



THE CENTURION



PRESIDENT'S MESSAGE

B. R. Priyadarshi
President

Dear Centurions,

I am pleased to inform you that the following events were conducted successfully with the support of the Executive Committee in the month of April 2022. We have received overwhelming response by our members who turned up in large numbers.

An elevated perspective of significant events conducted in the month of April 2022:

- **3rd April 2022**

Fit & Fun Sunday, a Walkathon & Runathon led by Mr. Sharath Basavaraju, Fitness & Yoga Coach, saw a participation of nearly 150 members of all age groups.

- **21st April 2022**

Talk on “CURE BY NATURE” – to heal oneself physically, emotionally, mentally, spiritually and financially by Mrs. Suguna S. Babu.

- **23rd April 2022**

CCBL-IV Nite, the much looked-forward-to Badminton League which started on 9th April 2022, concluded on 23rd April 2022 with the prize distribution, cocktails and dinner amidst great fellowship and camaraderie.

- **24th April 2022**

A three day “Five-Category Table Tennis Tournament” concluded on 24th April 2022 with the finals, followed by lunch at the Baritone.

We formally reopened the Billiards section on 27th April 2022 after completion of the renovation.

Keeping the budget constraint in mind, we have not undertaken any major renovation work in the Club premises except a few repairs and painting work in the sections.

I also wish to inform you that an LED screen has been acquired and permanently installed on the Lawns and was highly appreciated by one and all. I do urge you to experience the thrill of watching IPL matches on the screen.

I take this opportunity to invite useful inputs from the members of the medical fraternity, to be published in the Health Corner of the monthly Newsletter.

Wishing you wonderful days ahead.

Sincerely yours,


B. R. Priyadarshi

CALENDAR OF EVENTS

Badminton Summer Coaching Camp: by Mr. Narasimha, Coach
Saturday & Sunday (weekend classes) | 11.00 am to 1.00 pm.

Library: Book Narration – “The Missing Tile & their stories” by Mr. Saeed Ibrahim,
Century Club member & Author on 28-05-2022 from 4.00 pm to 6.00 pm.

Table Tennis Summer Coaching Camp: by Mr. T.S. Ramkumar, renowned Karnataka State Champion.
4th April to 30th May 2022 | Monday, Wednesday & Friday | 3.30 pm to 5.00 pm.
For more information Contact the Table Tennis section

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

Traditional Integrated Yoga Classes: by Mr. K.S. Vishwanath, Yoga Trainer
Monday, Wednesday & Friday | **Batch I:** 6.30 am to 7.45 am | **Batch II:** 8.00 am to 9.15 am.
For more information Contact the Health Centre section



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

Badminton Sub-Committee
presents

Summer Coaching Camp

7th May 2022 onwards

Saturday – Sunday | 11 am – 1 pm | 10 classes

by

Sri. Narasimha

(Professional Coach with more than 25 years of experience)



Fee:

Members – Rs.3,000 + GST | Guests – Rs.3,500 + GST

Register your names at the Badminton Section

B. R. PRIYADARSHI

President

P. LAXMI PRIYA

Chairperson – Badminton

E. G. JAIDEEP

Hon. Secretary

Table Tennis Tournament Winners



Table Tennis Lounge inauguration



Ladies winner Radhika Sadhwani & runner up Payal Patil



Men's singles winner Vijay Kini & runner up Suashant Mithraa



Doubles winner Vijay Kini / Mahesh Narrain & runner up Suashant Mithraa / Tarrenn Mithraa



Veterans winner Mr. Ganesh Mandi & runner up Dr. Keni



Dependants winner Vrishali Kini & runner up Tarrenn Mithraa



CENTURY CLUB 'A' win the BCI CLUB MASTERS Inter-Club Handicap Snooker Tournament 2022. In the finals, they defeated KSBA 2-0.


Left to Right: Benakesh Shivakumar, Madhu B.S., A.S. Ajay Kumar & Sujith Mathew

OBITUARY

Our Heartfelt Sympathies
to the Grieving Family




Mrs. HAMSA GHORPADE
(A/c. No. WH3)
Demise on 23rd MARCH 2022



CENTURY CLUB
Bangalore

Library Sub-Committee
Presents

BOOK NARRATION
“The Mis?ing Tile & other stories”
by



Mr. Saeed Ibrahim
Century Club Member & Author

Saturday, 28th May 2022
Snacks will be served
Venue: Wadiyar Hall
4 pm – 6 pm


ILLUSTRATED BY DANESH BHARUCHIA




(A book of 15 illustrated short stories centred around familiar, every-day characters that will bring pleasure and enjoyment to readers of all age groups)

Join us for a book narration by the Author **Mr. Saeed Ibrahim** himself. If you have a copy of the book, get your copy autographed.


All are welcome



B. K. PRIYADARSHI
President



CHITHKALA MALLIKARJUN
Chairperson – Library



E. S. SAIDEEP
Hon. Secretary

Badminton CCBL-4 Tournament



Ladies Wing Talk on 'CURE BY NATURE' by Mrs. Suguna S. Babu



Kids Yoga Summer Camp

Health Center & Gym Sub Committee
Presents you

KIDS YOGA SUMMER CAMP

-Century Club
May 2nd- 25th, 2022






B.R. Priyadarshi
President

Abhishek B A
Chairman

E. G. Jaldeep
Hon. Secretary

Welcome Centurions!

Here's a glimpse of the Kid's Yoga Summer Camp held in May'22

Summer breaks!! Ah, that moment the kids keep looking forward to, the entire Academic year.





-Conducted by AthaYog Living.

To make your child's summer break a fun, yet a learning curve, we at Century club had organized a Yoga camp to teach the kids a new skill.

The Yoga classes were focused on the learning of asanas in a fun way for kids by the teachers as below:

- Animal Yoga Poses
- Kreedha Yoga
- Yoga Nidra
- Nature & Objects Asana
- Partner Yoga
- Surya Namaskar
- Breathing exercises
- A-Z of Yoga

Learning made fun!

In-Class Activity Yoga with overall child development!

A child learns more through practice than from a book!
And that's exactly what was the goal here.

The camp began with a club tour led by kids- which builds their navigation skills and memory.

The kids were trained on Public speaking skills by simple ways of talking about their favorite toy, cartoon and best memory. This built an interaction among the kids, eliminating the social shyness.

Yoga Kreedha is a practice where Yoga is learnt through fun games which leads to an overall development of a child. Simple challenges, posture hold, and partner competitions built the curiosity in the child and kept them engaged always.




Curriculum & Goals

- Yogasanas- Build flexibility at a tender age.
- Pranayama- To develop a sense of concentration in a child.
- Surya Namaskar- For Overall body stretch & memory improvement.
- Animal Yoga Poses- Making learning fun and memorable.
- Nature & Objects Yoga- To connect the child's thoughts with his surroundings.
- Partner Yoga- Developed the behavior of 'working together' in a team.
- Yoga Nidra- To cool the body down, instill good habits and discipline.
- Collage making- To teach the importance of patience and observation.
- Model making- To put your thoughts into execution by being creative.
- Story telling- To make the child more confident and lose the stage fear.
- Greeting card making- Kids made lovely cards for their moms for Mother's day.
 - Painting in groups- Team work, "Sharing is Caring".
- Small rewards presented to kids to motivate them to learn more & stay happy!

Overall, the summer this year was surely made memorable for the kids!

See y'all next year rockstars.....

Faculties:
Sharath Basavaraju
Sukitha Venkatesh
Gandharv



The Swimming Coaching Camp for Children



Hearty Congratulations



Miss Tanya Vinay Yadalam, d/o. Mr. Vinay M. Yadalam (SV68) secured a Masters in Business Studies from Duke University, North Carolina, USA topper with distinction. She is also grand daughter of Mr. Y. G. Madhusudan (DM1) and current Vice President of Century Club, Mr. Tallam R. Dwarakanath (PD51).

Duke University

The Faculty and Trustees in recognition of the successful completion of the course of study required by the

Fuqua School of Business





have conferred on

Tanya Vinay Yadalam

the degree of

Master of Management Studies

Given at Durham in the State of North Carolina this eighth day of May, two thousand and twenty two.

This digital credential is an official document of Duke University.

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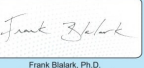
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Duke UNIVERSITY



Frank Blalock, Ph.D.
Associate Vice Provost and
University Registrar
Questions? Contact registrar@duke.edu



**Century Club
Bangalore**
Health Center & Gym Sub Committee
Presents



YOGA

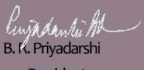
Classes

Integrated traditional Yoga

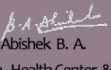
Timings:
(Mon Wed Fri)
Batch-1: 6:30 am - 7:45 am
Batch-2: 8:00 am - 9:15 am

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. K. Priyadarshi
President



Abishek B. A.
Chairman - Health Center & Gym



E. G. Jaideep
Hon. Secretary

Ref CC/ 1059 /2022



**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. K. Priyadarshi
President



B. A. Abishek
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



SUMA N. SHETTY
Chairperson - Table Tennis



E. G. JAIDEEP
Hon. Secretary

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Shown here is a typical work made for the Mysore Royal Palace.

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