



# 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*  
**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.  
4<sup>th</sup> April to 30<sup>th</sup> 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 11<sup>th</sup> April to 27<sup>th</sup> 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

**7<sup>th</sup> 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 Vrshali 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

(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)

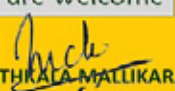
Saturday, 28th May 2022  
Snacks will be served  
Venue: Wadiyar Hall  
4 pm – 6 pm

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. JAIDEEP  
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 2<sup>nd</sup>- 25<sup>th</sup> , 2022

B.R.Privadarshi  
President

Abhishek B.A.  
Chairman

E.G.Jaideep  
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
- Kreeda 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 Kreeda 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.

 Dean



 President of the University

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**Duke University**

Frank B. Rowland, Ph.D.  
Associate Vice President and University Registrar

Questions? Contact registrar@duke.edu




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

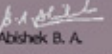
  
**YOGA**  
*Classes*  
 Integrated traditional Yoga


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.R. Priyadarshi  
 President

  
 Abhishek B. A.  
 Chairman - Health Center & Gym

  
 E.G. Jaideep  
 Hon. Secretary

Ref CC/ 1059 /2022  
 March 03, 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.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

  
 SUMIT 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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