



WALT AIR TIMES

VOL-28 | ISSUE-12
JUNE 2024

THE HOUSE JOURNAL OF WALT AIR CLUB



A Year in Review

Reflections and
Achievements of
2023-'24

Pro-Aging

Aging with Grace
Table Scaping
A Visual Feast

Travel

Lasting Memories
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From the President's Desk

Reflecting on Our Achievements and Expressing Gratitude for 2023-24

Dear Members,

As we near the end of another remarkable year at Waltair Club, I am filled with immense pride and gratitude as I reflect on the many achievements we have accomplished together.

The managing committee of 2023-24, with utmost dedication, charted a course towards achieving our collective goals, and I am proud to say that we have made significant progress and witnessed tremendous growth in member attendance.

It has been an honour to lead a committee that consistently strived to make our club a better place for everyone. This year has been a testament to our collective spirit, dedication, and unwavering commitment to fostering a vibrant and inclusive community.

Among our most notable achievements is the successful hosting of a wide array of events and activities that have brought joy, learning, and enrichment to our members. From cultural celebrations and sports tournaments to spiritual celebrations, health camps, entertaining evenings, and blood donation drives, every event has made our club a dynamic hub of engagement and camaraderie. Your

active participation in these initiatives has made a significant impact, and for that, I am profoundly grateful.

Furthermore, we have made great strides in enhancing our club facilities and services, ensuring that our members enjoy a comfortable and enriching environment. Some of the key improvements and additions include:

- A major renovation of the Old Chambers rooms (25 rooms) to meet 3-star hotel standards. We have completed 95% of the renovation work, and 12 rooms are now ready for inauguration.
- Installation of a new Johnson elevator with a 6-passenger capacity for the convenience of room guests at the Club Chamber area.
- Purchase of an E.V Cargo Auto (Electric) for internal transport use within the club.
- Installation of two electric vehicle chargers for the convenience of members and room guests.
- Development of a cricket net practice area and the establishment of the Waltair Club Coaching Academy for our club's children.
- Installation of a music system with all-weather-resistant speakers around the club lawns, featuring Bluetooth capability.
- Addition of multiple new books to the Library.



These enhancements reflect our commitment to continuous improvement and excellence, and the positive feedback we have received from our members is truly gratifying.

As I look back on this year's achievements, I am deeply thankful for the opportunity to serve as your President. Your support, engagement, and enthusiasm have been the driving force behind our success, and I am truly grateful for the trust you have placed in me.

As we move forward, I am confident that with your continued support, we will achieve even greater heights. Together, let us embrace the future with optimism, determination, and a shared vision of excellence.

With warmest regards,

Best Regards

K. Vamsi Kishore (V-168)
98491 66669

PRESIDENT

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

VICE-PRESIDENT

Dr. Murali Krishna Reddy (K-077)
9246623943

HON. SECRETARY

Mr. B. Lakshman Patro (L-025)
9866446747

HON. TREASURER

Mr. CA. Murali Krishna. S (M-194)
9848323888

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Mr. V. Kiran Kumar (K-79)
9848523131

BAR COMMITTEE CHAIRMAN

Mr. Kumar Pathi (K-113)
9849123451

CHAMBERS, LIBRARY & THE BANQUET HALLS

COMMITTEE CHAIRMAN

Mr. D.V. Krishnam Raju (K-263)

ENTERTAINMENT COMMITTEE CHAIRMAN

Dr. Sridhar Garuda (S-492)
9849123400

SPORTS COMMITTEE CHAIRMAN

Mr. Subbarao Eranki (S-938)
9989798980

CATERING COMMITTEE CHAIRMAN

Mr. Vishnuvardhan Rao Jasti (V-311)
9848192465

LADIES COMMITTEE CHAIRPERSON

Mrs. Deepika Das (I-026)
9570119999

SENIOR CITIZENS COMMITTEE CHAIRMAN

Mr. R. Jagapathi Raju (J-032)
9393103358

Vice-President's Message

Dear Esteemed Members,

As I conclude my tenure as Vice-President, I am filled with gratitude for the opportunity to serve this wonderful community for the past year. It has been an incredible journey, and I am deeply thankful for your unwavering support and trust.

One of the most fulfilling aspects of this role has been the compilation and publication of the Waltair Times each month. This endeavour has allowed us to share the vibrant stories, achievements, and events that make our club so special. It has been a privilege to see the club's rich tapestry come to life through the pages of our monthly publication.

I would like to extend my heartfelt thanks to our dedicated editor, Mrs. Deepa Raju Kodali, whose vision and commitment have been instrumental in shaping the Waltair Times.

To the editorial and advisory teams, your hard work and collaboration have been the backbone of this publication. Your tireless efforts, whether in designing, writing, editing, or providing valuable insights, have been crucial in maintaining the high standards we strive for. I am deeply appreciative of your dedication and teamwork.

As I look back on this year, I am proud of what we have accomplished together. The Waltair Times has not only informed but also connected and inspired our members, reinforcing the sense of community that is the heart of our club.

Thank you once again for the honour of serving as your Vice-President. I am excited about the future of Waltair Club and confident that, together, we will continue to achieve great things.

Best regards,

Dr. Murali Krishna Reddy (K-077)

92466 23943



From the Editor's Desk

Dear Members,

As the Editor of Waltair Times, I am filled with immense gratitude and joy as I reflect on the past months and the wonderful journey we have undertaken together. It has been an honour to serve in this role, and I am deeply thankful to our Vice-President, Dr. G. Murali Krishna Reddy and the Managing Committee of 2023-24 for entrusting me with such an important responsibility. The months of March and April were particularly inspiring, as we dedicated our issues to celebrating women entrepreneurs and their remarkable journeys. These editions highlighted the resilience, creativity, and determination of women who have not only excelled in their respective fields but also serve as role models for us all. Sharing their stories was a true privilege and a source of inspiration for our entire community.

Working closely with our club's dedicated managerial staff, talented editorial subcommittee and the advisory board has been an enriching experience. Your contributions and hard work have ensured that our magazine remains a vibrant and engaging platform for all our members.

I would also like to extend my heartfelt thanks to all our members who have contributed their writings to Waltair Times. Your articles, stories, and insights bring our publication to life, creating a tapestry of diverse voices and experiences that reflect the richness of our community. It is your enthusiasm and participation that make each issue special and impactful.

- Deepa Raju Kodali (D-098)



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Hon. Secretary's Message



Dear Members,

As we approach the conclusion of another eventful year at Waltair Club, I am delighted to share a few reflections on our collective achievements and to extend my heartfelt gratitude for the opportunity to serve as your Hon. Secretary.

This year has been marked by numerous milestones that highlight the strength and vibrancy of our community. Together, we have orchestrated a wide range of events that have catered to the diverse interests of our members. From cultural festivities and sports competitions to educational workshops and social gatherings, each event has reinforced our club's reputation as a hub of engagement, enjoyment, and enrichment.

Moreover, we have continued to enhance our club's facilities and services, striving to provide an environment that is both comfortable and stimulating. This year, we have made several key improvements:

- We recently acquired a new sound system to elevate our club events.
- We have invested in new gym equipment specifically for the ladies' gym, ensuring a well-rounded fitness experience for all members.
- Our swimming pool has undergone significant upgrades, including new flooring, upgraded LED lighting, water changes, and filter cleaning.
- We have created a covered relaxation area for players to unwind after their games.
- We have undertaken a major renovation of the Old Chambers rooms (25 rooms) to meet 3-star hotel standards. We have completed 95% of the renovation work and are ready to inaugurate 12 rooms.
- A new Johnson elevator with a 6-passenger capacity has been installed for the convenience of room guests at the Club Chamber area.
- We have purchased an electric cargo auto (E.V.) for internal transport use within the club.
- Two electric vehicle chargers have been installed for the convenience of our members and room guests.
- We have started a cricket net practice area and established the Waltair Club Coaching Academy for our club's children.
- A music system with all-weather-resistant speakers and Bluetooth capability has been installed around the club lawns.

Reflecting on these achievements, I am filled with gratitude for the opportunity to serve as your Hon. Secretary. It has been a privilege to work alongside such dedicated and passionate individuals who are committed to the continuous betterment of our club. Your unwavering support and active involvement have been pivotal to our success, and I am truly thankful for the trust and confidence you have placed in me.

As we look ahead to the future, I am confident that with your continued support and engagement, we will reach even greater heights. Let us embrace the coming year with renewed energy, optimism, and a shared commitment to excellence.

Thank you once again for the privilege of serving this remarkable community. Together, we have achieved much, and together, we will continue to build a brighter future for Waltair Club.

With warmest regards,

Warm regards,
B. Lakshman Patro (L-025)
 98664 46747

Hon. Treasurer's Message

Dear Members,

As we wrap up another incredible year for our club, I would like to take a moment to extend my heartfelt gratitude to each and every one of you for the support and trust you have placed in me. Your unwavering support and guidance have been instrumental in making our activities and initiatives a resounding success.

This year, we achieved significant milestones. One of these is our club financials coming into profit after many years of losses, despite maintaining the same level of facilities and services without compromising on quality and the number of events. We have maintained a strong financial position through careful budgeting and prudent management of our resources. Thanks to your generous contributions and diligent participation, our financial health remains robust, allowing us to fund exciting events, spiritual programs, and projects of capital expansion to improve facilities for our club members.

I have strived to keep our club's financial operations more transparent and stronger. We have implemented new financial management systems and processes that have streamlined our operations, making them more efficient and effective. I have also worked towards various tax-saving measures and better compliance with accounting and financial operations under various statutes to the best of my ability. I am deeply grateful to the Executive Committee and other Managing Committee members for their great support in my journey.

It is the members' commitment and confidence that enable us to continue striving towards our mission. Looking ahead, we have ambitious plans that will require your ongoing support and involvement. Together, we can achieve even greater heights and make a lasting impact. Thank you once again for your trust and belief.

Best Regards,
CA. Murali Krishna. S (M-194)
98483 23888



General Services Committee Chairman's Message

Dear Members,

As we near the close of another successful year at Waltair Club, I am delighted to share the achievements and improvements undertaken by the General Services Committee. Our primary goal has been to enhance the club's infrastructure and ensure a comfortable, enjoyable environment for all members. Here are some key initiatives and accomplishments from this year:

Audio System Installation: We have installed a state-of-the-art audio system at the club lawns, ensuring high-quality sound for all outdoor events and activities.

New Furniture: To accommodate our growing number of activities, we have purchased 600 chairs and 150 tables, providing ample seating and table space for various club events.

Waste Management: We built a new open room near the east gate entrance to manage and shift all wet waste, ensuring a cleaner and more organized club environment.

Toilet Renovations: The toilets at the club grounds have been fully renovated, offering a more modern and hygienic facility for members.

Hand Wash Area: A new hand wash area has been constructed at the Jubilee Deck, improving sanitation and convenience for all attendees.

Office Maintenance: We repainted and repaired the slab of the club office, giving it a fresh and updated look.

EV Chargers: In support of sustainable initiatives, we installed 2 EV chargers near the chambers, providing convenience for members with electric vehicles.

Club Grounds: We have diligently maintained the roads and greenery within the club, ensuring a pleasant and aesthetically pleasing environment.

Sound System: A new sound system has been purchased for club activities, enhancing the audio experience for indoor events.

These improvements reflect our commitment to providing the best facilities and services for our members. Your support and feedback have been invaluable in guiding these initiatives. We look forward to continuing our efforts to make Waltair Club an exceptional place for all.

Warm Regards,

V. Kiran Kumar (K-79)

98485 23131



Bar Committee Chairman's Message

Dear Members,

During my tenure as Bar Committee Chairman, our club has seen significant improvements and notable initiatives in the year 2023-2024:

-Revenue Enhancement: Successfully increased overall revenue by introducing a bar facility at the sports club, boosting club earnings.

- Operational Improvements: Streamlined the supply chain mechanism, enhancing efficiency and reducing operational hassles. Maintained a consistent stock of beverages despite supply challenges, ensuring uninterrupted service.

- Community Engagement: Provided complimentary drinks to senior citizens, enhancing community welfare. Supported club events such as the Waltair Club Golf Tournament and various sports competitions by offering free drinks, fostering

a supportive and spirited club environment.

Continued the popular "Beer and Biryani" event on the first Sunday of each month, which became a cherished monthly gathering among members. Organized a highly successful beer competition at Wills Pub, which saw maximum participation and engagement from members.

Sincerely,

Kumar Pathi (K-113)

98491 23451



Chambers, Library and The Banquet Halls Chairman's Message

Dear Members,

As we reflect on the past year at Waltair Club, I am thrilled to share the significant enhancements made to our chambers, library, and banquet halls. Our mission has been to elevate these facilities to provide a superior experience for all members. Here are the key upgrades and renovations undertaken this year:

****Chambers Renovation:**** We have renovated 25 rooms, including bathrooms and balconies, with new air conditioners and furniture, ensuring a comfortable and modern stay for our guests.

****Lift Installation:**** A new lift has been installed, providing convenient access to the ground, first, and second floors, enhancing mobility within the chambers building.

****Reception and Corridors Update:**** The reception area has been updated, and false ceilings with new lighting fixtures have been installed in the corridors of the old chamber building, giving it a fresh and welcoming look.

****Driver's Washroom and Waterproofing:**** A separate washroom for drivers has been constructed, and waterproofing has been carried out for balconies and washrooms, addressing any leakage issues and ensuring durability.

****Security and Technology Enhancements:**** We have installed new CCTV cameras, room WiFi systems, and smart door locking systems with cards, significantly improving security and convenience for our guests.

****Library Upgrades:**** In the library, we have refurbished sofa sets, polished doors and windows, serviced air conditioners, and installed a new printer. Additionally, we have added new books to the collection, enriching our library's offerings.

****Banquet Hall Improvements:**** In the banquet halls, we have polished all doors and woodwork, hung new curtains, cleaned chairs, refurbished teapots, and added fresh paintings. The lifts have been serviced, commode seats in the washrooms have been replaced, and balcony water leakages have been rectified, ensuring a pristine environment for all events.

These extensive renovations reflect our unwavering commitment to providing top-notch facilities and services to our members. Your support and feedback have been instrumental in guiding these improvements, and we are grateful for your trust and encouragement.

We look forward to welcoming you to these newly upgraded spaces and to many more wonderful events and gatherings at Waltair Club.

Sincerely,

D.V. Krishnam Raju (K-263)
88975 60560



Entertainment Committee Chairman's Message

Dear Members,

Tailing to a fag-end of this eventful term, I am deeply honoured and grateful for the opportunity to serve as your Chairman for Entertainment Committee. This role has been an incredible journey for me, filled with memorable events and cherished moments.

- Organized numerous memorable events, starting with the Threeory Band for the Break Free Independence Ball.

- Hosted International Yoga Day and various weekend events, including Retro Night, Saxo Night, Bollywood Night, Techno Vibes, and Hollywood Karaoke.

- Celebrated Friendship Day, Ganesh Chaturthi, Dussehra Dhamaka (Dandiya/Bhangra), Sparkling Diwali Mela, Jingling Christmas Eve, Spooky Halloween Night, Sankranti Sambaralu, Republic Day, Valentine's Day, Ramzan Iftar, Rang Birange Holi Dhamaka, Ugadi, Sri Ramanavami, and the monthly Sunday Special Tambola and Bumper Tambola.

- The highlight was the grand New Year event, Auraville, which was a spectacular success.

Best Regards,

Dr. Sridhar Garuda (S-492)
98491 23400

Sports Chairman's Message

Dear Members,

The Sports Committee is thrilled to report an exceptional year of sporting activities and achievements at Waltair Club. The 2023-24 year saw a surge in participation across all our sporting events, reflecting the vibrant and active spirit of our members.

We successfully organized tournaments in basketball, tennis, badminton, swimming, cricket, and all the other games, with record participation and commendable performances. Our teams have not only enjoyed competitive play but also forged strong bonds of friendship and sportsmanship. The upgrades to our sports facilities have been well-received, providing our members with the best environment to train and compete.



Some of the tournaments we conducted:

- A.P. State Seniors Snooker Ranking Tournament 23-24.
- District level basketball competition.
- Inter Club Snooker Tournament 23-24.
- Annual sports bash 23-24.
- Snooker Lightning Tournament June 24.
- President's Cup Volleyball 23-24.
- President's Cup Cricket 23-24.

Setting up cricket practice nets and introducing a cricket club in our club was one of my dreams, and it gives me immense pleasure to announce the launch of the Waltair Club Cricket Academy. We have set up the practice nets and have introduced coaching, which will help all the cricket enthusiasts receive proper training at our club.

I would like to thank all the participants, coaches, volunteers, and supporters who have made this year a resounding success. Your enthusiasm and dedication are the driving forces behind our accomplishments.

Sincerely,

Subbarao Eranki (Subbu) (S-938)
99897 98980



Catering Committee Chairman's Message

Dear Members,

During my tenure as Catering Committee Chairman, our club has experienced significant improvements and numerous initiatives in the year 2023-24:

- **Revenue Enhancement:** Made substantial efforts to mitigate heavy losses, nearly eliminating them, by maintaining the highest quality and taste of food. Controlled revenue leakage and implemented thorough checks on incoming goods and outgoing end products. Purchased an EV Auto to transport food from the kitchen to various party halls, protecting it from heat, dust, insects, and rain.
- **Operational Enhancement:** Improved air circulation in the kitchen, which operates under high pressure and temperatures, to combat the heat. Recognized and appreciated each unique staff member, keeping them motivated and ensuring they perform their best.
- **Food Varieties:** Introduced a wide range of new items, including Korean sandwiches, quesadillas, milkshakes, various lassis, Thai curries, and Mexican food. Arranged a walk-in cooler to keep vegetables and other perishable items fresh.
- **Community Functions:** Actively participated in all major traditional festivals and national festivals, providing buffet breakfasts and dinners with an extensive spread at no extra charge to members.

Vishnuvardhan Rao Jasti (V-311)
98481 92465

Ladies Committee Chairperson's Message

Dear Members,

Firstly, I would like to thank our President, Vamsi Kishore Garu for believing in me and giving me the opportunity to serve as the Chairperson for the Ladies Committee 2023. It has been a splendid experience curating various events for the members of Waltair Club.

My heartfelt gratitude to our President, Secretary, and the members of the Managing Committee who have been immensely supportive of every event we organized. I would also like to thank my wonderful team members of the Ladies Committee for their dedication and hard work throughout the year.

Saree Soiree: Organized an exclusive Ladies Night, "The Saree Soiree," on 28th July 2023, at Centenary Hall, Waltair Club. The evening featured entertaining games and competitions, with lots of exciting prizes and gifts.

Independence Eve Children's Dance: Our children performed mesmerizing dance routines at the Independence Day Ball, showcasing their love for India.

Ganesh Chaturthi Workshop: Held on 16th September, featuring art & craft activities, laddoo making, and storytelling sessions.

Family Halloween Party: A fun-filled event with costume contests, pumpkin carving, Halloween games, and spooky activities.

Children's Day Special - ART ATTACK: Celebrated Children's Day with various art activities, thrilling tambola, and lots of return gifts and prizes.

Christmas Carnival: A festive extravaganza with a nativity play, Christmas dances, game stalls, and food stalls.

Staff Day: A day of fun games, dances, and gifts for our club staff and their families, organized along with the Managing Committee.

Children's Sports Day: Two action-packed days of games and competitions for children, fostering teamwork and friendly competition.

Ladies Sports Day: A fun retreat for all the ladies, with various competitions and activities.

Sunday Bazaar: A grand shopping retreat with 96 stalls, including clothes, jewelry, home décor, kids' toys, stationery, and lots of food.

Pinks & Pearls - A Royal High-Tea Party: The finale event, featuring games, tea-making and table-setting sessions, a fun bumper tambola, and entertainment activities.

With Warmest Regards,

Mrs. Deepika Das (I-026)
95701 19999



Senior Citizen's Committee Chairman's Message



Dear Senior Members,

As we reflect on the past year, I am delighted to share the wonderful moments we have experienced together during our Senior Citizens' get-together meetings. These gatherings have been a source of joy, camaraderie, and shared memories. Here is a recap of the three successful meetings we held for the year ending 31st March 2024:

First Meeting:

- Date: Sunday, 1st October 2023
- Venue: Oyster Hall
- Attendance: About 65 members
- Highlights: The meeting commenced at 11:30 am with a moment of condolences for the departed souls, followed by two engaging Tambola games. We also celebrated birthdays and anniversaries with heartfelt felicitations. Snacks and cocktails

were served, leading to a delightful lunch at 1 pm.

Second Meeting:

- Date: Sunday, 21st January 2024
- Venue: The Deck in Open Air
- Attendance: About 70 members

- Highlights: This evening meeting began at 6:30 pm, featuring live music and two Tambola games. We celebrated birthdays and wedding anniversaries with felicitations and a special Bonfire for the 'Sankranthi Festival.' Donors were honoured with shawls. Snacks and cocktails were enjoyed, followed by a lovely dinner at 9 pm.

Third Meeting:

- Date: Sunday, 14th April 2024

- Venue: Oyster Hall

- Attendance: About 70 members

- Highlights: Starting at 11:30 am, the meeting included two Tambola games and birthday and wedding anniversary felicitations. Members performed live music and songs, creating a vibrant atmosphere. Snacks and cocktails were served, followed by a delicious lunch at 1 pm.

These gatherings have strengthened our bonds and enriched our community spirit. I extend my heartfelt thanks to the President of our Club and the Managing Committee Members for their unwavering support in making these events successful. Your participation and enthusiasm have been the cornerstone of these memorable occasions.

Looking forward to many more such joyous meetings in the future.

Warm regards,

R. Jagapathi Raju (J-032)

93931 03358



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Sri Mathukumilli Sri Bharat
(S-1236)
MP, Visakhapatnam



Sri Kinjarapu Atchannaidu
(M-311)
MLA - Tekkali & Minister



Sri Nandamuri Balakrishna
(B-63)
MLA - Hindupur



Sri Raghu Rama Krishnam Raju
(R-201)
MLA, Undi



Sri Kimidi Kala Venkata Rao
(K-87)
MLA, Cheepurupalli



Sri Ganta Srinivasa Rao
(S-330)
MLA, Bheemili



Sri Penmetsa Vishnu Kumar Raju
(K-61)
MLA, Visakha North

SAI MANVIK REDDY GUDIMETLA, S/o. G Manoj Reddy & Kavya (M.No. S-1034) was awarded a world record of excellence by the International Book of Records for being the fastest child to solve a PYRAMINX RUBIK CUBE while doing ROLLER SKATING NON-STOP (KID).

Mrs.Srikantalahari Sagi holding Membership No. L47 has received a Doctoral degree from Andhra University for her contribution towards research in Women Entrepreneurs.



CLUB CALENDAR

| | | | |
|------------|----------|------------------------|---------|
| 05.07.2024 | Friday | Movie | 7:00 pm |
| 07.07.2024 | Sunday | Sunday Special Tambola | 12 noon |
| 12.07.2024 | Friday | Movie | 7:00 pm |
| 19.07.2024 | Friday | Movie | 7:00 pm |
| 20.07.2024 | Saturday | Bumper Tambola | 7:30 pm |
| 26.07.2024 | Friday | Movie | 7:00 pm |



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Our Waltair Club Senior Member **Sri Kolluru Kamaraju (K-022)** is appointed as CHIEF ADMINISTRATIVE VICE PRESIDENT of VASAVI CLUBS INTERNATIONAL (VCI). VCI spread over the globe having 2,000 Clubs with about one lakh members, thickly populated in South India. Besides friendship and leadership, club stresses on community service irrespective of caste, creed etc, Kolluru Kamaraju garu was instrumental in expanding VCI to Visakhapatnam rural areas. He is a committed leader of VCI. He worked as International Secretary, the 2nd top position of VCI. He started his career in this organisation in 2002. Since inception he is extending untiring efforts for the growth and development of VCI, He is a Trustee of Views Foundation, which has helped a lot in establishing a Secretary in its own building at Hyderabad. His Mobile Number - 9246271997.

Dr.Kolluru Sai Keshav (K-269) has recently completed his PhD from the Indian of Technology (IIT) Delhi in the area of Artificial Intelligence. Through the course of his PhD, he has published 6 peer-reviewed research papers in international venues. His publications have been cited 200+ times. He is currently working in Molecule AI, a startup using Artificial Intelligence for discovery of new medicines with an emphasis on reducing the cost and time needed in the drug discovery process. He will be presenting a research paper on this topic in an International conference being held in VIENNA, AUSTRIA at the end of July. His Mobile Number - 7207520406. He is the grandson of Mr.K.Kamaraju (K-22) and only son of Mr.K.Bhemeswara RAO (B-085)



SUNDAY SPECIAL TAMBOLA



BUMPER TAMBOLA



OBITUARY

We regret to announce the sad demise of our members.



K.S. NAGENDRA PRASAD,
M.NO.N-059 EXPIRED ON 01.06.2024



MR. CH. RAMOJI RAO
(M.NO.R-024) EXPIRED ON 08.06.2024



MR. MRUTYUNJAYA RAO SANKA
(M.NO.M-306) EXPIRED ON 28.06.2024

PRO-AGING: AGING WITH GRACE

Dr. SUNITA GHANTA

As we journey through life, the inevitable process of aging becomes more apparent, especially as we reach our forties and beyond. While “anti-aging” has been a buzzword for decades, a new approach has emerged – one that emphasizes embracing the aging process with proactive care, aptly termed “Pro-aging.”

Embracing Proaging

In the realm of Pro-aging, individuals actively take steps to prevent or delay the signs of aging, striving to age with grace and vitality. Rather than merely combating the effects of aging, Pro-aging entails a holistic approach to skincare and well-being.

The Foundation of Skin Health

Achieving and maintaining great skin requires dedication and consistency. Fundamental practices such as consuming fresh, nutritious food, staying hydrated, getting sufficient sleep (6 to 8 hours nightly), and engaging in regular exercise form the cornerstone of Proaging.



The Role of Genetics

While genetics play a significant role in the aging process, skincare practices adopted early in life can profoundly impact the quality and resilience of the skin in later years. Proactively caring for the skin can mitigate the effects of genetic predispositions and promote long-term skin health.

The Three Pillars of Proaging

As a qualified plastic surgeon, I categorize Pro-aging protocols into three main pillars: home remedies, medical procedures, and surgical interventions.

Home Remedies

1. **Sunscreen:** A high-quality sunscreen with a minimum SPF of 50 is essential for protecting the skin from harmful UV rays, whether indoors or outdoors.
2. **Moisturizer:** Combat dryness and replenish lost moisture by using a suitable moisturizer suited to your skin type throughout the year.
3. **Retinols:** Incorporating retinol-based creams into your skincare routine helps stimulate collagen production, strengthening the skin and delaying the signs of aging.

Medical Procedures

4. **Medifacials:** Regular exfoliation and the infusion of skin-specific serums using medical-grade products help maintain optimal skin health.
5. **Botulinum Toxin** (e.g., BOTOX): This neurotoxin weakens targeted facial muscles, effectively reducing wrinkles and creases when administered by a qualified professional.
6. **Energy-Based Devices:** Technologies such as Morpheus 8, lasers, and HIFU stimulate collagen production, tightening and rejuvenating the skin under the supervision of qualified professionals.
7. **Bio-stimulants:** Natural formulations like Platelet-Rich Plasma (PRP) or medical formulations like PROFHILO boost collagen production, enhancing skin texture and quality.



Aesthetic Plastic Surgery

8. **Surgery:** In cases where genetics contribute to premature aging, surgical interventions performed by board-certified plastic surgeons offer transformative results. Procedures such as blepharoplasty, liposuction, facelifts, and rhinoplasty address specific concerns with minimal scarring, restoring confidence and vitality. Embracing pro-aging requires a commitment to comprehensive skincare practices, guided by qualified professionals. By adopting a proactive approach to aging, individuals can age with grace and confidence, embracing their journey with vitality and self-assurance. I bid adieu to my readers with the timeless adage: "If a tailor makes a man a gentleman, a plastic surgeon makes him a great-looking gentleman!"

Dr. Sunita Ghanta graduated with honours in plastic surgery from Gandhi Medical College and completed a six-month fellowship in aesthetic and microsurgery at Specialists' Hospital in Kochi. She has over 15 years of experience and excels in a wide range of cosmetic and plastic surgeries.

She is a Consultant at Apollo Hospitals where she also runs a CLEFT Centre in partnership with ABMSS and performs numerous cleft surgeries free of charge for underprivileged patients.

Dr. Sunita started her own cosmetic surgery centre, Dr. Sunita Aesthetics in 2020 where all surgical and non-surgical cosmetic treatments are tailored to clients needs.

098563 37799

NEHAL MITTAL



My Journey into Luxury Gifting and Event Styling

I started Chrysalis in 2019, focusing on luxury gifting. My offerings include customized Diwali gifts and gift hampers for new baby arrivals and various festivals. I have always loved creating. My first foray into event styling was for my son's first birthday party, and it was thrilling to see everything come together. That success led friends and acquaintances to approach me for their children's birthday parties.

Detailing is something I particularly enjoy. I take party themes very literally, ensuring that the concept is reflected in every aspect of the event. My love for flowers led me to experiment with table styling at home, especially during Diwali. Each year, I create a different table setting using various kinds of flowers. I find inspiration for the table and build everything around it, from the tablecloth and placemats to the dinner plates, napkins, cutlery, and flowers.

In Visakhapatnam, I see a great opportunity for people to discover and embrace table styling. Dressing up a dinner table for a party is not just about decoration; it can become a conversation piece, a focal point, and help tell the story of the event. Through Chrysalis, I strive to bring my creative visions to life, enhancing celebrations with meticulous attention to detail and innovative styling.

TABLE STYLING WORKSHOP BY NEHAL MITTAL

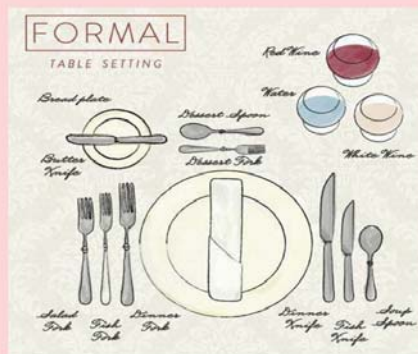
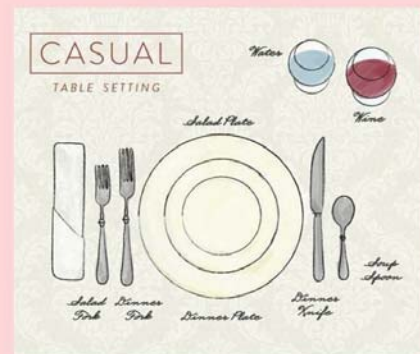


TABLE SETUP



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For more information:
Chrysalis by Nehal Mittal
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Nehal Mittal(M.No.(V-222) hails from the vibrant city of Kolkata, where she completed her high school education. Ten years ago, she embarked on a new chapter in her life by moving to Visakhapatnam after getting married. Nehal pursued higher education at Rutgers University, where she earned her degree in Marketing and Economics.

A Journey Through Vietnam and Cambodia

Cities to Visit in

Vietnam are Hanoi, Da Nang, Ho Chi Minh City

Hanoi

In Hanoi, there are several must-visit places. The Ho Chi Minh Mausoleum is a large memorial dedicated to the Vietnamese leader Ho Chi Minh. His body is preserved here, allowing the people of Vietnam to pay tribute. Other notable places include the Hanoi Opera House and Tran Quoc Pagoda. Just a few hours from Hanoi is Halong Bay, where visitors can embark on a one-night cruise near Titov Beach. This area is renowned for its breathtaking beauty, featuring thousands of uniquely shaped limestone rocks and karst grottoes. The cruise offers the chance to witness the stunning landscapes of Descending Dragon Bay, characterized by its sinkholes, sinking streams, caves, and springs. A highlight of the cruise is visiting a heart-shaped pool inside an island, surrounded by tranquil scenery and emerald waters.

Ho Chi Minh Mausoleum



Da Nang

Da Nang offers its own array of attractions. Marble Mountain is a must-visit, where you can explore numerous caves and see intricate marble carvings. Another highlight is the Ba Mau Palm Garden, an ancient village where visitors can experience a ride on basket boats. The world-famous Golden Bridge in the Ba Na Hills is also located here. This remarkable bridge appears to be held up by giant hands, providing spectacular views and an artistically designed landscape. Additionally, there is a fantasy amusement park with various rides and 4D and 5D movie theaters.

Ha Long Bay, Vietnam



Marble Buddha at Marble Mountain

In Ho Chi Minh City, notable sites include the Presidential Palace of Ngo Dinh Diem, the Central Post Office, and the Cu Chi Tunnels. The construction of the Cu Chi Tunnels began in 1948 during the war with France. This extensive underground network, complete with kitchens, theaters, hospitals, and schools, was used by Vietnamese forces to evade scouting by the French. The tunnels also feature hidden doors that concealed entrances.

Cambodia

From Ho Chi Minh City, a short flight will take you to Cambodia. Surprisingly, many of the airports and roads in Cambodia are built by China, and adjacent lands are leased by China for cashew and tapioca plantations.

One of the most exciting experiences in Cambodia is visiting the Floating Village. Here, fishermen have built houses on the largest freshwater lake in Southeast Asia, Tonle Sap. The village features stilt houses, fisheries, and Kampong Phluk floating villages with hospitals, schools, and markets.

The most interesting and exciting part of the tour is visiting the Angkor Wat temple, the largest religious structure in the world. Originally constructed as a Hindu temple dedicated to God Vishnu, it gradually transformed into a Buddhist temple. Built in the 12th century by Suryavarman II, Angkor Wat is designed to represent Mount Meru, home of the Devas. Unlike any other temples, it faces west. The temple walls are adorned with numerous bas-reliefs, proving its Hindu origins.



Golden Hands Bridge



Another significant temple is the Bayon Temple, constructed by Jayavarman VII. The statues here depict the Hindu god Yama. Additionally, the jungle temple Ta Prohm, also known as Rajavihara, is an atmospheric site where trees and roots intertwine with the ruins. Trees grow into different shapes like snakes and dragons. This temple was famously featured in the movie "Tomb Raider."

This trip through Vietnam and Cambodia offers a blend of historical significance, cultural richness, and natural beauty, making it an unforgettable experience.



Ho Chi Minh City

The author, Mrs. Radha Reddy Gudimetla recently visited Vietnam and Cambodia with her friends.

A Waltair Club Luminary -

Nathaniel Alexander Wentworth Hamilton

On Vizag's Beach Road sits the Hamilton Memorial Masonic Temple as a symbol of architecture from yesteryear. But what is the little-known link with the Waltair Club? The clue lies in the friendships, social bonds and charitable deeds of the days when the 'men-only' members of the Waltair Club were synonymous with being members of the 'men-only' Waltair Masonic Lodge. Nathaniel Alexander Wentworth Hamilton (**NAW Hamilton**) was the common thread in the formative years of both institutions. He was one of the foundation members who signed the original Memorandum and Articles of Association of the Waltair Club in 1904 and was at that time a Trustee of the Hamilton Masonic Temple named in his honour. He was also a Municipal Councillor and Trustee of St John's & St Paul's Churches.



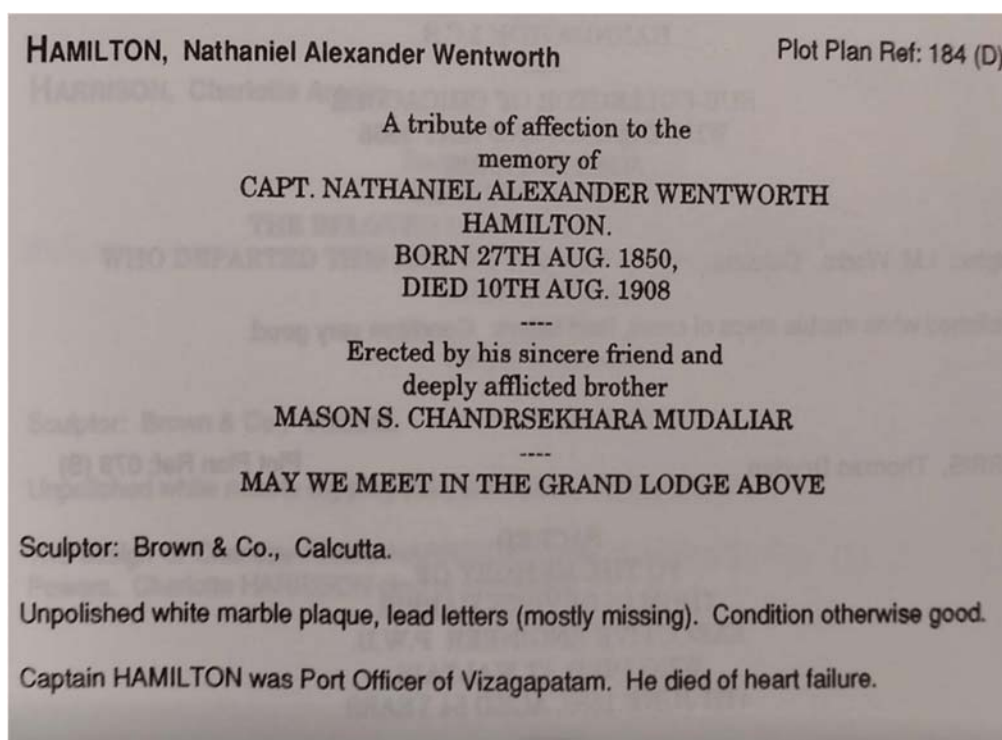
Hamilton Memorial Masonic Temple

The British first established Freemasonry in India in 1730 at Fort William in Calcutta. In 1895, a warrant was granted for Waltair Lodge 2592EC, and they held their monthly meetings at Madden House that they rented for Rs 20 per month from fellow Mason Rajah AV Jagga Row. Freemasons congregate at Masonic Temples and conduct rituals

related to bonds of love for fellow beings, truth and charity in a brotherhood transcending caste, creed and religion. Judges, bureaucrats, businessmen and people from all walks of life are members of the society. Though not a secret society, some of its rituals are a secret to its members. In 1903, the Waltair Lodge Committee decided to build a permanent Temple and raised Rs 4000 through 40 debentures of Rs 100 each to be redeemed in 5 years and the other Rs 1000 coming from subscriptions. On 23 March 1904, Rajah AV



Jagga Row donated the land and **NAW Hamilton** was appointed a Trustee for the scheme together with fellow Mason PT Sreenivasa Iyenger (then Principal of Mrs AVN College). Among the prominent Vizag citizens who were Freemasons at that time were AV Jagga Row, BN Sarma, A Suryanarayana, PT Sreenivasa Iyengar, BS Sastri, and V Ragahavandra Row. Most Presidents of the Waltair Club were generally elected to lead the fellowship as Worshipful Master of Waltair Lodge.



The foundation stone for the Hamilton Memorial Masonic Temple was laid in 1908 by Sir Arthur Lawley, Governor of Madras, a non-Mason, and the Temple was named Hamilton Memorial Masonic Temple. The sea facing building had been designed in a simple architectural rectangular layout. Verandas on the ground and first floors are enclosed with a series of pointed arches. In front elevation, a series of five arches is executed on each floor, with central arch being larger in span and height than others. This ashlar stone masonry construction, dressed with fine ashlar arches, contributes to the streetscape.

Records show that **NAW Hamilton** was one of a select committee of Vizag's leading citizens that led the incorporation of Waltair Club. In June 1904, Foundation Members P.B. Arbuthnot, H. Fearon, W. Demorgan, L.R.O'Donoghue, T.W.S. Smyth, C.D.J. Carmichael and **N.A.W. Hamilton** signed the Memorandum and Articles of Association of the Waltair Club, and it was witnessed by K. Balakrishna Raju, the Bookkeeper at Waltair Club.

Captain Nathaniel Alexander Wentworth Hamilton first arrived in Vizag in 1888 as a junior Port Officer, then as Port Officer at Gopalpore in 1890, Calicut in 1896 and Cocanada then Harbour Master, Vizagapatam. He was regarded as the very energetic Hon Secretary at Waltair Club in those formative years. He was the Master of Ceremonies at Waltair Club and masonic social events. **NAW Hamilton** was Lay Trustee of Hamilton Temple and St John's Church, Waltair and a Municipal Councillor.

Memorial Plaque to NAW Hamilton at St Paul's, Waltair

Memorial Marble Memorial to NAW Hamilton, Waltair Cemetery

NAW Hamilton died on 10 Aug 1908 leaving a widow and two sons in England. A Masonic funeral was held at his graveside at Waltair Cemetery and a Memorial Plaque installed at St Paul's Church, Waltair.

Written by **John Castell** whose family belonged to Vizag for 5 generations. Educated at St Aloysius, migrated to Melbourne, Australia in 1966, former General Manager Engineering at Boeing & Qantas Airways, in retirement Lecturers in Aviation Management at Swinburne University and is a Vizag aficionado. John authors heritage articles for YoVizag and Waltair Times and has contributed to Coffee Table Books for the Waltair Club and Andhra Medical College. He can be contacted at jcastell@ozemail.com.au

KAVYA DEV SURYADEVARA ///

Swimming is not just a sport, it's an emotion!

It is that one part of my day I get to purely focus on myself and not have to think of the million mom duties we succumb to in our day to day lives. The rush of adrenaline and the feeling of accomplishment is unparalleled.

I started swimming at the age of 4 and every time I swam, I felt like I learned something new. How to streamline my body to achieve greater speed, better breathing techniques to name a few. Most of this was from seeing others swim and practicing and trying to better my own technique. Swimming is one of the best ways to build endurance, great for your cardiovascular system and helps tone your muscles.

I rediscovered my love for swimming after the birth of my first child. I needed a healthy way to get back to my pre-pregnancy weight while loving what I was doing and not getting too tired. Being a victim of chikungunya, I get very tired from doing strenuous workouts. Swimming being easy on joints was the obvious choice.

With age do come challenges though and I have come to learn that spending time stretching post swim goes a long way and helps keep post workout body pains at bay.

Swimming being an important life skill is very beneficial, whether you just want to kick back relax and enjoy a pool day, or you want to have a serious workout in.

Kavya Dev Suryadevara (M.No. K-218) is an avid traveler who delights in exploring new destinations and cultures. In addition to her passion for travel, she enjoys watching cricket and movies, finding excitement and relaxation in these activities. Kavya is also dedicated to staying active and fit, regularly engaging in swimming and Pilates.



FUNNY SKETCHES ///

1) Restaurant named "KARMA" : we were on a short trip to Newyork, U.S.A last year.

It was lunchtime, our friend located a roadside restaurant with the above name.

All the four of us entered and found a table. Soon the waiter approached us. I asked him for the MENU card. his reply was " Sir we dont keep one. YOU get what you deserve. However we have snacks and left the place with good laughter.

2) BAR-N-BEER. It was a summer break during our stay in England few years ago. I went with my friend to have a brunch in a Pub. This is episode that made us laugh. Two men were seated next to us. The bearer asked them what they would have to drink. One person asked him to bring "Half a glass of Beer". The bearer scratched his head and went to the Bar tender, who gently spoke to the waiter. Soon the waiter returned to the table and questioned the men "Which Half do you like sir TOP OR BOTTOM." This resulted in a big Laughter. One of the men went to the desk ,bought a bottle of Beer and left the Pub with his friend.Rest is your guess! Dr. I.V.Rao, V-79.



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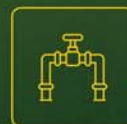
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