

Jubileean

From RCJH

The Ultimate Know your
Rotation Quiz

**"Bharat" Cracking
the Growth Code**

India's G20 Summit defies norms,
signaling its rise on the world stage. Full story inside!



Mental Health Month

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Editorial Team

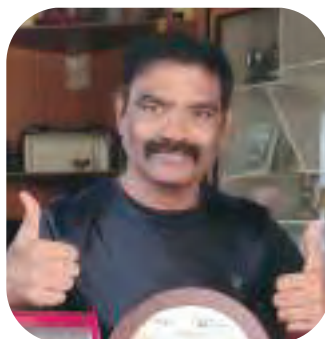
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From the Editor's Desk

Dear Jubileans!

September is a special month for me personally and has also been filled with action at RCJH. It's the month that reminds me to rededicate myself to my vocation. It brings with it my ishta devata, Lord Ganesha. Together, these bring back memories of milestones in my chosen vocation as an educator, which took its own fulfilling path through the years with the blessings of the Overcomer of Obstacles. I am sure all of you would have spent happy times with family and friends on this important festival of Ganesh Chaturthi.



Who is an Educator? Is it only the one who teaches in class? Life has shown us several times that we learn from everyone who enters our lives irrespective of age or position. Some of the best life lessons are many times learned from outside of class – which makes our very environment and everything in it, our Educator. If we can become lifelong learners, then every person or creature or experience is a teacher!

Our club participated in some outstanding project activities that speak volumes of the harmony, dedication and generosity of our Rotarians! Rtn PP Jhansi Premanand became the first member of our club to enter the Arch Klumph Society through her contribution of \$250,000 to the Rotary Foundation! Rtn Dr MBV Prasad started an endowment fund and Rtn PP Raamprasad became Major Donor 3 level. Their contributions are inspiring and humbling.

The month also saw the ushering in of awareness programs on mental health through World Alzheimer's Day. As a society, we have yet to build deeper awareness and empathy of the need to focus on Mental health as much as we do on our bodies. After all, the mind and the body share a deep and inextricable connection. But yet, we shy away from sharing mental health issues as easily as we do with physical ailments. Why? Hence those who have mental health issues suffer in isolation, when all they need is perhaps a professional and some kindness to bounce back to normal. We are quite comfortable saying "I have a viral fever, or I have a stone in my kidney or a block in my heart" but do not come forth to say "I am feeling anxious, nervous, sad, or am just not feeling Ok in my thoughts feelings and behavior." Why do we hesitate to be open and seek help? Who or What is responsible for this alienation? Food for thought for us as Rotarians. In this issue, we explore some aspects on mental health from childhood through adulthood and what contributes to a long and healthy life.

As Rotarians we are blessed to be contributors to the growth and well-being of our country. As India aka Bharat stood tall in the international arena through the enormously successful G20 Summit, let us stop to understand what that means.

The issue also brings all our regular features that make RCJH a shining star of our district and the Rotary World. I wish you all happy reading!

Warmly,

Rtn Sheela Ramakrishnan
Editorial Team



CLUB PRESIDENT'S MESSAGE

Dear Fellow Rotarians,

Greetings!

The month of September brought to the fore resilience and agility in us – the RCJH family.. it provided enough opportunities for us to display the never-say-die attitude of both the leadership and the members.

We had planned an elaborate Teacher's Day celebration when the weather Gods decided to play truant. There were calls to postpone the event, but we deftly at the last minute changed the format and had a wonderful virtual meet with a very large attendance right till the very end! It was testimony to hard work and determination.

September was also a month of challenges for me – both professional and personal. I was for the first time unable to attend some meetings. But as they say, true leadership is when those in your team rise magnificently to the occasion! I am indeed thankful to every one of my board members and RCJH family who rallied and took charge of the events in my absence.

The rest of the month witnessed innumerable service projects that you will read about as you go through these pages. Each one showed the resilience of the members as well as building the strength of those who benefited from these projects. Blood donation, cancer screening, donation of artificial limbs were some of them.

Spreading Peace is one of the surest ways to gain inner strength and for me, the Peace Walk was of immense satisfaction. It allowed me to meet the general public hands-on as we distributed pamphlets to passers-by on key roads. It was an unforgettable experience where we connected at a human level, propagating peaceful co-existence.

Rotary fellowship is the wind beneath the wings of members of RCJH. This time a large contingent of Rotarians flew across to our neighbour Sri Lanka for a rejuvenating fun time there. The pics and thoughts are shared to show it all! As the President of RCJH, it was a sense of accomplishment, when we managed to coordinate a memorable last-minute exchange of flags between RCJH and Rotary Club of Kandy which resulted in the beginning of a new friendship across the ocean! It reaffirmed my faith in taking dedicated actions with the right intentions.

I extend my gratitude to our Assistant Governor for initiating, leading, and guiding the Rotaract installation ceremonies. I take this opportunity to thank my army – the Vice President, the Secretary, the President-Elect, all our Club directors, Board advisors, and other Rotarians who took charge wherever I could not attend physically. You made it all possible!

In the end, we only regret the chances we did not take
– Billie Armstrong

I am so glad we took the chance each time!

Dr. Jyothi Reddy Ghanta

Rtn Jyothi Reddy Ghanta
President RCJH -2023-24.



Incredible Indian G20 or G21?!

September was a momentous time for India, that will soon be "Bharat."

G20 India's Exceptionalism

Usually, G20 and other multilateral summits are dull affairs! But G20 India was exceptional in its meticulous preparation of extensive agenda and superlative execution. It sent a strong signal to the world of India arriving on global geopolitical stage!

Global Influence

Considering the breadth and depth of world political and economic leaders assembled – 85% of Global GDP, 75% of World Trade and 67% of Global mankind – and agreed on a declaration without dissonance! It is clear Bharat is all set for a multi-decade, multi-generational rise to its rightful place as an ancient civilizational leader!!

Major Developments with Immense Implications:

India–Middle East–Europe Rail/Sea Link

Potential game changer in World Energy mix, Mobility, Renewable Fuels, Technology, Digitization, Communication, Climate Change, Market Access, Middle East peace, Prosperity all around.

African Union Becoming a Member of G20

Huge opportunity for world industry, goods and services to access African markets. Imagine a market comprising of 55 countries, a \$3 trillion economy, 1.30 billion population! Massive natural resources...

India, Fastest Growing Economy

Aggressively pushing for renewables through "Global Biofuels Alliance."

India Championed and Promoted Millets

At a state banquet – to demonstrate their versatility in semi-arid regions of world, nutrition, and health benefits to consumers.

India Highlighted Its Initiatives in Fintech and Digitization

UPI/Rupay/Aadhar/Direct Benefit Transfer (DBT)/Jan Dhan Yojana/MNREGA – highly effective and apt for adaptation in both developed and developing world.

G20 Buying into the Concept of "Vasudhaiva Kutumbakam"

"One World, One Family, One Future" of interdependence and co-existence.

India as a Fulcrum, Bridge and Catalyst

For business, investment, low cost lifecycle solutions, trade and development, conflict resolution and human dignity and understanding between Developed and Developing World (Global South)!

All Valid Arguments for RI, USA to Position India as Its "Working HQ"

With Bharat's ground level access to and goodwill in Asia, Africa, and South America – to undertake aid and service projects from a Global South leader sensitivity and tools, as also reduce overheads.



In 1968, the first Rotary Club banner to orbit the moon was carried by astronaut Frank Borman, a member of the Houston Space Center Rotary Club.

What's common between John F Kennedy, Walt Disney, Neil Armstrong, Franklin D Roosevelt, Gerald Ford?
– They were all Rotarians!

**DID YOU
KNOW?**

In 1914 San Francisco Rotarians boarded a special train to attend the Rotary convention being held in Houston. In those days few wives attended Rotary events, and until the train stopped in Los Angeles, the only woman aboard was the wife of Rotarian Bru Brunnier, whose name was Ann. As more delegates boarded the train, Mrs. Ann Brunnier was introduced as the Rotarian's Ann. This title soon became "Rotary Ann" and was used to refer to the wives of Rotarians.

However, nowadays, the more gender-neutral term, spouse or partner is used instead.

Laughter The Best Medicine!

Perfect Canvas

During an exhibition of his paintings, an artist was explaining his work.

"This," this, he said pointing to the canvas "is a cow grazing"
"Where is the grass?" asked a visitor,
"The cow has eaten it."
"Well then, where is the cow?"
"How do you expect the cow to stay?" the artist replied "after she has eaten all the grass?"

Santa went to Kashmir on official work and called his home.
Santa : Who is speaking?
the other end : Bhola Sir.
Santa : Where is Madam?
Bhola : She is sleeping with her husband in the bedroom.
Santa : What? I am her husband. I came to Kashmir today.
Bhola : What can I do now sir?
Santa : Open the cupboard, pick the gun, shoot both of them, come back and tell me, till then I am holding the line.

After some time ... there comes 2 shooting sounds ... after that ...
Bhola : Yes, I did Sir. But what can I do next Sir?
Santa : Open the back door, throw both of them into the swimming pool
Bhola: There is no swimming pool in our house Sir
Santa: What...? No swimming pool?
Bhola: Yes Sir
Santa: Ohhhh Sorry, wrong number !!!!!!!

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 August's Issues of "Know your Rotarians!"



Rtn Venkateshwara Rao Kothapalli



Rtn Madhusudhan Rao
Harapanahalli



Rtn. S. Sita Ram Babu



Rtn Sharda Rao

Online – Savdhan!

**You have \$1,500,000 in your bank.
You have won a lottery ticket!!!!!!**

Familiar with the above emails? Though most of us recognize these as scams, some still fall prey to them.

The Rising Cyber Threat

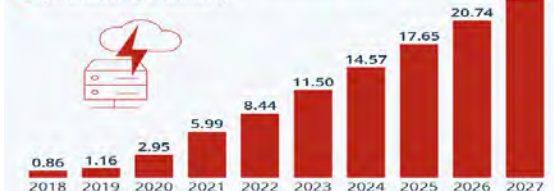
Cybercrime, cyber terrorism, or digital crime is on the rise, posing threats to nations, organizations, and individuals alike. These crimes range from phishing schemes and social engineering tactics to ransomware assaults and data breaches. Cybercriminals are continuously refining their techniques to infiltrate networks, steal sensitive data, and inflict widespread damage. The increasing dependency on digital technology makes it easier for these criminals to conduct large-scale attacks, resulting in staggering financial losses and compromised vital information.

The Need for Global Cooperation

The fast-growing interconnectivity of our world requires new enforcements and strong cooperation among governments, law enforcement agencies, and businesses on a global scale.

Cybercrime Expected To Skyrocket in the Coming Years

Estimated cost of cybercrime worldwide (in trillion U.S. dollars)



As of November 2022. Data shown is using current exchange rates.

Sources: Statista Technology Market Outlook, National Cyber Security Organizations, FBI, IMF

statista 



Reality Meets Fiction: 'Jamtara'

The Netflix series "Jamtara" serves as a compelling blend of fiction and reality, shedding light on the growing prevalence of cybercrimes. Its subtitle, 'Sab Ka Number Ayega,' underscores the persistent threat posed by fraudsters.

"Jamtara: Sabka Number Ayega" is an Indian crime drama series on Netflix that delves into the dark world of phishing operations in the small town of Jamtara, Jharkhand. The series follows a group of young scammers who trick people into revealing their bank details over the phone.

Alarming Statistics

A recent report by consultant PwC reveals that "platform fraud" accounts for approximately 57% of all fraud incidents in India. Shockingly, over 26% of Indian organizations have incurred losses exceeding USD 1 million due to such fraud.

Online – Savdhan!

Preventing Cyber Crimes

To combat cybercrime, individuals and organizations can implement the following measures:

- Keep systems updated.
- Ensure secure internet connections.
- Establish strong passwords.
- Exercise caution with pop-ups and spam emails.
- Do not pick up calls from unknown numbers on mobile. If done, then disconnect immediately if suspicious.
- Manage social media account settings.
- Consider obtaining cyber insurance.
- Avoid saving passwords in browsers.
- Do not click on links from unknown numbers or email addresses.
- Maintain strong security measures on your mobile.
- Never use public wifi networks to transfer any sensitive data or information

Reporting Online Scams in India

Victims of online scams in India can report incidents through the National Cyber Crime Reporting Portal or directly at their local police station. Prompt reporting is crucial for tracking transactions and apprehending cybercriminals.

Conclusion

As the threat of cybercrime continues to evolve, vigilance, awareness, and proactive measures are imperative. By staying informed and implementing robust cybersecurity practices, individuals and organizations can mitigate the risks associated with the digital landscape. Collaborative efforts between governments, law enforcement, and businesses are crucial in safeguarding the digital realm for future generations.

Rtn Madhusudhan Rao



VOCABULARY & INTELLIGENCE

This write-up, while it would be of interest to adults, is meant more for our Interactors and Rotaractors.

Vocabulary is a collection of words. For our purpose, it is the stock of all the words you know. There are two kinds of vocabulary: **Recognition Vocabulary** and **Functional Vocabulary**.

Recognition Vocabulary is the set of words you recognise and understand when you see or hear them. But these words are not owned by you and you cannot recall and use them at will. They are not swiftly accessible for verbal communication; we may have to fumble, pause or insert superfluous time-gaining words like: um, so, like, you know etc. Their supply from the brain is slower than what the tongue can use. On the other hand, words in your Functional Vocabulary are those that are readily accessible when needed and flow naturally, without a pause. **Recognition Words we have are far more numerous than the Functional Words, by a multiple.**

What does a word signify? Let me give a simplistic example: "Cat" is not just a 3-letter word. It means a lot more: it brings to mind a relatively small but swift 4-legged furry animal which has whiskers, hunts rats and birds (mostly at night) and can be a pet to humans. Thus, the word cat, like any other word, is really a **"packet of information"**. When we hear the expression "Cat is a predator", if we do not know what the words "cat" and "predator" (an animal which hunts other animals) mean but have to refer to a dictionary, then that would sharply slow down understanding and acquisition of knowledge. Moreover, we also lose track of what is being said thereafter.

What is Intelligence? The general definition of intelligence is that it is the ability to understand, learn and think. For us, this is an inadequate definition. If your IQ is 135, you may understand something either instantly or in a second or two. However, if my IQ is only 100 I may still understand that same thing but after it is explained repeatedly, or read over several times. Thus, both of us understand that same thing but at significantly different speeds. A more relevant practical definition for us would be: **Intelligence is one's "Speed of understanding and learning"**. For the purpose of this article, we are not dealing with multiple types of intelligence but are restricting ourselves to **Rational Intelligence**.

Given adequate effort, a less intelligent person can also learn well. But, a more intelligent person can learn a lot more in the same time and thus, over years, can accumulate a lot more knowledge. Perhaps, a meaningful practical formula, particularly relevant to students, is:

The amount of learning or knowledge = Intelligence X Quantity of Effort X Quality of Effort (Concentration)
If any of the above 3 elements is zero, then the amount of learning would be zero.

Studies have shown that a "Genius" is not necessarily one who has an IQ of 160. Even a person with an average intelligence can become a genius in a particular field (be it a sport or IT) by **putting in an effort of (the magic number) 10,000 hours**.

So, what is the relevance of vocabulary for intelligence and acquisition of knowledge? As brought out earlier, **the larger the vocabulary one has, the faster one learns**. The amount of learning/knowledge one can acquire in a given time depends significantly on one's total vocabulary, both Recognition & Functional. One's effective and confident **verbal communication for any interaction or interactive learning** requires a command on words; i.e. having a large **Functional Vocabulary**.

Thought Process: Thinking cannot happen in a vacuum. It requires a medium. That medium is language. Language is vocabulary + grammar. Through thinking is how we understand and learn. Understanding and learning is intelligence. **A rich vocabulary enriches thinking and hence also intelligence.**

1. **Enhance your vocabulary**, through reading and listening
2. Challenge yourself to **learn at least 3 new meaningful words each day**
3. **Repeat several times** the word you just learnt, either vocally (preferably aloud) or sub-vocally (silently), so as to own those words and make them your slaves ("Kanthastham Cheyatam", like we did as children). I still remember a few Telugu poems I learnt in school over 65 years ago.
4. When learning a new word, **make sure you also learn and practice aloud its exact pronunciation** so that you can use it with confidence. Nowadays, there are **audio-dictionaries** that can be downloaded onto your mobile for free. These dictionaries give both the British and the American pronunciations.



Rtn Kumar Tipirneni

October Birthdays and Anniversaries

Birthdays

Name	Birthday
MALLIKARJUN SAJJAN	03rd Oct
SREEKAR REDDY BOMMANA	04th Oct
S V RAMADEVI SAGIRAJU	05th Oct
VANDANA MURARKA	05th Oct
NARASIMHAM P.	08th Oct
SUNIL KUMAR CHILUKURI	08th Oct
YUGANDHAR REDDY T.	10th Oct
RATAN JALAN	11th Oct
RAMESH BABU VELUGURI	12th Oct
GODSON GERA	17th Oct
SURENDRA KUMAR SIVAPURAM	18th Oct
VIJAYAKUMAR MADHIRA	18th Oct
JANAKI DEVI CHAMARTY	23rd Oct
KASI VISWANATH B	25th Oct
VIJAYALAKSHMI TUMMALA	28th Oct
Dr. AMARESH RAO M	29th Oct
CHAKRAVARTHI REDDY PUNURU	31st Oct

Anniversaries

ANAM HANUMAN, ABHISHEK REDDY	LAKSHMI SANDHYA	22nd
S V RAMADEVI SAGIRAJU	SURYANARAYANA RAJU	26th Oct
GOPALKRISHNA S.	VIJAYALAKSHMI	30th Oct
PENCHALA REDDY DANDOLU	LEELAVATHAMMA	12th Oct
PERAIAH KANDAKATLA		08th Oct

RCJH in Action



The Rotary Club of Jubilee Hills (RCJH) took an eco-conscious step by freely distributing "Eco-Friendly Clay Ganesha Idols" in Attapur, Hyderabad. The initiative was warmly received by the local community.

Special recognition goes to Rtn Sohail for sponsoring the idols, and heartfelt thanks to Rtn Balakoti Reddy, Rtn Laxmi Visireddy, Rtn Vijaya Laxmi, Rtn Sohail, Rtn Rizwan, Rtn Satish Reddy, Rtn Dr Balakotaiah, and Rtn Neeraj Agrawal for their contributions to the event's success.



On 8th September, the Interact Club of Meridien held its Installation Ceremony, marking the start of a new year of community service and leadership activities. We look forward to a year of impactful contributions.



Teacher's Day Celebrations at GPR Auditorium

On 8th September, RCJH held a special event at GPR auditorium to celebrate Teacher's Day, honoring the dedication and impact of educators.

RCJH in Action

Teacher's Day Festivities by Rotary Club of Jubilee Hills

On 12th September, the Rotary Club of Jubilee Hills celebrated Teacher's Day, paying tribute to educators for their invaluable contributions.



సాక్షి

తలసేమియా బాధిత

చిన్నారుల కోసం రక్తదానం

చైతన్యపురి: తలసేమియా, సికిల్ సెల్ ఆనీమియాతో బాధపడుతున్న చిన్నారుల కోసం రక్తదాన శిబిరం ఏర్పాటు చేయటం సంతోషదాయకమని రోటరీ క్లబ్ డిస్ట్రిక్ ఆసిస్టెంట్ గవర్నర్ సురేష్ గుప్తా అన్నారు. తలసేమియా, సికిల్ సెల్ సాహితీ అధ్యయనంలో రోటరీ క్లబ్ ఆఫ్ జూబిలీహిల్స్, మారుతి టెక్నాలజీస్, ఎస్పీ ఇన్ఫోటెక్ సంయుక్త అధ్యయనంలో చిల్డ్రన్స్ గర్ల్స్ రక్తదాన శిబిరం ఏర్పాటు చేశారు. ఈ శిబిరంలో సురేష్ గుప్తా పాల్గొని మాట్లాడారు. రక్తదానం చేసిన 50 మంది యువకులను ఆయన ఆభివంధించారు. మారుతి టెక్నాలజీస్ డైరెక్టర్ కె.మారుతి, ఎస్పీ ఇన్ఫోటెక్ డైరెక్టర్ కమలాకర్ రాజు, రోటరీ సర్వీస్ సెన్ డైరెక్టర్ విజయలక్ష్మి పాల్గొన్నారు.

15/09/2023 | Hyderabad(LB Nagar) |
Page : 13
Source : <https://epaper.sakshi.com/>



Blood Donation Camp for Thalassemia Children

On 14th September, RCJH organised a blood donation camp association with SV Infotech and Maruthi Technologies to aid children with Thalassemia. The event drew a significant turnout, reflecting the community's commitment to this vital cause.



The Rotary Club of Jubilee Hills (RCJH) was well-represented at the recent Banquet Dinner hosted by RI District 3150 in Hyderabad. The event was graced by Rtn Barry Rassin, The Rotary Foundation Trustee Chair for 2023-24 and RI President for 2018-19. Rassin commended the district's significant contributions to The Rotary Foundation.

Our club made a strong presence with 25 members in attendance, the highest from any club, earning praise from District Governor Rtn Dr. Busireddy Sankar Reddy.

In a special highlight, philanthropist and major donor Rtn Jhansi was inducted into the Arch Klumph Society.



RCJH in Action



The Rotary Club of Jubilee Hills donated 21 artificial legs to those in need, with Rotarians dedicating 10 hours to assist beneficiaries. Special thanks go to Rtn Kumara Swamy for donating steel plates for the Jain community's lunch. Kudos to Service Project Director Laxmi Visireddy and team for their dedicated efforts.



The Rotary Club of Jubilee Hills (RCJH) sponsored the Interact Club of The Shri Ram Universal School in the Ozone Run at Gachibowli Stadium. Organized by Save Water and Nature (SWAN), the event featured 2K, 5K, and 10K runs, drawing 76 participants committed to environmental protection.

Special commendation goes to Rtn Madhavi for leading the initiative, and to Rtn Sheethal Doni and Rtn Chenna Reddy for their active involvement. The President of RCJH with the Climate Action Ambassador Award, presented by SP R. Srinivas and SWAN Founder Meghna Masunuri.



RCJH in Action

The Rotary Club of Jubilee Hills proudly sponsored the Installation Ceremony for the Interact Club of Prerana Waldorf School. This significant event marks the beginning of a new chapter for young leaders, as they embark on a journey of community service and personal development.



The Rotary Club of Jubilee Hills and Interactors from The Shri Ram Universal School marked the International Day of Peace with a series of events. Guest of Honour Rtn Jhansi Premanand and Special Guest Rtn Suresh Gupta led the ceremonies, which included a Peace Pole installation and Peace Pledge. DGN Rtn Ram Prasad initiated a candle-lighting ceremony, symbolizing peace, followed by a Peace Walk at Gachibowli.



RCJH in Action



We were delighted to host the Installation Ceremony of the Rotaract Club at Shri Shakti College of Hotel Management (SSCHM) on 15th September. The ceremony featured the installation of new President, Rtn Abhishek, along with the board of directors. This momentous occasion took place in the esteemed presence of Rtn Dr. B Shankar Reddy, District Governor, RID 3150, with Guest of Honor Rtn. Dr. Jyothi Reddy, President RCJH. The Installation Officer for the ceremony was Rtn Vineela, District Rotaract Rep-Elect, and the Executive Director was Rtn Satya Pinjala. The Rotary Club of SSCHM oversaw the proceedings, marking a new chapter in the Rotaract Club's journey at SSCHM. We were thrilled by the turnout and look forward to an exciting year ahead.



The Rotary Club of Jubilee Hills organized a Free Health and Cancer Screening Camp, benefiting 200 individuals. In collaboration with MNJ Cancer Hospital and Oak Hospitals, and supported by the Sakina Foundation, the camp offered a range of tests including ECG, Orthopaedic, BP, and Sugar checks.

RCJH in Media

HANS INDIA
Free mega health & cancer screening camp held in city



HANS NEWS SERVICE HYDERABAD

THE 93rd Free Mega Health and Cancer Screening Camp organised by the Rotary Club of Jubilee Hills and Sakina Foundation in association with MNI and Oak hospitals, draws over 200 people on Sunday at Suryanagar Colony playground in Shaikpet. They offered comprehensive healthcare services, cancer screening, mammography, cervical screenings, ECG, orthopedic, gynecology, pediatrician, blood tests, and consultation was conducted promoting early detection and improved survival rates.

According to the organizers, the aim of the camp was to fulfill the people's right to health. More than 200 individuals from the local community and marginalized communities participated in the camp.

The programme was graced by Film Nagar Inspector, MGS Ramakrishna, Golconda Inspector Nune Venkateshwarlu, Rtn AG Suresh, Rtn DGS Ramprasad, Asif Hussain Sohail chairman Sakina Foundation, Rtn Sridevi, Rtn Rizwan, Rtn Bala Kotayya, Rtn Hanuman Reddy and many Rotarians and volunteers of Sakina Foundation. Asif Hussain Sohail, Chairman, Sakina Foundation expressed gratitude for conducting free health camps for healthcare professionals, and volunteers, for their support.

THE MINOR DAILY HYDERABAD
میگہ ہیلتھ سکریننگ کیمپ اور سکریننگ فائونڈیشن کی مساعی



حیدرآباد 24 ستمبر (پریس نوٹ) روٹری کلب، جمہوری بزر اور سکریننگ فائونڈیشن نے انکم این بے اور لوک ہاسپٹل کے اشتراک سے ایک مفت میگہ ہیلتھ اور سکریننگ کیمپ 24 اکتوبر کو سورج نگر کالونی کے ایک کھیل میدان میں منعقد کیا۔ اس موقع پر سینکڑوں افراد نے مختلف طبی خدمات حاصل کیں۔

اس موقع پر روٹری کلب کے سربراہان اور سکریننگ فائونڈیشن کے افسران نے شرکت کی۔ ان کے علاوہ دیگر مقامی اور ریاستی سطح پر کام کرنے والے طبی پیشہ ورانہ عملے نے بھی شرکت کی۔

సాక్షి
ఉచిత మెగా వైద్య శిబిరం



గోల్కొండ: రోటరీ క్లబ్ రాండ్ సేవా సంస్థలు ఉచిత వైద్య శిబిరాలు నిర్వహించడం ఇతరులకు అవకాశం కల్పించిన సకీనా ఫౌండేషన్ వైద్య అసోసియేషన్ సోషల్ సేవా కేంద్రం సోమవారం రోటరీ క్లబ్ ఆఫ్ జూబిలీ హిల్స్ వారు ఏర్పాటు చేసిన సూర్యనగర్ కాలనీలో శ్రీ హెల్త్ అండ్ కేర్ స్ట్రీనింగ్ క్యాంప్ నిర్వహించారు. ఈ క్యాంప్ ను ఆయన ప్రారంభించి మాట్లాడారు. ఎంతో మంది పేద, మధ్య తరగతి వారికి వైద్యం ఇంకా అందని వైద్యశాలను ఉంచిన ఆయన అన్నారు. కేన్సర్ నేడు రాష్ట్రంలో మరణాల మూలం, వ్యాధి ముడి వలన ఈ విషయంపై ఎవరికీ తెలియకుండా పోతుందని ఆయన అన్నారు. ఈ సందర్భంగా సుమారు 380 మందికి వైద్య పరీక్షలు నిర్వహించారు. రోటరీ క్లబ్ సభ్యులు రోటరీ యన్ ఏజ్ సర్వీస్, రోటరీ యన్ డివీఎస్ రాంప్ సాఫ్ట్ గోల్కొండ, పిల్లల నగర్ ఇన్ సెక్షన్ రామ్ కృష్ణ, వెంకటేశ్వర్లు పాల్గొన్నారు.

Hyderabad: Mega health & cancer screening camp held in city



HIGHLIGHTS:

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Hyderabad: The 93rd Free Mega Health and Cancer Screening Camp organized by the Rotary Club of Jubilee Hills and Sakina Foundation in association with MNI and Oak hospitals, draws over 200 people on Sunday at Suryanagar Colony playground in Shaikpet. They offered comprehensive healthcare services, cancer screening, mammography, cervical screenings, ECG, orthopedic, gynecology, pediatrician, blood tests, and consultation was conducted promoting early detection and improved survival rates.

Community Health and Cancer Screening Camp at Sakina Foundation in Shaikpet



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ఈనాడు

ఉచిత వైద్య శిబిరానికి స్పందన

పేకపేట: డోలిచాకి సూర్యనగర్ కాలనీలో ఆదివారం నిర్వహించిన ఉచిత వైద్య శిబిరానికి మంచి స్పందన లభించింది. కాలనీలోపాటు పరిసర ప్రాంతాలకు చెందిన ప్రజలు వైద్య సేవలు పొందారు. సకీనా ఫౌండేషన్, జూబిలీ హిల్స్ రోటరీ క్లబ్ ఆధ్వర్యంలో ఎంఎన్ఐ క్యాన్సర్ ఆసుపత్రి, ఓకీ ఆసుపత్రి సహకారంతో శిబిరాన్ని నిర్వహించారు. ఇందులో కీళ్ల నొప్పులు, జునలర్ మెడిసిన్, దంత వైద్యం తదితర విభాగాల వైద్యులు సేవలందించి మందులు ఉచితంగా పంపిణీ చేశారు. క్యాన్సర్ స్క్రీనింగ్ పరీక్షలు చేపట్టారు. సకీనా ఫౌండేషన్ ప్రజ్ఞ అసోసియేషన్ సోషల్ కేంద్రం వారు పర్యవేక్షించారు.

తెలంగాణ Today

School Interact Club's office-bearers take oath



Shreehan is a constructive person who is always ready to help others in their need. The members of the Interact Club, the students pledged after Swastika Group of Schools that they would continue to carry out their responsibilities and to help the needy and the poor in the community. The students expressed their heartfelt gratitude towards Madhuri Chandra. They also appreciated and thanked the school leaders and teachers for all their support. The ceremony concluded with the rendition of the national anthem.

Wholesome Delights

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

Left Over Rice Power House!

Ingredients

- ½ tsp turmeric
- ½ tsp salt
- 1 tablespoon lemon juice
- 2 teaspoons olive oil
- 2 cucumbers, cubed
- ½ red bell pepper, diced
- ½ green bell pepper, diced
- 3 black pitted olives, diced
- 2 teaspoons nuts of your choice
- 1 tablespoon fresh coriander chopped
- 1 cup cooked brown rice (left over and refrigerated – this makes the starch resistant thereby improving gut health)



Instructions

1. In a small bowl, whisk together turmeric, salt, lemon juice, and olive oil.
2. In a large bowl, mix dressing with all other ingredients except for rice.
3. Add rice and toss to combine well.
4. If using freshly cooked rice, chill it in the refrigerator for 1-2 hours before serving.

The Plantpower Way Potato Salad

Ingredients

- 5 big potatoes
- 1 cup vegetarian mayonnaise
- 1/4 cup Dijon mustard sauce (available in grocery stores)
- 2 tablespoons olive oil
- 1 cup seedless black olives
- 2 teaspoons sea salt
- 1/4 cup fresh chopped coriander leaves



Instructions

1. Wash the potatoes well, scrubbing the skins to remove any soil.
2. In a large pot of water, boil the potatoes on high heat until soft but not mushy.
3. Drain water from the potatoes.
4. In a large serving bowl, whisk together the mayo, mustard and olive oil
5. Add the warm potatoes. Using a knife, cut the potatoes crosswise and lengthwise into roughly 1/2 pieces.
6. Using a large spoon, start turning the potatoes into the dressing at the bottom of the bowl. Continue until everything is well mixed.
7. Add the sea salt and mix again. Now add the olives and the fresh coriander. Turn over again until well combined. Adjust salt to taste.
8. Decorate with freshly chopped coriander and serve.

Bonding through travel !

RCJH's Successful Fellowship and Collaboration
with Rotary Club of Kandy



శ్రీలంక ట్రిప్

మొదటి రోజు

ఉదయం 10.30 కి స్టార్ట్ యి శ్రీలంక కాండి చేరే సరికి 12.30 అయింది. మా కోసం కేటాయించిన బస్ లో ప్రయాణించి గంటన్నర తర్వాత లంచ్ కోసం అగ్రి తిరిగి ఓ గంట తర్వాత బయలు దేరి మరో రెండు గంటల ప్రయాణం కోసం కదిలాం. అంతా క్షరి ప్రాంతం తో.. అందరూ చాలా ఉత్సాహంగా పాల్గొని పాత పాత పాటలు తప్పి తీసి అల్లరి అల్లరిగా టైం పాస్ చేస్తూ దారిలో టూతెలక్ టెంపుల్ చూసాం. దాదాపు గంట సేపు పట్టింది. ఎటు చూసినా బుద్ధ విగ్రహ లే .. ప్రశాంతతకు చిహ్నంలే. ఆ తర్వాత 2 గంటలు ప్రయాణించి మొట్టల చేరాం. ఎవరికి కేటాయించిన రూంకి వాళ్ళం చేరి అరగంట లో కిందికి దిగి డిన్నర్ చేసి రూంకి చేరి వైఫై కనెక్ట్ అయి ఇంటికి ఫోన్ చేసాం. ఇది మొదటి రోజు ఇలా గడిచింది.

2 వ రోజు

ట్రేక్ ఫాస్ట్ చేసి 8Pm కి బయలు దేరి సోమేశ్వర స్వామి టెంపుల్ వెళ్ళాం. బైట చాలా మంది రుత్తిక్కులు హోమం చేస్తున్నారు. చాలా బాగుంది. బైట కొన్ని ఫోటోలు దిగాం

అటు నుండి మురుగన్ టెంపుల్ వెళ్ళాం. మా ముందు రెడ్ కార్టెట్ వేస్తున్నారు ఎందుకో అనుకున్నాం . ముఖ్య పూజారి దేవుడి విగ్రహంతో మేళ తాళాలతో గంభీరంగా నడిచివస్తున్నారు వెనుక కొందరు అనుసరిస్తుండగా . ఆహా ఎంతటి సుదీనం . అన్నీ మా చేతుల మీదుగా జరిగినట్లు అనిపించింది. గోత్ర నామాలు చదివారు. కానీ మూల విరాటుని చూపించ లేదు. పరదా వేసి వుంది. సంవత్సరంలో ఒక సారే చూపిస్తారట . అది కాస్త అసంతృప్తి అనిపించింది. తరా త జెమ్ సోర్ కెళాం గంటనర పాటు ఆడలేడిన్ అంతా ఏదో తమకు తోచిన

నచ్చిన వాటిని కొని ,కొందరు విండో షాపింగ్ చేస్తూ ఆనందించి అక్కడి నుండి వుడెన్ కార్పింగ్ పాయింట్ కి వెళ్ళాము . అదొక అద్భుత లోకం. ఎన్ని రకాల బొమ్మలో. ఏనుగులు దేవతా విగ్రహాలు. గృహాలంకార వస్తువులు. బుల్లి బుల్లి రోళ్ళు గరిటలు - కొబ్బరి చిప్పలతో చేసిన వంట సామాన్లు - పూసల వస్తువులు. ఇలా చెప్పాలంటే నైలు నదంత పొడవు వుంది చిట్టా. అందులో ఓ పక్కన సిల్క్ ఎంపొరియం వుండగా అటూ ఓ లుక్కేసి వచ్చాం. కొంత దూరం ప్రయాణించి లంచ్ చేసి ఆ హోటల్లో పూసల గొలుసులు కొన్నారు అందరూ ఒక రొకరుగా. కొందరు పక్కన వున్న రెడ్ మేడ్స్ షాపులో ఏవో కొన్నారు . తిరిగి ప్రయాణం కొనసాగించి మేము శ్రీ లంకన్ ట్రిడిషనల్ డాన్స్ హాల్ దగ్గర దిగాము. జెంటిల్మెన్ కొందరు హాటల్ కెళ్ళి వాళ్ళ తరహాలో గడిపారు . షో కి ఇంకా సమయం ఉండటం తో పక్కన చిన్న షాపింగ్ తో సబ్సినియోగం చేసుకున్నాం ఆ సమయాన్ని డ్రమ్స్ తో డాన్సులతో పది పన్నెండు రకాల డాన్సు లు తో ఫైర్ షో తో అలరించారు. అసలు వాళ్ళు మనుషులా స్త్రీంగులా అని పించింది. అలా తిరిగారు గిర్తాగిరా . ఆ తర్వాత డిన్నర్ చేసి రూంకి చేరాం.

3 వ రోజు

8 Am కి బయలు దేరి సుమారు రెండు గంటల తర్వాత హనుమాన్ టెంపుల్ చేరాం. ఇది చిన్నయ మిషన్ ద్వారా నడుపబడుతున్న టెంపుల్ అన్నారు. మంచి టైంకి చేరాం అక్కడికి . చాలా ఎత్తయిన హనుమాన్ విగ్రహం రూఫ్ కింద వుంది ముందు హామం చేసారు. పూర్ణాహుతి ద్రవ్యాలను మేము టచ్ చేసి పవిత్రులమైనాము. విగ్రహం వెనుక చిన్న బాల్కనీ వుంది. కింది నుండి మెట్లు వున్నాయి. ఒక పూజారి దారం చుట్టిన చెంబులు దాదాపు 10 అందులో నీళ్ళు - పసుపు కుంకుమలతో నిండి వున్నవి పైన పెట్టాడు. నాలుగు ట్రేలలో 108 చిన్న శంకులు పేర్చి పూలతో అలంకరించి వున్న వాటిని చకచకా పైన పెట్టి వచ్చాడు. ప్రధాన పూజారి గారు బాల్కనీ లో నిలబడి చెంబుల లోని నీటిని, శంకుల లో నీటిని - పసుపు కుంకుమల ని స్వామి వారికి అభిషేక స్నానాలు చేయించారు. తర్వాత మంచి నీటితో కడిగారు. ఇదంతా మా కళ్ళ ముందర జరగడంతో చాలా అదృష్టంగా భావించాము. దాదాపు 40 అడుగుల విగ్రహం . ప్రయాణం అంతా ఘాట్ రోడ్డు . ప్రతి మలుపులో కూరగాయలు, పళ్ళు ముఖ్యంగా అవకాశాలు కుప్పలు కుప్పలు గా వున్నాయి. బస్ ఆపడానికి లేదు - మనసంతా వాటి మీదనే కళ్ళ ముందు చూస్తూ కొనలేక ఏమీ చేయలేక అలా దాటుతూ దాటుతూ చిన్న చిన్న జలపాతాలు చూస్తూ తర్వాత టీ ఫ్లాష్టర్ కి తీసుకెళ్ళారు. అంతా తిరిగి కొందరు కొన్ని టీ ప్రాడెక్ట్ తీసుకుని ఓ గంట తర్వాత తిరిగి ప్రయాణించి ఇండియన్ లంచ్ చేసి అలా లేక్ సైడ్ దిగి నీటిలో



Bonding through travel !

RCJH's Successful Fellowship and Collaboration
with Rotary Club of Kandy



ఆడుకుందామనుకున్నాం వాటర్ స్ట్రీట్ ఎంజాయ్ చేద్దామనుకున్నాం . కానీ వర్షం పడుతుండడం తో క్యాన్సిల్ చేసుకుని రెండు గంటలు ప్రయాణించి గాయత్రి శక్తి పీఠం చేరుకున్నాం .

108 లింగాలు నున్నగా మెరుస్తూ వున్నది(సావిత్రిమాలు) నర్తనా నదిలో దొరికినవని అక్కడ ప్రదర్శనకు పెట్టారు. వీటికి తగిన పానవట్టాలు గుడి వెనుక మరో గుడిలో చెక్కి మేరుగులు దిద్దుతున్నారు రకరకాల సైజుల్లో వున్నాయి. శక్తి పీఠం ముందు కాసేపు మెడిటేషన్ చేసి కొందరం బస్ ఎక్కి కూర్చున్నారు. మరి కొందరు గోత్ర నామాలతో అర్చన చేయించుకొని వచ్చారు. వర్షం పడటం తో ఇంకెటూ వెళ్ళకుండా నేరుగా హోటల్ కెళ్ళాం. "హోటల్ సురేలియా" డిన్నర్ చేసి ఒకరి రూంలో తంబోలా ఆడుకున్నాం. ఆ లిఫ్ట్ లు గందర గోళంగా వున్నాయి. అటూ ఇటూ రెండు మూడు సార్లు తిరిగి చేరకున్నాం రూంకి ' ఇద్దరు ముగ్గురు కలిసి గ్రూపులుగా తిరిగాం కాబట్టి అంతా ఒకే.



Rtn Sumathi Churukanti

4 వ రోజు

ఈ రోజంతా దాదాపు ప్రయాణమే ! బెన్ (తోటా) టోటా నుండి కొలంబో. ఈ నైటు ఇక్కడ వుండి రేపు హైదరాబాద్ ప్రయాణం.

ఆహా! కాసిన్లోకి వెళ్ళాలని చాలా మంది చాలా ఊహించారు . దారిలో టీగార్డెన్స్ లో ఫోటోలు దిగుతూ అరగంట కాలక్షేపం చేసాం . లంచ్ తోసం ఇండియన్ రెస్టారెంటుకి వెళ్ళి శుభ్రంగా తినేసి నింపాదిగా కొలంబో చేరకున్నాం. వర్షం పడుతున్నది. అలసి పోయాం. కాసిన్ వెళ్ళాలని అనుకున్న వాళ్ళూ వెళ్ళ లేకపోయారు. ఇక స్నానాలు - డిన్నర్ హోటల్ గదులు బాగున్నాయి.

5 వ రోజు

మాలో కొందరు ఎటో బైటికెళ్ళ వచ్చారు. తర్వాత ఒక మాల్ కెళ్ళి అటునుండి లంచ్ చేసి నేరుగా ఏర్ పోర్ట్ కెళ్ళాం . చెకింగ్ అయి బోర్డింగ్ సమయం లో ఫ్లయిట్స్ క్యాన్సిల్ అయ్యాయని చావు కబురు చల్లగా చెప్పారు. ఏమయినా మార్పు వుంటుందేమోనని అక్కడే ఓ గంట వుండి చేసేదేమీ లేక ఏర్ పోర్టు వారి బస్ లో రెండు గంటల ప్రయాణ దూరంలో వారిద్దరం అతి సామాన్య హోటల్ గదుల్లో వద్ద చేరాం. హమ్మయ్య రాత్రికి ఇల్లు చేరి కుటుంబ సభ్యులను కలుసుకుంటాం అని సంతోష పడుతున్న వేళ ఇలా కావడం కొంత కలవరానికి గురయ్యాం. కొందరు టాబ్లెట్స్ లేక - ఇంపార్డెంట్ పనులు

పదులుకొని - మరి కొందరు ముఖ్యమైన కార్యక్రమాలకు చేరుకోలేక - బెడ్స్ సరిగా లేక ఫుడ్ సరిగా లేక (పెరుగు-చారు) రకరకాల ఇబ్బందులతో రెండు రోజులు అక్కడే వుండాలి వచ్చింది. ఇందులో ఇద్దరు చెన్నై . 6 గురు రాత్రి ఢిల్లీ - 12 మంది బాంబే వెళ్ళగా మిగిలిన వాళ్ళం సాయంత్రం లోబస్ టవర్ చూసి ఫోటోలు దిగి కాసేపు గడిపి వచ్చాం . ఈ రోజు నేరుగా హైదరాబాద్ వెళ్తున్నాం . ముందు వెళ్ళిన (నిన్న) వారు ఈ వుదయం హైదరాబాద్ చేరినట్లు ఫోటోలు పెట్టారు. ఉరుకులు పరుగులతో ప్లయిట్ చేంక్ అయి వ్యయప్రయాసలతో చేరినట్లు తెలిపారు.

ఇకమా ప్రయాణం ఎలా సాగ నుందో రోటరీ మిత్రులు - సింగరేణి మిత్రులతో కాలం తెలియ కుండా గడిచాయి రోజులు. థాంక్స్ ఫ్రెండ్స్ ఎంపైర్ టీం లీడర్ V BK, శ్రీ దేవి, లక్ష్మి, TNR - ముఖ్యంగా రిజ్వాన్ కి మేమంతా కృతజ్ఞతలు తెలియ జేస్తున్నాం.

2 గంటలు లేట్ ప్లయిట్ అని తెలిసింది . అయినా ఏర్ పోర్ట్ లోనే వెయిట్ చేద్దాం ఈ టెన్షన్ అంతా ఎందుకు అని బయలు దేరాం. మరో గంట లేటగా మొత్తానికి ప్లయిట్ ఎక్కాము 3 గంటలు లేటగా .

ఇక్కడ ప్రజలు సుఖ శాంతులతో లేరని తెలుస్తుంది. ఏ ఆఫీసూ కళకళలాడటం లేదు. ఏ అపార్టు మెంట్స్ లైట్లతో వెలగడం లేదు . దేశమంతా పచ్చగా క్షీన్ గా రోడ్లు శుభ్రంగా వున్నాయి. జీవితాల్లో మాత్రం కనిపించడంలేదు. నేను గమనించినంతవరకే రాస్తున్నాను . ప్రతి బ్యాగ్ పై - డ్రెస్ ల పై ఏనుగు బొమ్మలు ముద్రించి వుంటున్నాయి. కూడలి ప్రాంతాలలో 3 సింహాలు కుర్చుని వుంటున్నట్లుగా ట్రాఫిక్ ఐలాండ్ లు వున్నాయి. ఎక్కువగా కొబ్బరి చిప్పలతో చేసిన పస్తువులు కనిపించాయి . స్టేషన్ ఇంకా మెడిసిన్ ల్ ఫ్లాంట్స్ వున్నాయి. ఇండియా అంటే వీరికి చాలా గౌరవం . కోవిడ్ టైం లో చాలా మెడిసిన్స్ పంపించారని చెప్పారు.

11.15 కి లాండ్ అయ్యాము. బ్యాగేజ్ కౌంటర్ - చాక్లెట్స్ ఇంకా మిగతా పనులు చక్క బెట్టుకుని బైట పడి కారు ఎక్కే వరకు 1 Am అయింది .

ఆ యు బువన్ ! నమస్తే !

Our Learning Center Updates

The following programs in the Learning Centre were in collaboration with Nirmaan.

We are very happy to share that we have impacted around 60 women in past four months under different domains

Sl No	Course	Batch size	Status	Graduated	Placed
1	Tailoring	20	Completed	20	18
2	Beautician	20	Completed	20	18
3	Maggam	20	Completed	20	18

Mobalization

Mobilization is under progress for tailoring batches will start the new tailoring batch on 3rd of October-23 with 25 students.



Tuitions:

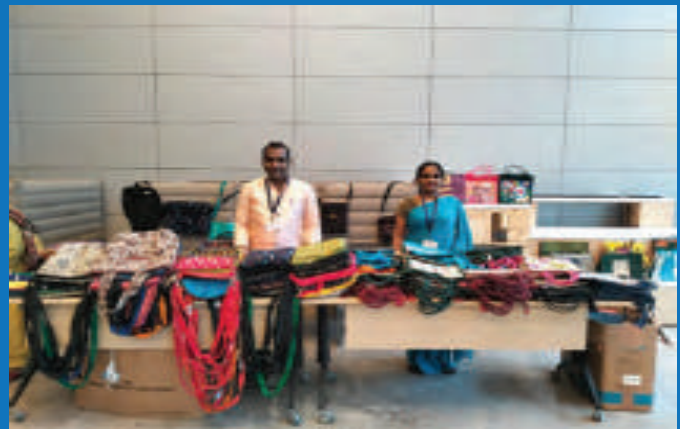
Tuitions are ongoing for students of class 3rd to 9th standards six days a week.



Our Learning Center Updates

Stall at JP Morgan:

With the support of Rotary, we have set up the stall at JP Morgan office on 11th of Sept as a part of NGO Mela. We displayed all the products stitched by our beneficiaries who come from challenging socioeconomic backgrounds. We got an overwhelming response, and we generated a revenue of Rs. 27000.



Success Stories

I belong to a nuclear family consisting of my husband and two children. Each member plays a unique role in our household. My husband is an Auto driver. On the other hand, I used to work as a homemaker to take care of home needs.

I have completed S.S.C. I'm very much interested in learning hand work courses. So, I tried to find training institutes but they are charging 10k-15k. I was not able to bear such a huge amount for training. So, I sadly planned to go back to my work but one day my friend at Anganwadi School suggested to me about the Rotary-Nirmaan free training program. That was the first time I became aware of these centers and courses.



Before joining this course, I didn't have the confidence to achieve my goals. This center has been instrumental in helping me develop both my soft skills, such as communication and teamwork, as well as my technical abilities in various domains. Their guidance has been invaluable in shaping my future prospects and I have observed a lot of change in me. I really appreciate the thought of giving the free course which will help the needy. Heart fully wanted to say thanks to Rotary-Nirmaan for helping me to step into a path of successful life.

This course has created an impact and helped me to enhance my confidence levels. The "Secret mantra" which led to the success is to follow the regular instructions of our trainers.

***Translated into English from the original Telugu version spoken by N Lakshmi from the Maggam work course.**

Our Learning Center Updates

I belong to a nuclear family consisting of my husband and 2 children. My husband working as security guard. I have completed Degree. I'm very much interested in learning courses to develop my family financially. I have found a great opportunity to learn beautician course through the Rotary-Nirmaan. It's unfortunate that the training institutes I initially came across were charging a high fee, but it's fortunate that I am aware these centers and courses through pamphlet. It's great that Rotary-Nirmaan is providing free courses to those in need, like me. This opportunity has helped me regain confidence in achieving my goals. The organization has helped to develop beautician skills.



My attribute of success is to follow the regular instructions of our trainers, which we consider a "Secret mantra" for our achievements. It's important to recognize the value of consistent effort and dedication in any learning journey. Overall, it's inspiring to hear how this opportunity has positively transformed our life and provided us with the necessary skills and confidence to pursue our goals. Thank you so much.

***Translated into English from the original Telugu version spoken by V.Mani.**

Action plan for Q3-2023-24

Batch No	No of Students per batch	Name of the Course	Start date	End date	(From time - To time)
Quarter-3	25	Tailoring	03/10/2023	30/12/2023	9:00am to 4pm

Rotary – A Thread that Binds

My Rotary Journey

Becoming a Rotarian is by invitation, and so was it with me. I still remember the day, July 2, 1997, when along with two others, RK and Prasad Surapneni, we were inducted as members of RCJH.

I was apprehensive as to whether I could do justice to the new role. I had attended a few fellowships before becoming a Rotarian and had experienced the bonhomie amongst the members and their families. The club's strength was about 30 members and comprised people from various backgrounds and professions. I was warmly welcomed by one and all and soon forged strong friendships with them. Amongst them, I count some as the treasures in my life. We were there for anyone at any time and had the most enjoyable fellowships in their houses.

I was always inclined to help the needy (a quality taught by my parents) and soon realized that what all of us can together do is much more than what I as an individual could do. The years just flew by, and I held several posts in the club and did my best in every post.

Our club hosted 2 District Conferences, and it was the most fantastic experience for us. We all rallied together and worked for the successes of both as a family comes together to host a wedding. We held meetings in the houses of our Rotarians who were very ill and made them feel that they were not missing out on anything. Baby showers were held for two young Rotarians, and several children got married too.

Our club has undergone several changes over the years, and the composition of members has also changed with the passing of time. We have members who hail from various walks of life who are eager to join hands to ensure that the ideals of Rotary are upheld. Fellowship is the binding chemical that glues the members together as a family, and our club does have the best fellowships where most of the members come together and enjoy themselves.

Projects are taken up, and members open up their hearts and wallets to contribute and execute a project. It is indeed heartwarming to see the enthusiasm of some who volunteer their time at all events, ensuring the success of the event.

As the years have gone by, the club has done a lot to help the needy and have undertaken many projects which have a great impact on society. I introduced a few members who are outstanding Rotarians, and the legacy is getting carried on. The club has grown enormously since then, and we have a large number of youngsters who are donning the mantle to take the Club forward.

Having seen me as a Rotarian has inspired my daughter in the Cayman Islands to become a Rotarian, and she is involved in a number of projects there. The journey has been long but has been one that has given me immense joy that I could make a difference in the lives of those around us.



Rtn PP Sharda Rao

Mind over Matter

**“Mental health.... is not a destination, but a process.
It's about how you drive, not where you are going.”**

Mental health plays a vital role right from childhood to adulthood.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. Good mental health helps to handle stress and make healthy choices. Both mental and physical health are equally important for our overall well-being.

As a Special Educational Needs Rehabilitation Professional. My focus has always been on the development of Children with Special Needs and Persons with Disabilities with various developmental delays and needs from children to adults. My goal has always been to educate and empower people in understanding the support required by the Persons with Disabilities and also to help their parents maintain a body-mind balance to support their children. In Special Educational Needs, Mental health plays a vital role in addressing various needs of the various stakeholders.

My aim in joining Rotary club of Jubilee hills is to spread my service to the community at large and to be able to support the citizens from their childhood to adulthood in coping with mental well-being and support them in living a happy and positive life. The leadership in our school inspires and encourages us to work for the welfare of the community by being role models, themselves.

Optimum wellbeing is cultivated right from childhood, but we realize how important it is only as we start aging. Many of us are facing challenges that can be stressful and overwhelming. Mental health problems are common among seniors and may include isolation, affective and anxiety disorders, dementia, and psychosis, among others. Many seniors also suffer from sleep and behavioural disorders, cognitive deterioration, or states of confusion as a result of physical disorders or surgical interventions.

These ten signs may indicate disturbed well-being in the elderly



Substance Misuse



Loss of interest
in activities



Appetite changes



Social Isolation



Changes in
personal hygiene



Feeling of despair,
worthlessness, or
inappropriate guilt



Depressed mood that
lasts longer than 2 weeks



Unexplained
Physical symptoms



Confusion &
Disorientation

Mind over Matter

Stress Can Cause

- Feelings of fear, anger, sadness, worry, numbness, or frustration.
- Changes in appetite, energy, desires, and interests.
- Trouble concentrating and making decisions.
- Nightmares or problems sleeping.
- Physical reactions, such as headaches, body pains, stomach problems, or skin rashes.
- Worsening of chronic health problems and mental health conditions.
- Increased use of alcohol, illegal drugs, and misuse of prescription drugs.

You don't have to control
your **thoughts**. You just
have to stop letting them
control you.

- Dan Millman

Healthy ways to cope with stress

- Stay away from stressful avoidable situations and information.
- Take care of your body
 - Eat healthy
 - Get enough sleep
 - Move more and sit less
- Limit alcohol intake and avoid smoking
- Avoid using illegal drugs or prescription drugs
- Continue with regular health appointments, tests, screenings, and vaccinations.
- Make time to unwind with creative and artistic pursuits.
- Connect with others: Socialize as often as possible. Loneliness is one of the most common struggles for seniors, and it can have severe mental health consequences.

Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities. Children with good psychological well-being grow up into adults with strong emotional quotient at home and work spaces, thereby making the world a better place.

However, it's never too late to weed our minds and let the flowers bloom. Let us begin Today!

Rtn Sheethal Soni
Rehabilitation Professional



బ్యాడ్మింటన్ టోర్నీ త్రివేండ్రం

గత సంచిక తరువాయి భాగం

మెల్లగా వెళ్ళి సాక్స్ వేసుకుందామంటే - వాళ్ళు మాకు ఇచ్చినట్లాక్ సూట్ ప్యాంట్ చాలా టైట్ గా వుంది. కుర్చీలో కూర్చుని కిందికి వంగ లేక... పాదం పైకి తేలేక నానా అవస్థ పడి వేళ్ళ వరకు సాక్స్ ఎక్కించాను. ఇక ముందుకి పైకి లాగ రావడం లేదు. తడికి స్కిన్ కి అంటుకుని నా వాచిన కాళ్ళకు పైకి రానని మోరా యిస్తున్నవి. ఏం చేయాలి అని క్షణం ఆగిపోయాను . నా అవస్థ చూసి పక్కన వున్న ఆమె సహాయం చేసింది సాక్స్ ఎక్కించడంలో 'మామూలుగా ఎవరి సహాయం అర్థించని నేను ఈ సమయంలో ఎంతో కృతజ్ఞతగా స్వీకరించాను . పరుగున ఉరికి వెళ్ళి ఆయాసంతో నిలబడ్డాను . అలా గంటన్నర రెండు గంటల సమయం చిన్న పిల్లల్లా మమ్మల్ని నిలబెట్టారు. నాతో వచ్చి వెనుక నిలబడిన మా టీం అంతా వెళ్ళి పోయి దూరంగా కుర్చీలో కూర్చున్నారు. మావల్ల కాదు కాళ్ళు నొప్పులని . నన్నూ రమ్మన్నూ నీకసలే కాళ్ళు ప్రాల్లం అంత సేపు ఎలా వుంటావు వచ్చేయి అన్నారు. నేను రానన్నాను. ఇలాంటి అవకాశం నా లైఫ్ లో మళ్ళీ రాదు ఎంతసేపయినా సరే నేను ఉత్సాహంగానే వున్నాను రానంటే రానని చెప్పాను . మార్ట్ ఫాస్ట్ ఎలా నడవాలి.. ఎలా సెల్యూట్ చేయాలి.. డయాస్ వైపే చేయి ఎత్తి ఎలా చూడాలి ఒక అబ్జాయి చూపించాడు. తెలంగాణ క్రీడల ప్రముఖులు వచ్చి మాలో స్టూర్నిని రగిలిస్తూ ఉత్సాహ పరిచి వెళ్ళారు.

చిన్నప్పటి రోజుల్లా ఎంతో ఆనందంగా మార్ట్ ఫాస్ట్ చేస్తూ వేదిక దాటి ముగించాము. 200 మంది పైనే తెలంగాణ క్రీడాకారులు పాల్గొన్నాము. ఈ మార్ట్ ఫాస్ట్ లో తెలంగాణ బెస్ట్ అన్నారు .

రెండవ రోజు ముందు అందర్నిచంద్రశేఖరన్ నాయర్ స్టేడియానికి రమ్మన్నారు. ఇక్కడ కాదు బాడ్మింటన్ కోర్టు జిమ్మ జార్జ్ కోర్టు అన్నారు. అటు వెళ్ళాము క్యాబ్ బుక్ చేసుకుని తీరా వెళితే ఇక్కడ కాదు చంద్ర శేఖరన్ నాయర్ స్టేడియం అన్నారు. మళ్ళీ క్యాబ్ లో అటు వెళ్ళాము . అక్కడ కాదు టెంట్ అకాడెమీలో అన్నారు. మళ్ళీ అటు వెళ్ళాము. మేము 8 మందిమి గ్రూపుగా వున్నాము కాబట్టి ఒక టీం స్పిరిట్ తో సార్వమైంది . అక్కడ ఒక్కటే బాత్రూం . డ్రస్సింగ్ రూం అంటూ లేదు . రెస్ట్ లాంక్ లేదు . కింద కూర్చో లేక.. నిలబడ లేక.. ఎన్ని గంటలు ఉండగలం. పైన వర్షం భీభత్సంగా పడుతున్నా.. మాకు లోపల చెమటలతో వళ్ళంతా వరద గోదావరే. చమట కంపు ఇరుకిరుకుగా బ్యాటు బ్యాగులు, కిట్లు సందులేకుండా కూర్చున్న ప్లేయర్స్.

కాలు కదప వీలులేదు అడ్డం ఒరగ తావులేదు. దాదాపు వందమంది పైనేవున్న ఆ హాలులో ఎక్కడా ఒక చిన్న ఫాన్ కూడా లేదు. పైన సీలింగ్ లో కొన్ని ఎగ్జాస్ట్ ఫ్యాన్లు వున్నాయి కానీ తగినంత సర్వీస్ చేయలేక చేప్టలుడిగి నిలబడ్డాయి. క్యాంటీన్ లేదు.. కాఫీకి టీ కి కూడా ఎంతో దూరం నడుచు కుంటూ వెళ్ళి రావాల్సిన దుస్థితి. ఆ టైంలో ఆటకై అనౌన్స్ మెంటు . ఫ్రెండ్స్ లో ఎవరిదో ఫాన్ వెంటనే వచ్చేయండి మీదే ఇప్పుడు గేమ్ అంటూ. ఊరుకో పరుగో అంటూ వచ్చి ఆయాసంతో ఆడుతూ రొప్పుతూ బెస్టాఫ్ త్రిలో వారోటి వీరోటి

గెలిచి మూడో ఆటకు శక్తిలేక అంతర్గత శక్తిని కూడబిసుకుంటూ 60 వసంతాలు ఏనాడో దాటిన వయసులో ఇవన్నీ నాకవసరమా అనుకుంటే ... జీవితంలో నేను ఇవన్నీ సాధించలేను కదా! హమ్మయ్య ఇంకాస్త వుంటే కళ్ళు తిరిగి కాళ్ళు తడబడేవేమో .. చివరికి గెలిచి గోల్డ్ మెడల్ సాధించాం . వుదయం నుండి మా ఆట ఎప్పుడూ ఎప్పుడని ఎంక్వయిరీ చేస్తూ అసహనాన్ని అణచుకుంటూ.. మధ్యాహ్న భోజనాలు లేక నీళ్ళు తాగి తాగి బ్యాగులో ముందు చూపుతో తెచ్చిన కొన్ని (డ్రై ఫూట్స్ , అరటి పళ్ళు తో సాయంత్రందాకా పిచ్చిగా కాచుకుని వుండాల్సివచ్చింది ఇలా అందరూ త్రివేండ్రం ఆర్గనైజర్స్ ని తిట్టడమే. ఒకటే గొడవలు పెద్ద వాళ్ళు ఎవరూ లేరు అంతా పిల్లలే ఓపిక గా ఎవరూ చెప్పడం లేదు గోలగోల . నాకు సింగిల్స్ లో సిల్వర్.. మిక్స్ డబుల్స్ లో గోల్డ్ మెడల్స్ వచ్చాయి. కష్ట ఫలి అన్నారు కదండీ! ఎంతో ఓపికగా అన్నీ ఓర్చుకుని ప్రసవ వేదన పడి పండంటి బిడ్డను చూసి కష్టం అంతా మరచి పోయినట్లు.. మెడల్స్ సర్టిఫికేట్లు చూసుకుని మురిసి పోతున్నాం పడిన శ్రమనంతా మరచి పోయి. గోవాలో తర్వాత స్టేయిన్ లో గత నెలలో చండీఘర్ లో ఇప్పుడు త్రివేండ్రం (కేరళ) లో.. 30 ఏళ్ళ ప్రస్థానం మరి ఇలా నా స్థానం సుస్థిరం అయింది క్రీడా లోకంలో....



Rtn Sumathi Churukanti

Vitality Corner

Health Tips for a Thriving You

Have you ever wondered why certain regions around the world are home to individuals who live extraordinarily long and healthy lives? Welcome to the "Blue Zones," areas under scientific scrutiny for their high concentration of centenarians—people who live well into their 100s. Featured in the Netflix series "Living up to a 100, the Blue Zones," this ongoing research project aims to decode the common lifestyle elements that contribute to such remarkable longevity.

As we observe Alzheimer's Awareness Month this September, the significance of the Blue Zones becomes even more relevant. The series offers invaluable insights into lifestyle choices and environmental factors that not only promote longevity but could also play a role in preventing diseases like Alzheimer's.

Four key factors contribute to Alzheimer's disease

Inflammation
Oxidation
Glucose Metabolism Dysregulation
Lipid Metabolism Dysregulation

Addressing these pathways can shift our body and brain from "damage control" to "thrive" mode. Lifestyle choices, including diet, exercise, stress management, sleep, and mental activities, play a crucial role in optimizing these pathways. To that end, we created an acronym that represents activities we choose to keep our minds active and sharp.

NEURO

1. **N**utrition: preferably plant-based or white meat-based
2. **E**xercise: natural movements like household chores, gardening,
3. **U**nwind: with family, friends, music, dance and some wine, let go and prevent stress
4. **R**estorative Sleep: rest time , power naps, good night's sleep
5. **O**ptimizing cognitive activity: engaged in activities that you enjoy, spiritual connections, learning something new, playing games.



Adherence to these lifestyle measures can reduce the chance of Alzheimer's, most dementia and stroke by as much as 80–90 percent.

Upcoming Events

District and International Events







ASVINS CANCER CARE FOUNDATION'S *Women, be Victorious!*

3rd Oct, '23
Shilpakala Vedika
Main Hall, HYD
Time: 5PM – 8PM

CHIEF GUEST



T. Harish Rao
Hon'ble Minister for Finance, Health,
Medical & Family Welfare



Dr. Bureddy Shankar Reddy
District Governor
Rotary International District 3150



Interactive Session
BY
JHANSI



Hamsa Nandini
Indian model, dancer



Jasdeep Singh
Group CEO of CARE Hospitals



Chief Organiser
Dr. Geeta Nagasree
Surgical Oncologist
Founder Asvin's Cancer
Care Foundation

Entry Free

Dress code- Any shade of Pink

Our Participation Partners:



ROTARY INTERNATIONAL DISTRICT -3150



Supported by
Rotaract
District 3150





Gordon R. McNally
RI President (2023-24)



Rm. Shankar Reddy Bureddy
District Governor 2023-24, RD-3150

DHOOM DHAM DANDIYA

Regional
Cultural
Meet

DANDIYA
FOR A
CAUSE

FAMILY ENTERTAINER

FAMOUS LIVE DJ

SELFIE BOOTH

LIVE DHOL

EXCLUSIVE PRIZES

SPACIOUS LAWN

HEART OF THE CITY

AMPLE PARKING

SUNDAY
08th OCT | 2023

Krupa Patel

CELEBRITY EMCEE

06:00 PM
ONWARDS

MC KRUPA PATEL

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SINGAPORE
25-29 MAY 2024


#Rotary24






Registration category	27 - 31 May 2023	1 April - 29 May 2024
Club member, Nonmember, or Guest age 31 or over	\$450	\$695
Club member, Nonmember, or Guest, age 30 or under	\$150	\$275
Guest age 5-18	\$20	\$40
Guest under age 5	Free	Free

Rotary International News



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Feature | 29-Sep-2023

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We are family: Rotary Youth Exchange

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A Few Updates from Rotary International

Rotary
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