



THE CENTURION

COMMUNIQUE

Issue No.6 | December | 2019

President's Message



Dear Centurions,

November turned out to be the most eventful month of the present Committee, so far. The icing on the cake was undoubtedly the "Century Carnival". On 24th Sunday, a spirit of festivity engaged the entire Club with a large number

of Vintage Cars and Mobikes being displayed side by side with a children's painting competition, leading to a buzz of activity in the parking area in front of the reception. The lawn was filled with families, with the children playing and dancing gleefully to the excellent music in the background. With nearly 28 stalls in the Main Lawn, there was always something for everybody with most of them reporting brisk business. The Dining Hall/Veranda overflowed with members and their guests. In fact the whole atmosphere resonated with incredible fun and gaiety.

Kavita Murthy's Musical Programme on 16th Saturday was another hugely successful event with a grand attendance. A renowned and talented artist from Mumbai, she performed for the first time in our Club, which kept some people dancing quite late into the night. She sang continuously for almost 4 hours non-stop without reading scripts.

The Embassy CBSL tournament organised by our Billiards section was once again an extremely successful event leading to a spectacular prize distribution and musical evening as expected of the sponsor. I wish to thank Mr. Jitu Virwani, Chairman and MD of Embassy Group for his generous sponsorship of the tournament and also Mr. Daulat B. Chhabria for all his efforts as a patron of the tournament not to mention the Billiards Chairman, Mr. A. M. Raghavendran for his untiring contribution.

To celebrate the formation of our State, the Kannada Rajyotsava was held in the grandest manner thus far. After garlanding the statue of Sir M. V. at K. R. Circle a procession of music and dance was led from there into the Club by our Cultural Chairman Mr. Y. K. Muddu Krishna followed by a variety of entertaining Kannada programmes.

And finally, I wish to acknowledge the achievement of Mr. Zubin, son of our member, Mr. Aftab Zaheer for having won the Karnataka State Ranking Snooker Tournament in the sub-junior category held earlier in November.

S. Suresh Naidu
President

CENTURY CLUB Presents
TWENTY 20
The Century Club New Year Eve Party!!!

MC ANU KAPOOR

ABHILESH GOLDIE
India's leading Rock Star Performer from Mumbai

SANGEETHA RAVINDRANATH
Award winning Kannada Playback Singer & Sensational Stage Performer

DJ ADITH
KIDS PLAY ZONE
Jumping Castle
Tattoo
Face Painting
Balloon Modelling

RATES
Member Single ₹ 1500/- Member Couple ₹ 2,600/- Member Children Below 12 Years ₹ 400/-
Member Guest Single ₹ 2,200/- Member Guest Couple ₹ 3,800/- Guest Children Below 12yrs ₹ 450/-
Table (with 4 chairs) ₹ 600/- Extra Chairs ₹ 100/-
INCLUSIVE OF ENTRY FEE WELCOME DRINK AND DINNER

Secretary's Message



Know our Staff...

When an entire life is dedicated to an organization, what would you say about such people? Well, two of our Helpers have put in 41 and 35 years respectively, which I would say is an entire life, in selfless and committed service to our Club. While another, no less committed, put in nearly a decade working for us. They are Seena, Thammaiah and Yallappa respectively. A true salute to them from the bottom of our hearts.

When our IPP, Mr. M. S. Giridhar suggested that we help our members get FAST TAGS at the Club itself, we wasted no time and organised for it. It was so gratifying to see the number of members who availed the service, which otherwise would have been a long drawn and delayed process. We must thank **M/s. Bank of Baroda** for having deployed their staff and material, including the forms and Fast Tags, **WITHOUT ANY SERVICE CHARGES** to the members!


E. G. Jaideep
 Hon. Secretary



Seena K.



Thammaiah B.



Yallappa K.



Every Sunday Combo Breakfast & Veg Buffet
8 a.m. to 10.30 a.m

**No Guest fee
 during these hours**



Health Corner

Decoding of Cough

- Cough is a protective reflex to remove irritation of respiratory tract mainly. It is the **"Voice of the Lungs"**. major psycho socio economic health burden.
- Normally one can have **dry cough 10-15 time per day and maximum 34 times without disturbing sleep.**
- In India we call **Chronic Cough** lasting more than 2 weeks duration in children. It is variable in duration in many countries.
- The respiratory mucus membrane on its surface has cough receptors which are highly sensitive to the quality of the air (smoke, scents cold, dry air, change in humidity, smoke of chillies etc)
- The cough receptors beneath the mucus membrane they respond to tickling of throat, speech, eating, inhalation of particles.
- After a bout of viral cold the cough center is hypersensitive and lasts for 21 days and peaks at 10 days.
- The prevalence of chronic cough is increased in children from 8% to 21.25% of the time, it in the past 2 decade in Bengaluru.
- **The most common cause for Chronic cough is allergic rhinosinusitis and asthma**
- 92% is diagnosed clinically only, 8% needs tests, if it is a wet, sleep disturbed cough with **red flag signs:**
- Cough in new born period, blood in sputum, Sudden onset without cold, No response to treatment, If your doctor finds some abnormal clinical signs on examination.

Do's

- Cover your mouth with cotton hanky (respiratory etiquette) Keep 3 feet away from the people
- with infective cough Strict hand washing
- For dry hacking cough use honey with pepper or turmeric before sleep
- Elevate the head end of bed and sleep side ways
- Drink warm water
- Can use vaporub over nose, neck, behind ears.
- Consult your family doctor if cough persists.

Don'ts

- Exposure to cold dry air
- Use of Nylon, silk, satin hankies
- Taking too many cough medicines Taking antibiotics, unnecessarily
- Getting unnecessary tests without the recommendation of your family doctor
- Use of cold water Moving suddenly from warm to cold temperature.



Prof Dr H Paramesh



CALENDAR OF EVENTS – DECEMBER 2019

Date	Day	Programme
06/12/2019	Friday	Screening of Hindi Movie THE LUNCH BOX @ 7 p.m.
13/12/2019	Friday	Screening of English Movie RAIN MAN @ 7 p.m.
14/12/2019	Saturday	Bar Happy Hours, 6.30 p.m. to 9.30 p.m. Members only @ Main Bar
		Finals, CENTURY CLUB BADMINTON LEAGUE SEASON III (CCBL),
		followed by Prize Distribution Cocktails & Dinner for Invitees only
15/12/2019	Sunday	Fashion Show Event
20/12/2019	Friday	Screening of Hindi Movie PATHER PANCHALI @ 7 p.m.
24/12/2019	Tuesday	Christmas Eve Programme
27/12/2019	Friday	Screening of English Movie LIFE IS BEAUTIFUL @ 7 p.m.
27/12/2019	Friday	Bar Happy Hours, 6.30 p.m. to 9.30 p.m. Members only @ Main Bar
29/12/2019	Sunday	Monthly Bumper Tombola Cash Prize Worth ₹ 25,000/-
31/12/2019	Tuesday	New Year Eve Celebration TWENTY 20

January 2020 CENTURY CLUB 2ND VIJAYARAGHAVAN INTRA CLUB TABLE TENNIS TOURNAMENT



CENTURY CLUB
Presents
Christmas Party

JOIN US AND CELEBRATE WITH

- *Live Carol Singing*
- *Tree, Crib Decorations*
- *Fun with Santa with Games & Gifts*

6:30PM- WELCOMING MEMBERS AND THEIR FAMILIES.... ESPECIALLY THE LIL' ONES

DEC. 24, 2019 • 6:30PM-9:30PM
CENTURY CLUB, BANGALORE

Preferable Dress Code: Red, Green and White.

EVENT PARTNERS



BAR COMMITTEE
Presents
"BOOK YOUR OWN"
TEACHER'S TABLE
Genuine Spirit. Genuine Conversations.
BUY

- * A BOTTLE OF TEACHER'S GOLDEN THISTLE 12 YO
- AT OFFER PRICE & GET**
- * A SPECIALLY CURATED TABLE EXCLUSIVE FOR YOU
- * WITH FOOD WORTH INR 1500

FRI - DEC. 13

LIMITED TABLES ON OFFER, BOOK YOUR NOW

*TO AVAIL, PLEASE CONTACT CLUB RECEPTION

Compliments.



Dr. S. Girish Rao (PG107)

has been awarded Fellowship from the


Royal College of Surgeons of Edinburgh

for the commendable work he has been doing in the field of Oral & Maxillofacial Surgery for the last 30 years.

Also elected as the Secretary General of National body Association of Oral and Maxillofacial Surgeons of India.

This body has about 6500 surgeons across the country and the term is for 4 Years

Jayamurti Musical Evening

Powered By
Chapters

CENTURY CLUB
FACE OF CELEBRITY
Fashionite Extravaganza 2019
Date 15th December

Kavitha Murthy Live



Rajyotsava Bumper Tombola



Century Club Billiards & Snooker League CBSL 5th Edition







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DISTINCTION’



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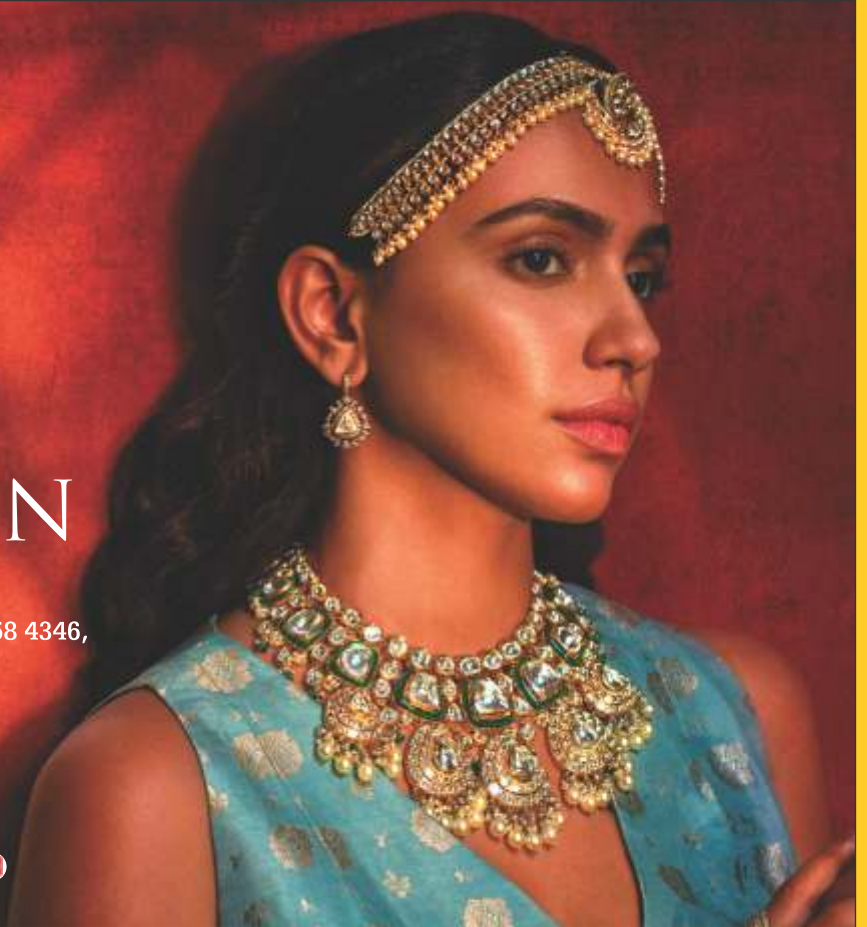
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The Advent Brunch



As the holiday season approaches, we invite you to spend your Sundays with us at our festive European brunch, created by our Masterchefs. *Come revel in the holiday spirit with us at*
Hilton Bangalore Embassy GolfLinks.

Every Sunday, December 1st to 29th

For more information, please call: 7353759831/41