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waltair times

HOUSE JOURNAL OF WALTAIR CLUB 2010



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Dear Members,

I will step down from my role as editor of Waltair Times on June 28, 2010, consequently making way for a new team who will be in for an experience of a different dimension! All good things must come to an end but not without giving those who deserve it their due so here's thanking all of you, and especially our Managing Committee, for giving me this one-of-a-kind opportunity, with its numerous learning curves and memories to cherish and remember in a lifetime!

The assignment was a real pleasure to handle, with its share of challenges, ups and downs, fortunately mostly bouquets, despite an occasional brickbat.

Through the slumps though, my design team at Idea First proved to be rock solid with their enthusiasm, creativity and limitless reserve of contemporary ideas, understanding my needs and delivering accordingly.

I am grateful to those from whom I have received valuable feedback and will make sure that I pass it on to my successors. Some of the interesting suggestions I received to enhance the entertainment value and utility of the Times were a Tariff Page consisting of Club Facilities, Classifieds, Greetings & Felicitations, Features on Affiliated Clubs, Project Updates, Rules of the Month, Humour, Interview of the Month etc. The usual articles on Health, Sports, Recipes, Beauty, Fashion, Handy Tips & Home Remedies, Tech Toys, Lifestyle, Interiors and Spirituality will continue to inform and educate our readers. I request members to contribute articles regularly for the benefit of other Members.

My heartfelt thanks to all the Advertisers because of whose support it was possible to produce Waltair Times at a very negligible cost to the Club. I am sure a day will come when Waltair Times generates good revenue to the Club.

I wish the incoming team All the Best!!

Anand Dutt K. S.

Vice President & Editor



AS Cool as a Cucumber Fit as a Fiddle



Aqua Aerobics is a rage in the world of fitness, a fad that is fast catching on in India too! It incorporates various aerobics routines usually performed on land with props such as flotation belts, ankle and wrist weights, specialized water aerobics shoes etc., to produce a result that is incomparable to that produced by land exercises. A boon for those who dislike the idea of sweating it out in the gym, Aqua Aerobics has several long term benefits- Age is no bar as the buoyancy in water and the resistance it offers helps you remain injury free while providing the body great symmetry that is not offered by land exercises.

Advantages of Aqua Aerobics are

- 1) It keeps you pain free due to the lack of impact of stress on your joints
- 2) Increase flexibility and improves coordination
- 3) It is a great relaxer
- 4) It has a massaging effect
- 5) It is a great stress buster
- 6) It helps in the rehabilitation of patients suffering from Diabetes Arthritis, Osteoporosis and B. P.

It is especially beneficial for post operation rehabilitation and for heart patients because it:

- i. Lessens pain
- ii. Eases swelling
- iii. Refreshes
- iv. Lowers heart rate, resulting in less stress on the heart.
- v. YOU CAN LOSE YOUR WEIGHT with Aqua, if you take a sensible diet.

Exercise in water can prevent over-heating of the body through continuous cooling. Due to the resistance of the water, your muscles work harder than usual without the usual stress on your joints that not only helps tone your arms and legs but also your abs and lower back. In the process the body has a much more complete and effective training than exercises on the ground.

You do not need to know swimming to learn Aqua Aerobics as it is done in shallow waters, however, like any other fitness programme, it is better to get a clean chit from your doctor before you get into it.

Aqua Aerobics in Vizag

Shaheda Mehdi, lead trainer at Foot Steppers is the only certified fitness trainer in Vizag. A fitness consultant and an Aqua Specialist, she has trained under Global Master Trainers from across the world in Step, Kick-Boxing, Urban Taichi, Aerobics, Pilates and Power Yoga to name a few.

The Park Hotel and Shaheda now come together to bring to the Vizagites this unique, effective and refreshing way of staying fit!

Interview of the Month



World War II. There have been umpteen movies and scores of books on this topic, which are the only source of information for most of us. Meet Sri K. Parthasarathy who regaled us with stories of the war, of his experiences on a trooper's ship that was bombed...

Sri K. Parthasarathy, one of the senior most and active members of our club is a seafaring gentleman, who at the age of 91 stands tall and regal. Whilst studying in the Presidency College, Madras, he opted to take up a marine engineering and joined the on board the Government of India training ship "Dufferin", in the first batch, for a three year course (1935-1937). The ship was anchored in the Bombay Harbour. This was followed by a further period of apprenticeship in marine workshop in Calcutta. In December, 1940 he was selected by the British India Company's ships, in the different theatres of war, right through the Second World War (1940-1947), rising up to the rank of Chief Engineer.

He narrates his miraculous escape on the British Troop Ship "Erinpurci" on which he was serving. The Ship was blasted by the German Air Force Bombers in the Mediterranean Sea on the night of 1st May, 1943, while it was carrying 800 troops, in the evening around 5, the ship left the shores of Alexandria under the cover of darkness to avoid detection from the German planes. A few miles away from the shores, at about 9 pm, a sortie of German planes flew overhead. One swooped down real low, flying in between the ships – thwarting any chances of shooting it down. Once the presence of the convoy was confirmed, two bombers arrived, dropped parachute glares – basking the whole convoy in light, and then came the bombs. As the ship drowned Mr. Parthasarathy grabbed a life jacket and jumped off the ship into the icy cold waters, and

watched in horror as the whole ship listed and sunk within 10 minutes...with all the troopers still in the lower decks. The whole ship was demolished. He hung on to floating debris and buoys for over 3 hours. Finally a small naval mine-sweeper came by for survivors and landed ashore in North Africa. Though traumatic, this experience certainly did not keep him away from the sea. He continued to serve at sea until the end of the war 1946.

In 1947, he was selected for an Indian Government sponsored 'Colombo Plan' scholarship, for higher studies in the U. K. and was the first Indian to pass the Extra First Engineers Examination. He was then posted by the Indian Government to be trained as Engineer & ship Surveyor & Examiner under the British Ministry of Shipping. On completion he returned to India in 1950 and served in the Government of India, Mercantile Marine Department in various capacities finally in post of Principal Officer and Registrar of Indian Ships at the Ports of Madras and Bombay (1964-1977) and retired in 1977.

For his long and commendable service in the marine profession he was felicitated by the National Maritime Foundation (NMF) Chairman Admiral Arun Prakash, former Chief Naval Staff and Vice Asmiral Anup Singh F. O. C. in Chief, Eastern Naval Command, at the Seminar on "Eastern Sea-board in the new millennium- Challenges and Opportunities" organised by the NMF.





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ROLL OF HONOUR



Mr. K. V. Krishna Kumar

Mr. K. V. Krishna Kumar has been appointed as a Trustee of Visakhapatnam Port Trust by Ministry of Shipping, Govt. of India. This is his sixth term as a Trustee of VPT.



Shriya Atmakuri

A student of class 8 in Timpany School, Shriya was awarded a medal and certificate by Educational Assessment Australia, of the University of New South Wales and Macmillan Publishers India Ltd. for securing the highest grade across Andhra Pradesh in 2009 in English.



B. Raghavendra

Mr. B. Raghavendra son of Mr. B. Ramakrishna (R-505) has qualified JEE-2010 All India Rank:143



P. Sankar Rao

Mr. P. Sankar Rao has been elected as vice president in Visakhapatnam District Olympic Association.



H. Vikranth

An associate member of our club, H. Vikranth, successfully completed his degree in Bachelor of Science in Electrical Engineering with high distinction from Perdue University, West Lafayette, USA. He is the only Asian to have received this honour from the university.

MEGA TAMBOLA

on 12th June, 2010 - 7.30 pm at AC Auditorium

Snow Ball Prize
'SUZUKI ACCESS 125'
worth of Rs.50,000/-



2nd Prize
LCD TV



3rd Prize

GOLD PENDANT sponsored by
M/s.Vankayala's Royal Jewels
& many more exciting prizes
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Members and their families are requested to participate in large numbers in Mega Tambola and win the above prizes.

NEW MEMBERS TILL END OF MAY, 2010

SL.NO.	MEMBER NAME	CATEGORY	M.NO.	DATE OF JOINING
1	MR. ANCHUMAN KAJARIA	LIFE	A-252	20.05.2010
2	MR. D. SUBBA RAJU	LIFE	S-822	18.05.2010
3	MR. G. JAGANNADHA RAO, IAS	LIFE	J-110	14.05.2010
4	MR. B. NARAYANA REDDY	LIFE	N-168	11.05.2010
5	MR. J. SRIKANTH	LIFE	S-819	14.05.2010
6	MR. V. JEEVAN VIKAS	LIFE	J-111	20.05.2010
7	MRS. CH. PADMAVATHI	LIFE	P-264	24.05.2010
8	MR. P. SHIVAKOTI BABA	LIFE	S-821	11.05.2010
9	MRS. T. MALATHI RATNAMALA	REGULAR	M.C.M-243	18.05.2010
10	MRS. B. SHEETAL CHOWDARY	REGULAR	M.C.S-825	29.05.2010
11	MRS. V. NEELIMA	REGULAR	M.C.N-169	14.05.2010
12	MRS. CH. SATYA RAJYALAKSHMI	REGULAR	M.C.S-820	17.05.2010
13	MISS. SHARON CEILA BORTHWICK	REGULAR	M.C.S-823	11.05.2010
14	MISS. K. APARNA	REGULAR	M.C.A-250	24.05.2010
15	MRS. D. V. ARUNA	REGULAR	M.C.A-247	03.05.2010
16	MRS. P. NAGA YAMINI	REGULAR	M.C.N-166	08.05.2010
17	MRS. SABINA-L-SALEH	REGULAR	M.C.S-617	19.05.2010
18	MRS. K. SUNEETA	REGULAR	M.C.S-817	24.04.2010
19	MR. K. BHARATH	ASSOCIATE	B-125	31.05.2010
20	MISS. DRISHYA MARIA GEORGE	ASSOCIATE	D-94	21.05.2010
21	MISS. G. HIMABINDU SREE	ASSOCIATE	H-150	24.05.2010
22	MISS. G. NAGA PUSHYAMI	ASSOCIATE	N-170	24.05.2010
23	MR. S. V. ABHISHEK	ASSOCIATE	A-251	17.05.2010
24	MISS. T. RENUKA	ASSOCIATE	R-586	21.05.2010
25	MR. S. BHARATH KUMAR	ASSOCIATE	B-126	17.05.2010
26	MISS. K. GANGA AMULYA	ASSOCIATE	G-103	14.05.2010
27	MR. K. ARUN PRASAD	ASSOCIATE	A-245	26.04.2010
28	MR. G. V. S. S. AVYAJ	ASSOCIATE	A-248	11.05.2010
29	MR. P. VIVEK REDDY	ASSOCIATE	V-280	27.04.2010
30	DR. S. SANJEEVI RAO	SERVICE	S-824	14.05.2010
31	DR. N. UMA SUNDARI	SERVICE	U-32	17.05.2010





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