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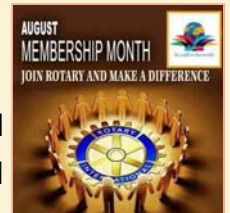
LAUGHTER, THE BEST MEDICINE

As we all know, laughing has multiple physical and psychological benefits. It releases stress, fosters bonding and friendship, and makes all participants feel good about life, elevating them, albeit temporarily, into a world of good humour. Laughter is a universal language of well-being for all-if we are all laughing with each other and not at someone's expense.

There is another use of laughter in that it can effectively transform a confrontation into amicability. When faced with a problem, we often get so engrossed that we miss the big picture. It is possible to see a point of humour in the overall context and sublimate hostility into mirth.

But the most profound therapeutic value of laughter is derived when you laugh at yourself. This happens when you can see your own idiosyncrasies your foibles, your pettiness in clear perspective, and have a good laugh at yourself. This laughter cleanses your soul and makes way for constructive emotional rejuvenation. It is true that, for most of us, taking a good, honest look at ourselves is painful, but once you have gone through the process and can laugh at your drawbacks, you emerge a better, more self-aware person. Laugh, stay Happy and Healthy.

- Editor



15th Aug. 78th Independence Day Celebration at our adopted Govt. School for Visually Challenged Girl Students at Sagar Nagar.



From the President's Desk

My Respected Rotarians, Being August is a month of Membership, I am very grateful for everyone who brought new

members, we are stronger because of you. We have a common bond, "Service Above Self" which keeps us together. Thanks to your efforts, our Club has been blessed with a series of new members who have brought new energy and vitality to our Club.

Dear new members, you have this power. This power to use language to share your ideas, to touch hearts, and to bring about change in the world. As Rotarians, we have the power to speak and share, to explain and to educate, to inspire and to influence. It is our

responsibility to share our talents and ideas and to find meaning in other people's messages. May we use our skills to provide service to others less fortunate and help them to be self-sustained. May we continue to grow as Rotarians so that we stand in our community as a symbol of those willing to freely put service above self and make this, our community, and the world a better place to live.

I thank to all members for your great participation and cooperation in the events of Aug 2024.

My best wishes to all the members whose birthdays and anniversaries comes in September 2024.

Yours in Rotary

Rtn. PHF. K.V. Ramana

President.

Meetings and Services



10th August Orientation meeting for new members at Rotary Grandeur.



15th Aug. 78th Independence Day Celebration at our adopted Govt. School for Visually Challenged Girl Students at Sagar Nagar.

With Best Compliments

SAHAANA ASSOCIATES

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MEETING AND SERVICE PROGRAMMES



31st August Teacher's Day Celebration and family get-together at Kakatiya convention hall.



Felicitation to Teachers Mrs.S. Pavani and Mrs.D. Divya of Saraswati Vidya Vihar School, NDA Kotha Road.



Felicitation to Teachers Mr.M.G. Subrahmanyam and Mr.K. Krishna Rao of Sri Prakash Vidya Niketan, Vizag.



Felicitation to Teachers Mrs. Marisetti Indira and Mrs. Sunita Ballav of Viswa Teja School, Thatichetlapalem.

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August Photo Gallery



Felicitation to Teachers Mr. N.K.Chandra Sekhar & Mr. D.V.V. Ramana of Vagdevi School



Felicitation to Teachers Mrs. Nanubala Sridevi & Mrs. Perepu Sarat Jyotsna of Little Flower School



Felicitation to PP Rtn Indira Vadlamani, Teacher and Founder of English Grammar School, Pendurthi.

HEALTH CAPSULEA

NO TO APACKAGED FOOD

Instant foods like chips, ice-creams, noodles, breakfast cereals, soup mixes and cake mixes fall into the category of ultra processed foods and merely enriching or fortifying these foods with nutrients doesn't render them healthy choices. Regular consumption of these foods can lead to weight gain, increased risk of heart disease, diabetes and other health issues.

Birthdays - September 2024

Narasimha Raju A.	04 th	99596 67777
Santosh Kumar Bucha	05 th	93931 02505
Dr. Ch. Syamala	10 th	92466 42624
Indira Vadlamani	15 th	99485 40155
Srinivasa Rao K.V.	20 th	98480 12561
Bhaskar Rao I.	25 th	98661 13970
Sivaji B.	29 th	98481 91847

Blood Centre Report - August 2024

No. of Camps Conducted	- 9
No. of Units Collected	- 546
No. of Units Issued	- 2206



Blood Donation camp at Ramky, Parawada on 12th August.



Blood Donation camp at Sardar Nest, Sheelanagar, Gajuwaka, on 15th August.

QUOTABLE QUOTES

The greatest wealth is to live content with little!

- PLATO

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