



# THE CENTURION

**COMMUNIQUE** Issue No.1 | July | 2019

## PRESIDENT'S Message



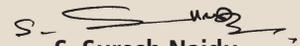
*Dear Centurions,*

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](mailto: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. M. 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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DISTINCTION’



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