

# WALTAIR TIMES



Vol. 27 | Issue 4

October 2022



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*Diwali*



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## From the President's Desk



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Dear members,

It is a matter of pride to pen a message for Waltair Times. Every month my heart fills with immense pleasure as I perceive the progress being made at our Club in terms of increase in footfall. The members of the club appreciated the varieties of food being served. The attendance to the programs like Dussehra, Diwali and also the Halloween party recently has increased drastically and we thank all the members for churning out in large numbers.

I wish to extend a warm appreciation to all the members of the Managing Committee and Ladies Committee for participating in all programs irrespective of their portfolios, as our endeavor is to strike a balance between members and the facilities. I also appreciate all the staff i.e. the Office, stewards, waiters, security, the cleaning staff and all the others who have helped us to make the programs so vibrant and successful. I am sure all the members will be participating and patronizing all the future programs, thus ensuring that the club reaches new heights of fellowship and friendship.

**DR.S.V.H. RAJENDRA**

# From the Editor's Desk

It is indeed a month of festivities and we take this opportunity to wish all the members a Happy Dussehra and a safe Diwali. We wish you success and happiness in everything you do.

This month began with a string of celebrations - Dandiya Nite and a Dussehra evening. The gold and diamond Bumper Tambola along with the dazzling illuminations was a night to cherish. The Halloween Party had all members & children dressed in costumes to ward off the evil spirits.

Our entrepreneur for the month is Mr. K. Bharat, a man who stands tall and is a great influence on the present day youth. The dynamic past President we have featured this month is Mr. D.V. Raju. We have three eminent doctors give us insights into Orthopedics, monkey pox and bullying. The seniors we showcase this month are Mrs. Thelma Abraham, Mr. G. Rajendra Prasad, Mrs Prabha K Kumar. Two medical clowns, the Anantrams, share the journey of their yeoman service in this field. Over the oceans and kid's corner columns also invite articles.

On the occasion of Indian Air Force Day, Sandhya Godey, shares her experiences of being an Airforce daughter. A designer, Mrs. Shobha Kishore and an entrepreneur, Vinita Saraogi recollect their rise to fame and there are many more articles.

I thank the Executive Committee and the team on the Editorial board, for their constant support, in helping me to bring out the 4th issue.

I request members to contribute relevant articles and to render suggestions.

*Please send in the articles to [sheilajackson753@gmail.com](mailto:sheilajackson753@gmail.com)*

**Sheila Jackson**

M. No.: S - 679



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Half Page	21.5 (W)	14 (H)	18.5 (W)	12 (H)

# Hon. Secretary's Message

Greeting to all.

The season of festivities began amidst the cyclone threat. We organized the super bumper Tambola in the Auditorium and what a response it was! Congratulations to all the winners. Seeing this response we will have one more winter Tambola ball in the grounds. Get ready to experience an array of festivities starting with Halloween, Christmas Party and plethora of many more activities in the club. Let us take advantage of this beautiful weather and plan activities on the grounds and open decks. Get dressed, get ready for the party season.

Happy Clubbing.

**V.Chandrakanth**



## **Address :**

### **Waltair Club**

Waltair Uplands, Siripuram, Visakhapatnam-530003.

Ph : 0891-2565240, 2565740,  
0891-2562182

Parcel No. : 9390501495

Chambers Nos. : 9390501494, 0891-2505462

Email : [info@waltairclub.com](mailto:info@waltairclub.com)

Web : [www.waltairclub.com](http://www.waltairclub.com)

# Member Honour

## Mr. V.S. Rao (M.No. S-462)

Mr V.S.Rao (S-462) was re-elected as a council member of Southern Zone of Institution of Technical Arbitrators for a period of two years from 2021 to 2023. He is one of the four members elected from the Southern States. He was earlier also a council member of the Institution for the period 2019-2021. He is also appointed as a member of Board of Studies (BOS) for AICTE Recognised Diploma courses conducted by MSME Technology centre, Visakhapatnam, for a period of two years from 2022 to 2024. Mr V.S. Rao, General Manager (Retd) of HPCL is a recipient of National and State Awards in Engineering and valuation and also member of several professional bodies besides Arbitration Councils."



## Mr Ashish Dhariwal (M.No. A272)

Has been appointed as Chairman JITO (Jain International Trade Organisation) Visakhapatnam chapter for 2022-24 .

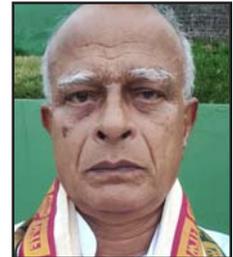
It is an organisation having more than 70 chapters across Indian and the world .

It is an organisation in the field of noble work , propagating the tenets of truth, non-violence , tolerance , ethics As well as educational programmes , educational loans , Jobs assistance etc

## Mr Rajendra Prasad (M.No. P157)



Last month on 16th Sept., 2022, Mr. G. Rajendra Prasad was in Johannesburg, South Africa, where he participated in Sky diving from of 10,000 feet, to perfection. Although, he was a bit reluctant to engage in this daunting jump, he mustered the courage and decided to go for it. The Coach instructed him well and Rajendra Prasad took the leap. There is a 6-minute video of this, and on seeing this, you will be amazed at his fearless expression. He thoroughly enjoyed that moment and landed safely and in good health. Very few of us would boast of this kind of boldness, grit and health at the ripe old age of 70.



## Programmes for November, 2022

04.11.2022	Friday	Movie	7:00 pm
06.11.2022	Sunday	Beer n Biryani with Tambola	12 noon
12.11.2022	Saturday	Movie	7:00 pm
18.11.2022	Friday	Movie	7:00 pm
19.11.2022	Saturday	Tambola	7:30 pm
25.11.2022	Friday	Movie	7:00 pm

## Weekend Events- At Wills Pub

Ladies Night	Every month 2nd & 4th Wednesday	7pm to 11pm
Wills Pub Nites	Every Saturday	7pm to 11pm
Seniors Special	Every Sunday	11am to 11pm



**MR.W.V.C.RAMALINGAM**  
M.NO.R-142 EXPIRED ON 09.10.2022

## Obituary

We regret to announce the sad demise of the following members.



**MR.P.V.KRISHNAM RAJU**  
(M.NO.V-062) EXPIRED ON 24.10.2022

Touching the sky with glory -

# 90<sup>th</sup> IAF Day



8th October is celebrated as Air Force Day in India every year, and although I am now considered a civilian having married one, I will always be an Air Force girl at heart.

Raised as a daughter of an officer of the Indian Air Force, the fauji life is what I knew while growing up. Changing cities, homes, schools and friends every few years was part of regular life. Packing an entire household into 30-40 boxes and moving to a new campus was a routine we as a family were very comfortable doing. We lived in two rooms of an old World War II times barracks and also spacious homes. Depending on where we were posted, we studied in schools that were thatched huts and tents or we studied in well-known schools with superb infrastructure. Our favourite pastime was to identify the aircrafts, be it fighters or transport, as they flew overhead. It was quite common for programs to pause and - movies in our open-air theatre to halt while the MIG's took off on sorties from the runways close by. The thrill of seeing a fighter jet streak across the skies is still something that sends me running outdoors to catch a glimpse of them.

On campus, we celebrated Id, Diwali and Christmas with equal enthusiasm. For most of us, the biggest festival was the Air Force Day celebrations every year which was celebrated by all of us who lived in a joint family that comprised all the families on campus. Irrespective of where we lived, Air Force Day was like a festival day we all looked forward to with great excitement. Like any other festival, the format and content were almost always the same - Parade on the runway, flypast of aircrafts and choppers, the Air Force open day for civilians and the Bara Khana for officers and all other ranks.

The preparation for this "festival" usually began a month prior with rehearsals for the parade and the flypast. The Air Officer Commanding the Air Force Station took the salute at the parade and reviewed the parade. The thundering voice of the parade commander as he led the parade was something all of us as kids tried to imitate and failed miserably since we could barely raise our voices for more than a couple words. The Chief of Air Staff commendations and service medals were presented to meritorious officers and Airmen during the parade and such moments were the highlight of any serviceman's career and became memories etched with pride, more valuable than anything money could buy.

The fly past was always an exciting experience especially if the aircrafts were piloted by known "uncles". The aerobatics display by the Suryakirans was the thrilling finale and it used to be an achievement to be able to recognise the formations as they hurtled past us before the commentator announced it. The claps reverberated as the display aircraft climbed vertically for the finale Cloudburst formation and eventually flew away into the blue skies beyond sight of those watching them on the ground. The evenings were reserved for the 'At Home' hosted by the Station Commander and a party at the Mess - which was the Club area and was never actually a mess :-)

This year, the Indian Air Force celebrated its 90th anniversary on 8th October. Living true to its motto of Touching the Sky with Glory, The Indian Air Force has undergone several mutations in its functioning, all for the better. The officers in Blue now include women as fighter pilots and in all other branches who continue to render service to the nation in times of peace through their humanitarian efforts while ever vigilant and alert to strike against any hint of aggression or intrusion. It is a matter of pride for me to write this small article today and re-live all the good times and the experiences as a daughter of an Air Force Officer that make me the person I am today.

**Sandhya Venugopal Godey (M.No.R-185)**  
D/o Late Air Commodore G Venugopal ( Retd)

## The Voice of Experience - D.V.Raju



**Waltair Times : During which year were you elected as President Waltair Club ?**

**D V Raju :** It had been an honour and privilege to be elected unanimously as President of one of the most prestigious clubs in the country, in the year 2015-2016. The confidence for good governance bestowed on me by the members and opportunity to serve our great Club as first servant brought excitement and along with it, more responsibilities.

**Waltair Times : Were there any disruptions due to the COVID lockdowns in your business?**

**D V Raju :** Disruptions due to COVID pandemic severely impacted all sectors of business and the economy across the globe. Because of lockdowns, MSME's were one of the worst hits and faced the harshest of environments over the past few years. Labour shortage, supply chain disruption, falling demand for products posed key challenges for us like any other MSME sectors and industries fail to kick start post pandemic because of financial stringency. When many small-scale industries were on the verge of bankruptcy or closure, the Government of India extended financial support through various schemes and government of Andhra Pradesh also announced restart package. With this hand holding, MSME sector is now slowly recovering and coming back on track.

**Waltair Times : Any new developments in your business that will bring good news for Vizag?**

**D V Raju :** Yes - we are already manufacturing TaTa copper water, fruit and non-fruit beverages for TATA's in our facilities at Visakhapatnam and Srikakulam districts. Our other group company was recently awarded letter of intent and toll packing agreement by Hindustan Coca-Cola for manufacture of beverage KINLEY water in Visakhapatnam. It is a matter of pride for us that we are now working with India's most reputed corporate TATAs and another international corporate giant Coca-Cola. Good news is that both above corporates are very strict quality conscious groups and therefore Vizagites will get quality products.

**Waltair Times : When did you become a member of Waltair Club ?**

**D V Raju :** I became member of this prestigious club in 1988 when, Dr. Lingam Suryanaraya garu was the President

**Waltair Times : Which is the Club facility you use the most ?**

**D V Raju :** The Club facility I use most is Gym/yoga/walking track for physical fitness in the morning and Club lawns for fellowship and mental fitness in the evening.

**Waltair Times : Your favourite dish on the Club menu ?**

**D V Raju :** My favourite dishes are Club sandwich and Rava Dosa. I also sometimes enjoy new finds on the menu.

**Waltair Times : It is well known that the post of Club President is very demanding and takes up a lot of time. It is also known that your factory is quite a distance from the city. How did you balance work at both places during your tenure as President?**

**D V Raju :** With little effort it was possible to have a healthy balance between business work place and Club administration. Thanks to technology, we can connect with people anywhere 24x7. If we don't establish boundaries at work, it can negatively affect our personal life. All it takes is stepping back from our schedule, re-assessing our priorities and come up with a plan which makes us feel fulfilled. Delegating work wherever possible and avoid or reduce interactions with people you feel are wasting your time are some of the important aspects for better utilisation of quality time.

**Waltair Times : You are an eloquent speaker and have great command over the spoken word . To what would you attribute this skill?**

**D V Raju :** I graduated from Osmania University and joined Rotary in 1988 and was appointed Vocational Services Director the very next year. The first event I conducted was a workshop of fisherman and I had to introduce the chief guest. I

remember the jitters I had. After that I started reading a lot, especially autobiographies which was very inspirational and gave me confidence. I am also very involved in spiritual activities and whenever I come across quotations that inspire me, I make a note. Over time I overcame my fear and started enjoying my public speaking opportunities. As Governor Rotary District 3020, I had plenty of opportunities to speak and I think I managed to hone my skills ever since.

**Waltair Times : Three Club events you try not to miss**

**D V Raju :** Flag hoisting on Independence Day and Republic Day and New Year eve on 31st December where one gets the chance to meet many members and their families and exchange new year greetings.

**Waltair Times :** In recent years sports and sporting events are being given a lot of importance and many events are being conducted. Your views on this.

**D V Raju :** Sports help an individual much more than in the physical aspects alone. It builds character, develops analytical thinking, leadership skills besides strength, stamina and flexibility. For youngsters and children, sports helps develop team spirit, leadership skills, fair play, never give up attitude, positive body language. Keeping the above in view, in our year we have given more focus on sports events such as new volleyball court which is now widely used, upgrading gym with new equipment, encouraging members to attend yoga classes. Introduced many games and sports for children. Annual sports event has become one of the most important events of the club with huge participation by all sections.

**Waltair Times :** All events at the Club organised either by the Managing Committee of the Ladies Committee  
**Most Club events find it difficult to attract good attendance from Club members. Any suggestions to improve attendance by Club members.**

**D V Raju :** Yes these days participation of members in Club events is not encouraging. I think we should plan programs attractive and interesting to families and children together. A weekly schedule must be planned and communicated to members regularly. Special programs during Dussehra, Pongal and summer holidays particularly for children wherein parents can also participate.



*Past President D V Raju in conversation with Sandhya Godey*

**LADIES NIGHT @ Wills Pub**  
 on Wednesday 7pm to 11pm  
 Conditions apply: Request all to comply with the event rules  
 Free drinks\*\* for ladies only from 8pm to 10pm; Lady guests and couples allowed  
 Only members allowed in designated areas  
 Smart casuals with collar & shoes for males compulsory  
 No photography and videos allowed except by club staff for Club Magazine  
 No fees allowed on the dance floor  
 DJ Chetan

**SENIORS SPECIAL @ WILLS PUB**  
 on Sunday  
 PLEASE JOIN & CHEER  
 HAPPENING HOURS: 7PM TO 11PM  
 Special offers\*\* for Senior Citizens

**WILLS PUB PUE NITES**  
 on Saturday  
 HAPPENING HOURS: 7PM TO 11PM  
 Request: members to join the weekend party with their spouses & have a great time  
 Press Code: Smart Casuals with collar & Shoes  
 DJ Shrfman

**RAISING THE BAR @ WILLS PUB (MEMBERS SPECIAL)**  
 on 27th July 2022  
 HAPPENING HOURS: 7PM TO 11PM  
 Special offers\*\* for Members  
 Guests not allowed

## Club Life and its Nuances

**In conversation with AVRK Kumar, Past President of Waltair Club. Part 6.**

**AVRK's** childhood was tempered by the Club Life. The Club shaped his childhood and youth and thus his affection for the Club is immense.

Waltair Times (Vijay Atmakuri) met with this iconic Past President who headed the Club around 25 years ago. Here he shares his clear memory and fine details about the joy of food at Club.

**W.T: Hi Kumar, looks like your deep fertile memory has come up with something new from Waltair Club's past!**

**AVRK** : Yes Vijay, my mind is thinking about food and I am salivating more than Pavlov's canines. Food at the club really defines the purpose of the club. It is not about adding to the profitability to the Club, but it is all about "serving the members". During the 50's 60's and 70's the club's membership was limited and many ICS officers who were members were busy travelling.

**W.T: How did club figure in?**

**AVRK** : In those days it was rather difficult to have a party at home for a few friends. No materials supplier, no agents to organize cooks and staff, thus support services were scarce. This is where the club stepped in to serve the members. The club would organize the party at the member's home. Special ambience was created with the silver - cutlery from the club along with serving bowls, punch bowls, charging plates, other crockery along with specific glasses for alcoholic drinks. Remember in those days they were all British imports as India made products were not yet available.

Cane bucket chairs were supplied by the club. Bearers and Bartender as well. This was an outstanding service to the members of the Club. The service was welcome and there was no alternative available in town.

**W.T: That was such a blessing for the members.**

**AVRK**: Very true. The food itself was another delight and blessing. I am so glad that I am able to recall the wonderful tastes in my mouth.

Roast chicken, Chilly chicken, Grilled chicken, Roast mutton, Mashed potatoes, Boiled vegetables with sauce and Club sandwich. Ah! Just the thought makes my taste buds dance! The Club Sandwich was one highlight at the Club for it was such a popular item. These simple and delicious Club Sandwiches were with simple ingredients like cheese and eggs and were so delicious it seemed impossible to replicate the taste at home. When a member travelled out of town, it was the first choice for a takeout for the travel!

The club's breads and cakes were simply heavenly! There was nothing like that in town. The club's wood fired oven located at the North end of the building turned out superb cakes as well. We could enjoy the quality food and its consistently perfect taste. Club was the only place that made cakes with butter and thus the best cakes in town.

Potato chips (thin wafers) were simple and popular. Fresh, crisp and members enjoyed them.

A dinner roll (chicken, mutton or veg) with soup made a great meal. Even the plain dinner rolls with no stuffing were a delicious item.

Butter always fascinated me. It was served with imported curlers. Nowhere else in Vizag, curlers for butter could be observed.

Christmas time brought in great memories of roast turkey and chocolates. Imported chocolates were available only at the club. Later, Seaway shop and Spencer's started offering them.

**W.T: Wow Kumar everything must have been so alien to Vizag.**

**AVRK** : Absolutely! The club had British origin recipes and over the decades the process and tastes have evolved.

Fish finger snacks, Fish & Chips, Cheese batter fish were special to the city. A simple item like Chips or Potato chips as a snack involved cutting thick slices of potatoes, fried on the spot, and served with Heinz ketchup. These was such a simple and delicious snack. If we had to order a second plate of chips it was a 15-minute process - fresh cut, fry and serve. The freshness had a taste we cannot find anywhere today.

**W.T: Gosh, I wish the club has a "blast from the past" day!**



**AVRK** : Of course, it is easily possible. We enjoyed Pulao - made with Peas and chicken and with light subtle flavors. Baked fish, Potato with cheese, Garlic Bread were delicious, but not easily available. Jelly / Custard for dessert was popular. Teacake, coffee cake, (with real coffee powder) cupcakes were all treats we enjoyed.

**W.T: That sounds like a special heavenly meal.**

**AVRK** : Not only the taste of the food but the way it was displayed to us played with our senses. The Cheese cocktail was in the shape of rooster. Bottle gourd made up the body, carved pineapple made the feathers, beak was a red chill, head and neck were made with a carrot and the eyes were black beads or seeds. Looked great on platter. Cheese, pineapple, and cherry were on a stick. When it came to display quality, it really took the cake.

The classic and simple Chicken cutlets with chips is another treat that comes to my mind.

**W.T: Only thing I can say is "those were the days my friend"**

**AVRK** : You can bet on that. Another exclusive at the club was cheese. Always imported Kraft cheese from England. Worcestershire sauce, caramel custard were simply unique. The club encouraged the proper use of cutlery + crockery dinner plates, side plate, soup bowl with soup spoon. Only cloth napkins were used. There was a Coke depot nearby and the Club enjoyed its products. Carving the turkey saw its own special carving knife.

When we dined by the bandstand, we could hear the waves. We could enjoy the evening tea with Nan - Katai, club made biscuits from a British recipe. These biscuits with custard on top were such a treat. The dearth of European vegetables meant that Potato dominated the cooking. Late sixties saw the entry of noodles and fried rice to the club. This was thanks to Hotel Apsara and Sky room that popularized it. During the nineties we saw food made by a professional caterer. The homely pattern of food gave way to commercial cooking.

During the seventies members loved the movie day and club events day. Veg stew with garlic bread, Chenna Bhatara, Dosas, were all popular. Cake, chips, popcorn, club sandwiches sold well on movie days. With changes in local culture, preferences of members, the Club's kitchen also evolved.

To me it is nostalgic to appreciate the Club kitchen being an extension of our homes and such special homely food needs to make a comeback.

**Vijay A in conversation with A V R K Kumar.**

**WALT AIR CLUB**  
WALT AIR CLUB MANAGING COMMITTEE 2022-2023  
PRESENTS

**PRIZES WORTH  
Rs. 1 LAKH**

**Snowball Prize  
Rs. 20,000/-**

**19<sup>th</sup> November 2022  
(Saturday)  
Time : 7:30 pm**

**Venue :  
Centenary Auditorium**

## Mr. Bharat Mathukumilli – The Youth Icon

**Waltair Times :** Coming from an illustrious lineage of the late MVVS Murthy garu, a name synonymous with quality education in Andhra Pradesh even when it was a combined state, was it a forgone conclusion for you to join the field of education or was it a decision you took for yourself ? Why ?

**Bharat :** My first major job was working in GITAM Hyderabad that Murthy thatha gave me. It was not until I started working then, did I know that I would fall in love with my work in education. Since I joined the board in 2012, I've been deeply invested into transforming education not only at Gitam, but in India overall. The ability to impact someone's life in a deep and meaningful manner is so fulfilling - that I'm committed to doing it at scale. There are many challenges to this work and at the same time there are many joys a large to it. I feel lucky to have the opportunity to do this work.

**Waltair Times :** You did a double graduation at the prestigious Ivy League Stanford university with an MBA and an MA in Education. Could you name three teaching practices at Stanford that you have adopted at GITAM ?

**Bharat** Emphasis on formative assessment vs summarize assessment has been a major shift for our large programs like engineering, management, science and social sciences. This means that the weightage of term end examination has come down in half and continuous assessment during the semester is a lot more important now.

Along with this shift we now apply relative grading to all the assessments in these four programs across the three campuses to bring in balance.

Teaching learning is not only inside the classroom but way beyond it. The introduction of many elements and speaker series beyond the regular classroom is to give opportunities and exposure to our students to think outside their preexisting narrow confines.

**Waltair Times:** How many campuses does GITAM operate and which one is your favourite ? Why ?

**Bharat :** We have 4 if you include the medical campus on the other side of the Yendada road. This is not a fair question as it's like asking to choose amongst your children about who you like more. Every campus is different and has strengths unique to it. I can't choose one.

**Waltair Times :** Education, which for most part is considered a social service to society is also a business vertical . How often do you feel the two aspects clash and how do you resolve it ?

**Bharat :** Higher Education is legally supposed to be only not for profit in India. It's a different matter that many look at this differently and now it seems an accepted social norm that it is run like a business. The two principles are almost always in conflict. The argument that having profit that is distributed to the proverbial shareholder motivates one to do better is only partially true. I think the regulation in India across the board is the case of a self-fulfilling prophecy where it is written - one is viewed as guilty until proven innocent. This doesn't help attract many well-meaning individuals into the space. If regulation and regulators can become transparent, agile and progressive it will go a long way in improving the ecosystem and the perverse incentives. This is a long debate, I can't do justice to it in a short answer.



**Waltair Times : Any exciting future plans in the offing?**

**Bharat :** Always. To name a few - we're building a new academic block in our Vizag campus that will house our new physiotherapy block among others and building staff and student quarters in Hyderabad and Bangalore campuses. We're upgrading classrooms and faculty workspaces to transform the teaching learning environment and already done with 1/3rd of our classrooms across three campuses. Our thrust into research is very exciting with a 40 crores investment this year into research equipment and infrastructure to enable our faculty to do cutting edge research. Again, too many to mention and too little space.



**Waltair Times : GITAM is a prime example of KG to PG to P.HD. What prompted you to start the Waldorf system school in Vizag? Three salient features of this system of schooling.**

**Bharat :** It is with a desire to transform early childhood education and be role model to many others. To also be a research space for us to study children and childhood development so that these best practices can be adopted by other schools.

- It's a philosophy that doesn't believe in testing until almost the 7th grade.
- Learning is in groups and through a lot of imagination and creativity
- The teacher for a batch is expected to move with the students from 1st grade till 8th grade like a parent would.
- Knowledge is exposed to the child only when we feel they are ready for it and in a very different way than a regular school would.

**Waltair Times : GITAM has an enviable lineup of speakers from time to time. Could you name a few speakers who influenced you the most.**

**Bharat :**

Mr Kailash Satyarthi - Nobel Peace Prize winner  
Mr Pranab Mukherjee - Bharat Ratna and Former President of India  
Dr CNR Rao - Bharat Ratna and renowned scientist  
Dr MS Swaminathan - Father of Agriculture

**Waltair Times : As a Waltair Club member, what is your earliest memory of the Club?**

**Bharat :** I remember going to the club to swim and then sitting at the stalls next door eating snacks and ice cream! Fun times

**Waltair Times : The Club facility you use most often.**

**Bharat :** Food from the restaurant.

**Waltair Times : Your favourite dish on the Club menu**

**Bharat :** Biryani

**Waltair Times : You lost the last parliamentary elections by a very narrow margin. What prompted you to contest the elections ? Will you do it again?**

**Bharat :** Desire to impact things at scale. Inspire more youth to come into politics. Leverage the opportunity I had to try and change the way things are done. Absolutely hope to contest in 2024 again.

**Waltair Times : Your message to the youth on how to set goals and achieve them.**

**Bharat :** Dream big and love what you do.

*It is always interesting to hear what the current generation thinks and does. Education is a field that has far reaching impact since it is the foundation of the generation that will be at the helm of affairs in the future. I would like to thank Bharat Matukumilli for sharing his views and plans with the readers of Waltair Times.*

**-Sandhya Godey**

## ... MEET INDIA'S FIRST CLOWN DOCTOR COUPLE



Laugh your illness away!! Laugh your pain away!! You might have heard this from your grandparents and you probably just laughed at it.

Vizag has always been a city of many "Firsts" and the Rohit Memorial Trust has added one more "First Feather" to its cap by introducing a new concept in the state of AP called Medical Clowning, as part of its counseling and support services to pediatric patients. Our very own Member, Dr. Meenakshi Anantram (60A082), who is the Vice Chairman of the Trust along with the Trust Chairman and her husband, Mr. Anantram Ganapati, have taken this age-old philosophy of laughter therapy seriously.

They are the first Medical Clown Couple in the country and both of them along with a few Trustees, some who are also Members of the Waltair Club, have been bringing smiles into the faces of terminally ill children in a few hospitals in the

city. They have been performing their clown acts regularly at the Mahatma Gandhi Cancer Hospital, the Homi Bhabha Cancer Hospital and the Apollo Hospital, and in the process counselling patients and their families on the importance of laughter as a form of palliation. They are now looking to introduce the concept in other cities in the State and also in other States. They also wish to start training programs for persons who are interested in medical clowning and are in the process of spreading the message to take this activity to a national level.

This form of healing is practised to a limited extent in India, but is a very popular therapy prevalent across the world. It is a known fact that laughter heals and what better way to do it than clowning around!

### Who are Medical Clowns and What do They Do?

- Medical Clowns also known as Clown Doctors, bring laughter and smiles into the lives of children who are suffering from chronic or terminal ailments.
- They work in partnership with hospitals and medical doctors to provide the much needed diversion in children who are undergoing painful procedures,
- They improve the quality of life in terminally ill children
- Laughter provides therapeutic healing to the pediatric patients and creates vibrancy in the hospital environment. It also helps in providing some mental relief to parents, family members and hospital staff from their otherwise traumatic lives!

It is interesting to note that there has been a lot of research into laughter as a therapy for healing, in addition to many references and shared experiences that have conclusively proved that laughter is a good healer. The Ojibway tribe recognized it, and even the Old Testament references the healing properties of humor: "A merry heart doeth good like a medicine." Although our ancestors couldn't explain it scientifically, they knew intuitively that laughter was good for the body as well as the soul.

Way back in the 70's, Patch Adams went into hospitals as a clown to entertain patients and he is considered as the first hospital clown! In 1979, Norman Cousins, in his book "Anatomy of an Illness," describes how he cured himself of a debilitating disease using humor. He reportedly watched old Marx Brothers movies and laughed uncontrollably. He believes his own laughter cured his disease. He subsequently lived a long and healthy life- well into his 80s!

### Today we have a better understanding of how laughter affects human physiology. It:

- Reduces pain: Our bodies produce pain-killing hormones called endorphins in response to laughter.
  - Strengthens the immune function: A good belly laugh increases production of T-cells, interferon and immune proteins called globulins.
  - Decreases stress: When under stress, our body produces a hormone called cortisol. Laughter significantly lowers cortisol levels by releasing endorphins and returns the body to a more relaxed state.
- In addition to the physiological benefits, humour has a positive impact on intellectual and emotional functioning. It:
- Helps put life's trials and tribulations into a healthy perspective by making them seem smaller.
  - Aids us in overcoming fear.



- Allows us to take ourselves less seriously
- Triggers our creativity.

It can be safely surmised that humor in all its forms is the much-needed therapeutic healing that our current stressed out society badly needs. A lesson that we probably needed to learn from our ancestors!

Imagine a hospital atmosphere, reeking of antiseptic odour, sterile conditions, patients hooked on to tubes crying out in pain; a more depressing sight you cannot see! It is in this field of medicine that human beings face their worst fears and tend to get depressed and worried. And into this emotionally charged atmosphere come clowns to brighten up the place with their



typical outlandish dresses and laughter on their faces with the sole intention of bringing smiles into the faces of the patients, their families and the hospital staff. Who doesn't like to have a laugh break in the humdrum routine of daily life?

Medical clowning is serious business and requires a person with a positive attitude to become a clown. Such clowns known better as Clown Doctors, entertain and recharge an otherwise seriously dull hospital environment into a lively, energy charged place. Meenakshi and Anantram, who go by their pseudonyms, Mampi and Bonji when they clown around, entertain children with paediatric cancer with their funny talk and silly pranks combined with some fun games. They are often accompanied by other like-minded people who are part of their Clown Tribe. During such visits, they make it a point to talk to and counsel the parents of these children on how to handle their pain and grief. This is the impact that they want at the end of the day and is the very purpose of their noble mission.

The Rohit Memorial Trust is a Registered Trust (Reg. No. 54/2008-09) and all donations to the Trust are exempt from tax under Section 80G(5) of the Income Tax Act, 1961. The Trust is involved in various activities related to Cancer Awareness and Counselling, in addition to other socially responsible activities. The Objectives of the Trust are to:

- " Provide moral support to persons afflicted with terminal diseases including cancer
- " Provide counseling to the families of such persons
- " Conduct counseling sessions and camps in organizations, villages, schools and colleges
- " Conduct fund raising events for the Trust
- " Conduct fun events for paediatric cancer patients and their families including Medical Clowning
- " Disburse funds to needy patients and to similar trusts
- " Publish material useful to patients and families
- " Conduct Women and Girl Child Welfare and Wellness Programs under the aegis of their Gyanlakshmi Project
- " Conduct Education and Personality Development related programs and sponsor tuition fees to economically backward and destitute children under the aegis of their Gyan Pathashala Project
- " Conduct Talk Shows and Celebrity interviews that are hosted by some of the children that the Trust mentors. These come under the Trust's Gyan Radio initiative which are broadcasted in social media as Podcasts and in YouTube Channels.
- " Conduct various socially relevant programs
- " Support other related NGO's to propagate their activities.

All those who are interested in joining and contributing to the Rohit Memorial Trust, may contact Dr. Meenakshi at 9848191866 or Mr. Anantram at 9949627222. You may also visit the Trust's website at [www.rohitmemorialtrust.com](http://www.rohitmemorialtrust.com) or email them at [rohitmemorialtrust@gmail.com](mailto:rohitmemorialtrust@gmail.com).

**Mr. Anantram**  
M.No. A-082

## Lés Récent Événements

### Face yoga

The Ladies Committee 2022 held a Face Yoga workshop on the 25th of September, just ahead of the commencement of the festive season. The workshop was conducted in the Yoga Hall by professional instructor Aqhleema Shaad. It was made open to both men and women. Aqheelma walked the attendees through various exercises like the fish pose, the balloon pose, brow lifting pose etc. She also taught specific exercises for the eye under the Eye Yoga category. The idea was to teach attendees how to exercise facial muscles to improve blood circulation as well as to help with toning one's face. The instructor also emphasized on regular care of self through both exercise and diet and spoke about how a good regimen can reduce the need of cosmetics and enhancers for the face. The workshop was well received by the members.

- Sakshi A (S-514)



## Dandiya Nite - October 1st, 2022

Dandiya nite celebrations held in the club by the ladies and the managing committee was a spectacular event. All the guests were welcomed with dhol baja , colourful stoles and refreshing juice. The decor was splendid with all the autumn colours and theme coordinated photo booths. The ladies and the gentlemen were dressed in traditional vibrant attire and danced to the Foot tapping music. The ladies committee were at their gorgeous best. The guests were treated to a spread of lip-smacking food of Indian and Chinese. The little ones dazzled in their cute little lehengas adding up to the whole grandeur.

**Mrs. Kavitha Vijjeswarapu**

M. No. R-524



## Dasara

This Dasara, our celebrations were conducted on two days. The weekend before Dasara, we had a Dandiya night with a Dandiya team and several of our members too dressed for the occasion participated and danced to the dandiya beats. On Dasara, we had classical dance performances and a live band 'Concerto'. The band kept the audience entertained with very good Telugu songs. Members participated in overwhelming numbers and enjoyed the festive evening with friends and family. The attendance did very good justice to the huge spread of veg and non-veg dishes. Members were thrilled with the variety and appreciated the arrangements made. Around 700 members participated in the Dasara event making it a huge celebration.

**K. Srinivasa S Murthy (M-231)**



## Diwali Tambola

A Diwali mela dampened due to the possibility of a cyclone turned out to be a shower of prosperity for the members of Waltair Club. The managing committee pulled off an amazing 'never seen before' celebration by organising a tambola that had prizes that were literally worth their weight in gold and silver. A stunning diamond necklace was the main draw of the event. "The bumper tambola drew a huge crowd and the centenary auditorium was packed to the brim. Close to 1500 people showed up for an evening that was defined by happy exclamations to go with the winnings, scrumptious food and spectacular entertainment. A fire cracker show was also arranged for kids and adults. A full meal spread ensured that everybody went back not just with their hearts filled but their tummies satisfied.

**- Sakshi A.(S-514)**





# Halloween Nite



The Waltair Club Managing Committee along with Ladies Committee hosted a Spooky Family Evening to celebrate Halloween. The event was hosted in the club lawns that was all decked up with skulls, ghosts, spooky trees to add to the ambience. It was open to both club members and guests, and it saw an outstanding response. Close to 100 children participated in the costume parade. In a twist away from a traditional children's event, this time adults were also invited to dress up and join in. Consequently, many mothers and fathers enthusiastically braved paint and costumes to create a fun evening. A laser show and a juggler kept the audience entertained. An instant photo booth was set up so children could take back memories of their evening. Multiple game stalls were set up so kids could be engaged through the evening. A face paint artist and a spooky house was also arranged for. The food was specially curated to appeal to the children's palate. Prizes were given out to the best dressed children, parents and family.

**Mrs. Sonal Sarma, M.No. N-266**



**Kudos to the Entertainment Chairman, Mr K.S.R.K. Raju (Sai) Ladies Committee Chairperson, Sakshi A, and the committee for hosting events of such grandeur.**

# MONKEYPOX

Monkeypox is a disease caused by a virus belonging to the pox family along with Smallpox, Chickenpox and Molluscum Contagiosum. Albeit it is not as serious a disease as Smallpox. Monkeypox has been so named as it had been first described in a monkey in 1958 brought to Denmark for polio research, from Singapore. This monkey got infected by rodents as they had been transported together. Monkeys are also accidental victims but not carriers or hosts.

It has been described for the first time in humans in a child, in the Democratic Republic of Congo. During the initial period of the epidemic, it had been restricted to the western and central parts of Africa. These areas have thick green forests harbouring wild rodents and squirrels. Local people living on hunting are exposed to infected animals and they also eat half-cooked meat including bush meat. As the smallpox vaccine had been stopped, they lost the immunity given by the vaccine. The first cluster of cases that occurred in the USA in 2003 had been due to prairie dogs, pet animals imported from Africa. In the later part of the epidemic travelers to Africa, specifically, homosexuals had been responsible for the transmission outside of Africa.

The disease is usually spread by direct contact with the infected person or his secretions. Inhalation from fomites or animal bites can also transmit disease. Eating uncooked bush meat is equally hazardous. Symptoms in common with other viral diseases are fever, chills, headache, backache, fatigue, muscle pains and skin rash. Unlike other viral diseases, it causes lymphadenopathy in the neck and groin, which is a helpful differentiating sign for clinicians. Once infected it may take one to two weeks for symptoms to develop and may last for two to four weeks. Infectivity lasts until the last vesicular/ pustular skin lesion is crusted and fallen.

Once a person encounters a sick person or an animal, he must observe for symptoms of the disease for 21 days. If he develops any symptoms, he must isolate himself and inform health authorities and follow their advice. Monkeypox is a notifiable disease.

Most often Monkeypox is not a serious disease. Most people recover with symptomatic treatment. Mortality at the highest is ten per cent, and children along with immunodeficient people are the most affected victims. At times Monkeypox can involve the lungs causing bronchopneumonia, the brain causing encephalitis, the heart causing myocarditis and the blood causing septicaemia. Involvement of the cornea of the eye can lead to complete blindness, similar to smallpox of earlier eras.

Children, people with severe disease, immunodeficient patients and patients with corneal and anorectal lesions warrant drug therapy. Tecoviramat and Cidofovir are the two drugs available for treatment in such situations with the former being safer. These had been used and approved for smallpox. Presumably, they are useful in the management of Monkeypox though strong evidence is yet to come.

Two types of vaccines, the MVA vaccine and ACAM2000 which had been used in the prevention of smallpox have been beneficial in Monkeypox. MVA (JYNNOES) vaccine given four weeks apart gave good protection as per September 28, 2022, report of Centre for Disease Control USA. A vaccinated person is fourteen times less likely to get a Monkeypox infection than an unvaccinated person.



**Dr B.V.Nagabhushanarao (M.No.N-101)**

MD,MRCP(UK),FRCP(London), FRCP(Edinburgh),FRCP( Glasgow)

### Osteoporosis and Osteoarthritis

Osteoporosis is often confused with osteoarthritis since often people have both. While osteoarthritis is a complex disease that causes joint pain and reduces joint mobility and function, osteoporosis on the other hand is the loss of bone mass which causes risk of fractures.

Understanding Osteoporosis and Osteoarthritis is a very lengthy topic. However, the common person should understand a few myths about both the diseases. Following are the most essential myths busted for you.

#### Osteoporosis:

##### 1) You cannot have osteoporosis if you take regular calcium.

Yes, calcium is important, but it's a myth that simply taking a high amount of calcium will guarantee bone health. To protect your bones, you need many additional essential nutrients, not just calcium. In fact, you need some of those nutrients just to get any benefits of calcium. For example, without enough vitamin D, your body only absorbs about 10-15% of the calcium from your diet, but when you take enough, the absorption rate jumps to 30-40%. Other critical nutrients for bone health are magnesium, vitamin K, vitamin C, boron, strontium etc.

##### 2) Osteoporosis is normal - as your bones age they should get weak.

Bone loss or osteoporosis can affect you in your 30's and 40's also. One of the most dangerous bone health myths is that osteoporosis is inevitable as we age. Remember, osteoporosis is not normal. It's a disease. While there are some fixed risk factors - such as our age and gender - you can control many of the risk factors that lead to excessive bone loss, osteoporosis and fracture.

##### 3) Lack of estrogen causes osteoporosis - it's a woman's problem.

We hear all the time that osteoporosis is a "Women's disease" and men don't really need to worry about it. This may stem from the long-standing belief that low estrogen levels cause bone loss. But in many countries, Women maintain healthy bones for life - even though they experience the same lower estrogen levels with menopause the rest of us do. So, while estrogen may play a role in osteoporosis, it's certainly not the major cause. And unfortunately, men get osteoporosis too!

##### 4) There's nothing you can do once you have osteoporosis other than take a drug.

It is a wrong assumption. The natural way to bone health combines nutrition, physical activity and fall prevention. Next comes assessing and treating the underlying causes of compromised bone health. Finally, medicines help you regain your bone mass quickly. In a nutshell it's lifestyle modification.

5) Osteoporosis isn't linked to other health issues.

Research indicates that there's a link between the existence of osteoporosis and other diseases. When you build your bones, you're likely building a healthier, stronger body and improving metabolic fitness, muscle strength, blood pressure regulation and cardiovascular health -

all at the same time. Conversely people with known medical conditions are at a higher risk of osteoporosis.

#### Osteoarthritis:

##### 1) Osteoarthritis is a normal part of aging.

Sure, the odds of having OA get higher as you get older. Over the years, wear and tear on your joints adds up. But that doesn't mean the condition is everyone's destiny. Lots of older people never get OA, and some young people do. This myth is especially harmful. It makes people think that there's nothing they can do about their joint pain. That's not true.

##### 2) You can't prevent OA.

You can't change some of the things that make OA more likely, like your age, genes, or any old injury in the past. But you can lower your chances in other ways. Aim to get regular physical activity and stay at a healthy weight. If you already have OA, those things can help slow down the damage and lower your chances of serious joint problems later.

##### 3) The more you use your joints, the more they'll hurt.

Spending a sedentary life may be the worst thing you can do for OA. Physical activity will ease your pain as well as help you stay flexible, strengthen your joints, and control your weight. Choose low-impact exercises that won't be hard on your body, like swimming, walking, and yoga.

##### 4) Osteoarthritis isn't a serious health problem.

A lot of people downplay the impact of OA, maybe because it's so common. But life with arthritis can be much more than the occasional achy knee. It can cause permanent damage to your joints, make it harder for you to get around, and keep you from working or doing the things you love.

##### 5) Exercise will make osteoarthritis worse

Research shows that, exercise is one of the core treatments for osteoarthritis. This should involve both strengthening around the affected joint and general cardiovascular exercise. Strengthening muscles around the joint can improve symptoms by protecting it. Improving general fitness can also reduce general inflammation.



**By Dr Raghu Yelavarthi (R-412)**

Consulting Orthopedic surgeon

National Orthopedic Centre/Apollo Hospitals.

[www.raghuyelavarthi.in](http://www.raghuyelavarthi.in) - Visakhapatnam.

## BULLYING

We have all been bullied at some time or the other in our lives, and we got through it, either scathed or unscathed. We think, philosophically, that it is one of life's lessons where we learn survival skills. Still, we would not like our children to be exposed to it much and would want to know about it when it happens. So, understanding bullying is one of our tasks, as parents and professionals.

What exactly is bullying? Bullying is a pattern of repeated aggressive behavior with wrong intention, directed from one child to another. It can be in the form of words or physical abuse. The bully's target has difficulty defending himself or herself. Usually, the bully is more powerful than the victim and he wants to cause trouble to the victim. Even if the bullying is minor, it comes under the definition of bullying if the victim is feeling helpless and humiliated.

Where does it happen? It can happen in school or even at home between siblings. It happens right under the noses of adults in a "kids only" world. Most adults have no idea that it is going on.

Teachers think it doesn't happen in their classroom, or they don't want to admit it.

Parents don't know about it as their child doesn't tell them. This is because the child who's the victim doesn't tell them because he thinks it's his fault. The child believes that he should be able to handle it himself and if he can't, then there is something wrong with him! This is the right time to say that it is never the victim's fault, it is always the bully's fault.

Are bullies always boys? No, girls also bully, only their method of bullying is different. For example, one method is by spreading vicious rumours among friends so that they will reject that person. The bullying girl will tell others to stop liking the victim to get even with him or her. In order to control or dominate a person by using methods of social exclusion as a form of retaliation. "You can't come to my birthday party if you don't do as I say"!!! They threaten to withdraw their friendship to get their way. Another method girl's use is by giving someone the silent treatment and making sure they know they are being excluded as a form of retaliation.

Why does a bully behave as he does? Most often it is the parent's fault or a wrong environment. The parents of bullies encourage aggressive behaviour in their child as a form of survival. Secondly, they deal with the child's disobedience by being aggressive with him. This teaches the child that aggression is the solution. It has also been found that there is a lack of parental monitoring of the child. The child feels uncared for and shows aggression on the world.

On the other hand, victims come from families with close relationships with their parents. The parents are overprotective. As a result, they get no confidence in their ability to negotiate the world on their own. This is quickly sensed by the bully who is hunting for a victim because his self-image is built on aggression over another.

The parents of bullies may ask "What's wrong with being a bully in today's world?" They feel it will help them survive. Actually, bullies were followed into adulthood to see what becomes of them. It has been found that bullies never grow up. They remain uncooperative all their lives. They also become wife abusers...not a very nice thing to grow into. They eventually become losers.

### **What can be done to prevent your child from being bullied?**

It is a basic democratic right for a child to feel safe in school and to be spared oppression and humiliation.

See that the child learns assertive behaviour. Teach him to firmly say "no" and walk away from the situation. He should not show that he is upset. If the bully sees that he is upset, he is getting his reward of humiliating someone. Instead, he should answer back to the bully with smart replies (these can be planned and rehearsed earlier) Teach him to change his body language. He should keep his head up and chest out and back straight. A confident looking person is difficult for a bully to sniff out. Make sure he has a friend who can be an ally who is with him at all times.

Don't hesitate to intervene, the sooner the better. Talk to the group. Tell them that such behaviour is unacceptable. Never give gifts to bullies thinking it will stop them. On the other hand, the bullying will only increase because bullying is seen to be rewarded! The parents can go to the school administration and demand that bullies be transferred to other classes or schools. These simple interventions can and do make a difference in the life of the victim and give him a brighter image of life. This should be done before the child starts thinking of himself as a loser. In fact, even a little reduction in bullying will make the child feel effective and give him the confidence that he can succeed in life.

Lastly, schools must have firm rules regarding bullying and action must be taken on a few bullies to prevent further incidents. These interventions can go a long way in stopping this menace.

Dr Rekha Dutt M.D; MBBS is a consultant psychiatrist, practicing in Vizag for many years. She counsels at Shantiniketan M H C and Online.



# COMPUTER AND HUMAN BRAIN

According to one mythology, the God Brahma can only create (Srishti) and nobody can do create (Srishti) in the universe. However, Trisanku Swarga against heaven, Aakarakakayi (spiny gourd or spine gourd) against Kakarakayi (Bitter Gourd) vegetables, stereotyped stocks of starts against regular stars etc. were created by Brahmarishi Viswamithra. Viswamithra is so intelligent that he even wants to clone lord Indra. Hence, we say that Viswamithra did Prate-Srishti to Srishti. That was the history.

Now, we live in a world where computers can outperform humans at chess, Go, and even Jeopardy. Artificial intelligence and machine learning are creating new breakthroughs all the time, leaving us wondering whether we'll soon be living in a technological utopia or battling for survival against a cyborg Arnold Schwarzenegger. Scientists are trying to make human machines.



Researchers are correlating the intelligence and the functioning of the human brain since long time. Through the history, people have compared the brain to different inventions. In the past, the brain has been said to be like a water clock and a telephone switchboard. Since the birth of the first computers, there has been a direct comparison between these "calculating machines" and the human brain. One of the common phrases circulating for decades, promoting the idea of a "brain versus computer" argument, is "brains are analog, computers are digital." These days, the most favourite invention is comparing the human brain with a computer.

Hence let's see the basic working of a computer and human brain so that one can say how the computers and human brain are similar and different and why scientists are trying to decode the human brain and inserting the same mechanism inside a computer under the name artificial intelligence.

## **BASIC WORKING OF A COMPUTER:**

It was probably the worst prediction in history, back in the 1940s, Thomas Watson, boss of the giant IBM Corporation, reputedly forecast that the world would need no more than "about five computers". Eight decades later and the global population of computers has now risen to something like two billion machines!

A computer ( a digital information-processing machine, , a digital system) works by changing information into binary numbers (ones and zeros) and then using simple mathematics to make decisions about how to rearrange those numbers into words or actions. A digital system first stores the basic information and then operates on that information. Hence these two i.e. storage and operations became two main important parts of a digital system.

The computer stores information in the computer memory. Even though different types of memories are available, the most important memory is Random Access Memory (RAM) or Main Memory. We talk about computer memory size in terms of RAM size only.

The different operations inside the computer is taken up by Central Processing Unit (CPU) and it is the heart of a computer system. The scientists measure the speed of working of computer in terms of CPU execution time.

Since CPU and RAM plays important role in working of a computer, engineers are trying to enhance the CPU speed and storage capacity of RAM along with the other parts of a computer.

## **SUPERCOMPUTER AS ON JUNE, 2022:**

The Oak Ridge Leadership Computing Facility (OLCF) in, Tennessee USA which was launched Frontier Super Exa-scale Computer in June 2022 is the World's fastest super computer. This is the first computer to break the exa-scale barrier and costs US\$600 billions.

This is the first computer to reach 1,000,000,000,000,000 operations per second (billion (10<sup>18</sup>) floating point operations per second). If each person on the earth completes one calculation per second, this computer will do more than 1600 times calculations than all human calculations put together. That is the speed of the computer.

This computer is having 9.2 petabytes of memory capacity. This memory capacity is equivalent to 35 times the amount of data housed in the library of congress. This is the memory capacity of the computer.

## **HUMAN BRAIN:**

One of the greatest wonders and mysteries of the human body is the brain. It is the most complex organ in the world. It produces thoughts, makes decisions, sets goals, forms memories, gives us our personalities, regulates our emotions, and allows us to interact with our world. These are all roots of the human intelligence.

Don't take for granted the most basic functions-our brains tell our muscles to contract, our lungs to expand, and our hearts to beat. There are countless functions the brain performs, many of which are not entirely understood so far by science and medicine.

Neurons (also called neurons or nerve cells) are the fundamental units of the brain and nervous system. As per the latest estimates the brain contains roughly 100 billion brain cells. There are more cells in our brain than the stars we can see or cannot in the Milky Way.

These cells responsible for receiving sensory input from the external world, for sending motor commands to our muscles, and for transforming and relaying the electrical signals at every step in between. Neurons have the amazing ability to gather and transmit electrochemical signals.

Each neuron is connected to more than 1,000 other neurons, making the total number of connections in the brain around 60 trillion! These connections create the human memory. Neurons are organized into patterns and networks within the brain and communicate with each other at incredible speeds. The creation of new neurons in the brain is called neurogenesis, and this can happen even in adults. The rough capacity of human brain memory is 2.5 petabytes.

A human being has about 100 billion brain cells. Although different neurons fire at different speeds, as a rough estimate it is reasonable to estimate that a neuron can fire about once every 5 milliseconds, or about 200 times a second. The number of cells each neuron is connected to also varies, but as a rough estimate it is reasonable to say that each neuron connects to 1000 other neurons- so every time a neuron fires, about 1000 other neurons get information about that firing. If we multiply all this out we get 100 billion neurons X 200 firings per second X 1000 connections per firing = 20 million billion calculations per second.

This estimate might easily be off by an order of magnitude- that is, it might be 10 times too high or low. It also is a bit misleading because it estimates the raw 'clock speed' of the brain, which is much higher than the number of real useful calculations we do in a second. An apparently much simpler way to approach the problem is to note that the time it takes for the brain to make a really simple decision- like naming a picture or reading a word aloud- is about 300-700 milliseconds. So, we can say that brain can only make about two conscious calculations per second

#### BRAIN AND COMPUTER:

The following table gives a comparison between the computer and human brain in different properties.

S.NO	PROPERTY	COMPUTER	HUMAN BRAIN
1	No. of basic units to made	Nearly 10 billion transistors	Nearly 100 billion neurons and 100 trillion synapses
2	Speed of the basic operation	One quintillion per second	<1000 second
3	Power consumption	100 watts	-10 watts
4	Information processing mode	Mostly serial	Serial and massively parallel
5	Signal mode	Digital	Digital and Analog
6	Signal type	Electrical signals	Electrical and bio-chemical signals
7	Information	A computer uses switches that are either on or off ("binary").	Neurons.
8	Memory Growth	Computer memory grows by adding computer chips	Memories in the brain grow by stronger synaptic connections.
9	Adapt and learn	It takes time to adapt and learn new things.	It is much easier and faster for the brain to learn new things.
10	Energy	Needs electricity to work	Needs nutrients like oxygen and sugar to work
11	damage	It is easier to fix a computer-just get new parts.	There are no new or used parts for the brain.
12	Change and modification	The computer only changes when new hardware or software is added or something is saved in memory. There is an "off" for a computer. When the power to a computer is turned off, signals are not transmitted.	The brain is always changing and being modified. There is no "off" for the brain

13	Mathematics and logical calculations	The computer is faster at doing logical things and computations. the brain is better at interpreting the outside world and coming up with new ideas. The brain is capable of imagination.
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The above comparisons make us feel that computers are superior than human brain. Some people say that the brain is better than the computer. It is because the human brain is much more advanced and efficient and has more raw computing power than the most impressive supercomputers ever built.

As of now it is best to say that the brain is better at doing some job and the computer is better at doing other.

1Cyborg and Arnold Schwarzenegger acted in the film The Terminator, which was released in 1984 is a show case of Artificial Intelligence.

**Dr.M.Ramjee, M.NO. R 267**

## Mr. Ganta Rajendra Prasad



A young boy made his entry into the city of destiny in 1966 with very humble beginnings. Even in the midst of classes in school, Ganta Rajendra Prasad entered into the shrimp business to help his father and there was no turning back. He bought his 1st mechanized boat in 1970 and several more later. Business grew by leaps and bounds. 1981 saw an era of theatre complexes in his life, where he built Seshmahal Theatre and U.S.S.R. Theatre (Seshmahal Complex).

Despite being detected with diabetes at the age of 30, he takes no medication as of today and controls it with diet and exercise. A man with a penchant for adventure and deep-rooted passion for life, he

decided to take part in a Swimming Competition at the age of 62 - He swam from the Swimming Club at Vijayawada to the Hope Island and back and won the 4th place. Yet another burning inclination in him was to help the less privileged in the form of donating blood. In 2013, one person from each state in India, was chosen to be honoured by the Centre for donating more than 100 units of blood. And G. Rajendra Prasad was selected and awarded by the then Health Minister, Gulam Nabi Azad. In fact, he continued to donate blood till the permissible age, having donated 120 units in all. Having excelled in his field of business, which is being taken care of by his sons, he decided to travel the world and has, on date, been to over 50 countries.

Latest Achievement: Last month on 16th Sept. 2022, he was in Johannesburg, South Africa, where he participated in Sky diving from of 10,000 feet, to perfection. Although, he was a bit reluctant to engage in this daunting jump, he mustered the courage and decided to go for it. The Coach instructed him well and Rajendra Prasad took the leap. There is a 6-minute video of this, and on seeing this, you will be amazed at his fearless expression. He thoroughly enjoyed that moment and landed safely and in good health. Very few of us would boast of this kind of boldness, grit and health at the ripe old age of 70.

A disciplinarian to the core, his day begins at 4 a.m. - he walks 8 - 10 Kms. every morning and thereafter he swims for an hour at the Club. He has been a member of Waltair Club for almost 20 years and is an ardent and enthusiastic participant of positive living and thinking. A man of great principles and values, an era and time that we, the younger generation, need to emulate.

I have given a brief review of his life as the saying goes "the tip of the iceberg". "Old is gold" is an ancient adage, but one truly should take a leaf or more, from his tree of life, to help inculcate a more meaningful existence. His advice: "Your well being and good health is solely dependent on your diet and exercise". I wish that each of us, would take time to spend with this illustrious septuagenarian and learn from him, many true lessons of life.



## Senior Citizens' Meet

"Age is Just a Number". It is all in the mind of the individual

" You are never too old to set another goal or to dream a new dream" by C.S.Lewis is a memorable quote that speaks about Senior Citizens, who are a treasure trove and knowledge and experience, gained in their journey of life. They have time and again proved that " It's not the years in your life that count, It's the life in your years!".

The Senior Citizens' Day was organized on a Sunday at Oyster. Sri Goli Rama Krishna took charge as the Chairman of Senior Citizen Forum and welcomed the senior citizens. Tambola a favourite game, of all ages, was conducted and all look part in the game enthusiastically cash Prizes sponsored by Waltair Club, were rewarded to the winners.

Members aged 60 years were asked to grace the occasion along with their respective spouses. Members were also requested to motivate and bring their friends who happen to be senior citizens.

It was agreed that senior members would contribute an annual subscription amount of Rs.1000/- (Rupees One Thousand Only) which will help meet the expenses. It was suggested that Senior Citizens meet once in two months.

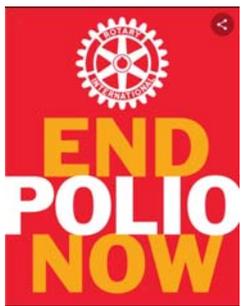
The President along with Management Committee members attended the meeting to find out whether the senior members are comfortable. Delicious lunch was sponsored by Waltair Club and enjoyed by all.

Senior Citizen Meet is to bring out the 'The Best but not the stress' because they bring out the best but not the stress in us.

Mark Twain has rightly quoted that "Age is an issue of mind over matter. If you don't mind, it doesn't matter."

**Mrs. Valli Ram Gopal, (R-051)**

## World Polio Day- October 24th



Rotary International started polio eradication in 1985, after RI totally eradicated polio from Philippines when Matt Caparas was the president RI President. RI was supported by CDC (Canadian Disease Control). It was then that Indian Govt. took interest to eradicate polio from India too and whole of Rotary world took up the initiation and till recently only 4 countries had this polio menace, it was called PAIN i.e Pakistan, Afghanistan, India and Nigeria as of the present polio is in P & A only, we Rotarians took this issue very seriously and could control and kick polio out of India. Today we are polio free, but the Govt. is still pursuing so that it doesn't occur in India again and Rotary is helping the world to see it doesn't occur again.



We are making great progress however recent news reminds us that polio anywhere is a threat everywhere. Polio is being detected around the world in places where it hasn't been found in decades.

World Polio Day will help us provide the resources needed to protect children from the U.S. to Mozambique and around the world. Support the Rotary Foundation that no child suffers the paralyzing effects of polio ever again.

**Raj Gopala Reddy, (R-65)**

## NOSTALGIA

My favourite memories of the Club during the early 70 's are lovely to reminisce. As a new bride in Vizag I was excited to celebrate New Year by dancing on the sleek wooden floor in the Main Hall with its open sides letting in a cool and pleasant atmosphere.

The taste of the Plum Pudding with Brandy Sauce still lingers in my mind . We enjoyed 35 MM movies and Tambola too in this hall and rain never played a spoilsport . Movie days menu used to be Chana Bhatara and Masala Dosa . The North Indians preferred the dosa and the South ofcourse enjoyed the chana .As it was a small society everybody knew each other and the camaraderie amongst us was visibly palpable. Shifting to the 21st century brought new experiences. Ladies Committee organised entertaining events like Coffee Mornings and Cooking Competitions . The newest addition of the Sunday Bazaar is admirable for the variety on display -- the decorative plants, gourmet food items and beautiful arts and crafts wherein new talents are encouraged .



Waltair Club is a great place to meet up with old friends and make new ones.

**Mrs.C.Lakshmi Prabha, (K-18)**

## Random Reminiscences: Mrs. Thelma Abraham (A-001)

In the twilight years of my life, I look back and think about people, things, events and institutions that have made an impact and have influenced me. Among many, The Waltair Club stands tall. My husband and I joined the club in the year 1975. Our membership No is unique i.e. A1, a privilege indeed. There is a vast difference between the club of yesteryear and today. Things have improved tremendously with a lot of additional facilities being provided.



Old friends are true friends. I recall the Vaswanis, Khaitans, Dhawans, Bhatias, Krishnamurthis, Panjwanis, Grewals, Sikands, Mrs Jagga Rao, Peters and Dr. Raju to name a few amongst many stalwart members. It's the people who make the club and not the other way around. The club was a quiet, serene and dignified place with an old-world charm, some of which is still there today. It is very heartening to see the efforts put in to improve the green cover and restoration and preservation of heritage trees.

Card games were popular as there were limited avenues for recreational sport. As bridge and rummy players were in the same room, there used to be an almighty din with matches between bridge players arguing among themselves. Admiral Krishnan played a game of cards just before the Pakistani submarine was sunk off Vizag. The card room has been relegated to the back after the original room (in front of the main building) was demolished. There used to be family picnics, coffee mornings, children's days and outings which were fun filled and carefree. We were one large family. There was a wooden floor in the main lobby and a piano and most members whether they knew it or not enjoyed ball room dancing. Tambola or Housie and movies used to form part of our weekly entertainment.

I would be doing injustice if I did not mention the devoted, sincere and loyal staff who served us with dedication for decades. Ellayya and Gooni Appa Rao were iconic cooks par excellence who could outdo any five-star chef. Grilled and roast chicken, cheese and club sandwiches, lemon tarts and cutlets, were their signature dishes. Waiters were well dressed, trained and knew every member personally. They anticipated your needs and were quick in service. They simply glided in and out of the room. A generous tip then was Rs 10/-.

These are random thoughts about few facets of the club. May the club grow from strength to strength.

As told to her daughter Malathi Frederick ( M-241)

## Vinita



Hey!

I'm Vinita, a Vizagite since birth. For those who know me may know that I've always loved and done some form of art or the other such as painting using different mediums, quilling, embroidery, etc. but one craft that I picked and have stuck to since a while has been crochet. I had learnt the basics way back in college and didn't pursue it further.



Boredom set in during the lockdown and I don't know what made me pick my yarn and needle again after all these years. There's been no stopping since. I started trying new designs and different kinds of yarn. YouTube tutorials became my best friend and the work of senior crocheter became my inspiration. I started creating new things and received a lot of encouragement and appreciation from family and friends...



Vinita Karnani Saraogi, (V-359)

# Designer of the Month

## The Hasthakar Story ...



"Working hard at something you love is called passion". - Simon Sinek

Clothes and getting dressed for occasions were fascinating since childhood for Shobha Kishore. This soon turned into a passion. Following accomplished national and international designers became a way of life. She soon found her calling and started Hasthakar. She says, "I feel

blessed that I have had this opportunity to live my passion, make a profession out of it and be dedicated to it".

She is a fashion designer by profession and specializes in designing wedding trousseau. She is much sought after and can be depended upon to deliver the best. Her outlook is very humane, and she believes in uplifting the very source of her profession. She does all she can to support and improve the quality of life of the people who are her base - the weavers, suppliers and craft people and their families.

Last ten years has made her synonymous with Vizag fashion. A lady of few words, the couturier lets her work speak about her sartorial influence on her clients than anything else. More than the tens of articles written about her in various magazines, what gives her happiness is a content smile from one of her clients ... that's what makes her put her life into every garment she designs.

She speaks to Waltair Times

### Waltair Times - What made you take up designing as a profession?

Shobha Kishore - As a teenager I have always designed my own clothes. When I wanted to start a business in designing clothes was my option because of my passion.

### WT - What sets Hastakar apart from the other designer boutiques in the city?

SK - At Hastakar we believe in using more of hand-woven materials to encourage the weavers from all over India.

### WT - Three clothing tips to women.

SK - Dress up according to your personality Carry confidence with your attire Wearing comfortable clothing

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Mrs.Shobha Kishore (K-72)

### WT - Three things you enjoy as a designer and three things you don't.

SK - When clients appreciate our work, enjoy providing continuous work to our karigars and being organised.

There is nothing I don't enjoy as a designer as my clients have always made me feel the best.

### WT - Your best memory as a designer.

SK - There are several memories but the best: When a father of my client came to collect his children's clothes and appreciated me for my creativity.

### WT - How often do you come to the club and what's your favourite item on the club menu?

SK - Six days a week - Mirchi bajji

### WT - The club facility you use the most and the least?

SK - I use the Gym the most and the Spa, the least.

### WT - Do you enjoy reading Waltair times? Your favourite section of the magazine?

SK - Of course, my favourite section is scanning thru the club events.

### WT - The club program you try not to miss?

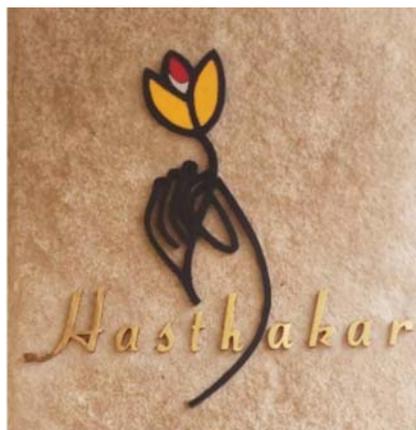
SK - If in town, I do not miss the Tambola.

### WT - Name one that you have never attended.

SK-- Coffee mornings

### WT - What makes you proud to be a Waltair Club member?

SK - Its facilities, members and the heritage



## Over the Oceans



I carry wonderful and very fond memories of frequenting Waltair Club in the 90s, when I was a young girl, as a dependent member. This is where I first met my best friend (also a member now) at the age of 10. We often never fail to reminisce memories of the club, its activities such as swimming, tennis, etc.. Having access to all these amenities enriched my personality over the years, now becoming a part of me and giving me the ability to show them off even now.

Besides all the fun we had in the pool and courts, I enjoyed the library facilities, as well. While mom chilled in the silent room with her magazines, it gave me a chance to meet up with my friends again over unlimited snacks and ice creams - and the best part - all we had to do was just sign for payment! I also made most use of the library by reading all the "young adult" books at that time.

An off-course one of the most recollected memories, which I can't leave out, is the Friday night movie and food fun. I'd wait all week, curious to know what movie was going to be played and pre-ordering food (in my mind) for that night!

Being a member myself now, and visiting the club during my trips to India, the visits are still just as exciting, and now I also have 2 little ones to share the same experiences. It's also great to see all the upgrades and expansions done to accommodate much larger and better things for future families.

- ARCHANA VARANASI, (A-275)

## Kids' Corner



Lemuel Ranjit (S/o Aashish & Diana Pakalapati D-140) stood 1st in the running race held for all of Class 4 during Timpany School's Annual Sports Day.

O mother Nature, how have you been  
I use this question with my mind as means  
Your gifts for us have been forgotten  
I am constrained to say our hearts have rotten

O mother Nature, yours stars have gotten dim  
Why ? do you ask me, well & have no clue.  
Pill the sky used to be blue.  
But now if you use me, I have got no clue.

O mother Nature, the water is a mix  
How to clean it ?, everyone's in a fix.  
There are people who drink and  
people who pour it in sink.  
But now all we need is water to drink.



O mother Nature, I stand on the edge of the world  
for people think you have become weary and old  
They all think you are old, but you are the one  
who gives us gold, forget not nature I am with you.

S/o. T. Monica of Suman Thyagaraj, (M-302)

# What is a drabble story?

*A drabble is a short work of fiction of precisely one hundred words in length. The purpose of the drabble is brevity, testing the author's ability to express interesting and meaningful ideas in a confined space.*

*I encourage members of all ages, to send your original drabble stories to my mail id. [sheilajackson753@gmail.com](mailto:sheilajackson753@gmail.com)*

"You're bad dad, I hate you."

"Why do you say that my son?"

"You could've again, helped me turn in my project on time and I would've got the grade I deserved."

"The greater lesson you needed this time was in managing your time my son."

"Well, if I didn't always have to sue these crutches like all the other kids I would've been done sooner!"

"We each carry burdens, some greater and more visible. Success is what we do with them for this life and eternity my son."

"Deep down I know that you're good dad, I love you."

**Ashish Christian, (D-140)**

## Feed back

This edition has been delivered with utmost sincerity and devotion by the editor and editorial board. The edition encompasses varied subjects hitherto untouched by Waltair Times. The interviews have been done well and the highlight was our P.P. Somayajulu's advice to those 45 and above.

Members from diverse professions and backgrounds are being given a voice which is really appreciated because WC has much more talent than we really know amongst members and their families. So showcasing the same makes the reading more attractive.

Dr. Lenora Mohan's article was very insightful.

**Mrs. Nandini, (A-175)**

I am Mrs. K. Anuradha (Membership No. N-44). My husband K. Narayana Rao, a Chartered Accountant by profession has been a member since 1986. The club magazine has always been a matter of interest to me. There is something in it for everyone. The articles are very informative and interesting too. In the issue of September 2022, some articles deserve a special mention.

The article on Teachers Day was totally out of the box and a brilliant idea. Teachers are always underrated and taken for granted. No one would be where they are if there were not teachers in the world. I would like to give special mention to Valli mam (Mrs. M. Valli Ramgopal) as she has been my guide, mentor and now I work with her.

The articles on Fluent grid and Psychology are also very informative.

I wish the editor Mrs. Sheila Jackson all the very best and hope the magazine continues to get better and better with more interesting and informative articles.

Thanking you,

**Mrs. Anuradha (N-44)**

During the past few months, there has been lots of good change in the magazine written by the Editor, Mrs. Sheila Jackson. We are learning new things about our members and their children, who have done admirable things in their span of life. We realize that many of our children have achieved many things due to their hard work. Practically, reading the magazine, is an eye opener for us all. We would love to read such articles, which give us an insight into the talents of our very own members. Editor and team keep up the good work.

**Ms. Lakshmi Swamy (-282)**

I liked what you have done with the magazine keep up the good work, Sheila.

**Mr. Narvil Dhillon, (D-50)**

The monthly magazine is a look forward to. Many members don't get to participate in all the events, so it's a place to catch up on the activities and events. The magazine covers a message from Past Presidents throwing light into our club history and legacy. The new feature in recent issues, is the column from NRIs, which is a good addition and makes them feel connected. I have seen an increase of in the articles in the Achievements section, showing that many are open to share their success and progress with our club family. Kudos to the Editorial team for their efforts in making the magazine a worthwhile read with sections like health column, kids corner, etc.

**Kosuri Srinivasa S Murthy, (M-231)**

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