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WALTAIR TIMES

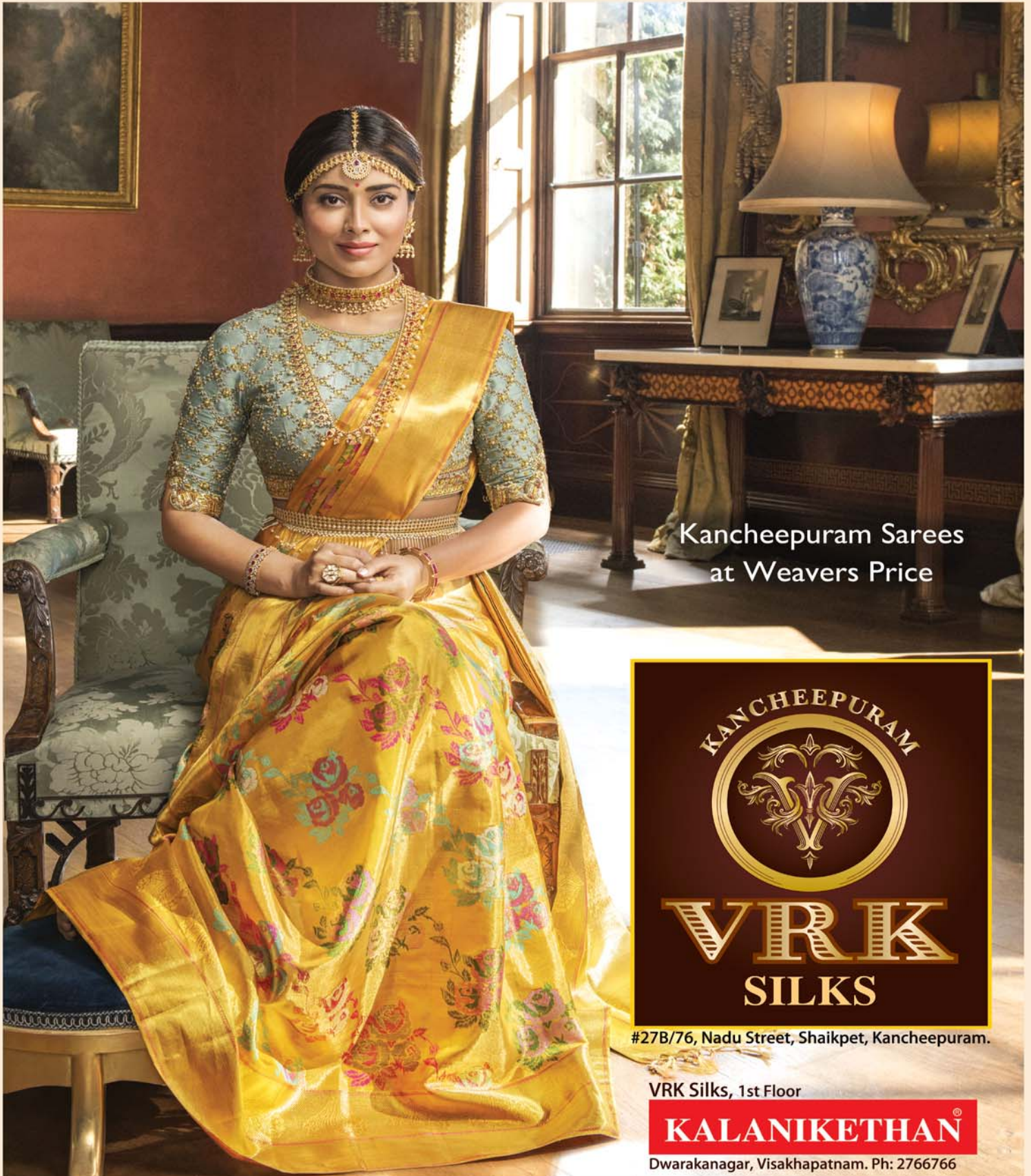
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*Kids Pool
is ready !!*

House Journal of The Waltair Club, Visakhapatnam

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From The President's Desk

Dear Members,

In the month that just went by, we had our regular events like movie screenings, Tambola, Senior Citizens day and other events. On 20th April, we screened a premiere show of 'Bharat Ane Nenu' telugu block buster movie in our Club and there was an amazing response of 1500 members coming to watch the movie. Thanks to the producer of the movie D.V.V.Danayya for making this show possible.

Along with these, we could achieve a much-awaited dream - a swimming pool for kids. Ours is the first club in the state to have an exclusive pool for children. The state-of-the-art kids swimming pool in Waltair Club was inaugurated on 6th May by our very own Dr.Goli Bhaskara Rao. With the support and encouragement from my committee members and well wishers, we could complete the work in record time. Children present for inaugural ceremony were more than happy to receive their swimming kits and gifts and had their own merry time in the pool for more than two hours. Moms had a tough time bringing them out of the pool. We also made a separate entrance to the kids pool, a changing room and a waiting lounge near the pool. We are also planning to conduct swimming classes very soon.

I would once again like to reiterate and emphasize the importance of discipline. Club members are expected to adhere to the club rules and code of conduct. It is brought to our notice that one of the members used social media to malign the sponsorer of a mega event in the Club. I strongly condemn this act and again remind the members that matters pertaining to the Club cannot be expressed in any social media. Stringent action will be taken against those who violate this code of conduct. Grievances if any have to be brought to the notice of the Managing Committee directly.

As members of a prestigious club, let us together uphold its pride, the tradition of gentleman behavior and etiquette.

Looking forwards to your continued co-operation and support.

With regards,

P.Phaneendra Babu

Managing Committee for the year 2017-2018

President	Mr.P.Phaneendra Babu	7997488488
Vice-President	Mr.V.Seetharamaiah	9849691188
Hony.Secretary	Mr.K.Vamsi Kishore	9849166669
Treasurer	Mr.V.Ravikanth	9441400007

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Mr.V.Seetharamaiah	Mr. A Vijay Kumar
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Dr. Hema Yadavalli	

Committee Members

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General Services	Prof. G.Seshagiri Rao	9949414114
Bar	Mr.Chandra Kant N.	9849111102
Catering	Mr.Srinivas Vytla	9849466099
Entertainment	Mr.Umesh Kumar Gupta	9440192364
Library & Chambers	Mr.M.A.Murale	9848146580
Ladies Committee	Dr.Hema Yadavalli	9949485555





Award / Recognition to Club Member



"Club Member Mangina Srinivas (Vasu) Rao (S-387), was recently felicitated by his Alma mater, the prestigious Asian Institute of Management , Manila Philippines with the AAA Award (Alumni Achievement award) for the remarkable work he has done in empowering the lives of the small and marginal farmers in South Asia and Africa. Srinivas is a noted agri-business specialist and worked on inclusive business models, agri-value chains and ICT based solutions and has been associated with ITC e-choupal , Bill and Melinda Gates Foundation and ICRISAT. "



Announcements

We are happy to inform that we are planning to release a coffee table book on Waltair Club. In this regard, we are looking for some very old memories of events conducted in Waltair Club. It will be highly appreciated if the members can share pictures of old events if any. These pictures will be returned after being scanned.

For more details, contact

Dr.Hema 9949485555
Mrs.Sandhya Godey 9849117400

2) This is to inform you all that, all club services will be closed by 11.00 pm, so club will not accept any orders from the members after 10.30pm. Members are requested to leave the club premises by 11:30 pm.

3) Ultra washtex drycleaners facility has been opened in club premises for the convenience of members

4) New services are going to be offered by Club mart in Waltair Club. Farm fresh organic mangoes will be sold from 10th May. Coffee shop and bakery unit will commence from the month of June.

5) Swimming Summer Coaching Classes will commence from 10th May, 2018 onwards. Interested Members/Children may register their names at Club Reception.

6) M/s.GKB Opticals: World Class Eye testing by qualified optometrists on 20th May, 2018 at Pearl I & II from 10am to 2pm. Members are requested to use this camp in large numbers.

Programmes for May, 2018

06.05.2018	Sunday	Beer n Biryani with Tambola	12 Noon
06.05.2018	Sunday	Movie	7:00 PM
11.05.2018	Friday	Movie	7:00 PM
18.05.2018	Friday	Movie	7:00 PM
19.05.2018	Saturday	Tambola	7:30 PM
25.05.2018	Friday	Movie	7:00 PM

Advertisement Tariff in Waltair Times

Location	Single Issue	3 Issues Rs.	6 Issues Rs.	12 Issues Rs.
Back Page Full	25000	60000	90000	144000
Back Page Half	15000	30000	48000	72000
Inside back Full	15000	36000	60000	96000
Inside back Half	8000	18000	30000	48000
Inside 2 nd page Full	18000	40000	60000	110000
Full Page inside	10000	24000	36000	60000
Half Page	6000	15000	24000	36000
2" x 8" Strip Other	6000			
2" x 8" Strip Cover	6000			

Obituary

We regret to announce the sad demise of our Senior Member Mr.Y.Satyanarayana (M.No.S-97) on 25th April, 2018. May his soul rest in peace.



Mr.Y.Satyanarayana (M.No.S-97)
expired on 25.04.2018

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Senior Members Meet on 15th April, 2018

Senior members meet was held on 15th April, 2018 Sunday. Members participated enthusiastically in good numbers and enjoyed themselves. Event started with a classical dance by Ms.Akruti D/o.S.Murali Krishna (M-194). It was followed by two games of housie with loads of cash prizes. The highlight of the programme was a talk by nutritionist Ms.Anjali Dange. She enlightened the members on the importance of eating a nutritional diet emphasizing on the type of foods to be eaten to keep oneself healthy and fit. This talk was followed by the felicitation of a senior member Mr.A.K.Talwar. Last but not the least, members were entertained by the piano recital of Ms.Sahasra, grand daughter of a senior member.

The event was well organized and appreciated by the senior members. The event was sponsored by Mr. Muppidi Prabhakar (P-50), Dr. T.V.S.Rao (S-301), Mr.A.S.N.Prasad (P-11), Mr.N.Vivekananda Reddy (V-189) and PMJ Jewellers with the support of Mr.K.Venkateswara Rao (V-154).



Demo fitness class held on 15.04.2018 at Yoga Hall



New Members List

Member Name	M.No.	Category	D.O.J.
Mrs.Grandhi Kavitha	K-251	Regular mc	09.03.2018
Mr.Irfan Ali Khan	I-023	Regular mc	09.03.2018
Mr.Chirag Ashok Mirpuri	C-104	Regular mc	13.03.2018
Mr.Madhur Mittal	M-266	Regular mc	14.03.2018
Mr.B.Raghavendra	R-629	Regular mc	14.03.2018
Miss.Sravanthi Sistla	S-965	Regular mc	15.03.2018
Mr.Inder Rama Rao Nuthakki	I-028	Life	28.03.2018
Mr.S.V.S.Mohana Balaji Mavuri	M-312	Life	28.03.2018
Mrs.Ch.Sarishma	S-1188	Regular mc	30.03.2018
Mr.K.Sisir	S-1184	Regular mc	03.04.2018
Mrs.D.Vishwani	V-316	Regular mc	03.04.2018
Miss.N.Devi Priya	D-150	Associate	03.04.2018
Miss.Joshita	J-133	Associate	03.04.2018
Miss.Ritika Bachala	R-727	Regular mc	03.04.2018
Mrs.K.Ganga Amulya	G-137	Regular mc	03.04.2018
Mr.Sanka Radha Krishna	R-728	Regular mc	04.04.2018
Mrs.M.Priyanka	P-352	Regular mc	05.04.2018
Mr.Ch.Venkata Sai Harish	H-216	Regular mc	05.04.2018
Mr.J.Alok Raj	A-318	Regular mc	06.04.2018
Mrs.M.Priyanka	P-353	Regular mc	07.04.2018
Mr.Ujval Moses Pradhan	U-38	Regular mc	07.04.2018
Mr.Y.Vineeth	Y-22	Regular mc	10.04.2018
Miss.G.Bhavika	B-141	Regular mc	10.04.2018
Miss.Smriti Arvind Chitra	S-985	Regular mc	12.04.2018
Mrs.G.Naga Pushyami	N-258	Regular mc	16.04.2018
Miss.C.Sneha	S-954	Regular mc	18.04.2018
Mr.B.Chaitanya Sai	C-119	Associate	27.04.2018
Mr.V.Arun Sudhakar	A-317	Regular mc	27.04.2018

Tambola held on 21.04.2018



1st Prize Winner:
Mr.V.Durga Rao (D-19)



2nd Prize Winner:
Mrs.P.Lakshmi W/o.Mr.P.Kumar(K-113)

Benefits of Infused water

What Is Infused Water?

Infused water is the process of adding fruits, vegetables, and herbs to your water, then letting these ingredients flavor the water. In addition to providing a delicious flavor with a wide range of combination options, you also get some of the nutrients from the produce and herbs, which further improves how healthy your water is. Infused water is very easy to make at home, but there are a few things you should know first. You should always rinse the fruits and vegetables to make sure no chemicals are left on them. Even if you bought them organic, it is still a good idea to rinse them and make sure they are clean. If you are using herbs, you want to crush them with a muddler since this will help to release the oils. The exception is when the herb is leafy, such as with mint or basil.

How Long Do You Let Infused Water Sit?

When making infused water, you will add the produce and herbs first, then add your room temperature or cold water on top. You then want to let the water infuse so that you can get good flavors and nutrients from the fruits and vegetables being used. If you are leaving it out on the counter, this is usually done in about 2 hours. Otherwise, wait 4-6 hours if keeping it in the refrigerator for the infusing process. If you leave it overnight, it will be super flavorful.

How Long Can You Keep Fruit Infused Water?

The ideal time to drink infused water is within 24-48 hours after the infusing process is complete. It is usually best to drink it the same day. Citrus fruits will remain fresher for longer, while melons are going to get soft and mushy quickly.

Also keep in mind that if you drink the infused water the same day, you can usually refill it 2-3 times with the produce in the pitcher or cup and still get good flavor from it.

EASY TO MAKE INFUSED WATER RECIPES

Strawberry Lime Cucumber and Mint Water - Doesn't that sound refreshing? Make a big pitcher of this recipe and set it out while you're lounging by the pool.



Pineapple Cucumber Mint Water - You can add an additional fruit to the mix and create something all new for your taste buds. Pick a fruit, any fruit and add it to any combination!

Cucumber Mint Water - Did you know cucumbers have a bunch of health benefits? From aiding in digestion to relieving bad breath, cucumbers are an excellent addition to your infused water.



Cucumber Strawberry Pink Grapefruit Water - This one is a proper Summer Drink! Look at all of those colors. Imagine the flavor packed into one tall glass.

Swim and fun for the juniors.

Waltair club decided to open a swimming pool exclusively for the kids. This decision was implemented, effectively and quickly.

On 6th May Sunday at 4 pm the new kids pool was formally opened by our Senior member and Past President Dr. GoliBhaskar Rao. Dr. Goli at his age of 91 is symbol of good health, happiness and a razor sharp wit. A regular tennis player, he is the right inspiration for the new generation. He wished the children of Waltair Club all enjoyment in using the pool and said that this "exclusive for kids" facility was the only one of its kind, amongst the Clubs in India.

The parents need to note that for the young children - swimming is an excellent aerobic exercise in an aqueous environment. It provides loads of fun while giving the child freedom and thrill in the water. The children develop a positive self-image as they gain competence in swimming and build up their self- confidence.

The club's philosophy of an "Early Aquatic Start" was evident with the special kids' pool dotted with colorful cartoon character floaters along with graphics of starfish and other marine life on the pool floor.

Several kids took the plunge at the opening evening, while the members of the Managing Committee and other committee members cheered them.

Several club members were present at the event and the club hosted Tea and Snacks for all those who attended the event.

Vijay Atmakuri







What's up Doc ?

FROM PRESSURE TO PLEASURE

Our children need a life lived well & loved

Its that time of the year when EXAMS are over and children breathe a sigh of relief!

Barely do they relax, when the thought of RESULTS brings back stress into their lives. This stressful anticipation of an excellent score takes a toll on their mental and physical health. To add to this misery is the advent of Entrance Examinations which rank students across the nation. With cut throat competition and rising cut off for entrance, the pressure only builds.

Today parents have unrealistic expectations for their child's achievements and behavior. They want their children to be excellent in studies and not even 'waste time' eating, leave alone sleeping and playing. However, contrary to this view, the children who do very well in life are the ones who are motivated positively by parents with realistic expectations.

Children respond in a variety of ways to academic competition. Some thrive while others step aside. If parents sense that the child is succumbing to the pressure of academic competition, it is important for them to help alleviate their child's concerns.

WE HAVE TO LET OUR CHILDREN BLOSSOM!

Parents need to remember

- Every child is unique and develops at a difference rate. Care to be taken not to compare.
- Stress on excellence rather than perfection.
- Cultivate a learning mindset rather than a performance mindset.

Over the last several decades innovations have taken over. We have 'smarter' phones, internet addictions & video games obsessions. But it won't be fair blaming the technology entirely for this. Shouldn't the parents, schools and governments take up these issues? Shouldn't we be questioning –

- **Where are the leisurely days? Where have they gone?**
- **When is the time to play and laugh?**
- **Do we let children develop hobbies and be creative?**
- **Are we sowing seeds for burnouts and childhood depressions?**

While the West is embracing the Ancient Eastern Wisdom, our children are entrapped in the so called 'Upgradation' of Human Clones.

We are ensuring they do not blossom as humans but fit into George Orwell's Animal Farm.

It is imperative then, that we give sports and hobbies importance in today's education. Play provides a positive effect on the children's growth and development in social abilities, skills & talents, self esteem and problem solving skills. We should not let the pressure stop us from exposing our children to sports. Playing is not just about letting off steam. It is a vital part a childhood that helps children develop physical strength, coordination and balance. It can also provide opportunities for children to learn and develop.

Social Skills: When they play with other children they learn to communicate, share, collaborate & empathize with others.

Confidence: As they master new skills & play with other children not only do they improve their competence but also confidence in their own physical & social abilities.

Thinking & Problem solving skills: As children tackle new challenges, they learn to assess risks, develop persistence and perseverance which are important attributes for life.

Self care skills: Managing physical & social challenges helps children learn about safety.

Sense of connection: During play, children forge connections with place, peers, the local community and the environment.

As a pediatrician with a special interest in behavioural pediatrics, I see so many psychosomatic illnesses stemming from this modern day outlook. It has always been my endeavour to guide parents towards developing their children's SQ (Social Quotient) EQ (Emotional Quotient) and SQ (Spiritual Quotient) and not just their IQ (Intelligence Quotient).

Dr. Rajni Mukherjee
 MD (Paediatrics)
 Sr. Consultant
 Seven Hills Hospital
 Viskahapatnam

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