



# THE CENTURION

COMMUNIQUE Issue No.2 | August | 2019



## President's Message

Dear Centurions,


The first month was really challenging, especially in terms of time. With an excellent team, full of enthusiastic and committed committee members, we hope to make our Club a better experience for our members in the days to come.

We are trying to address macro issues as well as micro issues, as in the long run, both are equally important. Sub-Committee meetings of various sections are helping us understand the diverse issues and requirements of each section that need attention. Some that require immediate attention are being addressed asap and others are being incorporated into a larger picture which will emerge holistically.

A Suggestions/Grievances register will be placed at every section, including the Reception, with a column called "Action taken Report" to let you know that you are "being heard". Our Hon. Secretary, Mr. E. G. Jaideep, being the focal point between the EC, members, staff and all others, is working committedly round the clock to ensure that everything runs smoothly. His main intention is to bring in a lot of Standard Operating Procedures (SOPs) to ensure that even in future, things should be able to run on its own.

In the meanwhile, some of the staff has been reshuffled. They are also being trained and motivated to give their best. Club staff have been provided uniforms, including sarees to the Housekeeping staff. A new Electronic Display Board to keep you posted about various activities and programmes has been kept near the Reception.

Yours truly,

  
**S. Suresh Naidu**  
President

## SIGNIFICANCE OF NAMASTE - Our Traditional Greetings In Relation to Health

It is our way of greeting people "Indian salutation"

- It means I bow to the divine in you, derived from Sanskrit in RigVeda Represents the divine spark with in each of us that is located in heart chakra. Francesca de Luca a yoga teacher in Rome Italy says by doing Namaste you connect to your divine soul.
- Lack of physical contact can minimise the transfer of negative energy of a person with pessimism (No hand shake, no tapping no hi-fi).
- When we join our hands we exert pressure on fingertips, the nerve pressure points, they are connected with nerve ending of ears, eyes and brain for creating long term memories.



- It is a sanitary aspect to prevent transmission of contagious disease in tropical and with agrarians society.
- It decreases the chances of Infection by hand shaking and hugging.
- Namaste was popularised during H1N1 pandemic in 2009 along with other respiratory etiquettes. To keep 3 feet away from people with suspected respiratory infections because.



- |               |         |                        |
|---------------|---------|------------------------|
| - By talking  | 100     | germs will be expelled |
| - By coughing | 10000   | germs will be expelled |
| - By sneezing | 100,000 | germs will be expelled |
- People with immune suppression treatment after transplant continue to practice Namaste than hand shake

**Prof. Dr. H. Paramesh**

**CONGRATULATIONS!**



**Mr. Harsha M. V.,** S/o. Dr. Prakash K. S. (LT-3537) represented India in the 2019 International Baseball Championship held at Malaysia from 16th July 2019 to 21st July 2019, where an Indian Team won the Gold Medal.



The Club will be sending SMSs of all events, activities and important notices to members. **These SMSs are the primary source of information to members.**

Such of those who are not getting SMSs from the Club may send **START CENTURY to 8861202121** or **STOP CENTURY to 8861202121** if you are getting SMSs and want to stop receiving them.

My Dear fellow Members'

We are happy to share that for the first time **"Ladies Cultural activities wing"** has been created under the Cultural portfolio. This will enable us to conduct colourful and meaningful events like Health Camps, Beauty Lecture Classes, Cooking Classes, Art & Culture, Music, Painting, Fashion Show, Dandia Nights, Dance, Drama, Skits etc., exclusively for ladies and children. Those who would like to take part in these activities may please furnish the details at the Reception where a separate Register will be kept for the purpose.

### BAR HAPPY HOURS

Saturday, 10th & 24th August 2019  
@ Main Bar at 6.30 p.m. – 9.30 p.m.  
**Members Only**

### EVERY SUNDAY

COMBO BREAKFAST  
8 a.m. to 10.30 a.m.  
(No Guest fee during these hours)

**NEW UNIFORMS  
HAVE BEEN ISSUED  
TO  
SECURITY STAFF**

**FOODWORLD  
WILL OFFER 10%  
DISCOUNT  
ON REGULAR ITEMS**

## Our Heartfelt Sympathies to the Grieving Families

### OBITUARY



**Mr. K. K. Sreenivasa Guptha**  
A/c. No. DS 10  
Demise on 10.06.2019



**Mr. K. R. Badri Narayan**  
A/c. No. PB 137  
Demise on 08.07.2019



**Mr. N. Hiranya**  
A/c. No. PH 14  
Demise on 19.07.2019

## Advertisement Charges for Monthly Newsletter

### Outer Back Page - Full Page\*

**1 issue** - Rs.70,000/- + 18% GST per issue  
**3 issues** - Rs.65,000/- + 18% GST per issue  
**6 issues** - Rs.60,000/- + 18% GST per issue  
**12 issues** - Rs.50,000/- + 18% GST per issue

**\*100%  
Advance Payment**

### Inner Page - Full Page\*

**1 issue** - Rs.50,000/- + 18% GST per issue  
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### Inner Page - Half Page\*

**1 issue** - Rs.30,000/- + 18% GST per issue  
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# UP COMING EVENTS


 **CENTURY CLUB**  
BANGALORE

**HEALTH CLUB & GYM SUB-COMMITTEE**  
*Presents*  
**INDEPENDENCE DAY WALKATHON**

**on Thursday, August 15, 2019**  
**First 100 Registrations will get a T-shirt**

* Reporting Time	6:30 a.m.
* Warmup Session	6:45 a.m. - 7:00 a.m.
* Walkathon	7:00 a.m. - 8:00 a.m.
* Flag Hoisting	8:00 a.m. - 8:30 a.m.
* Breakfast	8:30 a.m. - 9:00 a.m.
* Yoga Introduction Talk	9:00 a.m. - 9:30 a.m.
* Interaction with questions & Answers on Yoga	9:30 a.m. - 9:45 a.m.

**Opening of Physiotherapy Centre**  
at 10 a.m. by :  
**S. Suresh Naidu, President**

 **CENTURY CLUB**  
CULTURAL COMMITTEE PRESENTS  
*Patriotic Songs by*  
*Shruthi Raghavendra, Vikram Dixit & group*



**SCREENING OF MOVIE "URI"**



**How's The Josh ? High Sir !!**


**Patriotic Songs by Shruthi Laya**  
**Let Us Honour Our War Veterans**  
Thursday, 15 th August 2019 6.30 p.m. onwards

 **CENTURY CLUB**  
BANGALORE



**An evening with Ghazal & Popular Hindi Film Hits**  
**on Saturday, 17th August 2019**  
**from 7 p.m. onwards**

**All are welcome**

 **Sri. Kishen Dalmia & troupe**

 **CENTURY CLUB**  
**Cultural Committee Presents**


**Ladies Cultural Activity Wing has organised a demonstration of**  
**Cake Baking and Decoration**  
**on Saturday the 17th Aug 2019**  
Wadiyar Hall at 11 am followed by snacks

**All are Welcome**



# UP COMING EVENTS



**Tombola Sub- Committee**  
*Presents*  
**INDEPENDENCE DAY  
BUMPER TOMBOLA**  
On Sunday August 18, 2019  
**Prize Money  
Rs. 50,000/- & Gifts**  
Game Starts @ 6:00 pm  
Hi- Tea will be served




**CENTURY CLUB**  
CULTURAL COMMITTEE PRESENTS

**MONSOON MUSIC AND BIRIYANI**

*Sunday  
25th August  
2019*




*12 noon to 3 pm*



**Cards Committee**  
*Presents*  
Independence Day Special  
**Mini Rummy Tournament**  
(Open to all century Club members)  
on Sunday, August 18, 2019  
Tournament starts @ 2:30 pm  
Entry Fee per Participant Rs. 300/-  
1<sup>st</sup> Prize Rs.7,000/-  
2<sup>nd</sup> Prize Rs.5,000/-  
3<sup>rd</sup> Prize Rs.3,000/-  
**NO RE-ENTRY**  
High Tea - 5:30 pm  
(Affiliated Members and  
Guests strictly not allowed)

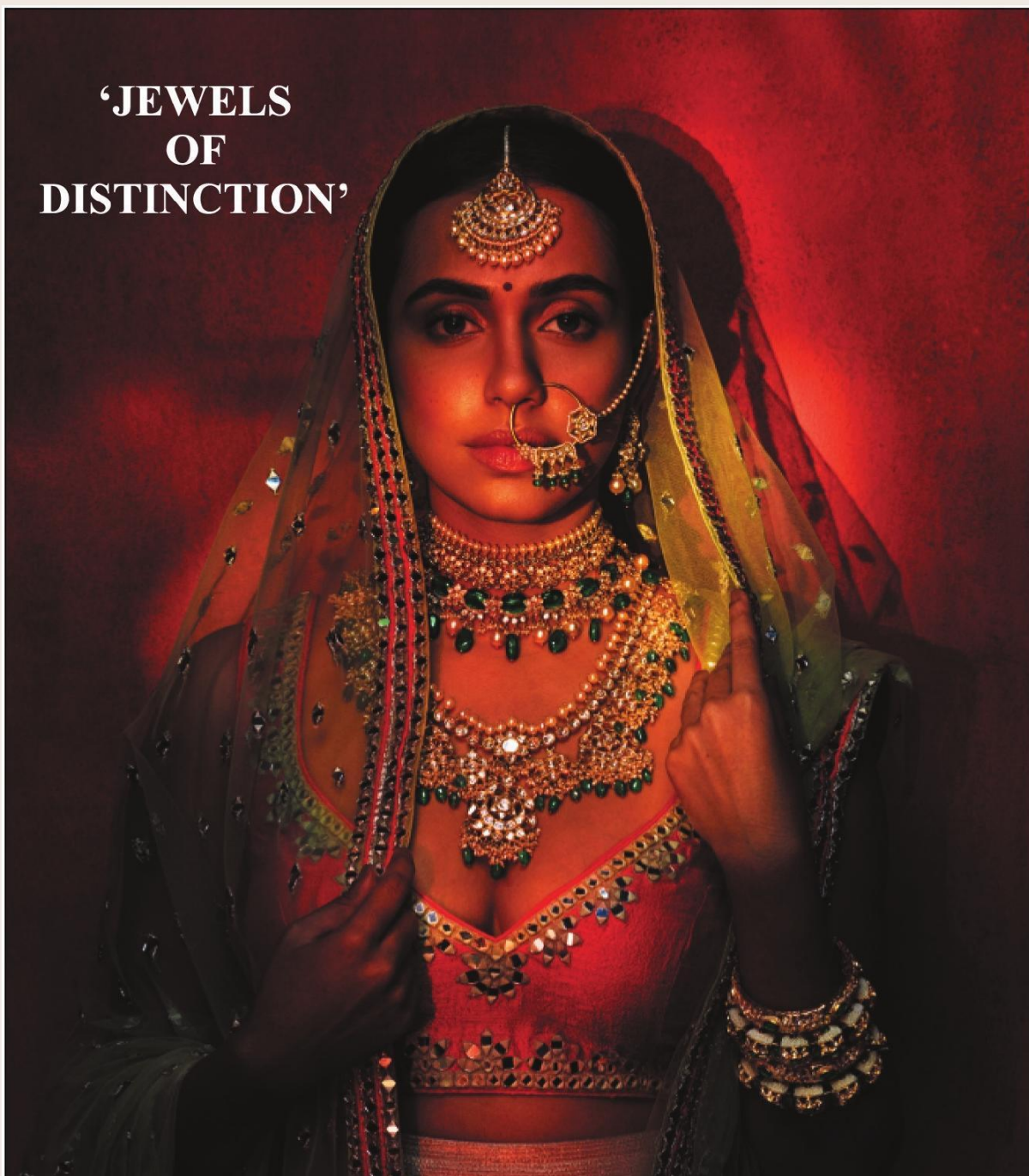
**CAR STICKERS**

New CAR STICKERS are available at the Club Office. Members are requested to collect the same by producing copy of RC Book or Car Insurance. Old Car Stickers will not be valid after 30.9.2019. Each member is eligible for a maximum of two Car Stickers.



**CENTURY CLUB**  
SJ-15 / KA-04-MH-3103

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OF  
DISTINCTION’



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RESTAURANT - COMFORTABLE HOSPITALITY

  
**SANCHEZ**  
TACUERIA & CANTINA



Century Club  
Member Special

*Avail 10%*  
discount on  
Food and Alcoholic  
Beverages.



**For Reservations**

**Sriracha & Sanchez**

608, 1st Floor, 12th Main road, 7th Cross, HAL 2nd cross  
indiranagar, Bengaluru, Karnataka 560038  
M- 09606071430 Landline - 080-42200081  
Email - [sagarbhosale@loungehospitality.com](mailto:sagarbhosale@loungehospitality.com)  
f - [sanchezindia](#) f - [Srirachabangalore](#).



**"Valid upto 31st March 2020 at Indiranagar Outlet only"**

T&C Apply

- Flash your Century Club membership card to avail the discount
- No reservations are accepted. First come first serve basis only