

# PROBUS CLUB OF HYDERABAD



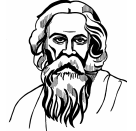
**. President: K.V.Krishnamurthy; Vice President: P.V.Subba Rao; Secretary: M.Ramababu  
Jt. Secretary: Vijaya Sudhakar; Treasurer: Dr. V.S.Subbarao  
Members: Dr. S.S.R.L.Swamy; Ram Mukherjee; Aruna Kumar; T.Sudhakar; T.V.Balan;  
Rukmini Subbarao; Imm. Past President: Dr. V.S.Subbarao; Imm. Past Secretary: T.Kumar  
Editorial Team : Ram Mukherjee ; K . Rajalakshmi; Rukmini Subbarao.**

## VOLUME NO. XI ISSUE NO. 3 JUL 2008-09

### PRAYER

This is my prayer to thee, my lord----Strike, strike at the root of penury in my heart.  
Give me the strength lightly to bear my joys and sorrows.  
Give me the strength to make my love fruitful in service.  
Give me the strength never to disown the poor or bend my knees before insolent might.  
Give me the strength to raise my mind high above daily trifles.  
And give me the strength to surrender my strength to thy will with love.

*---Rabindranath Tagore---*



### **HAPPY BONALU!**

It is a centuries-old festival that is celebrated for a month in most of Telengana regions.  
It is a festival, which gives importance to musical treats and ritualistic worship.

### **PRESIDENT'S COLUMN**

Hello friends,

We are back after an enjoyable, much needed, holiday (--We did not go last year due to my wife's operation--) in Los Angeles, USA for spending a few weeks with my daughter and son-in-law. I had to limit my holiday to 5 weeks only due to the commitments I have made with Our Probust Club. I thank Probustian Ram Mukherjee and all the Committee Members for looking after the activities of the Club very efficiently during my absence.

Los Angeles, as you are all aware, is known for its equitable climate right round the year, its greenery, fruits, flowers, vineyards and famous places viz Hollywood, Beverly Hills , Disney Land , Pasadena Satellite Tracking Center etc, and beautiful beaches like Malibu, Santa Monica, Long Beach etc. Apart from all these, close to LA , there is Palm Springs, a small beautiful Township, with a population of about 50,000 of whom a good percentage are retired Senior Citizens . The Township has all the facilities and services required by the Senior Citizens including Clinics, Nursing Homes, Shopping Malls, Restaurants Jogging Tracks, Tennis Courts, Golf Courses etc, all situated nearby, unlike in big cities, so that Senior Citizens do not have to drive long distances. It is indeed a boon for Senior Citizens.

*--KVK--*

### **CLUB ACTIVITIES IN THE MONTH**

**Management Committee Meeting** The Meeting was held in Hotel Katriya de Royal on 20-07-08 and the following decisions were taken:-

- \* Three new members-Ms. Ameena Nakavi, Mr. P.N. Choudary and his spouse Mrs. Jayaprada Choudary are inducted on 27<sup>th</sup> July as all the formalities have been completed.
- \* After completing the remaining formalities by the Membership Committee for the approval of the Membership of the decision for induction of Mr. A.S.Rao and his wife will be taken by MCOM.
- \*On Sunday the 31<sup>st</sup>. August '08 Probustian V. Guruswamy will be hosting Dinner at Jubilee Hills International Club and our Regular Monthly meeting will also be held there from 6-30 to 7-30 P.M.

## **Fellowship Get-together**

The monthly contributory Fellowship get-together of the club was arranged on 13<sup>th</sup> July at the Hyderabad Gymkhana Club by our veteran Probian Dr. SSRL Swamy who is also currently the President of the club. Though the attendance sheet was partially filled, the evening was great and special attention was given to the Probians by the club staff being the guests of the president. While enjoying the drinks and savoring the tasty culinary preparations the members animatedly discussed the various options of structuring the fellowship meeting.

## **Regular General Body Meeting**

The meeting held on 27-07-08 at Katriya de Royal, chaired by President KVK. The members observed one-minute silence to pay homage to victims of the **Terrorists Attacks in Bangalore and Ahmedabad**.

Some hilarious jokes were recited by Probians Sudhakar, Ramesh Sawhney, Krishna Kumar, and Sita Balan. The Induction of New Member Mr. PN Choudhary and Mrs. Jayaprada Choudary was initiated by Membership Committee Chairman Probian T V Balan and the Club Pins and a Folder on Probis Information were handed over by President after administering the membership Oath'.

## **FELICITATIONS**

### **Birthdays**

Probian Tripta Sawhney offered greetings to the following Probians whose birthdays fell in this month:

1) Probian Sivaswamy & Probian Radharani on 1<sup>st</sup> July 2) Prob. Ram Mukherjee on 3<sup>rd</sup> July. 3) Probian Harish Singhal on 5<sup>th</sup> July 4) Probian Rajalakshmi Krishnamurthy on 11<sup>th</sup> July 5) Probian Kamala Swamy on 18<sup>th</sup> July 6) Probian R Srinivas on 18<sup>th</sup> July 7) Probian Azhar Ahsan on 22<sup>nd</sup> July and 8) Probian VS Subbarao on 23<sup>rd</sup> July.

### **Wedding Anniversary**

Probian Dr. KS Rao and Vasundhara were greeted for their Anniversary on 1<sup>st</sup> of July.

### **Kudos to Past President Probian T.V.Balan**

Congratulations for receiving the "Certificate of Excellence" for the commitment to the Cause of Rotary as Chairman Scholarships, Rotary District 3150 Award for 2007-08.



### **GUEST SPEAKER      **Topic-Doctor on call --Dial 104/1056****

Guest Speaker Dr. (Lt. Col.) Dayakar Thota, a doctor and very reputed Hospital Administrator & Social Entrepreneur was introduced by Probian Ram Mukherjee

Dr. Thota is a consultant, PG Examiner, Research Scholar and Life Member of various reputed Organizations. He spoke on the variety of services undertaken by HMRI - Health Management and Research Institute, promoted by the Satyam Foundation. HMRI is a non-for-profit-organization focused on augmenting public health delivery system by leveraging information and communication technologies and modern management practices.

HMRI envisages supporting public health systems run by government to provide better access, improve access and the quality of services to the vulnerable sections of the society. HMRI and Govt. of A.P. have come together under a Public Private Partnership (PPP) to augment the Health Delivery Systems in A.P. Under the partnership HMRI has implemented a state of the art 24x7 Health Help line serving the 80 million people of AP. It is well known that the poor do not have access to an appointment system at the referral hospitals. System 104 plans to mitigate the situation by providing a Tele-referral and Appointment System to enable the rural patients to access the Referral Hospitals. The Service will help the poor from losing wage-earning days and waiting time for Services from the Referral Hospitals.

104-Mobile—HMRI has been conducting pilots in two Mandals, one each in Mahabubnagar and Khammam districts covering a total of 48 villages. The pilots are focused on fine-tuning the model for providing 104-mobile to the villagers who are located beyond 3-5 kilometers from any public health service provider. The current focus of the 104-Mobile is to support the Public Health Systems in reducing the Mother Mortality Rates, Infant Mortality Rates and managing various National Health Programs

better. A modern, state of the art vehicle carries ultrasound equipment, cold chain to carry vaccines, facility to store blood/urine samples for testing, medicines, a television for public

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**Health Education.** The vehicle would visit every village targeted, once a month and would stay for four hours to serve a population size of 1500. The vehicle would have trained ANMS/Paramedics to provide services through a minimum of five counters.

The presentation of Dr. Thota was excellent and the members heard him with rapt attention.

Prob. KCS Rao proposed the “Vote of Thanks”

### **HEALTHCARE**

Probian Nanda Mukherjee had a fall in the bathroom injuring her coccyx (tail bone). She is under treatment and has to take complete rest till she is free from pain. Probian Aruna Kumar is also recouping after a major Surgery



### **KNOW YOUR PROBIAN:**

**Professor Veruru S. Subbarao**, born in Narasaraopet, A.P., studied in Municipal High School, Cuddapah. He obtained his B.E. (Elec.) Degree from University of Madras in First Class Honors. He conducted research in High Voltage Power Transmission in the Technical University, Apache, (West) Germany and in 1959 obtained the Degree of “Doktor - Ingenieur” (Doctor of Engineering) with an assessment of ‘Very Good’. During 1960-65, he worked as Reader in L.D. College of Engg. Ahmedabad. During 1965-1971 he taught in UK Universities (Bristol, London and Glasgow). He joined as Professor of Electrical Engineering in Banaras Hindu University, Varanasi in 1971 and retired as Director, Institute of Technology, BHU in 1992. During these 21 years of service at BHU, he worked as Head of the Department of several faculties and was also Dean, Faculty of Engineering and Technology. During 1985-86, on Sabbatical leave from BHU, he was invited as a visiting Scientist to conduct research on Large Electrical Machines by Brown Boveri and Company (now part of ABB). He was also a Visiting Professor in Texas A&M University, US during one semester in 1991. During his long academic career, he has published more than 20 research papers in international journals and attended many conferences in Europe and US.

After retirement, he shifted to Hyderabad and has been active as a volunteer in a counseling Organisation SEVA. He was also its Director during 2004-2006. He has been helping Vivekananda Public School (a slum area School, both in teaching and also as its Vice President till recently.

He is happily married to Rukmini in 1961 and they have a son (Phaniraj) and a daughter (Radhika). Both of them are well settled in US and are also Ph.D. Degree holders in their respective fields.

He is deeply interested in spiritual studies and comparative religion.

Probian Subbarao joined the Probus Club in 2000 and has served the Club as Joint Secretary, Secretary, Vice President, and President. He is currently the Club’s Treasurer.

Mrs. Rukmini, has stood first in School Final examination and a topper in B.A. degree examination. During her stay in UK, she studied Accountancy and passed the first stage of ACCA of UK and worked in many firms as an Auditor till 1971. She passed her M.A. (Telugu Literature) exam in First Class from Banaras Hindu University. In Hyderabad she has been an active volunteer in SEVA, particularly counseling cancer patients in NIMS Hospital. She has published many short stories in Telugu weeklies and presently is contributing a one page column on Senior Citizens’ issues for a Telugu monthly NADI. She has been the Chairperson of the Caring and Greetings Committee of Probus Club twice and is now a member of the Management Committee.

### **PARENTS DAY**

In 1994 President Bill Clinton signed into law the resolution unanimously adopted by the US Congress establishing the fourth Sunday of every July as *Parents’ Day*, a perennial day of commemoration similar to Mother’s Day and Father’s Day. According to the *Congressional Resolution*, Parents’ Day is established for "recognizing, uplifting, and supporting the role of parents in the rearing of children." The

establishment of Parents' Day was the result of a bipartisan, multiracial and interfaith coalition of religious, civic and elected leaders who recognized the need to promote responsible parenting in our society and to uplift ideal *parental role models*, especially for **Health and pleasure:**

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## DINNER

Go Fish ... Omega-3 fats in seafood are the newest nutrition all-stars. They protect against heart disease, and recent research has also linked them to lower rates of both depression and Alzheimer's disease. And the fact that coastal-dwelling Greeks and Italians eat far more fish than red meat additionally earns them an anticancer edge: colorectal-cancer risk was 30 percent lower in people who ate the most seafood, notes a report in the *Journal of the National Cancer Institute*. People who ate the most red meat, risk increased by more than one third.



## FRUIT OF THE VINE:

**What if you don't drink?** Sipping red wine has long been linked to lower heart-disease risk, but an alcoholic drink isn't the only way to get that benefit. Purple grape Juice proved just as effective at lowering total and LDL cholesterol, in animal experiments Conducted at the University of Scranton in Pennsylvania. What's more, scientists at Université Louis Pasteur de Strasbourg in France recently found that purple grape juice mimics red wine's ability to stimulate nitric oxide production in arterial cells. Nitric oxide is a natural chemical that keeps blood vessels elastic.



## WORDS OF WISDOM

### **Heaven and Hell:**

And the Lord said to the Rabbi, "Come, I will show you hell". They entered a room where a group of people sat around a huge pot of stew. Everyone was famished and desperate. Each held a spoon that reached the pot but each pot had a handle so long that it could not be used to reach person's mouth. The suffering was terrible.

"Come, now I will show you the heaven". The Lord said after a while. They entered another room, identical to the first--the pot of brew, the group of people, the same long spoons but everyone was very happy and nourished. "I do not understand," said the Rabbi "Why are they happy here when they were miserable in the other room and everything was the same"? The Lord smiled, "Ah, don't you see?" he said, "Here they have learnt to feed each **other**"

--Merie Shain--

### **Loud 'Silence'**

You think your silence on certain topics, perhaps in the face of injustice or unkindness or mean-spiritedness causes others to reserve judgment of you. Far otherwise, your silence utters very loud: you have no oracle to speak, no wisdom to offer and your fellowmen have learnt that you can not help them. Doth not wisdom cry and understanding put forth her voice? We would be well to do likewise.

--Ralph Waldo Emerson--

### **Anecdotes**

\*G.K. Chesterton is credited with the story of the wily bandit who was finally captured by the king's troopers. The king, a man fond of games and riddles, posed this problem to the bandit: "you may make one statement. If you tell the truth in it, you will be shot. If you lie, you will be hanged." The bandit confounded him with this reply: "I'm going to be hanged".

\*A husband is a person who is under the impression he bosses the house - when in reality he only houses the boss.

## Editor's Column

Many a time several Probian friends expressed their opinion that our club spends substantial Amount of money for conducting regular meeting and contributory fellowship dinner but we do not undertake any service program. I would like to point out that a club is promoted for some specific purpose and objectives e.g. A service club to serve the community, a sports club to promote sports, a music club to promote music and a fellowship club to promote fellowship etc. Our club was sponsored /promoted primarily to promote fellowship without obligation of service among the retired and semi retired persons who might have already contributed generously during their active career as members of service clubs or individually. However, any Probian may involve himself in service activity individually and some of our

**members are active in social service. Our club may also sponsor community projects / service with the consent of all the members with limited initial fund and without long term involvement financially.**

***-- Ram --***