

WALTAIR TIMES



Vol. 27 | Issue 8

February 2023



Annual Sports Festival 2023



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From the President's Desk



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98499 99919

Dear Members,

The Managing Committee and I, are humbled and honoured by the excellent response for all the events and programs held during the last month including the Extraordinary General Meeting. We thank the members for accepting all the proposals with few amendments and we are trying to complete all the developments by June, 2023 and also we look forward to guiding the Managing Committee in this endeavour.

I also request every member to share your feedback regarding the administration and the other departments of the Club. I would like to wish all the members a Happy Ugadi with peace and prosperity and good health to your families.

Dr.S.V.H.Rajendra



Vice President's Message ...

Dear Members,

Wish to compliment and thank all members who attended the Srinivasa Kalyanam and succeeded in making the event a very pious and blessed one.

I also congratulate all members who took part in the sports events, so enthusiastically. The prize distribution would be held shortly. Kudos to both the winners and all the participants.

Through all events, the club was appropriately adorned much to the appreciation of all members, several of whom commended the Managing Committee, with a special mention to the Sports Chairman, Mr. Lingam K.N.S. Reddy, and the Entertainment Chairman, Mr. K.S.R.K. Sai Raju.

I take this opportunity to wish one and all a Happy Ugadi.

And beckon all members to continue to grace all the occasions organized by the Club.

Regards,

T. Rajesh Kumar

From the Editor's Desk

Dear Members,

Time flies! We are already into the second month of the year, and I thank all members who send mails & messages contributing to the magazine.

This month we are happy to feature, Dr. Betsy Williams who has been unanimously elected as the National Vice- President of the National Young Men's Christian Association (YMCA).

"Love is in the air" - Valentine's Day celebrations were indeed a time of camaraderie and love.

A very special child Keya (a member child) has been featured for her perseverance against all odds.

A popular homeopathist Dr.Vaishnavi and senior citizen P. Rajagopal Narayanaswami share their insights.

A club was buzzing with activities as we had the Sports Festival from 16th to 28th February. Sports plays a major role in improving our physical and mental fitness. Sports teaches values such as fairness, fun, team building, discipline, equality, perseverance, and respect. All of this was witnessed in the club and the members had a wonderful time of bonding.

I once again request members to contribute articles--achievements of members, memories of senior citizens, accomplishments of children, articles from members who are not in Vizag, professionals (relevant to your area of expertise), articles in Telugu and Hindi etc. Please contact us--the Editorial team or just mail me.

Even as the Managing Committee works for the future generations, we continue to thank them for all the events that they have been organising for us all.

Please send in the articles to sheilajackson753@gmail.com

Sheila Jackson

M. No.: S - 679



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Hon. Secretary's Message

Dear Members,

Wish you a very happy Ugadi. May you enjoy the happy festival moments.

I wish to congratulate all the members who enthusiastically took part in all the Sports events that were conducted. Congratulations to the Sports Chairman Mr. Lingam K. N. S. Reddy, and all the sub committee chairs, who organised the events and made the club a Sports arena.

Appreciations to the priests who blessed us at the Srinivasa Kalyanam and we thank you for gracing the occasion.

A number of events are being held for the members and we wish that you attend and be blessed.

Happy Clubbing,

V. Chandrakanth



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Front Cover inside full	20000	44000	66000	121000
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Member Honour

Manvik Reddy (S/o Kavya & Manoj Reddy (M.No. S-1034) is now a record holder in the India Book of Records and the Asia Book of Records. He set a record for being the fastest kid to recite names of dinosaurs in alphabetical order. He recited the names of 26 dinosaurs in 34 seconds at the age of 4 years.



Our Club member, Mr. MVVN Patrudu (V-476), Managing Director, White Mount Finserve Pvt. Ltd. has won the prestigious FAME CLUB award for FY 2021-22 of Reliance General Insurance Co. Ltd. held at Kuala Lumpur, Malaysia on 20 Mar 2023. It is one of the top-most awards in the insurance industry and Mr. Patrudu is the only person selected for this award from AP region. Congratulations to Mr. Patrudu on this impressive achievement.



Super Tambola



Beer & Biryani Tambola



Programmes for March, 2023

22-03-2023	Wednesday	Ugadi	6.00 pm
24-03-2023	Friday	Movie	7.00 pm
25-03-2023	Saturday	Sports Awards Night	7.30 pm
30-03-2023	Thursday	Sri Ramanavami	6.00 pm
31-03-2023	Friday	Movie	6.30 pm
02-04-2023	Sunday	Beer 'n' Biryani	12.00 noon
07-04-2023	Friday	Movie	7.00 pm
14-04-2023	Friday	Movie	7.00 pm



Obituary

We regret to announce the sad demise of

MR.V BALASUBRAMANIAN

(M.NO.B-45) EXPIRED ON 06.03.2023

NEW MEMBERS LIST

SL.NO.	MEMBER NAME	M.NO.	CATEGORY	D.O.J.
1	MISS.T.SAHITHI	S-1373	ASSOCIATE	22.09.2022
2	MR.T.KRISHNAM RAJU	K-319	LIFE	23.09.2022
3	MR.KAVI VARADA	V-480	ASSOCIATE	24.09.2022
4	MISS.BHAGYA RATNA ACHANTI	B-184	REGULAR MC	28.09.2022
5	MRS.A.NAGA MOUNICA	C-131	REGULAR MC	01.10.2022
6	MR.CH.PAVAN ADITHYA	P-386	ASSOCIATE	01.10.2022
7	MRS.CH.LIKHITHA	L-082	REGULAR MC	01.10.2022
8	MR.M.GANESWAR	G-150	ASSOCIATE	11.10.2022
9	MRS.J. SRIJA	S-1376	REGULAR MC	14.10.2022
10	MR.V.VENKATESH	V-478	LIFE	15.10.2022
11	MR.P.PRUDHVI	P-387	REGULAR MC	18.10.2022
12	MR.K.SATHWIK	S-1140	REGULAR MC	01.11.2022
13	MISS.AZARA MUNIR MERCHANT	A-392	REGULAR MC	04.11.2022
14	MR.SAGI SARATH RAJU	S-1378	REGULAR MC	05.11.2022
15	MR.RAJASAGI MAHESH KUMAR RAJU	M-358	LIFE	05.11.2022
16	MR.R.D.V.PADMANABHA RAJU	P-388	LIFE	05.11.2022
17	MRS.M.DEEPthy CHOWDAY	D-162	REGULAR MC	05.11.2022
18	MR.P.SREE VAMSSI	S-1380	ASSOCIATE	05.11.2022
19	MISS.T.LAHARI	L-083	ASSOCIATE	05.11.2022
20	MR.M.JANAKI RAM VIKRANT	J-143	ASSOCIATE	07.11.2022
21	DR.MOHANA PREETHI G.	M-354	REGULAR MC	07.11.2022
22	MRS.CH.NISCHALA	C-132	REGULAR MC	08.11.2022
23	MR.JITENDRA PATEL	J-142	SERVICE	08.11.2022
24	MR.VENUGOPAL MIRIYALA	V-482	LIFE	09.11.2022
25	MR.N.VENKATA RAVI KUMAR	V-481	LIFE	09.11.2022
26	MRS.D.VINEELA	V-483	REGULAR MC	10.11.2022
27	MR.R.RAMAKRISHNA VARMA	R-768	LIFE	10.11.2022
28	MR.P.RAMAJOGI SRINIVASA RAJU	S-1377	LIFE	10.11.2022
29	MR.P.S.DHRUV SAGAR	D-131	REGULAR MC	10.11.2022
30	MR.K.NARASIMHA RAJU	N-290	LIFE	12.11.2022
31	MISS.SREE PAKALAPATI NITYA	N-243	REGULAR MC	14.11.2022
32	MISS.K.AISHWARYA SAI	A-411	REGULAR MC	15.11.2022
33	MR.P.BHARGAV VARMA	B-164	REGULAR MC	15.11.2022
34	MR.G.VIDHAN MANGARAJU	V-390	REGULAR MC	15.11.2022
35	MR.D.SAI AKHIL	S-1381	REGULAR MC	17.11.2022
36	MR.SEGU SAMANYU	S-1379	ASSOCIATE	19.11.2022
37	MR.ROHIT V.	R-769	REGULAR MC	22.11.2022
38	MISS.SUNKARI AKSHARA	A-390	REGULAR MC	26.11.2022
39	MR.T.VISHNU PRIYATAM	V-413	REGULAR MC	06.12.2022
40	MRS.M.SATYA PRANAVI	S-1132	REGULAR MC	07.12.2022
41	MRS.SAI SRAVYA BH.	S-1384	REGULAR MC	13.12.2022
42	MRS.N.JAYALAKSHMI SHRUTI	J-144	REGULAR MC	13.12.2022
43	MRS.B.MEGHANA	M-359	ASSOCIATE	13.12.2022
44	MR.T.KRISHNA SRIVATHSAV	K-321	REGULAR MC	14.12.2022
45	DR.M.SRIMANTH	S-1163	REGULAR MC	15.12.2022
46	MR.GOSU RAMESH, IRS	R-770	SERVICE	15.12.2022
47	MR.CH.HARISH VARMA	H-206	REGULAR MC	15.12.2022
48	MR.S.V.S.ABHISHEK	A-488	REGULAR MC	15.12.2022
49	MR.S.VENKATA SAI PUSHPAK	V-484	ASSOCIATE	15.12.2022
50	MRS.M.SAI SANJANA	S-1383	ASSOCIATE	20.12.2022
51	MR.SAI VISHNU CHITRA	S-1382	ASSOCIATE	20.12.2022
52	MR.V.KARTHIK SIMHA	K-320	REGULAR MC	20.12.2022
53	MR.M.ABHINAV	A-489	ASSOCIATE	21.12.2022
54	MISS.G.SAI RACHANA	S-1385	ASSOCIATE	23.12.2022
55	MR.K.SAI RAVI TEJA	S-1164	REGULAR MC	24.12.2022
56	MR.G.DEEPak KUMAR	D-130	REGULAR MC	27.12.2022
57	MR.Y.NEHAL	N-256	REGULAR MC	04.01.2023
58	MR.K.PRANAV	P-351	REGULAR MC	04.01.2023
59	MR.M.VENKATA CHANDRA SWAROOP	C-115	REGULAR MC	06.01.2023
60	MR.M.MATHEW VARHGESE	M-309	REGULAR MC	07.01.2023
61	MISS.P.MANOGNYA	M-298	REGULAR MC	07.01.2023
62	MR.SUNKARI SANTOSH PURANDHAR	S-1386	LIFE	13.01.2023
63	MISS.ANUSHA MAHANTI	A-490	ASSOCIATE	18.01.2023
64	MRS.S.SHREE	S-1108	REGULAR MC	31.01.2023
65	MISS.R.NITYA	N-241	REGULAR MC	21.02.2023
66	MISS.M.MEGHANA	M-308	REGULAR MC	23.02.2023

Srinivasa Kalyanam



26th Feb 2023, a day which will remain very special in the history of our Waltair Club- a whole day of spiritual activity and engagement performed by the Archakas from Vaibhav Venkateswara Swami Temple and several other temples. Idols of Lord Venkateswara along with his consorts, Sridevi and Bhudevi, were brought to our club auditorium and were placed in a well decorated dais. Thanks to Auditorium Committee Chairman for sanctifying the auditorium for the event.

Srinivasa Kalyanam was conducted following Pancharaatra agama procedures by

Sriman Aaravelli Seetharamaacharyulu

Sriman Gopinambaala Vasudevacharyulu

Sriman Gopinambaala Anadaswamy

Sriman Gopinambaala Seshacharyulu (Seshu swami)

along with various head priests from different temples.

The day started off with Suprabhatam and Archana to the Lord. Members and guests present were served prasadam after the Archana.

Being an auspicious day 'Bhanu Saptami', archakas performed 'Suryanamaskars' with Vedic prayers and distributed 'Theertham' to those present. The Theertham distributed after the Vedic Suryanamaskars, when consumed is supposed to cleanse our bodies and improve one's health. This was the initial curtain raiser of the day for the attendees and members who left the auditorium happy awaiting the Srinivasa Kalyanam in the evening.

For the Srinivasa Kalyanam in the evening, our club ground was decorated in a very grand way, aptly suitable for the Kalyanam of the Lord. Members and guests started pouring in by 5pm. Idols of the Lord and his consorts were escorted with Mangala Dwanulu and brought in a procession to the grand dais arranged for the occasion.

The ambience was very divine, and Kalyanam (wedding) process was very systematically conducted by the Archakas.

All the rituals were performed in a pious way one after the other. Archakas explained in detail the rituals being performed. During the rituals, audience were enthralled with the melodious Annamacharya keerthanas. Rather than being just audience, everyone present were in a trance and clapped hands with bhakthi. The entire audience was immersed with divinity and awe. I am sure many would have had several such divine experiences and this Kalyanam too will be one of them.

Laddu Prasadam and other prasadams received from TTD (Tirupathi) were distributed to all the attendees. Thanks to Sri Pydah Krishna Prasad garu for arranging the same. Several other coincidences showed that the Kalyanam being conducted was with the Grace of Lord Balaji. Happy to mention that TTD Chairman Sri Y.V. Subba Reddy garu along with our MP Sri M.V.V. Satyanarayanagaru, Minister Gudivada Amarnathgaru, Minister Botsa Satyanarayana garu and several others attended the ceremony. Thanks to General Services Chairman V. Srijan Babu for receiving and attending to the guests and dignitaries.

After a mesmerizing Kalyanam and proceedings, sumptuous Alpharam (Dinner with prasadams) was served to all attendees, and everyone left the venue with content and bliss.

Thanks to the Club Management and dhaathas (donors) who supported the Kalyanam in different ways. Special mention to our Club Staff for again supporting the entire event. Many staff members have expressed their happiness in witnessing such a good event. Members and attendees showered praise to Entertainment Chairman Sai Raju garu, President Rajendra garu, Vice President, Mr. T. Rajesh Kumar, Secretary Chandrakanth garu and all the other Committee members for performing this Kalyanam in our Club.

This is my humble tribute as an audience.

K.Srinivasa S Murthy (M-231)

వెంకటేశ్వర కళ్యాణం

సప్తమీ ఆదివారం. చలచల్లని సాయం కాలం. వాల్తేర్ క్లబ్ విశాల ప్రాంగణంలో, ఆధ్యాత్మిక కార్యక్రమం.

ఏమిటా కార్యక్రమం? పురాణ ప్రవచనాలా? భక్తి పాటలా? అబ్బే! ఇవేవీ కావు. ఇవి అన్నీ కలిసిన కార్యక్రమం.

ఏడుకొండల వాడు సింహాచలం కొండ ప్రాంత అందానికి ముగ్ధుడై ఇక్కడ పెళ్లి చేసుకోవాలని, సంకల్పించుకున్నాడు. అంతే! ఆయన సంకల్పం క్లబ్ నిర్వాహకుల సంకల్పం అయింది.

అంతే! స్వామి కళ్యాణానికి చక చకా ఏర్పాట్లు జరిగాయి.

కళ్యాణ వైభవ వెంకట రమణుడు వేదిక మీద కొలువు తీరాడు. శ్రీదేవి, భూదేవులు స్వామి ని ఓరకంటితో చూస్తూనే, కళ్యాణం చూడాలని ఆత్ర పడుతున్న క్లబ్ సభ్యుల పై చల్లని చూపులను ప్రసరింపజేస్తున్నారు.

స్థానిక కోలాట నృత్య కళాకారులు, తిరుపతి నుంచి వచ్చిన కళాకారులతో కలిసి స్వామి ని నృత్య గానాలతో అలరించారు.

కళ్యాణాన్ని కమనీయం గా జరిపించడానికి, సింహాచలం, అన్నవరం, విజయవాడ, వగైరా ఊర్ల నుంచి వచ్చిన మహా పండితులు, అందు లో నిమగ్నమై ఉంటే, వేదిక మీద జరుగుతున్న పూజాది కార్యక్రమాలను సవిస్తరంగా వివరిస్తూ ఒకరు సభ్యులకు ఆ కార్యక్రమం లో స్వయంగా పాల్గొన్న అనుభూతి ని కలిగించారు. దగ్గరగా ఉన్న టి.వి. స్క్రీన్ ల మీద కార్యక్రమాన్ని చక్కగా వీక్షించారు, సభ్యులు.

ఒక వైపు వేద మంత్రాల మధ్య కళ్యాణ కార్యక్రమం జరుగుతూ ఉంటే మరొక వైపు సందర్భోచితంగా ప్రముఖ చైతన్య సోదరులు, అన్నమయ్య గీతాలను వీనుల విందుగా ఆలపించి సభ్యులను తన్మయత్వం లో మునిగి పోయేటట్లు చేశారు.

సప్తమి చంద్రుడు వినువీధి లోంచి సోదరి కళ్యాణం చూసి మురిసి పోయే ఉంటాడు.

వివరిగా కార్యక్రమాన్ని ఆసాంతం రక్తి కట్టించేలా వర్ణించిన అర్చకుల వారు సభ్యులనందరినీ వైజాగ్ లో రైలు ఎక్కించి మధ్యలో వచ్చే అన్నవరం, విజయవాడ మొదలైన పుణ్య క్షేత్రదర్శనం చేయిస్తూ తిరుపతి లో ప్రధాన ప్రదేశాలను వెంకట రమణుని కమనీయం మూర్తి ని మనో నేత్రాల కు చూపిస్తూ తిరిగి వైజాగ్ తీసుకుని వచ్చి వదిలారు.

మానసికంగా కూడా దైవ దర్శనం ఎలా చేసుకోవాలో తెలిసింది.

సుమారు నాలుగు గంటల పాటు నడచిన ఆ కార్యక్రమం ఆసాంతం భక్తి రసస్థావితమైంది.

అహో! ప్రసాద వితరణ! దాని గురించి ఏమి చెప్పినా తక్కువే. తిరుపతి లడ్డు, వివిధ రకాల చిత్రాన్నాలు. ఇంకేం కావాలి!

ఇదండీ! వైభవ వెంకటేశ్వరుని కళ్యాణ వైభోగం.

స్వస్తి.

రాజేశ్వరి.







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Sports fest 18 to 28th Feb.

CHILDREN'S SPORTS

The Waltair Club Managing Committee along with Sports and Ladies Committee conducted an adrenaline filled sports fest from Feb 18th to Feb 28th. The fest included multiple sports and the most enthusiastic of the responses came from the tiniest members of the club. Special events were conducted for the children of club members which saw enthusiastic response from the children and rousing support from the parents. A day long track and field event was held on Feb 19th. Children up to age of 16 participated in multiple races like relay, sprint, bicycle, lemon and spoon etc. The children were divided in four ages groups and separate races were held for boys and girls. Children and parents were seen encouraging the participants and there was an air of healthy sportsmanship all around. The track and field event concluded with a fun tug of war contest which saw all kids of all age groups participating together. Sports teachers from Greendale School were present to conduct a fair and unbiased day.

Many other events were conducted for children to ensure every child had a way to showcase their skills. A flameless cooking contest was held where children had to make and assemble dishes in the club premises. The judges for this event were Alka Kumari and Honorable Club secretary, Mr V. Chandrakanth. The culinary expertise of the little ones was highly appreciated by the judges.

A Rangoli contest was also held where kids independently created beautiful rangoli designs. The finesse and creativity of the participants wowed adults and judges alike. The children were also given an opportunity to show their strength in the Gym. Kids were asked to do planks, push-ups and other strength-based exercises and they were then assessed on their endurance, stamina, and repetitions.

As always, the yoga competition showed off the flexibility and intricate understanding of yoga posture that the children had learnt. Held early in the morning at 6 am, children showed up bright eyed and demonstrated asanas with practiced ease. The yoga contest had special invites from yoga village to evaluate the skills of the participants.

A roller-skating competition was also held inside the club premises. Children ranging from age 5 to age 12 participated it. The balance and speed displayed by the children on the internal roads of the club was commendable. A basketball contest was also held for all the children who learn basketball in the club. The children were divided into four teams and each team faced off against all the other teams in an attempt to score the maximum basket and hence points. The children played tirelessly, and all spectators appreciated the adroitness of the little and older ones alike with the basketball. Great team spirit was shown by all children.

Over all the sports fest left everyone in high spirits.

Mrs. Sonal Sarada (N-266)





Tennis

Tennis is one of the few Sports played at Waltair Club from its inception.

The Tennis courts were earlier located at AIR area. And the same was played by members both boys and girls. It had a different aura, with Waiters serving Sandwich and tea in ornate cutlery.

In the 70's notable players were Dr Goli Bhaskar Rao and Mr Sridhar. Dr Goli Bhaskar Rao played regularly till the age of 90 years. And the journal and grapy player Mr Sridhar, till the age of 88 years. Both the stalwarts were to inspire youngsters to take up Tennis for health and longeur.

In the 80's the courts were shifted to its Current location in the club. And many members and their children continue to enjoy the sport. Notable amongst them was Mr Sitaram into achieved a career launching of No 3 in National junior tournaments.

Later youngsters like Mr Abhishek, is number 3 in National Junior Category and represents the Junior Davis Cup.

Saketh Myneni has made the club proud by being in the Davis Cup squad. Also playing singles and doubles in US and Australian Open Grand Slam. And also, he has done the country proud by winning the Asian Gold Medal.

Over the years tennis continues to be a popular sport in the club. The recent demise of Ex-Minister Mr Vatti Vasanthan Kumar, an avid tennis player, was a great loss to the tennis fraternity of the club.

Today the game is played at the club by elders and youngsters. Currently the captain of tennis group Mr Veera Mohan is leaving no stone unturned to make the sport lively by encouraging more youngsters of the club to take up the sport. We look forward to the future.

Tennis is a sport which requires both mental and physical ability. It is, apart playing, a health game which keeps you fit. Hence is an important activity for the club members.



G.Veeramohan(V-88)

Throwball

The Sports Committee's announcement of the Throwball match came as a surprise to most of the players as they were totally out of gear with zero practice. Half-heartedly the players trickled into the court one by one with the doubt being if they would be enough players for the match to happen at all. The organizers heaved a sigh of relief when the count went up to 18 players.

After a little confusion as to how to form the teams, two teams were formed, and the players lined up for the toss. The winner of the toss chose her team and the other chose the court. The volleyball court was converted into throw ball court.

The players were enthusiastic, and the game started with only a few spectators to cheer the players. Hema's team won the first 2 matches and bagged the winners' place with Zohra's team the Ruuner's' up.



Mrs. Vibha Agarwal (A-65)



GOLF ARENA

Golf Arena was opened to the members in August 2021. It is one of the most beautiful sport joints within Waltair Club. Golf enthusiasts can practice the iron shots in the nets or chip and puts on the greens.

The first golf tournament was held last year in February 2022 and was a big hit. Over 100+ spectators and participants enjoyed the 2-day league. This year it was a repeat and women tournament has been introduced. We thank all the participants for making it a grand success and Congratulations to all the winners and we look forward to many more participants in the future.

The sports bar coming next to it will be a great annex to it and all the members can enjoy golf putting over a drink and vice versa. Happy Golfing!!

SVR Raju (R-597)

స్నేహం

స్నేహం ఒక మరువలేని మధురమైన అనుభూతి. చిన్ని చిరునవ్వు చాలు. స్నేహం ప్రారంభం కావడానికి అందాన్ని, ఆస్తిని చూసే స్నేహం చెయ్యకూడదు. మంచి మనసుని చూసే చెయ్యాలి. అది మరణం వరకూ మనతోనే కొనసాగుతుంది. చిన్నప్పుడు మనం ఆడిన ఆటలు చేసిన అల్లరి ఆ బాల్య స్నేహ్నం అరమరికలు లేనిది నిస్వార్థంగా సాయం అందించేవారు ఆసలైన స్నేహితులు. దీనికి వయస్సుతో పనిలేదు. ఆటలాడే బాల్యం నుంచీ వృద్ధాప్యం వరకు అందరిలో స్నేహ భావం ఉంటుంది.

రామాయణంలో శ్రీరామ సుగ్రీవుల స్నేహం లోకోత్తరమయినది. ఇరువురు సమస్త శక్తులను ధారపోసి ఒకరికోసం ఒకరు సహాయం చేసుకున్నారు. రామసేతువు నిర్మించి లంకను చేరిన వారి బంధం చరిత్రలో ఈనాటికి నిలిచిపోయిన ప్రత్యక్ష సాక్షం.

మహాభారతంలో కర్ణ, దుర్యోధనాదులది ఆపూర్వస్నేహం కర్ణుని అంగరాజుగా చేసి స్నేహం అన్న మాటకు గొప్ప విలువనిచ్చాడు సుయోధనుడు. పాండవులు తన సోదరులని తెలిసినా ప్రలోభానికి లోనుకాకుండా చివరదాకా మిత్రుడి కోసం ధోరణి ప్రాణాలు కూడా త్యజించిన ఆదర్శ స్నేహితులు కర్ణుడు.

భాగవతంలో కృష్ణ కుచేలులదీ చక్కని స్నేహభావం సాందీపని శిష్యులుగా చిన్న నాటి మైత్రిని మర్చిపోకుండా సుదాముడు సిగ్గుతో ఏమి కోరకుండా వెనుదిరిగిన కృష్ణుడు అతనికి సకల మర్యాదలు చేసి సకల ఐశ్వర్యాలు ప్రసాదించాడు.

మన జీవితంలో అన్ని సంఘటనలలోనూ తోడుగా ఉంటాడు అసలైన స్నేహితుడు మట్టికి పరిమళాన్ని, విత్తుకు మొలకెత్తే శక్తిని వాన చుక్క ఇవ్వలిగినట్లు స్నేహితుడు తన సహచరుడికి జీవించే శక్తిని యిస్తాడు స్నేహితుని సుఖం కోరుకునేవాడే నిజమయిన స్నేహితుడు కష్టాల్లో కన్నీళ్లు తుడిచి, ఆపదలో అండగా నిలిచి, దుఃఖంలో దైర్యాన్ని ఇచ్చేవాడే నిజమయిన స్నేహితుడు. ఇలాంటి స్నేహం పొందినవారు ధన్యులు.

ఈ సందర్భంగా నేను నా జీవితంలో జరిగిన ఒక స్నేహానుభూతిని మీతో పంచుకుంటున్నాను. నేను నా స్నేహితురాలు అప్పన్న కృష్ణ కుమారి ఒకే టీచర్ దగ్గర సంగీతం నెర్లుకున్నాము. ఒకసారి ఇద్దరం కలిసి శ్రీ రాఘవేంద్ర స్వామి గుడిలో ఒక పాత కచేరి చేశాము. ఆ ప్రోగ్రాం చివర్లో, అది అరెంజ్ చేసిన ఆర్గనైజర్స్ ఈరోజు స్నేహితుల దినోత్సవం. ఈ రోజు ఇద్దరు స్నేహితురాళ్ళు ఇచ్చిన ఈ కచేరి చాలా బాగుంది అని మెచ్చుకున్నాను. నిజంగా అప్పుడు కలిగిన ఆనందం అనుకోని ఐశ్వర్యం వచ్చినంత ఆనందాన్ని కలిగించింది. స్నేహంలో వున్న ప్రభావం ఇదేనేమో అనిపించి, మనకు తెలియకుండానే అది ప్రభావితమౌతుందేమో అనిపించింది.

ఆంగ్లేయులు “ఫ్రెండిష్ డే” అని ఒక రోజు పెట్టరేమోగాని. ఇది మన సంప్రదాయంలో నిత్యం మన నరనరాల్లో పాకుతూ పొంగే అనుభూతి స్నేహమేరా జీవితం. స్నేహమేరా శాశ్వతం అన్న సినీ కవి మాటలు అక్షర సత్యాలు

“స్నేహం ఒక మధురమైన అనుభూతి”

గ్రంథి విజయలక్ష్మి మంగరాజు (M-005)

Dr.BETSY MERILYN WILLIAMS - FIRST AMONG EQUALS.



In the eternal quest for equality on all fronts, women have proven time and again that given an opportunity, they are in no way less than their male counterparts. Over time they have conquered bastions in almost all sectors of professional, academic, and service areas. From serving in Siachen, commanding a combat unit, leading the Republic Day parade, leading Rocket launch teams , sports etc. Despite this, there are a few spheres where women are still making forays for the first time. Case in point being Vizag's own **Dr. Betsy Williams**, (B-170) taking over as the National Vice President of the Young Men's Christian Association (YMCA). With power comes responsibility, and Betsy is all set to prove that those who gave her this opportunity by electing her unanimously as the first Woman Vice President of the YMCA did so rightly.

Sandhya Godey had the opportunity to talk to Betsy of her association with the YMCA and her plans for taking this elite organisation to greater heights.

WaltairTimes : Since when have you been a member of YMCA ? Have you ever held any post here ?

Betsy : I remember growing up at the YMCA, playing in the grounds and being involved as a youth member and then became the official member on 9th April 2005. I have been a board member also.

WaltairTimes : Your most memorable memory associated with YMCA ?

Betsy : Learning skating and the summer camps are my most cherished memories.

WaltairTimes : When was YMCA Vizag established ?

Betsy : YMCA Visakhapatnam was started in the year 1973 by Admiral R.L. Pereira Founder President of YMCA Visakhapatnam (1973-76).

WaltairTimes : How does it feel to be the Vice President of such a prestigious national body such as the YMCA ?

Betsy : This post was never given to women. But when it is the will of God, it will happen. I am thankful and happy.

WaltairTimes : What inspired you to contest for the post ?

Betsy : Last year when I was in Kolkata, my name was suggested for the post of National Vice President. But I thought it wouldn't happen as women were never part of the main board. Knowing the politics, I was a little skeptical. My father Dr. Rolland Williams, was always my inspiration and I offered my services to YMCA.

WaltairTimes : What are your plans for Vizag / India as the VP ?

Betsy : YMCA was not very active for the past few years. Now we, the board, together plan to bring back the past glory by doing various activities including the upliftment of the girl child, youth empowerment, medical camps and skill development programmes.

WaltairTimes : When did you become a Waltair club member ?

Betsy : In the year 2019.

WaltairTimes : What are your best memories associated with the Club ?

Betsy : Playing tambola, having dinner at the lawns along with my friends.

WaltairTimes : Hobbies that you enjoy the most ?

Betsy : Travelling, trying new cuisines and going for long drives.

WaltairTimes : Your most enjoyable visit to another country / place in India ? What makes it a special memory ?

Betsy : Every country is unique in its own way. I cherish my memories of Hong Kong because of the special mix it has of theme parks and serenity. It will always special because that is where I started my journey as Youth Agent and board member of Asia and Pacific Alliance of YMCAs.

WaltairTimes : Betsy Williams - entrepreneur - volunteer - world traveler - tell a bit about each role.

Betsy : Entrepreneur- I did my **PhD.** in English at Andhra university and joined our family business Marilyn Shipping & Transports which is totally different from what I had studied. We deal with customs clearance of exports and imports. I spent a few years



learning the work and now I am able to handle it. I also started my own firm - Marilyn Sea Foods where I deal with trading of seafood to restaurants.

Volunteer: from my childhood my heart was bent towards service. Through the YMCA, I had the opportunity to reach many impoverished slum dwellers during COVID. The smiles on their faces were the greatest reward I received.

I also volunteered at a private hospital during COVID as a counsellor for patients.

World traveler- traveling around the globe has been my passion and I have travelled to around 23 countries. That's how I recharge myself. I love learning from different cultures.

WaltairTimes : What is your favourite item on the club menu ?

Betsy : Idly 65

WaltairTimes : What do you enjoy the most about being a Club member ?

Betsy : The prestige of being the Waltair Club member

WaltairTimes : Betsy, what is your life mantra ?

Betsy : Have a goal, work hard to reach it and have fun while doing it.



STHIRA - SUKHAM - ASANAM

Introduction :-

"sthira-sukham asanam". This sentence can be roughly translated as "postures should be stable and comfortable. In the ancient texts one speaks of 84 lakh asanas. Lakhs is an Indian numeral and stands for 'a hundred thousand'. Lakhs can also mean an unknown amount. Out of these unlimited asanas are 84 important and 32 are made for the humans. The source of hatha yoga are the classic texts: Hatha Yoga Pradipika, Gheranda samhita and Siva Samhita.

Ushtrasan (Camel pose)



Garudasana is a balancing posture in a standing position. Garudasana yoga is also called the eagle pose because the final position of the body resembles the beak of an eagle. The eagle yogasana helps to enhance concentration, alertness, and awareness of the mind. The eagle pose gives complete two-fold twists to both the arms and legs simultaneously. It may also help to stretch shoulders, arms, hips, calves and thigh.

The camel pose might be useful for stretching and extending the front, back and neck muscles of the body. It strengthens the chest, abdomen and quadriceps muscles and tones the glutes and hamstrings (back of thigh) muscles. Ustrasana may allow the cervical tension to be reduced while stretching the neck in the backbend. It may also aid in strengthening the shoulders, arms, back, and legs muscle.



Thank you

M.Ravi Sankar, Yoga trainer

KEYA FIGHTS SMA - OUR STORY



I grew up in the amazing city of Vizag aspiring to be an Architect. I always believed if one worked hard, all life's goals were achievable. At the tender age of 17, I graduated from my 12th from Timpany School and left for Mumbai, to study Architecture. Over the next 5 years, got qualified as one, and was in the process of

securing a happy family with a financially secured future for all. I was in my early 30's when life greeted with a challenge so humongous, that it threw my life off-gear. However, the story you are about to read, is not just about me.

Allow me to introduce the real hero of this story, KEYA, my 12-year-old brave daughter. Keya was born just before Christmas in 2010. The family rejoiced her coming. Keya's was born normal, just like any other child. My elder daughter was the happiest. She was 4 then and all she wanted was a little sister to play with.

With Keya, I had a complicated pregnancy. She was born with the chord wound twice around her neck and had a very low birth weight. By the time she was nearing a year old, she began getting weaker, with little to no weight gain and severely delayed motor skills. Several doctors and even more tests later, finally diagnosed her with 3 simple letters, SMA.

I was unaware of what it meant till I was explained by her Neurologist that, "Ma'am, your child has been diagnosed with **Spinal Muscular Atrophy**, a rare, terminal, progressive, neuromuscular genetic disorder. You would be lucky if she lives past her 2nd birthday, as there is no cure." Keya was turning ONE in a month. I went into a state of shock. All I could do was hold Keya in my arms tighter than before, so nobody and nothing could take her away.

Between me and my husband, we had to trade-off, one of our jobs to look after Keya, based on whose income could solely support the family. Mine could and unfortunately his

couldn't, so I was compelled to work, and he had to babysit. This didn't go down well with him and his family over time. I turned into the bread winner for the family by force. It killed me to leave my ailing child daily and go to work, but we had huge monthly expenses with two kids, loans and a future to secure for the children.

Years passed by. In 2014, Keya turned 4 years old, and her elder sister turned 8. By then we all had worked around how to live with Keya's SMA which had slowly started eating into her. Keya struggled with weight gain, breathing issues and speech. Keya had a few episodes of critical hospitalizations owing to pneumonia till the age of 5 years.

I learned from her doctors and through some research that by working on Keya's nutrition, immunity and with physiotherapy, we could slow down the disease to a point and stretch her lifeline. Keya could not walk from birth but managed to sit with her prosthetic braces. Against all odds, I decided to school her with the help of a shadow maid. Most schools I tried, denied admission till one didn't. She started schooling, did superbly well as she was always bright from the start.

Keya was a quick learner and a complete social animal. Her friends buzzed around her at school. Though she was physically growing weak over time and needed a lot of support, she developed several, unbelievable talents despite her (dis) abilities. My marriage gradually fell apart, owing to the challenges

we faced in the family I was married into. In 2014 Keya's father walked out on us, leaving us to our fate. The children were deserted along with me. Their father never looked back to even check on us over these years.

I have been managing as a single parent since. Working twice as hard to provide, with the physical support, my old and retired parents could offer for my kids, which dwindled over the years as they grew older. I knew our days were only going to get harder, so I saved a bit for the rainy days to come in future.

SMA didn't just affect Keya, its penetrated into each of our lives over time. I tried for





as long as I could, but finally had to surrender my corporate job and lifeline which provided for me and my two daughters, in 2019, owing to Keya's ailing condition.

Overtime, Keya developed not only severe Kyphoscoliosis in her spine, but today lives with a dislocated right hip, frozen hips and knee joints for which

surgery has been advised, severe osteoporosis, kidney stones and obstructive sleep apnea. I hustled to raise some funds through crowd funding last year and with a lot of HOPE started Keya's SMA treatment with Risdiplam (the only available cure for SMA type 2, an USFDA drug launched by ROCHE Pharma) in Jan 2022. By the grace of God, prayers of all our well-wishers and a team of very skillful doctors, at We Are Spine, Keya underwent her spine correction surgery successfully for Kyphoscoliosis in May 2022.

Keya is currently recovering post-surgery with rehab and has regained her ability to sit, breathe, study, sing, paint and draw with a smile. Wish I could express how precious that is for this Mom, whose soul has become numb with pain over time, seeing her child suffer and gradually get eaten away by this devil, SMA.

HERE IS WHY KEYA IS THE TRUE ROCKSTAR OF THIS STORY

Keya is in now in class 6. Despite her given condition, she codes like a queen, acs her academics, sings, loves to paint, is an amateur You-Tuber and dances on her wheels. Not just this, **Keya has won the second best-seller spot in the BriBooks National Best Sellers League of Young Authors in India with her recently published book called Dancing on my Wheels, held in March 2023.**

To us Keya is a true ROCKSTAR!!

With her body physically withering away, she displays endless courage and holds us all together in our weakest moments, inspiring us to keep moving ahead and leading by example. Keya is full of LIFE and HOPE. Always smiling and our Almighty knows how much she deserves that one shot to this cure.

11 years ago, there wasn't, but today there is a cure for Keya's SMA. It's with an USFDA approved drug named



RISDIPLAM, launched by Roche Pharma in 2020. Also known as one of the most expensive drugs in the world. This treatment will give Keya a new lease of life. It will stop her SMA from spreading and eating into the remaining of her little body. She has been prescribed 30 bottles per year, for lifetime. The cost per year is INR 80 lacs. With this she needs, continuous rehab and surgeries from time to time.

To raise this kind of money every year is beyond this mother's capacity at the moment Especially having no consistent source of livelihood. Hence, I urge each of you to join hands and donate to save my little girl, who has suffered and struggled beyond words.

We are targeting to raise funds for 1 to 2 years at a time. No amount is too small or big for us. Our coming together will add a few more, suffering free, years to my courageous girl's life, which is all I ask for. I believe with a little help, contribution, and support from each of you, WE CAN MAKE IT HAPPEN.



With gratitude for your act of compassion, well wishes and prayers.

Keya's Mother Monisha Hatkar (M-228)

Our Links :

Our information & support links:

Patient - Name & Age : KeyaHatkar, 12 years old.

Patient's Mother - Name & Number :

Ms Monisha Hatkar, +91-9108052332

(Also member of Waltair Club M-228)

Originally resident of Visakhapatnam.

Patient's Medical condition :

Spinal Muscular Dystrophy - SMA Type2

Crowd funding Campaign :

www.keyafightssma.in

Donation Link:

<https://keyafightssma.in/donate-to-keya>

Keya's First Published Book :

<https://www.bribooks.com/bookstore/dancing-on-my-wheels>

I urge members to help Keya, by lending a hand to Monisha, her mother, through this difficult times. - Kindly call her and get details of Keya and donate.

Waltair Club Aircraft Propeller

6 April 1942 was a day of infamy for Vizag when aircraft from the Imperial Japanese Navy carrier IJN Ryujo bombed the harbour area early that morning. A few days earlier, Squadron Leader David Small (a businessman from Cochin with some flying experience) and Pilot Officer Maurice Baker (later Indian Air Force Air Marshal Baker PVSM) flew their Wapiti airplane from Dum Dum to establish the new Royal Air Force RAF Vizagapatam airfield (today's INS Dega). Their patrol on 6 April in the Bay of Bengal and spotting the Japanese fleet led to their legendary status as being 'first in India to see the face of the enemy'.

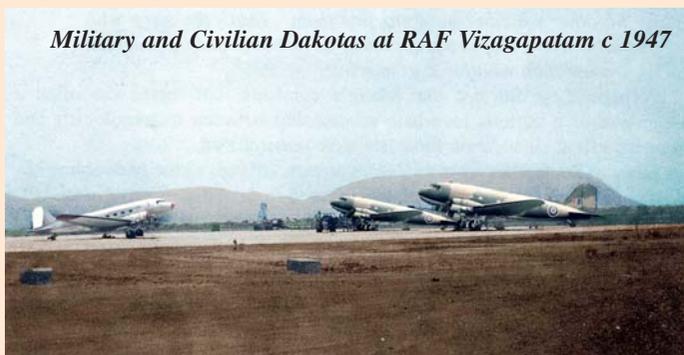
RAF Vizagapatam provided a facility for several types of allied aircraft during World War 2 and was manned by Indian and English airmen. Vizag was subjected to Air Raid Precautions during this time and night landings at Vizag were a particularly hazardous task when runway kerosene oil landing lights were lit quickly and for a short duration to assist pilots in an emergency landing. There were several serious accidents as a result. The propeller on display at Waltair Club was salvaged from one of the Dakota transport aircraft that were damaged beyond repair in accidents in Vizag in the 1940's.

During World War 2, the Dakotas were consigned to the Indian Airforce Volunteer Reserve and the Royal Air Force who flew them out of RAF Vizagapatam as troop transport and parachute drops for logistical support of the Burma Campaign. These aircraft entered service in 1943 and over 10,000 of the military version called the C-47 were built and, after World War 2, they became the workhorse of all national air forces including the Indian Air Force. It flew with the IAF until 1988 and ferried troops to the conflicts in Jammu & Kashmir, the mountain regions of the Himalayas and the conflicts with Pakistan. Indian Airlines flew the Dakota on its first commercial flights to Vizag.

Following the Japanese surrender in 1945, operations at RAF Vizagapatam had become somewhat relaxed, that is until a battalion of the 8th Gurkha Regiment was posted to Vizag. Suddenly there were morning reveille and other bugle calls. There was much marching to bagpipe music. This quite appalled the English airmen since they feared all this military display might give their officers ideas, which was the last thing they wanted. Any disturbance of their easy-going way of life was decidedly unwelcome. These tough little Nepalese of the Gurkha Rifles were well drilled and greeted all with broad grins of real affection when they met. Their loyalty to their Regiment was legendary. Their Commanding Officer erected a large shield outside the HQ of the 2nd Battalion of the 8th Gurkha Rifles under the palmyra trees of Buchirajapalem in Waltair and there they camped till Independence Day 1947. The HQ shield was emblazoned with the Gurkha emblem of crossed kukris.

The Gurkha shield eventually led the Commanding Officer of RAF Vizagapatam to establish its own HQ emblem. It was somewhat of a RAF tradition to mount a symbolic propeller at their bases and one of the salvaged Dakota propellers served this purpose in Vizag. When RAF Vizagapatam was decommissioned after Independence in India, the mounted propeller was donated to the Waltair Club.

RAF Officers were welcome for a drink at the special bar setup at the Waltair Club for military personnel. But a trip to the club was not always convenient, and, since so few planes came in, and those only in daylight, the landing strip oil lamps had



Military and Civilian Dakotas at RAF Vizagapatam c 1947

been 'borrowed' by the officers to decorate an outside drinking spot on the base. One evening a Dakota flew from Madras intent on landing at Vizag - in darkness. Panic ensued. A signal was sent asking the crew to return to Madras, but communication by radio was lost and it was now clear that the Dakota was on the way and had to land at Vizag. An almighty 'flap' then ensued. Airmen in a lorry were hurriedly despatched to the Officers' Mess to dismantle the fairy grotto and illuminate the runway for the approaching aircraft.

The Waltair Club propeller owes its history to the Dakota aircraft of RAF Vizagapatam and the inspiring soldiers of the

2nd Battalion 8th Gurkha Regiment at the time of their short posting to Vizag in 1947.

Written by John Castellanos whose family belonged to Vizag for 5 generations. Educated at St Aloysius, migrated to Melbourne, Australia in 1966, former General Manager Engineering at Boeing & Qantas Airways, in retirement Lecturer in Aviation Management at Swinburne University, is a Vizag aficionado and contributor to the Waltair Club Coffee Table Book and the Waltair Times.



Propeller at Waltair Club

Fond memories of Waltair Club

By **Mrs. Neena Chopra** (Membership No. C-5)

Memories are a very important part of our lives and make us who we are. Some of my most vivid memories are of Waltair Club. My husband and I joined the club in 1976.

Waltair Club, over the years, has become a second home to me. My family and I have been regular visitors to the club and have very fond memories of the good times we had. Club has also given us some of our closest friends at Vizag which include Khaitans, Bhatias, Vaswanis, Peters, Dutts, Talwars and Agarwals. Some of my dearest friends who I have also enjoyed playing cards with include Mrs. Geeta Agarwal, Mrs. Bharati Ranga Rao, Mrs. Ganga Murthy, Mrs. Thelma Abraham and Mrs. Radha Naidu.

Club is a place where people enjoy all kinds of social activities be it sports, cards, parties, movie evenings, tambola, coffee mornings or lunches and dinner. My favourite activity at the club was playing housie / tambola where lady luck many a times favoured me and I cherish the many prizes I won including a laptop, double door refrigerator and many more. I also used to look forward to the movie days on Friday and especially enjoyed the food made by Kutton, Ellaya and Appa Rao who were outstanding chefs. Some favourites include Channa Bhatura, Club Sandwich, dosa, fish fingers & cutlets.

Cards and kitty parties, for some of us, are a great way to socialise and bond. Cards room stands out for its lively atmosphere and warm camaraderie. Also, the waiters there are well dressed, trained and deliver timely service. I must specifically mention Das and Mahesh who are always polite and humble and personally take care of each guest.

While I enjoy cards, my husband loves bonding over a beer with his friends on Sundays where they discuss various topics and have fun catching up. It's something he looks forward to. He used to enjoy playing billiards in the past but now it is bonding over beer and biryani.



In the earlier days, we used to enjoy musical nights from time to time where bands were called from different places like Kolkata and Hyderabad on special occasions. I also fondly remember the picnics organized by the club which were fun family outings where we had such good times. Most of all, as a family, we enjoyed the many get togethers, children's events, Diwali fireworks and the grand never-to-miss New Year's Eve at the club.

Over the years, the club has undergone a lot of transformation where they have also included Chambers but what is noteworthy is that the club has continued to retain its dignified old-world charm with its wooden floors, high ceilings, a lovely piano, open wide spaces and sprawling lawns.

These form some of my favourite and fond memories of Waltair Club which I shall always treasure. Waltair Club is a home away from home. May it continue to flourish.

As told to her daughter Payal Chopra (P-180)

Holy trip with fun.. girls' day out..

Recently we went on a Tamil Nadu temple tour with 13 ladies from our Waltair Club.

Here are some highlights from our holy trip:

- Mahabalipuram's Shore Temple, is an ancient temple built by Pallavas in the 7th & 8th centuries. The seafront shore temple comprises 3 ornate shrines. Lord Krishna's butter ball is a massive boulder balanced on a small hill.
- Pondicherry is a French colonial settlement, main attractions include Aurobindo Ashram, Ganesha temple & a beautiful beachside passage with several statues.
- Tanjore's beautiful Bradeshwarnath temple, statuesque Shiva Lingam worth having the Darshan.
- Chidambaram & Kumbakonam, Nataraja Swamy Temple, Sivagami temple & Varadarajaswamy temple, Navagraha Poojas were performed.
- Pamban Bridge where we witnessed Ramasethu stones floating.
- Rameshwaram- Had a spiritual Spatika lingam darshan followed by a bath from 22 wells of holy water. It was a great experience that one must do in their lifetime.
- Dhanuskodi, the tip of India where the Bay of Bengal meets the Arabian Sea (can see the differentiation of both seas)
- Kanya Kumari- had the privilege of first darshan of Kanyakumari temple, the beautiful sunrise, Vivekananda memorial and Tamil poet statue.
- SRI RANGAM: Ranganatha Swamy temple Ranganayaki temple, Dhanvantari Temple (God of medicine), Sri Ramanujam temple (where the body of the guru is preserved with sandalwood n chemicals from 880yrs.
- We were very privileged to visit the abode of 6 Murugan temples; 1. Palani, 2. Thirumalai 3. Thiruchendur, 4. Thiruttani, 5. Thiruparankundran, and 6. Pazhamudircholai.



A Lifetime experience we will always cherish !

Madavi Rani Varanasi (V-187)

Over the oceans

As I reflect on my club days, I am flooded with memories of laughter, music, and good times with friends. It was a time when the pressures of work and school were put aside, and the only thing that mattered was having a good time.

Learnt swimming, played tennis, watched movies on Fridays. Still remember the food court was just a hut, had some ice creams, weekly dinner at the lawns with family. Club fresh lime soda and fish fingers were the best and could be compared with the best of best.

I remember the anticipation I felt before the New Year's Eve getting dressed in suits, the only time you get a chance to use your suit and meeting up with friends. We would dance the night away, to the beat of the latest hits, feeling free and alive. The atmosphere was always electric, with the dim lighting, the loud music, and the happy faces all around. We would order drinks at the bar, and chat with friends enjoying the moment and creating memories that would last a lifetime.

As the night drew to a close, we would slowly make our way out, tired but happy. The cold air outside would hit us like a shock, but we would laugh and reminisce about the night we just had. Those were some of the best times of my life, and I will always cherish the memories of my club days.



Varun Varghese (V-409)

A life well lived...

"The meaning of life is to find your gift, the purpose of life is to give it away" - Pablo Picasso.

Let me admit at the outset that it took me a long time to find my gift - a passion for cricket. To use an analogy from the World of Cricket - in first class cricket, the game is played for two innings and in a like fashion, I had two spells of being a student of the Andhra University Colleges. My first Innings was as an Undergraduate student of Special Physics during 1963-1966; my second Innings was as a student of Post graduate Diploma courses in Theatre Arts, German and Hindi (during 1966-1970 when I hardly attended classes) and culminating in the M.A English Language and Literature Course, which I have completed during my study in 1970-72.

During 1966-1970, I was helping my father late Sri P.N.Rajagopal, the official Photographer of Andhra University in his business. My friends K. Ratan Kumar, late B.J. Augustine, C. Viziakumar and K. Ashok Kumar Reddy were responsible for changing the trajectory of my life journey from Business to Sports Administrator. Having been a student of the AU Colleges for a fairly long time prior to joining the M.A course, I had the privilege of being elected as the General Captain during my M.A (Previous) year. After sincerely attending my M.A classes from 8.00 am to 1.00 pm, I would spend all my time on the AU playing field, from 3.00pm onwards, since my responsibilities as General Captain were extensive. I am indeed grateful to late Sri K. Sudarsan Rao, the then Physical Director, who mentored me to unearth my talents and groomed me to become an effective Sports Administrator.

During this time, I was free as the cloud in Wordsworth's poem drifting as winds pushed me and I did not realise how I was also lonely as the cloud until I met Janaki my Junior and soul mate, during the Postgraduate Course. She has been my anchor since then, keeping me very much grounded and anchored to the reality of life.

During 1978, I joined the AU Department of Physical Education as Assistant Director (Gymnasium) and I began my tenure with a fanfare (figuratively) by enrolling in two NIS courses of six weeks duration each on "Athletics" and "Cricket" at National Institute of Sports, South Centre, Bangalore. These courses gave the much-needed impetus to the new phase of my life and my yearning of learning. Subsequently, I joined the B.P.Ed. Degree course in a Government College (affiliated to Andhra University), secured the first rank and went on to complete the Masters Programme in Physical Education from Bangalore University with a third rank in 1983. I have been active on the Board of Studies of Physical Education and also served as Examiner of Physical Education in Andhra University, Sri Venkateswara, Nagarjuna and Sri Krishnadevaraya Universities during my tenure in the Physical Education department of Andhra University for over two and half decades. When I retired in December 2004 from the Physical Education Department, I had the satisfaction of having ensured its mark in the National Map of Sports Activities. Throughout this period, I had been continuously associated with the Andhra State and BCCI serving them in various capacities as listed below.

- Member BCCI Vizy Trophy, Statistical, Technical and Junior Committees
- Observer, Board of Control of Cricket Association for six One-Day Internationals held in India against teams such as Australia, Kenya, West Indies and Zimbabwe
- Observer for the Test Match played against England in 2001 at Ahmedabad
- Member of Working Committee of BCCI
- Coordinator, BCCI for a number of visiting foreign teams (West Indies 2002, New Zealand-2003 and Australia-2004)
- Responsible for organising the first International Cricket Match in Visakhapatnam between Board President's XI and West Indies on 18th, 19th & 20th December and ODI India Vs New Zealand on 10th December 1988
- Represented the BCCI at the International Cricket Council CEO's Conference held in Johannesburg, South Africa in September 2007

My wife Janaki Naidu, joined as a lecturer in English Literature in 1973, she retired as Head of Department of English from St. Josephs College for Women (Autonomous) in 2008 and continued to stay on for four more years i.e. up to 2012. She represented Madras University in the all India Inter University Basket Ball championship and also played for Madras state in the National Championship held in Calcutta 1970.

Janaki and I have had a harmonious innings as partners on the batting pitch called matrimony, supporting each other through the vicissitudes of life. We are blessed to have a great son Suwacha Raj, a Cricketer, who also had the distinction to Captain Andhra University in the Inter University Cricket Tournament until he decided to devote his energies to his career in finance and a sweet daughter-in-law Babita who is in Hospitality Industry and doing very well. Looking back, I can say with all honesty, that I have had a great memorable innings and have no regrets.

I thank God for everything in my life - the good and the bad - the former were blessings and latter were lessons!



P. R. Narayanaswami with wife Janaki Naidu,
daughter-in-law Babita & son Suwacha Raj (S-474)

Waltair club - a Home away from Home..!

My joy knew no bounds when on a fine day in April 1988 late Sri D.V.R. Raju my senior in St. Aloysius High School and Member of the Waltair Club Managing Committee informed me that I am being offered membership of the Waltair Club.

Having been inducted as a member on 10th June 1988 as a member of Waltair Club I have seen the club growing in terms of several improvements viz. Swimming pool, Wills Pub, New Chambers, The Centenary Hall, Pearl I & II, Oyster, those facilities enabled the members to host parties for more persons. An open-air movie theatre, sports facilities, flood lighting the tennis courts, conduct of game and sports, hosting bridge tournaments, the annual games and sports have enabled the children of the members to show their talent. The national events - Independence Day and Republic Day are organized with good fervor. The New Year eve is one of the major entertainments, of the club on its agenda. Waltair Club can boast of having affiliation to several noted clubs in India and abroad too.

I must admit that the food served in the club then was excellent while now it needs improvement. I understand that the club Management is striving hard to acquire land for construction of an annexure in Rishikonda area for benefit of the members.

I take this opportunity to congratulate the members of the successive Management Committees and the Present Committee for putting their heart and soul to develop the Club.

P. Rajagopal Narayanaswami (N-50)

WELLNESS BY HOMEOPATHY

Namaste, I am **Dr. Vaishnavi Malepati**, today I would like to enlighten you about facts of homeopathy and its way of treating individuals who seek medical help.

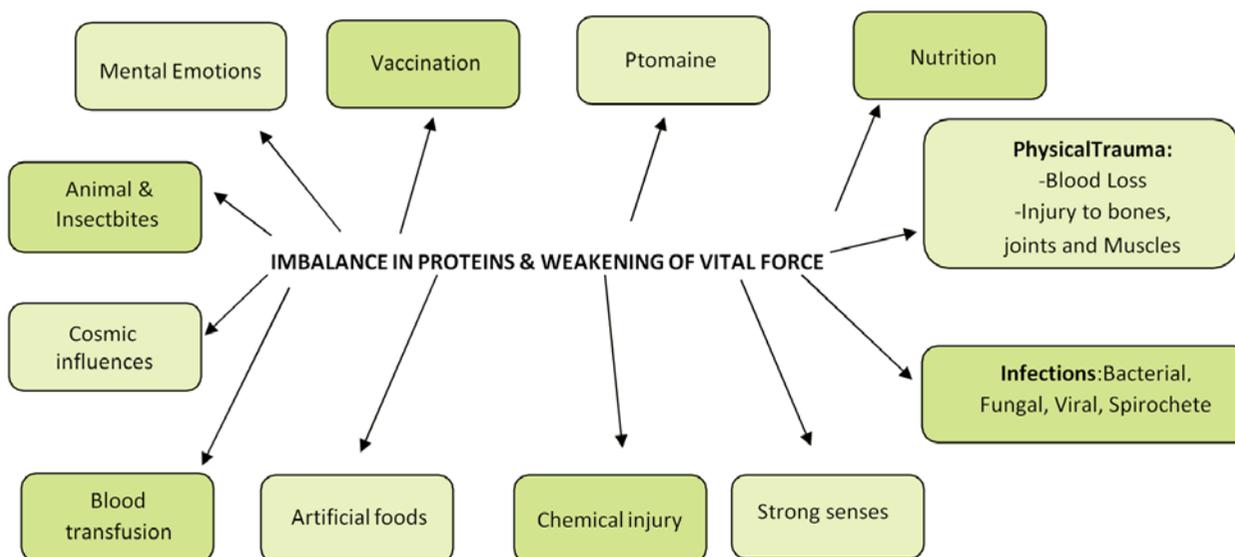
There is an old saying called "When wealth is lost, nothing is lost, when health is lost, something is lost, if character is lost everything is lost".

But in present scenario when health is lost everything is lost. Health is the most important necessity for all living organisms. Now a days man should be very conscious about his health. There are number of systems that provides health and healthcare. Among them Allopathy and Homeopathy medical systems are popular. Many chronic diseases are cured by Homeopathy, it has drawn patients due to its undeniable curative powers.



In epidemic diseases it is becoming the ultimate choice both as preventive and cure. In recent years we have seen how ARSNEIC. alb, Bell, Eupatorium, Rhus. Tox, Euphrasia, Gelsemium, Thuja have helped in preventing COVID, Brainfever, Chikungunya, Dengue, Conjunctivitis, Papilloma virus etc respectively. It creates wonders with its curative powers in all cases except where surgery is inevitable.

According to homeopathy a disease enters the body when there is an im balance in proteins or weakening of vital force [immunity] by certain reasons such as



Now comes the constitutional way of treatment, medicines are prescribed based on physical, mental, emotional aspects and knowing their individual genetic character. This is also called as Holistic way of approach. Constitutional care can elicit a profound healing response. In homeopathy different people with same symptoms may receive different remedies.

Let me tell you about some common Ailments in WOMEN & CHILD and Homoeo Remedies

CHILDREN

COLD & COUGH: Ars.iod, Aurum. tryphillinum, Anti.tart, Hepar. sulph, pix.liquida, Eriodictyon, Rumex, Hyoscyamus, Squilla, Ipecac, Ambrosia, Coccus. cacti

FEVERS: Belladonna, Ferrum.phos, China, Eupatorium, Pyrogenum, Ars.alb, Phosphorus, Influenzinum, Bryonia

COLICS: Colocynthis, Mag.Phos, Dioscorea, Chamomilla, Nux.vomica, Pulsatilla **BEDWETTING:** Causticum, Equisetum, Kreosote, Acid.phos, Merc. sol, Cina

WOMEN

HAIRFALL: Acid.phos, Thyroidinum, Thallium, Nat.mur, Lachesis, Graphites, Badiaga, Sanicula, Kali.sulph, Wiesbaden

GASTRICULCERS: Nitric.acid, Nat.phos, Abies.nigra, Kali.bich, Uranium.nit, Acetic.acid, Nux.vomica **PCOD:** Sepia, Pulsatilla, Ferrum.met, Lachesis, Kali.carb, Calcarea.iod

THYROID: Calcarea.carb, Borax, Ova.tosta, Hydrastis, Iodium, Cocculus, Alumina

Homeopathy gives best results in curing these ailments and also been found to increase the child's immunity to its best.

Myth's	Fact's
Homeopathy is simply Herbal Medicine	Not really. Homeopathy is much more than herbal medicine. It has sources from minerals, chemicals, animal products and very importantly it is backed by sophisticated methods of medicine preparation, sound scientific principals and deep philosophy.
Homeopathy medicine contains steroids or cortisone!	It is absurd to even think that homeopathy may contain cortisone.
Homeopathy is very slow	Homeopathy is little s lower than conventional medicines but not very slow. Since it deals with chronic and difficult diseases the course of treatment may seem slow and long.
Homeopathy medicine cannot be taken with conventional medicine.	Conventional medicines and homeopathic medicine can safely be taken together with advantage, without any harm
Coffee and onion cannot be taken with homeopathic medicine.	Can be taken, keeping a gap of about half an hour.
Investigations such as Xrays, Blood tests, MRI 'setc. are not required for homeopathic treatment.	All sorts of investigation are required for diagnosis and for better and effective homeopathic treatment.
Homeopathy is against surgery	Not really. Surgery is a part of homeopathy, interestingly some of the surgical disease's (Piles,Fissures,Tonsillitis etc.) can be cured without surgery.

Dr.M.Vaishnavi,
BHMS,M.Sc (Psychology)
(K-312)

Valentine's Day: A Day to celebrate and thank your valentine.

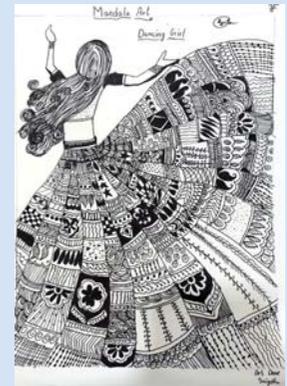
Managing Committee organized a Valentine's party at Wills Pub and members with their valentine's attended and rocked to the pulsating music by DJ Shireen. It was double celebrations for Chandrakanth Nangalia who celebrated his 25th anniversary with friends.



MANDALA ART



Mandala art is an Indian traditional art which is combined with lots of designs that represent the art of Indian culture and it is also used to be combined with modern images and we need to draw with a black pen, and it takes lots of patience and it can be drawn anywhere, like on walls or on paper etc. In the ancient Sanskrit language of Hinduism and Buddhism, mandala means "circle." There are 3 types of mandala



Arts. They are teaching, healing and sand mandala. Arts mandala is a symbol of the universe in its ideal form.

It is a best form of art.

Mandala Art by **G. Sri Snigdha**, 7th Std, Little Angels School, D/o G.V. Bharat Kumar (V-151)

WATCHFUL EYE:

One man with a super memory who would remember most of the members by name and membership number and who was very strict in abiding to the dress code while entering our club main building and lawns... I



know, you have already got the idea of him. 'Gopi', the ever-watchful service person. Sad to mention that Mr. Gopi passed away recently after just completing his duty for the day and leaving club premises.

Waltair Club Management and members mourn the sudden demise of our ex-staff Gopi, who was working part time with us after his retirement.



50mts & 100mts freestyle - 1st prize

50mts breast stroke -2nd prize

An event conducted by RR aqua sports swimming championship season -1

Dhruthy Subhaga Vempati, L-67

Gold:- 18 Silver:- 10 Bronze:- 06

Feed Back

Dear Mrs. Sheila Jackson - from different members....

Thank you so much Rajesh for inviting for lovely Kalyanam of Sri Venkateswara Swamy - **Chalapathi Travels**

Thank you very much for providing the opportunity to be a part of the Srinivasa Kalyanam, it was a mesmerizing and holistic event. We enjoyed it.... - **Pavan RI**

Thank you once again sir thanks a lot.

Thank you for inviting us for Srinivasa Kalyanam event. We got immersed in that devotion & enjoyed the Kalyana mahotsavam - **Padma Travel Exports**



WALTAIR CLUB MANAGING COMMITTEE - 2022-23

Presents

శాభక్యత్

ఉగాది ఉత్సవ - 2023

Place :- Jubilee Grounds



Date :- 22nd March, 2023 (బుధవారం)



తరమల తరుపతి దేవస్థానం వద్ద పండితులు శ్రీ గిరి శ్రీనివాస్ వారిచే 6:30 pm నుండి 7:15 pm వరకు

పంచాంగ శ్రవణం

7:15pm to 7:30 pm వరకు

వేద పారాయణం

Members 200/-
Member Child 100/-
Guest 400/-
Guest Child 200/-
Inclusive Dinner



Snack & Beverages Ala Carte

7:30 pm to 8:15 pm వరకు సంగీత వాయిద్యాల జుగల్ బందీ

8:15pm to 8:30 pm వరకు

ప్రధానీ మంత్రి రాష్ట్రీయ బాల స్పీర్ష్యాద్ విశేషి U-12 బాలికల విభాగంలో, ప్రపంచంలోనే ప్రథమ స్థానం సాధించిన అంతర్జాతీయ చెస్ ప్రయేర్ మహిళ FIDE మాస్టర్ అలనీ మినాక్షి గౌరిచే నీత్యార్దం



DJ Rajesh

తిరువాతి కార్యక్రమం DJ (Telugu), 8:30 pm నుండి ఆరంభం.



SOBHAKRITU

Ugadi Utsavam - 2023

Place :- Jubilee Grounds



Date :- 22nd March, 2023 (Wednesday)



6:30 pm to 7:15 pm

T.T.D Veda Pandit Giri. Srinivas Sharma

Panchanga Sravanam

7:15pm to 7:30 pm Veda Parayanam

Members 200/-
Member Child 100/-
Guest 400/-
Guest Child 200/-
Inclusive Dinner



Snack & Beverages Ala Carte

7:30 pm to 8:15 pm Mavuduru Music Academy Instrumental Jugalbandi Music

8:15pm to 8:30 pm

Honouring World no.1 U-12 girls category International Chess Player. Women FIDE Master Alana Meenakshi, The Pradhan Mantri Rashtriya Bal Puraskar 2023 Awardee.



DJ Rajesh

8:30 pm onwards followed by DJ (Telugu)



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