

Vol. 11 Issue 1 Aug'10
visit us @ www.waltairclub.com
For Private Circulation

waltair times

HOUSE JOURNAL OF WALT AIR CLUB

*celebrating 63 years
of independence*



Managing Committee

K. S. Anand Dutt
Hony. President

V. Hemanth Kumar Reddy
Vice President

M. V. S. N. Kumar
Hony. Secretary

V. Seetharamaiah
Treasurer

Committee Members

Dr. Raghunandan Prasad
Entertainment

D. Krishna Prasad
Sports

G. S. Raju
Chambers & Library

D.srinivas
Catering

Nirmal Kumar Hirawat
Bar

P. Venkateswara Rao
General Services

Rajini Chitra
Chairperson
Ladies Committee

Address:
WALTAIR CLUB
WALTAIR UPLANDS,
VISAKHAPATNAM-530003

Direct Phones:
Office 0891-2505473
Chambers 0891-2505462
Fax 0891-2567763

Mobile Numbers
9177891888, 9177892888
9177893888, 9177894888

Landline Numbers
2565240, 2565740, 2562182,
2567468, 2567469, 2567478,
2567764

Email
info@waltairclub.com
Website: www.waltairclub.com

Designed by : Ideafirst.in
Ph : 2508150

secretary's message

Dear Members

We are initiating the process to update the club's database and the members are requested to provide the details to the club staff, who will get in touch over the phone. Effective 1st August 2010, the prices of some food items have been increased and Rs.100/- will be charged per guest on Fridays, Saturdays and Sundays. Guest details needs to be entered in the register and the coupon should be collected for the same in order to avoid any kind of inconvenience. With effect from 15th August 2010, member's cars having the car pass only will be allowed to be parked in the member's car parking area. Please note that guests and chauffer driven cars are provided with parking space in the grounds. The guests' names need to be entered while making the room reservations.

The Nizam Club's entry fee for Waltair Club members has been increased to Rs. 50 per member for visit.

Hony. Secretary

M.V.S.N. Kumar

Vice President's message



Dr. T.V.S. Rao

Dr. T.V.S. Rao The founder editor of Waltair Times has consented to be the editor for the year 2010-11. from the month of Sept2010.

He is looking forward to enroll an editorial team for various topics including Classifieds, Greetings & Felicitations, Features on Affiliated Clubs, Project Updates, Rules of the Month, Humour, Interview of the Month, Health, Sports, Recipes, Beauty, Fashion, Handy Tips & Home Remedies, Tech Toys, Lifestyle, Interiors and Spirituality.

Members including their spouses or family members interested in joining the editorial team are requested to contact him directly on 09866085363.

Vice President

V. Hemanth Kumar Reddy

Advertise with us

WALTAIR TIMES

Location	Single Issue	3 Issues	6 Issues	12 Issues	Location	Single Issue
Back Page Full	Rs.25000	Rs.60000	Rs.90000	Rs.144000	Quarter Page	
Back Page Half	Rs.15000	Rs.30000	Rs.48000	Rs.72000	2" x 8" Strip Cover Page	Rs.6000
Inside Back Full	Rs.15000	Rs.36000	Rs.60000	Rs.96000	2" x 8" Strip Other Page	Rs.6000
Inside Back Half	Rs.8000	Rs.18000	Rs.30000	Rs.48000		
Full Page	Rs.10000	Rs.24000	Rs.36000	Rs.60000		
Half Page	Rs.6000	Rs.15000	Rs.24000	Rs.36000		

Movies Screened



10.07.2010



16.07.2010



23.07.2010



30.07.2010

Books Donations

Mr. P. Satyanarayana Murthy	M-103	5 books
Mr. Ramakrishna Prasad	R-299	25 books
Mr. P. Sivaram Kumar	K-III	30 books
Mr. Rapeti Govind	G-84	8 books
Mr. Virendranath Sudan	B-112	13 books
Mrs. Sangita Rathi	S-446	20 books
Dr. K. V. Prasad	P-84	10 books
Mr. M. Srinivas	S-601	15 books

Club Calender

(for the month of Aug. 2010)

01.08.2010	Sunday	Beer n Biryani	11.00 AM
04.08.2010	Wednes	Mehandi Night	5.30.PM
06.08.2010	Friday	Movie	7.00 PM
13.08.2010	Friday	Movie	7.00 PM
14.08.2010	Sat	Independence Day Eve Celebrations	8.00 PM
15-08-2010	Sun	Flag Hosting & Beak Fast	9.00 AM
20.08.2010	Friday	Movie	7.00 PM
27-08-2010	Friday	Movie	7.00 PM

Tambola Winners

1st Prize



Winner - Mr.S.S.Chakravarthi (C-61)

2nd Prize



Winner - Mr.Subrahmaniam Balaji (S-279)

3rd Prize



Mrs.Hemalatha Jain (R-238)

Roll of Honour



Mr. C.V Atchut Rao, our past president has been appointed as a trustee of Visakhapatnam Port Trust by the Ministry of shipping, Govt. of India for the fifth term.



Mr.H. M. CHOKSI (H-49) has been elected has Chairman of NGO Mahavir International, visakhapatnam for 2010-2012



S. Krishna Mohan () has been appointed as member of general council AP University of Law.

Snookers Tournament

1st Prize



Winner - Mr.Aditya

2nd Prize



Winner - Mr.Ramchand

Lightening Snookers Tournament

Sports committee organized Lightening snookers tournament and 40 members participated. 1st Prize & 2nd Prize winners were awarded with cash prize. In addition to cash prize M/s Prestige Smart Kitchen (Gupta Department Stores, Vizag) sponsored free holiday home stay at Club Mahindra Resorts for 2 nights and 3 days.

Sub Committee Members

ENTERTAINMENT SUB COMMITTEE

Chairman - DR.CH. RAGHUNANDAN PRASAD

Paripurna Srinivas
 Simmy Gowrisetty
 Meenakshi Anantram
 Jeeja Valsraj
 G. Srinivas Reddy
 R.V.Ch.Prasad
 Jaidev Anumolu
 G.V.N.N.Ramayya
 I.A.N.Raja Varma
 D.S.Ramakrishna Raju
 Ameet Mirpuri
 Manav Morada

SPORTS SUB COMMITTEE

Chairman - D. KRISHNA PRASAD

Anil Kumar
 Janaiki Rama Raju
 M.Srinivas
 A.SekharBabu
 Niliesh Killa
 S.Srinivas
 Chakravarthi
 K.Anand
 G.Ashwin
 G.Veera Mohan
 A.L.Mahesh Kumar
 B.Kumar

CHAMBERS & LIBRARY SUB COMMITTEE OF

chairman - G.S. RAJU

V. Rajendra Prasad	R-388	Advisor
G.Tirupathi Raju	T-39	Front Office & Room Reservation
K. Srinivasa Reddy	R-138	Front Office & Room Reservation
B.K. Rai	B-86	Food & Beverages
N. Vivekananda Reddy	V-189	Food & Beverages
K. Srikrishna	G-037	House Keeping
S.V.Venugopala Raju	R-144	Stores
G.V.N.N.Ramaiah	R-311	Stores
Vineetha Dhawan	S-99	Purchase Coordination
D. Rajesh Varma	R-414	Maintenance
G.S. Dhillon	D-142	Maintenance
B.Rambabu	R-286	

LIBRARY SUB COMMITTEE

S. Rajagopala Rao	R-007
M. Usha	U-11
Padmini Chengal Rai	C-002
Ramgopal M.	R-51
Sambasiva Raju G.	S-337
Muralikrishna S.	M-194
K.Vijaya Kumar	V-27

CATERING

Chairman - Mr. D.SRINIVAS

Mr. N.Srinivasa Raju	Mr.D.V.Raju
Mr. P.Raja Rao	Mr.G.V.N.N.Ramayya
Dr.P.Somanadha Rao	Mr.M.Rajendar
Mr.G.Rajendra Prasad	Mr.M.Durga Prasad Rao
Mr.V.Durga Prasada Rao	Mr.E.N.Dhananjaya Rao
Mr.M.Harish Chandra Nayak	Mr.A.Suresh
Mr.D.Ramesh Kumar	Mr.P.Venkata Ramana
Mr.Aziz Mehdi	Mr.M.Ramakrishna
Mr.D.S.Anand	Mr.A.Sekhar Babu
Mr.P.K.Dutta	Mr.Emandi Srinivas
Mr.S.Prasanth	

BAR

Chairman - Mr. NIRMAL KUMAR HIRAWAT

Mr. V.C.Sekhar
Mr. S.P.Ravindra
Mr. M.Harish Chandra Nayak
Mr. B.Lakshman Patro
Mr. Butchi Reddy
Mr. Emandi Srinivas
Mr. P.Saieshwar Rao
Mr.P K Dutta
Mr. P Subramanyam Raju

GENERAL SERVICES SUB COMMITTEE MEMBERS

Chairman - P.VENKATESWARA RAO

Mr.T.V.V.Prasad
Mr.V.Durga Prasad Rao
Mr..D.R.K.Raju
Mr.I.A.Raja Varma
Mr.Uday P.Shirname
Dr.M.B.Kodandaramaiah
Mr.G.Viswanadham

LADIES SUB COMMITTEE - CHAIRPERSON : Mrs. RAJINI CHITRA

SHOBA REKHA DUTT SANGEETHA BARADIA MEGHNA OZA SHAHEDA MEHDI SHILPA KANKATALA SANDHYA GODEY MADHAVI JAYA NARA SAPNA SOMANI JEEJA VALSRAJ MADHAVI GARUDA



CMT

ETHICAL LEADERS

CENTRE FOR MANAGEMENT & TECHNOLOGY
THE CORPORATE BUSINESS SCHOOL OFFERS PGDM/MBA

RECOGNISED & APPROVED BY AICTE
Ministry of HRD, NEW DELHI



else
do you
need

“the education is
rewarding and you
are given freedom to
make a difference.”

air conditioned campus • wifi enabled campus • virtual classrooms connected through satellites • spacious seminar halls • food court • focus on sports • auditorium • contemporary teaching aids • free laptop • national and international journals • e-library • hostel facility • vibrant placement teaching • driving theatres • bus facility

learn about vizag's emerging corporate business school

RECOGNISED & APPROVED
BY AICTE
MINISTRY OF HRD, NEW DELHI

Sponsored by
Ziglar
Corporation, USA

sprintstart
curriculum for the next generation

Unlimited ROI
(Return on Investment)

Course Offered
PGDM/MBA
2 Years Full Time

ADMISSIONS OPEN

15% FEE WAIVER
FOR CORPORATE SPONSORSHIP

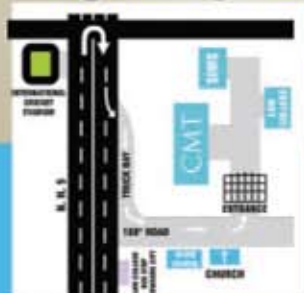
FREE LAPTOP



TRANSPORT FACILITY AVAILABLE



HOSTEL FACILITY AVAILABLE
FOR BOYS & GIRLS



For More Information Contact us @

Opp International Cricket Stadium, Near Law College Bus Stop on to 100ft Road,
P M Palm, Madhurawada, Visakhapatnam, Andhra Pradesh.

Call +91 891 2721697, 07702345336, 09885961334 e-mail: info@cmtindia.info, www.cmtindia.info



Project Update:

Banquet Halls & Chambers Extension

This article is for the benefit of many new members as well as other members who may not be aware of the project details.

PROPOSED EXTENSION OF CHAMBERS BUILDING & BANQUET HALL FOR WALTAIR CLUB | PHASE 1

by **K.S.Anand Dutt, President.**

Objectives of the Project:

1. Banquet Halls: The present Banquet Halls – Presidents Lounge and Waltair Lounge located in the First Floor of Main Building have a capacity of 25 and 40 people respectively. This capacity was found to be insufficient as there are upto 35 Banquets a month and quite often the demand was upto 80 to 100 people. Secondly, members have complained about the noise level and about large number of guests who are unaware of Club rules having misbehaved and found to be disturbing the other activities in the Main Building. Birthday parties with children running around were also a source of disturbance. The only solution was to build separate Banquet Halls outside the Main Building with higher capacity and also provide an attached kitchen for convenience as it is difficult to cater for parties from the main kitchen due to logistical reasons.

2. Chambers Expansion: The present capacity of the Chambers is 26 Rooms. The rooms enjoy near 80% occupancy and contribute Rs.50 Lakhs per annum by way of revenue to the club. There is a constant pressure on the Management to provide rooms and quite often it is becoming difficult to oblige members due to heavy bookings. In this scenario it was felt that expansion of the Chambers by another 20 to 25 Rooms would be well justified and the revenue could be nearly doubled by also increasing the tariff which is very low at present. The existing Chambers building does not have the foundation for additional floors hence a new building had to be considered.

Need for Additional Revenue: The additional

revenue has become very significant due to the fact that the revenue from subscriptions is Rs.72 Lakhs per annum and the recurring administrative costs like Salaries, Wages, Electricity, Water, Security is presently Rs.186 Lakhs per annum and likely to increase to Rs.200 Lakhs per annum after implementation of mandatory wage increases etc. There is gap of Rs.118 Lakhs per annum. The present revenue from chambers consisting of 26 rooms is around Rs.50 Lakhs per annum.

Original Sanction: In the AGM of June 2008 Rs.150 Lakhs was sanctioned for construction of 2 or 3 Banquet Halls and 12 Rooms with a total of 14,000 Sft slab area.(Rs.1071/- per Sft). It was decided by the AGM of 2009 to form a Master Plan Committee consisting of 5 Past Presidents and a Technical Committee who would approve the proposed plan as well as all future projects. Accordingly a Master Plan Committee was constituted and the proposal was put up for their approval.

Recommendations of Master Plan Committee: After scrutinizing the proposal the Master Plan Committee made many useful suggestions. The significant suggestion being – catering for a foundation that can withstand atleast 5 Floors so that any further Banquet halls or rooms could be added in the future and also provide for a Service Floor where a Kitchen, Pantry, Dining Hall/Restaurant, Back Offices and other support services could be provided. This Service floor can cater for both Banquet Halls, existing 26 rooms,

17 rooms being planned now as well as the additional 50 rooms to be built in future over the years. A parking floor was also necessitated for the sake of obtaining Municipal approval. To implement the recommendations of the Master Plan Committee it was required to increase the foundation and also the footprint due to site conditions which meant huge rock cutting and construction of retaining walls to protect the Supper Garden and present Chambers. The increase in foundation and retaining wall cost was estimated at Rs.50Lakhs.

Approval of Revised Plans by Sanction of EGM of 2009: An amount of Rs.50 Lakhs was sanctioned by the EGM in December 2009. It was decided in this EGM to build a structure consisting of 2 Banquet Halls, foundation for 60 rooms and build around 17 Rooms, leaving the column projections for future construction. It was also explained by the President Mr.P.V.Subba Rao that complete redesigning was done with the consent of the Master Plan Committee and a fresh plan with Parking floor, Service Floor for Kitchen, Pantry, Dining Hall and Back Offices was introduced. The total slab area changed from 14,000 Sft to 35,000 Sft.

The Need for Sanction of Funds for Full Completion: Although the original sanction of Rs.150 Lakhs for 14,000 Sft catered for full completion including Interiors, the total amount Rs.200 Lakhs (Rs.150 Lakhs + Rs.50 Lakhs) will be required for completion of the structure including brickwork and plastering alone as there is an increase of additional 22,000 Sft along with footings for 5 Floors and cost of retaining walls.

Funds will be now required for the balance work consisting of Electrical, Sanitary and Plumbing, Back up generator, Air Conditioning, Landscaping, Interiors like windows, doors, Toilets, walls finishing, flooring, furniture, electronics & electrical, kitchen and Dining Hall etc.

WHAT IS UNDER COSTRUCTION NOW?:

Banquet Hall 1	: 4000 Sft. (Incl. Pre- Banquet area, Lifts, Stair Cases, Pantry and Toilets)
Banquet Hall 2	: 4000 Sft. (Same As Above)
Parking Floor	: 8850 Sft
Service Floor	: 8850 Sft (Dining Hall, Kitchen, Stores and 8 addl.rooms(optional)
Rooms Floor	: 8850 Sft. (17 Rooms)
Total	: 34,550 Sft. Or 36,000 Sft approx.(incl.Balcony Projections.)

The actual construction costs incurred to date and the projected cost for completion of the structure(Rs.220 Lakhs) is as per annexure1.(available in the Club Office). It is to be noted that the Club is directly procuring the entire Material component of about Rs.150 Lakhs and only the Labour component including applicable taxes of about Rs.70 Lakhs has been outsourced to a very reputed and respectable Contractor.

The detailed cost break up of the balance work to be completed to make the facility ready in all respects is as per annexure 2. .(will be available in the Club Office). This estimate is under preparation by members of the Master Plan Committee and Technical Committee.

Future Rooms Construction Deferred Indefinitely: In the AGM of June 2010 many members expressed their dissent for the construction of additional floors in the future. In a recent meeting of the Master Plan Committee this sentiment has been taken into consideration and decided that the construction of the future rooms can be deferred indefinitely. As a result of this recent decision there will be excess area in the Service Floor as this floor as is designed to cater for the Kitchen and Dining along the service needs for future rooms also. This Floor can now be utilized for Kitchen, Dining and for other purposes including building 8 additional rooms in this Floor, now itself or at a later date. This way the Service floor will be utilised fully.

Present Status: A very high quality construction with state of the art technology using PT Slabs and testing of Concrete Cubes at every stage is being done. Latest equipment, steel centering and ready mixes are being used. Senior Engineers and qualified Technical staff are supervising and monitoring the work regularly. Some of the Managing Committee as well as the Master Plan Committee and Technical Committee members are finding the quality of work quite satisfactory. The structure will be completed including brickwork and plastering in September 2010.

The balance work consisting of Electrical, Sanitary and Plumbing, Back up generator, Air Conditioning, Landscaping, Interiors like windows, doors, Toilets, walls, flooring, furniture, electronics & electrical, kitchen & equipment etc needs to be undertaken from end September 2010.

Before completion of the structure it is advisable to decide and allocate funds for early completion of the project so that revenue can be generated as fast as possible and the much required Banquet halls can be put to immediate use.



svatantra

celebrating 63rd year of independence

14TH AUGUST
8 PM

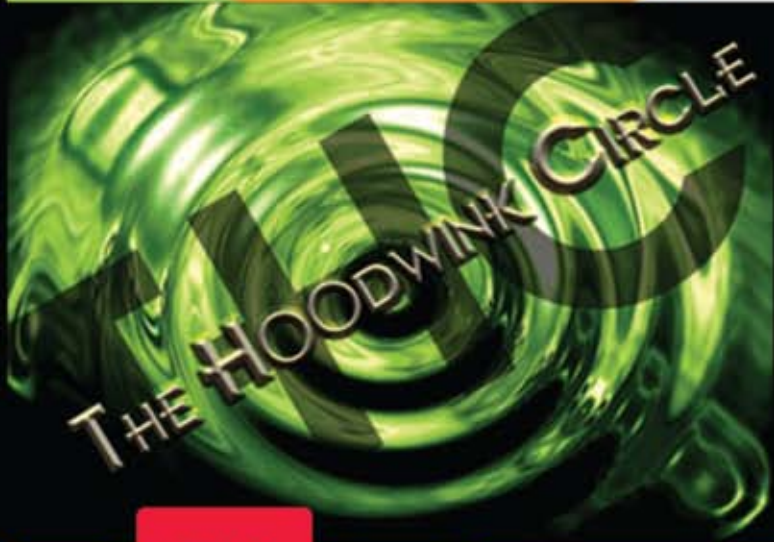
EXCITING PROGRAMS FOR KIDS & LOVERS
RIB TICKLING COMEDY



MC ZAID



DILRUBA MC



THC HARDROCK CAFE BAND



PRINCE

MEMBERS 175/- MEMBERS CHILD 75/- GUEST 300/-
PASSES AVAILABLE AT THE CLUB



AUGUST
PM ONWARDS

HUNDREDS OF PRIZES
COMEDY



DANCE TROUPE

COLORS TV

MENU

DAHI VADA
VEG.DUM BIRYANI & ONION RAITA
VEG.NOODLES & VEG.MANCHURIAN
MUTTER PANEER
RAVVA DOSA & MINAPA DOSA
POORI
CHICKEN IGURU & MUTTON ROGAN JOSH
PLAIN RICE,DUM ALOO,
VANKAYA MASALA
SAMBAR,RASAM,MANGO DAL,CURD
PAPAD/PICKLE/CHICKEN PICKLE
HOT JALEBI& GULAB JAMUN
ICE CREAM & PAN
A-LA-CARTE SNACKS

RS. 10

PEANUT MASALA/CUT MIRCHI
VEG.MANCHURUAN/MYSORE BAJJI
MINAPA PUNUKULU

RS. 25

CHILLI PRAWN/CHICKEN ROAST
CHILLI CHICKEN/PEPPER CHICKEN
CHICKEN 65

with support from :



00/- GUEST CHILD 125/-

CLUB RECEPTION

committee Members : targets2010-11

Dr. Ch. Rughunandan Prasad

A proposal to screen Hindi, English and Telugu movies has been accepted. Need to acquire a short focus projector as heavy hire charges can be avoided. The projector can be used in AGMs, to screen movies and cartoons for kids. New releases will be screened for the members on the confirmation from distributors & producers of the movies. A suggestion also has been made to refurbish the home theatre room. The committee intends to organize a family day once a week/month in The Pub. Demarcation of exclusive areas for couples and families and restrictive entry to couples on Saturday afternoons was also suggested.

The Club Tambola would continue as scheduled. A suggestion to the president was forwarded to conduct Beer & Biryani Tambola on one Sunday (monthly). Ideas to organize cultural events at the club were listed. The Independence Day Eve event and budget was received in good fervour. An ethnic fashion show, dance troupe, a DJ arrangement and various other performances have been acknowledged. The budgets for Dusshera and Diwali events have also been discussed. New Year party budget proposal is under Consideration. The Club looks forward to fixing up of permanent suppliers of lights, sounds, tables, chairs, wall claddings, generators, serial and rope lights etc as permanent suppliers to bring down the cost of event organization by at least 10%. We hope to receive a good response from organizers and members likewise for all special occasions and celebrations at the club.

D. Krishna Prasad

The Sports Committee proposed numerous means to revolutionize the sports facilities at the club. The pool for instance is seeing the use of chemicals for cleaning and filtration of pool water. Proposals regarding installation of a new and latest filtration plant for the swimming pool thus required our pressing attention. Suggestions of better and bigger changing rooms separately for men, women and children was also appreciated. A Jacuzzi and beautification of the area surrounding the pool were also initiated along with an all-weather, closed pool. Detailed reports on these will decide the future course of action for the same.

The Gym requires some equipment like a tread-mill, dumb bells and towels. Refurbishment of the gym needs some attention too with minor changes. Cleanliness and avoidance of water blockage in washrooms and steam bathrooms can heighten the hygiene levels of the club and we look forward to members' support for this maintenance. The unoccupied space on gym's first floor could see a yoga and spa room as per member's wishes. Detailed report for this is awaited and members will be intimated about the actions in due course. Split A/C's and carpet flooring here are also suggested. A walking track has been long proposed and might see some groundwork soon with support from technical team.

Refurbishments are sought in Squash court to avoid rainwater coming into the court and for better ventilation with installation of more fans in the gallery. A Marker/Coach requirement to monitor on bills and guests, are invited for both shuttle and squash courts. White wash inside the court and polish of wooden floor is also recommended.

Putty painting at the entrance, steps & gallery area, fixing of tiles at the entrance, steps & gallery area and polish of the wooden floor in view of termite damage along with other suggestions also surfaced. Proposal to have glass court front and a Rules & Regulation display board with timings for courts also floated.

To increase utilization of sports facilities amongst women and children several awareness campaigns have been planned through Waltair Times articles, SMS and web notification. Also in the pipeline are allocation of space for new sports like basketball and volleyball. Coaching for various sports and organisation of tournaments of Chess, carom, Billiards, Snooker, Football, Cricket, Tennis and other games are also deemed important. A provision for better cushioned chairs in the card room has been sought for benefitting the members who use this room often.

Permanent suppliers for various events organization is considered for cutting down organizational costs by at least 10%.

Chambers

P.VENKATESWARA RAO

The Chambers are the most profitable division of the club with a profit of nearly Rs 4 lakhs per month. The members of the club feel that the reservation system needs to be computerized for convenience. It was also brought to our notice that the tariff charged is much lower than that charged by other clubs. The members are requesting for the increase in the advance reservation period from 30 days to 60 or 90 days, which has to be looked into. We propose to introduce the Pantry facility in the chambers. The dining hall and kitchen needs to be upgraded as they are not being used. The upholstery provided, especially the towels need to be changed as the members are unhappy. New linen like bed sheets, towels and foot mats are being ordered.

There have been cases where things like crockery etc, have been missing and a constant surveillance is required.

Repair and maintenance works have been taken up. An increase in the number of rooms has been recommended by the members.

The Library

The present Library in the club is known for its elegance. The library consists of the best books and periodicals that are very informative, from all the best publications.

The library also has an internet area which is very comfortably set up to make it easy for the members to use. We are trying to gather more revenue to make this area even smarter.

The only major requirements for the library is convenient chairs for the computers and increasing the internet speed for faster uploads and downloads.

D.SRINIVAS

The first objective is to prevent further losses in catering. This will be achieved by reviewing the procurement prices of all inputs, inventory control and by increasing sales prices marginally.

Wastages will be controlled and monitored. Maximum attention will be paid to hygienic food processing and washing.

Measures will taken to control rats, dogs, pests etc

The variety of dishes will be increased and the emphasis will be on quality and taste.

Members constant feedback with constructive criticism will be very helpful.

Nirmal Kumar Hirawat

The year started with beer competition and celebration of friendship day with a live band in "the pub".

Many more similar events are planned including hindi and telugu retro nights, evenings designed for couples etc.

A live band in the lawn bar atleast twice a month is proposed.

Offers on liquor will be available very frequently.

Members need to frequently check their sms inbox for constant updates.

Catering

Bar

general Services

This report highlights various repair and refurbishment projects that need to be undertaken in the club. To prevent entry of stray dogs the club boundary wall height is to be raised and barbed. A hand wash enclosure in the dining area for guests, refurbishment of bar counter in "The Pub", kitchen's cleanliness, protection from pests and maintenance require immediate attention.

Revamping of food court is suggested by provision of six ceiling fans instead of the current 3 and single coat wall painting. Also suggested is the refurbishment of Shuttle Court II by improving wall paintings, lighting and polishing the wooden floor.

Leakage observed in ice cream shop and Shuttle Court II. The food court wash basin needs fixing and so does the Gym toilets and shower rooms. Irregular supply of toiletries reported in the Gym and the chambers.

The elderly lady members requested a card room on the ground floor as they are finding it difficult to climb up the stairs. A request for redecoration of Ladies Cards room with more comfortable chairs, tablecloth and brighter lighting was made. Proposals have been made to redecorate all rooms in chambers before tariff increase. Inclusion of Bathroom and room paintings, wooden decorative pieces suggested. Suggestion for provision of new towels, napkins and a is new solar geyser for chambers. Two more room boys and a cleaning lady has been appointed and kitchen store room is being shifted to a more confined space. The club holds all staff members equally responsible for the maintenance of hygiene in the club premises.

We also received proposals for provision of One Microwave oven for heating food in the kitchen, new uniforms including shoes for the entire staff and face-lifting of the entrance at the club. and to Guard the Kitchen on all sides by fencing the area to prevent rats and dogs to enter.

The entire Club road area to be given black top.



Blossoms
BOUTIQUE

... Feel the difference

DESIGNER COLLECTIONS

- SAREES
- SALWAR SUITS
- TOPS
- KURTIS
- BEDSPREADS

Near Sampath Vinayaka Temple, CBM Compound, VISAKHAPATNAM-530 003. Phone: 0891-2767890

Your best companion
on the move
for Just Rs.3990/-



walkman unwired
Digital wireless MP3 PLAYER

BASS Sound

Best Buy



4GB Rs. 3,990/-*
2GB Rs. 2,890/-*

- Zappio Scan songs security
- Quick Charge in 3 Minutes
- Drag & Drop function
- Voice, FM recording function
- Super BASS Enhancement

B
series

SONY
make.believe

PlayStation.



Hayagriva Shoppe, Beside Reliance Petrol Bunk, Seethammampeta, Visakhapatnam. Ph : 2543313, 9704444244

PHILIPS LIGHT LOUNGE

Now in Vizag



International range of Philips home decorative lighting collection available in an array of more than 500 exquisite designs.

LivingColors - Color your world with light



Crystal clear Mini Mini

ECOMOODS - Saving in style



FCG701 FPG703-701 FWG309

AquaFit - Turn your bathroom into a spa



QC2008 QW2014 QW2001

KidzKaze - Fun spaces with light and color



QCG314 QPC316 EWG301

roomstylers - Decorative - Give style a home



QPG302 QPG306 QQG301

roomstylers - Wall and Ceiling - Your space, your style



QCG309 QCG318 TCG300

roomstylers - Spots - Creates lasting impression



FWG304 FWG303 FWG306

outdoorstylers - At home with nature



EW3300 EWG300 EWP302

Can you color your world with light?

PHILIPS

Hayagriva Shoppe, Beside Reliance Petrol Bunk, Seethammampeta, Visakhapatnam. Ph : 2543313, 9704444244

YOGA

- BY MASTER KAMAL

Yoga dates back thousands of years to the time of the Vedic culture – around 2800 BC.

Having developed as one of India's philosophical traditions, yoga has continued to evolve through generations of teachers and practitioners. As a result, many systems of yoga have developed over the centuries. One particular variation, Hatha yoga uses a combination of physical postures, cleansing methods and breathing exercises to focus the mind in preparation for mediation and the path of yoga called Raja (royal) yoga. For most people the word yoga conjures up the image of someone sitting in the lotus position looking tranquil. However, yoga can be translated as "union" or more elaborately as "tying the strands of the mind together". In fact, Patanjali, author of the Yoga Sutras gives the Definition of yoga as 'yogascittavrttinirodhah', which translates, as "yoga is the control of the modifications of mind". Most of his teaching emphasis on training mind and many systems of yoga starts by training body and breathe, which is the stepping stones to develop self awareness and mental clarity that makes you reach the highest state of realizing the universal self. With the practice of yoga you also improve a better looking and a healthier Body. However, the wonderful and most important thing about yoga is that its benefits include a Calmer, more focused, clear and creative mind.

When you begin to practice yoga, you may be interested only in the physical benefits. However, before long, you may find that yoga postures lift your mood and improve your state of mind. And after several months of regular practice, you may find feel that you gained a clearer perspective of life.

TEN GOOD REASONS TO PRACTISE YOGA

- 1) Yoga is for everyone: young or old, male or female, healthy or sick. Yoga is also for the sports personal, for business personal and householder's.
- 2) Yoga is safe. Yoga practiced properly with an awareness of your physical limitations, is a completely harmless form of exercise.
- 3) Yoga needs no special equipment. It just needs your intention and attention.
- 4) Yoga for long life! Yoga tones the respiratory system and helps you breathe more fully, deeply and easily increasing your oxygen intake, which, in turn will improve physical and mental well-being.
- 5) Yoga improves the efficiency of your body systems, aiding digestion, the assimilation of nutrients and the elimination of toxins.
- 7) Yoga improves the quality of your sleep.
- 6) Yoga gives you the vibrant health and energy you deserve.
- 8) With yoga practice you experience a genuine sense of tranquility, which eventually helps you achieve a deep state of inner peace and completeness.
- 9) Yoga awakens physical, mental and spiritual energies.
- 10) Yoga is a gate way for joyful living.

Article Courtesy: Master Kamal's Office
www.masterkamal.com

The Sports committee of Waltair Club is working on a tieup with Master Kamal for commencing yoga classes in the room newlyconstructed above the gym. Members will be intimated about the details shortly.

Hayagriva, M.D. (LCDologist) Specialist in LCD & LED



GOLD & SILVER COINS
FREE
on Every LCD



Showroom of its own class
by your own family club member



**Sandwich
Toster Free**
on Refrigerator



GOLD COIN
FREE
on every CTV



Wet Grinder

Mixer
Grinder



upto
50%
Discount on
Exchange



**Iron Box
Free**
on every
Washing Machine



ONIDA SAMSUNG VIDEOCON SANSUI LG SONY Prestige PHILIPS Preethi Symphony Butterfly



HAYAGRIVA

Honest Wholesale Prices...

Shoppe

Beside Reliance Petrol Bunk, Seethammampeta, Visakhapatnam Ph : 2543313, 97044 44244



STUDIO

orion

the essence of good living

an energy | a continuum | a collaboration | a transformation

imposing.

The finest collection of fabric,
upholstery and accessories.

curtains | upholstery | wallpaper |
cushions | rugs & carpets | bed linen |
bath linen | mattresses | designer rods |
window accessories & more

for more surprises, visit us at studio orion

d-no. 10-50-24/a sravya manor, 1st floor, siripuram junction,
opp. HSBC tower, vishakapatnam 530003
t: +91 891 3241444, e: studiorion.vizag@gmail.com

flagship store: jubilee hills
company stores: kukatpally, secunderabad, vizag