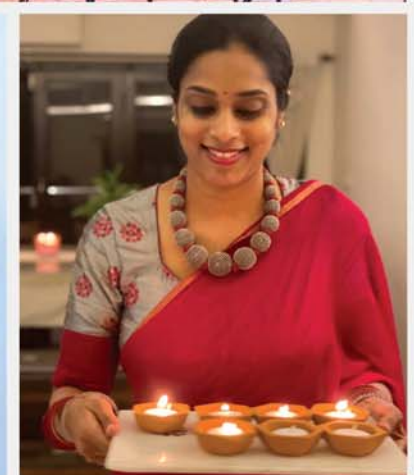




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VOL.28 | ISSUE - 5

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# From the President's Desk

Dear Esteemed Members,

I extend my heartfelt gratitude to each one of you for making the Diwali Mela at Waltair Club an overwhelming success. The immense turnout showcased the vibrant spirit of our community.

The Lucky Seven game stall, giant wheel, merry-go-round, stick walkers, and the delectable offerings from Ciro's Pizzeria and the live chaat counter added an extra layer of joy to the festivities.

The evening was elevated by the captivating tunes of a lively music band and culminated in a spectacular fireworks display that lit up the night sky.

Your enthusiasm and participation truly made this event a memorable celebration of Diwali. I extend my appreciation to all those involved in organizing and executing this grand affair.

We are delighted to introduce the inauguration of "Waltair Cafe," a restaurant offering an exclusive cuisine available at \*Waltair Cafe & TOSS\* the Sports Lounge exclusively. Members are encouraged to make use of this facility, supporting and enjoying this beautifully designed space with good music and food.

**K. Vamsi Kishore** (V-168)  
98491 66669

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Mr. K. Vamsi Kishore (V-168)  
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9393103358



# Vice-President's Message

Dear Members,

Children's Day Special "Art Attack" featuring kids Tambola and a fun art activity was held on 14th November by Ladies Committee at the Jubilee Deck.

Explore the enchanting world of Deepavali through the heartfelt words of our esteemed members. Their quotes on the Festival of Lights illuminate the pages and provide a glimpse into the joy and warmth experienced during this festive season.

Meet the remarkable trio - Sandhya Godey, Sonal Sarada, and Priya Gopalakrishnan - the creative minds steering the Vizag Junior Theatre Festival. Uncover the passion and dedication behind this thriving cultural initiative that enriches the artistic tapestry of our community.

Warm Regards,

**Dr. Murali Krishna Reddy**

(K-077)

92466 23943

## From the Editor's Desk

Dear Waltair Club Members,

Greetings! As we dive into November, our latest edition brings forth a diverse array of articles to captivate your interest.

In an insightful piece by John Castellias, we delve into the inspiring journey of Lt Col. Frederick Jasper Anderson and his prestigious Gold Medal. Discover the extraordinary achievements that have left an indelible mark on our collective history.

Dr. Sivaprasad Reddy sheds light on a matter close to our hearts - our health. Dive into his article focusing on heart health, offering valuable insights and tips for maintaining a healthy and vibrant life.

We trust that this month's compilation of articles will not only inform but also inspire you. As always, we welcome your thoughts and feedback. Wishing you a delightful reading experience!

Warm regards,

**- Deepa Raju Kodali (D-098)**



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# Hon. Secretary's Message

Dear Members,

Here are some club updates from this month of love and light.

Lawrence & Mayo held an eye care program for members at Pearl 1 on November 5th. Members were provided free eye testing and eye care counselling. Beer and Biryani with Tambola on 5th and Bumper Tambola on 25th November.

Live screenings of the ICC Men's World Cup Semi-Final between India and New Zealand on November 15th and the Grand Finale Match of India versus Australia on November 19th at Waltair Lounge, Toss- The Sports Bar, Wills Pub, Jubilee Deck, and the Lawns.

A Junior Golf Workshop, conducted by Mr. Indrajit Bhalotia, a prominent professional golfer, took place at EPGC on November 19th for EPGC and Waltair Club children. Tickets for the India vs. Australia T20 Cricket match were made available for interested members to purchase from the club office on a first-

come, first-served basis.

We extended an exclusive invitation for a display and test drive of the Range Rover Velar and the Audi Q3, Q5, and A4 vehicles. We are excited to announce the opening of "The Daily Grind," a coffee shop featuring exclusive coffees, teas, healthy organic beverages and continental snacks like guacamole, hummus, momos, salads and cakes to name a few. This is exclusively available at TOSS, the Sports Lounge. Members are urged to explore this elegantly designed establishment and savor the delightful food and mocktails on offer.

Best Wishes,

**B. Lakshman Patro**

(L-025)

98664 46747

## Bumper Tambola



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# Lt Col Frederick Jasper Anderson

## Gold Medal



**Lt Col Frederick Jasper Anderson IMS,**  
M.C, C.I.E, M.B, B.S, FRCS,  
Principal 1923 – 1933,  
Professor of Anatomy & Surgery”

As the Andhra Medical College celebrates its Centenary in October 2023, it is timely to honour the contribution of an early Waltair Club member to the legacy of AMC. Lt Col Frederick Jasper Anderson IMS, M.C, C.I.E, M.B, B.S, FRCS, Principal 1923 - 1933, Professor of Anatomy & Surgery

Born on 10 March 1886, the son of Alfred Jasper Anderson MRCS, Medical Officer of Health for Blackpool, he was educated at Epsom College and St Bartholomew's Hospital. He qualified in 1911, was commissioned in the Indian Medical Service in January 1912, and saw active service throughout the first world war, in France 1914-15, in Iraq 1916-18, and finally in Egypt. He was promoted captain 1915, won the Military Cross 1917, and was mentioned in dispatches 1915 and 1919. He took the Fellowship in 1922, was promoted major in 1923 and served as a civil surgeon in Madras 1913-28. The new Vizagapatam Medical College buildings were opened on 7 July 1923 by Lt Col Frederick Jasper Anderson IMS, officiating as Principal who was also the professor of anatomy and surgery. The formal opening was on 19 July 1923, by the Hon Diwan Bahadur Rajah Panuganti Ramarayananar, MA, Minister for Local Self Government Department, the then Chief Minister of Madras, and Minister for Health.

Lt Col Anderson was firstly professor of surgery and Principal of Andhra Medical College Vizagapatam 1923 - 1933, and then Professor of surgery at Calcutta

Medical College 1934-45. He designed the insignia and motto for the Andhra Medical College and the Lt Col Anderson Gold Medal was created in his honour as the award for the 'Best Out-Going' student in each graduating class of the AMC. He was an excellent clinical teacher and a bold, wise surgeon, with a brusque, downright manner. He was created a Companion of the Order of the Indian Empire in 1939. After retiring from the Service in 1945 with the rank of Lieutenant-Colonel he practised privately in Calcutta, where he died on 28 November 1957 aged 61. He was unmarried and had been a successful race-horse owner. A modern-day convocation of AMC graduates includes the awarding of more than 50 medals and prizes to its high achieving graduates.

The awards generally honour the name and contribution of eminent Professors and benefactors of AMC over the last 100 years. The oldest of these awards are the medals awarded in the name of early Principals, the foremost being the Col Anderson Memorial Medal.

THE ANDERSON MEMORIAL MEDAL FOR THE BEST OUT-GOING STUDENT		THE ANDERSON MEMORIAL MEDAL FOR THE BEST OUT-GOING STUDENT			
1. M. NARASIMHA RAO	1934	33. N. S. KISHORE ROY	1966	65. T. LAVANYA	1996
2. P. R. SANKAR NADAR	1935	34. K. RAMACHANDER	1967	66. M. S. CHAKRAVARTHY	1997
3. N. VEERARAGHAVA AYYAR	1936	35. R. BASIPRASHA	1968	67.	1998
4. K. RAMACHANDRAN	1937	36. S. HARINI	1969	68.	1999
5. B. RAMA MURTHI	1938	37. G. SAIBOPAL	1970	69.	2000
6. I. CHALAPATHI NAIDU	1939	38. P. RAVINDRANATHA SARMA	1971	70. K. MEHAR LAKSHMI	2001
7. V. SANKARAN	1940	39. K. SATYANARAYANACHARI	1972	71. A. SREEDHAR REDDY	2002
8. M. C. RAMALINGESWARA RAO	1941	40. MBS. N. PREMALATHA RAO	1973	72. T. LAKSHMI DEVI	2003
9. D. VENKATESWARULU	1942	41. NOT AWARDED	1974	73.	2004
10. B. SHANKAGESHVARA RAO	1943	42. M. SHAKAMA SUNDAR	1975	74. B. PRANEET	2005
11. V. VENUGOPAL TLAK	1944	43. T. RAMACHANDRA RAO	1976	75. H. KAMESWARI	2006
12. SMT. SATYABHAMA REDDY	1945	44. KUM. G. PADMARATHY	1977	76. CH. VIDAY KUMAR	2007
13. JEEDIGUNTA GOPALA RAO	1946	45. V. L. N. PANT	1978	77. P. S. RIDDHAR	2008
14. G. ETHIRAJULU	1947	46. KUM. ANNAVARAGHISE	1979	78. K. HARITHA	2009
15. K. R. PRASADA RAO	1948	47. SUDAYALAKSHMI	1979	79.	2010
16. P. S. R. K. HARANATHI	1949	48. CH. UMA DEVI	1980	80. M. RAVI TEJA	2011
17. K. KRISHNA MURTHY	1950	49. D. KRISHNA MOHAN RAO	1980	81. N. DIVYA SRI	2012
18. KIM. M. AMRUTHAVALLU TIVARANNA	1951	50. MBS. SHEHALATHA MAHESWARI	1981	82.	2013
19. C. RAJARAM MOHAN REDDY	1952	51. CH. V. RAGHAVA PRASAD	1982	83. A. RAMYASAI	2014
20. T. SRINIVASAN	1953	52. L. LIU NGOH CHIN	1983	84. L. SUSHMA	2015
21. K. SRINIVASA RAO	1954	53. ANNA MARY VERBESH	1984	85. K. GOUTAM	2016
22. C. VENKATARAJA REDDY	1955	54. D. MANIKYAMA	1985	86. J. CHAITRA	2017
23. M. PUNDARIKA SHENI	1956	55. V. UMA DEVI	1986	87. N. VENKATA ABHISHEK	2018
24. P. SATYANARAYANA RAO	1957	56. N. ANURADHA	1987	88. G. GAYATRI SWETHA	2019
25. R. JAYACHANDRA REDDY	1958	57. M. CHITRA REKHA	1988	89. S. RAMPRANAY	2020
26. N. RAJASEKHARA REDDY	1959	58. V. ARUNA SUBHA SREE RAO	1989		
27. I. DINAKAR	1960	59. CH. BANAMURALI KRISHNA	1990		
28. NOT AWARDED	1961	60. B. GANGA DURGA BHAVANI	1991		
29. V. ESWARA REDDY	1962	61. V. SUNITHA	1992		
30. A. V. L. N. SARADA DEVI	1963	62. G. RAJASEKHAR VARMA	1993		
31. M. D. ESHWAR	1964	63. G. SHA SHIKANTH	1994		
32. P. SESHAGIRI RAO	1965	64. C. V. SUBBA REDDY	1995		



**Col Anderson Memorial Gold Medal**  
Awarded to Sri P Ravindranatha Sarma, 1971-72

Awards at AMC range from 'Best Out-Going' and also for highest marks in the disciplines such as Anatomy, Microbiology, Gynaecology, Paediatrics, Ophthalmology, Medicine, Pathology and Anaesthesia. Awards are also made to ladies and students who excel selected disciplines. There are Department prizes and awards for merit in respective batch years.

Records indicate that the Col Anderson Memorial Medal for the AMC's 'Best Out-Going' graduate was an annual award first made to a meritorious student in 1934. The first winner was Dr M Narashima Rao in 1934. The gold medal has the insignia of the Andhra Medical College on one side and

Col Anderson, recipients name and year of the award on the obverse side. Illustrated is the gold medal awarded to Dr P Ravi Sarma whose wife Seshu, as Dr S Padmavathy, has the distinction of also being awarded the Col Anderson Memorial Medal in 1977.

Lt Col Frederick Jasper Anderson was the Foundation Principal of AMC in 1923, and its Professor in Anatomy and Surgery. The Andhra Medical College emblem was designed by Dr. F. J. Anderson and is engraved on the face of the Col Anderson Medal.

It is fitting that the role of Lt Col Anderson in nurturing and developing AMC in its formative years be honoured with this annual award for merit as the Col Anderson Memorial Gold Medal for the Best Out-Going student at Andhra Medical College.

Written by John Castellias whose family belonged to Vizag for 5 generations, is a Vizag aficionado who contributes Vizag Heritage articles to Yo Vizag and the Waltair Times. He can be contacted at [jcastell@ozemail.com.au](mailto:jcastell@ozemail.com.au)



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## VIZAG JUNIOR THEATRE FEST



Litlantern For Culture and Literature Welfare Society recently hosted the Vizag Junior Theatre Fest (VJTF), a three-day extravaganza for children from November 25 to 27 at VMRDA Children's Arena. This marked the festival's second edition, attracting professional theatre troupes from various cities.

Pune's Swatantra Theatre brought RK Narayan's beloved Malgudi Days to life, while a collaborative effort by Collective Madness and Conservatory for Arts and Artists from Mumbai showcased the play "Tara's Trio." Bhoomika Theatre from Hyderabad added a regional touch with the Telugu play "Baribattala Raju," and a mime performance by Kunal Motling and Sanjay Sandesh aimed to transcend language barriers.



Sandhya Godey, one of Lit Lantern's founders, highlighted the fest's inclusive approach, aiming to engage students from GVMC schools and Telugu medium schools with the Telugu play. The festival's scope extended beyond its initial target audience of children aged four to 14, offering entertainment and learning opportunities for adults.

Speaking with Jyothirmayi Mukthineni from the Waltair Times, the founders, Sonal Sarda, Sandhya Godey and Priya Gopalakrishnan shared the festival's origins. Sonal initially proposed the idea, which interested Sandhya and later Priya, who was immersed in storytelling at the time. A week later, the three finalized their plans at a gathering, driven by a shared passion to contribute to Vizag's children.



The fest served as a remedy for the growing digital distraction, encouraging families to disconnect from screens for two days. Emphasizing the absence of competition or certificates, the founders saw the event as a means for families to connect, with the nostalgic experience of Malgudi Days resonating with attendees.

Sonal stresses on the developmental impact of plays and interactions on children, while Priya highlights the fest's mission to expose children to diverse Indian literature through earlier editions of the literary fest. In a space often dominated by global franchises like Harry Potter series or Perry Ellis, the fest celebrated local authors and their stories, aiming to evoke the essence of Indian life.



**L-R Sandhya Godey R-185, Sonal Sarda N-266, Priya Gopalakrishnan R-498**

Publishers like Karadi and Tulika produce books by Indian authors for children that have a lot of Indian context and we have stories of little girls with two braids playing hopscotch which is more evocative of an Indian way of life. Previous editions of the fest emphasized literature and storytelling, while the recent editions are focused on theatre and dramatic play.

The founders expressed their commitment to producing a high-quality show, drawing inspiration from events like OORJA and the Hyderabad lit fest. Their meticulous research and preparation, beginning in March, ensured the fest resonated with Vizag's pulse.

As Sandhya says, "the aim is for children to interact in an engaging environment. Ultimately, LitLantern's goal is to nurture an appreciation for art among children by encouraging them to see, hear and look in person, fostering holistic development. The Fest involves cooperation from different sectors of Vizag city, including the government, schools, media, volunteers, coordinators, and business houses. It extends beyond just the three of us".



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# DIWALI PHOTOS







Deepavali, or Diwali, holds profound significance in Hindu culture, symbolizing the triumph of light over darkness and good over evil. Families light oil lamps, or diyas, to dispel ignorance and welcome prosperity. It's a time for reflection, spiritual renewal, and fostering goodwill, transcending cultural boundaries with its universal message of hope.

**Mrs. Jhansi Katragadda**  
M.No. V-154



The word Deepavali is Pure Nostalgia. It brings back a ton of childhood memories.

The anticipation of shopping for tapakayalu, laying them out to dry in the Sun, praying that it wouldn't rain on the day...

Year after year being awed by chichubuddulu & bhoochakralu, always begging Amma for more tapakayalu, rockets & bombs.

As much as I'm a grown up today and have out grown the tapakayalu phase eons ago, Deepavali still is Nostalgic.

I just love lighting Pramidalu and to do that with Saisha, my sister's daughter since last year, has been extra special. Watching her face light up and her attempt at saying pramidalu is adorable.

~ **Dr. Niveditha Vasireddy**  
M.No. N-165



**Mrs. Annie Atluri**  
M.No. A23

Deepavali in the 70s was a nostalgic blend of simplicity and joy. Preparations started weeks before - homes adorned with rangoli, the excitement of new clothes, and the aroma of homemade sweets. Bursting crackers lit up the night sky, creating a community celebration. It was an era of cherished traditions and heartfelt connections.



**Mrs. Roopa Koganti**  
M. No. S-112"



Deepavali is a joyous festival celebrated by Hindus worldwide. In rural villages, Deepavali transforms into a radiant spectacle of community unity. The warmth of oil lamps, the rhythmic beats of traditional music, and vibrant rangoli patterns on earthen floors create an enchanting atmosphere. Family members come together, sharing sweets, laughter, and the spirit of togetherness, making Deepavali a cherished rural celebration.

. As new grandparents, sharing this cultural celebration with our granddaughter is a special experience. From decorating the house with vibrant diyas to enjoying delicious sweets and sparklers, it's a time to create cherished memories and pass on cultural traditions.

~ **Mrs. Bhavani Vasireddy**  
M.No. T- 26

# A JOURNEY TO EVEREST BASE CAMP- A TREK OF A LIFE TIME

*The very substance of the ambitious is merely the shadow of a dream”*

*- Shakespeare*



The Above line of Shakespeare appears on one of the memorials of a mountaineer at Labouche on the way of Everest base camp.

The Trek to base camp is in the bucket list of many avid trekkers from all over the world, who dream of being amongst the mighty mountains of the world. It's a Grueling high altitude trek with rough terrain, high suspension bridges, unpredictable weather and lack of oxygen.

The journey begins with a flight in a 12 seater plane at Kathmandu taking you between valleys, it's a wobbly flight as it passes through mist and clouds and lands at Lukla's Hillary - Tenzing airport. Considered one of the world's most dangerous landing and takeoff strip, barely 500 meters and perched on a cliff.

the trek starts immediately to Phakding (2651m) .in this 5 hour trek you get to know the scenery and terrain. The yak train with bells clanging round the neck warn of their approach, the narrow path or ridge has to be cleared for them ,they carry load of essentials for the sherpa villages, and you are left clinging to the mountain side as they pass. the tea houses are present all along the trekking path offering food and boarding.

next morning from Phakding a visit to the Sagarmatha national park, on the way to Namche Bazaar you will get an epic sweep of the Khumbu Himalayan range which includes Everest, Nuptse, Lotse, Ama Dablam and Kusum Kanguru and the mountains, all silhouetted against the statue of Tenzing Norgay. Then proceeding to Namche you cross the Hillary suspension bridge over the ragging Dudh Kosi river. The bridge at 459 ft long and 410ft high frequently sways due to the high altitude winds.

After a seven hour trek you reach Namche Bazaar (3440m). This is the last Sherpa town where you can pick up trekking gear. Usually trekkers stay two nights at Namche to acclimatize. The snow peak mountain Kongde River (6187m) towers over the town which has a heli pad for rescue missions and a monastery.

from Namche a trek of seven hours you reach Tengboche (3870m). Tengboche has the world's highest Buddhist monastery. One can visit the monastery and step inside, at Tengboche you get to view, Everest, Nuptse, Lhotse, Ama Dablam, and Thamsheku.

The next destination is Dingboche it takes seven hours of trekking to reach Dingboche (4400m). Close to Dingboche is the beautiful mountain Ama Dablam (6856m) (which means "mother's necklace"). It has a prominent peak with long ridges on either side. One more day for acclimatizing is required here before heading for Labouche, on the way to Labouche there are several mounds of stones with plaques which are memorials to mountaineers who have died climbing Everest. One such memorial is of Anjali Kulkarni who died in 2019 while descending Everest. Young people who have lost their life to pursue a dangerous adventure far from home.

at Labouche (4940m) you start feeling the effects of altitude, the first sign is you struggle to walk at usual pace, your appetite reduces and you struggle to sleep, high altitude sickness can become dangerous and can affect anyone. The mountain with a sharp peak Nuptse (7861m) and Island Peak (6165m) are very visible, after 4000m the trees disappear now the terrain is mainly rocky.

Next morning the trek to Gorakshep takes four hours. The Khumbu glacier is clearly visible this is a treacherous terrain the mountaineers to Everest have to face.

On reaching Gorakshep after a little rest you head for the final quest to Everest base camp (5364m) after four hours of precarious climb you reach the rock which must be the most photographed place in the trekking world. The iconic photo taken here will be cherished for a lifetime. The 65kms journey has taken a heavy toll on the body and mind, emotions are high here, people from different parts of the world raise their flag and say 'we made it'.

The trek back to Lukla another 65kms has to be completed in three days. Though it's mainly downward there are some mountains to climb. Only now there will be no oxygen problem .

A trek is a communion with nature. the encouraging greetings and smiles of people from different parts of the world was the best thing to me. The memories I made in the mountains will stay forever.

A life time of adventurous memory.



**Phiroze Jamshed**

M. No. J029

Dear Esteemed Members,

Exciting News ! We're Thrilled to Announce the Grand Opening of Our New Restaurant, "WALT AIR CAFE," In Our Esteemed Club.

Indulge in a diverse range of cuisines, from Continental to Chinese, Italian, Thai, and exclusive desserts, all thoughtfully priced to Suit your taste. Despite being Newcomers, we've curated an exclusive space for our members and guests, Adorned With exquisite interior decor, a pleasant ambience, and a quality music system for dining and private parties.

Join us at "Waltair Cafe" or "Toss Sports Bar," and explore our menu in the Chambers. Don't miss our Winter Treat – Live every Sunday from 1 PM to 10.30 PM, December through February.

Scan our QR code menu and share your valuable feedback. We're open from 12 PM to 3.30 PM and 6 PM to 11 PM. For free delivery within the club, find our contact details on the menu. Count on "Waltair Cafe" for top-notch service and customer satisfaction

We eagerly await your visit and appreciate your ongoing support

Warm Regards,  
Vedula Murthy

Reservations: 9676 301 777, CLUB EXTN: 242,

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# ART ATTACK PHOTOS



# LOW SUGAR DIET- THE CULPRIT FOR HEART ATTACK IN YOUTH



**It is recently observed from the media that the incidence of heart attacks had grossly increased in youth.**



Everybody thought that these heart attacks are post-Covid sequelae.

It is true in adults, why? Because the persons who suffered from moderate to severe Covid infection, the Corona Virus primarily attacked the lungs and damaged lung tissue, thus reducing the lung functioning area, and automatically there was a lot of stressful stress on heart as it has to pump deoxygenated blood more times to the lungs for purification.

During this process, heart musculature needs more blood circulation for its own function, and most persons having silent blocks in their coronary arteries died of heart attacks.

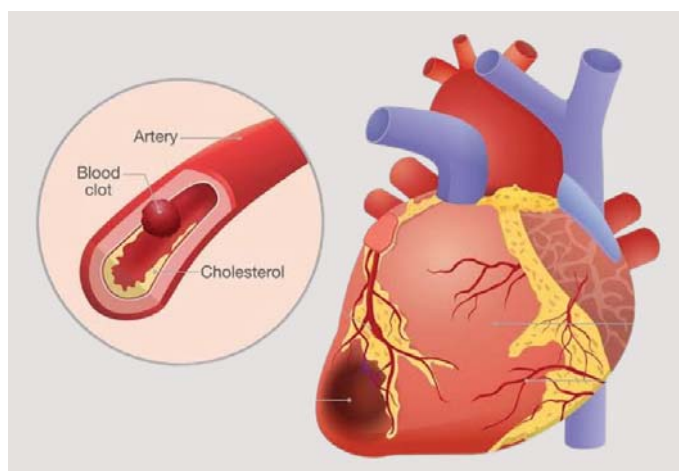
The persons who did not recover fully from Covid infection also died of heart attacks. In the same manner, so the heart attacks in adults in the post-Covid period are explainable, but in youth, it is not why? Because it is very uncommon for them to have silent blocks in their coronary arteries unless they are habituated to smoking or having underlying risk factors of hereditary heart attacks (family history of heart attacks below the age of 40 years).

If it is observed, most of the recent heart attacks in youth occurred:

1. while they were doing the GYM or after the GYM.
2. while they were dancing at marriage parties.
3. in the marathon running test in police selection.
4. Few numbers of youth died just like that.

As these heart attacks are recorded after Covid, everyone thought it is Post-Covid Sequelae.

If you go into the details of the diet taken by the exercising youth, the GYM diet is almost equivalent to the KETO diet.



In this diet, the percentage of:

1. sugar intake is very low (10% to 15%).
2. Protein intake is very high (50% to 55%).
3. Fat intake is very high (30% to 35%).

But it is a fact that the human cell needs:

1. Minimum 40% Sugar diet.
2. Maximum 40% Protein diet.
3. Maximum 20% Fat diet.

The minimum requirement of sugar for the human cell is 40%. But from the KETO/GYM diet, the human cell is getting only 15% of sugars.



As sugars provide energy to the human cell, it needs another 25% to 30% sugars for its own function; otherwise, human cells cannot survive, leading to organ failure.

So, to provide the extra sugars to the human cell, as EMERGENCY will be declared in the body.

Immediately the vital organs LIVER (85%) and kidney (15%) will come into action.

Liver and Kidney have the capacity to convert the reserved FAT to SUGARS via the process of GLUCONEOGENESIS and supply sugars, mostly in the form of fructose, to the cell from the back door, and this is the secret of losing weight, as most of the fat gets converted to sugars to compensate for the sugar requirement for the cell via GLUCONEOGENESIS at the cost of the liver and kidney in KETO/GYM diet.

As this diet contains high-fat intake, the percentage of LOW DENSITY LIPOPROTEIN (LDL) abnormally increases, which is a bad cholesterol that causes blocks in CORONARY ARTERIES and thus causes heart attacks in YOUTH and adults consuming GYM/KETO diet.

So, the LOW SUGAR DIET explains the cause of heart attacks in youth.

My sincere advice to everyboy is not to follow a very low sugar diet for longer periods, which is very much harmful to the HEART, LIVER & KIDNEY.

The persons who are following KETO/ GYM diet must get LIPID PROFILE, ECG, 2 D ECHO, and TMT (STRESS TEST) every 3 months.

**Dr. G. SIVAPRASAD REDDY**

MD DNB FIMSA

CARDIOLOGIST

PH NO 9849122525



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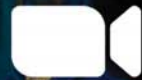
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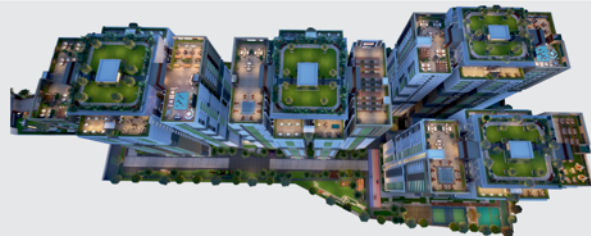
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