



# WALTAIR TIMES

VOL.28 | ISSUE - 3

THE HOUSE JOURNAL OF WALTAIR CLUB



VOL. 28 | ISSUE 3



## Snooker Stars

A Tale of Passion,  
Friendship, and Excellence

## Health Tips

Preventive Measures  
to Stay Safe

## The Snows of Kilimanjaro

'Ngáje Ngái,' the  
House of God."



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# From the President's Desk

Dear Waltair Club Members,

We had an exciting lineup of events and activities that made the festive month of September truly memorable.

Every year members come together to celebrate the divine spirit of Lord Ganesha at Waltair Club. Vinayaka Chavithi celebrations as always were filled with devotion, puja and delicious prasada.

Managing Committee of Waltair Club and Round Table India in association with AS Raja Blood Bank conducted a Mega Blood Donation Camp at Pearl

1 & 2 on September 10th.

September 2023 also ushered in the Waltair Club Snooker and Billiards Championship. Members showed off their cue skills and competed against fellow members in thrilling matches. The matches were engaging for both the seasoned pros and the newbies. The Sports Committee successfully hosted an exciting sporting spectacle!

My team and I look forward to seeing you all in October, where we will continue to bring you diverse and engaging activities that cater to your interests and well-being.

Stay tuned to the club's whatsapp broadcast for detailed schedules and updates in the coming weeks.

Your participation and enthusiasm make these events truly special, so mark your calendars and invite your fellow members to join in the festivities.

May Lord Ganesha bless us all with happiness and prosperity!

**K. Vamsi Kishore** (V-168)  
98491 66669

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Mr. K. Vamsi Kishore (V-168)  
9849166669

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9246623943

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9570119999

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(J-032)  
9393103358





# Vice-President's Message

I am delighted to share some wonderful moments from our recent events and activities.

Ganesha Making Workshop :

Our enthusiastic Ladies Committee organized a Ganesha Making Workshop that turned out to be a tremendous success. The workshop received an overwhelming response from our little ones, with a remarkable number of registrations. The children had a blast as they delved into the art of crafting beautiful Ganesha idols using eco-friendly materials. Additionally, laddoo making and the story-telling session added to the charm of the event. This workshop by Unicorn Arts not only allowed our kids to explore their creative talents but also contributed to a more eco-conscious celebration of Vinayaka Chavithi.

For our movie enthusiasts, we recently screened four engaging films - "Bhola Shankar," "Gandheevadhari Arjuna," "GADAR 2" and "Beduru Lanka" at The Jubilee Deck. It was an opportunity for our members to relax, unwind, and enjoy some quality cinematic entertainment.

Please share your ideas and suggestions for the Waltair Times with us. Your contribution and feedback is invaluable to us.

Thank you for being an integral part of our club's community.

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

## From the Editor's Desk

In the world of writing, there are moments that truly stand out as remarkable and unforgettable. One such privilege is the opportunity to meet and interview eminent members of society.

In the course of this month, members of the editorial team had the good fortune to sit down with some exceptional individuals, be they accomplished doctors, sport and trekking enthusiasts or writers who have made an impact on community or the world at large. These encounters have been both humbling and enlightening.



Through these conversations, we have been reminded of the power of human potential and the capacity for individuals to effect positive change.

As we share these interviews with our readers, we hope to convey not only the accomplishments of these remarkable individuals but also the essence of their character and the values that have guided them.

- Deepa Raju Kodali (D-098)

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# Hon. Secretary's Message

Dear Members,

We are pleased to share some recent highlights and important announcements from the club.

## HPV Vaccination Drive:

On September 10, we organized an HPV Vaccination Drive for the prevention of Cervical Cancer. This initiative was open to all ladies and girls between the ages of 9 to 45. Dr. Rajani Mukherjee provided this valuable service at a subsidized price in the Jubilee Hall. Your health and well-being are of paramount importance to us, and we will continue to bring such healthcare initiatives to our members.

## Entertainment Extravaganza:

In September, we hosted a series of captivating events that added a dash of excitement to your evenings. Euphoric Club Night featuring DJ ND, Deja Vu

Night with Hollywood Classics by Shravan, and Saturday Mania with DJ Akhilesh at Wills Pub were all unforgettable nights filled with music and fun.

## Fun-Filled Events:

We understand the importance of socializing and having a good time. That's why we organized Beer & Biryani with Tambola on September 3rd at the 2010 Restaurant. But the real excitement came with the Bumper Tambola event at the Centenary Auditorium on September 23rd, where prizes worth ₹ 1.25 lakh were up for grabs.

Thank you for being a valued member of our club, and we look forward to seeing you at our future events. It's your enthusiasm that drives our club's vibrant atmosphere.

Warm regards,

**B. Lakshman Patro** (L-025)  
98664 46747



## Cervical Cancer Awareness Camp

by Dr. Rajani Mukherjee

## Blood Donation Camp

Managing Committee of Waltair Club and Round Table India in association with AS Raja Blood Bank conducted a Mega Blood Donation Camp at Pearl 1 & 2 on September 10th.



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## MEMBER HONOURS

Mr. Saketh Myneni was awarded the Silver Medal in Men's Doubles at Asian Games 2023 held in Guangzhou, China. Saketh is an international tennis player who was conferred the Arjuna award, the second-highest sporting honour of India for Outstanding Performance in Sports and Games in 2017.



Sunray Village Resort is honored to receive the prestigious Excellence Award for "Best Theme-Based Resort" for the sixth year in a row. This esteemed recognition was presented by the Hon'ble Minister for Tourism, Andhra Pradesh, Smt. R.K. Roja. The award is a testament to the unwavering dedication, commitment, and tireless efforts of Mr. Raja Babu (R-415) and his team in providing exceptional hospitality.

Pakalapati Lemuel Ranjit Christian (D-140) of Timpany School of class 4 received a Memento & Certificate for achieving the 34th Rank Nationally in the WIZ National Spell Bee competition.



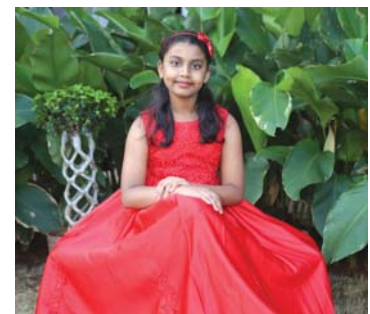
TRAVEL - HOME has been awarded as "Best Inbound Tour Operator" of Andhra Pradesh for the year 2022-2023 by AP Tourism Authority for the sixth year in a row. This award was presented by Hon'ble

Minister of Tourism Smt. R.K Roja to Mr. G.R Jagadeep Reddy (R-664) on Sept 27th 2023 on occasion of World Tourism Day.



Mr. Venkat Krishna (N-206) and Mr. Singu Prasanth (P-237) received the Best Stand Alone Restaurant award for Daspalla Group's - Tycoon and Heritage Restaurants from the Hon'ble Minister for Tourism, Andhra Pradesh Smt. R.K. Roja on the occasion of World Tourism Day for the year 2022-23.

Ms. Nainika Chaparala, D/o Dr. Raghunandan Chaparala has achieved 26th Rank in Wiz National Spell Bee Competitions. Nainika is a fourth-grade student at Timpany School.



Ms. Chaarvi Petta, D/o P.V.S. RAVIKIRAN (R-700) achieved a gold medal in the under 14 doubles and a silver medal in the under 14 singles categories during the ISSO National Games, featuring 97 international schools from across India, with a total of 650 participants. The Club congratulates these members on their achievements and wishes them good luck in the future.





  
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# In the Cocoon of Change

( Life lessons from the metamorphosis of a Caterpillar)



I plucked a few curry leaves from my kitchen garden and began washing them when my eyes spotted something that resembled a caterpillar in more ways than one.

I put it in a plastic container filled with curry leaves, habitually swapping them out for new ones every morning. It was amazing to see how many leaves this little creature could munch at once. After around 10 days, it turned into a mesmerising green creature.

Demanding more and more, the speed at which it ate those leaves left me with my mind boggled. My family and I would sit by it, and watch it take its naps.

Soon enough, it entered its next phase of life. Hung on a little twig in the shape of a 'T', it began shedding, pouring every ounce of its energy into forming a cocoon-like structure called a chrysalis.

Due to this energy consumption, the chrysalis nearly lost half its weight. The complete transformation took about two weeks. A couple of days before the butterfly emerged, the chrysalis changed colours, and the butterfly's patterns could be seen through it. It didn't look like it was doing much, but the outcome was a testimony to its hard work.

The process was a big learning for us. For us to evolve and grow, we must allow ourselves to embrace the changes we go through; and to undergo the kind of transformation we seek, we must let go of our inhibitions.

Little did I know I would get attached to this little creature, and nurture it every day for almost 5 weeks to witness the beauty it would become.

Those who know me closely, know my attachment to butterflies after losing my father-in-law, last year. My family would keep seeing butterflies around them as though it was a message from above.

Witnessing the creation of this beautiful life made me feel his presence and celebrate the life he lived.

Need I write more? Butterflies are generally recognized as a symbol of rebirth or resurrection due to its metamorphosis process from caterpillar to butterfly.

Regardless of pace, each step has a meaning, and we must learn to embrace it. The message this beautiful Mormon Butterfly gave us was to embrace change and live life to the fullest, after which it flew away. "How will you know you can fly, if you never spread your wings?"

I grew up with beautiful memories of Waltair Club and feel so happy to share my experience with you all through this platform today. Its not just a club, it is a place where impeccable service meets timeless elegance.

**Sweta Kamboj Reddy (V-163)**



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# Ganesh Chaturthi Workshop



Waltair Club Ladies Committee organized a Ganesh Chaturthi Workshop for kids with lots of fun activities on Saturday, 16th September. The children enjoyed an Art & Craft activity by Unicorn Arts, laddoo making and a story-telling session by Mrs. Deepthi Rathi.





# SNOOKER

## AT WALTAIR CLUB:

### A Tale of Passion, Friendship, and Excellence



The Waltair Club, nestled in the heart of our city, has been a hub for various recreational activities over the years. Among the many sports and games that thrive within its walls, snooker holds a special place in the hearts of some dedicated individuals. Meet Sanjeev Dhawan, Srijan, Kalyanachakravarthy, and Aditya Morampudi, four enthusiasts who have made snooker an integral part of their lives at the Waltair Club.



Snooker enthusiast **Sanjeev Dhawan**, a dedicated player of Waltair Club, has been playing the game for over four decades. He shared his deep passion and love for the game.

He fondly recalled how Jagannath, the club's marker, introduced him to billiards, and in a heartwarming twist, he passed on his knowledge to Jagannath's son, Srinath.

At the age of 64, Sanjeev remains a fixture in the club, playing snooker seven days a week for two hours, maintaining his impressive 6/6 vision thanks to the game. He praised the club's commitment to maintaining and upgrading their Billiards room, enabling them to host prestigious snooker events, including the recent AP State Senior Billiards and Snooker Tournament.

Drawing parallels with cricket, Sanjeev likened snooker to the T20 format, popular among the younger generation, while billiards retained its status as the Test cricket of cue sports, cherished by true enthusiasts."

**Srijan:** Srijan has been wielding the snooker cue for two decades now. His journey began in 2009 when he joined the Waltair Club, and since then, he hasn't looked back. What's impressive is that he didn't receive any formal training, yet he managed to claim the coveted Number 1 spot in the club rankings for two consecutive years, in 2019 and 2020.



Srijan reminisces about how snooker started as a fun activity among friends and how it continues to captivate his interest. For him, taking part in club tournaments has been a delightful experience, and the emergence of promising new talent, like Vaidyanath, is a source of excitement for the future.

**Kalyanachakravarthy:** Kalyanachakravarthy echoes Srijan's sentiments about the joy of playing snooker with friends at the club. He's relatively new to the competitive snooker scene but has already made a significant impact. In the 2022-23 club ranking tournament, only his third, he reached the top 4, showcasing his natural talent and determination.



He also shares his success in the club's Lightning tournaments, which are friendly yet competitive knockout events that conclude in a single day. Kalyan also highlights the variety offered at the club, with both billiards and snooker being popular choices among members.



**Aditya Morampudi:** Aditya Morampudi underscores the Waltair Club's commitment to snooker and its vibrant community of players. He appreciates the club's proactive approach in organizing tournaments for the past decade, creating a conducive environment for snooker enthusiasts. What's remarkable is the club's track record of winning inter-club tournaments over the last 20 years. Aditya looks forward to more members actively participating in this beloved sport.

Waltair Club has cultivated a thriving snooker community filled with passion, camaraderie, and excellence. Sanjeev, Srijan, Kalyan and Aditya's stories exemplify the club's commitment to fostering this sport's growth and nurturing its players. As they look to the future, they anticipate even greater participation and success in the world of snooker at the Waltair Club.



Being a part of this incredible game has been an enriching experience. I must admit, before I started playing, I used to wonder how people could spend hours on what I considered a slow and boring game. However, once I delved into it, I quickly became addicted, and now, I can't go a day without playing. Over the past fifteen years, I've not only played extensively, including State-level ranking tournaments, State invitation tournaments, and Inter Club tournaments, but I've also had the privilege of representing our club in these competitions.

Additionally, I've dedicated seven years to serving on the Snooker sub-committee, and this year, I'm honored to have been elected as the Sports Chairman. With the support of my subcommittee members and the Executive committee, we successfully hosted a fantastic State Ranking tournament. Encouraged by this response and support, I aspire to plan even larger tournaments in the future. I would like to express my heartfelt gratitude to all of my sponsors who generously supported the entire event and stood by my side.



**Subbarao Eranki**  
Sports Committee Chairman



Waltair Club Sports Committee in association with the AP Snooker & Billiards Association hosted the Andhra Pradesh Snooker & Billiards Ranking Tournament of 2023-24.

Title sponsor for the event was Mango Hyundai and co-sponsors were Waltair Club, Spicy Venue, The Valley Waltair Club Class, Mr. C. Indraneel and Sarda Metals & Alloys.

Snooker and billiards hold a significant place in the world of cue sports in India. These two indoor games have a rich history and a growing following in the country.





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## VINAYAKA CHAVITHI POOJA



## BEER & BIRYANI WITH TAMBOLA



To spend a leisurely evening, there's nothing like a game of Tambola. The excitement triggered by anticipation over numbers, staring at the dice doing a ballet in the box and the heart pounding as the caller clears his/her throat to announce the number is an experience club members have been enjoying since the 1950's. Did you know that the club's TAMBOLA globe was gifted to Capt. G.M. Peter in 1979 by his friend, Captain Mariyadass Joseph of a bulk carrier ship called MV Kairali? Capt G. M. Peter was an active member and took great joy in gifting the globe to the Club. Pictured is Mrs. Usha Reddy using the 44-year-old globe to conduct the Tambola held on 3rd September afternoon.

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# An AMCian in Waltair Club

In Visakhapatnam, there are two significant institutions that hold a special place in our hearts. One is our cherished alma mater, Andhra Medical College, which is celebrating its centenary this year. The other is the beloved Waltair Club, which has been a source of pride, entertainment, and social standing in our community for over forty years.

Andhra Medical College's history is a testament to its growth. It began in 1902 as the Victoria Diamond Jubilee Medical School, with just 10 students training for Licentiate Certificate Standard. With the support of Maharaja Shri Gödey Narayana Gajapati Rao and Maharani Lady Smt Godey Chitti Jankiamma, it laid its foundation. Later, with the efforts of Shri A V Bhanaji Rao, the Maharaja of Vizianagaram, and Chief Minister Shri P a n u g a n t i Ramanarayaningar, it became Vizagpatam Medical College in 1923, inaugurated by the Chief Minister on July 19th.

The college later became Andhra Medical College in 1940. Today, it is a sought-after institution, admitting 250 MBBS students, and hosting postgraduates and super specialties. Its alumni from around the world eagerly await the centenary alumni meet from October 27th to 29th, 2023, contributing generously to a centenary alumni block as a tribute.

King George Hospital, the affiliated hospital, has served the region since its inauguration on the same day in 1923. Over the years, it has grown, adding more beds, buildings, specialties, and serving patients from near and far.

My journey with Andhra Medical College began in 1972 when I joined as a student during the Andhra agitation. I participated in the Golden Jubilee celebrations in 1975, and after completing MBBS, I returned as a tutor in

Biochemistry in 1983. In 1984, we celebrated the college's Diamond Jubilee, with Shri N T Ramarao as our chief guest, leaving a lasting impression on all of us.

After earning my MD, I began my career at AMC in 1985 as an Assistant Professor, teaching successive groups of medical students. In 1997, during AMC's Platinum Jubilee, I was promoted to Associate Professor.

In 2003, I became a Professor of Biochemistry. After a year at RMC in Kakinada, I returned to AMC in 2004. I took on roles as HOD in 2009, Vice Principal from 2010, and finally became Principal in July 2012, a proud moment in my career.



My tenure was filled with academic activities, MCI inspections, and growth, including increased student intake, PG, and super specialty seats, thanks to government grants. The highlight was organizing the 90th-year Granite celebrations in July 2013, a grand event honoring retired

Principals, Superintendents, DMEs, and more.

I retired in August 2013 from the same Principal's room where my journey began in 1972. My husband retired as a neurosurgery professor and Superintendent in 2007. Our connection to our alma mater remains strong, and I'm thrilled to be part of the organizing committee for the centenary celebrations in October, celebrating my mother institution's important milestone once again.

To be contd...

**Dr. Kalpana Subrahmanyam, MD**

Retired Principal,  
Andhra Medical College  
(S-277)



# Aha Aha Kilimanjaro! Bhala Bhallimanjaro!

Embarking on an expedition is always thrilling, but when the expedition selects you, the journey takes on a whole new level of adventure.

I'm Sathi Lakshmi, though you might recognize me better as the granddaughter of Kovvuri Gangi Reddy garu.

I'm excited to share my trek story, which began with uncertainty due to my weight, making the challenge of the trek a daunting prospect. Thankfully, my husband, Dr. Krishna Reddy, came to my rescue, believing in my potential.



For those familiar with Kilimanjaro thanks to Thalaivar Rajinikanth's iconic song (aha aha Kilimanjaro bahala bhallimajaro), I'd like to add that it's the tallest free-standing mountain in the world, standing as the highest peak in Africa at 19,340ft. Unlike the usual experience of seeing clouds from an airplane, this journey has the clouds come to you, passing beneath as you ascend. Over the course of seven days, you'll encounter all seasons, starting at 20 degrees and ending at -5 degrees.

**To reach Kilimanjaro, we flew from Mumbai to Dar es Salaam and then to Kilimanjaro.**

Day 1 began at Machame gate, leading to the Machame camp, where I walked through lush rainforests teeming with wildlife like



monkeys and birds, covering a distance of 11 km. At night, we relied on headlamps and small lamps, as there's no electricity throughout the journey. On the 2nd day, we journeyed from Machame camp to Shira camp, passing fragile plants among the rocks, covering 5 km. Day 3 took us to the lava tower, where acclimatization came into play, with yoga and pranayama helping. On the same day, we reached Barranco camp after an 11 km walk. Day 4 involved a challenging 5.2 km hike from Barranco, navigating large rocks and slippery lava sand. Day 5 saw us trek from Karanga to Barafu, a 3.3 km journey, and that night marked the beginning of our summit attempt. Day 6 commenced from Barafu camp, though it felt like we started on Day 5, setting off at 11:30 pm. Walking to Stella Point and finally to the highest peak, Uhuru, we witnessed a breathtaking sunrise and glaciers. It was a proud moment as I had the privilege of holding our INDIAN FLAG on August 15th at the summit.

On the same day, I began my descent to the Millennium camp. Day 7 marked the end of my journey, trekking the final 14 km from Millennium to Mweka camp. You might be wondering about food and accommodation – our duffel bags and backpacks were carried by separate porters.







Tents, along with raw food materials, were transported, and the team set up tents and cooked hot food at each camp. They seemed like tireless oxen with endless stamina. Water was collected from mountain streams, boiled, and provided, and portable western commodes were available.

This journey was deeply transformative, helping me understand myself better and drawing immense positivity from nature. I never gave up and only truly believed in myself when I reached the summit. My father K. Srinivas Reddy is my biggest mentor and he taught me that willpower can help one achieve anything.

I hope my journey inspires all your future adventures.



**SATHI LAKSHMI (L-38)**





# HEALTH TIPS FOR THE



Vizag looks and feels heavenly after a few showers! Everything is vibrant, clean and green ! Clearly a time to sing out loud, "Raindrops keep falling on my head."

So while humans are so happy and upbeat, can microbes be far behind?

A wide array of diseases are lurking around ready to strike anyone at anytime!

So, preparedness is the key and yes, prevention is the cure !

## DENGUE & MALARIA

The dreaded twosome, Dengue and Malaria, transmitted by mosquitoes, create panic in this season. Dengue symptoms include high fever, severe headache, joint and muscle pain, and rash. Malaria in addition to the above can lead to severe anaemia.



### Preventive measures to avoid Dengue and Malaria

- Eliminate stagnant water from vases, flower pots, and unused containers.
- Apply mosquito repellents on exposed skin and wear long-sleeved clothing to minimize mosquito bites.
- Install meshes or screens on windows and doors to prevent mosquitoes from entering your home.
- Use mosquito nets while sleeping.
- Dispose garbage responsibly.

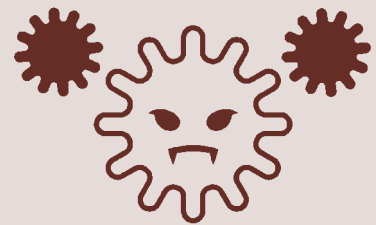
Boosting the immune system for prevention is my favourite tip !

Maintaining a healthy immune system is crucial for preventing dengue and malaria. Here's how to boost it :

- Eat a balanced diet : Include fruits, vegetables, whole grains, and proteins in your diet to provide essential nutrients.
- Stay hydrated: Drink plenty of water and fluids (lemonade, coconut water, fresh fruit juices and herbal teas) to keep your body hydrated and support the immune function.
- Get enough sleep : Aim for 7-8 hours of quality sleep every night to promote a strong immune system.
- Exercise regularly : Engage in moderate exercise to improve blood circulation and strengthen your immune system.

## VIRAL INFECTIONS

The monsoon season increases the risk of viral infections, such as the common cold, flu, and respiratory syncytial virus (RSV). These infections spread through respiratory droplets and contact with contaminated surfaces.



Effective preventive measures against viral infections

- Practice good hand hygiene: Wash your hands frequently with soap and water for at least 20 seconds, especially before eating or touching your face.
- Maintain a safe distance from people showing symptoms of viral infections.
- Masking up may be a sensible strategy.
- Use a tissue or your elbow to cover your mouth and nose when coughing or sneezing to prevent the spread of droplets.
- Stay home when sick to avoid spreading the infection to others.



Strengthening the immune system to fight viral infections is essential!

Here are some ways to boost your immune system:

- Consume immune-boosting foods rich in vitamin C, vitamin D, zinc, and antioxidants in your diet e.g. citrus fruits, leafy greens, nuts, and seeds. Turmeric and Ginger have always been grandmother's recommendations.
- Engage in regular exercise: Exercise improves immune function by increasing blood circulation and promoting the production of immune cells.
- Manage stress: Chronic stress weakens the immune system. Practice stress-reducing techniques like meditation, yoga, or deep breathing exercises.

### RESPIRATORY HEALTH CARE

The increase in humidity during the monsoon season can lead to respiratory problems such as allergies, asthma, and respiratory tract infections.



#### Tips for maintaining respiratory health

- Regularly clean your living spaces to remove dust, allergens, and mold that can trigger respiratory issues.
- Use air purifiers or dehumidifiers: These devices help to filter out pollutants and reduce humidity levels, improving indoor air quality.
- Stay away from damp areas and avoid walking on wet surfaces to prevent fungal and bacterial infections.
- Ensure proper ventilation in your home to allow fresh air circulation and reduce the buildup of pollutants.

### GUT HEALTH CARE



The monsoon season can increase the risk of gastrointestinal infections, food poisoning, and waterborne diseases due to contaminated food and water.

#### Tips for maintaining gut health

- Drink clean and purified water to prevent waterborne diseases.
- Eat freshly cooked food: Avoid consuming street food or food from unreliable sources to minimize the risk of food poisoning. Those drool-some gol-guppas can be skipped or attempted at home!
- Wash fruits and vegetables thoroughly before consumption to remove any potential contaminants.
- Practice good hygiene in general.

### VACCINES

A poke in time saves nine !!!

It's always prudent to prevent monsoon diseases for which vaccines are available eg TYPHOID, HEPATITIS A, INFLUENZA, JAPANESE ENCEPHALITIS etc.

#### A cautionary note on Self Medication :

Timely visit to the doctor may avert complications!

The mantra is Self Care and not Self Medication.



### Conclusion

Stay safe and enjoy the monsoon season with the Great Indian Chai and Pakora in the comfort of your home!

Prevention is the best cure !!

Being HAPPY is truly a promising umbrella and smiling is a therapeutic strategy.

Wellness is the best medicine !!!

With Healing Hugs to all of you,

**Dr Rajni Mukherjee**

MD Paediatrics, Seven Hills Hospital.



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