



WALT AIR TIMES

VOL.28 | ISSUE - 4

THE HOUSE JOURNAL OF WALT AIR CLUB



VOL. 28 | ISSUE 4



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From the President's Desk

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Wish you all a very Happy Dussera!

October 2023 etched unforgettable memories with its exciting array of events. From a grand Dussera celebration featuring Kuchipudi dance and live performances by Capicio Band and Artist Shiva Reddy; to the thrilling Waltair Club Cricket Tournament, it was a month filled with joy!

Join us in November for the Diwali Mela, featuring a live band and a spectacular fireworks display. Stay connected through the club's WhatsApp broadcast for regular updates.

K. Vamsi Kishore (V-168)
98491 66669

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9393103358



Vice-President's Message

Dear Members,

This month, we feature senior member and Andhra Medical College Principal (Retd), Dr. Kalpana Subramaniam's article where she speaks of her everlasting memories at the Club.

An important article by Dr. Raghu Yelavarthi on how to navigate knee replacement surgery will no doubt be helpful to many readers.

Do not miss reading "Marathon Mantras" where you will agree when Mr. Rai says that fitness is for all ages!

The editorial team and I extend our gratitude to our senior members, Mrs. Nandini Sengupta, Mrs. Meghna Oza, Mrs. Sarvalakshmi, and Mrs. Tanya Idnani for their valuable contributions to The Waltair Times, shedding light on the diverse celebrations of Durga Puja across various communities.

Thank you all for being an integral part of our club's community.

Warm Regards,

Dr. Murali Krishna Reddy

(K-077)

92466 23943

From the Editor's Desk



Dear Readers,

Our editorial team is thrilled to present a curated selection of articles that reflect the essence of this divine month. From exploring Dussera traditions to delving into memorable pieces, we invite you to embark on a journey through the pages of this edition. As the leaves fall and change, may these words inspire reflection and spark your curiosity.

Happy reading !

- Deepa Raju Kodali (D-098)

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Hon. Secretary's Message

Dear Members,

Dusseera brought joyous celebrations to the Club, and here are some October highlights:

- A heartwarming Senior Citizens Meet at Centenary Hall on October 1st, honoring and felicitating our esteemed senior members.
- An enjoyable Beer & Biryani with Tambola event on October 8th.
- Movie screenings of popular films like Kushi, Skandha, and Jawan.
- Weekly Saturday Club Socials at Wills' Pub.
- Live screenings of ICC Men's World Cup matches at Toss- The Sports Bar, Wills Pub, Jubilee Deck, and the Lawns.

Starting November 1st, personal training at the Gym is available for a nominal charge of ₹1000.

The Family Halloween Party organized by our dedicated ladies committee saw an impressive attendance of 500+ members and children.

Looking ahead, the Diwali Mela promises fireworks and festivities. See you there!

Best Wishes,

B. Lakshman Patro
(L-025)
98664 46747

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Senior Citizen's Meet



Obituary

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



MR.M.L.SARWAGI
(M.NO.S-006)
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MR.B.CHANDRA KIRAN
(M.NO.C-083)
EXPIRED ON 19.08.2023



MR.G.V.RATNAM
(M.No. R-175)
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An AMCIan in Waltair Club



Dr. Kalpana Subrahmanyam MD

I feel privileged to talk about two jewels amongst the many that adorn the crown of our beloved city, Visakhapatnam. The first one is like a dear mother to most of us, who nurtured us into successful medical professionals, our most loved alma mater, Andhra Medical College, who is celebrating her centenary this year and the latter is like an affectionate old uncle, who is proud of our success, indulges us with gifts, entertains us and enhances our standing in society by a notch or two, our popular Waltair club who is 40 years older than AMC!

In this issue, I write about the other icon of Visakhapatnam, the legendary Waltair Club, whose membership is sought after by the well-heeled, businessmen, entrepreneurs, corporate honchos, professionals and other elite people of the city.

It is 140 years old, established in 1883 by the officers of East coast Railway, East Coast Battalion and other civilian officers stationed here. Its old-world charm, beautiful architecture, heritage buildings, verdant grounds, excellent sport facilities and culinary delights have mesmerized generations of Vizagites. It's the last destination for a cool night out, either with your family or your business associates.

It's no wonder that many of our medical fraternity are its members from generations. I am sure that many of the members would have been born in KGH, or had relatives who were born or treated there, or someone was an alumnus of AMC. We have many retired Principals, Superintendents, eminent practitioners, super specialists etc. amongst our members.

Both the institutions were started during British Raj but were sustained by the benevolence of our own Maharajas and Maharanis, local zamindars, prominent citizens and other members of civil society. Incidentally, my great grandfather, Diwan Bahadur Shri Buddhavarapu Narayana Murty, was the first Chairman of Visakhapatnam Municipality from August 1901, under whose aegis many developmental works were undertaken.

Whereas AMC/KGH catered to the poor, needy and sick patients, trained many generations of medicos who brought name and fame to their alma mater.

Waltair Club entertained generations of privileged members and their families down the decades.

I was first introduced to the club when someone took me for dinner there while I was a student and I was awestruck by its grandeur.

In 1994, we became regular members, thanks to late Mr. Ramgopal, a senior member, past Secretary and his dynamic better half, Mrs. Kanakavalli, my cousin. We started enjoying all the facilities, particularly the library, by me, my husband and boys, the gym. It was a great place to entertain our family and friends. Due to our professional commitments, we were not so regular in attending, but didn't miss Diwali celebrations. Our second son got married here, so were many friends' and relatives' children. The club has hosted many banquets, meetings, get togethers of our doctors besides its regular programs.

Now, our grandkids enjoy the play area and the pool. In this phase of our retired life, we find ourselves enjoying more, meeting friends, walking, exercising or chilling together on a starry night with lovely music in the background.

So, here's saluting the two grand old institutions which played a major role in our lives and brought fame to Visakhapatnam.

Long live AMC! Long Live Waltair Club!

Dr. Kalpana Subrahmanyam, MD

Retired Principal,
Andhra Medical College
(M.No-S277)



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Samurais Seal Victory in Waltair Club's Cricket Showdown

In a riveting off-season cricket tournament at the Waltair Club, the Ninjas, Samurais, and Mongols engaged in a fierce competition that culminated in a gripping final between the Mongols and the Samurais. The league stage kept spectators on the edge of their seats as each match unfolded with nail-biting intensity. With swift moves, strategic gameplay, and unmatched prowess, the teams showcased exceptional skills throughout. However, it was the Samurais who emerged triumphant in a hard-fought final, securing the coveted title as WCC Tournament champions. The tournament not only showcased cricketing talent but also exemplified the spirit of the players, leaving a lasting impression on spectators and players alike at the Waltair Club.



DURGA PUJA

BENGALI CELEBRATIONS

Durga Puja is the main festival of Bengalis. Hence the 'puja-fever' sets in early although the puja is celebrated and performed from Sashti to Dasami.

The chant 'Rupang Dehi Jayang Dehi' in the early hours of Mahalaya rings in Devi Paksha and is an end to Pitra Paksh. There is excitement all around because the whole of Bengal goes into a festive mode and holiday mood.

Community Puja pandals with their artistic designs are constructed from August onwards and we know that our 'Ma' is coming.

Uma as she is known is said to come to Earth with her children, to celebrate the victory of good over evil. This is symbolized by her slaying of the demon Mahisasura who had been disturbing the Gods.

Not for nothing has the UNESCO given heritage status to this festival of Bengal. Many homes especially erstwhile Zamindar families celebrate the Puja in their grand ancestral homes with pomp and fervour.

Ancient Hindu rituals are followed, although this celebration during Saradiya Navratri follows Lord Rama's victory over Ravana (again the concept of victory of Good over Evil) while ancient sages had performed the same puja during Chaitra Navratri (Navratri is celebrated four times).

New clothes, good food, exchange of gifts and pandal hopping to witness the themed idols is a favourite pastime during Durga Puja for Bengalis all over the world. Interestingly in some Zamindari homes the Devi is also offered fish although her daily Bhog or offering is fruits, flowers, sweets, especially laddu (naru) made with coconut and jaggery, Khichdi, Pulao, five fries, vegetables, puris, kheer, paan and more.

Everyone and anyone partakes of this 'Bhog' with great delight and it's a blessing to be able to have it.

Kolkata and Bengalis elsewhere go into a festive mood during Durga Puja and mind you it's infectious! Our souls dance with joy for those five days till we bid a tearful good bye to Ma Durga reassuring her that it's only till we meet again next year!

Mrs. Nandini Sengupta M.No. (A-175)



దసరా పండుగ విశిష్టత



భారతీయ సంస్కృతి, సాంప్రదాయముల తొన్నత్యము చాలా విశిష్టమైనది. కనుకనే ఈనాడు పాశ్చాత్య దేశములు కూడా మన సంస్కృతి, సాంప్రదాయములకు, నీరాజనములు పరుచున్నారు. ఇటువంటి సనాతన ధర్మం మరే ఇతర దేశంలో 'న భూతో న భవిష్యతి' అని మనం ప్రగాఢ విశ్వాసంతో చెప్పుగలము. ఇటువంటి పుణ్యభూమిపై మనం జన్మించినందుకు మన జీవితాలు ధన్యం. ఈ సాంప్రదాయాల కోసంలో మన పండుగల విశిష్టత గురించి మాట్లాడుకుంటే 'దసరా' ఆత్మంత శక్తివంతమైనది, విశిష్టమైనది, పూజ్యనీయమైనది. భారతదేశమంతట ఈ దసరా పండుగను నవరాత్రి పండుగగా జరుపుకొంటారు. విభిన్న సంస్కృతి సాంప్రదాయముల కలయిక అయిన భారతదేశంలో ఉత్తర భారతంలో రావణాసురునిపై శ్రీరాముని విజయానికి ప్రతీకగా ఈ దసరా పండుగగా జరుపుకోవడం జరుగుతుంది. వర్షిణ భారతదేశంలో మహిషాసురుడు అనే రాక్షసునిపై జగన్నాథ విజయానికి ప్రతీకగా విజయదశమిగా (దసరా) జరుపుకోవడం జరుగుతుంది. ఈ పండుగ ప్రతి సంవత్సరం అశ్వయుజమాసం, శుక్ల పక్షం శుద్ధ పాడ్యమి మొదలుకొని తొమ్మిది రోజులు అవ్యుధారిని దోచుకోవారములతో పూటించి పదన రోజు విజయదశమిగా పండుగ జరుపుకుంటారు. ఈ తొమ్మిది రోజులు అవ్యుధారి ఒక్కొక్కరోజు ఒక్కొక్క రూపంలో అవతరించి, మహిషాసుర యుద్ధం చేయడం జరిగింది. అవి 1) వైంపుతి 2) బ్రహ్మచారిణి 3) చంద్రసుంధరి 4) కూష్మాంధ 5) స్వంధమాత 6) కాశ్యాసుని 7) కాళరాత్రి 8) మహాగౌరి 9) సిద్ధిధాత్రి. ఇవే నవదుర్గ అవతారములు. ఈ నవదుర్గ ఆరాధన మనం ఉత్తర భారతదేశంలో ఎక్కువగా చూడగలము.

మన దక్షిణ భారతదేశంలో 1) బాలాత్రిపుర సుందరి 2) గాయత్రి 3) అన్నపూర్ణ 4) కామాక్షి 5) లలితదేవి 6) మహాలక్ష్మి 7) సరస్వతి 8) దుర్గాదేవి 9) మహిషాసుర మర్ధిని 10) రాజరాజేశ్వరి అవతారంగా ఈ దేవి శరన్నవరాత్రులను జరుపుకుంటారు. శరద్భుతువులో వచ్చిన పండుగ కావున దీనిని దేవి శరన్నవరాత్రులుగా జరుపుకుంటారు.

వాస్తవానికి 'దస హరి' అనే పదం నుండే ఈ 'దసరా' పండుగ వచ్చినదని మనం తొంద్రలో వదులుకున్నాము. చెడుపై మంచి సాధించిన విజాయాన్ని 'విజయదశమి' గా మనము జరుపుకుంటున్నాము. ఆ జగన్నాథ 'అదితక్తి'గా భూమిపై అవతరించి తన ఆపారమైన శక్తితో 'స్పృష్టి-స్థితి-లయ'కారుతులైన ఆ బ్రహ్మ-విష్ణు-మహేశ్వరులతో సౌధ్యం కాని ఆ మహిషాసుర వధని తమ సాధించి లోక కళ్యాణానికి ఒక మహాశక్తి గా నిలిచింది.

ఇందుకే స్త్రీ శక్తి ముందు మరే యితర శక్తి నిలువజాలదు. స్త్రీ : ప్రకృతి-శక్తి స్వరూపిణి-జగతికి ఆధారము-అమృతము-(ప్రేమమూర్తి).

కనుకనే ఎచ్చట స్త్రీ గౌరవించబడుతుందో - అచ్చట దేవతలు కొలువై ఉంటారని ఒక ప్రతీక. అదియే మన భారతీయ సంస్కృతి - సాంప్రదాయము - జిన్నత్యము.

శ్రీ భవాని

Mrs. Sarvalakshmi (M.No. S-1139)



DUSSERA CELEBRATIONS AT CLUB





DURGA PUJA

GUJARATHI CELEBRATIONS

Gujaratis celebrate Devi Navratri, symbolizing the triumph of good over evil. They dedicate a decorated space for the idol or picture of goddess Durga for 9 days, placing it on day 1. An earthed pot with 27 holes, signifying various aspects, accompanies the idol. Morning and evening Aartis, along with fasting, are common practices.

Ashtami witnesses a special havan, and Kanjak pooja is a significant ritual on either ashtami or navami. Nine girls are offered prasada, recognizing the feminine power in them.

Garba and dandiya, lively folk dances, are performed by men and women to honor Goddess Durga during Navratri.

Mrs. Meghna Oza (M. No. S-291)



"SINDHI NAVRATRI"

Sindhi Navratri is a joyous celebration observed by the Sindhi community, marking the triumph of good over evil. It typically spans nine nights of fervent devotion and festive rituals. Sindhis honor Goddess Durga during this period, engaging in various customs and traditions.

"Durga Ashtami and Ram Navami, the eighth and ninth days of Navratri are celebrated by honouring young girls or kanyas also known as kanjak. On this day young girls are invited and offered an auspicious meal as a part of pooja.

Devotees prepare the bhog of Halwa, Poori and Kala Channa, offer it to Devi and then feed the Bhog to little girls. Later, devotees offer them gifts and seek their blessings."

"Navratri is also a divine period of observance. It implies watching one's temperament, actions and behavior. This is particularly aided by following a strict vegetarian diet."



Mrs. Tanya Idnani

(M. No. H-153)



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Family Halloween Party



Monster Wraps and Devils Eggs, accompanied by Spooky Sour & Goblin's Punch! An Illusionist wowed us with Manipulation and Levitation, holding everyone Spell-Bound! The Family Halloween Party, orchestrated by the Ladies Committee, was a massive hit, captivating both the young and the young at heart.





Marathon Mantras by Mr. Balakrishna Rai



On a sultry summer afternoon, while Mr. Rai was busy preparing for an event the next morning, of course it was a marathon, we tried and squeezed in a few questions amidst his ever-ringing phone. Mr. Rai, a runner, has run 8 full marathons and a whopping 155 half marathons. He is 54 years old and has

participated in marathons in Delhi, Mumbai, Calcutta, Chennai, and Hyderabad.

Mr. Rai, the founder of Vizag Runners Club, which is now a registered society, started this club in 2013 when running enthusiasts of Vizag came together. The Club organised its first marathon last year in December 2022 which saw participation from 22 states of over 6000 runners. They are hosting their second marathon this year and aim to see 9000 runners.

Busting some of the myths around the sport, Mr. Rai says, 'your joints will never be adversely affected because of running as long as you have the right posture and the right gear.' Mr. Rai says that running bare feet is better than running with the wrong shoes. Shocking right? 'Running as a habit has multi fold health benefits. Apart from lowering your normal pulse rate to 55-60 over a

period of time, it also helps you create a healthy environment in your family and community', he says.

Mr. Rai aims at encouraging the passion to run among the younger generation so that they can lead healthy, disease-free lives and the society can benefit as a whole.



Mr. Rai says, 'Don't compare yourself to others, build your pace slowly. Make sure your diet contains proteins, carbs and fats in the right quantity and proportion. Running is an addiction that can add years to your life', concludes Mr. Rai as he politely excuses himself and disappears within seconds. (power of running).

Be a part of the change by registering for the 2nd edition of Vizag Marathon on 17th December 2023 at www.vizagmarathon.run

Mr. Balkrishna Rai (M.No. B-086)

Interview conducted by Stuti Jalan.
23rd September 2023.



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Navigating KNEE REPLACEMENT SURGERY

What is a Knee Replacement?



Knee Replacement, also known as Knee Arthroplasty, is a surgical procedure performed to remove the damaged bone and cartilage around the knee to restore normal function and relieve pain. The knee joint is replaced with an artificial joint (prosthesis) made of metal alloys or high-grade and wear-resistant plastic.

Is knee replacement an elective or an emergency procedure?

Knee Replacement is an elective procedure.

Types

The type of knee replacement surgery and the type of knee prosthesis to be used is determined considering the severity of the damage, weight, age, activity level, knee size and shape, and an individual's health condition. Knee replacement can be performed either as:

- Partial Knee Replacement: It refers to repairing and replacing only the damaged compartment of the knee.
- Total Knee Replacement: It refers to repairing and replacing all three knee compartments.

Indications

The reasons for performing replacement surgery are:

- Osteoarthritis
- Rheumatoid arthritis
- Psoriatic arthritis
- To relieve joint pain from a meniscus tear, ligament tear, and cartilage loss
- To restore joint function
- To correct knee deformities
- Sustaining a trauma to the knee joint or knee bone

Contraindications and Risk Factors

Knee Arthroplasty is not recommended in the following conditions:

- Ongoing local or widespread infection
- Nonfunctioning extensor mechanism
- A disease of peripheral blood vessels or nerves
- Other medical conditions that can put an individual at risk of complications or death during or after surgery. (Diabetes, Hypertension, and mild Cardiac disease are relative contra-indications – these can be controlled and surgery be performed)

Investigations before the procedure

- Weightbearing x-rays of both knees in AP, lateral, and 30 degrees of flexion
- Complete blood count

- Electrolytes
- Blood clotting test, APTT, and PT
- Chest x-rays
- Electrocardiogram (ECG)
- A blood cross-matching test is done for transfusion purposes

Preoperative Advice

Instructions before a Knee Replacement surgery:

- One month before surgery, supplemental iron is prescribed to increase haemoglobin levels in the blood
- Blood thinner medications such as aspirin and warfarin are stopped a few days before the surgery to reduce bleeding
- No oral intake after midnight on the night before surgery
- Antibiotics are given before, during, and after the surgery to prevent infection
- Tobacco use can delay the healing process. Smoking is advised to be discontinued before surgery
- Intraoperative Details



Anaesthesia

Knee Replacement surgery can be done under general, spinal, epidural or a combination of Spinal and epidural anaesthesia. Epidural anaesthesia is preferred since it can be continued post-operatively for pain management.



- Discharge is usually 4-5 days after the surgery
- The surgical site should be kept clean and dry.
- Blood thinners and compression boots are used to reduce swelling and clotting.
- Follow-up as scheduled by the physician for removal of the stitches.

- Bleeding or any other drainage from the surgical site
- Formation of blood clots in the legs
- Injury to the surrounding nerves and blood vessels
- Numbness or tingling of the leg
- Heart attack and stroke
- Prosthesis parts can become loose and wear off
- Pain may not be reduced even after surgery

Duration

The procedure can take up to a maximum of two hours

Description of the procedure

An IV line is inserted into the arm for proper hydration. A urinary catheter is inserted to empty the bladder. Excess hair on the knee is shaved. Heart rate, blood pressure, breathing, and blood oxygen levels are continuously monitored during the surgery. The knee is bent, and the skin is cleaned with an antiseptic solution. A 6 to 10 inches long incision is made on the knee joint to expose all the joint surfaces. The damaged parts of the knee are repaired and removed. A prosthesis is placed in the knee joint. Before closing the incision, the knee is bent and rotated to ensure function. The incision is closed with sutures. A sterile bandage is applied to the surgical site.

Postoperative Details

- Pain medications are prescribed for pain and discomfort. Epidural infusion will be continued for 2 days for good pain management.
- Movements of the knee will be started the next day after surgery
- You will be made to walk with walker 2 days after surgery



Role of Diet/ Exercise/ Lifestyle changes

- Pain medications and antibiotics are to be continued as directed by the physician to relieve pain and discomfort.
- Physical therapy or a home exercise program is required to restore the joint range of motion and regain muscle strength.
- Diet as directed by the physician
- Assistive walking devices like a walker is used for a few days, usually about 2 weeks
- Activities like climbing stairs or standing too long should be limited or avoided for a few weeks.
- A raised toilet seat should be used after knee surgery.
- Ice packs around the surgical site are applied to reduce swelling.

• Exercises like knee bending and stretching, knee straightening, ankle pumps, circles, etc., should be followed to improve strength and range of motion.

• Activities like jogging, jumping, skiing, etc should be avoided.

Complications

- Infection
- Swelling, redness, and pain around the surgical site



- Inability to restore complete joint function even after surgery

The above complications have minimised in the modern era due to good surgical technique, post operative care and better implants.

Prognosis

The overall prognosis of Knee Replacement surgery is good. Pain relief would be achieved along with a better quality of life. This surgery can last for more than 15 to 25 years.

Dr Raghu Yelavarthi (R - 412) is a Consulting Orthopaedic and Joint replacement surgeon at the National Orthopaedic Center and Apollo Hospitals, Visakhapatnam.

Dr. Yelavarthi has performed more than five hundred knee replacement surgeries to his credit.



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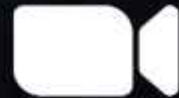
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