



THE CENTURION

COMMUNIQUE

Issue No.1 | July | 2019

PRESIDENT's Message



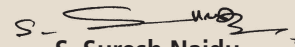
Dear Centurions,

I am privileged that you have reposed confidence in me by electing me unopposed as President of Century Club. As I stride into my new responsibility, I wish to thank all my fellow members and Past Presidents for their great contribution in bringing this institution this far and at the same time welcoming me with unlimited opportunities to serve them. Nothing can replace the feeling of euphoria that has enveloped me on assuming the onus of taking our heritage Club forward. But these opportunities come with great responsibility and obligation. I will not promise anything, but instead, will serve with honour and all humility to achieve what is expected of me. It is not by what we are, that we shall be judged, but by those we serve.

Do reach out to me and feel free to communicate your views. I am available at the Club during afternoon hours. My email id is **ammi1949@gmail.com**. I solicit your views to make the Century experience memorable.

In view of the constitution of various Sub-Committees and responsibilities assigned to each of the newly elected Office Bearers & Executive Committee Members as published in this Newsletter, I sincerely appeal to all the honourable members to forward their suggestions, opinions and grievances, if any, directly to the Chairpersons of the respective Sub-Committees and also to the Hon. Secretary, Mr. E.G. Jaideep, so as to enable the Executive Committee to redress any issues on top priority.

At your service.


S. Suresh Naidu
President



Executive Committee 2019-20

Sitting L - R (Office Bearers):

Sri C.N. Guruprasanna, Hon. Treasurer | Sri E.G. Jaideep, Hon. Secretary | Sri S. Suresh Naidu, President
Sri B.R. Priyadarshi, Vice President | Sri M.S. Giridhar, Immd. Past President

Standing L - R (Executive Committee Members):

Dr. O.S. Siddappa | Sri Y.K. Muddu Krishna | Sri Santosh R. | Ms. Chithkala Mallikarjun | Sri M. Krishna Murthy
Sri A.M. Raghavendran | Sri V. Vijay Chander | Sri B.T. Chamarajan | Sri Sandeep Gangadhar

PORTFOLIOS

of Office-Bearers and Members of the Executive Committee 2019-20



Mr. S. Suresh Naidu
President

Human Resources, New Year,
Project Implementation,
News Letter, Tennis,
Catering & Party Halls



Mr. B.R. Priyadarshi
Vice President
Finance & Staff Welfare



Mr. E.G. Jaideep
Hon. Secretary
General Administration,
Information Technology &
Central Purchases



Mr. C.N. Guruprasanna
Hon. Treasurer
Financial Administration



Mr. M.S. Giridhar
Immd. Past President
Rules Revision / Legal Affairs &
Advisor Catering



Ms. Chithkala Mallikarjun
House Keeping, Beautification &
Ladies Parlour



Mr. Y.K. Muddu Krishna
Cultural & Library



Mr. Santosh R.
Badminton & Table Tennis



Mr. A.M. Raghavendran
Billiards & Tombola



Mr. B. Krishna Murthy
Departmental Stores,
Hopcoms & Security



Mr. V. Vijay Chander
Bar



Mr. Sandeep Gangadhar
Swimming Pool,
Health Club & Gym



Mr. B.T. Chamarajan
Cards & Children's Park



Dr. O.S. Siddappa
Chambers & Wellness Spa

BAR HAPPY HOURS

**Saturday, 13th & 27th
July 2019 @ Main Bar
6.30 pm – 9.30 pm**

Members Only

MEMBERS TO NOTE

The existing email ID
centuryclub@vsnl.net is
INACTIVE.

Kindly address all future
emails to the new

E-mail: club@centuryclub.in



Our Past President,
Dr. H. Paramesh,
Professor at Divecha
Center for climate
change at (IISc) was
invited to address
the International conference in
Edinburgh U K on **"Air pollution -
impact on health: knowledge
to action"** on 12th June 2019.

He was selected as a member
of **WHO-NGO Climate Change
- Health Committee in
GENEVA** on 26th June 2019.

Health Corner

Social:

- Considered as a sign of disrespect in front of God and elders.
- It is totally banned in the courts in front of the judges.

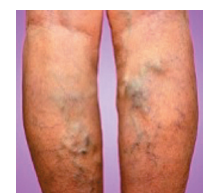
Physical:

- Increase in legs. Later may lead Varicose veins.
- Heart receives more blood to pump up.
- Temporary increase in BP with **crossed at knee but not at ankle**.
- Pressing on peroneal nerve it can cause numbness and temporary paralysis of leg.
- The impact on thigh muscles can lead to stress on leg joints.

During Pregnancy:

- Contribute to leg cramps or swelling at ankles.
- Keep both feet on the floor or elevated on a stool.

Source: Dr. H. Paramesh, Prof. Divecha Center for Climate Change (IISc)



Spider Veins

99th Annual General Body Meeting & Elections 2019-20 held on Saturday, the 29th June 2019



Our E. C. Members at
Bangalore Turf Club

Handing over the Sir M.V. Memorial
Trophy by President Mr. M.S. Giridhar

Our E. C. Members with
Bangalore Turf Club Members



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