

WALTAIR TIMES



Vol. 27 | Issue 11

May & June 2023

Sayonara



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Day

HAPPY
Father's
DAY



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From the President's Desk



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9848755599

HON.SECRETARY

MR.V.CHANDRAKANTH C-049
9885011775

HON.TREASURER

MR.V.KAMARAJU K-159
9849766622

COMMITTEE MEMBERS:

BAR

KOSURI SRINIVASA S MURTHY M-231
9000046464

SPORTS

MR.LINGAM K.N.S.REDDY R-475
9866668888

ENTERTAINMENT

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9848185679

CHAMBERS

MR.S.SUBRAHMANYA SHARMA S-533
9849116584

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9848344511

AUDITORIUM & LIBRARY

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9849199906

LADIES COMMITTEE CHAIRPERSON

SAKSHI ANUMOLU S-514
98491 62000

SENIOR CITIZEN COMMITTEE

G. RAMA KRISHNA R-098
98499 99919

Distinguished Members,

Ladies and gentleman, boys, girls and children who are the future of our Club. I would like to begin by saying that it has been a great privilege to the Managing Committee who have been given an opportunity to serve the club.

Looking back in the past 12 months it has been an exceptionally busy year. We have had to deal with rapid succession of important events and situations, some of which are still unfolding. We hope it has been a most eventful period throughout, at times challenging but on the whole a most rewarding experience.

It was not my intention to list out all that we have accomplished as we believe that works speak for themselves. But rather I would like to take this opportunity to briefly offer some of my impressions of how things have fared in the work of the Managing Committee, what comes to my mind first and foremost is with the strong and active engagement of the managing committee in advancing promotion and protection of the club.

In face of crisis situations, the managing committee has shown that, whenever there is unity of purpose and the strive for consensus, we have the capacity to act and address the situations in a timely and constructive manner. But still, we need to do more.

We have to ensure that the common resolve that we expressed are followed up with concrete actions, so as to make a difference in the lives of our club members reflecting on the last 12 months. We have also thought and asked ourselves what we would have done better, maybe we would have spent more time during the process by concentrating on some of the main issues, rather than the procedural ones which bogged us down for considerable amount of time.

Before concluding to express some of our hopes for future committees, who I am sure will be more effective and efficient.

I would like to first of all express my debt of gratitude to Managing Committee members, Ladies Committee Chairman, Editor, Sub Committees and all the other members who have been instrumental for the great team work and for their invaluable support and advice throughout. I would also like to pay tribute to all the members and their families for all their support and patronization.

I would further like to thank the Club staff, Office, Reception, Chambers, Kitchen, Malis, Sweepers, Stewards and Waiters, House Keeping, Sports Trainers and all other staff and all the others for all the work that they have done to facilitate efficient running of the club. Most importantly I would like to appreciate the confidence and trust that you have placed in me and it has been my privilege and honour for me to have worked closely and served all of you throughout the year.

Kindly accept my sincere apologies, if I hurt anyone, during the course of Administration.

Thank you,

Dr.S.V.H.Rajendra



Vice President's Message ...

Dear Members,

As we bid goodbye to yet another year, it has indeed been a joy to serve as the Vice President of this prestigious club. I wish all the parents a very Happy Mother's and Father's Day. I thank all the members for your valuable contributions to the Waltair Times. I also wish the incoming team all the success and I thank my committee for their support.

I specially thank my Editor, Mrs. Sheila Jackson for her meticulous efforts in publishing the Waltair Times.

T. Rajesh Kumar

From the Editor's Desk

Dear Members,

As we approach the end of the term, I want to express my heartfelt appreciation to the President, Dr. S.V.H. Rajendra, the Chairman of the Editorial team, T. Rajesh Kumar, the entire committee, and every member of the Editorial Board for their unwavering support throughout the year. It is through their dedication that we have been able to bring forth the prestigious Waltair Times.

I wish to specially thank Mrs Sandhya Godey, Mrs Parveen Hosain and Mr. Vijay Atmakuri for the several interviews they held with the various past Presidents and accomplished members of our club. I also thank Dr. Betsy Williams, Mrs C . Nirupama, Mrs Sonal Sarda, Mr. Ravindra and Mr. Ravikanth for their contributions and constant support.

I would also like to express my sincere appreciation to Mr. Kosuri Srinivasa Murthy, whose constant support has been invaluable throughout the entire 12 months.

My journey as the editor has been truly joyous, allowing me to forge meaningful friendships and inspire many members to contribute heartfelt articles, sharing their personal stories.

In this combined issue of May and June, we take great pleasure in presenting the remarkable influence of mothers and fathers.

In this final issue, we have curated an inspiring lineup of articles that showcase a diverse range of talents and experiences. Join us as we delve into the captivating world of Waltair Gymkhana Rifle Club, an ancient lore presented by the knowledgeable John Castelles. Explore the realm of fashion entrepreneurship through the insightful journey of Hema J. Discover the healing powers of Salma Mehdi, a true beacon of hope. Get inspired by the expertise of fitness guru Rhea Shroff Ekhlhas. Marvel at the artistic brilliance of Lakshmi Swamy. Embark on exciting travel adventures with renowned blogger Stuti Jalan. Experience the joy of Frisbee with the energetic Waltair Wizards, as shared by the enthusiastic Mr. Pundri Kumar. Additionally, we have an array of touching tributes to mothers and fathers, a heartfelt collection that pays homage to the irreplaceable role they play in our lives, and much more.

I extend my deepest gratitude to all the members who have generously contributed their articles thus far. Your valuable contributions make Waltair Times a vibrant platform for sharing stories, experiences, and knowledge. We encourage every one of you to continue sharing your insights, experiences, and achievements with us.

Please remember to send in your articles to the email address sheilajackson753@gmail.com, as we eagerly anticipate your contributions for our upcoming issues.

Thank you for your unwavering support and dedication to the Waltair Times. Together, we have created a publication that reflects the rich tapestry of our club and the remarkable individuals within it.

With warm regards,

Sheila Jackson

Editor



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Dr. Betsy Williams B-170

Mr. S.R.Ravindra R-454

Mrs. Sonal Sarda N-266

Mr. V.Ravikanth R-446

Hon. Secretary's Message

Dear Members,

It was pleasure being the Secretary for this eventful year 2022-2023. So many parties so many memories. So many friends, what a journey it was. I wish to place on record my sincere thanks to Waltair Club staff and my Committee for their unstinted support without which all this would not be possible. We have a new Lift, refurbished Air- conditioned Lounge, refurbished 1883 and Dining Room, a new Sports Bar, redesigned Lawns, Remodelled Private Rooms, Flood Lights for Tennis, upgrades in Snooker Room. We could do what we promised to do. If there are any shortcomings from our end I sincerely apologize for them.

Thank you again for such love and support.

Sayonara.

V. Chandrakanth



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Hon. Treasurer's Message

Dear Members,

I am writing to you today to express my sincere gratitude for your support during my tenure as Treasurer of our club. It has been an honor and a privilege to serve alongside such dedicated and passionate Committee Members.

I am proud of the work we have accomplished together. We have made significant progress in improving our club's financial health, and we have laid the foundation for future success. I am confident that our club is in good hands with the new treasurer.

I would also like to thank you for your feedback and suggestions. Your input has been invaluable, and it has helped me to be a better Treasurer.

I am grateful for the opportunity to have served as your Treasurer. I wish you all the best in the future.

V. Kamaraju



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Bar Chairman's Message

Dear Club Members,

As the Bar Committee Chairman, I would like to take this opportunity to express my heartfelt gratitude for your tremendous support over the past year. We have had an exceptional year of events and activities of our club, and it is all thanks to you.

Throughout the year, we have witnessed countless moments of camaraderie, teamwork, and passion from all members. It is through your participation and support that our club has been able to uphold its reputation as one of the most vibrant clubs in this region.

We wanted every day to be an occasion to celebrate and have organized regular weekly and monthly occasions to keep the spirits high for the merriment of our members and their guests. Some of the programs introduced and running successfully in Wills Pub are:

- 'Raising the Bar'- 1st and 3rd Wednesdays with special offers.
- 'Ladies Nite'- 2nd and 4th Wednesdays with special offers for ladies.
- 'Pub Night'- 5th Wednesday and all Saturdays with special offers.
- 'Respect-Seniors Special'- Special offers for Senior Citizens on all Sundays.

Your unwavering dedication has been instrumental in making every event a resounding success.

Each night has been filled with fun-filled memories that we will cherish forever.

In addition to the existing facilities, we have added the newly opened 'Sports Bar', which is the icing on the cake. We hope that this facility would be helpful to the young adults who will have a place for their own and would be much patronized.

Additionally, your valuable feedback throughout the year provided us with insights that helped us improve our offerings and services further. Your suggestions were considered seriously by our team which made sure that everyone had a great time during their visits to the club.

I am humbled by how much we've achieved together as a team this year. As we move ahead into next year, let's continue building on these successes so that we can make even more unforgettable memories together!

Thanks to the Sub Committee members and Managing Committee for supporting the Bar Committee throughout the year. Special thanks to all the staff who have been supportive and integral part of this successful journey.

Once again, thank you for being such supportive members of our club! Cheers to another amazing year ahead!

Sincerely,



Kosuri Srinivasa S Murthy (M-231)

Sports Chairman's Message

We had a robust and continuous event throughout the year. We conducted multiple competitive games and sports all year round. We were able to negotiate and renew annual maintenance contracts with better terms & conditions. We renovated, refurbished and bought new equipment.

NEW EQUIPMENT & RENOVATIONS:

- 1) A brand, new Greenfield Sports Bar has been built with shipping containers next to the Golf Arena.
- 2) The Gym has been fitted with State-of-the-art New Equipment worth 60 Lakhs.
- 3) The old gym equipment and the A/C's have been thoroughly serviced.
- 4) New mirrors with teak wood frames have been fitted in the Gym extending from floor to ceiling and from starting to end of the entire wall.
- 5) Both the Tennis Courts have been fitted with new flood light posts and all the existing flood lights have been replaced and upgraded with long through LED flood lights to avoid glare and shadows.
- 6) Both Snooker tables have been fitted with new cloth, new rubber & wooden cushions, new pocket leather pads and new pocket nets.
- 7) Both Snooker tables have been fitted with Ultra-Modern, Imported LED light shades.
- 8) Both Badminton courts have been fitted with latest technology LED lights and reflectors specifically suited for the sport.
- 9) Both Swimming Pools have been fitted with imported under water LED lights.
- 10) New posts with LED flood lamps have been put up in the children's play area.
- 11) The YOGA Arena has been fitted with new Bamboo Mats
- 12) Walking Track has been renewed with new gravel and the contour of the track has been levelled.
- 13) Volleyball courts, Basketball courts, Badminton courts, Tennis courts, etc., have all been fitted with new nets and necessary upgrades.
- 14) New playing card tables for Women's Bridge room have been made.
- 15) A new TV has been installed in the Men's cards room.
- 16) New AMC's for Swimming Pool and GYM have been renewed.



TOURNAMENTS & CHAMPIONSHIPS CONDUCTED:

- 1) A Grand Annual Sports Festival was conducted with more than 40+ types of indoor games & sports
- 2) State Open Snooker Tournament - Sponsored by Nekkanti Sea Foods & Nekkanti Group
- 3) 4 Lightning Snooker Tournaments
- 4) President's cup for Cricket and Volleyball have been conducted.

I'd like to personally thank all my sub-committee members for the support they have given me. Namely, G.Srinivas Reddy (Teddy), D.Seetharama Raju (Siri), Mohith, Jagapathy Roy, Veera Mohan garu, Amith Chowdary, Amarkanth Babu, Deepa Kodali, Sindhu Vankayala.

I would like to extend my gratitude to all the Ladies Committee members for the untiring support throughout the year and a Special mention and thanks to the Ladies Committee Chairperson, Sakshi Anumolu (Nikki).

Last but not the least, I feel lucky and grateful to have the wonderful leadership and guidance of the President, Secretary, Vice-President & the Treasurer and the abiding support of my co-committee members.

Lingam KNS Reddy

Entertainment Chairman Message

As we come to the end of this remarkable term, I extend my heartfelt gratitude to each and every one of you for making this year truly momentous.

Throughout the year, our club embraced a diverse range of celebrations and events that brought us together in unity and joy. The International Yoga Day stands as a testament to our commitment to wellness, and I express my sincere appreciation to our dedicated yoga master for his unwavering guidance. Our Independence Day was a poignant occasion, marked by the solemn flag hoisting ceremony and the spirited Azadi Ball, paying homage to the valiant freedom fighters who paved the way for our nation's liberty.

The festivities continued to captivate our hearts as we immersed ourselves in the fervor of Ganesh Chaturthi, Dussehra, and Diwali. These occasions were steeped in piety and prayers, while the Dandiya Night and Diwali Gold Tambola provided moments of sheer delight. Our Spooky Halloween celebration brought out the inner child in both the young and the young-at-heart, as a colorful array of ghostly costumes adorned our club.

The Committee out did themselves by organizing a splendid 'Club's Day Out' at the picturesque 'Whispering Waters Resort'. The day also witnessed the flag-off of an exhilarating Car Rally, and we extend our sincere appreciation to all the members who joined us for this delightful picnic.

December unfolded with the enchanting Christmas Party, adorned in hues of festive greens and reds. Our talented children had the opportunity to showcase their skills, adding a touch of magic to the festivities. The arrival of the New Year was nothing short of spectacular with the grand 'Wonderland' celebration. The DJ and band kept the dance floor alive until the early hours of the morning, leaving our members with unforgettable memories. The overwhelming turnout was a testament to the joyous atmosphere that enveloped us all.

Sankranti and Ugadi witnessed an astounding response from our cherished families, with our members embracing traditional attire to honor the festivities. The Srinivasa Kalyanam, Sri Rama Navami and the Iftar Celebration hold a special place in our hearts with memories that will endure. We express our heartfelt gratitude to the Swamijis for their presence and the blessings bestowed upon us.

The Tambola nights and musical soirees at the Lawns and Wills Pub, both on Wednesdays and the weekends have become cherished favorites among our members, offering moments of relaxation and camaraderie that enrich our club's spirit.

As we draw this term to a close, I am filled with immense joy as I reflect upon the unwavering support and active participation of each and every member. Your patronage of the various events held at our dear club has been instrumental in creating unforgettable moments. I extend my warmest wishes for a future filled with happiness and fulfillment.



K.S.R.K. RAJU (SAI)

Chambers Chairman Message

Waltair Club is a home away from home and “Chambers”- is a home away from home for most guests. Rooms in our chambers are always in demand and are a good support for the Auditorium during weddings and other functions. Chambers is a major source of income to our club and our committee has been trying to do the best to improve the comfort for the members and guests utilizing the facility. Our average monthly income from Chambers is approx. Rs 22 lakhs.

“We have replaced all the mattresses in all the rooms with new ones and have started renovating the rooms to give the rooms a facelift, which will be completed soon.”

Thanks to all my Sub Committee, Management Committee and staff for all their support.

S. SUBRAHMANYA SHARMA



General Services Chairman Message



1. New Lift in main building
2. Air conditioning of lounge in mainbuilding
3. Korean Tabletop at dinning and 1883 Bar and Restaurants
4. Painting and New Upholstery in dinning and 1883.
5. Maintenances of roads, greenery in entire club.
6. Vertical gardens near Auditorium entrance.
7. Renovation of Toilets in lawns.

V. SRIJAN BABU

Auditorium & Library Chairman Message

The Club Auditorium is a popular venue for club events, weddings, and other parties. Its popularity has led to the generation of good revenue for the club.

Recently, there have been some improvements made in the auditorium. The floors have been polished to give them a shiny and clean look. Additionally, new LEDs have been installed which add to the ambiance of the place.

Overall, these changes are sure to enhance the experience of anyone who attends an event at this venue.



Ladies Committee Chairperson Message



Waltair Club has always been a "home away from home" and this last year gave me the opportunity to give back to the place that has been an integral part of our lives. So, as we end this exciting year, I on behalf of the Ladies committee, would like to thank each and everyone who supported and encouraged us to make this year a successful one.

I had a fantastic time working with every member of the ladies committee. Their ideas were always something out of the box and their dedication ensured that all plans materialised into seamless and successful events. Thank you to this beautiful team!

Personally, this was a great learning experience for me and I really can't thank the managing committee enough for always being approachable and for being a great support. The backbone of all events as always was all the staff in the club office, and I would like to acknowledge their role in all that we did.

"Most importantly I would like to thank all the members of Waltair Club and their families for making all our events a huge success." It was always such a pleasure to see members and their children motivating us after every event. It was your encouragement and enthusiasm that helped us every step of the way.

So, as we wrap up this year. I want to express my gratitude for your trust in me. I thoroughly enjoyed every moment of this role and i hope we lived up to the expectations you all had from this committee

SAKSHI ANUMOLU

Member Honour



Ministry of Health, Government of Bahrain, honoured **Dr Ravi Mohan**, with a medal of honour for his services to the Kingdom of Bahrain, during the Covid time.

(Retired professor and HOD, Medical Oncology, Andhra Medical College, Visakhapatnam).



White Mount Finserve Pvt Ltd, the premier insurance consultancy in AP, has received most prestigious CEO club award from TATA AIG GENERAL INSURANCE COMPANY LTD at the Spot light event held in Mumbai on 18 May 2023. It is the only company to receive this award for FY 22-23. We congratulate **Mr. MVVN Patrudu (V-476)** for this achievement and wish his team many more accolades in the future.

CERVICAL CANCER PREVENTION PROGRAMME

Our Club member Dr Rajini Mukherjee in association with V V R Durga Rao (Ramesh), Vaccine House has conducted a HPV vaccination drive for women at Waltair Club on 11-06-2023.



BEER & BIRYANI TAMBOLA



Obituary

We regret to announce the sad demise of



MR.MANU L MENDA (M-156)
EXPIRED ON 02.06.2023



MR.M. Manoj Babu (M-137)
EXPIRED ON 14.06.2023



MR.P.R.K.V. Nagendra Rao (N-13)
EXPIRED ON 15.06.2023



MR.V.Sridharan (S-066)
EXPIRED ON 05.06.2023



Dr. Goli Bhaskar Rao (B-15)
EXPIRED ON 18.06.2023

President's Cup

We are excited to share with you all the highlights of our recently conducted President's Cup Games for Volleyball and Cricket. It was a thrilling event that brought together players from across our club to compete in friendly yet competitive matches.

In Volleyball, we had four teams (1883, Pavilion, jubilee Deck, Oyster) participate in this year's tournament. In some intense games filled with great athleticism and sportsmanship, Team Oyster emerged as the champions of this year's President's Cup Volleyball championship. Team Pavilion were the runners up.

The cricket tournament was equally exciting, featuring three teams (Oyster, 1883, Pavilion) battling it out on the field. Each team put their best foot forward to try and clinch victory but there could be only one winner! After a nail-biting finale that kept everyone on edge till the very end, Team Oyster emerged victorious as winners of this year's President's Cup Cricket championship. Team 1883 were the runners up.

It is important to recognize that these tournaments are not just about winning or losing - they are also about promoting camaraderie among members while showcasing talent & skills in various sporting activities.

We would like to extend our sincere gratitude towards all participants who took part in both events - your dedication towards making this happen did not go unnoticed!

Finally, we want to thank everyone who attended these games physically at the venue to encourage players throughout; your support helped make it an even more memorable experience for all involved!

Cheers.

International Yoga Day



Snooker Tournament

After the upgradation of the Snooker Tables with new vibrant green baize and new lights, the ambience of the Snooker Rooms was a perfect setting for a Lightning Snooker Tournament held on 11th June 2023.

With over 40 competitors, the format of the tournament was by elimination of the losers, which kept everyone on their toes. Each game lasted only a few minutes, making it crucial for players to stay focused and make quick decisions under pressure. It was an exhilarating experience for both players and spectators alike.

Our markers did an outstanding job in keeping track of scores and referee ensured that rules were followed strictly throughout.

While competition was fierce, the tournament also fostered an atmosphere of camaraderie and sportsmanship. Players engaged in friendly banter, offered encouragement, and displayed mutual respect for their opponents' abilities.

At the culmination of the Snooker Tournament, the Champion is Aditya Morampudi (S-936) and runner is G.Ashwin (A-135) and other winners were given trophies, and their remarkable achievements were recognized.

Heartful thanks to our sponsor for the event Vajrapu Kamaraju, Treasurer.



President's Nite

The President's Nite was a grand gesture of appreciation, where the club's President and their devoted Committee extended their heartfelt thanks to the members. This event was a way to acknowledge the indispensable role that each member plays in contributing to the club's success and vibrant atmosphere. It was a time to express gratitude for their loyalty, support, and active participation.

Members were treated to a variety of appetizers and an exquisite spread in the main course complimented well with some refreshing drinks and beverages.

Amidst the ambience of gratitude, the President's Nite turned its attention to the presentation of the esteemed President's Cup game trophies for Volleyball and Cricket. The trophies along with cash prizes were distributed to the winning teams.

Following the prize distribution, the festivities continued with the infectious beats provided by DJ Snea. The club's atmosphere was transformed into a pulsating dance floor, where members could sway to their favorite tunes, let loose, and create lasting memories on the dance floor. The DJ's music elevated the celebration, infusing the night with energy, excitement, and an irresistible groove.

The night's atmosphere of celebration and mutual appreciation further deepened the sense of belonging and fellowship among the members.



Main Building Lounge

We are pleased to announce the installation of brand-new Air Conditioning (AC) units in our main building lounge area. This is a significant upgrade that will enhance your comfort and enjoyment during your visits to the club.

We understand how important it is for members to feel comfortable while enjoying their time at our facility, especially during hot summer months.

Our newly installed ACs provide improved airflow



throughout the lounge area, ensuring every corner remains comfortably cool even on hottest days. As such, we believe this development will make a big difference in enhancing our member's overall experience when they visit us!

We hope you'll notice an immediate improvement in air quality within the space as well!

Thank you once again for being valuable members of our club! We look forward seeing you soon at our main lounge and experiencing this fabulous addition together!

Sports Bar Lounge



We are thrilled to announce the official inauguration of our brand-new Waltair Sports Lounge! After months of construction and planning, we are excited to unveil this new addition that

is sure to impress any sports enthusiast.

Our new bar features multiple TVs broadcasting live sporting events from around the world. The comfortable seating arrangements make it a perfect spot for you and your friends to enjoy an afternoon or evening catching up on your favorite games while enjoying some refreshing drinks.

This facility was done under the guidance of our own member Mr. Venu Gottipati, who has helped us from design plans, sourcing materials and the building process. We thank everyone who has played an integral role in bringing this idea into fruition.

We look forward seeing you soon at our Sports Bar!



Super Bumper Tambola

We are thrilled to announce the grand success of our recent Tambola event held on 17th June 2023. The atmosphere was electric, with over 500 members in attendance and a total of six games played offering cash prizes worth Rs. 5 lakhs. It was an evening full of excitement, laughter, and delicious food!

Our team worked tirelessly to ensure that every aspect of the event ran smoothly, from setting up the venue to conducting each game fairly. We were delighted to see everyone enjoying themselves throughout the night.

The club served some excellent snacks and food during this event which were thoroughly enjoyed by all attendees! Our kitchen staff did an outstanding job in providing mouth-watering treats that complemented well with drinks & beverages available at hand.

It was great seeing members come together for such a fun-filled activity; it's what makes our club so special! We value your participation greatly as it is you who make these events possible through your unwavering support!

Congratulations to all winners who won different prizes. Houseful winners for the final game who won Rs 1 lakh are Mrs. G. Sunitha Rao (S-395) and Mrs. D. Vishwani (V-316), Second prize Mrs. Alka Kumar (M-171) we hope that you enjoy your winnings thoroughly! Thank you once again for joining us for this memorable evening!



Senior Citizen's Meet



The Senior Citizen Meet was organised on the 11th of June at the AC dining room. A total of 83 members attended the meet, headed by Jagapathi Raju the new chairman. All the members born between January & June were felicitated with a shawl by the WALT AIR CLUB President Sri RAJENDRA ALWARDAS. Two games of Tambola with fabulous prizes was conducted by Mrs KAVITA SATWANI and Mrs VIJAYA PRITHVIRAJ conducted a couple of intelligent games for all the members present. The meeting concluded with a sumptuous lunch.



Beer Competition



The Annual Club Beer Competition held on a warm Sunday afternoon (17.6.23) @ Wills pub was a grand success with the pub packed with members. Members competed in two categories - "Fastest Beer" and "Maximum Beer."

In the "Fastest Beer" category, participants were challenged to finish their beers as quickly as possible. It was

amazing seeing how fast some members could chug down their drinks! In the end, we had our winner Chakravarty who finished his beer within 35 seconds! Runner up was Janardhan.

The second category was all about quantity; participants competed to see who could drink the most beers within 5 minutes. Members showed great spirit during this round, cheering each other on while enjoying free snacks and beverages provided by club management. The winner is K. Nanda Kumar and runner is Janardhan.

In addition to the competitions, there was also a free beer tasting with variety of snacks. The event was a great way for members to come together and celebrate their love of beer.

It's always heart warming for us when we witness such camaraderie among members at events like these. We're thrilled that everyone enjoyed themselves thoroughly while having good fun responsibly.

Gifts were given to all the winners and participants and some enthusiastic supporters. Special thanks go out to those who participated and made it even more exciting!



Healing: Another route!!

Salma A Mehdi in tete-e tete with Parveen Hosain

Healing, to overcome a health challenge, is a challenge in itself. The answers many a times are not so definitive, and that ambiguity is a cause of a lot of stress and turbulence in the mind. The simple question – “is the approach, diagnosis and treatment, correct?” – is a question that persists continuously.

Several options are available and it's the choice with Faith, that makes the difference. To be convicted with unshakable belief is sometimes the journey halfway forward.

Sujok is another science of alternative therapies for almost all health and mind issues, and we are lucky to have as our member Mrs. Salma A Mehdi, who has not only mastered the practice but instrumental in healing so many Vizagites.

A few questions posed to her, provides some insight to this method of treatment and her experiences.

Q: An insight into your satisfying professional life.

A: I have been practicing alternative medicine since 1994 and this journey has been most gratifying. I am humbled that I was able to truly serve this way. Each case inspired me to do better. I always wanted to be a medical doctor, and I guess my intention was so strong that through the course of my life, I found my way into healing, and it has been enriching in every way. There was a time my clinic saw 36 patients a day, and yet, at the end of the day I was never exhausted, because I was doing something that I love. I would not call it “professional life”, practicing Sujok, became an integral part of my life, and it still is. I have been able to work with different problems – from autism to kidney stones, blood pressure, heart problems, weight problems, mental health issues, emotional problems – and I am extremely grateful for that. It has been almost 30 years now and the faith and trust that my patients have in me has kept me going and pushed me to learn, grow, and do better.

Q: What inspired you to take up this form of alternative therapy?

A: A back injury from a car accident was causing great discomfort, and allopathy medicine was not helping me much. A close friend at that time, introduced me to Reiki to help with my pain. I learned Reiki and it helped, I started practicing, and then the same friend mentioned she was signing up to learn Sujok, from Professor Park Jae Woo, the founder of Sujok, who was visiting India. I had this urge within me to sign

up too, and I am so glad I did. Once I learned the basics, I came back, and introduced Sujok to my Reiki patients. A very popular doctor in town, found so much relief and asked me to start practicing professionally – that was 1996 – and ever since, there has been no looking back.

Q: What did the learning process entail?

A: As with any energy healing or alternative medicine practice, faith in the practice is imperative. Us human beings, slip into a doubting mindset, very easily. So, it was important for me to cultivate faith. When that happened, understanding these Universal concepts happened so organically, as if I always

knew them but merely had to be reminded about them. Most of these alternative therapies, especially with regards to energy healing entails working on yourself, healing yourself, and practicing on yourself and that was a beautiful part of my journey. With Sujok, my goal was to make it a part of myself, so I practiced until it became my second nature, and that is what helped me with my practice. I never had five-year goals or ten-year goals, but I was dedicated to my practice, and that organically brought patients and success.

Q: A particular success story that you wish to share:

A: The fact that my patients trust me and keep coming to me are success stories in themselves. But there is this one particular story that still brings a wide smile on my face. It was the late 90's and via word of mouth, a lady who was paralyzed on her right side came into the clinic. Her paralysis impaired her speech as well. She had to be carried into the clinic. She and her family believed in the course of treatment, and by the time she was done with her third session, she was moving her limbs, and she regained her voice. After not being able to talk for fifteen days, she was overjoyed that she could, and scared that she might lose her voice again, so she kept on talking, even in her sleep, so much so, that her family came back to me asking me to do something to make her stop. I still laugh when I think about this story, but this case was both peculiar and interesting. When she was able to speak again, I realized how miraculously this system works, and how amazing these energy dimensions are.

Q: Any challenges, and how did you overcome them?

A: I don't think I have had any challenges per say. Not to say that my journey was smooth, it is not life, if I say that. But yes, my journey was perfect for me, and even if the downs came



my way, the faith in my practice, and the divine, helped me, work through the problems and come out of them. Here, I would like to take the opportunity to stress on work-life-self balance. I loved what I did and was very easily consumed by it. I did not know how time went by when I was in the clinic. But it was important for me to remember that I had a home and a family to take care of, that I wanted to take care of, and then I had my personal goals and aspirations. So, all throughout my practicing years, I ensured I was invested in my home as much as I was in my work. I also participated in sports and cultivated my hobbies. Sometimes, all of this can lead to a burn out. So, it is important to prioritize, and build a support system. One cannot do it all, and it is ok to say no when you cannot. It is ok to pick what you want to do. It is ok to take help. It is great to be inspired and want for an enriched life, but rest is important, self-care is important, family is important. For that, one must have a holistic approach to living life. Strive to create a balance, and that looks different for everyone. So, tailor a life that suits you, ensuring it has a little bit of everything.

Q: Measures for work-life balance that you adopted:

A: Discipline, planning, and knowing that it is alright if you cannot achieve everything you set out to do is key when you want to maintain a work-life-self balance. Plan so that you are prepared for your day. Discipline goes hand in hand with that planning because there is no point planning if you cannot stick to the plan. Discipline is a form of self-love too, it encourages you to work for your goals, and it helps you improve and get better every single day. But it is also, important to relax, to not take life so seriously. Only then, do you achieve that balance. I ensured I planned, I ensured I stuck to the plan, but I also ensured to take days off, to not do anything some days, to indulge on some days, and to take care of myself first, so that I could take care of my family, and my patients. Only when your cup is full, can you fill the cup of others, and this has been my mantra all throughout. Exercise, good food, friends, sun-light, a loving home environment, being passionate about my work, about life, all of this has helped me keep that work-life-self balance.

Q: "Me- time is precious" How do you balance the scales.?

A: I always believed in Balance – that there must be a mix and time for everything in adequate proportions to ensure completeness. There must be time and space for what needs to be done, what should be done and what you want to do. Work – family – self - recreation - fun are all ingredients to lead a fulfilling life. I take time out to pursue activities I enjoy the most, like the recent Chadar trek with - 35 degrees centigrade, dangerous rock-climbing adventure. It's the ultimate test for mental and physical fitness and I enjoy such trips.

Q: Waltair club is a stone's throw away for you, what events or facilities encouraged you to make time to attend:

A: The club gym, yoga classes, the beautiful walking path makes it easy and inspiring to exercise in the morning. I am lucky that the club is so close by. I also really enjoy the lawns,

and the lunch buffet. Not to mention, all the celebrations at the club. I'm a regular participant for competitions conducted for throw ball & badminton. The club provides enough sports activities to keep the members fit, active and healthy. I am grateful and appreciate the same.

Q: What are your most ordered favourites in the club?

A: I have always loved the hakka noodles, chicken-65, the dosas, the meals, and recently the biryani at the club. The cocktail vadas, rava-dosas, and the tikkas are also amazing. I think one cannot go wrong with food in the club.

Q: Any Suggestions?

A: For me, a great way to unwind is a nice meal with my family in the lawns at the club. The ambience, the food, and great conversations make for beautiful evenings, and I am so happy to have those experiences.

गृहप्रवेश

विमान टेकऑफ़ कर चुका था, विमान के आगे बढ़ने के साथ नीता जी का मन पीछे की ओर भाग रहा था।

अमेरिका में अपने बेटा और बहू से मिलने गी थी। छोटी सी, प्यारी एक पोती है उनकी... नाम है मान्या...

महीना भर पहले, बेटा ने बताया मम्मी, छोटा सा घर ले लिया हूँ यहाँ, गृह प्रवेश का मुहूर्त निकला कर, आप सब आ जाओ।



मन में उत्साह, बच्चों से मिलना है, कभी बाज़ार जा कर गुड़िया के लिए कपड़े ला रही थी, कभी उसके लिए रंगीन चूड़ियाँ खरीद रही थी, उसके नन्हे पैरों के लिए चप्पल चीहए, नरम होनी चाहिए और उसमें पेपा पिग का फोटो होना चाहिए।

बहू ने कहा मम्मी पूजा की सामग्री लेते आना बेटा को पूछा तो बोला कुछ भी नहीं चाहिए, लेकिन मुझे पता है उसे क्या पसंद है, कुछ मीठा, कुछ नमकीन, अपने हाथों से बनाया।

एम लंबी फ्लाइट के बाद, वहाँ पहुँच कर बेटे को गले लगाया, शकुन मिला, छोटा सा बच्चा मेरा, नौकरी, पढ़ाई, बिटिया और गृहस्थी, सम्भाले हुए है।

मान्या आकर लिपट गई और पूछने लगी... यू आर माय डैडीज मोम ना ? तेरी दादी हूँ लड़की, सुनते ही बोलने लगी, दा..दी व्हाट दादी और हम दोनों ही हँसने लगी।

अपनी प्रथाओं का ध्यान रखते हुए, गृह प्रवेश के सारी रीतियाँ.. तुलसी पूजन, गणेश स्थापना, से लेकर दूध उबालने तक की प्रक्रिया वहाँ पूरी कराई, बहू को किचन सजाने में मदद किया। इस तरह कब बीस दिन निकले गये पता ही नहीं चला।

यादों की समंदर में गोते खाते हुए... ना ना... यादों के आसमान में उड़ते हुए, नींद ही आ गई, एयर होस्टेस की आवाज़ आयी मैडम ब्रेकफास्ट..

एक दुनिया इधर भी है.. छोटा बेटा और बहू यहाँ अपने देश में, अपने घर में हमारा बेसब्री से इंतज़ार कर रहे हैं। देश और परदेश में रहनेवाले बच्चों के लिए ढेरों दुआएँ माँगते हुए.. नीता जी अपना बेल्ट बांधने लगीं।

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Mother's Day

Mom, you've been there for me every step of the way. You are the best teacher out of all the teachers I've had so far. Teachers come and go but you are my teacher for a lifetime. Even today when faced with obstacles, you give me the strength, confidence and courage to face them. Even today, when I am feeling low about something, I come to you and lie down on your lap and that gives me a reassuring feeling with a voice inside my head that says "Don't you worry about a thing, every little thing's gonna be alright". Sometimes just your presence in the room is enough for me to solve a problem. I feel so blessed to have you in my life.

Shashank Dutt Kancharla (S-667)
Rekha Dutt Kancharla (A-22)



Mother's Day is celebrated to make our mothers feel special and shower all our love. "My mother, **Mona Villuri**, is a hard-working woman and she is my support system. Whenever I have a problem, she instantly finds a solution and explains in a way that I understand, and you know a mother's instinct can never go wrong. All the crazy stuff that we do, like fighting for clothes, having fun arguments, the way we make fun of people and loads of other crazy stuff. I thank God for mummy. Love you loads ma."
Leo Sadvi (Jenny)

Mona Villuri and Jenny (J - 111)

A Debt of Gratitude

On this special occasion of Mother's Day, I find myself contemplating on the immeasurable debt of gratitude my sister and I owe to our mother. She made a decision that forever shaped our lives, sacrificing her own promising career as a scientist and setting aside her professional ambitions to devote herself entirely to our upbringing.

She ensured that we had the time, attention, and love we needed to flourish. It was through her unwavering dedication that we were able to grow into responsible, compassionate individuals. She always put our needs first, and you never complained. She was always there for us, no matter what. From taking the roles of our first teacher and friend she set an example that we always looked up to.

Looking back, it becomes abundantly clear that our success, both individually and as a family, can be attributed to her sheer willpower and the countless sacrifices she made. We owe our accomplishments and achievements to the solid foundation she built for us, based on her unyielding support, encouragement, and guidance. It is through her unconditional love and selflessness that my sister and I have successful sporting careers whilst learning meaning of sacrifice, perseverance, and the value of family. We are forever grateful for the countless hours she spent nurturing our dreams, instilling in us the belief that we could achieve our dreams and do wonders.

We would like to express our gratitude to our mother for shaping our lives with love and devotion and thank her for her invaluable gift of introducing us to the worlds of chess and tennis respectively.

Dhruv Advait Kolagatla
Dr. Aparna Kolagatla (M-109)



Mother's Day - Thank You

May is the month of appreciating mothers. No other relationship in the world has the chord that binds two people together like mother and child. Relationship with our mothers starts in the womb with umbilical cord and this is a bond that one cherishes every day and everlasting.

You would agree that mothers selfless love unconditional support is fuel that can enable any normal human being to achieve the impossible. That is what my "Ma" or "Mama" as I call her is for me.

The age I began my career journey is my "Mama" started her motherhood journey that would shape me, and my brother and her influence continues to remain. Be it introducing me to the romance Mills & Boon novels or operating a bank or teaching me needle work or how to make tea... and many first introductions and seeing the world through "Mama"s eyes.

I wouldn't have been an entrepreneur but for her who during my teens instilled in to having a career and being financially independent. Her indomitable courage, strength, support, and spirit has helped me through my lows and high and has stood by me even when I have taken wrong decisions. She has been my silent cheerleader and empowering me to be the best version of myself.

I cheer my mama today and always who radiates positive energy, is a multitask maverick, powerhouse, of calmness, resilience and composure in tough situations /challenges, bundle of creative ideas and resourcefulness, she is inspiring, courageous, nurturing and an unstoppable force in our family. My mama is my heartbeat and irreplaceable and I am ever grateful to her.

As the saying goes "Life doesn't come with a manual, it comes with a mother".

Thank you, mama for being her and for all that you do.



Shashi Sharma (S-167)
Arati Sharma

My Typical Mom



My Mom, though a very well-educated person remained as a homemaker with 3 kids. She is the Queen of the House, and she is married to a Chief Engineer working in the Merchant Navy, i.e. my Dad. She has got many wonderful inherent qualities in her. She is lovable, caring, always smiling, adorable, cute, bubbly, playful, and joyful and around with my mom, its fun watching her talking, dancing and playing with us. She is such an enthusiastic person.

When we make mistakes, she is like an Angry bird, yells at us, scolds us, but immediately, cools herself and pacifies us, soothes us, hugs us and explains what is right and wrong. She has got very little patience, yet we can see the love in her eyes while scolding us. She is sometimes cranky, fickle and stubborn

in her decisions. We all should follow her rules in the house. She is a highly systematic person and punctual at work. She is such a helpful person at home and in society too; whoever is in need, she will attend to their needs. She is an active person in social gatherings too. She always keeps herself busy and keeps me and my siblings also busy with some or other extra-curricular activities at home, school and college. She teaches us how to be kind and compassionate and respectful with others.

Though we all are grown-ups, she still tells bedtime stories. She teaches us how to do puja on auspicious days. My Dad when he is at home always cooperates with my mom and we have a very friendly atmosphere in our house with our parents. She is also responsible and dutiful in looking after and attending to the needs of our Grandparents.

Finally, my Mom is the most beautiful, innocent, straight forward and frank person in her ways. She is a Super Mom to our family.

LOVE YOU AMMA

Garuda Sai Sahasra, Inter 2nd year

D/O G.V. Bharat Kumar & Satya, V-151



Mother's Day

My mother, **Mrs. Shoba Kishore**, the epitome of grace, has played an instrumental role in shaping me into the person I am today. Her unwavering love and guidance has instilled in me the core values necessary to navigate life.

She taught me the importance of empathy, reminding me to always consider the feelings of others. Ever the hardest working woman, whatever life threw at her, she always took it like a champ.

Above all else, she was my first source of inspiration and hope, and will continue to be so for a long time to come.

By **Akhil Cherukumalli**, A-364



My mother is a remarkable person who has made a significant impact on my life and the lives of those around her. She is someone who possesses a unique combination of strength, wisdom, kindness, and grace. Her selflessness and unwavering dedication to her family and loved ones are truly admirable, and she has been a source of inspiration and support to me in all aspects of my life. Despite the challenges and obstacles, she may have faced, she has always risen above them with resilience and determination. My mother's greatness is a testament to her character, and I am grateful to have her as a role model and a guiding light in my life.



Shanti Kancharala, V-56
Subbarao Kancharala, S-546



Dear Mom,

I want to express my heartfelt gratitude for all that you have done for us, your three daughters. You have been an exceptional role model for us, and your unwavering support has been a constant source of inspiration.

Throughout our lives, you have always been there for us, no matter what the circumstances were. You have tirelessly taken care of us and supported us in every field we have pursued. Your love, guidance, and encouragement have been the backbone of our success.

As you turn 76 today, I want to remind you that your presence in our lives is invaluable. Your love and care continue to nurture us, and we feel blessed to have you as our mother. You are an epitome of grace, strength, and resilience, and we aspire to be like you.

Thank you for being the pillar of our family and for being the best mother in the world.



Mother : **Krishna Kumar**
Daughter : **Prathusha**

Mother's Day



Mother's Day is a special day dedicated to honoring and appreciating mothers and mother figures. It is celebrated in many countries around the world, typically on the second Sunday of May. The day provides an opportunity to express love, gratitude, and admiration for all the sacrifices, care, and guidance that mothers provide.

My mom, **Uma Vadlamani**, plays a significant role in my life. She has been there for me since the beginning, nurturing and supporting me through various stages of my growth. She has shown me unconditional love, provided comfort in times of need, and offered guidance and wisdom to help shape me as a person.

My mom's presence influenced my values, beliefs, and overall perspective on life. She has dedicated her time and energy to ensuring my well-being, often putting my needs above her own. The bond between a mother and child is incredibly special, and it forms the foundation for my emotional and social development.

My mom's importance goes beyond the physical and emotional care she provides. She has been a role model, teaching me valuable life lessons and demonstrating resilience, strength, and compassion. Her influence can be seen in the choices I make, the relationships I form, and the person I am today.

Mother's Day serves as a reminder to express my gratitude and appreciation for my mom's love and sacrifices. It's a time to celebrate her selflessness and let her know how much she means to me. Whether through words, gestures, or thoughtful acts of kindness, honoring my mom on this special day can help strengthen the bond between us and show her how much she is cherished in my life. I am so grateful that I was able to celebrate Mother's Day with her this year!

Vaishnavi Vadlamani (S-513)



My mother **Kamala Duvvuri** was married in 1959. Within a year of marriage, she completed her PUC and followed on to complete her Bachelor's degree in Home Science from St. Josephs College in 1964. My sister and me were born in 1966 & 69. We called her a Smart mom who played tennis, drove an ambassador car with stick shift and no power steering, and worked as a teacher. She was very talented in sewing and painting. She even won the Singer embroidery competition at one time. During her teaching career she completed her B.Ed and her Masters in Sociology.

She served as an Inner wheel club President and was involved in several health camps that Rotary club organized. Speaking of Rotary Club, there was once a time when she jumped into the swimming pool at the Mittal house to save a boy who fell in the pool. She didn't know swimming! Waltair Club has been her favorite past time.

She won mega prizes at the Bumper Tambola twice. To this day she is continues to remain savvy and smart at 84. With my father's encouragement my mother has learned to navigate herself during the most difficult time of covid and took care of my ailing father who passed away in 2022. To me and my sister she is a symbol of strength and giving. We are very proud of her.

Rajitha Pillala Marri (R 511)

S-108 still rings in my head when I think of Waltair Club. It was my dad's membership which my sister and me signed between the 80s and the 90s. **Late Shri D.N.Sinha** was initially associated with Waltair Club during the British times. Our company Lumen Electric Company started by my grandfather and managed by my father, did the electrical wiring for the club. He became a member in early 80s when Sikand uncle used to consult him for any electrical issues that arose at the club. My dad played tennis, enjoyed several New Year Eve celebrations and loved to have a beer in the lawns. Till ill health got the better of him he served in the Club Election Committee for several years. Every visit home included an outing to the club with my dad and that remains in mine and my sister's memories.

Lalitha Vaswani



Thank You Amma !



Smile and Silence is what defines our Mom **Padmaja**. She has overcome tough situations with a simple smile. But don't be fooled, the grit and determination behind this smile is what enabled her to conquer her challenges in life. She taught us that few words and silence is sufficient to convey your message.

She's the eldest daughter and married at a very young age of 16. Completed her inter after marriage, graduation after we were born and post-graduation (MA Literature) after her grand children were born.



She's very sweet & simple but very strong at taking decisions rightly, four of us are happy and successful professionally and personally because of her. She was a tremendous support to our father **Vinnakota Lakshmana Rao** in all aspects. She also donated her one kidney to save our father and looked after him till his final days.

She's so powerful living individually without relying on anyone, her enthusiasm for Telugu has inspired her to create Amma Matalu (WhatsApp group) through which she's recording and sharing short stories which are motivational, simple and heart touching, which is reaching around 400 people daily.

We don't need anyone to inspire us, our mom is the best teacher to emulate in all respects. **PADMAJA VINNAKOTA (R-159)** is our mother and we are incredibly proud of her.

Padmaja Vinnakota, R-159
Manjeera, D-36

My Mother

When my thoughts turn to Mother's Day the first truth that comes to mind is that a Mother is the epitome of sacrificial love. I count it a privilege to be a mother to my two strapping sons and a daughter to my own amazing mother, **Geetha Williams**.

Being a mother is one of the greatest responsibilities bestowed upon us. I believe it is our duty as mothers to raise our children with the strength, values, ethics and character and to nurture them into fine human beings. Only a mother's tender and sacrificial heart can truly instill these qualities in our children. "But tenderness and sacrifice does not mean that there is no discipline required from us. The Bible says, "Raise up a child in the way he should go and when he is old he will not depart from it." How true this is. True Love brings Correction and Discipline. The Bible also says, "Spare the rod, spoil the child". Mothers also need to steel their hearts when the occasion calls for it, for it is best to have suffered a little pain than to allow for a wayward and painful life as an adult for want of discipline.

We are also called to impart confidence in them and help them to grow in all aspects of life. And most of all to be always there for our children at all times - like a rock that will not move.



We three sisters, Monica, Betsy and me, are blessed to have our mother, Geetha Williams, fulfil this for us. She stands as a firm rock and supports us in all our ups and downs. We thank you mummy for what you are to each of us and for bringing us up with such utmost care. Your gentle and firm discipline has done us wonders and we love you for this.

I cannot be with my children at all times, but I can be rest assured that God is watching over them and the strength and values we have instilled in them, will carry them through this life.

Diana Williams (D-140), Geetha Williams (R-360)



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Summertime in Paris



Paris is one of my favourite cities in the world. This was my third trip to Paris. Ever since my first trip a few years back I have longed to revisit this magical city. This year in school we learnt about the French Revolution and I was especially keen to see what I had learnt in the history books come to life and so we went to Bastille which is marked

by a pillar and Invalides where the tomb of Napoleon sits and Trocadero. One of my favourite things about Paris is seeing the Eiffel Tower from so many different parts of the city.

I also love visiting museums and the grand buildings. This year we went to Petit Palais which is free to visit. We got to admire some beautiful paintings and sculptures and the ceiling is beautifully decorated. My first visit to Paris we took a Hop on hop off bus around Paris which was a good way. Also a river cruise down the Seine in the evening is very romantic. You can also go up the Eiffel Tower which gives you a birds eye view of the city.



We also love eating various desserts from crepes to fruit tarts and chocolate eclairs. I love eating the fresh berries that are in season like strawberries with cream and raspberries. The artisanal

gelatos are amazing. My favourite new dessert is Mochi ice cream found all over Paris now but originally from Japan. We love Laduree to get a box of macarons and other treats.

We went to Carotte at Trocadero to have hot chocolate and take in the grand surroundings. We also recommend the cafes in the Galeries Lafayette home section.

Every morning we would go to the local boulangerie and get a pain au chocolat or a chocolate croissant along with hot chocolate and coffee for my parents.

We took the metro to many places around the city including Montmartre which is up on a hill with the famous Sacre Coeur church and was home to many artists like Picasso and Renoir at one point. We also walked along the Champs Elysee and saw the Arc the Triomphe. The No. 6 Metro Line goes right by the Eiffel Tower. This time we did not return to the Louvre Museum but it is definitely a visit to the famous Mona Lisa.



We also enjoyed walking along the river Seine and would easily cover 15000 to 20000 steps in a day. We would stop at local cafes to have fresh salads or galettes or French Onion Soup for lunch. We did have some Japanese food one day and Italian food on a few occasions.

Overall I really enjoyed my trip to Paris and I highly recommend visiting it! Someday I hope to study there :)

Mahika Madiraju (S-266)

MEMORIES

Hi I'm **Sanjana Anand** I grew up in Vizag and lived there for 17 years and later relocated to Noida for my further studies and am currently working as a graphic designer. My younger days were full of fun as I frequented the club for swimming, movies, functions, amazing food and for playing at the playpen with my friends. Now that I live in Noida I really miss the club more than ever it was one of the safest places to be in with my friends. There is no place like Waltair club, a place with my most pleasurable and precious memories. At times I long for those carefree days that I spent in the club



Sanjana Anand (S1186)
D/o. Ashwin & Sumati Anand

An Exemplary Journey of Entrepreneurial Success in the Fashion Industry

Hema Jujjavarapu, (D-090)



Hema Jujjavarapu, an esteemed fashion designer, has made remarkable strides in her boutique business over the past 22 years. From humble beginnings, she embarked on a journey of self-discovery and perseverance, defying odds to establish a thriving enterprise. Guided by her mother's wisdom, Hema

imbibed the values of family, compassion, and hope, which became the pillars of her success. This article delves into Hema's inspiring story, highlighting her unwavering determination, dedication to quality, and ability to balance personal and professional responsibilities.

At the tender age of 21, Hema Jujjavarapu embarked on her entrepreneurial journey, leaving behind an incomplete college degree to pursue her passion for fashion in Vizag. Growing up in a close-knit family, she learned the importance of both taking the lead and stepping back when necessary. Witnessing her mother's skillful stitching of their family's clothes sparked Hema's interest in the world of fashion. Moreover, her mother's embodiment of independence for women left an indelible mark on Hema's aspirations.

As a mother herself, Hema understood the significance of being a role model for her child. With a desire to create a path of success, she enrolled in a fashion design degree program in 1999. During her studies, Hema had the opportunity to showcase her talent through various fashion presentations. Motivated by the recognition she received, she decided to aim higher. In 2001, together with a trusted friend, Hema opened her own boutique.

Hema's pursuit of excellence in her craft propelled her to travel extensively across the country, building a robust network of suppliers. A key aspect of her enduring success has been her unwavering commitment to sourcing only the highest quality products. This dedication has garnered Hema a loyal clientele, consistently keeping her ahead of the competition. Even after two decades in the industry, she remains vigilant in learning new techniques and embracing emerging trends, continuously refining her skills.

Hema has repeatedly proven her willingness to take calculated risks to keep her business afloat. This mindset has served her well, enabling her to adapt to an ever-evolving fashion landscape. Hema's ability to navigate uncertainties has earned her a reputation as a forward-thinking and resilient entrepreneur. Her story serves as a testament to the rewards that come with embracing change and seizing opportunities.

Throughout her entrepreneurial journey, Hema has successfully balanced the demands of work and home life. In addition to her own business, she has been a pillar of support for her husband as he built his own venture. Her astute time management and dedication have allowed her to maintain an active and social lifestyle. Beyond her professional achievements, Hema finds joy in activities such as cooking, swimming, gymming, politics, participating in marathons, and indulging in action thrillers.

Hema Jujjavarapu's story is a testament to the power of determination, resilience, and an unwavering commitment to quality. From her early beginnings, she embraced her mother's teachings, fueled by the desire to provide a better future for her family. Hema's ability to adapt, learn,



and take calculated risks has propelled her to the forefront of the fashion industry. With her enduring success, she serves as an inspiration for aspiring entrepreneurs, particularly women, showcasing the heights that can be achieved with dedication, passion, and a relentless pursuit of excellence.

Waltair Gymkhana Rifle Club

The Waltair Club has its origins with the East Coast Battalion (ECB) that was stationed in Vizag since the mid 1800's. The ECB in turn has its origins with both the Godavari Rifle Volunteers and the Vizagapatam Rifle Volunteers.

The UK National Rifle Association (NRA) was founded in 1860 'for the encouragement of Volunteer Rifle Corps and the promotion of Rifle-shooting throughout the Colonies for the purpose of rendering rifle shooting as a national pursuit and pastime in the reign of Queen Victoria as archery was 300 years ago.' Rifle Shooting has remained a competition at the Olympics. French pistol champion and founder of the modern Olympics, Pierre de Coubertin, participated in many of these early competitions. This fact certainly contributed to the inclusion of five shooting events in the 1896 Olympics.

Rifle Clubs became popular among men in England, USA, Canada, South Africa, Australia, New Zealand and India in the mid 1800's. Fundamentally driven by a 'boys-only' pastime and a sentiment of loyalty and participation in a military type Militia or Home Guard called Volunteer Rifle Corps.

On 25 Oct 1860, The Statesman 'Friend of India' reported that **The Waltair (Vizagapatam) Rifle Club** had published its rules... 'The entrance donation is 10 rupees and monthly subscription is 2 rupees. All respectable European and Eurasian residents are invited to join it. The Hythe School of Musketry Rules is to be adopted in practicing.'

"From 1857 to 1868, the Madras Volunteer Guards represented the entire Volunteer organisation in Southern India. The Bangalore Volunteers came into existence in 1868, the Nilgiri Volunteers in 1878, the Volunteer Artillery in Madras in 1879, South India Railway Rifle Corps in 1884, Godavari Rifle Volunteers in 1885, Coimbatore Rifle Corps and Malabar Volunteer Rifles and Madras Railway Rifle Volunteers in 1885, as well as Vizagapatam Rifle Volunteers in October 1885. The Yercaud Rifles Volunteers were established in 1886.

The Vizagapatam (Waltair) Rifle Range was the East Coast Battalion's range in Waltair at the foot of the hill called Thomas Folly or Kailash Hill (today called Simhachalam Hill). Regular

competition was conducted at 200, 500, 600 and 800 yards between the Vizagapatam Volunteer Rifles, the Madras Railway Volunteers and East Coast Railway Volunteer Rifles. Using the short Snider rifle and at times the hair-triggers and long stock guns. Vizagapatam competed against Waltair Gymkhana Club and the Vizianagaram Volunteer Rifles that grew its membership sponsored by the Maharajah.



"The Madras Mail of 12 Sept 1895 reported at the **Volunteer Rifle Range, Waltair**, a rifle match was fired between the Audit Office Rifle Club and the East Coast Railway Rifle Club. The distances being 200 and 500 yards of 7 shots each distance and teams consist of 10 men each. After the first distance, The Audit Office led by one point and after the 500 yards they increased their lead and eventually won by 13.' During the December 1906 social events at the Waltair Club, a Ladies Shooting competition was introduced over a 300-yard range and the winner scored 18 from 25 shots.

So popular were shooting competitions for handsome trophies, that as early as 1879 the Vizianagaram Challenge Cups was a competition between the House of Lords and House of Commons in the UK where the Houses of Parliament had their own shooting range. The competition was open to one team of eight members from each of the Houses of Parliament for a pair of challenge cups given in 1875 by H.H. the Maharajah of Vizianagaram. K.C.S.I. And winning House Rifle Teams have sometimes been led by Prime Ministers and Lords of the Realm.

Pastimes of yesteryear like Polo, Horse Riding, Golf and Fleece have their elegant silver trophies on display at the Waltair Club. Is there one for Rifle Shooting?



Written by John Castellás 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.

Waltair Wizards Ultimate Frisbee Coaching Clinic a Success

The Waltair Wizards Ultimate Frisbee Club recently held a coaching clinic for all levels of players at Waltair Club grounds.

The coaching was led by Pundari Kumar, President of the Ultimate Players Association of India (UPAI), while he was on a holiday to his home town.

The clinic was a great success. Participants learned the basics of Ultimate Frisbee, including throwing and catching techniques, cutting and positioning, and teamwork and strategy. They also had the opportunity to play in scrimmages and full games.



The clinic was a great opportunity for players of all levels to learn more about Ultimate Frisbee and to improve their skills. It was also a great opportunity for players to meet new people and make friends.

The Waltair Wizards Ultimate Frisbee Club is grateful to Waltair Club for supporting this clinic. The club is also grateful to all of the participants for their enthusiasm and dedication. The club is already planning future clinics. If you are interested in learning more about Ultimate Frisbee or in registering for a clinic, please follow @waltairwizards on Instagram and DM Pundari.

Here are some of the feedback from the participants:

"I would like to thank Mr.Pundari to bring such a nice sport Ultimate frisbee into the light and the learning experience was really fun. I hope that not only me but all of us will have the same experience in the next session/coaching clinic. "Learning something new over this week was really refreshing and especially with such a unique it was truly amazing. Thank you again." Neil, Student, 14yrs "Pundari bro.... I enjoyed a lot meeting you and knowing your motivation level and your ambition".

"I visited one day of your training and my kid especially loved it a lot as he expressed you personally after the session. Please let me know the next camp. I'm there with you bro I totally loved your encouragement and your motive. I wish you all the best and I'll make myself max to be along in your journey. I have been researching about the game and also disc golf in same angle from the time I talked to you. As I am a golfer and new games enthusiast".

I'm more interested to promote and encourage you and your motive in this new game. Please let me know your next moves. I'm there with you bro." - Sriram, Member "Far from my imagination, i till lately thought frisbee is a old school picnic game. Thanks to our club and specially to Pundari sir who introduced me to this new sport, Ultimate frisbee.



Pundari sir has worked on this before starting it practically on the ground. He has given an interesting name to our team, Waltair Wizards, designed a logo and worked on creating a group, updating everyday activities. Participation was fun, practice was enjoyable. We will look forward for you sir to resume the class and be on the field again. Thank you for being the kind of coach that makes people want to be part of the team." - Vandana, Member "The ultimate frisbee sport camp for one week at Waltair Club was very good .I liked it because there is no age limit for the players.Our coach was very good. He taught us basic techniques like back hand , fore hand defence and rules of the game . This game involves team work and coordination .This is fully energetic game with lot of jumping, leaping, throwing and catching. I really liked it and wish more people to join this game." - Samatha Rani, Member "I thoroughly enjoyed my time learning how to play The Ultimate Frisbee. The game was energetic, interactive and easy to pick up for both men and women. Our coach was excellent. He was patient with us, explained the rules and regulations well and taught us the proper techniques.Would recommend this fun game to all members!" - Tasneem, Member This initiative is one of the first steps to continue to grow the sport of Ultimate Frisbee in Vizag and Andhra Pradesh. The Waltair Club is committed to providing opportunities for players of all levels to learn and play the game.

The coaching clinic was also a unique opportunity for the club members to participate at the highest level of competition in the country. The UPAI organizes the National Championship Series (NCS), which is the highest level of club competition in the country. If the club members work hard and perform well, they could have the opportunity to represent their club at the NCS.

Waltair Club is confident that the participants in the clinic will be able to compete at the highest level. The club is committed to supporting its members and helping them achieve their sporting goals.

Mr. V.Pundari Kumar,
(P-106)



Unlock Your Artistic Potential with Mrs. Lakshmi Swamy (S-282)



Discover the captivating journey of **Mrs. Lakshmi Swamy**, a passionate artist whose talent has blossomed through a lifetime of exploration and dedication. Growing up in Vadodara, she was exposed to the rich culture of Gujarat, igniting her love for art and languages. As her father's transferable job took their family to various places, Lakshmi had the unique opportunity to learn five different languages, expanding her cultural horizons.

Despite her busy life as a wife and mother, Lakshmi's unwavering interest in social service led her to join Inner Wheel, where she actively contributed and even held the esteemed position of "President" in the Waltair chapter. However, her lifelong dream of exploring painting remained unfulfilled until her children embarked on their own educational journeys.



Seizing the moment, Lakshmi embarked on a remarkable artistic odyssey. For a decade, she immersed herself in various art forms, attending classes and honing her skills. Painting became her personal sanctuary, a form of meditation that allowed her to escape the chaos of everyday life and find solace in the creative process. Through pencil, pastels, charcoal, watercolor, oils, and pen and ink, Lakshmi explored diverse artistic mediums, with her passion for pen and ink paintings emerging as the strongest and most prolific.

With dedication and talent, Lakshmi produced an impressive collection of over 50 pen and ink paintings, ranging from standalone pieces to captivating series that explored a wide variety of themes. Her works gained recognition, and some were even sold at prestigious painting exhibitions organized by her mentor, Jumana. The satisfaction she derived from each sale fueled her passion, encouraging her to create more stunning artworks.



Over the years, Lakshmi fearlessly experimented with various painting styles, from the intricacy of Buddhist mandalas to the vibrant beauty of birds and flowers, from serene landscapes to the captivating intricacies of Madhubani art and abstract expressions. Her commitment to growth led her to constantly learn and embrace new techniques, seeking inspiration from the vast resources available online.



Driven by her insatiable thirst for knowledge and her desire to share her learnings with others, Lakshmi also pursued her love for music and embarked on teaching Balvikas classes for level-1 children. Her commitment to personal growth extended beyond art, as she recently achieved her long-standing dream of pursuing a Masters's degree, obtaining an M.Sc. in Psychology through distance education.

Throughout her artistic journey, Lakshmi's family provided unwavering support, enabling her to strike a harmonious balance between her artistic pursuits and her role as a dedicated family member. Painting has become an integral part of her identity, serving as a therapeutic outlet where she can channel her emotions and create at her own pace, undisturbed by the demands of everyday life.



BIGDAY PLANNERS: MY JOURNEY THUS FAR

I was born and raised in Vizag, and after completing my Master's in Business Management, I got married to Pratap Varma, an Orthodontist. Together, we have two wonderful children, Abhinav Varma (15) and Srinija (12).

My journey in the event management industry began with small art and craft workshops for kids during weekends and birthday parties, along with my friend and partner Geeta Ganapati Raju. Gradually, we expanded our services to complete birthday party decor and later ventured into house parties and pre-wedding decorations such as haldi, Sangeet, and mehndi ceremonies, eventually even handling weddings.

Throughout our journey, we faced and continue to face challenges such as gender bias, competition, and a lack of workforce. Event management is always a demanding job, but I embrace the challenges as I love the uniqueness of each event and the satisfaction of seeing happy clients at the end, which makes all the stress worthwhile.

The event industry is interconnected with various fields, including photography, lighting, sound, catering, flower decor, suppliers, makeup artists, entertainment, and more. It requires effective teamwork to plan and execute events within budget constraints, especially when it comes to weddings. We understand that while marriages are made in heaven, planning and executing them flawlessly is our responsibility on earth. We excel in our job by paying attention to detail and providing meticulous planning to make our clients' big day perfect.

Many perceive my journey as accidental success, but I see myself as a butterfly that struggled within my cocoon, facing personal challenges and emerging stronger from the inside out. I firmly believe that everything happens for a reason.

Entering this business without any background or prior knowledge, I seized every opportunity and worked relentlessly to reach where I am today.



Kakarlapudi Kranti Sree (P-294)

MANGO ...

The King of Fruits and a symbol of prosperity and happiness, is everyone's favourite! We, at MRC Farms, are all about good quality NATURALLY GROWN - NATURALLY RIPENED Mangoes. Our farm is located on the foothills of Anantagiri (near Araku). With various varieties of mangoes like, Panduri Mamidi, Banginapalli, Chinna Rasalu, Kothapalli Kobbari, Suvarnakha, Hydersaheb, Imampasand ! "Of all the varieties, Panduri is ours and also our customers personal favorite and is the sweetest of the whole lot. Panduri mango is called the hidden gem in the family of Mangoes. One of our small efforts is to make this fruit known and available as many the mango lovers as possible.

In MRC farms, we practice High Density Plantation in 10 acres. We planted around 180 trees per acre. In this method, the height of the trees are approximately between 6-10 Feet and requires constant pruning. So it is easy to pick the fruits with the help of a step ladder or by hand, without injuring the fruit. We also noticed a sharp decline of water usage by 50% in High Density plantation. We use only natural mulching to control weeds and cow manure for fertigation and try to keep it as natural as possible.

Ripening happens in the most natural and authentic method used by our ancestors which is the most important reason for our success in delivering the best tasting mangoes.

We are so happy, we got some super happy tummy reviews from 95% of our customers this year and we are looking forward to another good season of mangoes.

Jai Kisan, Jai Hind - MRC Farms.



**Mrs. Neelima Koganti (S-936)
W/o. Satyaditya Morampudi**

KEYA FIGHTS SMA – OUR STORY *Contd..*



Most of you who read the Waltair Times publication regularly, would have come across the story of my 12 year old, little girl called Keya, who is battling a life-threatening, rare disease called Spinal Muscular Atrophy, since birth. This article was published in

the month of March.

Here is a short recap and why we are reposting Keya's story:

Keya was diagnosed with a terminal condition called Spinal Muscular Atrophy, a rare neuro muscular genetic disease, 11 years ago, just before her 1st birthday. Back then there was no known cure. So my child was signed off as someone who would not live too long. You can imagine what I must have felt at that point.

Over the years this took a toll on my family. Keya's father and his family refused to accept a crippled child, calling her a curse on the family. I was soon left behind with my two children and no financial support from them. Thankfully I was earning and was capable of raising my children, back then. Both my kids spent a few years with my parents, here in Vizag (as I am a native of this city), while I continued to work and provide for them, relocating from city to city within India.

Back of my mind I knew I was running a race against time trying to hold onto my little girl who was fighting this dangerous disease. It axed my heart,

but I had no option but to stay strong, positive and keep smiling for my kids.

Keya's condition kept deteriorating physically over the years, with her losing the ability to stand or walk and becoming wheelchair bound. But mentally and cognitively, she grew into a brilliant young girl, always smiling, in spite of her condition. I knew we couldn't stop the disease from crippling her body with time, but we learned how

to slow it down with regular physio rehab proper nutrition to prevent lung infections which occur frequently in SMA children.

All was smooth till end of 2019, when Keya's spinal deformity set in. In spite of the external prosthetic support, her spine developed scoliosis and she was advised a spinal correction surgery to prevent further damage. While we were planning the same, the pandemic set in, throwing her treatment plans off-gear. I was forced to give up my job and move back to Vizag with my kids. Keya's regular physio rehab came to a halt with no doctors or therapists available during the pandemic. This worsened her condition over the next 2 years. By end of 2021, Keya was totally dependent on a Bipap machine for breathing and had lost her ability to sit reducing her to a bed-ridden state. Time was running out and I had to do something quick.



Fortunately for us, around December 2021, I was informed by Keya's Neurologist, that a new cure for SMA with a USFDA approved drug called Risdiplam has been launched by Roche pharma which is also licensed for retail in India. Only glitch was that it was priced astronomically high at INR 80 lacs per year and had to be given to Keya orally each day for the rest of Keya's lifetime, to arrest and reverse this disease gradually over time giving her a HOPE to survive SMA.

This translated to crores of rupees! With lack of Govt support or any insurance aid to support such a high treatment cost, in our country, the only option available to us was to embark on a medical crowdfunding campaign with companies like

IMPACT GURU, MILAAP etc to raise the funds for Keya. We came to know of a few successful campaigns and that gave us courage to pursue this path.

I knew I had no time to procrastinate. I was losing my child to SMA, with each day and no parent can stand to watch her child go. I relocated to Mumbai, in December 2021, embarked on Keya's crowd funding campaign and hustled to raise funds with the support from friends and family. We raised enough to help start Keya's treatment with Risdiplam in Jan 2022 and decided to raise funds annually instead of multiple crores together as one never knew if a cheaper



drug came out in the near future. Simultaneously a team of very skilled spine surgeons at We Are Spine, Mumbai performed a miraculous spine correction surgery on Keya helping her attain a massive correction in her spine with complex implants in her little body.



The universe seemed to be conspiring in Keya's favour for the past year and half now. Her second lease to life started post-surgery and initiating her treatment with Risdiplam. Her breathing and swallowing abilities improved remarkably. Her sitting ability, neck and trunk control too. She is not dependent on external braces or breathing devices now. All this has allowed Keya to painlessly finish her academic year topping her class in grade and get a full scholarship for her next academic year. Not just this, Keya has recently won the best-selling author's spot in the BriBooks National Best Sellers League of Young Authors in India (amongst one lac



entries) with her recently published book called Dancing on my Wheels, held in March 2023.

A leading newspaper recently covered her story with these words..

"Publishing a book is a feat that takes extensive research and effort, and is an achievement that most writers dream of. Yet, 12-year-old Keya, who hails from Visakhapatnam and currently lives in Mumbai, recently released a book titled Dancing on my Wheels. What sets her apart from most writers her age, or even those much older, is that she wrote and researched the book all by herself, and did not let her rare genetic disorder — spinal muscular atrophy (SMA) — get in the way of publishing the book."

Sharing my little SMA warrior's story with each of you for a very acute purpose. Keya has always been full of LIFE and HOPE. Always smiling and our Almighty knows how much she deserves that one shot to this cure. Her new lease of life depends crucially on her on going treatment with Risdiplam. Over the past year, the funds raised are insufficient to continue her treatment beyond a few days from now. If this life-saving drug is discontinued owing to lack of funds, the SMA disease which stands arrested in her little body today, will resume to spread, debilitating her, faster and more furiously.



Hence this URGENT appeal to each of you to come forward and join hands with this fellow member and mother, to donate and help save my brave child who completely believes in her LIFE being POSSIBLE. Every drop of support matters, be it big or small. You can donate in your individual capacities or help with corporate CSR donations, claiming tax rebates. You can also help to spread the word in your circle of family and friends as it will take more than a village to save Keya going forward. ITS ONLY WITH YOUR SUPPORT WE CAN MAKE IT HAPPEN for Keya.

With gratitude for your act of compassion, well wishes and prayers.

Monisha Hatkar (M-228)

Our Links:

Our information & support links:

Patient – Name & Age:

Keya Hatkar, 12 years old.

Patient's Mother – Name & Number:

Ms Monisha Hatkar (M-228), +91-9108052332

(Member of Waltair Club, M-228)

Resident of Visakhapatnam since 1977.

Patient's Medical condition:

Spinal Muscular Dystrophy – SMA Type2

Crowdfunding Campaign:

www.keyafightssma.in

Donation Link:

<https://keyafightssma.in/donate-to-keya>

Keya's Award winning Book :

<https://www.bribooks.com/bookstore/dancing-on-my-wheels>

OVER THE OCEANS

As a student studying in Arizona State University, (ASU).



I have developed a deep appreciation for the Waltair Club, a place that holds a special significance in my life. The club's world-class amenities and inviting atmosphere have made it my go-to destination for physical fitness and recreational activities. Whether it's hitting the gym or playing tennis, Waltair Club has provided me with a haven to pursue my passions and stay active.

The Waltair Club boasts of state-of-the-art fitness facilities that have become an integral part of my routine. From the moment I step into the gym, I am greeted with top-notch equipment, expert trainers, and a motivating environment. It is here that I am able to challenge myself physically, pushing my limits and striving for personal growth. The club's commitment to providing a comprehensive fitness experience has played a crucial role in my journey towards a healthier lifestyle.

In addition to the gym, the tennis courts at Waltair Club have become my second home. As a tennis enthusiast, I find solace and joy in the competitive yet friendly atmosphere that the club offers. Whether I'm engaging in singles matches or participating in doubles tournaments, the Waltair Club's well-maintained courts and supportive community create the perfect setting for me to hone my skills and enjoy the game I love.

Beyond the sports facilities, Waltair Club is a place where festivities are celebrated with great enthusiasm. The club's commitment to honoring and embracing diverse cultural traditions through vibrant festivals is truly remarkable. This inclusive approach has allowed me to engage with individuals from various backgrounds, fostering connections and forming lasting friendships. The shared experiences and joyous moments during these celebrations have added a layer of richness to my time at the club.

Though I am currently studying in Arizona, the memories and sense of belonging I derived from Waltair Club remain deeply ingrained within me. The club's impact on my personal growth and development is undeniable. While physical distance may separate me from the club, the values, experiences, and sense of community instilled in me during my time in Arizona continue to shape my character and perspective. I am eternally grateful for the unique opportunities and facilities provided by Waltair Club, an experience that holds a "special place" in my heart.

In conclusion, Waltair Club has played a significant role in my life as a student studying abroad. I will forever cherish the extraordinary experiences and opportunities received from this remarkable club.

(Son of Mrs. Ramadevi & Mr Kishore (Sea Rock) M.No. R-662)

Rishik Akshobhya, R-754

Reminiscences



My dad, **P.S.Prasad (P-15)** is one of the senior life members at the Waltair club. My Dad, Mom, Sister and I actively participated in all events - tambola, movie nights, the festival celebrations, special days like New Years and private events. Much of my life in Vizag, the fond memories with my family, the fun moments with friends and strangers are all tied to the club. And of course, the food. Every movie night was Channa Bhatara special for me. As an avid fiction reader, the library was also my usually haunt.

Even now when I think of my childhood and college, the evergreen, unchanging façade of the club is what I think of when I remember Vizag. I have a daughter who is growing up here in the US and I often think that she misses what I had in my childhood.

Over time I have seen the club improve, add sport facilities like the pool and the gym, golf, add more cultural events - a change for the better. My dad - P.S.Prasad and my mom - Dr P Jayasree are very active participants even today.

In time I applied for membership and became a Club member myself. I studied Engineering in AU, did my MBA from IIM and moved to the US some 25 years back. I live in Princeton, NJ with my wife, Suneetha, and daughter, Arna. I work as a Managing Director for Accenture. I spend most evenings at the Club while visiting Vizag. In fact, I took many golf lessons at the nets last year.

One last word, I do want to thank all the Club Management and Staff that have made this part of the life wonderful for our family.

P.V. Sameer Kumar (S-263)

Making Fitness Easy and Accessible!!

Our Member - Rhea Shroff Ekhlas (S-1073) has been passionate about fitness & exercise since she was a young teenager. This passion translated into creating her fitness YouTube Channels called BodyFit



TV & BodyFit TV Hindi, that help people exercise at home and for free of any payment! The videos on her channel are follow-along workout videos, where the viewer just needs to press play and follow along with her! Most of the workouts can be done without any equipment at all. There are over 200 workout videos across both channels, providing a wide variety of workout videos ranging from cardio, body-weight training, barre, yoga etc.

For the benefit of her 5,45,000+ combined subscribers, there are 2 separate channels in the English & Hindi languages. Along with standalone workout videos, the YouTube channels also have two Fitness Challenge Programs called TRANSFORM and LEAN which lay down a schedule of exercising for 4 weeks. There are also videos on Nutrition & Diet.

Rhea has for long believed that having a healthy body and eating well enables a person to lead a good quality of life. All that one needs to do is take a little time out on a daily basis to keep the body active. A little bit of effort everyday goes a long way! It is with this in mind that most of the exercise videos on her YouTube channels are for duration of just 10-20 minutes. With these short videos, viewers have the advantage of adapting the length of the workout session to their needs and schedule. Sometimes all one has is 15 minutes in a day for exercising and with these videos it is possible to get a good workout within those 15 minutes!

It often happens that people who want to start with fitness and exercise don't end up taking the first step because of not knowing how to exercise or not wanting to exercise publicly. With these videos, both these problems are solved. The videos guide a person on exactly what to do and in the comfort and privacy of one's own home!!

Rhea has successfully completed certifications such as - Personal Trainer from the Professional Personal Trainer's Association (PROPTA) USA, Nutrition & Wellness Consultant from the American Fitness Professionals and Associates (AFPA) and Weight Loss Specialist from National Academy of Sports Medicine (NASM).

Please visit her YouTube Channels: BodyFit TV & BodyFit TV Hindi & website www.BodyFitTV.com to explore more!

Warm regards,
Saahir Ekhlas
Tel +91 98302 93182



Travel Blog

The Oasis of India



A connecting flight from Vizag through Delhi takes us to 'The City of Lakes' in Rajasthan! One would wonder how do 7 lakes come into existence in the desert! These lakes were primarily created by the kings for irrigation, etc.

Udaipur has some of the most royal properties and is the perfect destination to soak the heritage and culture of the Mewar dynasty. City palace gives visitors an insight into the lives of the royals of Mewar. Intricate mosaics adorn the walls and ceilings of the palace. Other places to visit include Sajjangarh Fort, the Monsoon Palace, Saheliyon ki Bari.

For us, Udaipur was the perfect destination for mouth-watering food and palatial hotels. A thali in the typical Mewar style at the 'Traditional Khana' restaurant is a must on the things-to-do list when you're visiting the 'City of Lakes'. Next comes the ferry ride in Lake Pichhola. You can either go for lunch at the Jag Mandir Palace Hotel, or choose to just take a boat ride in the lake, both of which are beautiful experiences.

Visit Udaipur for a wonderful time with colours, rains and witness the rich heritage of Rajasthan! It's best enjoyed during the monsoons when the city is lush green and the lakes are in their full glory.

Follow @fourfeetandacam on Instagram for all your travel inspirations!

Stuti Jalan, R-715



Father's Day

- The first person I saw when I was born was my father. I held his finger and from that moment I knew, what best I can have in this world. He is always there for me. He helps me a lot in studies and lots more.
- There is no one else I would look up to other than him.
- He is very friendly and fun and spends as much time as he can with us.
- He encourages us to do different things.
- He makes sure we have something or the other to do rather than sitting at home.
- He makes sure we are always active. He is also very active. He makes us play sports to keep us fit and healthy.
- I always enjoy spending time with him.
- He tries to take me wherever I want to go no matter how busy he is.
- He buys me and my brother nice gifts.
- He works very hard for the family, and still makes time to spend with us.
- My father is just like a mother to me.
- He raised me to be very strong, independent and confident.
- He also takes my advice sometimes. His love is unconditional. Whenever I am low, he is there to help me and motivate me. He always helps other in need. I just love that quality in him. Not only this but many other qualities I admire in him.
- He respects my mother and our family.
- He is my role model.
- I am grateful for a father like him. He has a special place in my heart. I can't describe my bonding with him. He makes me feel equally important in the family.
- I thank God for sending me such a wonderful person as a father.



Shobha Meruva (R-333)
Dr. Ravi & Bhavani Meruva

NEW MEMBERS LIST

SL.NO.	MEMBER NAME	M.NO.	CATEGORY	D.O.J.
1	MR.HABIBIDDIN AHMAD JAFRI	H-256	LIFE	17.04.2023
2	MR.CH.VIVEKANANDA	V-487	SERVICE	17.04.2023
3	MR.IQBAL HUSSAIN FAROOQUI	I-034	LIFE	20.04.2023
4	MR.THYNALA GOVIND MAHIDHAR	M-360	REGULAR MC	30.04.2023
5	MISS.PARUCHURI HANEESHA	H-259	REGULAR MC	02.05.2023
6	MRS.ROSHNI APARANJI KORATI, IAS	R-773	SERVICE	05.05.2023
7	MR.T.RAHUL TEJ	R-772	ASSOCIATE	06.05.2023
8	MR.KARTHIK GOMPA	K-322	REGULAR MC	06.05.2023
9	DR. PAIDI SRI VENKATA SAKETH	S-1400	REGULAR MC	06.05.2023
10	DR.PAIDI SRI VENKATA PAVAN	S-1404	ASSOCIATE	06.05.2023
11	MR.V.S.S.V.AKHIL	A-494	ASSOCIATE	06.05.2023
12	MR.K.ANANDA REDDY	A-495	SERVICE	06.05.2023
13	MR.S.SURYA AKHIL SHARMA	S-1403	REGULAR MC	07.05.2023
14	MISS.BOLISSETTY SRIVALLI	S-1406	ASSOCIATE	07.05.2023
15	MISS.B.SANJNA LAHIRI	S-1407	ASSOCIATE	08.05.2023
16	MR.P.VAMSI	V-489	REGULAR MC	09.05.2023
17	MR.SAGI ROHIT KUMAR RAJU	R-771	REGULAR MC	09.05.2023
18	MISS.NESHA VURITI	N-294	ASSOCIATE	09.05.2023
19	MR. BHANDARI SULEK	S-1405	ASSOCIATE	09.05.2023
20	MR.M.SRI ADITYA VARDHAN	S-1402	REGULAR MC	10.05.2023
21	MR.V.VENKATA RAJESH	V-488	REGULAR MC	12.05.2023
22	MR.CH.RITHWIK	R-774	ASSOCIATE	13.05.2023
23	MR.CH.SRINIVASA RAJU	S-1408	REGULAR MC	18.05.2023
24	MR.Y.SREE BHARGAV	S-1401	REGULAR MC	23.05.2023
25	MRS.REVATHI PENMETS	R-708	REGULAR MC	23.05.2023
26	MR.K.SRIRAM	S-1409	ASSOCIATE	31.05.2023
27	MR.VISAAL NEKKANTI	V-421	REGULAR MC	03.06.2023
28	MR.CH.YASHMANTH	Y-023	REGULAR MC	05.06.2023
29	MR.P.A.V.UDAY BHASKAR	U-044	SERVICE	08.06.2023
30	MR.JASTI JAI NAREN	J-132	REGULAR MC	11.06.2023
31	MR.CH.SAI SRIKAR	S-1206	REGULAR MC	12.06.2023
32	MR.K.MEGHANATH	M-362	REGULAR MC	12.06.2023

Kids' Corner



Father's Day

Happy Father's Day to the bestest father in the world. ""OUR ROCKSTAR PAPA"

The most amazing human born." OUR WORLD" He is loving, caring, full of humour and keeps us entertained always.

He is my first best friend and will always remain so.

You're our:"First Love, First Hero, First Friend" We love you to the moon and back.

Sana n Saina
Mr. Anumolu Jaidev (J-90)

My mother, **Diana**, gave birth to me, she cares for me, she feeds me and she loves me. I couldn't live without her. Do you know who that is? Yes, it's my mother."She is the best person in the world and there is no one else like her. She teaches us how to walk, talk, she takes care of us when we are sick and hurt. She is the best person you could ever ask for. That is why we celebrate Mother's Day to celebrate our wonderful mother.



Timothy Pakalapati (D-140)
Diana Williams

My Dearest Mummy

My mummy **Mrs. K. Shalini** Patrudu is my "Super Mom" and me and my brother are her tiny heroes. She is always there for us if we fall sick or had a bad dream or needed help with our homework. She gave us life,nurtured us, shouted at us,kissed us but most importantly loved us unconditionally. She always makes us feel loved and important even when she have a million other things on her list. This Mothers Day we made a beautiful card and surprised her. We love you so very much and Thank you for everything dear Mummy.



M.Ashrith Patrudu
K.Shalini Patrudu , V-476



MOTHER

Mother, a word everyone is familiar with. Mothers are the most amazing people in anybody 's life. She is always right there to protect, love and care for us. When we are in trouble or scared 'mother ' is the first word that comes out of our mouth. Her love is unconditional towards us. We can always trust her as she is going to be beside us to support. She will always be our bestfriend and " I cannot imagine my life without her. "

T. Andrea S Thyagaraj (M-302)
Monica Williams



Feedback

Kudos to the Waltair Times Team. The Club newsletter draws the reader into the club activities even if not physically present, Compliments to Mrs Sheila Jackson for the exemplary work.

Regards
Monish Row, M-35

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blocks

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units

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