



THE CENTURIION



PRESIDENT'S MESSAGE

B. R. Priyadarshi
President

Dear Centurions,

We were able to conduct the following events successfully during the month of March 2022 with an overwhelming response from the members and their families.

◆ 1st March 2022

Traditional Integrated Yoga was introduced keeping in mind the health and wellness of members and also to generate awareness about Yoga which is vital to both the body and the mind.

◆ 6th March 2022

Aqua Aerobics and Water Polo games have been introduced on Sundays, both for the first time. Due to which the footfall in the Swimming Pool has increased.

◆ 12th March 2022

Bar Happy Hours

◆ 17th March 2022

Ladies Wing - a talk on Health & Beauty by Ms. Bhavya & Mr. Vignesh.

◆ 18th March 2022

CPR Training session for Century Club staff was held by doctors from Apollo Hospital.

◆ 19th March 2022

Ladies Night Happy Hours exclusively for ladies.

◆ 20th March 2022

Ugadi Bumper Tombola with prize money of Rs.1,00,000/-

◆ 26th March 2022

Musical Night by Mr. K. J. Ravi Sitaraman

The refurbishing and repair works in the Billiards, Badminton, Table Tennis, Health Centre and Gym sections are under progress which will pave way for altogether renewed sections.

I take this opportunity to thank all the Committee members for their wholehearted support and hope to continue to successfully in conduct more significant events in the future.

With best regards,

Priyadarshi Ad
B. R. Priyadarshi

Health Centre & Gym



Fit and Fun Sunday (5 Kms - Walkathon & Runathon) led by Mr. Sharath Basavaraju, Fitness & Yoga Coach.

CALENDAR OF EVENTS – MAY 2022

07/05/2022
Saturday | DJ Nite by DJ Clement & DJ Reme

08/05/2022
Sunday | Ugadi Bumper Rummy Tournament

Swimming Pool Coaching Camp (Mon, Wed, Fri)
3 weeks | 15 classes | Monday to Friday
For more information
Contact the Swimming Pool section

Tennis Coaching Camp
Starting from 11th April to 27th May 2022
For more information- Contact the Tennis Section

Table Tennis Summer Coaching Camp (Mon, Wed, Fri)
Starting from 4th April 2022
For more information - Contact the Table Tennis Section

Five category Table Tennis Tournament
23rd April and 24th April 2022



OBITUARY

OUR HEARTFELT SYMPATHIES TO THE GRIEVING FAMILIES



Mr. B. N. GOVINDAIAH SETTY
(A/C. No. PG39)
8th March 2022



Mr. V. NATARAJAN
(A/C. No. PN35)
1st November 2021



Mr. M.K. SHANKARA NARAYANA
(A/C. No. PS37)
21st March 2022



Mrs. SHARADA UMESH RUDRA
(A/C. No. WS12)
23rd March 2022



Mr. G.K. JANARDHAN
(A/C. No. PJ108)
17th March 2022



Mr. N. THEJPAL SUVARNA
(A/C. No. PT29)
22nd March 2022



CENTURY CLUB
Bangalore

Tennis Sub-Committee
presents

TENNIS COACHING CAMP

2022

Coaching by: **Mr. Manjunath S. (Quick Start Tennis Academy)**

11th April to 27th May, 2022

Monday to Friday

Batch 1 - 10 am to 11 am
Batch 2 - 11 am to 12 pm


Coaching Fee
Members & Children - Rs.4,500 + GST
Member Guests - Rs.6,000 + GST





For more details contact:
Tennis Coach - Mr. Manjunath S. / Mob: 99453 47855
Tennis Section - Mr. A. Krishna Murthy / Mob: 99864 88183


B. R. PRIYADARSHI
President & Chairman - Tennis


E. G. JAIDEEP
Hon. Secretary


Century Club Bangalore
 Health Center & Gym Sub Committee
 Presents




YOGA


Classes
Integrated traditional Yoga


Timings:
 (Mon Wed Fri)
 Batch-1: 6:30 am - 7:45 am
 Batch-2: 8:00 am - 9:15 am

Register your name at Health Center & Gym
 Suitable for all age groups and gender
 Classes started, for more information- contact Jagan 8660921564

Charges per month:
 Members: Rs.1,500/- + GST | Guests: Rs.2,500/- + GST


B. R. Priyadarshi
President


Abhishek B. A.
Chairman - Health Center & Gym


E. G. Jaideep
Hon. Secretary


CENTURY CLUB Bangalore

NOTICE
HEALTH CENTRE
TRADITIONAL INTEGRATED YOGA




Yoga is a gift to the universe by the ancient Indian Rishi Munis for a healthy body and mind. It has a wide range of benefits for the overall development of mankind from a common man to divine personality. Yoga is not mere asanas (postures) but is a way of life.

NityaYogi Foundation in association with Century Club has introduced Yoga, Pranayama and Meditation to the club members.

Sri. K. S. Viswanath the founder of NityaYogi Foundation is from a corporate background, is a passionate yoga teacher and is enthusiastic to spread the awareness of wellness through yoga. Being a certified Yoga trainer with vast teaching experience, Sri Viswanath always in forefront to spread the knowledge of yoga.

We have introduced early morning yoga sessions in the club. Integrated traditional yoga consists of morning prayers to begin with tranquil state of mind followed by:

1. Sukshma Vyayam: for loosening of muscles and all joints
2. Breathing exercises: to gain conscious deep breathing for the whole day
3. Loosening Exercises: to remove lethargies
4. Suryanamaskaras: to gain complete body work out with flexibility
5. Asana: Different asanas for stretches across the body
6. Pranayama: to gain control over breath and in turn calm down the body and mind
7. Relaxations & Meditations: to gain higher divine knowledge.

The session includes various chanting, asanas for mental, spinal, abdominal and heart health etc. to maintain overall wellness. In addition, it improves the strength, stamina, steadfastness, perseverance, social and emotional health of the participants.

The Integrated Yoga session caters to all age groups and is helpful for members of any age.

For more information or any clarifications contact Jagan 8660921564


B. R. Priyadarshi
President


B. A. Abhishek
Chairman - Health Centre


E. G. Jaideep
Hon. Secretary


CENTURY CLUB Bangalore
 Swimming Pool Sub-Committee
 Presents



AQUA

Exercises
 by
Harihara Palani
(AEA Certified Coach)
 For all age groups
(minimum height 4 ft.)

Every Sunday from 10 am to 11 am | 4 sessions per month
 10, 17 & 24 April 2022 and 1, 8, 15, 22 & 29 May 2022

Charges per session:
Members Rs.200/- + GST | Guests: Rs.300/- + GST




Register your name at the Swimming Pool section


B. R. PRIYADARSHI
President


K. M. PRADEEP
Chairman - Swimming Pool


E. G. JAIDEEP
Hon. Secretary


CENTURY CLUB Bangalore

Table Tennis Sub-Committee
Table Tennis
Summer Coaching Camp



4th April - 30th May 2022
Monday, Wednesday & Friday
3:30 pm to 5 pm

Coaching by:

T. S. RAMKUMAR

Renowned Karnataka State Champion
 Represented Karnataka for more than
 20 years at National Championships.
 Recipient of the prestigious
 'Dasara State Award'.
 Former National Junior Coach.

Camp open to members and guests, 6 years and above

Please bring your own racquets. Only non-marking shoes allowed.

Coaching fee per month:
 Members Rs.2,000 + GST | Guests Rs.2,500 + GST

Register your names at the T. T. section with Mr. Arumugam


B. R. PRIYADARSHI
President


SUMIR N. SHETTY
Chairperson - Table Tennis


E. G. JAIDEEP
Hon. Secretary



01.03.2022

Traditional Integrated Yoga Coaching Classes by Mr. K. S. Vishwanath



06.03.2022

Aqua Exercises conducted by Mr. Harihara Palani, AES Certified Coach ,
Chief Guest: Mr. Luvnith Sisodia (SSS98), RCB player and member of our Club.



12.03.2022

Bar - Happy Hours



18.03.2022

CPR Training for Century Club Staff





17.03.2022

LADIES WING - Talk on Health & Beauty



19.03.2022

Ladies Nite - Happy Hours exclusively for Ladies



20.03.2022

Ugadi Bumper Tombola



26.03.2022

Musical Nite by Mr. K.J. Ravi Sitaraman



Musical Nite by K. J. Ravi Sitaraman

Integrated Yoga Classes



KS Vishwanath
SVYACA
Trained Yoga Teacher

Traditional Integrated Yoga is taught here for a complete wellness of body, mind and emotional levels. Very happy to have very committed participants learning yoga dedicatedly. My aim is to spread the benefits of yoga for positive health.



Hriram Thakkar
Membership #PH 44

The yoga classes now conducted in the Clubby Yoga Guru Vishwanath are excellent. His method of teaching and explaining the benefits with each asana helps us to gain health benefits. Having attended different classes earlier, his method is much more satisfying.

I really enjoy the yoga classes conducted in Club. We always start and end with a prayer with a beautiful meaning behind it and from then on it completely puts us in a different frame of mind where we are more in tune with our body. It has particularly helped me become more flexible and now I am able to practice Pranayama and Surya Namaskar even when there is no class so as to not break the rhythm. I hope the classes continue so that more people can benefit from it.



Preethi Sachar
Membership #SS-282



B. A. Abishek
Membership # SA164

After practicing yoga under Vishwanath Sir for over a year and having experienced first-hand the overall benefits of mind, body and breathing, it was the easiest decision for me to have him conduct and lead the Integrated Yoga Classes at Century Club. Hope under his guidance, more members take yoga as a lifestyle choice and practice yoga regularly.



Amit Sanghi
Membership #PA-191

This is my first introduction to yoga and it has been a very good experience over the past 1 1/2 months. I can already see better flexibility and movement in my joints and improved stamina. I'm sure with more sessions of yoga over the next few months, I'd be able to pick up finer the finer aspects of yoga and practice it on my own.

I joined Mr. Vishwanath Sir's class in March at Century Club and I am really enjoying the yoga along with meditation and pranayama and also enjoying all the shlokas and hymns that he recites. It's a total workout of body and relaxation of mind. I make sure of never missing the classes as everyday he introduces us to a new posture that is beneficial to us.



Alpa Mahesh
Membership # LT 3740



Dr. Rajesh Parekh
Ophthalmologist
Membership # SSR49

I have been a Marathon runner since more than a decade. I faced certain injuries and also allergies many times. Recently on 10th April this year, I took part in the Bengaluru Marathon again. Thanks to my yoga sessions with Mr Viswanath Sir at the Club since a month, I found my breathing to be much easier this year. In spite of a gap of 3 years, I completed my half marathon (21.1 km) in good timing with no injuries. Yogasana is not just about stretching and Pranayamas. It helps build flexibility and can help you strengthen and build your muscles with lesser chances of injuries. As a doctor, I would strongly recommend yoga for each person.

COMPLIMENTS



Tennis Section

Appreciating the efforts of Tennis Ball boys in relaying our Tennis courts tirelessly and in record time.



The **Indian Academy of Pediatrics** was magnanimous in honouring Prof. Dr. H. Paramesh, Pediatric Pulmonologist with a **Lifetime Achievement Award** for the scientific contribution to Child Health in India during their 59th National Convention held in Noida from 19th to 22nd March 2022.

- I) **Indian Chest Society: Fellow of Indian Chest Society (FICS)** on 1st April 2022.
- II) **Indian College of Chest Physicians: Fellow of Indian College of Chest Physicians (FICCP)** on 2nd April 2022 during the National Convention held in Varanasi.

Mr. Ricky Kej (SSV45), Indian Composer Musician and member of our Club:



Mr. Ricky Kej along with Mr. Stewart Copeland won the prestigious Grammy award for the second time for their Best New Age musical album "DIVINE TIDES" at Las Vegas on 04.04.2022.



From left to right: M. Naveen Kumar (Director, New Media), G. Manohar Naidu (CMD), Lahari Venu & Anand Govindaswamy (Director, Marketing at Lahari Music) with the Diamond Play Button presented by YouTube.

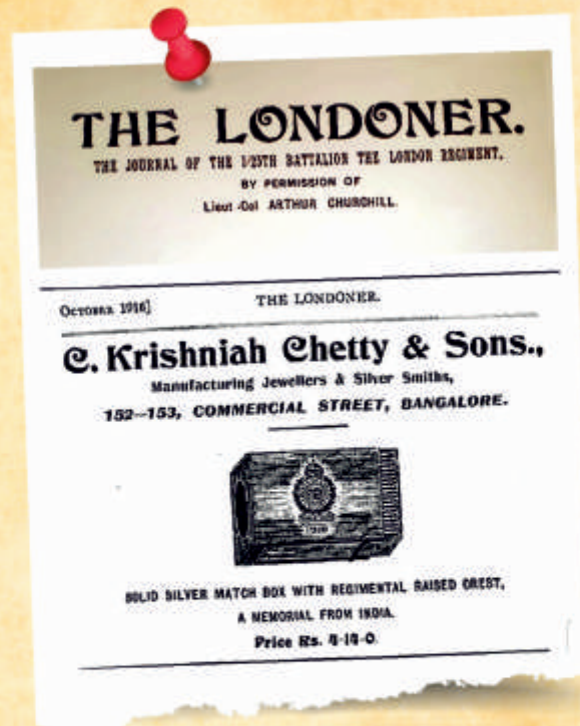
South India's largest music label Lahari Music is the producer of this album 'DIVINE TIDES' and also the Diamond Play Button was presented to Lahari Music by YouTube for crossing 1.5 crore subscribers. Lahari Velu (PT39) and Mr. Anand Govindswamy (PA187) are members of our Club.



Mr. Umesh B. Rao (Member ID.PU14)

Mr. Umesh B. Rao, was conferred "Outstanding Concrete Engineer of Karnataka" by Indian concrete Institute, KBC on February 25th, 2022 at Hotel Lalit Ashok.

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A JOURNAL OF THE 1/25TH BATTALION
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