



VOL 29/ISSUE 06

JUBILEE HILLS INTERNATIONAL CENTRE

MONTHLY JOURNAL
JUNE '14



CONTENTS

President
T. Narendra Choudary

Vice-President
M. Venugopal

Secretary
T. Hanumantha Rao

Joint Secretary
P. S. Reddy

Treasurer
A. Suresh Reddy

GOVERNING COUNCIL MEMBERS

B.N. Raju
K. Ramesh Chowdary
Dr. S.V. Ravindranath
S. Vidya Sagar
K. Ekamber Reddy
M. Kishore
N. Subbarao

Contact Details

+91 40 2355 7888 / 89
+91 40 2355 7890 / 91
+91 40 2355 7893 / 7302

Fax : +91 40 2360 7302

Road # 14, Jubilee Hills,
Hyderabad - 500 033.
+91 40 23557888/
23557889/23557890

jubileehillsclub@hotmail.com
jhic1987@gmail.com

Conceptulised & Marketed and Designed by



E: info@illusionzmedia.com
T: 040 6002 2200

06/14

02/JUNE '14



Club News

4

Announcements
Annual Genaral Body Meeting
Congratulatlons to Amit Reddy



9

Ongoing activities

Swimming Lady Coach
Special Yoga Classes
JHIC Cricket Team

Special Features

A Heart Healthy Note
Back to Shcool Tips For Parents
No Bake Coconut Balls Recipe

10



16

Entertainment

Manam Special Article
My Kids Artistry
Moral Stories
Spot The Defference

NOTE FROM THE SECRETARY'S DESK

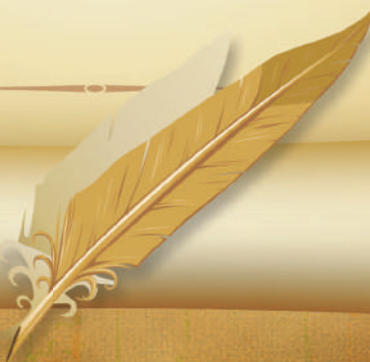
Dear Member,

"Where did summer go? Why did it go so early? I was a good child!" screamed the kid in my neighborhood. Yes !! it's that time of the year again - "Back- to- school" time. In this month's newsletter we plan to focus on the drama called "Sending kids to school" and how to make it simpler for all parties involved, with Special Features. Turn to the Ongoing Activities for the latest activities updates at our Club. And don't forget to checkout the Entertainment Segment, where we have given a Special article on the film "Manam", a true tribute to the Tollywood Legend Late Sri. Akkineni Nageswara Rao, who was our Club Member.

This month we are proud to bring to your attention an important non-profit health initiative, Indian Heart Association, founded by our JKC's highly accomplished young brothers: Sevith Rao, and Dr. Sishir Rao, with a goal to combat the heart disease epidemic among Indians.

While you are at it, also do check out the procedures we intend to implement strictly with your support, for systematic maintenance of our ambience at the Centre. I request all the members/spouse members and dependent members to strictly take note of the Club instructions for the smooth functioning of our Centre.

T. Hanumantha Rao
(T Hanumantha Rao)
Secretary



General Elections-2014

As you are aware that the General elections in Andhra Pradesh were held recently for Lok Sabha and Assembly. The following members of our Centre have won the general elections-2014 and we extend our heartfelt congratulations to them. We take this opportunity to wish them good luck for their future endeavours.

Sri Nara Chandra Babu Naidu
Sri N. Bala Krishna
Sri Anagani Satya Prasad
Sri M. Pratap Appa Rao
Dr. A. Suresh
Sri Pothula Rama Rao
Sri Kadiji Babu Rao
Sri Mekapati Raja Mohan Reddy
Sri Mekapati Goutham Reddy
Sri Galla Jaydev
Sri Kesineni Nani
Sri Komati Reddy Venkat Reddy
Sri Jana Reddy
Sri K. Taraka Rama Rao
Smt K. Kavitha
Sri A. Revanth Reddy
Sri P. Mahender Reddy
Sri Gokaraju Ganga Raju
Sri Teegala Krishna Reddy
Sri Konda Visveswara Reddy
Sri A.P. Jithender Reddy
Dr. B. Narsaiah
Sri Uttamkumar Reddy
Smt Padmavathi



Healthy Heart Cardiac Screening Camp

Sat 28-6-2014 & Sun 29-6-2014: 6:30 AM to 10 AM

Blood Sample Collection & Testing: All Cardiac Camp participants should come in with a 9 to 12 hour Fasting for blood sample collection.

Sat 28-6-2014 & Sun 29-6-2014: 7 PM to 9 PM

Pickup of Test Reports & Cardiac Consultations

Reduction of Banquet Hall Tariff

We are happy to announce that banquet hall charges are reduced by 50% for day time parties (Break fast/Lunch) i.e. From Rs. 7500/- to Rs.3750/- for 150 persons (Multi purpose A/C Hall – I) and from Rs. 4000/- to Rs.2000/- for 75 persons (Multi purpose A/C Hall – II). A wide variety of menu for veg as well as non-veg is available. Members may contact the office for prior bookings.

Congratulations

Mr. Amit Reddy member of our Centre has published a book, titled Who Stole My India? Based on a 40,000-kilo-meter, year-long solo motorcycle journey that Mr. Amit completed. It is an epic tale of India and Indians and a young man's quest to understand the two. This travel story takes you on a tragicomic journey across the social and political landscape of the country. It is available from Walden, The Project, Aha Stuff by Dcubed, Akshara, and The Bookpoint (Himayatnagar). We wish him all the best.



News from South Indian Tiffin Centre & Bulk Orders

As you are aware experienced cooks are employed in our South Indian Tiffin facility using high quality ingredients for making items, like idly, vada, upma, poori with natu kodi curry, plain dosa, masala dosa, paneer dosa, butter dosa, payasam, gulab jamoon etc. Recently we have introduced chapathi with khuram in the evenings. Please note that we accept bulk orders up to 150 plates of any item with advance notice.

Members or their authorized persons should collect the items in the premises only.

Contact persons for bulk orders is Mr. D. Koteswara Rao, Mobile No: 9490757070 or Mr. Mastan Rao 9701154949





A "Heart Healthy" note from
Sevith Rao
Founder & CEO
Indian Heart Association
- Let's become heart healthy together

Are you ready to stop the next heart attack?

Did you know that as an Indian, you are at an alarmingly high risk for heart disease?

Read on to find out more about the heart disease epidemic among Indians and how to take control of your cardiac health.

Heart wrenching facts about heart disease among Indians:

- Public health estimates indicate that India accounts for approximately 60% of the world's heart disease burden, despite having less than 20% of the world's population.

- Heart disease is the number one cause of death and is a silent epidemic among Indians.

- Hyderabad is currently the diabetes capital of India. Diabetes is one of the biggest risk factors for heart disease.

- When heart disease strikes Indians, it tends to do so at an earlier age (almost 33% earlier) and with higher mortality rates than other demographics.

- Furthermore, 50% of all heart attacks in Indian men occur under 50 years of age and 25% of all heart attacks in Indian men occur under 40 years of age, a staggering figure!

- Indian women have high mortality rates from cardiac disease as well.

Why are Indians at such a high risk for heart disease?

- We are at a high risk for heart disease because of a perfect storm of factors including bad genetics and unhealthy lifestyle choices.

- Heart disease among Indians may be attributed partially to an underlying genetic predisposition to metabolic syndrome, elevated lipoprotein A levels, diabetes, hypertension, and heart failure.

- Furthermore, a shift towards increased consumption of red meats, fried and processed foods; tobacco smoking, lack of physical activity, and the modern high stress work environment have compounded the heart disease problem.

- Unlike many developed countries, there is a notable paucity of public health infrastructure and initiatives in India to raise awareness and combat this deadly heart disease epidemic. To date, few Indians routinely get cardiac screenings done.

What are the prevention strategies to conquer heart disease?

- A well balanced "Heart Healthy" diet as well as positive lifestyle changes such as exercise, stress reduction, control of hypertension and diabetes, and quitting smoking will reduce the incidence and progression of heart disease.

- Annual Comprehensive Health Check-Ups to ensure cardiac & overall health.

- To learn more about how to become "Heart Healthy", please visit our website at <http://indianheartassociation.org>

Let us work together to conquer heart disease among Indians:

- Indian Heart Association is conducting a "Healthy Heart cardiac screening camp" at Jubilee Hills International Centre on Sat 28-6-2014 & Sun 29-6-2014.

- I request all JIC members & their families to participate in our "Healthy Heart" camp and take the first step towards becoming "Heart Healthy".**

Sample Collection & Testing:

Sat 28-6-2014 and Sun 29-6-2014:

6:30 AM to 10 AM

Note: All cardiac camp participants should come in with a 9 to 12 hour fasting prior to blood sample draw.

Tests to be conducted include:

Complete Blood Picture, Fasting Lipid Profile, Fasting Sugar, Serum Creatinine, Electrocardiogram, and Blood Pressure. The diagnostic lab will collect a nominal charge of Rs. 400 from each cardiac camp participant to cover the actual cost of testing.

Cardiac Consultations:

Sat 28-6-2014 and Sun 29-6-2014:

7 PM to 9 PM. Reports pick up and consultation with Dr. N.V. Rayudu, MD, DM, Cardiologist & Dr. Sishir Rao, MD, Harvard Medical School. Our cardiac consultations are being offered free of cost to all cardiac screening camp participants.