

WALTAIR TIMES



Vol. 27 | Issue 10

April 2023



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From the President's Desk



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98499 99919

Dear Members,

Warm greetings and good wishes to all esteemed members and their families.

I trust this message finds everyone in good health and high spirits. Reflecting upon my tenure as President of our esteemed club in 2021, it was a challenging time as we navigated the unprecedented circumstances of the pandemic. The majority of our facilities remained closed, and we were confined to our homes. However, today, I am proud to announce that our beloved club has sprung back to life. All facilities have reopened, and we have successfully conducted a multitude of programs that cater to the diverse tastes of our members.

The committee, with utmost dedication, has risen to meet every challenge and has charted a course towards achieving our collective goals. This resilience has enabled our club to not only persevere but thrive. I am delighted to witness a significant shift in the attitude of our members, as they now eagerly attend programs in large numbers, making each event a grand success.

As we approach the conclusion of our term, I am filled with hope and optimism that every member will continue to have a wonderful time in our cherished club. It is through the collective efforts and participation of each member that we have been able to restore the vibrancy and vitality of our beloved institution.

May the coming days bring an abundance of joy, camaraderie, and memorable experiences within the welcoming confines of our club.

With warm regards,
Dr.S.V.H.Rajendra



Vice President's Message ...

Esteemed Members,

Dear Members,

It gives me great pleasure to wish one and all Happy Eid. We are grateful to all members for their response to the Iftar Party. The Sunday Bazaar was also a grand success.

With a few more days left for the term, I request all members to participate actively in all the remaining programs.

Regards,

T. Rajesh Kumar

From the Editor's Desk

Dear Members,

I would like to express my heartfelt gratitude to each and every one of you for the overwhelming response to our March edition, the Special Women's Edition. Your support and kind words have been truly appreciated.

On the occasion of Eid, I extend my warmest wishes to you and your families. Our celebration of Ramadan on April 14th was a testament to the spirit of unity and devotion. I would like to extend my gratitude to the Managing Committee for their meticulous planning of the delectable menu.

In this month's edition, we have a delightful selection of articles for you to enjoy. We also commemorate World Health Day, focusing on the importance of well-being. Here are some highlights:

- We feature Sir Christopher Masterman, the esteemed President of Waltair Club from 1941-1942. This insightful article provides a glimpse into the club's rich history.
- Discover the story of Nikita, a young entrepreneur from NIFT, as she shares her innovative and creative venture, HUES.
- Meenamma takes us on an intriguing journey of interesting facts through her engaging YouTube channel. Be sure to tune in!
- Dr. Preeti sheds light on the importance of eye care, offering valuable insights and tips.
- Dr. Anil Kancharla provides crucial advice on gum care, emphasizing the significance of oral health.
- Explore the joyous celebrations of Iftar, a time for togetherness and breaking fast.
- Members Suman & Ashish shares a reflective piece on Easter, offering a fresh perspective.
- Delve into the heartfelt memories of our late secretary, Ramgopal.
- Discover the experiences and thoughts of our newest member, Shalini, as she shares her insights from the Swimming camp.
- Explore the vibrant atmosphere of the Ladies Sunday Bazaar, a treasure trove of unique finds.
- Allow me to introduce K. Nomita, a retired banker who has discovered a newfound passion, which we look forward to exploring further.
- We honor our esteemed seniors on Seniors Day, recognizing their invaluable contributions to our club and more.

As we enter the final quarter, I kindly request all members to contribute articles of interest. I urge our senior citizens to share their cherished memories of the club's earlier years. Additionally, I invite members of all ages and professions to contemplate and articulate their thoughts and perspectives. Please send your articles to me at sheilajackson753@gmail.com.

Thank you for continued support and contributions to Waltair Times.

Sheila Jackson, M.No. S - 679



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Hon. Secretary's Message

Dear Members,

We celebrated Iftar Party with great participation from the members in large numbers. We had a senior members brunch and Tambola in April. We are putting all our efforts in finishing all the ongoing projects like Sports Bar, Air Conditioning of the main hall and installation of the lift is completed. Please give us suggestions on things to improve or any faults you may find in the club functioning that is how we can make our club a better place

Happy clubbing.

Happy Clubbing,
V. Chandrakanth



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0891-2562182

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Chambers Nos. : 9390501494, 0891-2505462

Email : info@waltairclub.com

Web : www.waltairclub.com

Super Bumper Tambola



Programmes for April, 2023

27-05-2023	Friday	Movie	7.00 pm
03-06-2023	Friday	Movie	7.00 pm
04-06-2023	Sunday	Beer 'n' Biryani	12.00 noon
09-06-2023	Friday	Movie	7.30 pm
16-06-2023	Friday	Movie	7.30 pm
17-06-2023	Saturday	Tambola	7.30 pm
23-06-2023	Friday	Movie	7.30 pm

Beer & Biryani Tambola



Obituary

We regret to announce the sad demise of



MR. I. VISHNU RAO
M.NO. V-125
EXPIRED ON 08.05.2023



MR. RAM P GUPTA
(M.NO. G-36) EXPIRED
ON 09.05.2023



**MR. CH. SURYA
NARAYANA RAJU**
M.NO. S645
EXPIRED ON 11.05.2023



MR. S.V.S. PRASADA RAO
(M.NO. P-232)
EXPIRED ON 14.05.2023



MR. D.C. NAKRA
M.NO. N-002 EXPIRED
ON 18.05.2023



MR. ALLAM APPA RAO
M.NO. A-070
EXPIRED ON 20.05.2023

Member Honour



Congratulations to Ms. Serena Veeravalli on receiving the award of International Emerging Leader of the year, Dallas Baptist University, USA. Ms. Serena is the daughter of our members, Dr Vidya Sundar and Suman (M.No.V-388).



ANNUAL SPORTS 2022-23
BRIDGE TOURNAMENT WINNERS

TENNIS COURT NEW LIGHTING



The Lighting system at the Tennis courts have been upgraded with new LED lights and now our tennis courts are the best clay courts with international standards. "The new flood lights were inaugurated on Saturday, 13/5/23 by the President, Mr. Rajendra and Hon. Secretary Mr. Chandrakanth of Waltair club.

WALTAIR TIMES ADVERTISEMENT TARIFF

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Back Cover inside	16500	36000	66000	106000
Back Cover inside half	9000	20000	33000	53000
Full page inside	11000	27000	40000	66000
Half page inside	7000	17000	27000	40000

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Iftar Ki Dua



Ramadan was chosen as the month of fasting and spiritual advancement due to its association and close affinity with the revelation of the Holy Qur'an.

Every year, Muslims around the world await in joyous anticipation for the opportunity to observe fasts, the fourth of five foundational pillars of the Islamic faith, in the month of Ramadan. The fast requires abstinence from food, water or any intake from an hour before sunrise to sunset. The pre-dawn meal is known as Suhoor, and the fast-breaking meal eaten after sunset is called Iftar.

Iftar is a time where the entire family gets together, pray Namaz and break their fast with dates. Of course, thereafter a fanfare of delicacies follow.

Following the precedent set last year, this year also the President and managing committee of Waltair Club hosted a Iftar Party on Friday the 14th of April.

With concern to every detail - dates, fruits snacks and a wholesome meal was organised. The menu was specially curated in lines with the tradition. Namaz was offered by the men on the stage, and Ladies in a specially cordoned corner, lead by Moulana Zulfikar.

Mr Hakim Mehdi expressed gratitude on behalf of everyone, and thanked Moulana Zulfikar, President & committee members of the club and VIP guest IPS Adnan Nayeem Asmi, and they were all presented with scarfs.

Later, once everyone got back to the tables for some delectable kheema samosas and chicken kebabs, Moulana Zulfikar briefed the gathering on the significance of Ramadan and the benefits of fasting. He also stressed on the proper practices to conduct oneself thru the month and beyond, after the month is over.

The aroma of the mutton pulao had many rush to the dining space for a hearty spread.

The evening was well attended by the Muslim Brethren and many members who wanted to experience the occasion and the food.

To be able to rejoice with the cultures and tradition of all faiths is the best way to respect humanity and we are so glad the Waltair club has begun this tradition of Iftar, under the leadership of Mr Rajendra and hope that this continues as a practice as a part of the club activities.

- Parveen Z Hosain, (P-156)

WORLD HEALTH DAY - GUM DISEASE - "BEWARE"



Oral Health is integral to general health and supports individuals participating in society to achieve their potential. Oral diseases are the most widespread non communicable diseases affecting almost half of the world's population over the life course from early life to old age. Gingivitis and Periodontitis also called as gum disease is an infection that damages the soft tissues around the teeth. This can cause teeth to loosen or lead to tooth loss. Healthy gums are firm and fit snugly around the teeth. The colour varies from light pink in some individuals to dark pink and brown in others. The symptoms can include swollen and puffy gums, gums that feel tender when touched and bleed easily, bad breath that won't go away, painful chewing and spitting out blood when brushing your teeth. These are among the few signs and symptoms which are indicative of the disease. The development of gum disease starts with the formation of plaque which is mainly made up of bacteria. There are many local and systemic causes of the disease, of which improper brushing and inadequate oral hygiene care seems to be the most common cause. Prevention is always better than cure and the best way to prevent the gum disease is to get into the habit of taking good care of your mouth and the teeth. Proper brushing and regular dental visits for a professional cleaning prevents the disease progression. Thus, as good oral hygiene is a boon as it helps to have a healthy smile and improve our confidence, a poor oral hygiene is a bane as we lose our beautiful smile.

Prof. Dr Anil Kumar Kancharla, (A-187)

Digital Eye Strain

What is it ?

The heading may sound simple, but the symptoms aren't.

Earlier, it was a casual cry of the software artisans. But post COVID, the suffering spread to every eye lid due to the extensive screen interactions even for domestic necessities. Factors like viewing the screen in low light conditions, being too close to the screen and insufficient blinking increase the demands of the eye.

One may often experience frequent headaches, eye pain, itching, burning, grittiness, watering, glare and a tendency to rub eyes more. All these impact the refractive strength of the eye, thereby warranting to wear glasses from a young age.

How does it happen?

Watching screens with utmost focus makes you forget to blink. Due to this, reduced blink rate in an air conditioned atmosphere, results in drying of eyes. This dryness will cause a slight blurring of vision which can return to normal upon blinking or rubbing of eyes. This eye rubbing if done vigorously can further lead to allergy and infections.

What to do ?

Simple practices on a regular basis will help reduce strain on a long term.

- Massage and cleanse eyelids twice daily with warm water.
- Wearing eyeglasses, as per prescription
- Blink often

- Ensure that there is adequate surrounding lighting

- Using anti glare screen protectors

- Positioning the screen at an optimum distance like 20 to 25 inches, and at a comfortable angle like 15 to 20 degrees below eye level.

- The most important exercise is to follow the 20-20-20 rule i.e., for every 20 min, you have to look 20 feet away for 20 sec.

- Taking adequate breaks from screen time

- Maintain proper spine posture

- Hydrate frequently

If symptoms continue to persist, consult an Ophthalmologist

Take home message

Blink often

Follow the 20-20-20 rule

Clinic Address:

Lalit Health Care, Opp. Rythu Bazaar

MVP Colony, Visakhapatnam

Timings : 6 to 9 pm

Contact : 7339586630



Dr. G. Mohana Preethi (M-354)

MS ,FAEH, FICO, Asst Professor at AMC

Introducing HUES: An Artistic Adventure for Individuals and Teams



Nikita, a talented Accessory Designer with over four years of experience in the corporate sector, has taken her passion for creativity and love for nurturing others' talents to a new level with the launch of HUES - an artistic adventure that instills a sense of teamwork and camaraderie in employees and children alike.

Nikita honed her skills at the prestigious National Institute of Fashion Technology (NIFT) and relocated to Vizag after getting married. With the launch of HUES in 2022, Nikita has been providing painting workshops that have been a resounding success ever since.

At HUES, participants are provided with all the necessary raw materials for the two-hour workshop, and Nikita sets up the entire space, guiding the participants towards producing a masterpiece that they can be proud of. Alongside them, she creates her own masterpiece, providing inspiration and encouragement every step of the way.

The workshops have been an absolute hit, with participants thoroughly enjoying themselves and discovering hidden

talents they never knew they had. From beginners who have never held a paintbrush before to seasoned artists looking for a new challenge, HUES welcomes everyone. The atmosphere is fun and lively, with plenty of laughter and camaraderie in the air.

But HUES is much more than just a painting workshop. Nikita's aim is to foster a sense of community and teamwork, encouraging participants to work together towards a common goal. Whether it's a team-building exercise for your employees or a fun-filled activity for your children, family and friends, HUES provides an opportunity for everyone to unleash their creativity and unlock their full potential.

With her boundless energy, contagious enthusiasm, and incredible talent, Nikita has been inspiring countless individuals to explore their creative sides and discover the joys of teamwork. So why wait? Book a workshop with HUES today and experience the magic of art and camaraderie!

- **Nikita Jackson**, (N-253)





Sir Christopher Masterman,
C.S.I., C.I.E.,
Deputy High Commissioner for the U.K.,
Madras 1947

Sir Christopher Hughes Masterman CSI, CIE (7 October 1889 - 16 February 1982) was a civil servant and bureaucrat who served in Vizagapatam, later distinguished himself as Chief Secretary of the Madras Presidency from 1943 to 1947.

During his term as Collector at Vizag, Christopher Masterman was a member of the Waltair Club and its President in 1941 and 1942. As a wartime Collector he had the unenviable task of having to deal with the safety and orderliness of the population. He was Controller of the Air Raid Precautions (ARP) and led the civic responses to the likelihood of a Japanese invasion.

After his studies at Trinity College Oxford, Masterman joined the Indian Civil Service in 1913 and served as Assistant Collector and Magistrate in the Madras Presidency. From 1917 to 1919, he was called for military service during the First World War and from 1924 to 1932; he was served as Collector of Salt Revenue. Apart from serving as District Collector of Madras (1932-35) and Vizagapatam (1939-42), Masterman was also Secretary of the Education and Public Health departments from 1936 to 1939. From 1943 to 1947, Masterman served as Chief Secretary of Madras during which time he was President of the Madras Club. In 1947-48,

Masterman served as the United Kingdom's Deputy High Commissioner to India. Masterman retired from the Indian Civil Service upon India's independence in 1947.

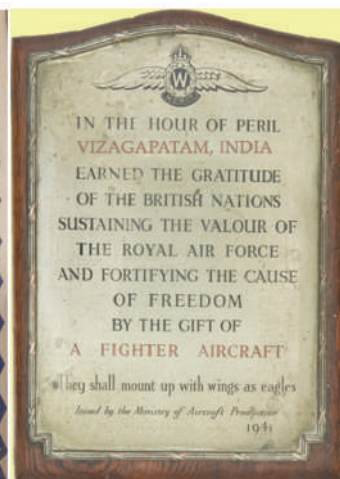
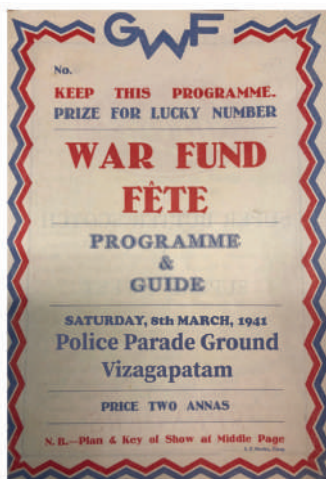
Masterman was made a Companion of the Order of the Indian Empire (C.I.E.) in 1939, Companion of the Order of the Star of India (C.S.I.) in 1944 and a Knighthood in 1947.

During World War 2, the UK Government appealed for donations of war funds from its citizens around the world and C.H. (Chris) Masterman, as Collector and District Magistrate of Vizagapatam and Mrs Masterman had organised a fete in aid of war funds at the Police Parade Grounds with the good members of Waltair Club being generous donors. The Madras Presidency No XXXV Squadron 1944 Royal Air Force (RAF) Bomber Command had a Wellington Bomber named after Vizagapatam. There was also report a Spitfire aircraft misspelled as Vizigapatum II.

In retirement Masterman wrote and published a book 'Memoirs of Sir Christopher Masterman' and, in 1974 took part in a BBC Radio series 'Plain Tales from The Raj'. His papers, with photographs, newspaper cuttings and poems he wrote of his time in Vizag (including a poem on the Japanese bombing of 1942) are located at the Cambridge University Library School of South East Asia Studies archive.



**Poem - Air Raid Precaution
Vizagapatam by Collector,
Christopher Masterman**



Funds for RAF Fighters

Written by John Castellas whose family belonged to Vizag for 5 generations. Educated at St Aloysius, migrated to Melbourne, Australia in 1966, former General Manager Engineering at Boeing & Qantas Airways, in retirement Lecturers in Aviation Management at Swinburne University, is a Vizag aficionado and contributor to the Waltair Club Coffee Table Book and the Waltair Times.

Secretary of the Yester Years

Mr Ramgopal Madiraju was a three-time secretary, in 1986, 1993 & 2015, and the chairman of the constitution committee of Waltair Club. He was also on the election committee for several years, responsible for efficiently conducting Club elections.

Mr. Madiraju was the Founding & Managing Trustee of the Shirdi Sai temple in Seethamadhara, Vizag, and Trustee of the Visakha Music & Dance academy and President of the Visakha Music academy. He was always Ready to Serve - through organizations such as Rotary & Shirdi Sai Baba temple, and organized various initiatives such eye camps, the Hospice program & Free homeopathy clinic,

Born in Chengalpattu, Tamil Nadu, and educated in Chennai & Bangalore, he relocated to Vizag as Chief Executive of Automotive Manufacturers Ltd, a dealership of Trucks, Commercial vehicles, autos & two wheelers.

Mr. Madiraju was a faculty for management studies, at various Management Institutes, and later he has become an Executive Management consultant for various private organizations. He also penned children's stories as "Ramgopal Uncle", in the Vizag city edition of national newspaper.

He loved teaching and would spend hours researching for his classes, lectures & speeches. Some of his friends, colleagues and mentees have had their speeches written by him, for important ceremonies and events. In 2005, Mr. Madiraju gave a speech on "Management and India", at the Howard university, Washington, DC, to a great reception. Mr. Madiraju maintained a home library of rare books, and classic editions. Some of his collection, he later donated to a few city libraries.

Mr. Madiraju always considered Waltair Club as his second home. His favourite dish was paneer tikka & peanut Masala. He was always first on the dance floor, along with his wife Valli Ramgopal, and an avid reader at the Club Library, & enjoyed the evenings with friends at the Club Bar.

During his Secretaryship, Mr. Madiraju was concerned about the welfare of the staff. He always spent time with some of the staff inquiring about their wellbeing and families. He, along with the Entertainment & Ladies committees, encouraged inhouse talent, and organized fashion shows by the Club youngsters, Qawwali programs, Ladies' night, and Husbands night.

Through the years, he oversaw the development of Waltair Club, across various aspects, such as transitioning movie screenings from indoor to outdoor arena and developing the Club's lounge & kitchen. Some of his closest are club members, and some of the club members are his long time friends, for almost 40 years. Mr. Madiraju's cherished evenings were spent at the Club lawns, with his family & friends. His family's most memorable memories with him, are from the Club

- Mr.M.K.Shrikar (S-266)



MEENAMMA – Channelising Interesting Facts

A new YouTube Channel, **Meetmeenamma**, is growing in leaps and bounds since the past few months. It has become an addiction to thousands of subscribers to tune in at 5 pm every Friday to watch and listen to the wonderful fare on offer.

So who is Meenamma???? Our very own Club Member, Dr. Meenakshi Anantram (60A082)!! You will remember her as a pioneering Event Manager and her company Razzmatazz is into its 30th year of its existence. She and her father MK Murugesh (our Senior member M25) also feature in the Limca Book and her book Mariposa is an Amazon Bestseller. This popular anchor and TEDx speaker has now donned a new avatar as a storyteller in her brand new YouTube Channel "Meetmeenamma". She has, in the first Season, spoken about several unsolved mysteries that are baffling people the world over. Season 2 is now in progress and covers Indians who have become national heroes after starting from very humble beginnings covering cricketers, designers, entrepreneurs, etc. Lots of interesting facts coming up in future presentations.



Welcome to the Meenamma Show as she takes you through the mysteries, stories, moments and magical discoveries of life in her unique and inimitable style, and yet in a simple manner. Do tune in to her YouTube Channel every Friday at 5 pm and subscribe to it. It will change your views on life, the world around us and of course inspire you along the way. The show is also available as audio podcast on Spotify, Amazon Music and itunes and is getting attention across all genres. Check her profile <https://linktr.ee/meetmeenamma>.

It is time for the curtains to go up on the real Meenamma.

- Dr. Meenakshi Anantram, (A-82)



SUNDAY BAZAAR



The Ladies committee conducted its Signature Annual event - **the Sunday Bazaar** on 9th April. With more than 80 stalls offering everything from clothes to , home furnishing to food to spa services all roads led to Waltair Club Centenary hall. Even though a merciless sun beat down, the chilled halls filled to the T with different types of wares was a welcome Sunday refuge for adults and kids alike.



The usual spread of smart attire, accessories , home linen left visitors were spoilt for choices . A popular attraction this year was the spa services being provided. Tired weary shoppers as well young excited kids enjoyed a little pampering with massages. The nail salon also saw a lot of happy campers . Terracotta pots and cook wear, cane baskets and hand painted linen stalls saw keen interest. Food stalls drew a lot of attention with their vegan, healthy and scrumptious fare. The NGO stall put up a very practical set of jute bags, pouches as well as fresh vegetables .

For the fashion conscious , there was a wide selection of jewellery stalls , kurtis, sarees as well as environmentally conscious wear. Knicks knacks for gifting, live plants and even home and outdoor furnishing



stalls showed visitors the sheer options available even in Visakhapatnam .

The success of the bazaar was evident in the status of sold out stalls , the filled out parking areas and most importantly on the faces of happy shoppers and satisfied stall owners .

- Mrs Sonal Sarda (N - 266)



A trip to the 'Abode of the Clouds'



The North Eastern part of India has always intrigued us. It's known to be the land of unexplored and virgin beauty. Popularly known as the 'Seven Sisters', the North East comprises of Meghalaya, Assam, Nagaland, Tripura, Mizoram, Manipur and Arunachal Pradesh. We visited Meghalaya and got a good glimpse of why it's called The Abode of the Clouds'.

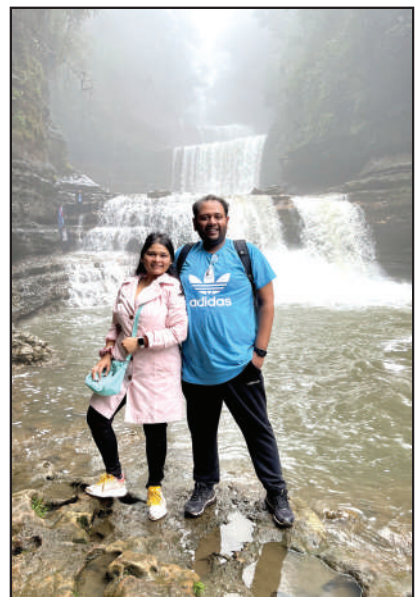
After a flight to Guwahati, Assam, we traveled to Shillong, Cherrapunji and nearby locations via road. Early monsoons in April made the scenic views prettier with lush green trees, cascading waterfalls and clouds playing peek-a-boo at every hair-pin bend. Famous hikes in this area include hiking to the double decker living root bridge in the village of Nongriat which is a natural marvel in itself. It surely was the highlight of our trip.



Meghalaya has an abundance of waterfalls and the Wei Sadong is one such beautiful fall. This particular fall is almost an hour away from Shillong and involves climbing down bamboo ladders which makes it a difficult place to reach. It's cascading three-tier look is unique and visit-worthy.

Another one-of-a-kind concept was the Mawlynnong Village. It is notable for its cleanliness and was also chosen by the Discover India Magazine as Asia's cleanest village in 2003. A guided visit to the village gives us an insight into harmony of the community and it's positive results on the well-being of the entire population.

Meghalaya surprised us with its beauty, and each of us should visit this breathtakingly beautiful state.



-Stuti Jalan(R-715)

EASTER ...

RESURRECTION DAY

Everyone around the world celebrates and acknowledges Christmas as the birth of Jesus Christ. But how many of us actually understand the other major observance of festivity amongst Christians? Namely Resurrection Day aka Easter.

Yes, the birth of Christ does not hold any relevance if not for His death and resurrection. Resurrection Day is a much greater festival for Christians as their entire faith in God is based on not just the virgin birth, not just the physical death but most importantly the Resurrection of the Lord. Resurrection is rising up from the dead, being alive again.

The Bible records at least 8 appearances of the resurrected Jesus to different people at various times and locations over 40 days before He ascended into heaven.

In Christ's birth, death, and resurrection, we see the perfect will of God for the salvation of all mankind. His perfect sacrifice was to redeem his people, the whole world, back to himself. Though being the perfect 'just' God, He chose to sacrifice to portray love for His people by laying down His

life for all humanity. But what use is such sacrifice if He is willing to save the world but is unable to save Himself on the cross? It is this resurrection that authenticates His divine attributes and this gives hope to a dying world. The death on the cross was a proof of He being fully human but His Resurrection is of Him being fully God.

It is this God we serve. A God who came into this world through the virgin birth and lived a sinless life. He gave sight to the blind, made the lame walk, and intrinsically made an individual whole, before laying down His life. Three days later, He was resurrected from the tomb. If the story ended at the tomb, Christians have no reason to profess their religion. It is the empty grave and the glorious resurrection that the crux of Christianity rests on.

Suman Reddy Veeravalli (V-388)



EASTER – HOPE FULFILLED



In the dark and terror of the night the soul calls out with hope for the coming dawn. But this hope is not a simple wishful hope, it is a hope in something sure and trustworthy, it is a hope that will be fulfilled – a new and brilliant dawn. "As Vizagites, it is a joy to look out Eastward over the ocean every morning and witness the rising sun break the shackles of the ocean depths and rise up

triumphantly, shining light into every dark corner and bringing warmth for every creature. "This joy is a tiny reflection of the immeasurable joy of Good Friday and Easter. It began with a promise of restoration at the beginning of creation when a disobedient Adam fell short of the commandments of a Holy God. Sinful man could no longer hope to be with God because sin was a barrier he could not surpass. Sacrifices could only be a temporary atonement until

sin cropped up and disconnected him again. "That is until hope was born on Christmas day in the form of Jesus Christ the Saviour promised long ago. The one perfect and sinless one, the Son of God born as man. Jesus, the one full of sacrificial love for his creation willingly gave up his life on that Good Friday. "And the grand promised plan culminated when Jesus rose triumphant from the grave like the brilliant sun and with it defeated the power of sin and eternal death on Easter day. While the symphony may have begun on Christmas it reached its joyous crescendo on Easter. "No longer are sacrifices required and no longer is there eternal separation from God for us when we believe in the deity of Jesus and trust our lives in his saving hands. Now truly through him we can grasp eternal joy and peace and we have the sure and trustworthy hope of eternal life in heaven with God. "This is what Easter means to me and this is my sure Hope for the Bible says "The one who calls you is faithful, and he will do it."

Aashish Pakalapati (D-140)

WALT AIR CLUB MANAGING COMMITTEE 2022-2023
PRESENTS

BEER & BIRIYANI TAMBOLA

DATE :
7th MAY 2023 (SUNDAY)

TIME : 12 NOON
VENUE : 2010 (LAWNS)



Hatha yoga is a branch of yoga which uses physical techniques to try to preserve and channel the vital force or energy. The Sanskrit word hatha literally means "force", alluding to a system of physical techniques, ida nadi represents the negative force, the flow of consciousness, pingala represents the positive force, the flow of vital energy, and sushumna nadi represents the neutral force, the flow of spiritual energy. Hatha yoga teaches various steps of inner body cleansing with consultations of one's yoga teacher. Its texts vary in specifics and number of cleansing methods. The following are the eight branches of hatha yoga :-

Left channel (Ida)

Ida is associated with lunar energy. The word ida means "comfort" in Sanskrit. Ida has a moonlike nature and feminine energy with a cooling effect. It courses from the left testicle to the left nostril and corresponds to the Ganges river.

Right channel (Pingala).

Pingala is associated with solar energy. The word pingala means "orange" or "tawny" in Sanskrit. Pingala has a sunlike nature and masculine energy. Its temperature is heating and courses from the right testicle to the right nostril. It corresponds to the river Yamuna.

Asana

Asanas help in increase in muscular strength , flexibility and mental focus. Mitahara

Ancient and medieval era Indian literature on Mitahara are of two categories - one relates to philosophical discussion of moderate diet and proper nutrition, the other category relate to details about Aharatattva (dietetics). The former category include the Upanishads and Sutras that discuss why virtuous self-restraint is appropriate in matters of food.

Kriya

The shatkarmas were intended to purify the subtle body. The six purifications taught in the Hatha Yoga Pradipika, and repeated in the Gheranda Samhita, are:

- Neti, a nasal wash. This is the practice of using a neti pot to cleanse the nasal passages.
- Dhauti, the cleansing of the whole digestive tract.
- Nauli, a self-administered abdominal massage, using only the muscles of the abdominal wall.
- Basti, a colonic irrigation.
- Kapalabhati, a skull polishing, and is a pranayama (breathing) practice intended to energize and balance the nadis, and the chakras. Specifically, it is a sharp, short outbreath, followed by a relaxation of the core that allows the body to inhale on its own.
- Trajaka, gazing at a fixed point such as a black spot or a candle flame.

Pranayama

Pranayama is the yogic practice of focusing on breath. In Sanskrit, prana means "vital life force", and yama means to gain control. In yoga, breath is associated with prana, thus, pranayama is a means to elevate the prana shakti, or life energies.

Bandha

Bandha is a Sanskrit word that translates in English to "lock" or "closed." It describes the yogic technique of shutting off the flow of energy to specific parts of the body. Practicing bandha involves concentrated muscular contractions. Performing these locks can aid the practitioner in improving their focus and supporting physical health.





Mudra

A mudra is a particular posture that channels energy into particular chakras (plexus) and in turn affects the organs to which it is connected. Bandha means lock. It involves contraction of the muscles and organs causing energy to accumulate at a particular plexus.

Benefits Of Hatha Yoga

There are extensive health benefits to practicing hatha yoga for the mind, body, and soul. Here are some of the benefits you may reap through regular practice:

- Improves sleep quality: According to John Hopkins University, the meditative qualities and breathing exercises practiced in hatha yoga make it effective in improving sleep. Specific postures that support healthy sleep patterns include corpse pose, lying butterfly, and legs-up-the-wall.
- Builds flexibility and strength: Hatha yoga gradually increases flexibility and strength through physically

demanding postures and sequences. This will help you achieve your dream yoga body and further tone your muscles.

- Decreases stress, anxiety, and depression: One study done with 52 women suffering from anxiety, depression, and stress found that after 12 hatha yoga sessions, their mental health improved significantly. The yoga classes decreased their anxiety, depression, and stress and improved their mindfulness.
- Treats chronic pain: Numerous studies suggest that hatha yoga is an effective treatment for chronic pain, including lower back pain, endometriosis, and knee pain. This demonstrates how yoga can be used as complementary medicine.

Other benefits include, but are not limited to:

- Helps maintain healthy joints
- Stimulates the immune system
- Can reduce inflammation and inflammatory disease
- Helps develop discipline and self-control
- Develops balance and proprioception



Thank you
M. Ravi Shankar
Yoga Trainer

FEED BACK

It was a pleasure to go through the Waltair Times - our Waltair Club Magazine received yesterday.

- The content is highly informative and it was an eye opening experience with info about the members' achievements. The language, layout and presentation are highly appealing. Your hard work is very obvious in this product. Congratulations for a job well done which is far above expectation.

KV Ratnam, R-352
Former National President, JCI India

March issue of Waltair Times has done more than justice to WOMEN'S DAY. "KEEP IT UP.

M.V. Satyanarayana (Manchu)

S-107

A MULTICULTURAL ENTHUSIAST AND ARTIST



Nomita, a Bengali by birth and Telugu at heart, cherishes both "Macher Jhol" (Bengali fish curry) and "Chepala Pulusu" (Andhra fish curry). She is married to a Malayali and has a daughter-in-law from Orissa, which has fostered a deep appreciation and interest in various cultures, customs, and cuisines.

Apart from painting, Nomita has a passion for cooking and baking cakes, brownies, and cookies. Simba, her German Shepherd pet, has motivated her to bake dog-friendly cakes.



While juggling a demanding schedule that includes her position at SBI, her sons' education, and her family, Nomita pursued the art of Tanjore painting two decades ago, and since then, she hasn't looked back. Tanjore painting is a form of South Indian painting renowned for its depiction of Hindu deities using vibrant colors, semi-precious stones, and 24-carat gold foil. Over the years, Nomita has made paintings of Goddess Lakshmi, Goddess Saraswati, Lord Ganesha, Lord Balaji, Lord Guruvayoor Krishna, Lord Hanuman, Lord Subramanyam Swamy, among others. She also takes classes and has received orders from friends and family in the US and Europe.

After retiring, Nomita started teaching spoken English to children, helping them read fluently with the use of phonetics. Pursuing all of these interests has kept Nomita happy, healthy, and stress-free. She encourages all women to follow their hearts and take that first step towards pursuing their interests; gradually, everything else will fall into place. Keep dreaming and achieving!



Nomita K. (R-268)

OVER THE OCEANS



Growing up in Waltair Club was an unparalleled and privileged experience that I will forever hold in my memories. The club offered a unique and secure environment that nurtured my growth and development. From my earliest memories, I had the privilege of enjoying world-class sports facilities, exquisite dining spaces, and a wide array of recreational activities. One of the highlights of my childhood was participating in the renowned summer swimming camps alongside my brother, creating cherished memories that still resonate with me even until today.

What sets Waltair Club apart is its remarkable dedication to celebrating festivals with equal fervour and zest. This inclusive approach provided a remarkable opportunity to engage with individuals from diverse backgrounds, fostering meaningful connections and nurturing lifelong friendships.

As I find myself residing in Liverpool, United Kingdom, I often reminisce about the unforgettable experiences and cherished moments spent within the compounds of The Waltair Club. The memories and sense of belonging I derived from this extraordinary Club, are deeply ingrained within me, leaving an indelible mark on my heart.

While physical distance may separate me from the club, the values, experiences, and sense of community instilled in me during my formative years continue to shape my character and perspective. I remain eternally grateful for the unique facilities received in Waltair Club, an experience that will forever hold a "Special Place" in my heart.

Suravi Varanasi, M/no. S1189, (D/o. Sagar & Madhu)



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KIDS' CORNER

Discovering Culinary Passion : A Journey of Food and Flavors

Indulging in a deep-rooted love for food passed down through generations, my culinary adventure commenced during my fourth-grade years. It was a regular afternoon, and feeling unsatisfied with our lunch, hunger struck. Fortunately, we had recently acquired a panini maker, which ignited a spark within me to craft my very own sandwich. From that moment on, a newfound joy blossomed. I relished experimenting with various ingredients sourced from our fridge and pantry, creating innovative sandwich combinations. As time went on, my enthusiasm for cooking grew, leading me to explore a multitude of recipes.

Supported wholeheartedly by my food-loving family, my passion for cooking thrived. My mother guided me through the essential skill of vegetable chopping, emphasizing that a true cook takes pride in handling each aspect of the culinary process. From loaded nachos to cookies, ice cream to sizzlers, vada pav to dabeli, the list of my culinary creations continued to expand. Although not every attempt yielded perfection, a significant number of dishes became resounding successes. Witnessing the satisfaction on the faces of those savoring my culinary delights brought an immeasurable sense of joy.

Throughout my culinary journey, I have had the privilege of learning from a seasoned culinary expert, a friend of my parents. Her mastery in the kitchen and the flavors she conjures have been a continuous source of inspiration. The onset of the global pandemic and subsequent lockdown only served to intensify my dedication to the art of cooking. Embracing the surplus of free time, I embarked on a quest to experiment with new dishes, allowing my passion for food and cooking to flourish even further. As any proficient cook would attest, maintaining a clean and organized workspace became second nature.

While I remain an amateur in the culinary realm, my enthusiasm as a passionate home cook is unwavering. However, I aspire to refine my skills and carve a career path within the culinary industry. Should this dream not materialize, I assure you that my ardor for cooking will never diminish.

Anticipating the pleasure of hosting you soon, where we can embark on a culinary journey together!

Rishit Agarwal

S/o Manish and Reshu Agarwal, M. No. M133



SINKER TO SWIMMER

If you know how to swim, then you know how exciting it can be especially during summer.

The summer coaching classes which began from March 21st are going on a full swing. The instructors are well experienced and make learning fun. All the children and adults who joined the classes have enjoyed learning how to swim.



certificates.

I encourage everyone to join the classes and enjoy learning how to swim. I have seen and visited a pool several times but did not give much thought about swimming, I was very nervous and scared but this time I decided to give it a try and hence became a swimmer from a sinker.

I'm so happy and give all the credit to our coaches Mr. Hari, Mr. Ravi Teja, Mr. Prasad and Mr. Vijay. The classes will continue till June 20th, so grab your slot and start Swimming.

- K. Shalini Patrudu (V-476)

KIDS corner



Yohan Shreekar Gompa

S/o Karthik Gompa

Membership Number K322

Senior citizens meet- Summer Special

On 16th April 2023 **Senior Citizens Summer Special** meet was held at A/C dining hall of our club.

Our Committee Chairman Shri Goli Ramakrishna welcomed the gathering. The meeting started around 11:45am, as it was very hot outside, members gathered slowly.

Tambola tickets were sold and members participated in the game with good excitement. After the first game of the Tambola, birthdays of members between January to date were all invited on to the dias and were honoured by covering them with a shawl. There are about 10 members were felicitated.

Then the second game of Tambola was conducted.

Members were served with drinks and lunch was started even though there are few more games to be conducted.

The Chairman of the committee thanked all the members for participating in the event. As the summer has already approached the participants were about 80 members and wanted to retire early.

The event is sponsored by Sri K. Rambau, Sri Pydah Krishna Prasad, Mr. V. Shankar Rao and the next senior citizens meet will be held on 11th June, 2023. This will be last meeting for this club year. Request all the senior citizens to join the event and make it a grand success.

SENIOR CITIZEN *Sayōnara!*



11th June 2023 at 11 am
Venue : AC Dining Hall

All the senior citizens
(65 years & above) with spouse are
invited to participate on this occasion
to celebrate

Senior Citizen Sayonara 2023

G.Ramakrishna (R-98), Chairman,
Senior Citizens Committee .



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