



# Jubileean

From RCJH

**The Ultimate Know Your  
Rotarian Quiz!**

**A Memorable Day of  
Leadership and Vision**

District Governor's Landmark Visit Ignites  
Lasting Impact and Unity Among Rotarians

**RI President's Message**

Journey Through Time: A Glimpse into  
Our Storied Past and Exciting Future  
in this Month's Newsletter!



|  |                |
|--|----------------|
| <b>INDEX</b>   | <b>Page 1</b>  |
| <b>Core Team of Rotary 23-24</b>                     | <b>Page 2</b>  |
| <b>Board of Trustees RCJH</b>                        | <b>Page 3</b>  |
| <b>Editorial Team</b>                                | <b>Page 4</b>  |
| <b>From The Editor's Desk</b>                        | <b>Page 5</b>  |
| <b>Club President's Message</b>                      | <b>Page 6</b>  |
| <b>Birthdays and Anniverseries</b>                   | <b>Page 7</b>  |
| <b>Empowering Communities</b>                        | <b>Page 8</b>  |
| <b>Looking Squarely at the Inevitable</b>            | <b>Page 9</b>  |
| <b>District Governor's Visit</b>                     | <b>Page 11</b> |
| <b>Aging and Health</b>                              | <b>Page 12</b> |
| <b>Badminton Tournament in Trivandrum</b>            | <b>Page 13</b> |
| <b>Did You Know?</b>                                 | <b>Page 14</b> |
| <b>Our Learning Center Updates</b>                   | <b>Page 15</b> |
| <b>Sheroes of ISRO</b>                               | <b>Page 17</b> |
| <b>A Window into the Twin Cities Sports Meet</b>     | <b>Page 18</b> |
| <b>RCJH in Media</b>                                 | <b>Page 19</b> |
| <b>RCJH in Action</b>                                | <b>Page 20</b> |
| <b>Wholesome Delights &amp; Laughter Lounge</b>      | <b>Page 22</b> |
| <b>Vitality Corner and Rotary International News</b> | <b>Page 23</b> |
| <b>Know Your Rotarian</b>                            | <b>Page 24</b> |
| <b>Know your Rotarian (July Answers)</b>             | <b>Page 25</b> |
| <b>Seattle - Queen of the Pacific Northwest</b>      | <b>Page 26</b> |
| <b>Thank You Rotary</b>                              | <b>Page 27</b> |
| <b>Announcements for October</b>                     | <b>Page 28</b> |

## Core Team of Rotary Year : 2023 - 24

### Board

**President : Rtn Dr Jyothi Reddy G**

**Secretary : Rtn Vajrala Raja Gopal**

**Joint Secretary : Rtn Narresh Galidevara**

**Assistant Governor- Rtn Suresh Gupta**

**Treasurer : Rtn Madhukar Ranjan**

Vice President 1 : Rtn Viji Gopalakrishna

Vice President 2 : Rtn Kamalakar

Membership Director : Rtn Chakravarthy Reddy

Club Administration Director : Rtn Rizwan

Rotary Foundation Director : Rtn Kalyan Ponguluri

Director Service Projects : Rtn Visireddy Laxmi

Director Public Image : Rtn Sridevi Kolluri

President Elect : Rtn Balakotireddy Visireddy

Rtn Ravi Kumar Madabushi : Immediate Past President

Sergeant at Arms : Rtn Venkat Reddy

### Advisors to the Board

Board Advisor : Rtn Sam Patibandla

Club Advisor : Rtn. Dr. Vasanth

Club Trainer : Rtn Sesha Sai Kumar

Club Financial Advisor - Rtn Raja Krishna

Membership Advisor : Rtn Dr Pardha Reddy

Club Administration Advisor : Rtn Murthy Vadapally

Rotary Foundation Advisor – DGN Dr. RamPrasad

Service Projects Advisor : Rtn Sharada Thummala

Public image Advisor : Rtn Vijayalaxmi Ravi

---

### **Youth Services**

Interact Chair- Rtn Dimple Grover

Rotaract Chair – Rtn Nagaraj Kacham

**Trustees of RCJH Charitable Trust  
(As on 23-07-2023)**

**Managing Trustee : Rtn. B.S. Srinivasan**

**Secretary : Rtn. Sambasiva Rao Patibandla**

**Treasurer : Rtn. Raja Krishna**

**Rtn. Kumar Tipirneni**

**Rtn. Ramprasad.S.V**

**Rtn. Penchal Reddy**

**Rtn. Balakoti Reddy**

**Rtn. Sharda Rao**

**Rtn. G. Vijayalakshmi**

**Rtn. P.P. Reddy**

**Ex-officio Member : Rtn. Jyothi Reddy**



### **Editorial Team**

Rtn Sheela Ramakrishnan  
Rtn Subbarao Tallapragada  
Rtn Dimple Grover

**Design check by**  
Secretary Vajrala Raja Gopal

**Coordinated by**  
President Jyothi Reddy

**Supported by**  
Public Image Director : Rtn Sridevi. K



## From the Editors Desk: Reflections on Service, Growth, and Giving

Dear All,

Writing for the Jubilean again is like coming full circle! We are immensely delighted with the revival of our club magazine, which has been a witness to many significant events in the history of RCJH. As I reflect on the magazine, the thoughts that come to my mind are those who bore this mantle earlier: Late Rtn Srinivas, Late Rtn TV Balan, Late Rtn Raghav, Vijay Madhira, Subbu, and yours truly were some of those who enjoyed bringing this out week after week, as was the practice then. Gradually, it became a monthly event.



The first attempts to digitize were met with resistance from our members who thoroughly loved the feel of the letter arriving by post! We have come a long way since then!

This issue is special for many reasons: It is the month our country became free, it is the month to welcome new members into our Rotary family, it is the month that celebrates the bond between siblings and friends, it is the month in which India made space history, and it is also the month that our club witnessed the DG visit!

Therefore, you dear readers, will get a flavor of all these events in this issue. Several of our members have contributed their bit to make this possible, along with the Editorial team.

Personally, I would like to dwell a bit on what living as a free citizen means. Yes, surely for one, we enjoy the rights that citizenship brings with it enshrined in the Fundamental Rights of the Constitution. But we all know that with Freedom comes Responsibility. We as Rotarians can give ourselves a pat on the back for being agents of service and feel fulfilled with the impact we are making in our external worlds.

However, is that a sufficient reason to call ourselves truly free? Let's pause a moment to think of all the needs that we have; the internal shackles that bind us – the need for recognition, the need for validation, the need for power, the need for position, the need for more materially and emotionally. Are we truly free when we are so needy?

Can we aim for true freedom? Freedom from the I, freedom from biases, freedom from judgment and prejudice of self and others, freedom from being critical of others, freedom from compulsive needs? Can we just be Givers of the Best of Ourselves to all those we connect with? Truly Give without Expectation of ANY kind?

Obviously, we cannot get there completely, but if we can take conscious steps in that direction, even tiny ones, I believe we will be contributing to a truly free India.

Please do share your thoughts on this or anything else that touches you, for the next Jubilean.

Thank you President Jyothi for giving me an opportunity to do what I love doing most – reading and writing!

*Rtn Sheela Ramakrishnan.*



## CLUB PRESIDENT'S MESSAGE

**Dear Fellow Rotarians,**

Greetings!

I am thrilled by the overwhelmingly positive response to the 1st edition of The Jubilean for this Rotary Year. Your enthusiastic participation and contributions have truly made it a success, and for that, I am deeply grateful.

### **August: A Month of Action**

August was a month filled with activities and celebrations, beginning with our 76th Independence Day. This day serves as a reminder to cherish the privileges we enjoy and to fulfill the responsibilities that come with our freedom, both as individuals and as members of organizations. True freedom empowers us to serve others willingly. In line with this spirit, members of RCJH celebrated Independence Day at Navodaya Nagar Anganwadi. We also held a Joint Speaker Meeting at G. Pulla Reddy School, conducted by Twin Cities Rotary Clubs on August 14, 2023. Our esteemed speaker, Dr. Jayaprakash Narayan, delivered a truly thought-provoking message.

### **Service Projects and District Governor's Visit**

The month was also marked by numerous service projects and the annual official visit by District Governor Rtn. Dr. B. Shankar Reddy. A heartfelt thank you to all RCJH members for making the DG's visit both fruitful and successful.

### **Twin Cities Interactors Sports Meet**

I'm elated to announce the launch of the Twin Cities Interactors Sports Meet this Rotary year. As the president of RCJH and the principal of the Host School—The Shri Ram Universal School, Hyderabad—I am incredibly proud of this initiative, which was highly applauded for its meticulous planning and flawless execution.

### **A Call to Action**

In closing, I extend my gratitude to each member who participated in various events at different venues and times to ensure smooth execution of our planned initiatives. As we move into September, I eagerly anticipate the RCJH family coming together to make it yet another successful month. We will kick off the month with grand Teachers' Day Celebrations, and the focus for September will aptly be on basic literacy and education among other planned activities.

Looking forward to an engaging and impactful month ahead!



Dr. Jyothi Reddy Ghanta  
Founder Principal, The Shri Ram Universal School  
Director Education, The Shri Ram Hyderabad Schools  
President - RCJH - 2023-24



## September Birthdays and Anniversaries In Focus!

### Birthdays

|                               |         |
|-------------------------------|---------|
| VENKATA SUBBA REDDY C.        | Sep' 01 |
| RAMAKRISHNA REDDY P.<br>(PHF) | Sep' 02 |
| SAM PATIBANDLA (PHS)          | Sep' 02 |
| MALLIKHARJUNA REDDY           | Sep' 04 |
| SURESH GUPTA P (PHF)          | Sep' 05 |
| BALA KOTAIAH KASUKURTHI       | Sep' 06 |
| VENUGOPAL VANAPARTHY          | Sep' 10 |
| GEETHA NAGASREE Dr. (PHF)     | Sep' 12 |
| ABBURI RAMAIAH Dr.            | Sep' 14 |
| KALYAN SWAROOP Y. (PHS)       | Sep' 14 |
| RAJU P.S. (PHF)               | Sep' 14 |
| KALYAN REDDY BATTU (PHF)      | Sep' 15 |
| VIJI GOPALKRISHNA (PHF)       | Sep' 15 |
| CHAITANYA KUMAR<br>VANKAYALA  | Sep' 17 |
| KUMAR TIPIRNENI (PHF)         | Sep' 19 |
| RAJA KRISHNA (PHF)            | Sep' 24 |

### Anniversaries

|                        |                              |         |
|------------------------|------------------------------|---------|
| MADHAVI PILLA          | VEERA SAPTHA<br>SYLESH PILLA | Sep' 05 |
| ASHUTOSH<br>VASHISHT   | NISHA VASHISHT               | Sep' 06 |
| RAJESH VELANDY         | NIMISHA KUTTAPAN             | Sep' 07 |
| RAMA KRISHNA<br>VARADA | MADHAVI BASETTY              | Sep' 23 |



# Empowering Communities

## My Aspiration to Join Rotary Club of Jubilee Hills

As I stand at the threshold of my journey towards joining the Rotary Club of Jubilee Hills, my heart brims with aspirations and determination. My ultimate goal is to become a beacon of positive change in the lives of the underprivileged, particularly focusing on empowering teen girls through education and nurturing their socio-emotional needs.

My journey towards community service began as a spontaneous response to the needs I saw around me and the inspiration I got from Rtn. Dr. Jyothi Reddy, President RCJH. I have closely observed her managing herself in different roles and still finding time for service projects. With each step, my vision became clearer – to bridge the gaps that hinder the progress of those who have been unfairly disadvantaged by circumstances.

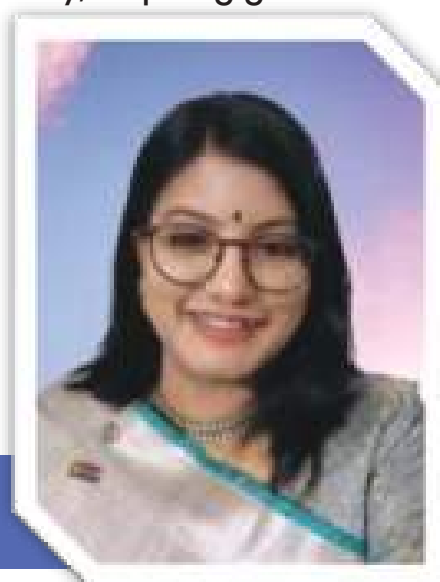
A crucial aspect of my aspirations lies in creating pathways for the underprivileged towards successful careers. I understand that education alone is insufficient; offering mentorship, guidance, and access to resources can transform dreams into achievable realities. By collaborating with professionals within the Rotary community, I envision a powerful network that amplifies the impact of our collective efforts.

As an art educator and Community Outreach coordinator currently working for The Shri Ram Universal School, Hyderabad, I aim to shed light on pertinent social issues and inspire action. By synergizing my artistic and Outreach management skills with the diverse talents of Rotarian professionals, I am confident that we can effect lasting change in the community.

My ambitions don't stop there; the protection of the environment and the well-being of children also occupy prominent positions in my mission. By championing environmental awareness, I aspire to leave a cleaner, greener world for future generations. Simultaneously, I am committed to uplifting the lives of children, irrespective of their background, by providing them with opportunities to grow, learn, and thrive.

I am acutely aware of the legacy I wish to leave behind. I desire for my grandchildren to draw inspiration from my journey and continue the noble work of community service. By leading through example, I hope to instill in them the values of compassion, empathy, and the power of collective action.

As I embark on this transformative journey with the Rotary Club of Jubilee Hills, my heart swells with anticipation. I am eager to contribute, learn, and collaborate with like-minded individuals who share my vision for a brighter, more equitable future. Together, we can create ripples of change that extend far beyond our immediate community, inspiring generations to come.



**Rtn Madhavi P**

# Looking Squarely at the Inevitable

We chat with our family about the most mundane matters, we can even go into rather vivid descriptions when it comes to health and body related topics – many of which qualify as too boring or even “too much information” in other circles! Yet most of us shy away from some topics, like inheritance, end-of-life medical care, wills etc.

We’re so uncomfortable discussing those topics with people we are closest to. Maybe because it makes us face the inevitable and force us to plan for it; perhaps we fear facing our own vulnerabilities; we also may worry about raking up matters that are safer hidden “under the carpet”.

What may compel us to do so is the consideration that these very items are the ones that will affect our loved ones the most. Think about it – we don’t want to upset them now when we can control the impact but by not discussing it, but we are leaving them to deal with consequences on their own and that too without our support. Shouldn’t we instead try and smoothen their path as much as possible, while we still can?

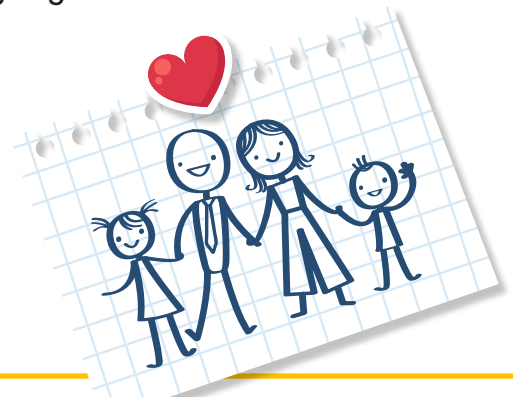
Why does the topic of estate planning bring up such strong emotions?

1. **Guilt:** Guilt about the state of our finances; about not leaving “enough”; or not leaving equal amounts; you want to leave it for someone outside the family; you want to leave it to charity; or want to spend it all; could be some of the reasons!
2. **Effort involved:** organising the finances; understanding what my net worth is; reflecting on the values you hold dear and what you truly want to do; and then how to articulate these to the family worried about hurt feelings or bringing issues to the surface or worse still the dealing with possible apathy!
3. **Facing our own fears:** physical or mental deterioration; dealing with crucial family issues and of course the dreaded “D” word; who can we entrust our health proxy to or end-of-life medical care responsibilities; etc

Now that we have examined the root causes of our reticence, nothing else to do but roll up our sleeves and deal with them. We need to fix up dedicated time to think through, note down points, reflect, critically examine each point, and then firm up the details. If our finances aren’t organised, we work on it.

Choosing to communicate these plans to family members is advisable in most cases so there are no sudden shocks in store for them later. But how much to share and with whom to share is at our discretion. We may choose not to share at all – after all, we know our family best...right? Is it preferable to have one-to-one conversations with each person or as a group. Is something important going on in our loved ones’ lives – is it an appropriate time to bring this up?

At the crux – planning and preparing for this important conversation will be beneficial to articulate our point of view and our wishes clearly.



## Looking Squarely at the Inevitable

Here's some simple tips:

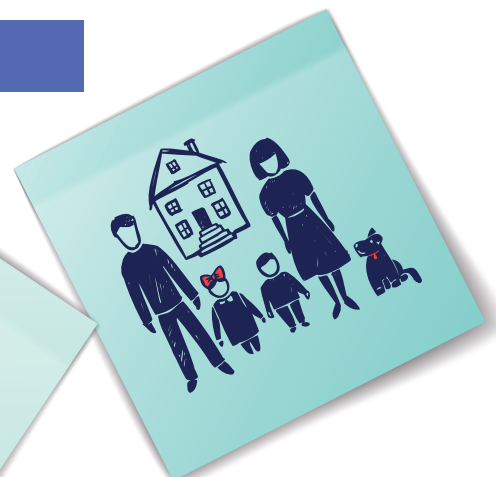
1. Prepare.
2. Expect a positive outcome.
3. Set a time and place.
4. Set a time limit
5. Set some ground rules.
6. Bring up the issue.
7. When someone is speaking, listen.
8. Examine your assumptions
9. Be ok with being wrong
10. Wrap it up!

Yes, irreparable issues may come up – do remain hopeful for resolution of certain long-standing matters. We may even be pleasantly surprised at the level of understanding or maturity from unexpected quarters!

Remember, Open Communication is key.



- Rtn. Deepti Sagar



## District Governor's Visit to Rotary Club of Jubilee Hills

A Day of Engagement and Empowerment

### Morning Agenda:

District Governor Busireddy Shankar Reddy began his formal visit to the Rotary Club of Jubilee Hills with a breakfast meeting. This was followed by his attendance at the Twin Cities Interactors Sports Meet, hosted by the club. During the inaugural ceremony, DG Reddy hoisted the flag, handed over the torch, took the salute from participants, administered the oath, and declared the sports meet open. Assistant Governor also unveiled the Mascot Gajanan as part of the inaugural festivities.



### Midday Engagements:

Following the sports meet, DG Reddy inaugurated an autoclave and donated eight oxygen cylinder trolleys to Nilofer Hospital as part of RCJH's service project. Then, he participated in the club assembly at THive, E Galleria Mall. Presided over by President Jyothi Reddy and Secretary Vajrala Raj Gopal, the Board of Directors shared updates and future plans for their respective avenues. Both the Assistant Governor and District Governor addressed the members.



### Afternoon Session:

After a lunch meeting with club members, DG Reddy visited Sharath Gopal RCJH Learning Centre in Kondapur. He interacted with beneficiaries of various courses such as tailoring, Magan work, mehendi, and beautician training. Additionally, he launched two new programs: Hotel Management and Python Programming. A closed-door meeting followed, where compliance with mandatory reports and files was reviewed.



### Evening Public Meeting:

The day concluded with a public meeting at Jubilee Hills International Club. The fellowship began at 7 pm, followed by the official meeting at 7:30 pm. President Jyothi Reddy gave the opening remarks. Six new members were inducted by DG Reddy, who also distributed pins and certificates. The Assistant Governor administered the oath. This was followed by the release of the RCJH Club directory and the Jubileean newsletter. Club Secretary Vajrala Raja Gopal presented a detailed report on the club's avenues, future plans, and status updates.



### Concluding Notes:

Both the Assistant Governor and the District Governor addressed the gathering, emphasizing the club's ongoing and future commitments. President Jyothi Reddy assured concerted efforts in member development, major service projects, and contributions to TRF. The meeting was adjourned with acknowledgments, announcements, and a vote of thanks, followed by dinner and cocktails.

### Attendance:

The District Governor's official visit was a huge success, with more than 132 members attending the public meeting and 54 attending the club assembly.



# Aging and Health

## A Global Perspective

### Global Trends in Aging

People worldwide are living longer than ever before. Today, the majority of individuals can expect to live well into their sixties and beyond. Every country is witnessing growth in both the size and proportion of its older population. By 2030, one in six people around the globe will be over the age of 60. Furthermore, the older population is projected to increase from one billion in 2020 to 2.1 billion by 2050. Additionally, individuals aged 80 and over will reach a staggering 426 million.

### Factors Affecting Health in Older Age

While some variations in older people's health are genetic, most are attributed to physical and social environmental factors. These factors include living conditions, neighborhoods, and the communities they are a part of.

### Lifestyle Choices and Healthy Aging

Maintaining healthy behaviors throughout life, such as eating a balanced diet, engaging in regular physical activity, and avoiding tobacco and alcohol, can reduce the risk of non-communicable diseases. This contributes to improved physical and mental well-being and delays care dependency.

#### Common Health Challenges in Older Age

- Hearing loss
- Cataracts and refractory errors
- Back and neck pain
- Osteoarthritis
- Chronic obstructive airway disease
- Diabetes
- Hypertension
- Mental health conditions like depression and dementia
- Increased risk of cancer
- Accidental falls resulting in fractured bones

#### Complex health states known as Geriatric Syndrome, which includes:

- Fragility
- Urinary and fecal incontinence
- Falls causing major and minor head injuries and fractured bones
- Delirium
- Pressure ulcers

**Societal Perceptions and Public Health Challenges** Older people are often stereotypically viewed as frail, dependent, and a burden to society. Public health professionals and society must address these misconceptions and other related issues. The United Nations has declared 2021-2030 as the UN Decade of Healthy Ageing and has entrusted WHO to lead the implementation aimed at reducing health inequalities and improving the lives of older people, their families, and communities.

All countries face substantial challenges in preparing their health and social systems for the demographic shift that is underway. Collective action is needed to make assessments and adjustments to accommodate this change effectively.



**Rtn Dr Raghupathi Rao**



## బాడ్మింటన్ టోర్ని త్రివేండ్రం

మాస్టర్స్ షటిల్ బాడ్మింటన్ టోర్నమెంట్ త్రివేండ్రం లో జరుగుతున్నాయని తెలిసి మా మిత్రులమంతా మాపేర్లను రిజిస్టర్ చేయించి, ఫ్లయిట్ బుక్ చేయించి ఆ కామడేశన్ బుక్ చేయించుకుని 17- 5 - 2022 న రాత్రి త్రివేండ్రం చేరుకున్నాం .

18 వుదయం పద్మనాభా స్వామి టెంపుల్ కెళ్ళి వచ్చాం . వుదయం 10 గంటలకే రమ్మన్నారు స్టేడియానికి ( చంద్రశేఖరన్ నాయర్ ) వెళ్ళాము . బాగా వాన పడుతున్నది .

తెలంగాణ కౌంటర్ ఎక్కడో తెలియదు . ఎవరినడిగినా చెప్పరు. ఇచ్చిన ఇంచార్జ్ నెంబర్ కి కాల్ చేస్తే ఎత్తడు. మొత్తానికి తిరిగి తిరిగి ఒక టేబిల్ దగ్గర ఆగాము . అక్కడ గుడ్డ సంచుల్లో ఏవో వున్నాయి. వాటిపై తెలంగాణ అని వుంది. ఇక అక్కడే కూర్చున్నం. కాసేపటికి మన తెలంగాణ నిర్వాహకులు గారు వచ్చారు. ఒక్కడే ఎన్ని పనులని చేయగలరు? మేము ఏడు మందిమీ అతనికి సహాయం చేసాం . అక్రిడేశన్ కార్డులు ఇవ్వడం లో ' గుంపులు గుంపులుగా ఏవేవో అడుగుతున్నారు.

సార్ మా స్టేట్ కార్డులు ఎక్కడా? సార్ మేము అథ్లెటిక్స్ మావి ఎక్కడా .. సార్ మేము ఫలానా ఆటలో 30 మందిమీ మావి మాకు ఇవ్వండి అని, మాకు ఓ గంట పట్టింది.

ఎనమిది మందిమీ ఏక బిగిన పని చేస్తే . ఓపక్క వాన పడుతుంది . అన్ని స్టేట్స్ మార్చాప్స్ వుంటుందని చెప్పారు. ఈ వాన కాస్త తేరిపి ఇచ్చింది. ఓపెన్ గ్రౌండ్ లో జిల్లాల వారిగా నిలబడాలి . ఆడేటపుడు షూ వేసుకోవచ్చు ఇప్పట్నుంచి ఎందుకని .. తడుస్తాయని .. మనం ఎక్కడో వెనుక వుంటాం ఎవరు చూస్తారులే అని స్లిప్పర్స్ తో వెళ్ళాం . అయితే నిర్వాహకులు నన్ను ముందు వరుసలో నిలబెట్టారు. కారణాలున్నాయి.

ఒకటి - నేను ఎత్తు తక్కువ గా వుండడం

రెండు - స్పెయిన్లో ఆడి రావడం

మూడు - 60 ఏళ్ళు దాటిన దానిని కావడం

అయ్యో ! మీడియా కి ముందే వున్నానే .. ఇలా షు లేకుండా ఎలా! అనుకుని పరుగెత్తుకెళ్తుతూ వుంటే తడికి స్లిప్పర్స్ జారుతూ వుండి నడవలేక పోయాను .

Rtn Sumathi Churukanti



**World's First Service Club:** Rotary made history in 1917 by initiating its first service project—the installation of public toilets in Chicago. This groundbreaking effort solidified Rotary's position as the world's first service club.

**Inspirational Mottos:** Rotary operates under the guiding principle of "Service Above Self." Additionally, there's a secondary motto that resonates deeply with its members: "One profits most who serves best."

**DID YOU  
KNOW?**



**Breaking Gender Barriers:** It was not until 1987 that Rotary opened its doors to women. Fast forward to today, and more than 196,000 women are proud members of Rotary International.

**Global Scholarships:** The Rotary Foundation Ambassadorial Scholarships stand as the world's largest privately-funded scholarships, creating educational opportunities for countless individuals.

**Rotaract's Inception:** The very first Rotaract Club came into existence in Charlotte, North Carolina, marking another significant milestone in Rotary's journey.

## Our Learning Center Updates



Our talented graduates from the Tailoring, Maggam, and Beautician courses are now ready for their next journey.



The graduation of 60 talented individuals from our Tailoring, Maggam, and Beautician courses. Their journey has just begun, and we can't wait to share their future achievements with you!



Our Director-General (DG) recently visited the Learning Center (LC) and had the pleasure of displaying the remarkable work created by our Maggam students.



## Our Learning Center Updates



Our District Governor(DG) has officially unveiled the posters for our upcoming new programs.



**Rotary**  
Jubilee Hills



SANKAR GOPAL  
ROTARY CLUB OF  
JUBILEE HILLS  
LEARNING CENTRE



SHRI SHAKTI COLLEGE  
OF HOTEL MANAGEMENT

### HOSPITALITY CAPSULE COURSES

in Partnership with  
Shri Shakti College of Hotel Management

|  |  |  |  |
|---|---|---|---|
| <b>CAKE DECORATION ART</b>  | <b>OFFICE ASSISTANT COURSE</b>  | <b>HOUSEMEN'S COURSE</b>  | <b>BASIC SERVICE SKILLS COURSE</b>  |
| <b>Course Duration</b><br>6 Weeks<br>2 Days per Week<br>4 Hrs / Day                 | <b>Course Duration</b><br>6 Weeks<br>2 Days per Week<br>4 Hrs / Day                 | <b>Course Duration</b><br>6 Weeks<br>2 Days per Week<br>4 Hrs / Day                 | <b>Course Duration</b><br>6 Weeks<br>2 Days per Week<br>4 Hrs / Day                   |

Interested candidates may send their application to [rotarychm@gmail.com](mailto:rotarychm@gmail.com)

---



**Rotary**  
Jubilee Hills



SANKAR GOPAL  
ROTARY CLUB OF  
JUBILEE HILLS  
LEARNING CENTRE

- Introduction to Python
- Installation of Python
- Variables and Data Types
- Strings
- Lists and Tuples
- Conditional Expressions
- Loops in Python
- Functions & Recursions
- File IO in Python
- Object Oriented Programming
- Inheritance & More on OOPs
- Concepts of APIs
- Industry standard Python Libraries
- Web frameworks



python™

**Duration :** 3 months  
6 days a week  
2 hrs a day  
**Timings** 10am to 12noon  
**Mon - Fri :** Online Learning from LC  
**Saturday :** Physical class  
**Topics to match industry use-cases**  
Candidates would be grouped together into teams and would be assigned to develop an application aligned to sample data based on industry projects  
**Presentation skills, Personal Branding, Resume writing and Mock interviews**

Interested candidates may send their application to [rotarytechskills@gmail.com](mailto:rotarytechskills@gmail.com)

# Sheroes of ISRO

India's Chandrayaan-3 has triumphantly achieved a precise touchdown on the southern pole of the moon on 23rd July 2023, thereby elevating India to the esteemed position of the fourth nation globally, following the United States, China, and the former Soviet Union, to successfully execute this remarkable accomplishment. Shiv Shakthi is the name given by Prime Minister of India to the point where the Chandrayaan-3's Lander Vikram touched on the surface of the moon. The name symbolises the equal contribution of the "rocket" men and women scientists in India's historic lunar mission.



ISRO revealed that women have been at the forefront of Chandrayaan-3, contributing extensively to spacecraft configuration, realisation, and team management, over 100 women were deeply entrenched in the mission's journey from conception and design to testing and execution.



Prime Minister of INDIA Sri Narendra Modi has interacted with 120 odd women Scientists and applauded the role of Indian women Scientists in success of Chandrayaan3 and called them as NARI SHAKTHI. The top female scientists who worked behind the scenes to make the mission successful are below:

## Dr. Ritu Karidhal Srivastava :

Scientist and aerospace engineer within ISRO, Known as 'Rocket Women of India'. She held the positions of Deputy Director in mission Mangalayan.

**Nandini Harinath :** She has ardently contributed her expertise to a noteworthy tally of 14 missions. Presently occupying the esteemed roles of Project Manager and Mission Designer.

**Anuradha T. K. :** She holds the distinction of being the first woman to ascend to the prestigious role of a Satellite Project Director at ISRO.



**Minal Rohit :** She holds the esteemed position of Deputy Project Director at ISRO.

**Moumita Dutta :** She undertakes a significant leadership role, spearheading a dedicated team engaged in the indigenous development of optical instruments, particularly focusing on imaging spectrometers.

**Tessy Thomas :** She a prominent Indian scientist, holding the esteemed position of Director General of Aeronautical Systems. Notably, in 2022, she was honoured with the Lokmanya Tilak Award.

**V. R. Lalithambika :** Director of the Indian Human Spaceflight Programme, positioned to guide and orchestrate the Gaganyaan mission.

**Muthayya Vanitha :** an accomplished Indian electronics system engineer, recognized for her leadership in spearheading satellite projects within the esteemed precincts of the Indian Space Research Organization (ISRO)



Rtn Er. S. Sita Ram Babu



## A Window Into the the Twin Cities Interact Sports Meet



Kicking Off a Legacy of Excellence: The Inaugural Ceremony of the Interactor Sports Meet Sets the Stage for Athletic Prowess and Unity.



Celebrating Teamwork, Talent, and Tenacity: The Twincities Interact Sports Meet Wraps Up in a Grand Finale of Athletic Excellence and Community Spirit.





## RCJH in Media

ఉచిత వేతన శిబిరం సర్వీస్ విజ్ఞానో 2023-24 కోటూరు  
సంఘటన ద్వారా ప్రారంభించిన కోటూరు నది జూట్ హిల్.

[illegible][illegible]

**Surya Pg-3 (03-07-2023)**

ನಾಲ್ಕು

7

రోటరీ క్లబ్ ఆఫ్ జూజ్లిహిల్స్  
అధ్యక్షురాలిగా జ్యోతిరెడ్డి

www.bdi

దొంగరి క్షణ బస్ జాబ్బీ  
మార్చి 2023-24 సం  
వత్సరానికి గాను  
మోతమ కావ్వపర్మాన్సి  
ప్రకటించింది. ఆదర్శపు  
వారిగా పోలిసి



కార్తవీర్యునిగా రాజగోపాల, త్రినేత్రునిగా శేషసాయి  
కుమార్, ఉపాధ్యక్షులుగా వీలయ్యవచ్చి, రమి  
లాల్, కోకాదిరాహిని మధుకర్ రంజన్, ధైర్య  
య్యగా రిజ్వీ, పనిరెడ్డి అశ్వరెడ్డి, చక్రవర్తిరెడ్డి,  
కల్పాశ్రి, శ్రీదేవి ఎన్కెకయ్యార్లు. ఈనెల 4వ  
జూన్ సోనార్ల కలంబిచ్చినవరే పెంబర్లో నూతన  
కార్తవీర్యం ప్రమాణ స్వీకారోత్సవం నిర్వహిస్తు  
నందు విధానానుసారం తెలిపారు.

## నిలోపర్ ఆసుపత్రికి

ఆక్సిజన్ సేలిండర్ల ప్రాబ్ల అందజేత



**దాత్యభిమానం కోసమే పుట్టి మోపరించబడిందంటే దాత్యురే ఉషారాణి, కొడుకంటే గజవర్గి రా. శంకర్ రెడ్డి, సూర్య గృహ, బొమ్మిరెడ్డి నర్సిరావు.**

[illegible]

## నమస్తే తెలంగాణ

12

నిలోఫర్ కు వెడ్స్ పరికరాల వితరణ

తెలంగాణ యూనివర్సిటీ, ఆగస్టు 28 : చిన్న పిల్లలు, గర్భవతులకు ప్రత్యేక సేవ లందిస్తున్న చిల్డ్రన్ దయాశాలలో మౌలిక సౌకర్యాల కల్పించేందుకు తెలంగాణ ప్రభుత్వం అందిస్తున్న తోడ్పాటుతో పాటు పుట్టించే సంస్థలు మొందుతు వచ్చే అధికారానికి పరిపాటులు అందించడం మంచి పరిణామామయి చిల్డ్రన్ దయాశాల సూచించబడింది. దాక్షిణి ఉపరాష్ట్ర పార్లమెంట్ కమిటీ చేతులు రోజుకు ప్రతి శాస్త్ర పాఠ్య అభ్యర్థులలో సుమారు రూ. లక్ష వ్యయంతో అక్షిప్తం సేవించుకుంటుంటుంది. క్లాస్ రూం, అక్షిప్త విజ్ఞానం దయాశాల సూచించబడింది ఉపరాష్ట్రలో చాలా ప్రతి ఉన్న గవర్నర్ దాక్షిణి వి. శంకర్ రెడ్డి అధ్యక్షతన గవర్నర్ మేరీ గవర్నర్ అధ్యక్షులు దాక్షిణి అక్షిప్తం దాక్షిణి వి. శంకర్ రెడ్డి వి. శంకర్ రెడ్డి అధ్యక్షతన ఉంది.

ఉచిత నేత్ర శిబిరం

[illegible]

kshl Pg-9 (03-07-2023)

સાહિત્ય

**Suppose:**

అక్కిబాన్ సెలిందర్  
ప్రార్థన వివరణ



అంబేద్కర్ మరణం 50 వార్షికోత్సవ సందర్భంగా అనేక అంబేద్కర్ చింతన గ్రంథాలను అంబేద్కర్ జ్ఞాపక కమిటీ వారు విడుదల చేశారు. అంబేద్కర్ చింతన గ్రంథాలను అంబేద్కర్ జ్ఞాపక కమిటీ వారు విడుదల చేశారు. అంబేద్కర్ చింతన గ్రంథాలను అంబేద్కర్ జ్ఞాపక కమిటీ వారు విడుదల చేశారు.



In a meaningful initiative aimed at enhancing community well-being, the Rotary Club of Jubilee Hills has made a significant donation to Niloufer Hospital. The contribution includes a range of critical amenities such as oxygen cylinders and autoclave machines, marking a substantial step toward improving the hospital's facilities and patient care.



## RCJH in Action



JP Morgan partners with RCJH \_ 3500 beneficiaries from different Government schools received stationary distributed between 8th and 11th August



### Pride and Hope

RCJH along with 8 other clubs, which included Rotarians, Rotaractors and NSS students, participated in a tri colour rally on 13th August 2023 to address the Independence Day spirit and the Rotary theme of Creating Hope in the World. The event was at Thrill City, Necklace Road, Secunderabad.



### RCJH family expands

The club added 10 new members to our family on 9th August 2023. Use only the one picture that shows all members with plaques..



## RCJH in Action

### Twin city Independence Day meet :

Dr. JayaPrakash Narayan addressed the Rotarians on 14th August. Members of RCJH attended in large numbers at G Pulla Reddy College Auditorium, Hyderabad.



### Fever 94.3 FM partners with RCJH

75 colourful umbrellas bearing the club logo were distributed to street vendors round the twin cities to help combat heat and rain.



## Wholesome Delights

Indulge guilt-free with nature's finest ingredients.  
A delightful treat to savor and share with loved ones.

### Sorakaya Appalu (Bottle Gourd Vada)

#### Ingredients

- Ingredients:
- Grated bottle gourd
- Rice flour
- Salt
- Red chili powder
- Sesame seeds
- Oil for deep frying
- Yogurt and chutney for serving



#### Instructions

1. Prepare the Batter: In a mixing bowl, add rice flour, grated bottle gourd, salt, red chili powder, and sesame seeds. Mix well until all ingredients are combined.
2. Shape the Appalu: Roll and shape the batter into circles.
3. Deep Fry: Heat oil in a deep pan. Once the oil is hot, carefully add the shaped batter and deep fry until golden brown on both sides.
4. Drain and Serve: Remove the fried appalu from the oil and drain on a paper towel. Serve with yogurt and chutney

Recipe contributed By  
Rtn Madhurima H,  
w/o Madhusudhan Rao H



#### Laughter Lounge

man is talking to God.  
The man: "God, how long is  
a million years?"  
God: "To me, it's about a minute."  
The man: "God, how much is  
a million dollars?"  
God: "To me it's a penny."  
The man: "God, may I have a penny?"  
God: "Wait a minute."

*Why are you looking at the  
monkeys outside when I am  
inside.*

*I have 2 daughters both are girls*



## Vitality Corner

### Health Tips for a Thriving You



Don't lie down immediately after taking meal.



Don't take your medicine with cold water.

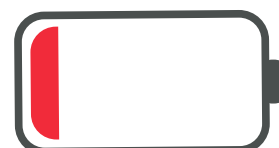


Best sleeping time is 10 pm to 4 pm



Drink more water in morning, less at night.

When phone's battery is low to last bar don't answer the call because the radiation is 1000 times stronger



## Rotary International News

Mário César Martins de Camargo of Brazil selected to be 2025-26 Rotary International President

News | 07-Aug-2023

Rotary members provide modular housing to Ukraine

Feature | 31-Aug-2023

Rotary projects around the globe September 2023

Feature | 30-Aug-2023

A Few Updates from Rotary International

## Know your Rotarian!

In this segment, we invite you to test your knowledge of our esteemed Rotarian community.  
Can you identify the faces behind these delightful childhood photos?

Send your answers to Rtn Sheela with a CC to our Club President



Can you identify this Rotarian  
from their early days?



Try to recognize this Rotarian  
from their youthful days!



Take a guess at which Rotarian  
this is from their younger years!



Who do you think this Rotarian is,  
looking at their younger self?

Answers will be shared in the upcoming issue of Jubleen

## Know your Rotarian!

### Answers To Last Issue's "Know your Rotarians!"



Rtn Motakatla Venkat Reddy



Rtn Jai kumar Gupta



Rtn Sumathi



Rtn. Hanumanth Reddy

## Seattle – The Queen of Pacific Northwest

Beyond the big cities in the limelight in the US, Seattle in Washington State is a major economic, cultural, and technological powerhouse of Northwest US. This is a travelogue of my impressions and experiences of the city, as I just returned from a 10-day trip.

Seattle – the US coffee capital with the famous “Starbucks” – aerospace giant Boeing, synonymous with tech biggies like Microsoft, Amazon, and Expedia, fashion chain Nordstrom, and hypermarket Costco. The city boasts several billionaires, with Mercer Island being one of the most expensive real estates in the US. PNW is a major trading and shipping hub – both bulk and containers – for Asian markets.

Seattle is the staging point for Alaskan cruises, a must-do trip for many. Vancouver, Canada, is a 4-hour drive away. Nestled between Puget Sound and Lake Washington – stunning views of Mt. Rainier – with rivers, beaches, mountains as a backdrop. Several outdoor options for hiking, trekking, skiing, sailing, fishing, and of course, dining out. Tech is in the air, with every other person employed by one of the big firms or in the startup space. As goes tech, so goes the ubiquitous presence of Tesla cars on the streets. You see lots of Indians on Redmond streets – Microsoft HQ suburb – and hear Telugu and other Indian languages.

Casual is significant in this tech city. “Woke” (Wokeism), is a major trend – I will let you check it out! It is a liberal city, with acceptance and assimilation of DEI (Diversity, Equity, and Inclusion) and LGBTQ lifestyle. Be ready to appreciate a lot of tattoos!

Homelessness is a stark contrast to the glitter of tech! Home affordability and traffic congestion are major woes. Depression and psychological problems are emergent issues. While RI could be doing service in developing nations, I see a strong need to undertake mental wellness and poverty alleviation for the homeless in Seattle and the US!

Rtn. Viswanath B Kasi



## Thank you Rotary

Everything remains unpredictable at any point of time. So was my day on 4th July, American Independence Day, my mother's birthday, and the day an unknown storm came my way. Did I weather the storm? Yes, I did. While my body was passing through the storm, the safety precautions came in the form of my family, my friends, and my Rotary family. There is a lot to say about the whole episode; I will reserve it for another day.

Without family and Rotary, I would have been another living thing, miserable in its own way. Today, when I think of who I can attribute my well-being to, it is a list of names running into pages. All you Rotarians are my punya phalas, my Dr. Vasant is the angel sent by my creator, my family is the ring of positivity I wear all the time. My friends are my oxygen supply to keep looking for better days.

I thank all of you with my heart for being there always when I looked around to hold a hand.

I'm extremely grateful for my physiotherapist Dr. Rajnikanth from Apollo and Mr. Shiva for devoting their time to make me normal again.

Yes, there is a lot to talk about the whole episode. Let it wait for another day.



**Rtn Viji Gopu.**



## Announcements for September

**05 Sep 23**

RCJH Meeting – Teachers Day Celebrations on Zoom Platform

**08 Sep 23**

Installation of Interact Club of Meridian School for Boys and Girls,  
Banjara Hills – 10:30 AM onwards

**08 Sep 23**

Twin Cities Joint Teachers Day Celebrations & Felicitation of  
Teachers at G Pulla Reddy School Auditorium, Mehidipatnam –  
5PM onwards

**12 Sep 23**

RCJH Meeting – Teachers Day Celebrations & Felicitation of Teachers

**14 Sep 23**

RCJH Service Project – Blood Donation Camp at Rtn Maruthi's  
Computer Institute, in association with Thalassemia and Sickle  
Cell Society of Hyderabad

**14 Sep 23**

The Rotary Foundation Program – Banquet Dinner with TRF Chair  
Rtn Barry Rassin at Hyderabad

**19 Sep 23**

RCJH Meeting – Know Your Rotarian

**26 Sep 23**

RCJH Meeting – Free Wheel Discussion  
(Members share ideas and thoughts about  
their Community needs & Project Ideas)

**24 Sep 23**

Cancer Screening at Cherlapally, in association with MNJ

**28 Sep 23**

RCJH Fellowship Event – Members of our club are travelling to  
Sri Lanka for 5 days

**Rotary**  
Jubilee Hills



**CREATE HOPE  
in the WORLD**



# **INDEPENDENCE DAY INDIA**

**Illuminating our hearts with the  
Colors of our Nation**

**\*For Private Circulation Only**