



## PROBUS CLUB OF HYDERABAD

**President : RK Bajaj ; Vice President: R. Vijaya Lakshmi**  
**Secretary: CSY Sankara Rao; Jt. Secretary : Aditi Mukherjee ; Treasurer: P. Jayaprada**  
**Committee Members : M.Chidambara Rao; Dr. N. Raghupathi Rao ; Aruna T**  
**Immediate Past President: Dr. RHG Rau; Immediate Past Secretary : Kamal Sukhija**  
**Editorial Team: Dr. R.H.G.Rau, Aditi Mukherjee, P. Jayaprada**

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### **EVENTS OF THE MONTH**

#### ***PROBUS Global Meeting***

PG Quarterly General Meeting was held on-line on Thursday 19<sup>th</sup> October 2023. Pr. Ram Mukherjee, Pr. Ramakrishna and Pr. Dr. RHG Rau from PCH and Pr. M. Annadhurai from Probus Club of Chennai participated from India. The meeting was attended by 25 Probians across the Globe. Liz Smith from New Zealand was the Key Note Speaker.



From our Club, Pr. Ram and Pr. Rau presented a gist of the Silver Jubilee Celebrations on our Club.

#### ***“Morning of Music”***

The Senior Foundation Members of our Club Pr. VC Janardan Rao and Pr. Chukkamamba celebrated the wedding of their eldest grandchild Ujwala with Pawan on Friday 20<sup>th</sup> October 2023 at Sri Seetharamachandra Swamy temple, Ammapalli, Hyderabad. Many of our members attended the “MORNING OF MUSIC” arranged to celebrate the wedding, followed by lunch.



(Contribution: Pr. Ramakrishna)

## Proud Moments

- A. At the State Level Celebrations of International Day of Older persons-2023 on 1<sup>st</sup> October 2023, Telangana Government awarded the CENTENARIAN AWARD to Pr. RN Mital, a Founding Member of PCH and its second President. On behalf of PCH, Pr. Nanda Mukherjee and Pr.Dr. RHG Rau visited his residence and congratulated him and his family on this distinguished recognition. We are aware that awards are not new to Pr. Mital (97 by English Calendar)



- B. Fellow Probains Pr. Dr. MS Gowd and Pr. Dr. M. Manohar Kumar were honoured by Telangana Doctors' Association on 24<sup>th</sup> of this month for outstanding contributions in their respective medical professions.



Buddies from their childhood, got closer during subsequent years, opted for serving society, qualified to be doctors, practiced in Hyderabad with glory, liked to be together for their morning walks in KBR Park, living close-by, bonding through their close families, and now this crowning Glory. We salute these two doctors, and their families.

- C. Your editor Pr. Dr. RHG Rau has been recently honoured on the 60<sup>th</sup> Foundation Day of Bharat Vikas Parishad, Telangana Pranth, for his continuing contributions in the Education Sector in the country.



## **RMM OF OCT. 2023**

The Regular Monthly meeting of October 2023 was held at Hotel Plaza, Begumpet on Sunday the 29<sup>th</sup> between 1030am- 1.30 pm. The meeting was attended by 21 members. President Pr. RK Bajaj chaired the meeting assisted by Pr. R. Vijaya Lakshmi, Vice- President.



The highlights of the meeting:

- a. President Pr. Bajaj welcomed all the participants
- b. Humour for the day was shared by Pr. Kumar T, Pr. R. Vijaya Lakshmi, Pr. MA Zaheer, Pr. Dr. T. Manohar, Pr. RK Bajaj.
- c. President thanked everyone for the support received by him in organizing and conducting Silver Jubilee Function, the proceedings of which were partly covered in Sept 2023 Newsletter.
- d. There was widespread appreciation for developing the design and execution of Silver Jubilee Cup as a memento. Thanks to Pr. Ramakrishna and Pr. Visweswari for executing this project, with support from Pr. Bajaj.



- e. Members wished speedy recovery of all the Probiants who are currently indisposed due to various ailments.
- f. Felicitation and Caring session was conducted by Pr. P. Jayaprada :

### **HAPPY BIRTHDAY TO PROBIANS :**

M. Chidambara Rao: 4th Oct; Ramakrishna G: 25<sup>th</sup> Oct; Visweswari Ramakrishna: 30<sup>th</sup> Oct.

### **WEDDING ANNIVERSARY OF PROBIANS :**

M. Manohar Kumar & Nirmala: 17<sup>th</sup> Oct – Their Golden Wedding Day.

The felicitation ended with blowing the candles specially arranged. Amidst applause, the members wished them tons of happiness and health.



- g. PCH Treasurer Pr. P. Jayaprada presented the details of Expenses against the Budget, earlier approved by the Managing Committee, for the Silver Jubilee Function. Everyone appreciated the management of available funds within the approved budget.
- h. At the request of President, members freely shared their experiences and views on the just concluded Silver Jubilee Event. The event was just beautiful, with tremendous participation from one and all.
- i. Pr. Dr. RHG Rau, Chair-Souvenir Committee summarized and felt that the Souvenir brought out can be used for promoting “Probus” culture among the senior citizens among our contacts, for wider publicity, and for enhanced membership of our Club.
- j. Vote of thanks was a delightful summary from our Foundation Member Pr. Nanda Mukherjee.

### **VISITS TO SENIOR PROBIANS**

Some of our senior friends who could not be present at the Silver Jubilee Event of our Club were handed over the Souvenir copies, Club’s Silver Jubilee Cups and Appreciation Mementos through their home visits, immediately after the event.



### **SOME MORE SILVER JUBILEE PHOTOS**

Among the so many photos taken by Probians on 1<sup>st</sup> October Silver Jubilee Function of PCH, we covered a few in the last month Newsletter. Below are a few more.





## RAVI's POETIC REFLECTION

In Hyderabad's heart, we gather with glee,  
For Probus Club's Silver Jubilee, you see.  
Our members are pros, and retirees too,  
A quirky, wise bunch - oh, how time flew!

With President and Secretary leading the way,  
We've thrived for 25 years, come what may.  
Our meetings and outings, they're never a bore,  
In our golden years, we're always up for more!

Today's guest of honor, Aruna Bahuguna by name,  
A retired police officer, with a prestigious claim.  
Her stories of law enforcement, they'll surely astound,  
We hope she's prepared for tales from all around!

In this club of professionals, who've aged like fine wine,  
Our laughter's contagious, so hearty and fine.  
We've traded our suits for golf clubs and smiles,  
Retirement's the best, it's been worth all the miles.

So let's raise a toast, and our glasses we'll clink,  
To Probus Club's Jubilee, and the joy that we think.  
With Aruna Bahuguna, a guest most divine,  
In this club of ours, oh, how we all shine!

In Hyderabad's embrace, we've made quite a scene,  
At Probus Club's Silver Jubilee, we reign supreme.  
With humor and wisdom, we'll cherish this day,  
And here's to 25 more, in every possible way!

(Contribution: Pr. Ravi Mokkapati)

## FOR FREE TIME READ



**Why stroke chances are high in bathrooms**

STROKES are usually high in bathrooms because when we start bathing, we soak our head and hair first, which is a wrong approach.

In this way, if you water the head at first, the blood rises to the head quickly and the arteries can be torn apart. As a result, stroke happens and then people find themselves falling to the ground.

A report published in the **Journal of the Medical Association of Canada** states that the risks that were previously predicted to lead to stroke or mini stroke are in fact longer lasting and even more dangerous.

According to multiple studies around the world, cases of death or paralysis due to stroke during a bath are increasing day by day. According to doctors, one should take a bath while following some rules.

If you do not take a bath following the right rules, you can die while bathing. You should not soak your head and hair first while bathing because blood circulation in a human body is at a certain temperature.

The human body temperature takes a while to adjust to the temperature outside. According to doctors, pouring water on the head first increases the speed of blood circulation, the risk of stroke may also increase at that time.

Excessive blood pressure can tear the brain arteries.

**The right way of bathing**

Get to soak the feet first, then slowly soak the body upwards. At the end, you should then water the head.

This method must be followed by those with high blood pressure, high cholesterol and migraine.

Let us disseminate this information to elderly parents and relatives.

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Medical Association of  
Canada

(Contribution: Pr. Ramakrishna)

## FOR MENTAL STIMULATION

### ***A: Next Letter:***

Below is a sequence of letters arranged in a logical sequence known to all of us. What is the next letter:

S S F T W T ?
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### ***B: Elevator:***

Suppose you enter an elevator at a certain floor. Then the elevator moves up 5 floors, down 3 floors, and up 2 floors. If you are then at the 8<sup>th</sup> floor, on what floor did you first enter the elevator?

### ***C: Trick on Eighty:***

Can you think of a situation where eighty always comes before seventy? In fact it also comes before forty, fifty and sixty?

## EDITORIAL



**Dear Friends,**

This month of October has been buoyant, with news reflecting celebrations and life-time achievements of the members of our Club, on several fronts. Most have found place in the last month's and this month's Newsletters. These, along with other stories, surely bring in lots of cheer. This month RMM is unique in the sense we Probians thanked each other, in this meeting, for our positive contributions of last 25 years towards the Club's Glory.

We pray for our continual best, during this festive season.

With Best Regards,

**Dr. R.H.G. Rau**  
**31<sup>st</sup> October 2023**