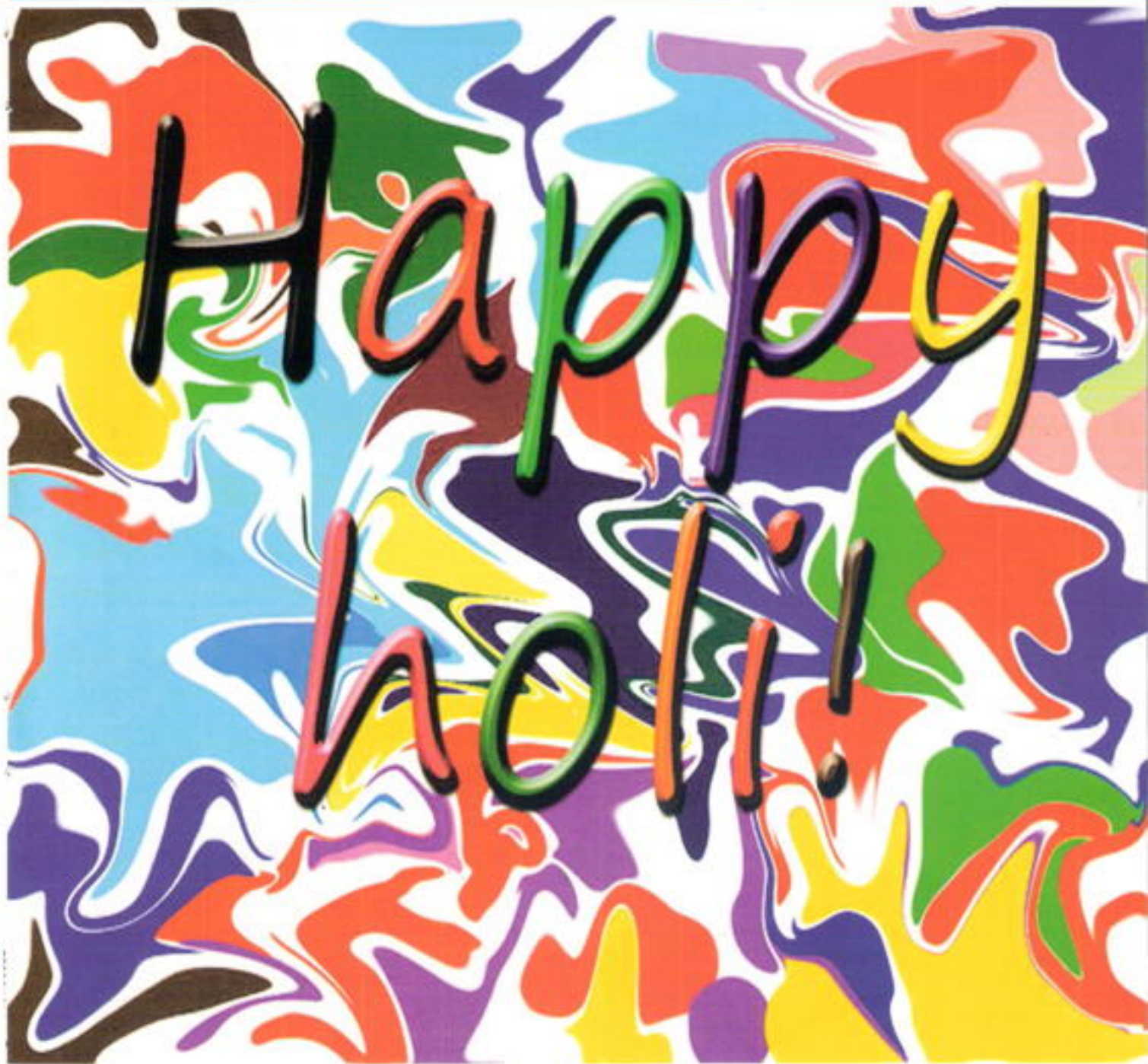




For Private Circulation
Vol. 11 Issue 8
March 2011

waltair times

HOUSE JOURNAL OF WALT AIR CLUB



visit our club at www.waltairclub.com

e-mail: info@waltairclub.com



MANAGING COMMITTEE

K.S. Anand Dutt

Hony. President

V. Hemanth Kumar Reddy

Vice President

M.V.S.N. Kumar

Hony. Secretary

V. Seetharamaiah

Treasurer

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

EDITORIAL COMMITTEE

Editor: DR. T.V.S. RAO

Members:

Mr. P. Venkateswara Rao

Dr. Mrs. Meenakshi Anantram

Mrs. Rajini Chitra

Mrs. R. Shobha Prasad

Ex-Officio Members:

Mr. K.S. Anand Dutt

Mr. V Hemanth Kumar Reddy

Mr. M.V.S.N. Kumar

Address
WALTAIR CLUB
WALTAIR UPLANDS,
VISAHA PATNAM-530 003

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

Designed by :
gkprinthouse@rediffmail.com
9648983000

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

CLUB TARIFF

We are giving below the charges payable by members for using the our club facilities.
Tariff subject to change. Ascertain the rates in force from the office.
Please note that taxes will be charged as applicable



GYM

Health Club (Monthly) 300

CARD ROOM

Ladies Sitting (Monthly) 100
Ladies Sitting (Per Day) 10

SPORTS

Integrated Card (Monthly) 400

SWIMMING POOL

Monthly card 200
Per Day : Member 25
Children 15
Guest Charges 50

SHUTTLE

Shuttle Court -I (Monthly) 150
Shuttle Court -II (Monthly) 150
Guests Per day 50

TENNIS

Tennis (Monthly) 200
Flood Light (Per Unit) 4

SQUASH

Monthly card 100

BILLIARDS

Member (Half an hour) 10
Guest (Half an hour) 10

GENTS CARDS SALE

Single set (36+14) 50

CHAMBERS

Member 886*
Guest 1410*
(Room Service 10% extra)
Check In / Check Out time 9 a.m.
*w.e.f. 1.12.2010

ID CARD

New smart card 160
Duplicate smart card 250
Affiliated club card 10

ADDRESS LIST

Addresses only 250
Addresses with phone Nos. 400
Soft copy (Both) 2,500

BANQUETS

President's Lounge 500
Waltair Lounge 800
Party Lawns 1,000
Jubilee Deck 1,500
Jubilee Deck (Parties) 3,500
Auditorium (5 Hours) 20,000
AC Dining Hall (5 Hours) 10,000
Club Grounds 10,000
Auditorium with Dining Hall 70,000
(For Weddings & Receptions)

GUEST CHARGES

Normal Days
(other than Fri, Sat & Sun) 50
Friday, Saturday & Sunday 100

Classified Advertisements in Waltair Times carry a tariff
of ₹ 500 per unit of 2" X 2.5" column

Advertise with Waltair Times

Location	Single Issue	3 Issues	6 Issues	12 Issues
Back Page Full	₹ 25000	₹ 60000	₹ 90000	₹ 144000
Back Page Half	₹ 15000	₹ 30000	₹ 48000	₹ 72000
Inside Back Full	₹ 15000	₹ 36000	₹ 60000	₹ 96000



Dear Members,

Greetings!

Just Four months left for our Committee to finish our term and plenty to be done.

Every effort is underway to Inaugurate the Banquet Halls and commission the additional 25 rooms in the next 60 to 90 days. I am confident that everything that is promised will be delivered. The project is under my direct supervision and the emphasis is on good quality and sound engineering practices. I only hope that we will not fall short of funds for completion.

It is heartening to see that our new Restaurant 2010 and the Aerobics , Yoga & Indoor games facility both inaugurated this year, are being well utilized and appreciated. The Electrical Master plan to cater upto 580KW is also in progress and should be ready in about 45 days. All the Air Conditioners in the Main Building have been repaired / replaced. The Air Conditioners in the Centenary Auditorium are also in perfect working condition after a lot of persuasion with the AMC contractors.

We are waiting for peak Summer to commence the Road repairs and prepare a Lift shaft to install a Lift in the Main Building. The present Chambers are in need of serious repairs and upgradation. Work on this front has also commenced.

We are attempting to take up the Jogging Track work and renovate the Swimming Pool changing rooms. Commencing the Jogging Track will clean up the parking area near the Centenary Auditorium.

Anand Dutt



Dr. T.V.S. Rao
Editor

Dear friends,

This month we are carrying two articles on health and the second story sent in by Mr. Dakshina Murthy. It is gladdening to note that our puzzle last month evoked some interest in the readers. Many have appreciated it while one of them sent in a mathematical solution to it, which we are publishing in this issue.

As the New Year KHARA is round the corner, on behalf of the Managing Committee, the Editorial committee and myself I wish all readers a very happy Ugadi and a prosperous New Year.

T.V.S. RAO

పాఠకులకు విజ్ఞప్తి

మీ అందరికీ అన్ని విధాలా (కాకపోయినా, కొంచెనైనా) ఉపయోగపడాలనే తాపత్రయంతో మొదలుపెట్టిన తీర్చిక ముత్యాల సరాలు. దానికి సహాయం చేస్తున్నవారు మన కార్యవర్గం, సంపాదకులు. విషయం ఏదైనా అది అందరికీ సచ్చి తీరాలనే నియమం ఏమీలేదు. సచ్చకపోయినా తప్పులేదు. మీకు సచ్చినా, సచ్చకపోయినా, నిర్మోహమాటంగా, మీ అభిప్రాయాల్ని తెలియజెయ్యండి అప్పుడు మీకు సచ్చే విధంగా రాసే ప్రయత్నం చేస్తాను. ఇది తేవలం తెలుగు భాష పునరుత్థేవన చోటులో ఒక చిన్న సమిధ మాత్రమే.

మీ
దూరస్థుల దక్షిణామూర్తి

PROGRAMME FOR MARCH, 2011

04.03.2011	Friday	Movie	07.00 PM
11.03.2011	Friday	Movie	07.00 PM
18.03.2011	Friday	Movie	07.00 PM
25.03.2011	Friday	Movie	07.00 PM
26.03.2011	Saturday	Tambola	07.30 PM



SUPER BUMPER TAMBOLA HELD ON 19-2-2011



1st Prize winner
Mr. M. Veera Babu (V-70)



Mr. R.K. Chopra (C-5) &
Mr. V. Sandeep (S-567)
2nd Prize Winners



Mr. T. Subba Rao (S-769) &
Mr. A. Pramod (P-250)
2nd Prize Winners

Movies Screened in February, 2011



04.02.2011



11.02.2011



18.02.2011



25.02.2011

DONATION OF BOOKS TO OUR LIBRARY

We are thankful for the following donations of books to our Library

Mrs. Savita Mahanti	S-400	46 books
Mr. Sandeep Bharadia	S-427	10 books
Mr. G.S. Giridharan	S-571	2 books
Mr. M.S. Swamy	S-245	25 books
Mr. V. Jai Prakash	J-82	35 books
Mr. A. Satish Kumar	S-586	30 books

IN OUR THOUGHTS AND PRAYERS

We express our heartfelt condolences on the sad demise of our Life Member Sri. K.V. Reddy (M.No. V-40) on 11th February, 2011.

CLUB'S ACHIEVERS



Prof. (Surg Cdr). Dr. K V Subba Rao, (M. No. S-841), one of the prominent orthopaedic surgeons of our country has been elected for the second time consecutively as a member of the Executive Committee of Indian Orthopaedic Association. This is the first time that a member of the Executive Committee has

been elected for a second time consecutively. He is the Director & Special Officer, Visakha Institute of Medical Sciences, Visakhapatnam before which he was the Medical Superintendent of Nizam's Institute of Medical Sciences, Hyderabad. He is also a Senate Member and consultant Chief Orthopaedic Surgeon of Sri Venkateswara Institute Of Medical Sciences (SVIMS), Tirupati. Earlier, he had successfully completed a two year tenure as the Director of BIRRD Hospital, TTD, Tirupati, which is the only one of its kind in the country catering to the needs of the treatment of poliomyelitis and cerebral palsy patients. He is the only Professor Emeritus in Orthopaedics in Andhra Pradesh NTR University of Health Sciences, Vijayawada.

He won many awards for his meritorious service from the District Collector three times and other awards on Independence Day and Republic Day. He was honoured with Samaikya Bharat Gaurav Satkar (Ugadi Puraskars from Madras Telugu Academy) in 2006, 2001 and 2000 in addition to State Awards like Best Doctor & Clean & Green Award.



Mr. V.S. RAO (M.No. S-462) FIE has been awarded Silver Medal by Institution of Valuers at its 41st National Seminar held at Visakhapatnam during last week of December, 2010. He received this award for the best article published in the 'Indian Valuer' Journal. He was the Master of Ceremony for the seminar and all the technical

sessions were conducted under his guidance professionally and was appreciated by all the delegates across the country. He is also a member in the editorial board of the Indian Valuer Journal published from Delhi. He is currently Vice-Chairman of Visakhapatnam Branch of Institution of Valuers, it may be recalled that Mr. Rao had earlier received "Engineer of the Year award -2010" from the Institution of Engineers, A.P. State Centre, Hyderabad".



Tea on the Deck

FEBRUARY 10, 2011



SHAHEDA MEHDI

The first event of the calendar year, by the ladies committee, was 'Tea On The Deck'. This event was held on the 'Gym Deck' on the 10th of February. This very dilapidated place was transformed into an abode of fairies by the angels of the Ladies Committee who were all dressed in white. Amongst lanterns, lilies, orchids and the setting sun, we on behalf of the Ladies committee welcomed all the pretty ladies onto an evening filled with demos, displays and as our theme went "Rituals of tea".



Let me delve into detail for those who missed this very relaxing rendezvous with us. Our dress code for the evening was white, "so be it!" There came ladies with their dainty smiles and pleasing whites to be a part of this show put up by us. The eve started with Vegetable carving demos by the team from Grand Bay Hotel ably led by their executive chef, Birendra Sharma. This was followed by a demo for "laying a dinner table" which involved detailing for a five course meal, snacks, soup, main course, dessert and drinks.

As the ladies sat, relaxed and soaked up all the information thrown at them, they were served tea, coffee, muffins, brownies and savouries. With all the energy in, combined with their enthusiasm, they participated in games designed corsets, walked the ramp in their whites and were in turn rewarded for their efforts with prizes. "The Tea Ritual" was shared by our member Paripurna Srinivas who was gracious enough to part with the secrets imparted to her by her mother.



"The green Fingers" competition saw a beautiful display of bonsai's which was a treat to watch. We also had a demo on Zumba Fitness, by a trainee, Nitika Dhiman. Since this is a new form of fitness, it was of great interest to the younger section of guests. Nitika has promised Zumba shortly at the club!

To the ladies who were present, we thank you for being there, your presence only inspires us to do 'bigger and better'. To those who missed out, this committee has one more big event coming up, don't miss out!



VALENTINES DAY AT THE CLUB 13TH FEBRUARY 2011

Love was indeed in the air on Sunday the 13th February when many valentines turned up in the Centenary Auditorium of our Club.

The event was sponsored by ATR Cars, King Fisher & Phoenix IT Solutions Ltd.





Indoor Plants

For your Health

Before I start with the tips and tricks of how to grow plants, I want to stress how important it is to have plants indoors. Everyone remembers from science class that plants remove carbon dioxide from the air and releases oxygen through photosynthesis. Plants are not that limited though they also remove toxins and pollutants from the air! Will the wonders ever cease! Just one potted plant per 100 square feet, can help clean the air of pollutants. So, for your health, consider having plants indoors.

Apartment is not only place for dwelling but also a place where you spend major part of your life. You may be looking for making your apartment beautiful and there is no argue that nature is beautiful. You can bring nature into your apartment. Indoor gardening makes them possible for you. There are many tips and tricks that you should follow when bringing plants into your home. Below you will find a list of some suggestions about caring for your indoor garden.

A. Lighting for the plant

Now this is the first thing that you should consider when starting your inside garden, how much light does the plant need? This is important because most houses wouldn't have enough light to handle a plant that needs a lot of light. So, the lighting in your house becomes essential even before you start your inside garden or bringing any plant into your house, because the amount of light in your house will determine what types of plants would grow there. You should select plants that require medium to low light, unless you plan on supplying the plant with artificial lighting. Some plants that are medium to low light would be a Boston fern, Philodendrons, etc. Here are a few other tips regarding lighting in the house:

1. During the summer months put the plants outside, this will usually boost up the plant and give it a new spurt of energy
2. Because a plant will turn to the light, you should rotate the plant, this will promote an upright growth.
3. There are a few ways you can tell if your plant is getting enough light or not. If it isn't getting enough light, it usually will have small leaves, thin stems, and the color of the plant will be lighter than usual.
4. Artificial lighting, with a fluorescent lamp, etc, can be used to supplement a house with limited natural lighting.
5. Condition your plants when you buy them. You have to do this because the place where you buy the plant will usually have more lighting than your home and the plant can go into a shock of sorts and lose it's foliage. Now to condition your plant, make sure you give it the maximum amount of light your house has, and then gradually reduce the amount of light to be equal to the spot where you want the plant to end up.

B. Watering Plants

Not every plant has the same needs when it comes to watering, but there are some basic rules you should follow:

1. Wet the soil thoroughly, and the water should be able to drain out of the bottom of the pot. How much you water, and how often purely depends on the type of plant that you are dealing with, so read the seeds packet or ask the person selling you the plant, how much water does this plant require.
2. Now, don't over water, that's probably what kills most plants. If you have too wet of a soil constantly it will lead to problems with the roots. You'll notice that the leaves will become yellow, that's because there is not enough oxygen in the soil because it is too wet.



IMPORTANT ANNOUNCEMENT BY SPORTS COMMITTEE

Our club is issuing integrated Fitness/Sports cards of different denominations covering the facilities mentioned below.

₹ 100	Yoga and Squash
₹ 150	Yoga and Shuttle
₹ 200	Yoga and Swimming
₹ 200	Yoga and Tennis
₹ 300	Yoga and Gym
₹ 400	Yoga, Swimming, Shuttle, Squash and TT
₹ 700	Yoga, Swimming, Shuttle, Squash, TT and Aerobics
₹ 800	Yoga, Swimming, Shuttle, Squash, TT Aerobics and Gym

Our Member Dr. K.Tirupati Raju, (M.No.T-20)

Will be conducting free Physiotherapy classes for the benefit of our Members from 15-3- 2011.

Interested members may register their names at the Gym



COMMON EYE PROBLEMS IN CHILDREN

ADVICE AND MANAGEMENT

Dr. I. Venkat Rao
Consultant Ophthalmic surgeon
(M.No. V-79)

Refractive errors: These are very common and present with a variety of symptoms.

Myopia (Short Sight): children complain of difficulty in seeing far off objects, letters on black board and TV pictures appear hazy.

Hyperopia (far sight): Blurred vision and eye strain, headache are the usual symptoms

Astigmatism: Children with this condition also complain of blurred vision. Other symptoms are headache, fatigue, redness and watering of the eyes, collectively called eye strain.

Squint: Some children' eyes look odd as they cannot look straight. It is important to recognize this and subject such children for a detailed eye examination and seek advice at the earliest.

A weak eye with poor vision is the reason for crossed eye or squint. The examining surgeon may recommend glasses; eye exercises and sometimes surgery might be required to straighten the eyes. Squint is a cosmetic blemish and early examination is a must. The aim of long term management is to restore useful vision in the squinting eye and cosmetic improvement in appearance. Compliance by the parent and child is essential for good results.

It is imperative that all the school going children must undergo an eye examination by a qualified eye surgeon as early as possible to recognize these defects. Good vision is an integral part of development of a child in all aspects which has an important psychological overlay.

Computers: In the modern age life is driven by high-tech gadgets like video games, cell phones and other home appliances. Very often children indulge in excessive use of computers consequently lose valuable time and suffer fatigue and eye strain. While computers are a good source of knowledge, information and entertainment excessive usage must be avoided. Parents should encourage children to indulge in outdoor activities like games and sports, in addition to learning academic procedures. Computers should be located in a room that is not too brightly lit. The table and users' chair must be optimally adjusted.

Food habits and nutrition: Parents must take interest and guide their children to cultivate clean and healthy eating habits from the very beginning as these last long and difficult to change. Junk food is tasty but has little nutritional value. Same thing applies to fast food and fried food. Dairy products like milk, eggs, cheese and butter (Not ice creams) are a good source of vitamins and proteins. Green leafy vegetables contain vitamin A and minerals. Starchy items like potatoes, burgers taste good but can lead to obesity in genetically prone individuals.

Advice: Parents should not relegate their responsibilities to teachers, doctors and other care takers. They must spend some time and interact with them as it provides confidence and a sense of togetherness which is essential for good family life and development of personality in children.

A proper eye examination is mandatory at preschool age and before going to college.



Processed Soy Protein

And Its Health Benefits

Mrs. M. Anuradha Reddy
(M.No. S-332)

It is often taken as a given fact that soy is beneficial to our health, and that it is certainly a healthier alternative to dairy products and meat. However, it is rare that anyone actually either asks or informs us of what soy is or why we should consume it.

Beans has been part of human diet since the bronze age and soybean is the queen of the beans. Soybeans are the world's primary source of vegetable protein and contain all of the essential amino acids, which gives it the title of a 'complete protein' for human nutrition. The origin of soy can be traced back to Japan from as early as 2800 B.C. Since then, it has been a prominent feature of the Asian diet. Soybean is a highly nutritious legume with a nutritive value of about 43g of protein, 19g of fat, 21g of carbohydrate, 250mg of calcium, 11mg of iron, 426 micrograms of carotene, 3mg of niacin, 100 micrograms of folic acid and it contains high content of poly unsaturated fatty acids, which is good for health. Soy has high fibre content and contains 'isoflavones' which are known to imitate the effects of natural estrogens.

The soy protein can be used as a meat substitute because its protein is unusually well balanced for a plant protein. The net protein utilization is 65, considerably higher than meat protein. Soy protein contains substantial amount of lysine, an essential amino acid and sulphur containing amino acids especially methionine, often deficient in legumes and grains. Consumption of processed soy protein reduces LDL cholesterol (bad cholesterol) and triglycerides. Soy contains complex substances called isoflavones, such as genistein which may prevent the formation of fatty deposits in arteries (plaque) by blocking the formation of oxidized LDL, believed to be the promoter of plaque formation. Isoflavones block the formation of blood clots in plaque in partially blocked arteries and help increase the flexibility of hardened (atherosclerotic) arteries. Genistein inhibits the regrowth of plaque after balloon angioplasty. Soy contains fibre that bind bile salts, derived from cholesterol, and help excrete them. A growing number of studies indicate that genistein and cholesterol analogs called saponins block cancer development.

There are several more specific reasons as to why soy protein would be a smart addition to any diet or life-style. Soy protein has been given more and more attention in terms of research over the past decade and the following have been the most prominent discoveries:

- Soy protein can help prevent heart disease.
- Soy protein helps lower LDL cholesterol (bad cholesterol) and triglycerides.
- Soy protein has been shown to benefit those with, and prevent, Type 2 Diabetes;
- Soy protein can help prevent Cancer of the Breast, Colon, Uterus and Prostate;
- Soy protein can help to prevent osteoporosis;
- The high protein content of Soy can improve athletic performance;
- Consumption of soy protein gives a feeling of fullness or satiety and thus delays hunger especially beneficial for diabetic patients.

Soy beans have the potential to offer us plenty of health benefits, from their high protein and fiber contents. Intake of natural powder form of soybean causes diarrhoea in general. This can be avoided by consuming processed soy protein which does not cause any side effects, which is available in reliable stores at Visakhapatnam and Hyderabad.



ముత్యాల సరాలు - 2

క్రిందటి నెల 21వ తేదీన, మాతృభాషా దినోత్సవం జరుపబడింది. ఇదొక కొత్త పోకడ, ఇంతకు పూర్వం ఎప్పుడూ లేని వింత. మనం పుట్టిన దేశం, కన్యతల్లి, మాతృభాష, అన్నిటికన్నా గొప్పవి. జననీ, జన్మభూమి న్యర్థం కన్నా గొప్పవని కదా నానుడి. మన మాతృభాషని మనం మరచిపోతున్నామని మనకి మనమే గుర్తు చేసుకునే సందర్భమే యీ మాతృభాషా దినోత్సవం. అందుకనే మీరందరూ తెలుగునాట జన్మించామని గర్వించండి. తెలుగు మాట, తెలుగు పాట మన నోట వినిపించడం ఎంతైనా గొప్ప విషయం. దయచేసి మీ ఇళ్లలో తెలుగే మాట్లాడండి. మీ పిల్లలందరికీ తెలుగు నేర్పండి. వారిలో తెలుగు భాషకి ప్రాముఖ్యత ఇవ్వండి. మనకే స్వంతమైన తెలుగు పద్యం ఉన్నట్నాళ్లు తెలుగు భాష ఉంటుందని గ్రహించండి. ఈ తీర్మానంలో వచ్చే చిన్ని పద్యాలు, శ్లోకాలు మీరు నేర్చుకోండి. మీ పిల్లలకి నేర్పండి.

సమృక్త ద్రోహి

మగధ దేశంలో మందారవనం అనే అడవి ఉంది. అందులో ఒక కాకి, జింక చాలా స్నేహంగా ఉండేవి. ప్రతిరోజూ సాయంత్రాలం ఒక పెద్ద మర్రిచెట్టు కింద కూర్చుని కబుర్లతో ఆనందంగా కాలక్షేపం చేస్తూండేవి. ఒక రోజున జింక ఏషుగా పెరిగిన పచ్చగడ్డిని మేస్తుండగా ఒక నక్క జింకని చూసి, "ఓహో! ఈ జింక కొవ్వుతో బాగా బలినీ వుంది. దీని మాంసం ఎలాగైనా తినాలి" అనుకొంది. వెంటనే దానికి ఒక ఉపాయం ఆలోచించింది. హాయిగా ఎండలో పచ్చగడ్డి మేస్తున్న జింకని చూసి, ఆ నక్క "మిత్రమా!" అని విలిచింది. జింక నక్కని చూసి, "ఎవరు నువ్వు? నిస్సేపుడూ నేను చూడలేదే" అంది.

అప్పుడా నక్క జింకతో, "నా పేరు నుబుద్ది. నేను పక్క అడవిలో ఉండేవాడిని. అక్కడ క్రూర మృగాలు ఎక్కువైపోయాయి. అందుకే ఈ అడవికి వచ్చాను. మనం స్నేహితులుగా ఉండాలా" అని చాలా నమ్మకంగా అంది. నక్క మాటలను నమ్మింది జింక. అప్పటికే మిత్రుడైన కాకితో అంతా చెప్పింది.

అప్పుడు ఆ కాకి జింకతో "మిత్రమా! మనకి పరిచయం లేని వాళ్లతో అసలు స్నేహం కూడదు. వారి మాటలని నమ్మకూడదు. అందువలన మొదటికే మోసం వచ్చే ప్రమాదం ఉంది" అని హెచ్చరించింది.

అప్పుడా జింక కాకితో, "మిత్రమా! మనం కలియక పూర్వం ఒకరికొకరు తెలియం కదా కాని మనని చూసి ఇతరులు అసూయ పడతే స్నేహంగా ఉన్నాం. ఎవరితోనైనా స్నేహం చేస్తేనే కదా వారు మంచివాళ్లే. కాదో తెలిసేది. అందుకని అనవసరమైన అనుమానాలతో స్నేహం కోరి వచ్చినవారిని అనుమానించడం కేవలం మూర్ఖత్వమే కాని మరొకటి కాదు" అంది. జింక మాటలు నచ్చకపోయినా, కాకి మాట్లాడకుండా ఉండిపోయింది.

కొద్ది రోజులు గడచిపోయాయి. నక్క రాకతో జింక

ఎక్కువ సమయం కాకితో కాక నక్కతోనే గడపడం మొదలుపెట్టింది. ఎందుకైనా మంచినది కాకి మాత్రం జింకని ఓ కంట కనిపెట్టడం మానలేదు. సుష్టుగా పచ్చగడ్డి మేసి, చెట్టు నీడన విశ్రాంతి తీసుకొంచున్న జింక పక్కకు చేరిన నక్క, "మిత్రమా! రోజూ ఈ పచ్చగడ్డి ఎంతకాలం తింటావు? నీకు విసుగ్గా లేదా? ఈ అడివి బయట ఏషుగా పెరిగిన జొన్న చేసుఉంది. హాయిగా కదుపునిండా తిను. కావాలంటే నీకు తోడుగా నేను వస్తాను. రా!" అంది. జొన్న చేసు పేరు చెప్పగానే జింకకి నోట్లో నీకలాయాయి. నక్కని గుడ్డిగా నమ్మిన జింక జొన్న చేసు లోకి దిగి, లేత ఆకులని, పచ్చటి కంకుర్ని ఆనందంగా తినడం మొదలుపెట్టింది.

ఆ చేసు గల రైతు ఆ పొలంలో ఒక చోట వల వన్నె ఉంచాడు. ఆ సంగతి తెలియని జింక మేత ధ్యాసలో పడి ఆ వలలో చిక్కుకుపోయింది. అప్పుడా జింక భయంతో వణికిపోతూ, "మిత్రమా! నేను వలలో చిక్కుకున్నాను. త్వరగా వచ్చి వల కొరికి నన్ను రక్షించు" అంటూ నక్కకు విన్నించేలా గట్టిగా అరిచింది.

నక్క పరుగుతో జింక దగ్గరికి వచ్చి, చూసి, "అయ్యో! మిత్రమా, ఈ రోజు కనివారం. పైగా పొద్దుటనుండి వచ్చి ఉపవాసం. ఈ వల నరాలతో చేసినది. అందువలన ఈ వలను ముట్టుకోను. నన్ను క్షమించు" అని ఆ జొన్న చేసు పక్కన ఉన్న పొదలో దాక్కుని, రైతు ఎప్పుడొచ్చి జింకను చంపుతాడా, అని ఎదురుచూస్తోంది.

మధ్యాహ్నమనగా నక్కతో వెళ్లిన జింక సాయంత్రం అవుతున్నా, రాకపోవడంతో దానికేదైనా అవద కలిగించేమో అన్న అనుమానం వచ్చింది కాకికి. వెంటనే జింకని వెతుకుతూ బయలుదేరింది. అప్పుడా కాకికి జొన్న చేలో వలలో చిక్కుకున్న జింక కనిపించింది. రివ్వు మంటూ ఎగిరి జింక ముందు వారింది. కాకిని చూడగానే జింక కళ్లు ఆనందంతో మెరిశాయి. వెంటనే జరిగిందంతా కాకితో చెప్పింది. అప్పుడా కాకి, "అందుకే కొత్తవారిని వెంటనే నమ్మకూడదు. రైతువచ్చి నిన్ను చంపేస్తే, చక్కగా వచ్చి, నీ మాంసం తినవచ్చని నిన్ను మోసం చేసింది. ఇదంతా నక్క కుట్ర" అంది. "చెను మిత్రమా, నీ మాట నిజం" అంది జింక.

ఇంతలో భుజం మీద కర్రతో యముడిలా వస్తున్న రైతు కనిపించాడు. అది చూసిన కాకి, వెంటనే ఒక ఉపాయం ఆలోచించి, జింకతో "మిత్రమా! నీవు చనిపోయినట్లు నటింతు. నేను నీ మీద వాలి నీ కంటిని పొడుస్తున్నట్లు నటిస్తాను. అప్పుడు ఆ రైతు వచ్చి, నువ్వు చనిపోయావని వలని తప్పిస్తాడు. వెంటనే నేను రెండు సార్లు కావ్, కావ్ అని అరుస్తాను. నువ్వు వెంటనే పారిపో" అని చెప్పింది. జింక ఊపిరి దీగబెట్టి చచ్చినట్లు వదుకుంది. రైతు వచ్చి జింక చచ్చిందనుకొని వల తీసేసాడు. వెంటనే కాకి అరిచింది. జింక లేచి వాయువేగంతో పరుగెత్తింది.

అది చూచిన రైతు జింక తనని మోసం చేసిందని గ్రహించి, చేతిలో కర్రని విసిరాడు. అది గురి తప్పి జింకకి బదులుగా, పొదలో దాక్కున్న నక్క తలమీద బలంగా తగిలింది. ఆ దెబ్బకి నక్క తల పగిలి చచ్చిపోయింది. తరువాత అడవిలో ఎప్పుడీలా కాకి, జింక హాయిగా ఉన్నాయి.

సంస్కృత శ్లోకం

**రక్షిమస్తం సముద్భవం దేవాసుర సమస్కృతమ్
పూజయస్య విచస్వస్తం భాస్కరం భువనేశ్వరమ్**

అత్యంత పవిత్రమైన మాఘ మాసాన్ని పురస్కరించుకొని, ఈ శ్లోకం ఇవ్వడం జరిగింది. రామణునితో యుద్ధానికి ముందర శ్రీ రామచంద్రునికి ఉపదేశించబడిన అదిత్య హృదయంలో మొదటి శ్లోకం ఇది. వేదకాలంలో విగ్రహారాధన లేదు. భారతీయతలో ఉన్న గొప్పతనం ఏమిటంటే సృష్టిలో ఉన్న ప్రతిది మనకు ఆరాధనీయమైనదే. సూర్యుడు, చంద్రుడు, అగ్ని, ఆకాశం, భూమి, పక్షులు, పాములు అన్నింటిలో కదా భగవంతుని చూడడమే భారతీయుల గొప్పదనం. పరస్పర శ్రేకువులైన గరుత్మంతుడు, నాగదేవత కూడ మనకి పూజనీయులే.

ఈ ప్రపంచాన్ని అంతదీని వెలుగుతో నింపి, దేవతల చేత, రాక్షసుల చేత కూడ పూజింపబడుతూ, అరోగ్యాన్ని, అశ్వర్థ్యాన్ని ఇచ్చి, సమస్త లోకాలకూ మేలు చేసే నీకు నమస్కరిస్తున్నాను. భగవంతుడు ఏ రూపంలో ఉంటాడో తెలియని మనకందరికీ నిత్యమూ కనిపించే ప్రత్యక్ష దైవం ఆ సూర్యభగవానుడే. అందుకే "సూర్యః ప్రత్యక్షదేవతా అని అంటారు.

తెలుగు పద్యం

శతక సాహిత్యం తెలుగువారి తరతరాల సంపద. అందులో కృష్ణ శతకం పూర్తిగా భక్తిభరితం. చిన్న చిన్నపదాల కూర్పుతో ప్రపంచంలో ఉన్న భక్తిసంతా జమిద్దినవే పద్యరత్నాలు. మా చిన్నతనంలో ప్రతి పాఠశాలలోను ఉదయాన్నే ప్రార్థన చేయించేవారు. అందులో లేని భక్తి భావం లేదు. చిన్నతనంలో అర్థం తెలియక పోయినా, కొంతకాలానికీ అర్థం తెలిసినప్పుడు ఇవి నిజంగా ఇంత అర్థవంతమైనవా అని అనిపించతమానదు. అశ్చర్యపడక తప్పదు.

**నీవే తల్లివి తండ్రివి
నీవేనా తోడు నీడ, నీవే సఖుభా
నీవే గురుదత్త దైవము
నీవే నా పతియు, గతియు నిజముగా కృష్ణా!**

ఇందులో అర్థం కానిదంటూ ఏమిలేదు. భగవంతుని ఎలా ప్రార్థించాలి అంటే, దానికి నిదర్శనంగా ఈ ఒక్క పద్యం చాలు. కృష్ణ భక్తిలో ఉన్న గొప్పదనం అదే. గోపాలురైనా, గోపికలైనా, కృష్ణునిలో సర్వం చూసి, తన్మయత్వంతో తమను తాము మనస్ఫూర్తిగా అర్పించుకోవడమే ఇందులో గొప్పదనం. ఈ విశాల ప్రపంచంలో నాకింకెవ్వరూ లేరు. అన్నీ నీవే. నీవు తప్ప ఇంకేమీ లేదు. ఇది భక్తి పరాకాష్ఠ.



Quiz Of the Month

Questions set by
Mrs. T. Padma Rao
M. No. S-301

Note:

Please write your answers on plain paper and hand over at the reception desk of the Club

The first received all correct answer will be given a prize.

- Whose birthday is celebrated as President's Day in the United States of America?
- What are called the Black Twins?
- What does N.G.T. stand for?
- What is Fish without an Eye?
- Who established the Servants of India Society?
- Which Indian Prime Minister celebrates his birthday on the 25th December?
- Which country's cricketers are called Springboks?
- What is our country's highest gallantry award?
- What is the capital city of the Indian State with the longest coast line?
- Rearrange the letters NEW DOOR to form one word
- In which post was Ms. Meera Shankar appointed recently?
- When do we celebrate the International Literacy Day?
- "Where mind is without fear" -- this is the first line of a poem, written by whom and from which book is it taken?
- What is the fruit known as Andhra Apple?
- What is a Blue Planet?
- Who wrote the book "A Train to Pakistan"?
- Which railway train in India traverses the longest distance? How many States does it pass through?
- How many milligrams does a carat weigh?
- Who has recently given the biggest donation for educational purpose?
- Which animal was declared by the Government of India as National Heritage Animal?



Solution to FLORAL PUZZLE

The following solution was received from
Mohana Rao G.V.R. (Membership # M 113):

Let X = number of flowers the lady took initially.
Let Y = number of flowers offered in each temple.

At the first temple:

Number of flowers after dip in tank = $2 * X$
= $2X$

Number of flowers left after offering = $2X - Y$

At the second temple:

Number of flowers after dip in tank = $2 * (2X - Y)$
= $4X - 2Y$

Number of flowers left after offering = $(4X - 2Y) - Y$
= $4X - 3Y$

At the third temple:

Number of flowers after dip in tank = $2 * (4X - 3Y)$
= $8X - 6Y$

Number of flowers left after offering = $(8X - 6Y) - Y$
= $8X - 7Y$

Number of flowers left in hand = 0

Therefore

$$8X - 7Y = 0$$

$$8X = 7Y$$

$$X = 7Y/8$$

Since X and Y are whole numbers and not fractions, if minimum value of 8 is given to Y

$$X = 7 * 8/8$$

$$= 56/8 = 7$$

Therefore

$$X = 7$$

And

$$Y = 8$$

Answer:

X = The number of flowers the lady carried to the first tank = 7

Y = The number of flowers she offered in each temple = 8



BEDSIDE READING

Mohan, who is hospitalised, is visited by his friend, when the ensuing conversation takes place:

Mohan: "My wife visits me three times a day. She is so good to me. Every day, she reads to me at the bedside."

Friend: "What does she read?"

Mohan: "My life insurance policy."

From The Rotary News, January 2011



EURO-ENGLISH

[Perhaps Europeans are already aware of the difficulties of English language which Moenakshi Anantram mentioned in the February issue. Hence the following proposal.]

The European Commission has just announced an agreement whereby English will be the official language of the European Union rather than German, which was the other possibility.

As part of the negotiations, the British Government conceded that English spelling had some room for improvement and has accepted a 5-year phase-in plan that would become known as 'Euro-English' ..

In the first year, 's' will replace the soft 'c'. Certainly, this will make the sivil servants jump with joy. The hard 'c' will be dropped in favour of 'k'. This should klear up konfursion, and keyboards kan have one less letter.

There will be growing publik enthusiasm in the sekond year when the troublesome 'ph' will be replaced with 'f'. This will make words like fotograf 20% shorter.

In the 3rd year, publik akseptanse of the new spelling kan be ekspekted to reach the stage where more komplikated changes are possible.

Governments will enkourage the removal of double letters which have always ben a deterrent to akurate speling.

Also, al wil agre that the horibl mes of the silent 'e' in the languag is disgrasful and it shud go away.

By the 4th yer people wil be reseptiv to steps such as replasing 'th' with 'z' and 'w' with 'v'.

During ze fifz yer, ze unesesary 'o' kan be dropt from vords kontaining 'ou' and after ziz fifz yer, ve vil hav a reil sensibl riten styl.

Zer vil be no mor trubl or difikultis and evrivun vil find it ezi tu understand ech oza. Ze drem of a united urop vil finali kum tru.

Und efter ze fifz yer, ve vil al be speking German like zey vunted in ze forst plas.



Ram's Column



THE NEW ICS

Last few years saw a spurt of Management Schools and Universities offering new courses and subjects.

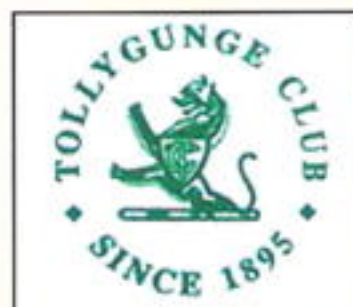
A new school started with a special purpose. A subject not taught in any Management School. It advertised and in a few weeks admissions soared to four figures with a very hefty fees. One of International Correspondents interviewed the ICS Director.

- IC Sir, I am thankful to you for giving me time.
 Director: Yah. We are busy with admissions, syllabus, etc.
- IC What about text books?
 Dir. We have a few of them printed in or own press. All this is confidential. Even authors' names are secret.
- IC Do you pay these authors?
 Dir. Yes, but sums cannot be disclosed
- IC What are the subjects you offer?
 Dir. Many -- to quote a few: History of corruption, Art of corruption, Practice of corruption without evidence, Laws of erasing evidence.
- IC Are there any books on different schools of corruption?
 Dir. Why not? We have old schools of thought as well as emerging ones.
- IC Like what, Sir?
 Dir. For instance, Dravidian School of Corruption, Commonwealth School of Corruption, Adarsh School of Corruption. We have special books on Arms and Corruption. You must visit our library but you can't take any books out.
- IC One last question -- Who are on the Advisory Board?
 Dir. We have many top guys, each specialist in his/her field and industry. We can't reveal the names.
- IC Finally, what does ICS stand for?
 Dir. Oh! Indian Corruption School. I must go now. It is time for the inauguration.
- IC Who is the Chief Guest?
 Dir. No names now. He is from Dravidian School. One more point I am suggesting to the Government to have a National Corruption Day like they have Mothers Day, Friendship Day and Voters Day.
- IC Sir, It will be difficult to choose the day, because all the 365 days of the year seem to be busy with activity.

Madiraju Ramgopal
 M. No. R-51



7. The Tollygunge Club Limited, Kolkata



CONTACT	LOCATION	ROOM TARIFF
<p>Tollygunge Club Ltd.</p> <p>120, Deshapran Sasmal Road, Kolkata - 700 033 Tele. Nos : 2473-4539, 2473-5954, 2473-4741, 2473-2316, 2472-8754, 2472-8755 Fax : 2473-1903, 2472-0480</p> <p>Website : tollygungeclub.org</p>	<p>The club is located in Tollygunge a southern suburb of Kolkata only 9 kms from the centre of the city and twenty minutes drive from Chowringhee Road. The Club Grounds cover an area of 100 acres. The Tollygunge Metro Station is a few minutes walk from the Club.</p>	<p>Standard Room - 4000/- Grand Stage Cottage - 4300/- Deluxe Suite - 4600/- Standard rooms deluxe - 5000/- Extra bed - 600/- per head</p> <p><i>Taxes as applicable</i></p>

The Tollygunge Club was founded by a Scottish banker, William Dixon Cruickshank to provide facilities for games, sports and pastimes in the neighbourhood of Calcutta, and to afford to its members all the usual privileges, advantages, conveniences and accommodation of a residential and Gymkhana Club. The Clubhouse and surrounding areas carry a rich store of legends, anecdotes and memories and the Club has inherited a tradition of sports from its inception in 1895. Cruickshank partially leased and partially bought some of the property surrounding an 18th century Palladian garden house once used by its owner, Richard Johnson an employee of the East India Company and subsequently by Prince Gholam Mohammed Shah, the 11th son of the Ruler of Mysore, Tipu Sultan. The Club house is now over 225 years old and the Club has just turned 113 years of age.

Over the years Committees have continued with overall improvements to the Club and accelerated the introduction of new facilities. The atmosphere at Tolly is relaxed and peaceful in the midst of nature – it is an oasis in the heart of Kolkata.

It offers facilities for golf, tennis, squash, indoor and outdoor swimming, riding and amateur equestrian sports. Indoors, it has a bridge room, a billiards room, a pro-shop, a cosy reading room & a cyber cafe.

Sports apart, the Club offers members and guests a wide range of entertainment the year round from open-air theatre and cinema to music and dancing. Excellent cuisine is available at its restaurants, lawns, pavilions and wellstocked bars. The club has 66 air-conditioned suites and residential rooms, each with an attached bath, while separate conference and banqueting facilities offer a choice of rooms accommodating between 25 and 100 persons. There is abundant provision for parking. A country club that is truly an oasis of greenery and quietude in the midst of Kolkata's bustling southern residential district, the hallmark of Tolly – as it is often affectionately called – is its warm, leisurely and friendly atmosphere.

WELCOME FOR OUR

Designer Show

IN APRIL 2011



VASUNDHARA EXOTIC
JEWELLERS

NEAR SAI BABA TEMPLE, PUNJAGUTTA HYDERABAD TEL: 9396884022

*Only at Dewarakapuri Colony
No Branches*



Blossoms

Boutique

...Feel the difference

1st
ANNIVERSARY
29th March '11

Celebration Offer **Get 10% Discount**
on Entire Stock from 25th to 31st March

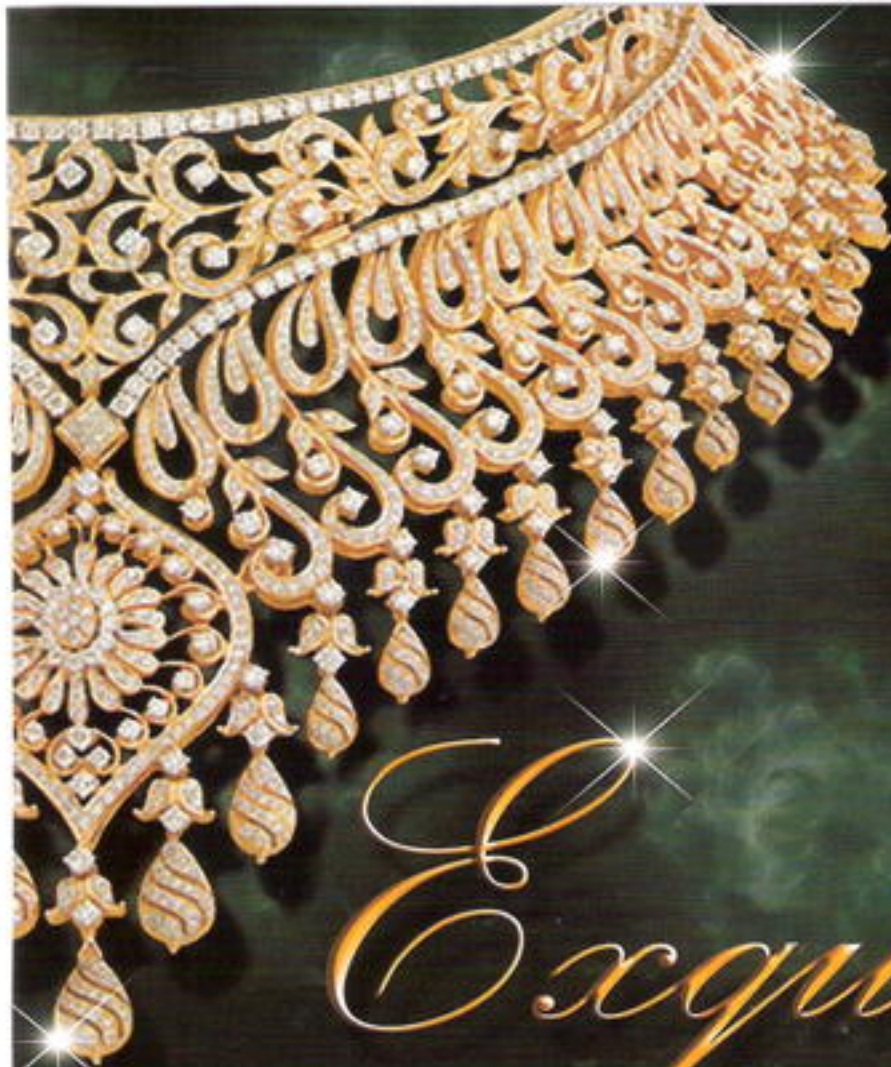
- ◆ Designer Salwar Suits ◆ Designer Sarees
- ◆ Designer Kurtis ◆ Designer Bed Spreads

WALLPAPERS available | Range starts from Rs. 400/-

Sampath Vinayaka Temple Road, Vizag.
Ph: 2767890, 6664448



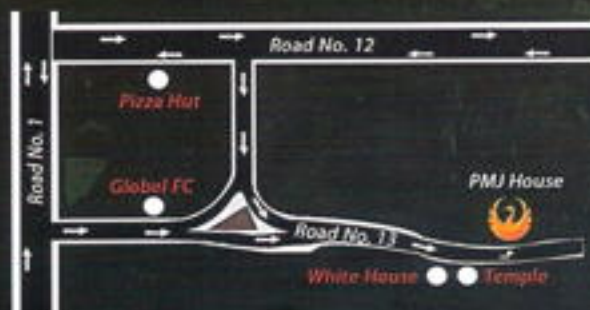
©Blossoms apply



PMJ
JEWELLERS
Since 1964

Exquisite

Studded and Diamonds jewellery to
light up your *Life*



PMJ House
Road # 13, Banjara Hills, Hyderabad - 500 034
Tel : +91 40 2330 0658 Mobile : +91 93 47 38 86 76

Also visit us at: Shah Ali Banda,
Old City, Hyderabad. Tel : +91 40 2441 4014
Houston, USA. Tel: 0018137673219

www.pmanoharlaljewellers.com



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