



PROBUS CLUB OF HYDERABAD

President : M. Chidambara Rao ; Vice President: Nanda Mukherjee
Secretary: Dr. R.H.G.Rau; Jt. Secretary : Kamal Sukhija ; Treasurer: P. Jayaprada
Committee Members : T. Kumar; Dr. N. Raghupathi Rao; R. Vijaya Lakshmi
Immediate Past President: G. Ramakrishna; Immediate Past Jt. Secretary : P. Jayaprada
Editorial Team: Dr. R.H.G.Rau, Kamal Sukhija

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Fellow Probians,

During the past two months, when your Editor has been out of India, Pr. Kamal Sukhija, our Joint Secretary edited the News Letters and carried with him many credits. Our appreciation for his efforts.

Remembering Late Probian Vinod Sanghi

Senior Probian Vinod Sanghi passed away on 8th May, 2019 at his residence in Masab Tank, Hyderabad. Mr. Sanghi was a founder member of our club and instrumental in formulating the Club's policies and programmes. . He was quite an active member and organised visit to Sanghi industries where an international chess competition was on. He was a very upright and philanthropic person. Later, he resigned from the club because of health problems.



Vinod Sanghi's native place is Narnaul, Haryana, but was born and brought up in Hyderabad. He was an advocate by profession and later started transport business and specialised in Consumer forum cases. He was involved with Sanghi Samiti as its President. He was also associated with Hyderabad Cricket Association. His hobbies were playing Bridge (won tournaments), Cricket and Badminton .Till his last days, he was a regular walker at KBR Park. It's so creditable that Late Mr. Sanghi's is a joint family of four generations living together.

Pr. Ram Mukhrjee spoke on him at the 26th May RMM, proposed a Resolution of Condolence, while members observed a two-minute silence in memory of Late Vinod Sanghi.

May his noble soul rest in peace!

1.MANAGING COMMITTEE MEETING

The MC Meeting 2.0 of PCH was held on 26th May 2019 during 1000 hrs-1045 hrs. Apart from confirming the minutes of the previous MC meeting of 10th March 2019, the Committee discussed the admittance of Mr. C.S.Y.Sankara Rao as a new member; approved the audited accounts for the year 2018-19; handing over report of previous treasurer Pr. R.Vijaya Lakshmi to the incoming treasurer Pr. Jayaprada,; Secretary Pr. Dr. Rau's report; and participation of PCH into PROBUS Global initiative.

2.REGULAR MONTHLY MEETING

The Club's May RMM was held on Sunday 26th May 2019 at Senate Hall, Hotel Green Park, Begampet. . President Pr. M. Chidambara Rao conducted the proceedings with support from Secretary Pr. Dr. R.H.G.Rau. The proceedings started at 1125 hrs. after a half-an-hour fellowship. The meeting concluded at 1245 hrs. followed by lunch at the Green Park.



Gist of the RMM:

1. President Pr. M. Chidambara Rao welcomed the members and the guests Dr. M.S.Gowd and Mrs. Vijaya Lakshmi Gowd
2. The members stood in silence for two minutes in memory of late Vinod Sanghi. Pr. Ram Mukherji spoke a few words about him and recalled his services to PCH.
3. The humour of the day contributors were: Pr. A.S.Rao, Pr. T.Kumar, Pr. N.Raghupathi Rao, Pr. T.Sudhakar, Pr. M. Chidambara Rao, and Pr. R.Vijaya Lakshmi
4. Pr. G. Ramakrishna led the Felicitations & Caring event:

HAPPY BIRTHDAY TO PROBIANS :

Dr. N. Raghupathi Rao: May 5th, R.K.Sahaney: May 25th.

WEDDING ANNIVERSARY OF PROBIANS :

G. Ramakrishna & Visweswari: 11th May; Kumar & Aruna Tipirneni: 16th May; A.S.Rao & Mutyabai: 21st May; Dr. RHG Rau & Vijaya Lakshmi: 22nd May; Dr. M.S.Gowd & Vijaya Lakshmi: 23rd May.

Members wished them "Many Happy Returns" of the day.

5. Pr. Ram Mukhrjee was elected as a Co-opted Member of MC for the year 2018-19
6. Pr. Dr. RHG Rau presented a short report on his taking over as Secretary from 1st April 2019. He confirmed that all available papers and items like mugs and pins are currently in his custody, having been received by him from immediate Past President, Pr. G.Ramakrishna.
7. Pr. R. Vijaya Lakshmi presented annual accounts for the period of 1st April 2018 to 31st March 2019. RMM approved the same. She confirmed that all papers and material related to PCH financials were handed over to the incoming Treasurer Pr. P. Jayaprada.
8. Decision on the admittance of Mr. CSY Sankara Rao will be taken only after further examination of his application and further processing
9. It was decided that PCH would love to associate with PROBUS Global. Pr. Dr. RHG Rau is authorized to initiate further appropriate actions with PROBUS Global.
10. The meeting ended with singing the National Anthem. This was followed by a well spread out lunch by Hotel Green Park.

3. SPEAKER SESSION

Dr. MS Gowd, a consultant at Apollo & Care Hospitals and Hon. Dental Surgeon to Governor of Telangana and AP, successfully running Dr. Gowd Dental Hospital Hospital at Banjara Hills, is the speaker of the day.

Pr. Dr. N. Raghupathi Rao introduced Dr. Gowd as a popular Prosthodontist of high repute in Hyderabad and a pioneer in starting several organizations for the advancement of Cosmetic and Aesthetic Dentistry. He is a Fellow of several professional bodies, released several books on dental care for the use by common people. He was selected as one of the top 100 leading Global Professionals in the tear 2013.



Dr. Gowd spoke on “Dental Problems of the Elderly: Treatments and Prevention”. The key points of his extremely informative presentation, through high quality visuals, are:

- Impact of tooth decay on overall health of an individual is significant
- Application of flexi-dentures is well established
- Implants are better substitutes over dentures
- Use of braces can be completely eliminated
- Denture related problems need immediate attention and early cure
- Denture Hyperplasia may lead to cancer
- Oral Cancer – a high incidence in India, is a cause of concern
- Treatment for loose tooth in older people is quite common
- In elderly people, bad breath is often due to dry mouth. It can be easily addressed

- Specialised instruments and equipments like laser, 3D CAD-CAM, Digital scanner etc are now available
- Importance of at least 2-3 mins of brushing and importance of Flossing can not be overlooked
- Avoid excessive pressure while brushing. Practice rotating circular method for brushing
- Remember the 5-Golden Rules: Eat healthy food, Also brush in night after dinner, Avoid sweets, Get treated on time and Visit dentist every six months.

Pr. Dr. RHG Rau proposed the vote of thanks.

4. FOR YOUR LEISURE TIME

a. What does 1440 hours mean?:

You should end up with more than one answer

b. Fill-in the Last Four numbers:

48, 80, 58, 69, 68, 57,,,,

c. Playing with Numbers:

0, 1, 2, 3, 4, 5, 6, 7, 8, 9

Using each of the above digits only once, fill-in the question marks:

$$\begin{array}{r}
 \quad ? \quad ? \quad ? \\
 + \quad \quad ? \quad ? \quad ? \\
 \hline
 == \quad ? \quad ? \quad ? \quad ?
 \end{array}$$

(Test your patience. You can continue playing for multiple answers)

d. Quote for the Month:

“Our lives are not determined by what happens to us, but how we react to what happens; not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events and outcomes, creating extraordinary results”.

..... *Anonymous*

EDITORIAL



Dear Friends,

The new Managing Committee under the Presidentship of Pr. M. Chidambara Rao Garu is firmly on the saddle, with rejuvenated vigour. The previous committees have contributed so much helping PCH to move ahead; even under difficult situations. The new MC is looking forward to not only hold on to the Probus Spirit, but to lift it to greater heights. I seek your support and blessings.

I am glad that our Club is looking forward to working with PROBUS Global, now that we have full support from both MC and the members of PCH. Only time will prove how this association will blossom during the coming period. You will be informed of the progress of this initiative periodically.

Your Editor,

Dr. R.H.G.Rau

31st May 2019