



Jubileean

From RCJH



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Editorial Team

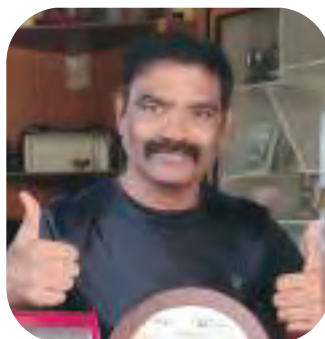
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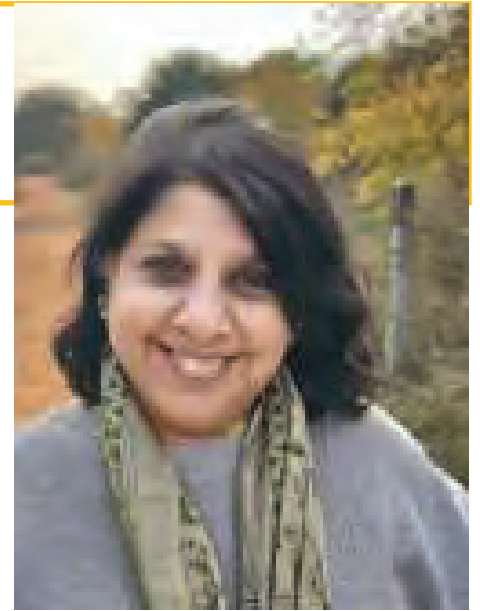
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Siddharth. N



From the Editor's Desk

Dear Jubileans!

It's the magical time of the year again. Dip in the temperature...the gentle winter breeze...and the mild sun...uplifting the spirits. The time also marks the start of the Shubh Mahurat and Lagna for the weddings across the country. The swirl of colourful silk sarees, the elegance of classy suits, and the dashing Kurta Pyjamas are a treat to the eyes. The weddings in India are famous for its grandeur and culture.



I have always been curious to learn about the culture of a society. And what better way than to attend a Telugu wedding. The scrumptious food added on to the cultural extravaganza. The array of traditional food had its own story to tell as the tradition passes from generation to generation. Panakkam was one such gastronomic delight.

In this edition we cover the recipe of Panakkam. Panakkam isn't just a drink; the heart of traditional South Indian culture, especially during auspicious occasions and festivals, Panakkam is prepared to offer a refreshing pause. It's not just about quenching thirst; it's about rejuvenating the spirit and connecting with age-old practices.

Another interesting custom was Kasi Yatra – an age-old custom symbolizing the start of a beautiful journey. Find it's interesting tale and the reason for its celebration.

And as we celebrate the spirit of season, I would like to shine the spotlight on the commendable work of our Rotary Club. The Prosthetic Limb Project, a true beacon of "service above self," is not just a project; it's a lifeline that embodies the essence of what this season is all about.

We are not just restoring mobility but giving a gift of hope...resilience, and a chance for a new beginning. The Prosthetic Limb Project isn't merely about limbs; it's about symbolizing strength, courage, and unwavering support for those who need it most.

And it's not just one project but many more are on constant strive to change the lives...creating a ripple effect of positivity that extends far beyond what meets the eye. For this project, each limb we provide is a testament to our commitment to making a real, tangible difference in the lives of others.

And that's what true celebrations mean, truly.
Warmly,

Rtn Dimple Grover
Editorial Team



CLUB PRESIDENT'S MESSAGE

Dear Fellow Rotarians,

Greetings!

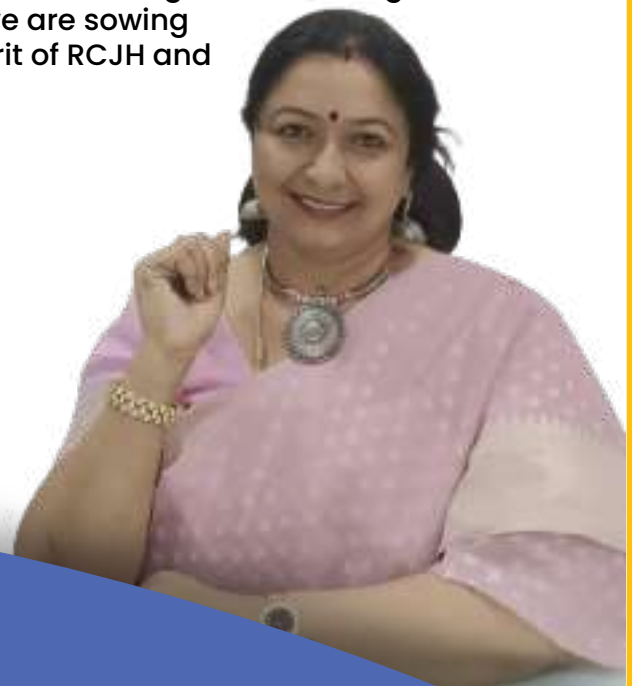
I hope this newsletter finds you well as we reflect on an inspiring month dedicated to Community and Human Development.

We have reached the end of the first quarter of this Rotary year, and I would like to extend my heartfelt gratitude to all club members for their constant support. My sincere thanks to all our board members for their constant support and being a great source of strength in all our endeavors and to the advisory board members for their timely inputs and ongoing support.

The month of October brought us closer to our mission of making a positive impact in our local communities. Through various projects and initiatives, we continue to promote positive change, inclusivity, and sustainable growth. I would like to especially highlight and appreciate the exceptional dedication of Rotarians from RCJH in coordinating the Prosthetic Hand Donation project. Their collective leadership and unwavering commitment to helping others have been truly remarkable and immensely satisfying.

As we step into November, continuing the spirit of Community & Human Development, the launch of our Entrepreneurship Development Program at the Learning Centre stands as a beacon of hope. It aims to empower the less privileged members of society with the knowledge and skills to pursue their dreams. Efforts to connect them with employment opportunities and necessary support will significantly impact their economic conditions. November is also Rotary Foundation Month, adding to its significance. It calls for strengthening the foundation through generous contributions.

I pray that the upcoming festivities bring in the light of happiness through our meaningful service activities, celebrations, and fun-filled fellowships. Together, we are sowing the seeds of a brighter future. Let's continue to nurture the spirit of RCJH and strive for greater heights as a club!



Dr. Jyothi Reddy Ghanta

President RCJH -2023-24

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!

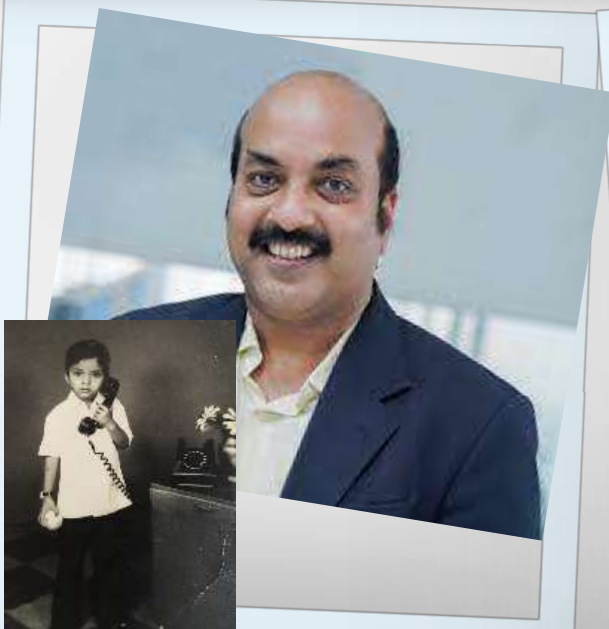


Who do you think this Rotarian is,
looking at their younger self?

Answers will be shared in the upcoming issue of Jubleen

Know your Rotarian!

Answers to November's Issue of "Know your Rotarians!"



Rtn Alwala Devender Reddy



Rtn Sagiraju Venkata Ramadevi



Rtn Laxmi Visireddy



Rtn Vajrala Raja Gopal

November

Birthday & Anniversaries

Birthdays

Name	Birthday
SAI KRISHNA PASUPULETI	Nov' 02
VISHWANATHAM POTTAPALLY	Nov' 05
PABBATHI JAGADEESH	Nov' 10
MURTHY VADAPALLI	Nov' 14
SATISH REDDY ADULLA	Nov' 17
KISHORE A P N	Nov' 19
BALAKOTI REDDY V	Nov' 24
SWETA JAICHANDR	Nov' 24
NARESH GALIDEVARA	Nov' 27

Anniversaries

Main Name	Spouse Name	Anniversary Date
MURTHY VADAPALLI	JANAKI	Nov' 01
SAI UTTHEJ PERUMALLA	SINDHURA	Nov' 03
ONTEDDU SANDEEP REDDY	ONTEDDU SUSHMA REDDY	Nov' 05
JAGADEESH P YERUBANDI	MEERA	Nov' 07
MEERA YERUBANDI	JAGADEESH	Nov' 07
MAHESH CHAKKA	DURGA SRILALITHA	Nov' 08
VISHWANATHAM POTTAPALLY	PADMA PRIYA	Nov' 16
SRINIVAS BONDA	NAVYA BONDA	Nov' 16
KALYAN REDDY BATTU	MAMATHA	Nov' 18
RAMESH CHEEKALAPARVI	SREEDEVI	Nov' 19
RATAN JALAN	SAROJ	Nov' 19
PABBATHI JAGADEESH	PABBATHI SUJANA	Nov' 20
KAMALAKAR L V V	SHARMILA	Nov' 21
RAMANAI AH MADUPADUGA	JYOTHI	Nov' 24
KAJLA RANJAN	MADHUKAR RANJAN	Nov' 27
MADHUKAR RANJAN	KAJLA RANJAN	Nov' 27

Letterhead Exchange

Letterhead exchange, a seemingly simple tradition, holds profound significance in the world of clubs and organizations. It symbolizes the inception of fellowship between two clubs, laying the foundation for strong bonds, cultural exchanges, and the sharing of valuable information. This ritual is not just about exchanging pieces of paper: it's about fostering relationships and envisioning a brighter future together.

DID YOU KNOW?

When two clubs engage in a letterhead exchange, they embark on a journey of mutual discovery. Beyond the formalities, they gain insight into each other's cultures, values, and objectives. This exchange transcends geographical boundaries, uniting like-minded individuals with a shared passion or purpose.

The act of exchanging letterheads is also a gesture of goodwill and hope. It's a way of saying, "We believe in what you do, and we look forward to a future filled with collaboration and shared experiences." It sets the stage for joint fellowship programs, meetings, and the exchange of ideas. This commitment to cooperation paves the way for a harmonious and productive partnership.

An Interesting Fact!

An interesting fact about Rotary clubs is that the organization's name "Rotary" was derived from the early practice of rotating meetings among members' offices. This practice aimed to promote a sense of equality among members and avoid favoritism. The concept of rotating meetings is still reflected in Rotary's commitment to diverse meeting locations and the global nature of its organization.

Laughter The Best Medicine!

A Man and God

A man is talking to god.

Man : "God how long is a million years?
God: "To me its about a minute.
Man: "How much is a million dollars?"
God: "Its about a penny"
Man: "Can I have a penny?"
God : "Wait a minute"

A Hair in Mind!

An **Old man** had **8 hair** on his head.

He went to the **barber shop**. The Barber with anger in his mind asked "Shall I cut or Shall I Count?"

The old man with a smile said "**Colour it!**"
Life is what you make of it!

RCJH in Action



In the spirit of Gandhi Jayanti, our TSUS Interactors and staff humbly organized the "Swatchatha Seva Campaign," illuminating Nanakramguda with acts of service. Amidst the bustling streets, we embraced the profound importance of such campaigns—more than a cleanup, a collective reminder of our responsibility to nurture the spaces we inhabit.

On October 3rd, our compassionate team actively participated in the "Women, be Victorious" initiative by Asvins Cancer Care Foundation, orchestrated by the esteemed Rtn Dr. Geeta Nagasree from RCJH. Held at Shilpakalavedika Vedula, Hyderabad, the event aimed to spread awareness and fortify the fight against Breast Cancer.



RCJH in Action



October 4th marked a dynamic stride as we conducted a Rotaract Orientation Program for the bright 3rd and 4th-year interns at Mamatha Academy of Medical Sciences, Bachupally. Guided by the dynamic Rtn Dr. Sujith Kumar, and supported by the visionary Vice President Rtn Kamalakar and dedicated Rtn Murthy Vadapally, the session was a beacon of mentorship and empowerment.



October 7th witnessed the magic of camaraderie as the Rotary Club of Jubilee Hills orchestrated a delightful picnic to the zoo for the students of Nachiketa Tapovan. With the unwavering support of our dedicated Interactors, seamless bus transport courtesy of TSUS, and the enthusiastic volunteers from JP Morgan, it was a day of joy and exploration.



RCJH in Action



On October 8th, our vibrant spirit echoed at the "Dhoom Dham Dandiya," a cultural extravaganza hosted by Rotary District 3150 at Bantia Gardens, Secunderabad. We immersed ourselves in the beats of celebration, embracing the richness of regional culture. A joyful participation, a testament to our commitment to community bonding and cultural unity!

October 10th marked a pivotal moment as we hosted a compelling panel discussion, delving into the realms of "Mental Health – Stigma vs Response." Our esteemed panel comprised eminent personalities from the industry, each bringing profound insights to the table. Together, we navigated the complexities, fostering a dialogue to break down barriers and enhance our collective response to mental health challenges.



RCJH in Action



On October 17th, the Jubilee International Centre in Jubilee Hills witnessed a joyous celebration of Bathukamma and Dussehra. Members enthusiastically participated in the festivities, engaging in the vibrant tradition of playing Bathukamma and Dandiya. The highlight of the event was a mesmerizing dance performance by Dr. Girish Chandra, captivating the audience with his artistic flair.



From October 27th to 29th, Mahaboob College in Secunderabad hosted an Artificial Battery-Operated Hands Donation Camp, where a generous donation of 220 artificial hands was made. This impactful initiative aimed to provide essential support to those in need.



RCJH in Action



From October 27th to 29th, Mahaboob College in Secunderabad hosted an Artificial Battery-Operated Hands Donation Camp, where a generous donation of 220 artificial hands was made. This impactful initiative aimed to provide essential support to those in need, symbolizing a collective commitment to making a positive difference in the lives of recipients.

Interact News Of Clubs Sponsored By RCJH

On October 11th, the Interactors of The Sriram Universal School (TSUS) extended heartfelt warmth to Sparsh Hospice in celebration of World Mental Health Day. The visit was marked by a delightful musical performance by TSUS teachers in Hyderabad, creating a soothing atmosphere. Adding to the charm, a spectacular classical dance was gracefully presented by a talented TSUS student. The collective effort aimed to spread joy and awareness on this significant occasion, reflecting the school's commitment to mental well-being and community engagement.



Interact INVITATION

Dear Rotarians,
You are cordially invited to the
Installation Ceremony
of the new Board Members
of RY 2023-24 of the
**Interact Club of
Gitanjali Senior School**

DATE & TIME
12th October, 2023
1:00 PM onwards

VENUE
Gitanjali Senior School

Rtn Vajrula Raja Gopal
Secretary

Rtn Dr Jyothi Reddy G
President

Rtn Dimple Grover
Interact Chair

ROTARY CLUB OF JUBILEE HILLS

Rotary
Jubilee Hills

 CREATE HOPE
in the WORLD

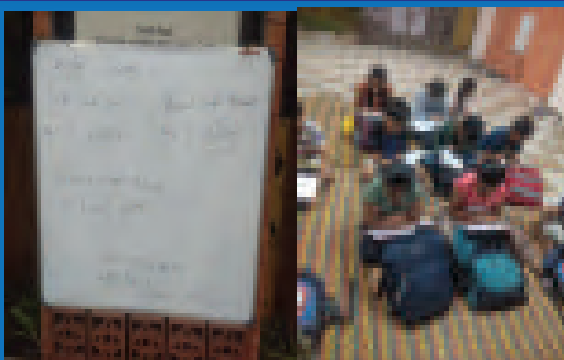
On October 12th, Gitanjali Senior School hosted the Installation Ceremony of the Interact Club. The school premises witnessed the official installation of the new board members for the Rotary Year 2023-24. The ceremony marked a momentous occasion, symbolizing the com-

Our Learning Center Updates

Embarking on a journey of empowerment, we initiated new tailoring batches on October 3, 2023. Our mission is to equip every woman with the skills to generate income, fostering sustainable livelihoods through comprehensive skill training. Together, we're weaving a future of self-reliance and empowerment.

Sl No	Course	Batch size	Status	Timings
1	Tailoring - 1	15	Under training	9:00 to 12:30 Pm
2	Tailoring - 2	15	Under training	1:30 to 4:30 Pm

Immersed in the realm of learning, our training sessions unfold daily from 9:00 am to 5:00 pm. With two engaging batches covering practical and theoretical aspects, our journey towards skill enhancement is in full swing. Witness the dedication and progress through our training pictures.



Navigating the path of knowledge, Sarath Gopal at the Rotary Club of Jubilee Hills Learning Center orchestrates impactful tuitions for students from class 3rd to 9th standards. Join us on this educational journey, unfolding six days a week.

Our Learning Center Updates

Embarking on a journey of empowerment, our upcoming workshop on Entrepreneurial Development, led by MSME experts Mr. Srinivas and Mr. K.V Rao, aims to instill a spirit of entrepreneurship among women. The program's objectives include

1. Create awareness and train women in entrepreneurial culture.
2. Motivate women to consider entrepreneurship or self-employment as a career option.
3. Provide basic entrepreneurship training to help women turn their ideas into action, fostering attitudinal and behavioral change.
4. Offer awareness on bank loans.



Dive into a month filled with creativity and skill development! Join us for engaging activities in November, including a hands-on workshop on Jute bag making, the artistry of Silk thread jewelry crafting, and the exciting launch of our Entrepreneurial Development Program (EDP) unit. Unleash your talents and discover new skills with us!

KAASI YATRA

A Marriage ritual in South-Indian Weddings

Doolhe ko shaadi ke liye manaayenge!!

The ritual is a fun element which takes place at a Hindu wedding, where the groom packs his bags for Kasi, takes his umbrella, handstick, chappal, and fan out of palm-leaf as his minimal means and heads out to embark on his spiritual journey, to Kasi (Varanasi).

The bride's father or brother persuades him to stop going and marry their daughter/sister. They convince him that she would make an ideal partner and that the household life does not hinder spiritual practices.

Significance:



The Kasi Yatra ritual falls within the Hindu-South-Indian Brahminic category of weddings, which symbolizes the notion of the grihastha-ashram (household life), based on the principle that materialistic pursuits are not a barrier to cultivating spirituality and detachment.

The four primary ashrams are the Brahmacharya-ashram (student life), Grihastha-ashram (household life), Vanaprastha-ashram (retired life), and Sannyasa-ashram (renounced life). These ashrams have been observed and followed by Hindu society for centuries.

As per Hindus, the purpose of life involves practicing the specific duties of each ashram.

The Story behind the Tradition:

The Kasi Yatra ritual is rooted in profound symbolism.

The Kasi Yatra ritual is a spiritual journey like going abroad for advanced studies after graduation or convocation.

After passing out from the traditional gurukuls, the brahmacharis had the option of a grihastha, followed by vanaprastha, which gave them enough time to enjoy worldly pleasures whilst pursuing spiritual goals, which helped them reconsider their decision for celibacy/sannyasa and check if made in haste or after much contemplation.

Interestingly, marriage counselling has been around for centuries!

Why Kasi?

The significance of Kasi, or Varanasi, lies in the Hindu belief that passing away in this sacred city grants salvation and release from the cycle of reincarnation. This belief adds a profound spiritual dimension to the Kasi Yatra tradition.

Ultimately, the Kasi Yatra ritual serves as a powerful reminder that one can balance worldly responsibilities with spiritual pursuits, emphasizing the holistic approach to life advocated by Hindu philosophy for centuries.

Rtn Laxmi Vissi Reddy



Wholesome Delights

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

PAANAKAM

(TRADITIONAL SOUTH INDIAN COOLING BEVERAGE)

Panakam is a traditional summer drink with strong ties to the Ramanavami and Narasimha Jayanthi festivals, which typically fall in the hot months of March and April in India. In India the festivals and its celebration is closely connected to the prevailing season and quite often corresponds with the culinary traditions. Panakam, is known for its cooling properties and refreshing taste. Quite often, used in Telugu weddings, it incorporates the religious and cultural milieu.

Nutritional Content

A single cup of Panakam provides approximately 64 calories, with carbohydrates constituting 100 percent of the calorie content and no fat. Additionally, Panakam serves as a gut-friendly beverage, promoting healthy digestion, and aids in maintaining body temperature during the scorching summer months.

Ingredients

- 1/2 cup (approx. 75 gms) jaggery powder
- 300 ml water
- 1/4 tsp cardamom powder
- 1/4 tsp dry ginger powder
- Pinch of salt (very little)
- 1/2 pinch edible camphor
- 10-12 leaves of tender Tulsi (Basil) leaves
- 1/2 tsp black pepper powder
- 1 tsp lemon juice

Instructions

Mix the following Ingredients in a Bowl

1. Take 1/2 cup (approx. 75 gms) of jaggery powder
2. Mix it well in 300 ml water
3. Add 1/4 tsp cardamom powder
4. 1/4 tsp dry ginger powder
5. Add salt (1 pinch salt - very little)
6. 1/2 PINCH edible camphor. Edible Camphor is very strong in flavour. - So, be cautious
7. After the jaggery powder COMPLETELY dissolves in water, strain it
8. Now add 10 - 12 leaves of TENDER Tulsi (Basil) leaves
9. Finally. add 1/2 tsp black pepper powder & 1 tsp lemon juice



By Rtn Laxmi Vissi Reddy

Empowering Lives: RCJH Prosthetic Hands Distribution Project Report

A Beacon of Hope

District Governor of Dist 3150, in collaboration with Rotary Club of Jubilee Hills and Rotary Club of Pune Downtown, partnered with INALI Foundation to distribute artificial prosthetic battery-run hands to over 230 beneficiaries across India. The event on 7th Nov, 2023, marked a profound moment of joy and transformation.



Rotary Club's Manifest Destiny

The collaborative effort of Rotary Club of Jubilee Hills and Rotary Club of Pune Downtown, along with INALI Foundation, materialized in a camp dedicated to distributing battery-run artificial prosthetic hands. President Dr. Jyothi Reddy expressed the significance of this initiative, acknowledging the struggles of those who lost hands due to various reasons.

Rotary Club's Manifest Destiny

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Empowering Lives:

RCJH Prosthetic Hands Distribution Project Report

Seamless Daily Living

The distributed battery-operated artificial prosthetic hands empower recipients to perform daily activities seamlessly, including eating, drinking, writing, driving, holding objects, and cooking.

Graced by Dignitaries

The project received appreciation from Mr. Busireddy Shankar Reddy, Governor of Rotary District 3150, District Governor nominee Dr. Ram Prasad, and Asst. Governor Suresh Gupta. The collaborative effort was lauded, and plans for future projects were discussed.



Acknowledgments and Thanks

President Dr. Jyothi Reddy expressed gratitude for the collective efforts, acknowledging the dedication of the team in identifying beneficiaries, making over 600 calls, and ensuring the success of the project.

Special Thanks and Contributions



The success of the project was made possible not only by the organizers but also by the monetary contributions from various individuals. The club extended thanks to those who sponsored breakfast, arranged snacks, provided sweets, and supported in numerous ways.

Visitors and Volunteers: A Heartfelt Appreciation

A special thanks was extended to the visitors and volunteers who added value to the camp, including Rotarians, their family members, and volunteers from JP Morgan and Sri Shakthi College of Hotel Management.

Special Gratitude to Donors

Special gratitude was expressed to the generous donors who contributed significantly to the Prosthetic Hands Project, making it a reality and bringing hope and joy to those in need.

In Closing

Director of Service Projects, Rtn Laxmi Visireddy, expressed gratitude for the opportunity to identify 200 beneficiaries and thanked everyone who supported and guided the event, making it a successful and meaningful project.

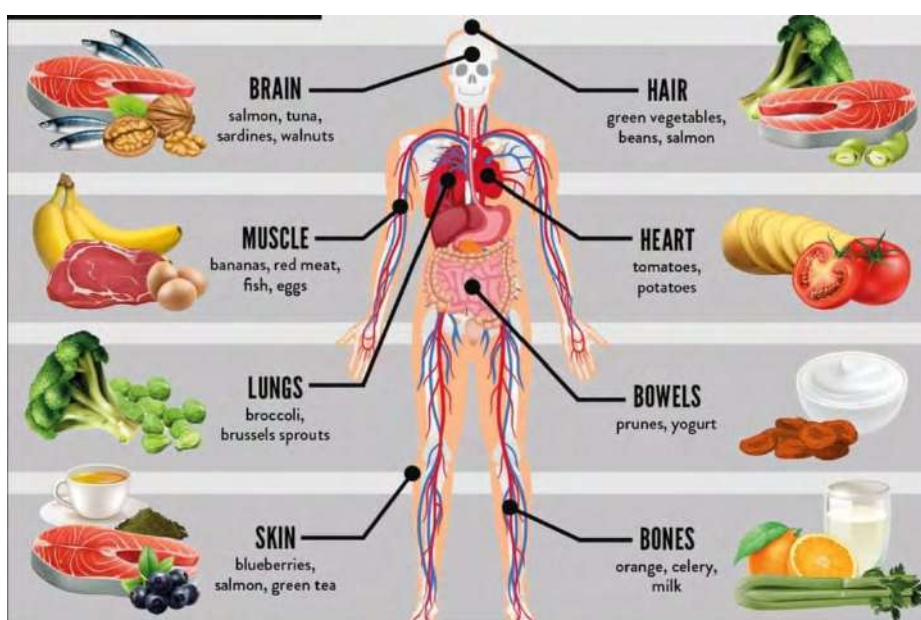
Note: Apologies for any inadvertent omissions in names, which are not intentional.*

Vitality Corner

Health Tips for a Thriving You



Being healthy is a holistic journey encompassing daily activity, stress management, and continual learning. It's not just a checklist; it's a commitment to nurturing your mind, body, and spirit. Inspire yourself every day to improve your self and learn from the different ideas that we have shared here.



అంత్యాక్షరి 2

రాత్రి పదకొండయింది పక్క చేరే సరికి. ఆయన పడుకున్నారేమో అనుకున్నాను. లైట్ ఆర్లి లోనికి వెళ్ళేసరికి గావిస్కాన్ మందు తాగుతున్నారు. ఏమిటి మళ్ళీ మంటా నెలకోసారన్నా వస్తుంది ఈ మధ్య చూస్తున్నారా. రాత్రిళ్ళు మసాలా పుడ్డు, ఎంత వద్దని చెప్పినా వినరు వేళకు తినరు. చెప్పిచెప్పి నానోరు నొస్తుంది కానీ, మీరు మాత్రం వినరు. మరేమిటి మజ్జిగ తేనా.. అరటి పండు తేనా.. వద్దు వీటికి తగ్గేలా లేదు గానీ పెద్దోడిని లేపనా.. నేను వెళ్ళరానా.. వద్దు వాడికి చెప్పాలే కిందికి రమ్మని. ఇందాకనే వాటర్ బాటిల్ కోసం వచ్చి వెళ్ళాడు. ఇద్దర్నీ హాస్టిటల్కి పంపి పడుకుందామను కున్నాను, ఇది ఎప్పుడూ వుండేదే. పాత ఫైల్ చూసి ఓ ఇంజిక్షన్ చేసి కాసేపుంచి పంపిస్తారు. వచ్చాక డ్రస్ మార్చుకుని డ్యూటీ డాక్టర్ ఏమన్నాడు.. ఆయా వేసిన ఊకులు అన్నీ చెప్పి పడుకునే సరికి రాత్రి ఒకటి ఒకటిన్నర అవుతుంది. ఆ తరువాత కూడా నిద్ర పట్టి చావదు ఎందుకో. అక్కడికి ఓ టాబ్లెట్ వేసుకున్నాను కూడా.

'నేనీమధ్యనే ఓ క్లబ్ లో జాయిన్య్యాను. వాళ్ళు అంత్యాక్షరి అంటే ఆసక్తి వున్నవాళ్ళు పాల్గొనవచ్చు అని మెసేజ్ పెట్టగానే ఆహా నా కోసమే కదా ఇది అని వెంటనే నా సమ్మతి తెలిపాను పాల్గొంటానని. రేపటి అంత్యాక్షరి పోటీ గురించి రకరకాలుగా తాను ప్రిపేర్ చేసిన పాటల డైరీ, వైట్ షేపర్లు .. పెన్ను, సెల్ఫోన్, టాబ్, మాస్కు, ఫేస్ షీట్, వాటర్ బాటిల్.. అన్నీ చూసుకుని పెట్టుకోవాలి. ముఖ్యంగా నా ప్రియాతిప్రియమైన పాత పాటల నోట్ బుక్ తప్పని సరిగా తీసుకెళ్ళాలి అని ఒకటికి పదిసార్లు మనసుకు చెప్పుకుంది. ఇది జామ్ లోనట. అసలు ఇలా ఎలా పెడతారో ఏమో. అందులో టీంలట. ఒక్కో గ్రూప్ లో ముగ్గురట అందుకే నా ఫ్రెండుతో పాటూ పేరిచ్చింది. మరో అతను అస్సలు తెలీదు. రూల్స్మిటి.. ఏమేమి రౌండ్లుంటాయి, వగైరా ఏమీ తెలీదు. చూద్దాం.. అందుకే ముందుగా ఫ్రెండ్ ఇంటికి పోయి అక్కడ నుండే పాల్గొనాలని ఇద్దరూ ఓ మాటనుకుని ముందుకు పోవాలని అనుకున్నారు. ఈ నోట్బుక్ నా లైఫ్ లో మూడవది. 1970లలో రేడియోలో వచ్చే సుశీల పాటలతో గొంతు కలిపి ఇంపుగా నా జీవితానికి స్వరాహ్వానాన్ని పలికిన నాటి నుండి ఆదో ఆత్మీయ అలవాటైంది. మా అమ్మ పేరూ సుశీలే మరి. అందుకే అంతిష్టం. ఒక్కోపాట పూర్తయి మరో బుక్ లోకి ఎక్కేసరికి ఏ పది పదిహేను సార్లో రఫ్ నోట్సులో రాయాల్సి వచ్చేది. అలా అలా చిన్నప్పుడు ఒక నోట్సు, పెళ్ళి.. పిల్లలు... చదువులు వరకు మరో నోట్ బుక్, అలా ప్లిల్లలు కాస్త పెద్దయ్యాక ఇదిగో... తీరుబాటుగా ఇలా ఈ బుక్ లో అ నుండి హా అక్షరం వరకు వరుస క్రమంలో అంత్యాక్షరికి అనుకూలంగా రాసుకున్నాను. సాహిత్యం బాగుండాలి.. సంగీతం బాగుండాలి... పాడేగొంతు బాగుండాలి.. రచనా

శిల్పం బాగుండాలి.. అర్థం బాగుండాలి... ఇలా అన్నమాట. ఇందులో ఘంటసాల, బాలసుబ్రహ్మణ్యం, పి. బి.శ్రీనివాస్, జానకి, సుశీల, జిక్కి, భానుమతి, జమునారాణి ఇలా ఇంకా ఎందరో నా పాటల పూదోటలో విహరించారు. ఈ నోటుబుక్ లోకి ఎక్కిందంటే అది చాలా మంచి పాట అన్నట్లు. ఈ బుక్ శిథిలమై పోయింది. పేజీలు పేజీలుగా విడిపోతున్నాయి. ఎక్కడికక్కడ చిగిగిపోతున్నాయి. పూర్తిగా రంగుమారి కావి రంగు వచ్చింది. ఎంతో కష్టపడి తయారు చేసిన ఈ నేస్తానికి ఇక వీడ్కోలు చెప్పక తప్పదేమో . అప్పుడు ఫోన్లు, లాప్ టాప్లు, టేప్ రికార్డులు, లేవు. కంప్యూటర్లు లేవు. ఇన్నకో శివరాత్రిని ఎప్పుడన్నా పక్కార్లో సినిమా కెళితే అక్కడ పాటల పుస్తకాలు అమ్మితే, కొనుక్కుని తెచ్చుకోవడం అలవాటు . ఇంట్లో పెద్ద రేడియో వుండేది. పాటలు రాగానే మా నాన్న అమ్మి.. పాట లొస్తున్నాయి అని పిలిచే వారు. చెంగుమని అక్కడికి చేరి పక్కనే వున్న చెక్క స్టాండ్ మీద పెన్ను పేపర్ తీసుకుని గబగబా మొన్న కొంచెం రాసిన పేజీ తీసి మరింత ఖాళీని పూరించే దాన్ని.

ఇంకా ఈ నోటుబుక్ ఎందుకు తీసుకెళుతున్నానంటే.. యూట్యూబ్లో చూడాలంటే అదినొక్కి ఇదినొక్కి తీరా చూస్తే మనం అడిగింది తప్ప మిగతా వన్నీ చూపిస్తది. అది కూడా మా లాంటి వాళ్ళకు చాలా టైం పడుతది. దింట్లో అయితే చక్కగా పల్లవి, చరణాలు అన్నీ చూసుకోవచ్చు ఏమంటారు. ఈ అరవై వసంతాల జీవితంలో ఎన్నో క్లిష్ట సమయాల్లో నాకు తోడుగా అండగా వుంది. అనారోగ్యంతో ఒరిగి పోతున్న జీవనలతకు చేయూతనిచ్చి సుమవనాన మళ్ళీ విరిశోభను తెచ్చింది. ఈ పరిమళాలు జీవన పర్వతం గుబాళిస్తునే వుంటాయి. రాత్రంతా పాటలే గింగిరాలు తిరుగుతున్నాయి. ఏం పాటలు ఇస్తారు సమయానికి నాకు గుర్తుంటాయో లేదో. రేపు ఉదయం సాయంత్రం మెడిటేషన్, బ్రీటింగ్ చేసుకోవాలి. ఈ మధ్య అలవాటు లేని కారణంగా పాటలు పాడిపాడి దవడలు నొప్పిగా వున్నాయి. ఈ కరోనా కాలంలో తాగే కఫాయాల వల్లనేమో గొంతు కాస్త పరవాలేదు. ఇలా ఆలోచిస్తూ ఆలోచిస్తూ ఎప్పుడో అలా నిద్రలోకి జారుకున్నాను.



Rotary International News

*An excerpt from**

Inside the mind of a writer living with Alzheimer's

By Greg O'Brien

I was out for my evening run, but as so often happens lately, I was not alone. The monsters, all in my mind, were gaining on me, ready to pounce. I had to sprint, a full-out panic dash, to avoid capture at sundown, that moment when Alzheimer's bears down.

It had begun as a hazy spring afternoon gave way to dusk on the waterfront in pastoral Brewster on Cape Cod: a numbing fog that slowly crept in, first in misty sprays that tingle, then in thick blankets that penetrate the mind and disorient the senses. It had the smell of a chill wind from a raging North Atlantic storm, the kind of nor'easter that takes the breath away.

Faster and faster, beneath the thick canopy of oaks and red maples, the demons were chasing, their screeching howls emerging from the dense, choking groundcover of honeysuckle and myrtle. My heart was pounding, the sweat pouring. Alone, I was enveloped in fear and full paranoia — and the fire in my brain was scorching.

Explore the full article [Here*](#)

FEATURE

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FEATURE

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Meeting

28 November

Ideas Presentation
Meeting

03 December

Family Fellowship in
Ripplez Resort,
Shamshabad

12 December

Annual General Body
Meeting

The background of the entire poster is a photograph of the Singapore Flyer, a massive Ferris wheel, and the Gardens by the Bay, featuring lush greenery and a large waterfall. An orange semi-circle is positioned at the top center, containing the text 'DO NOT MISS !'.

DO NOT MISS !

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