A POEM TO A NATIONAL VOICE

A major moment in the journey of Vande Mataram came in 1896, when Rabindranath Tagore sang it at the Calcutta session of the Indian National Congress.

From there, the song gradually travelled beyond literature and entered India’s political and national life.

Its importance grew enormously during the 1905 movement against the partition of Bengal. Public meetings, processions and protests echoed with the words Vande Mataram.

What had begun as a literary composition was becoming a rallying cry of the freedom movement.

Imagine India at that time.

There was no television.

No radio in every home.

No mobile phone.

No WhatsApp or social media capable of carrying a message across the country within seconds.

Yet two words could travel from person to person and from one gathering to another:

Vande Mataram!

They required no lengthy explanation.

For many Indians, they expressed courage, unity, self-respect and determination.

A SONG THAT CROSSED BOUNDARIES

The influence of Vande Mataram did not remain confined to Bengal.

As the freedom movement spread, the words travelled across regions and languages. They became associated with India’s growing demand for self-rule and national dignity.

The words even appeared on an early version of the Indian flag unfurled by Madam Bhikaji Cama in Europe in 1907.

Over time, Vande Mataram became closely connected with the sacrifices and aspirations of the freedom struggle.

That is why its importance cannot be understood merely by reading it as a poem.

It must also be understood as a part of the emotional history of India’s freedom movement.

WHAT DOES THE SONG ACTUALLY CELEBRATE?

One of the beautiful aspects of the opening portion of Vande Mataram is its description of the motherland.

It speaks of a land blessed with water, fertile fields, cool breezes, greenery and natural beauty.

The familiar words “Sujalam, Suphalam” evoke the image of a land rich in water and fruits — a prosperous and life-giving motherland.

Thus, patriotism in Vande Mataram is not expressed only through political freedom.

It is also expressed through love for the land itself — its rivers, fields, trees, natural wealth, language, culture and people.

That message has a surprisingly modern relevance.

If we truly love our motherland, can we pollute its rivers?

Can we litter its roads?

Can we destroy its forests?

Can we waste its water?

Perhaps singing Vande Mataram today should also remind us of our responsibility to protect the land that the song so beautifully praises.

VANDE MATARAM IN INDEPENDENT INDIA

On 24 January 1950, just before India became a Republic, Dr. Rajendra Prasad made an important statement in the Constituent Assembly.

He declared that Jana Gana Mana would be the National Anthem of India and stated that Vande Mataram, which had played a historic role in the struggle for Indian freedom, would be honoured equally and given equal status.

Thus, independent India formally recognised the extraordinary historical place of Vande Mataram.

Today we know it as India's National Song, while Jana Gana Mana is our National Anthem.

Both occupy special places in India's national life.

150 YEARS LATER — WHAT DOES VANDE MATARAM MEAN TO US?

The generation that first sang Vande Mataram faced a very different India.

Their challenge was:

How do we free India?

Our challenge is different:

How do we build the India they dreamed of?

For them, patriotism demanded sacrifice for freedom.

For us, patriotism may mean performing our duties honestly, respecting the law, protecting public property, keeping our surroundings clean, helping those less fortunate, paying our dues honestly, conserving water and energy, and contributing to the progress of society.

For a teacher, Vande Mataram can mean educating students with commitment.

For a doctor, it can mean treating patients with compassion.

For a scientist, it can mean creating knowledge for the country.

For an entrepreneur, it can mean generating employment.

For a public servant, it can mean serving with integrity.

For a senior citizen, it can mean sharing experience and values with the younger generation.

And for every citizen, it can mean asking:

"What am I giving back to my country?"

FROM FREEDOM TO RESPONSIBILITY

Perhaps this is the most important message of Vande Mataram at 150.

Patriotism should not remain confined to a few national occasions.

We proudly display the National Flag on Independence Day. We stand respectfully for the National Anthem. We sing Vande Mataram with emotion.

But the deeper tribute begins after the ceremony is over.

It is visible in the way we behave as citizens.

A clean street is patriotism.

Helping a deserving child receive education is patriotism.

Protecting a tree is patriotism.

Respecting another person's dignity is patriotism.

Doing one's work sincerely is patriotism.

Rejecting corruption is patriotism.

Using India's resources responsibly is patriotism.

And preserving unity despite our differences is perhaps one of the greatest expressions of patriotism.

A SONG FOR THE NEXT GENERATION

The nationwide 150-year commemoration of Vande Mataram is also an opportunity to introduce younger Indians to the history behind the words they have heard so often.

Young people should know that freedom did not arrive automatically on 15 August 1947.

Behind that date were decades of struggle, sacrifice, courage and hope.

Songs, newspapers, literature, public meetings and patriotic slogans all helped create a common national consciousness.

Vande Mataram was one of the most powerful among them.

The generation of the freedom movement used it to imagine a free India.

Our younger generation can carry its spirit forward to build a developed, educated, healthy, innovative, compassionate and united India.

THE SONG CONTINUES...

One hundred and fifty years is a long journey for a song.

Governments change. Generations change. Technology changes. The way we communicate changes.

But certain words survive because the emotion behind them remains alive.

Vande Mataram survived because it became more than a composition.

It became a memory of struggle.

A symbol of courage.

An expression of gratitude to the motherland.

And a reminder that freedom carries responsibility.

As we celebrate 150 years of this historic song, perhaps the best tribute is not simply to sing Vande Mataram, but to understand what those words ask of us.

The freedom fighters used them while dreaming of an India yet to be free.

Today, we can use their spirit while building an India yet to reach its full potential.

They sang Vande Mataram to win freedom.

Let us live its spirit to make that freedom meaningful.

VANDE MATARAM.

FREEDOM AFTER 60

The Second Independence of Life

We celebrate freedom as the right to live life on our own terms. But there is another kind of freedom that many of us discover only with age.

It is the freedom that comes after sixty.

By sixty, much of life's great race has already been run. Careers have been built, children have grown, responsibilities have changed, and many of the goals that once occupied our minds have been achieved—or have simply lost their importance.

Perhaps this is not the time to slow down.

Perhaps it is the time to **live differently**.

Freedom from Unnecessary Worry

For much of our lives, we worry about examinations, jobs, promotions, children's education, marriages, finances and the future.

After sixty, we deserve freedom from at least some of these worries.

This does not mean becoming careless. It means learning to distinguish between a **problem we can solve and a worry we cannot control**.

Yesterday cannot be changed. Tomorrow cannot be completely planned. But today can certainly be enjoyed.

Stop Comparing, Start Living

Someone has a bigger house. Someone travels more. Someone's children are more successful. Someone appears happier on social media.

But comparison is a race with no finishing line.

At sixty, we have lived long enough to understand that every family has its own story, every person has private difficulties, and photographs rarely show the complete picture.

The better question is not:

"Do I have as much as others?"

It is:

"Am I enjoying what I already have?"

That small change in thinking can bring enormous peace.

Rediscover Simple Pleasures

Remember the hobbies for which we once said, "I will do it when I have time?"

Now is that time.

Read the book waiting on the shelf.

Listen to the music you love.

Learn photography.

Start gardening.

Write down your memories.

Play cards with friends.

Visit a place you have always wanted to see.

Learn something completely new—even if you are the oldest student in the room.

Age should never become an excuse to stop being curious.

Walk — Not Only for Health

A morning walk gives us more than exercise.

It gives us fresh air, conversation, laughter and friendship.

Sometimes the person walking beside us is as important as the kilometres we walk.

Friendships become particularly valuable as we grow older.

A cup of coffee with friends, an evening at the club, a shared joke or a telephone call can brighten an ordinary day.

We spend the first half of life building a career and a family.

In the second half, we should also consciously build relationships and memories.

Put the Mobile Phone Down Occasionally

Technology is wonderful. It keeps us informed and connected.

But there is a strange contradiction in modern life: we may be connected to hundreds of people through a screen while ignoring the person sitting next to us.

Not every WhatsApp message needs an immediate reply. Not every video needs to be watched. Not every argument on social media needs our opinion.

Sometimes the best screen is the **window in front of us**.

Look outside. Talk to your spouse. Meet a friend. Watch the sunrise. Play with a grandchild.

Life is happening there too.

Don't Postpone Happiness

We often tell ourselves:

"After this problem is solved, I will be happy."

Then another problem arrives.

Life has never promised us a completely problem-free year.

So why wait?

Wear the good clothes.

Take the trip.

Call the old friend.

Attend the family gathering.

Celebrate the small occasion.

Say "thank you" more often.

And when necessary, say "sorry" without worrying about who was right.

There comes an age when **peace becomes more valuable than proving a point**.

The Most Beautiful Freedom

Freedom after sixty does not mean freedom from responsibility. Our families and society still need our experience, affection and guidance.

But our role can change.

We can become mentors rather than managers, supporters rather than controllers, and examples rather than advisers.

We have something younger generations do not yet possess—the **experience of having lived through success, failure, happiness, disappointment, change and recovery**.

Sharing that experience with kindness can give the years ahead a wonderful sense of purpose.

Sixty, therefore, need not be viewed as the beginning of old age.

It can be the beginning of a **second independence—**

Freedom from unnecessary worry.

Freedom from comparison.

Freedom from unhealthy habits.

Freedom from postponing happiness.

Freedom to walk, travel, read, learn and laugh.

Freedom to spend time with people who matter.

And above all, freedom to enjoy today.

We spent our younger years asking:

"What more should I achieve?"

Perhaps after sixty, there is another beautiful question worth asking:

"How well can I live the years I have?"

The answer may lead us to one of life's greatest discoveries:

Growing older is compulsory.

Growing happier can still be our choice.

ARE WE BECOMING TOO BUSY TO LIVE?

The Strange Paradox of Modern Life

There was a time when sending a letter took several days. A bank transaction meant standing in a queue. Buying a railway ticket required a visit to the reservation counter. To speak to a relative in another city, we waited for a telephone call. Photographs had to be developed before we could even see them.

Today, almost everything happens instantly.

We send a message across the world in seconds. We transfer money without visiting a bank. We order food without entering a restaurant. We shop without going to a shop. We book tickets without standing in a queue. Artificial Intelligence can prepare a letter, summarize a document or answer a question within seconds.

Technology has saved us an enormous amount of time. And yet, ask almost anyone, "How are you?"

One of the most common replies is: "Very busy. No time at all!"

Isn't that strange?

If technology is saving us so much time, where has all the saved time gone?

The Paradox of Modern Life

Our grandparents had fewer machines, fewer conveniences and slower communication. Yet many of them seemed to have time to sit with neighbours, visit relatives, read a newspaper peacefully, play with children and enjoy an evening conversation.

We have washing machines, microwave ovens, smartphones, online banking, home delivery, high-speed transport and now Artificial Intelligence.

Still, we are rushing from morning to night.

Perhaps the problem is not that we have less time.

Perhaps we are trying to put too much into the time we have.

The mobile phone is a wonderful example.

It was supposed to save time. Instead of going somewhere to meet a person, we can call. Instead of writing a letter, we can send a message. Instead of going to the bank, we can use an app.

But how much time do we now spend looking at the same phone?

A message arrives.

We open WhatsApp.

While reading it, another notification appears.

We check that.

Then somebody sends a video.

We watch it.

Another message leads us to another group.

Twenty minutes later, we suddenly remember:

"Why did I pick up the phone in the first place?"

The device that saves our time can also quietly consume it.

Together—but Somewhere Else



There is an amusing scene that has become common everywhere.

Four friends sit around a table.

Twenty years ago, four people at a table meant one conversation.

Today, sometimes it means four people, four phones and four different worlds!

One is reading WhatsApp.

Another is checking the news.

The third is watching a video.

The fourth is replying to somebody who is not at the table.

We are together physically—but somewhere else mentally.

This is particularly relevant to a club.

Why do we come to a club?

Certainly not merely for the building, chair or cup of coffee.

We come because a club offers something technology cannot fully replace:

human company.

A smile across the table, a joke among friends, a discussion about yesterday's match, an argument that ends with laughter, asking a friend "How are you?" and actually waiting to hear the answer—these are small things, but they make life richer.

Perhaps our clubs are among the few remaining places where we can protect the beautiful art of simply being with people.

Even Retirement Has Become Busy!

There is another interesting modern phenomenon.

Ask someone who has retired:

"Now that you have retired, you must have plenty of free time?"

The answer may surprise you:

"Free time? I am busier now than when I was working!"

There is nothing wrong with being active after retirement. In fact, an active life is desirable. Walking, reading, travelling, learning, social service, hobbies and spending time with family can make later years deeply fulfilling.

But there is a difference between being active and being constantly occupied.

Every empty space in our diary does not need to be filled.

Every minute does not have to be productive.

Sometimes sitting quietly with a cup of tea is not wasting time.

Watching the sea is not wasting time.

Listening to music is not wasting time.

Talking to an old friend without looking at the clock is certainly not wasting time.

These may actually be the moments for which all our busy work is ultimately meant.

We Have Improved Communication—but What About Conversation?

Modern technology has given us extraordinary communication.

A family WhatsApp group may contain relatives living in Visakhapatnam, Hyderabad, Bengaluru, America and Australia. A photograph taken here can reach everyone almost instantly.

That is wonderful.

But communication and conversation are not exactly the same.

We may send fifty messages in a day and still not have one meaningful conversation.

We may have 1,000 contacts in our phone and still need one good friend when we are troubled.

We may receive hundreds of birthday greetings because an app reminded everybody of the date—but the ten-minute telephone call from an old friend may give us greater happiness.

Technology can connect devices instantly.

Human relationships still require something technology cannot manufacture automatically:

Time and attention.

Are We Busy—or Distracted?

Sometimes what we call “busyness” may actually be fragmentation.

We begin one activity, receive a notification, move to another, answer a call, return to the first, check an email and then remember something else.

At the end of the day we feel exhausted.

We have done many things—but sometimes enjoyed very few of them.

Perhaps the question should therefore change from:

“How much did I do today?”

to:

“How much of today did I actually experience?”

Did I enjoy my breakfast—or read messages throughout it?

Did I listen when my spouse was speaking—or continue looking at the phone?

Did I enjoy my evening walk—or spend the entire walk answering calls?

Did I meet my friends—or merely sit beside them?

These are uncomfortable questions, but useful ones.

Technology Is Not the Enemy

The answer is certainly not to reject technology.

That would be neither practical nor sensible.

Technology has improved our lives enormously. Smartphones, digital payments, video calls, online services and Artificial Intelligence have given us opportunities previous generations could hardly imagine.

The challenge is not to use less technology simply for the sake of it.

The challenge is to remain its master rather than gradually becoming its servant.

A useful principle might be:

Technology should save our time—not consume all the time it saves.

Perhaps we could occasionally keep the mobile phone away during dinner.

Perhaps one evening walk could be without earphones.

Perhaps a club table could sometimes become a “phone-free table.”

Perhaps we could call one old friend instead of forwarding ten messages.

Perhaps we could spend ten minutes doing absolutely nothing—and discover that nothing terrible happens!

What Are We Ultimately Busy For?

This may be the most important question.

We work to build a comfortable life.

We earn money to enjoy security.

We use technology to save time.

We maintain relationships to experience companionship.

But if, in achieving all these things, we become too busy to enjoy any of them, something has gone wrong.

Life is not merely a collection of completed tasks.

It is also made of conversations, friendships, laughter, music, silence, family dinners, morning walks, unexpected meetings and moments when we simply sit and watch the world go by.

One day, we may not remember how many emails we answered or how many WhatsApp messages we forwarded.

But we will remember the people with whom we laughed.

We will remember the journeys we enjoyed.

We will remember the conversations that touched us.

We will remember the moments when we were completely present.

So perhaps, occasionally, we should close the laptop, put the mobile phone aside and leave a little space in the diary.

Because the real question is not:

“How busy are we?”

The real question is:

“Are we so busy making a living that we are forgetting to live?”

And perhaps the measure of a successful day should not only be how much we completed, but also—

whether we found a little time to enjoy the day itself.

MEMBER HONOUR



Dr. Sagi Srikantha Lahari (L 47)

Dr. Srikantalahari Sagi, Head of International Programs at Avinash Group of Institutions, has been honoured with the Exemplary Leadership in Higher Education award at the Bharat Education Summit 2026, held in Hyderabad on 21–22 August. The recognition celebrates her outstanding leadership, dedication to academic excellence, and contribution to advancing international programs in higher education.



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CLUB CALENDAR

06.09.2026	Sun	Sunday Special Tambola	12:00 noon
11.09.2026	Fri	Movie	07:00 pm
14.09.2026	Mon	Vinayaka Chavithi Pooja	09:30 am
18.09.2026	Fri	Movie	07:00 pm
19.09.2026	Sat	Bumper Tambola	07:00 pm
25.09.2026	Fri	Movie	07:00 pm
02.10.2026	Fri	Movie	07:00 pm
04.10.2026	Sun	Sunday Special Tambola	12:00 noon
09.10.2026	Fri	Movie	07:00 pm

OBITUARY

We regret to announce the sad demise of our members.



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