

SOUVENIR



PROBUS CLUB OF HYDERABAD
Silver Jubilee

4th September 2023
HYDERABAD

CONTENTS

Message

Foreword.....RK Bajaj

About this Souvenir.....Dr. RHG Rau

I. ABOUT PROBUS CLUB OF HYDERABAD

1. Souvenir Committee

2. Current Membership (2023-2024)

3. MC and Committee Chairs (2023-2024)

4. Presidents and Secretaries

5. Timelines of PCH.....Ram Mukherjee

6. PCH News Letters.....KV Krishna Murthy

7. Fond Memories.....P. Jayaprada

II. PICTORIAL PROGRESS

8. Early Years (1998-2005).....Ram Mukherjee

9. Events of (2006-2015).....KV Krishna Murthy

10. Events of (2016-2023)Dr. RHG Rau

III. PROBIANS' CONTRIBUTIONS

11. 40 Million Years Ago..... RN Mital

12. The History I Walked With..... MC Rao

13. Ageing and Health Care.....Dr. N. Raghupathi Rao

14. Caricature.....Dr. M. Manohar Kumar

15. Preventive Eye Care for Elders.....Dr. M. Manohar Kumar

16. Tech Savvy Seniors Unite.....Ravi M

17. Just a ZEST.....P. Jayaprada

18. Some Myths About Language.....Aditi Mukherjee

19. What is Special about Bhutan?.....Kumar T

20. A Poem on Diamond.....Visweswari R

21. Story of Tana and Riri.....Visweswari R

22. Gardening for Senior Citizens.....R. Vijaya Lakshmi

23. India: A Re-emerging Brilliance.....Dr. RHG Rau

IV. SUPPORTING PROBUS Global

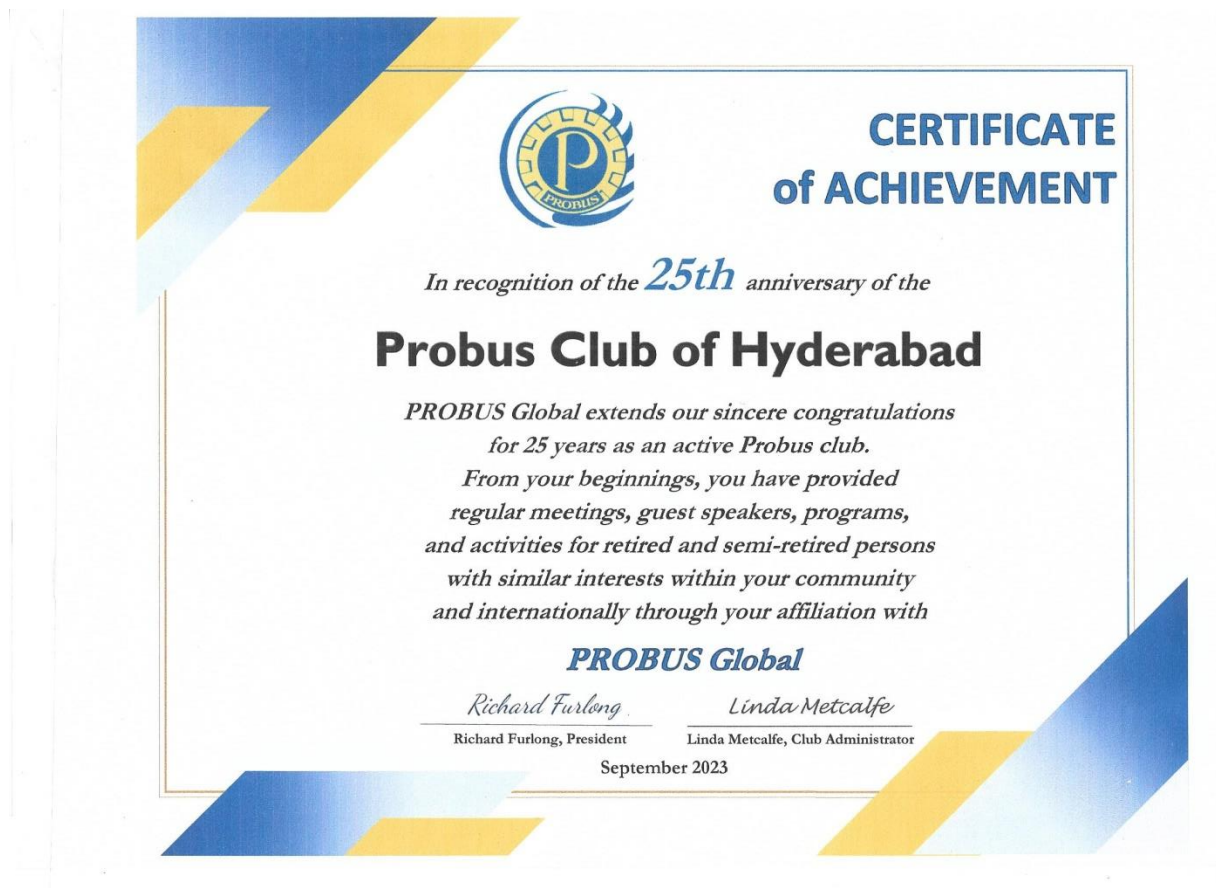
24. Introduction.....Richard Furlong

25. PROBUS Global Invitation.....Richard Furlong

26. PROBUS Global Support.....Dr. RHG Rau

Acknowledgement

MESSAGE



From PROBUS Global

FOREWORD



My dear fellow Probians,

Silver Jubilee Greetings. At Probus Club of Hyderabad, we are now celebrating our 25th year. Just imagine, 25 years ago, the following 18 founder members had the foresight to take up a challenge :

Mr Ram Mukherjee (President)
Mr V. Anjaneyulu (Vice President)
Mr Gurmukh Shahani (Secretary cum Treasurer)
Mr R N Mital
Mr R Bhaskar Rao
Mr D V S Raju
Mr V C Janardan Rao
Dr S S R L Swamy
Mr Madan Mohan
Mr V Thirupathi Rao
Dr Jhansi Vani
Mr Vinod K Sanghi
Wg Cdr H C Singhal
Mr N K Gupta
Mr S P Agarwal
Mr T Sudhakar
Mr Ghansham Giri
Mr B S Sen

The challenge was to make an impact. Perhaps a Herculean task at that time to attract so many elders from different walks of life; particularly only the distinguished leaders in their respective fields. Today, we are in the 25th year with a strength of 45 members. This is an apt example of 'born leaders' who came to this world with a predisposition to inspire.

Our members are a group of high achievers . Some of them may not be with us today, yet we continue to remember their contributions to the club and society.

"Work done with passion and sincerity has its own reward. The contribution of such work may not be measurable immediately but its fragrance may inspire generations to come. Institutions are made by the sincere work of individuals who work for the love of it. Let history judge the value of footprints of your work that you leave on the sand of time".
(From the book 'You are Unique' by Dr APJ Abdul Kalam).

This Silver Jubilee celebration, in my view is a perfect tribute to them. We Salute and express our gratitude to each one of our senior leaders.

My Dear Probians, as you all know, Probus Club of Hyderabad is unique in its own way.

We have members in the age group of 60s,70s, 80s, 90s and even 100 years.

Despite the age and gender differences, one can observe a childlike inquisitiveness and excitement in everyone. Each one continues to inspire, not because of any compulsion, but because of their high emotional attachment to the Club.

A very high involvement of each and every member in club activities, continuous collaborative approach, always open for new and innovative ideas, new initiatives, and yet maintaining the sanctity of our tradition.

Each one continues to inspire, not because they have to, but because they want to.

It is therefore a great honour and privilege for me to be a part of such an illustrious Club. It is a great honour to be the President of the Club for 2022-23 and also retaining the same team for the Silver Jubilee year 2023-24. The trust reposed in this team by the members is no doubt a great responsibility to fulfil. My sincere thanks to all the members.

We are now moving ahead with our Silver Jubilee event. We are confident that with the guidance and support of each and every fellow Office Bearer, Committee Chairpersons and Members, we can look forward to a great time ahead.

Once again, wishing all the Probians a very enjoyable Silver Jubilee Year 2023 -24.

Pr. Rajkamal Bajaj
President

ABOUT THE SOUVENIR



Dr. RHG Rau

Probus Club of Hyderabad, conveniently called PCH, is 25 years young in 2023. The Club is geared-up to celebrate this event. All members of the Club, the Probians, are enjoying this moment and participating in many planned events.

Founded on 4th September 1998 with 18 members, PCH currently has 45 members; persons of repute, outstanding achievers in their chosen professions, cheerful and young at heart. It has members from 62 to 101 years age.

PCH, formed with the objective of bringing distinguished elderly citizens together and making remaining part of their life worth living, useful and active, is providing them the opportunity to enjoy Fellowship with the peers, expand their interests and extend Friendship resulting in possibly improved wellbeing. Probus is not only an amalgam of the words PROfessional and BUSiness, but also means honest and virtuous in Latin, from which Probity is derived. We have not deviated from these pious thoughts.

Even during Covid-19, we had virtual meetings using Zoom platform keeping the activities on track. Thereafter, we continue to have our Regular Monthly Meetings, invited lectures from eminent speakers, monthly lunches, quarterly fellowship meets and occasional get-togethers. Our focus continues to be Fellowship, Friendship and Frolic. It's a great feeling that the activities have been enjoyable and stimulating during the past 25 years. Every single member has a pie in shaping this Club to the current glory.

As a part of expanding its activities, PCH has initiated networking with other Probus Clubs in India and promoting PROBUS Global.

This Souvenir is an attempt to showcase these PCH activities of the past two and half decades, and pave the way towards an enthusiastic journey towards the Club's Golden Jubilee.

Pr. Dr. RHG Rau
Chair, Souvenir Committee
4th Sept. 2023

I. ABOUT PROBUS CLUB OF HYDERABAD

1. SOUVENIR COMMITTEE

Dr. RHG Rau.....Chair
KVK Murthy
Ram Mukherjee
P. Jayaprada
Aditi Mukherjee

2. CURRENT MEMBERSHIP (2023-24)

1	Azhar Ahsan
2	Nooshie Ahsan
3	Bajaj RK
4	Bhaskara Rao R
5	Chidambara Rao N
6	Gowd MS
7	Vijaya Lakshmi M
8	Gurmukh Shahani
9	Viji Sahani
10	Jayaprada P
11	Janardhan Rao VC
12	Chukkamamba V
13	Kamal Sukhija
14	Romi Sukhija
15	Krishna Murthy KV
16	Rajalakshmi K
17	Kumar T
18	Aruna T
19	Mital RN
20	Mukherjee Aditi
21	Mukherjee Ram
22	Mukherjee Nanda
23	Murty CK
24	Janaki C
25	Ramakrishna G
26	Visweswari R
27	Rao AS
28	Mutyabai A
29	Raghupathi Rao N
30	Jhansilaxmi N
31	Rau RHG
32	Vijaya Lakshmi R
33	Ravi M
35	Sankara Rao CSY
36	Aruna Sankara Rao

37	Subba Rao PV
38	Kalpana P
39	Sudhakar T
40	Vijaya T
41	Srinivasan BS
42	Manohar Kumar T
43	Nirmala T
44	Zaheer MA
45	Mukul Zaheer

3. MC and COMMITTEE CHAIRS

Managing Committee:	
RK Bajaj.....	President
R. Vijaya Lakshmi.....	Vice President
CSY Sankara Rao.....	Secretary
Aditi Mukherjee.....	Jt. Secretary
P. Jayaprada.....	Treasurer
Kumar T.....	Member
M. Chidambara Rao.....	Member
Dr. N. Raghupathi Rao.....	Member
Ram Mukherjee.....	Member
Azhar Ahsan.....	Member

Committee Chairs:	
Programme Committee.....	CK Murty
Membership Committee.....	Dr. N. Raghupathi Rao
Fellowship Committee.....	RK Bajaj
Felicitations Committee.....	P. Jayaprada
Publication Committee.....	Dr. RHG Rau

“It is not the strongest of the species nor the most intelligent ones that survive, but the ones most responsive to change.”

.....Charles Darwin

4..PRESIDENTS AND SECRETARIES

Probus Year	President	Secretary
Sept 1998-Mar '00	Ram Mukherjee	Gurmukh Shahani
2000-2001	RN Mital	Gurmukh Shahani
2001-2002	DVS Raju	R. Srinivas
2002-2003	Ramesh Sawhney	R. Srinivas
2003-2004	SSRL Swamy	VS Subba Rao
2004-2005	Bhaskara Rao	BV Krishna Kumar
2005-2006	T. Sudhakar	KV Krishna Murthy
2006-2007	TV Balan	Nanda Mukherjee
2007-2008	VS Subba Rao	Kumar T
2008-2009	KV Krishna Murthy	M. Rambabu
2009-2010	PV Subba Rao	T. Vijaya
2010-2011	KCS Rao	Nooshie Ahsan
2011-2012	KCS Rao	Azhar Ahsan
2012- 2013	T. Sudhakar	M. Chidambara Rao
2013-2014	PV Subba Rao	G. Ramakrishna
2014-2015	Kumar T	G. Ramakrishna
2015-2016	Kumar T	G. Ramakrishna
2016-2017	Nooshie Ahsan	Visweswari R
2017-2018	Nooshie Ahsan	Visweswari R
2018-2019	G. Ramakrishna	PV Lakshmipathy
2019-2020	M. Chidambara Rao	Dr. RHG Rau
2020-2021	Dr. RHG Rau	Kamal Sukhija
2021-2022	Dr. RHG Rau	Kamal Sukhija
2022-2023	RK Bajaj	CSY Sankara Rao
2023-2024	RK Bajaj	CSY Sankara Rao

Success means successful living. When you are peaceful, happy, joyous, and doing what you love to do, you are successful.

5. TIMELINES OF PROBUS CLUB OF HYDERABAD



Ram Mukherjee

(A young-looking man at PCH inauguration)

The PROBUS movement had its genesis in two ancestors—both in the UK and both established by Rotary Clubs. The first was known as the Campus Club. It was formed in 1965 by the Rotary Club Welwyn Garden City, 20 miles north of London with Fred Carnand Hill as the driving force. The second, with Harold Blanchard as the catalyst, was formed by the Rotary Club of Caterham in 1966 and was named the PROBUS CLUB, for the “pro” in professional and the “bus” in business, which also made up Latin word from which the word “probity” was derived. Both were formed to meet the need for companionship of their peers and mental stimulation for retired businessmen and professionals.

The Probus Club of Hyderabad was founded as a combined club on 4th Sept. 1998 with 18 members. The inspiration of forming the Club by the founder president Ram Mukherjee came from the talk of the great Parliamentarian Minoo Masani on the subject of “The right to die with dignity” at Rotary Club of Deolali, when Ram Mukherjee was the President of Rotary Club of Deolali.

During the talk Masani told the story of one Gopal Madnalik of Pune of over 80 years of age, who had done a great deal to society and thought his life’s mission had come to an end. Since under the law an attempt to commit suicide is a crime, he wrote to successive Prime ministers Morarji Desai and Indira Gandhi requesting them to change the law so he could kill himself in a legal way but had no reply.

The Probus Club of Hyderabad was sponsored by the Rotary Club of Hyderabad north and Ram was installed as President by the Rotary President J.W.Dawson in a glittering ceremony at the Hotel Taj Banjara in the presence of chief guest Prof. Navneet Rao ex-Vice Chancellor of Osmania university. The key note speaker was the very senior Rotarian Vasant Vora.

The Club was accredited by the Probus Centre -South Pacific inc. Paramatta, N.S.W. Australia on 27th.Oct. 1998. Probus Clubs are non-political, non-sectarian and non – religious. They are also non-profit-making and non-fund raising.

The first management committee was formed with the following members to organize the programs of the club, till the formal election of the new managing committee was held.

Ram Mukherjee -----President

V.Anjaneyulu -----Vice President

Gurumukh Shahani-----Secretary cum Treasurer

A.K. Chatterjee-----Director

R .N. Mital-----Director.

The primary objective of our club is intellectual stimulation, fellowship, fun and be united in friendship of the retired senior citizens. We also encourage the individual members to involve in social work and sponsor senior citizens welfare units without involving the club financially. Our Club sponsored Day Care Center for senior citizens and it was inaugurated by the then state home minister Sri T. Devender Goud. Our founding member R.N.Mital nurtured the center and due to his total involvement with the center, 'ALL INDIA SENIOR CITIZENS CONFEDARATION' was created. During initial stages of the formation of the Day Care Center our most senior member Madanmohan (our Bhishmapitamaha), then President of Boy Scout, Secunderabad allowed our day care center to conduct activities in its premises. The center undertook several welfare measures (e.g. health checkup, indoor games, talks on relevant topics, computer classes etc.) for the senior citizens.

During the formation of Day Care Center, K.R. Gangadharan, promoter of Heritage Health (health care center for senior citizens) was involved and we had interaction with the center to apprise ourselves of the needs of the senior citizens.

The membership of the club is by invitation and there is a procedure to induct members. We have members highly placed in their former professions hailing from the Government, public sector, private sector, business and industry, education, defence, healthcare and other miscellaneous disciplines possessing decades of experience. Several of our members received Lifetime achievement awards.

We met once a month in a regular meeting when an eminent speaker was invited to speak on a chosen topic. Our club members also spoke on the topic of their respective expertise. A workshop on "Role of senior citizens in voluntary organization" was arranged with the participation of Rotary Club of Hyderabad North and its Rotaract Club. Eminent speakers spoke on this subject and the workshop was very successfully conducted. Periodically, the club organized visits to places of interest. To name a few; ISB- Tupperware factory- Biscuit factory- Sanghi Industries on the occasion of FIDE chess games in which world champion Anatoly Karpov took part, Dhola-ri-Dhani a miniature Rajasthani village –Boating on Hussain Sagar etc.

During the initial stages, the club did organize fellowship get-togethers around the middle of every month, hosted by one of the members at his/her residence. Later, due to various constraints the members found it convenient to host the fellowship get-togethers in selected resorts or hotels. Our Probationary P.V. Subha Rao (IPS) arranged several fellowship get-togethers in State Police and CRPF guest houses. The managing committee meeting was usually hosted by one of the club members at his/her residence.

Several eminent speakers addressed the club in our Regular Monthly Meetings and to name a few:

Padmashri B. N. Naik (NIMS director) –Dr. Jayaprakash Narayan (founder of Loksatta)---- K.R. Gangadharan(founder of Heritage Hospital)---Narendra Luther (Retd. IAS officer)-- Justice TNC Rangarajan—Dr. Raghuram(Founder of KIMS-Ushalakshmi center for breast cancer)---Dr. Guruva Reddy(promoter of Sunshine Hospital)---Amina Nakavi (first lady Chief Prosecutor, Sessions Court, Bombay- First lady senate member of Osmania University) . K.L. Varaprasad Reddy (Chairman, Shanta Biotech Pvt. Ltd)-----Gayatri Ramchandran(Retd. IAS officer of govt. of India)---Dr. Kondal Rao (poet-educationist –

journalist-winner of several awards). Rt. Krishnasagar (Management Consultant, founder of Matrix Life System).

The Club takes out a newsletter every month providing information to the members about club meetings, birth days and wedding days of the members, individual member's special achievement etc. The newsletter also entertains the members with jokes, quizzes, and cartoons. The newsletters are designed and structured according to the styles of editors for presentation of the contents. The following members took the responsibility of editors at different times:

- 1) Ram Mukherjee. 2) K.G Venkatraman .3) Lalita Srinivasan. 4) T. V. Balan. 5) K.V.Krishna Murthy. 6) Dr. RHG. Rau.

T.V. Balan, K,V. Krishna Murthy and Dr. RHG Rau introduced new features by synchronizing the contents of the newsletter with the relevant photos and cartoons and thus making it colorful and interesting. KVK has the hobby of photography and has created an archive of the club's events with photos.

PROBUS Global was formed as the global organization in which member of any Probus Club across the globe can be a member. PROBUS Global is about four years old and it has already 1025 individual members from about 15 countries. Our past President Dr. RHG Rau met Probian Shirley Roberts in London during one of his business trips and he was apprised of the aims and objectives of the organization. Having been impressed by the interaction with Shirley Roberts, Dr. Rau and Mrs. Rau became members. Subsequently Ram and Nanda enrolled in the PROBUS Global. Now we have about 25 members in our Club and 10 from Clubs outside Hyderabad as members of PROBUS Global.

Shirley Roberts was one of the pioneers in establishing PROBUS Global and in recognition of her dedication and pioneering work to establish PROBUS Global, 'Shirley Roberts Memorial Award' was constituted. Dr. RHG Rau of our Club was chosen as the FIRST recipient of the award considering his efforts to introduce PROBUS Global to our club as well as some existing Probus clubs in India. Dr. Rau and Ram Mukherjee have been made coordinators for India . Our club will make efforts to popularize PROBUS Global and establish PROBUS India as an apex body.

Our Club pays tributes in this Souvenir to all the members- past and present- for their dedication to bring the Club to this present level of glory for the past 25 years.

Some one once said, "you have to plan to do things during your retirement. You can't just sit around the house all day and do nothing". It was my spouse who said that.

6. PCH NEWS LETTERS – PROGRESS AND DEVELOPMENT



KV Krishna Murthy

As exhorted by the Famous Author Stephen Covey in his Book “Principle Centered Leadership” every organisation must have this as their theme. Accordingly, much before this book was published, our Club has adapted that its Main Theme is to promote Fellowship and Friendship, among the Members, who are Senior Citizens. Therefore, at the outset, we would like to thank our Founding President Ram Mukherjee and his team of 18 members for their extra- ordinary vision in building such a Club in Hyderabad.

In this connection , I recall some of the famous quotations of Ruskin Bond and others, such as “To have a Good Day, Find a New Friend” ; “An Honest Friend is more than a Throne” ; “People are Lonely because , they Build Walls instead of Bridges” etc. etc. I should say these are all our Club’s Objectives to remove loneliness among the Seniors and promote Fellowship and Friendship among them.

To achieve the above objectives, Probus Newsletters, filled with information about the Club and its members, lots of Fun and Frolic with appropriate photos, inviting External Speakers to talk on different subjects, to keep the members abreast of the latest developments in different fields, have been playing a big role, since the beginning.

My association with the Probus Club of Hyderabad started in March 2004 when we, ie. myself, P.V.Subba Rao, IPS and M.Ram Babu , IAS were inducted on the same day by the then President , Dr. S.S.R.L. Swamy.

When I started in March 2004, Mr.K.G.Venkatraman, IAS, a very nice gentleman , was the Editor of the Newsletter . He used to type out the Newsletter on his typewriter and then send it by post to all the members, as most of the members were not familiar in using a Computer, including himself . He was a widower, as his wife passed away a few years ago. So, I asked him that hence forth, he need not type out the Newsletter on his typewriter, instead, he can come to my house, dictate to me what he wanted to write – I knew a little bit of shorthand those days – and I would put it in my computer and print the copies out on my printer for sending it by email to those who were familiar with the computer – 50 % - and to others by post. Thereafter, he used to have lunch with me and then, we would do the Newsletter . That was the situation in March 2004. Now “Ab Kahan Aagaye Hum” as the movie song goes, everybody is a Computer Expert.

Balan was very keen to become Editor and they used to have lot of arguments on this subject and finally Venkatraman agreed to give it up and Balan took over as Editor thereafter.

To improve the Quality of the Newsletters year by year, participation by its active members like Dr. Rau, Kumar T, Ram Mukherjee, R.N.Mital, T.Sudhakar, Ramakrishna, Chidambara

Rao, Jayaprada , Aditi Mukherjee , Dr.Manohar Kumar, Dr. Raghupathi Rao and others have contributed in a big way. The latest is the initiative by Dr. R.H.G. Rau , an outstanding Editor, to make an entry into PROBUS Global.

Thus, our Newsletters are playing a big role in propagating Fellowship and Friendship among its members, not only in India but also Globally. Presently Our Club is performing exceedingly well under the able leadership of R.K.Bajaj and his dedicated team. On this Silver Jubilee Year, I wish the Club great success, which should lead us to the Golden Jubilee Year.

Appended here with is a list of Editors year by year, to the best of my knowledge.

Editorial Teams since the Beginning of Newsletters

Year	Editor	Editorial Team Members
2003 - 04	K.G.Venkatraman	T.V,Balan
2004 – 05	T.V.Balan – Part Time	K.V.Krishna Murthy
2005 – 06	T.V.Balan – Part Time	K.V.Krishna Murthy
2006 - 07	T.V.Balan	----
2007 - 08	K.V.Krishna Murthy	Bhaskara Rao ; Kanti Singhal
2008 – 09	Ram Mukherjee	Raja Lakshmi ; Rukmini Subba Rao
2009 – 10	K.C.S.Rao	K.V.Krishna Murthy
2010 - 11	Lalitha Srinivasan	---
2011 - 12	Lalitha Srinivasan	---
2012- 13	T.V.Balan	---
2013– 14	K.V.Krishna Murthy	Ram Mukherjee
2014 – 15	K.V.Krishna Murthy	Ram Mukherjee ; R.H.G.Rau – Guest Editor
2015 – 16	R.H.G.Rau	Ram Mukherjee;
2016 – 17	R.H.G.Rau	K.V.Krishna Murthy
2017 – 18	R.H.G.Rau	---
2018 - 19	R.H.G.Rau	---
2019 - 20	R.H.G.Rau	Kamal Sukhija
2020 - 21	R.H.G,Rau	Kamal Sukhija
2021 - 22	R.H.G.Rau	Kamal Sukhija ; Aditi Mukherjee
2022 – 23	R.H.G.Rau	Aditi Mukherjee; Jayaprada
2023 – 24	R.H.G.Rau	Aditi Mukherjee; Jayaprada

7. FOND MEMORIES



P. Jayaprada

Life is like a train journey. Some fellow passengers join us in our compartment and make lasting friendship with us and some leave footprints in our heart. So is the PROBUS CLUB of HYDERABAD journey. Some joined us in the PROBUS Compartment to get acquainted, and some bid adieu to us along the way .We can never think of meeting them again, but only recollect the precious moments together .We are missing our past PROBIANS and their vivacious presence. The PROBUS journey carries some very FOND MEMORIES.

V. Thirupati Rao

He was a centenarian in our club. Sri V Thirupathi Rao, who lived 103 years of happy and healthy life. He worked with the Indian Railways and was very active in social work, like donating his land for a school. He helped lakhs of children to get free education. His other contributions were constructing a temple, supporting LIONS CLUB, and SENIOR CITIZENS CLUB activities ; to name a few . He was one of the founder members of our Club and served for many years .

Ameena Nakavi

Ms. Ameena Nakavi was the first lady Advocate to be enrolled in the High Court of Hyderabad. The First lady Chief Public Prosecutor, Sessions Court, Mumbai, First lady Senate member of Osmania University . She was the Joint Secretary for All India Women's Conference for 8 years. She was a guest of the British Council UK, to study the court workings. She addressed several organizations on law. She used to advise us on how to make a 'WILL' and other legal points. Her career span was filled with achievements. She was a true spirit and inspiration to all women.

Ram Mukherjee relives some memories :

Dr. K.S. Rao

Air commodore Dr. K.S. Rao was introduced to our club by our founder member Dr. Jhanshi Vani. Dr. Rao was a very friendly person and created a group of friends of like- minded retired people in his locality. Every morning the group used to go for a walk and at the end of their walk would assemble at his residence for tea. As I was also a morning walker I used to come across the group occasionally and have chats with these carefree senior citizens. As I

was living opposite to his residence , he would often invite me for a drink, and he would talk on various subjects including his interesting professional life. Dr. Rao was involved in welfare of ex-defense personnel and arranged jobs in various organizations. By nature, he was a very kind and helpful person. Dr. Rao arranged for the free breast cancer checking for the lady probians in Ushalakshmi Cancer Hospital as Dr. Raghuram (the promoter of the hospital) was very much known to Dr.Rao's family.

Lt. General L.M. Rajgopal

He was introduced to our Club by TV Balan. Lt. Gen. Rajgopal was a Mech.Engineer from BITS Pilani. He was commissioned in the corps of EME from IMA Dehradun. He held numerous commands and staff appointments in his 36 years long army career. He commanded the military college of EME in the rank of Lt. Gen. prior to his appointment as the Director General of Corps of EME. He retired from the army in 1988. He was awarded Ati Visishta Seva Medal (AVSM) in 1983 by the President of India for meritorious service of an exceptionally high order. He was also a Fellow of Institution of Plant Engineers, Member of the Institution of Engineers and Member of the British Institute of Management. General Rajgopal's family was a close-knit family and after the death of his wife Kamala he left for USA to live with his children. Thereafter I have no contact with him.

Ramayya Mulukutla

T.V. Balan proposed Mulukutla for the membership of the club and was inducted after completing the procedure. He was a thorough gentleman and would fill the gap in the proceedings of the Club meetings whenever necessary. He was a good host, and his family members were welcoming.

M. Madan Mohan

M.Madan Mohan , was a founder member of the Club and was the eldest among all of them. He was involved in social work and was known for his association with several welfare organizations. Madanmohan headed Nampally Exhibition Society (Numaish) as Chairman. He was the President of Secunderabad Bharat Scouts Camp and allowed our Day Care Center to function from the premises during initial stages of the Center. Madanmohan was very close to the then Dy. Chief minister of A.P. and at the request of Madanmohan the Dy. Chief Minister Honorable Devender Goud inaugurated our Day Care Center. Mr. Madanmohan was known as Bhismapitamaha in our Club.

R.Srinivas

He was introduced by TV Balan to our club. As he lost his wife prior to becoming. our member he used to live alone and his driver used to take care of him. Srinivas had his consultancy business and used to travel a lot in India and abroad. Due to his frequent absence in the Club meetings the members did not have enough opportunity to know him intimately. Unfortunately, he died within a very short time after joining the Club due to illness.

R N Mital's remembrances of his past friends

SRL Swamy

He was one of the very few manufacturers of electronic equipment in Balanagar Cooperative Industrial Estate. He had designed a special power supply for the room air conditioners of those days. In fact, he was an electronics engineer, a daredevil scientist always trying to design and develop new electronic equipment for different applications. Those days computer CDs had just come in the market. He felt that they were the future and went to Europe to study and learn the manufacturing process for them. Unfortunately, by the time he could come back with the know-how, the CD's had become obsolete and his know-how could never be used. He was one of the founder members of our Club, and served for many years.

Ghan Shyam Giri

He belonged to the old royal Giri family and had the title Raja which he never used. He was an expert amateur photographer. Many of his creations won National Awards and he was the President of the photographic society of Andhra Pradesh. Being the founding members of the club, he and his wife were gracious hosts to our club .

Sudha Giri – Ghan Shyam Giri's wife Sudha Giri was a distinguished Probian. She was a very graceful lady. She helped our club to continue our meetings in Green Park hotel for many years . She was also a founder member and served our Club for many years .

DVS Raju

He was a very senior Electronics Engineer of the country and the only manufacturer of electronic measuring equipment in Andhra Pradesh. He was an active participant in other activities such as Rotary, Bharat Scouts, Industrial Estate Management etc. He was one of the founder members of the Probus Club and contributed significantly to its development in the initial stages.

NK Gupta

He was a highly proficient civil contractor and had the construction of several factory buildings to his credit. When he joined the Probus Club he was engaged in the civil construction of the factory manufacturing zip fasteners, the only factory of its type in our country.

SP Agarwal

The Electric Meters manufacturing factory was one of the first units of its type in Andhra Pradesh. Mr. SP Agarwal was its general manager, belonging to the Birla group of industries. Mr. Agarwal in addition to controlling the factory for manufacturing electric meters, also took leading part in the general industrialization. The famous and well planned, Balanagar Cooperative Industrial Estate, was his brainchild. He was also a founder member.

Kumar T recollects his memories:

TV Balan

Balan was an early engineering graduate, with a degree from Birla Institute of Technology, Ranchi. He spent most of his working life in ACC, having risen to become a Director on its

Board. He was a pioneer in adopting IT in industry, having headed that department in ACC. He later worked as the MD of Saurashtra Cement. He was an extremely active Probationary, well versed with all the rules and procedures. He is survived by his wife Smt. Sita Balan and two sons.

N R Sivaswamy

Sivaswamy was brilliant in his academics, having set an all-time record in his Master's degree in Mathematical Economics from Andhra University. He then did Law from Osmania University. He received a fully funded Ford Fellowship to do a Master's in Economics in University of Wisconsin, Madison, USA, which was followed by a Ph D, also in Economics. In his career, he rose to the top position of Chairman of Central Board of Direct Taxes. Later, he also became a Director in Heritage Foods and Sarvaraya Sugars. Telangana Govt. placed him on its Panel of Experts.

GK Kabra

Gopi Kishan Kabra did his bachelor's degree in Electrical Engineering. He worked for about 20 years in Hyderabad Allwyn, whereafter he started his own business to manufacture LPG accessories like cylinders, valves, and regulators.

He did extensive charitable work through his Trust called GK Kabra Charitable Trust.

V Guruswamy

Guruswamy had a degree in Chemical Engineering, an uncommon qualification in those early days. Among the positions held are, he was head of Vuyyuru Sugar Factory, a unit of KCP in AP. He was an active Rotarian and through the local Rotary Club did extensive charitable work. He worked abroad in sugar industries, especially in Vietnam. He was a very active member of Rotary Club of Jubilee Hills, during which time, together with some other members, he promoted the Rotary Club of Jubilee Hills Charitable Trust, which is still very active.

Nanda Mukherjee relives her sweet memories:

Tripta Sawhney

Tripta was an evergreen lady and full of life. She was always ready with ideas to have fun for the Club members. She had conducted many games ,quizzes and organized visits to many resorts. The best one was "how much you know of your life partner" and most of us didn't know or remember the simple habits of our spouses. She was a lady who never complained even about her husband's ill health, laughed at when her personal luggage was stolen during one of her overseas holidays. She was a regular contributor to "Humour of the day". Tripta and Ramesh were a very compatible couple.

Sarla Mital

A lady with a large heart, ready to step in when one was in need. Her home was one of the main venues for preliminary meetings during the formation of Probus Club. Sarla took care of the supply of refreshments and created a pleasant atmosphere. She was very regular in attending the monthly meetings and the in-between get-togethers. We came to know each other even before Probus Club took the final shape. As I write her face flashes in my mind. It

is difficult to come across such a wonderful person. She and Mitalji are blessed with an excellent, loving and caring daughter –in-law, Archana. She took very good care of Sarla till her last days. She is the right hand of Mitalji and takes good care of him.

Vasundara Rao

Vasundhara is popularly known as Renuka's (prominent politician) mother. Both Dr. Rao (Air Commodore) and Vasundhara had lot of ideas for the growth of the Club. They lived across our residence. Both husband and wife would share their life's interesting experiences with us. Vasundhara had an impeccable house and even more, a beautiful garden. It was very sad to see them slowly deteriorating in health, but their spirit was high. Dr. Rao and Ram would sit for hours and talk endlessly on various subjects.

M. Chidambara Rao reminiscences about

Ram Babu IAS (retd)

Late Pr. Ram Babu IAS retd was the one who introduced me to the Probus Club of Hyderabad. He was initially known to me as the brother-in-law of a colleague of mine during 1959. Later we developed friendship at the time of the marriage of his daughter. He got into IAS and held important positions which included Secretary to H E the Governor of AP, member Red Cross Society and Secretary in the health ministry. During this period in Health Ministry, he developed the AP Yoga Vignan Parishad which functions as a research wing in Yoga. He was the vice president of FOSWL since its inception.

He spoke very little. A tall person. He joined and encouraged his wife in total care of 30 male orphan children, educating them even up to PG level under the aegis of Sai Seva Organization.

T. Sudhakar dwells on his colleague and a neighbor

KCS Rao

KCS Rao was my colleague. He retired as additional director general of works for MES. I also belong to the same cadre and had come into contact with him in Jabalpur, when I was posted there. Post retirement, he established NICMAR in Hyderabad. He authored a book "A Handbook for Civil Contracts". He joined Probus Club in around 2000. He was very active and had served as President of the Club. We were very good friends till his passing away on 21st Sept 2019.

Parvati Rao

Parvati Rao, wife of KCS Rao was a multi-faceted woman, who excelled in arts and other fields. She developed hobbies like painting and interior decoration, and won prizes. With her own interest she started construction projects at the age of 52. She was also an active member and contributed a lot to our Club.

Wing Commander HC Singhal

HC Singhal and we were front door neighbors and lived as a family till their departure. He was one of the founder members of the Club and introduced me to the Club. He was Wing

Commander in Air Force and trained many officers as pilots. He was a keen golfer and we played together. He and his wife were very social and extended hospitality. His wife deserves all praise for the way she looked after him and services rendered to him till the end. She also said goodbye to all. We wish their souls peace and tranquility in heaven.

Ramakrishna memorizes:

Wing commander Farook Jehangir Mehta

Our late Probian Wing Commander Farook Jehangir Mehta joined the Club in 2013. He served in the Indian Airforce for 24 years and fought two wars during 1965 and 1971. He was awarded the Vir Chakra in 1971. He retired in 1979. He was self-disciplined to the core, taking care of his needs, even after his wife's demise. He was a man full of grit, courage, boundless optimism which helped him navigate a lifetime of challenges. He gave a talk on his adventurous travel from Hyderabad to the northeastern border by jeep during our Probus Club meeting. He wrote a book, "Biff the 'T' out of Can't," a memoir of a lucky optimist. He was composed, cheerful and humorous.

PR Choudary

PR Choudary had an illustrious and distinguished career, heading various functions in the Exchange Control Department of the RBI. He was also deeply involved with conducting numerous training programs at NIBM. Due to his myriad skills, he was sent on deputation to SBI, and PSB, and as a special executive officer with the Vigilance Commission in Delhi. He retired as a General Manager and post retirement he enrolled as an advocate with the High Court of Hyderabad, helping many underprivileged people with their legal problems. He served as a Joint Secretary and Treasurer in our Club.

Sashikala M

We lost one of our distinguished members Pr. Sashikala Mokkapati, wife of Pr. Ravi and daughter-in-law of our senior member Pr. Chidambara Rao Garu. She was just 62 and left to her heavenly abode at about 9pm on Monday 31st July 2023. As an IITian with an M.Tech degree and as a Director of MSK group, Sashikala was handling her own construction company as Director, along with her family, and completed well over 400 flats and 100 independent houses in Secunderabad. A good communicator with interests in nutrition, yoga, people interaction, she was always cheerful. She left behind also her two sons Arunav and Aditya. The Club offers condolences and remembers her forever.

Azhar Ahsan recalls:

Kanti Singhal

My association with Kanti was for more than 70 years, as we were neighbors in Lucknow. She was very close to my sisters, my parents and me; you can say a part of our family. We would, together, celebrate all the festivals. Kanti was an excellent daughter, wonderful homemaker, caring wife, loving mother to her 3 children, and a good, helpful friend. She took extensive care of her husband during his prolonged illness, depriving herself of all parties and going out. Kanti treated me like her younger brother, and I do miss her. I pray that God bless her soul.

I tried to include as many stalwarts as possible in this memoir. This memoir would not be complete until we give all the departed souls the due respect they deserve and memorize our fond remembrance of how they touched so many lives.

*“A silent thought, a secret fear,
keeps memory, ever dear,
Time takes away, the edge of grief,
but memories turn back every leaf.” (Williams Wordsworth)*

Apart from the above, we also had the pleasure of having the following Probian Friends, who also made outstanding contributions to the growth of our Club.

1. BS Sen
2. N. Venkayya
3. Vinod Sanghi
4. Dr. Jhansi Vani
5. DS Krishna
6. Mrs. Rama Rao
7. Mrs. Kabra
8. Mrs. Kamala Rajagopal
9. Mr. Srinivasan
10. Mrs. Guruswami

TRIBUTES AND SALUTATIONS TO ALL THE ABOVE DEPARTED SOULS. !!!!

Old age itself does not destroy the creative powers of mind and body. One is sick not because of life, but because of the way he viewed life. Socrates learnt to play musical instruments at eighty, Michelangelo was painting master pieces at eighty two, Issac Newton was still working at eighty five, and Dr. Michael DeBakey developed the first implanted pump for pace maker at ninety two. Dr. DeBakey once said “As long as you have challenges and are physically and mentally able, life is stimulating and invigorating”.

II. PICTORIAL PROGRESS

8. EARLY YEARS (1998-2005)



PCH Foundation Members



Installation of Ram Mukherjee as the Founder President in Sept 1998



Delivering Presidential Speech



Inducting RN Mital as Second President of PCH in 2000



Press Coverage

.....*The above photos contributed by Ram Mukherjee*

9. EVENTS OF (2006-2015)



PCH Family



PCH Family



PCH Family



-----The above photos contributed by Pr. KVK Murthy

“Any one who keeps the ability to see beauty never grows old”.

..... Frank Kafka

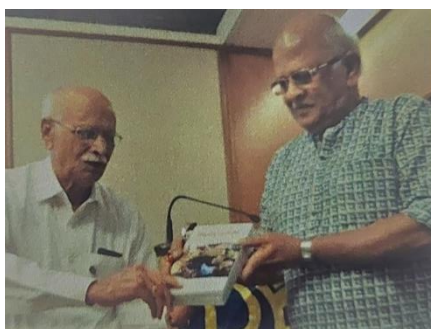
10. EVENTS OF (2016-2023)



Memento to Vir Chakra Wg. Cdr. Farook Mehta in 2016



Greeting RN Mital when he completed 90 in 2016



Launching MC Rao's Book "Beggary in India" in 2018

"Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny".

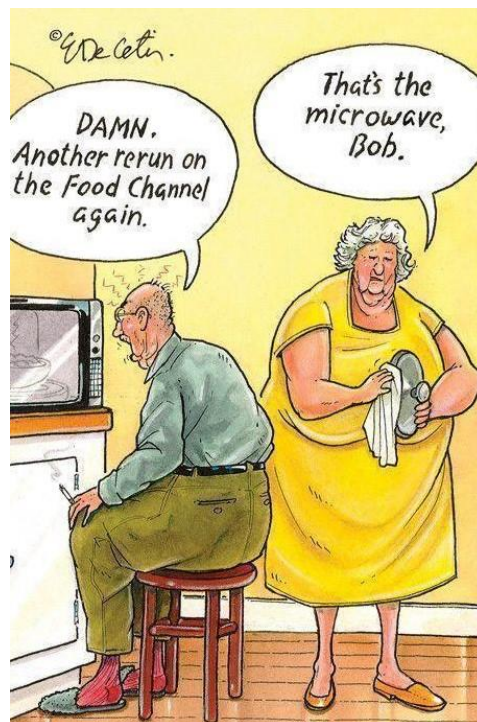
..... Mahatma Gandhi



At July 2019 Regular Monthly Meeting



At August 2019 Regular Monthly Meeting



PRAGATHI RESORT PICNIC



FOUNDATION DAY CELEBRATION IN SEPT 2022



Honouring Foundation Members



Participating Ladies

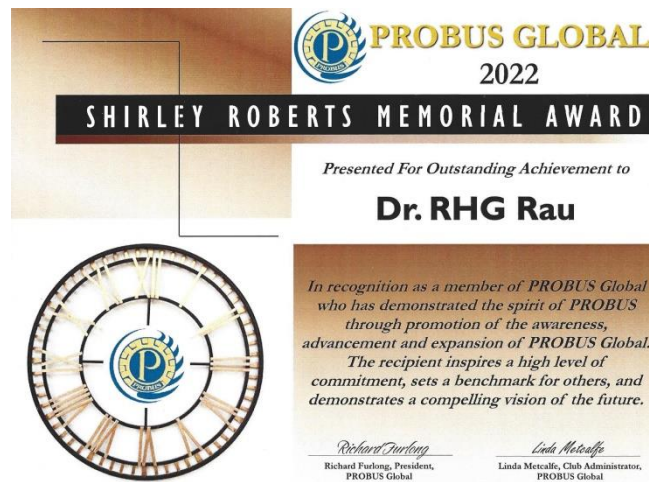


The Dancing Probians in Sept. 2022

“We must be second to none in the application of Advanced Technologies to the real problems of Man and Society”

.....Dr. Vikram Sarabhai

SHIRLEY ROBERTS AWARD PRESENTATION



Shirley Memorial Award Nov 2022



PCH Founder President and Current President



Dr. Rau's Acceptance Speech

.....*The above photos contributed by Dr. RHG Rau*



THE SHIRLEY ROBERTS MEMORIAL AWARD

Congratulations to Dr. RHG Rau on being the recipient of the PROBUS Global Shirley Roberts Memorial Award for his dedication to PROBUS, both Globally and within India. Dr. Rau has had numerous achievements since becoming a PROBUS member, after first hearing about PROBUS during a business trip to the United Kingdom and being introduced to PROBUS by Shirley Roberts. He bolstered the expansion of PROBUS throughout India, helping with the formation of new clubs. He retained contact with Shirley through the International PROBUS Network and became an active member of PROBUS Global when it was formed in 2019. He has taken the PROBUS Global message to many clubs in India as the Indian Coordinator for PROBUS Global. He has also been an active participant in PROBUS Global general meetings and delivered an illuminating talk on the Rise of India during a recent general meeting.

As our Coordinator in India, he continues to promote the fellowship that PROBUS offers and the opportunity for members in India to connect with members around the world.

Dr. Rau was recommended for the award by PROBUS Global member, Ram Mukherjee, PROBUS of Hyderabad, and co-sponsored by RK Bajaj, PROBUS of PCH.

On behalf of the management team of PROBUS Global, I would like to congratulate Dr. Rau on being the first recipient of the Shirley Roberts Memorial Award and on his continuing efforts informing India to the world of PROBUS.

Richard Furlong
Richard Furlong
President, PROBUS Global

III. PROBIANS' CONTRIBUTIONS

11. 40 MILLION YEARS AGO



Pr. RN Mital (97 years young)

One evening we were on a social call to Probian Ghanshyam Giri and Probian Sudha Giri. As Sarla, my second half, and myself were their close family friends, Sarla went in, leaving me standing in his backyard looking spell bound, at a stone structure. It was like a giant egg around 10 feet long and 5 or 6 feet thick. It appeared to be resting against a small piece of stone, football size.

I used to warn Giri that I did not trust that small piece of stone. It could crack or slip away any time and then the huge stone egg would roll down crushing some of the rooms of his beautiful bungalow. Giri would not believe me. He would laugh it out saying that if it had not rolled down for the last more than 40 million years, why should it do now?

“40 million years” I did not believe him. It could not be that old. We do not know what the shape of things was 40 million years ago. I believed that the giant stone egg must be a recent creation.

The other day I had come after studying this issue in a reference book and unfortunately for my sense of pride Giri turned out to be correct. The giant stone egg was even older than 40 million years what Giri claimed.

According to the Geologists, this part of our Deccan Plateau was home to a large number of huge volcanoes, around 67 million years ago, which were all the time spewing molten magma from the centre of the Earth and covered this area with beds of lava consisting of molted basalt rocks. They took millions of years to cool down, because of the green house effect created by the gases emitted by the volcanoes.

The Eocene Epoch arrived around 55.8 million years ago, and the liquid basalt rocks had started to solidify taking different shapes, hills and valleys, plains and gorges, plateau and strange stone structures. Our giant stone egg probably was also born around this time as a protruding structure of a large underground rock. At that time it did not look like a giant stone egg.

I stood there spell bound, with eyes closed, trying to visualize what may have happened those days and their probable sequence. I suddenly felt surrounded by dark clouds which were getting lighted up with lightening veins slashing them every split second.

While I was just trying to understand what was happening, a strong bolt of lightning appeared to emanate from a cloud, hit that structure in front of me, pieces of stone rolled out. Just then

another bolt of lightning hit it on the other side, giving it the shape of an egg this time. A bigger rock rolled out which appeared to be coming towards me. I saved myself by moving away a few feet.

Just then Giri came out of his room and tapped me on shoulder asking, “Mital Ji, what are you doing here? I was waiting for you.” Perhaps I did not hear him and instinctively asked him to save himself from that stone rolling towards us. He laughed loudly and said there was no stone, “Mital Ji, are you dreaming?” I indeed was. I woke up and realized that this is what may have happened 40 million years ago. After that, our giant stone egg has been getting polished by the winds, rains, hail storms, which have been hitting it all the 24 hours for the last 40 million years which had given it the present shape. Giri was right it was in a way born 40 million years ago.

I saw a plan on which Giri was working to beautify that spot. I suggested to plant there a statue of a dinosaur which were roaming those days in that area. We even looked for a statue of dinosaur but then it was all given up because it would make it a popular public place and its details might reach the Society to Save Rocks and he might even lose the right on his land. The proposal was dropped.

After the sad demise of Probian Ghanshyam Giri and Probian Sudha Giri, I forgot about that place and the 40 million year old giant stone egg. One day I happened to pass that side, I thought of looking it up.

There was a Mercedes standing looking to be around forty years old, where at one time stood our giant stone egg 40 million years old.

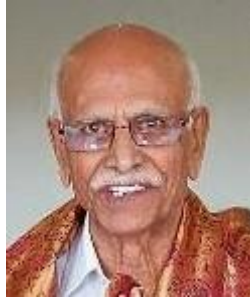
This stone structure which looked like a giant egg did not qualify for acquisition by the Indian Society for Saving Rocks because it was only a protruding structure of a large underground rock. It was not resting on that football size piece. It only appeared to be so.

The above narration is based on basic facts and some imagined dialogues to make it interesting and readable.

Creative thinking is not a talent; it is a skill that can be learnt. It empowers people by adding strength to their natural abilities which improves teamwork, productivity, and where appropriate, profit.

..... Edward de Bono

12. THE HISTORY I WALKED WITH



Pr. M. Chidambara Rao I.D.A.S (retd)

I did not have a choice about the day on which I came to this planet. The recorded date, I was born in an agricultural family in a village near Vijayawada, was determined by the Head Master of the village primary school, as 4th of October, 1935.

I played with my slate on the sand, the floor of the elementary school. In those years we were reeling under the effects of the great global depression. I remember myself purchasing groceries worth one Kaani (1/64th of a Rupee). Those born after 1945 may not be knowing that then one Rupee consisted of 16 annas, each anna was of 4 kaanis and each kaani was made up of 3 pise. Labour class was paid 4 annas for a full day work of 10 hours.

Rationing was imposed due to acute shortage of food grains and cloth. As a teenager, and also a student of economics in B.A I could understand the relative starkness of poverty. Shortage of food grains especially of rice continued till late 1970s. Shortage of wheat was met by imports from USA under what was known as PL 480 under Colombo Plan.

Prime Minister Nehru deserves praise for establishing dams, agriculture departments and agricultural research labs in every state resulting in self-sufficiency by mid 1980s.

It was around 1972, when I was serving in Deolali of Nasik District and the rice in ration was limited to only 125 gram per head per week, I was travelling to Pune. Someone kept a bag of rice of about 25 kg near the seat reserved for me. At Secunderabad station, a local goon had come to me and demanded me to show permit to carry rice, claiming to belong to railway police. He even showed me a knife. When I refused, he offered to settle the matter through bribe. When I did not budge for 10 minutes, by when the train started, he threatened to see me at Nampally station with his gang. At Nampally, I waited for him at the compartment but he just walked away looking at me. Later after 3 years, I saw him demanding for way-bill from a friend of mine for his scooter being loaded into the train to Vizag. When I went to bid farewell to my friend, that man hurriedly walked away on seeing me.

Next important aspect deserving mention is acute shortage of cloth. Gandhiji's call for boycotting all foreign cloth led to loss of jobs in textile mills in England and acute shortage of cloth in India. Gandhiji gave a call to make yarn in every house and as a boy I could see spinning yarn in every house and giving to local weavers. That cloth used to be in amber colour and after bleaching turned white. There were very few textile mills at that time and they could not supply the mill made cloth to country. Consequently mill cloth was rationed.

In 1950, when I was in 10th class, I came to know that cloth suitable for trouser had come to a shop in Governorpet, Vijayawada. I hastily borrowed Rs.3 and 12 annas and pushed hard into the crowded entrance of the shop to get 3 yards of that cloth. The situation was eased by late 1950s by which time many textile mills were established in Bombay and Ahmedabad. By 1970s the market was flooded with mill cloth of various qualities.

Most important historical event during my childhood was Independence Movement and getting independence on 15th August, 1947. The movement was at its maximum intensity during and after the World War II. There used to be meetings or folk art shows against British atrocities, which I used to regularly attend in villages around my place. When I was ten years of age, Gandhiji was to address a meeting outside Vijayawada at 4.30 a.m on his way back to north. We slept in a village on the way for the night so that we could walk to the place before 4 am. By the time we reached the place beside a railway track the place was fully occupied. Lights were glaring, Gandhiji's train arrived by 4.30 am. It went a few feet ahead of the steps built for him to alight on to the dais but moved back to facilitate Gandhiji nearer to the dais. We were lucky to see him under bright lights.

When the news of his assassination came on AIR at 7.05 p.m. we all cried. In my village, I, a 12 years old, actively participated in conducting a 10th or 12th day ceremony, including lunch for the entire village.

Among the other aspects of history I witnessed are freedom from colonial rule for many countries, adoption of democracy, population explosion from about 3 billion in the first quarter of 20th century to 7.8 billion by the first quarter of 21st century, aided by advances in health sciences, advances in science and technology resulting in ease of travel, fast communication and spread of knowledge, and discovery of silicon wafer, semi-conductor and various electronic miniature wonders that revolutionised communication, travel and entertainment. I have seen buses run on charcoal in 1940s, changing into petrol by 1950s, diesel by 1970s and into electric by 2020. Travel by air, computer and internet usage are other wonders.

I am a witness to both the old world and the new world!

To raise new questions as well as new possibilities, and to regard old problems from a new angle, requires creative imagination and marks real advances in science.

..... Albert Einstein

13. AGEING AND HEALTHCARE



Dr. N. Raghupathi Rao

Ageing and Health

People worldwide are living longer. Today, most people can expect to live into their sixties and beyond. Every country in the world is experiencing growth, both in size and population of older persons. By 2030, one in every six persons will be of over 60 years. The older population will increase from one billion in 2020 to 2.1 billion by 2050 and the people aged 80 will reach up to 426 million.

Common health conditions associated with ageing include hearing loss, cataracts, refractory errors, back and neck pains, osteoarthritis, chronic obstructive airway disease, diabetes, hypertension, along with depression, dementia, cancer and accidental falls leading to fractured bones.

Older age is characterized by complex health states called Geriatric Syndrome which includes fragility, urinary and fecal incontinence, falls leading to major and minor head injuries and fractured bones, delirium, pressure ulcers etc. Although some variations in health in older people are generic in nature, most are due to people's physical and social environmental factors, including their home conditions, neighbours and communities where they live.

Maintaining healthy behaviors throughout life, particularly eating a balanced diet, engaging in regular physical activity and refraining from tobacco and alcohol will contribute to reducing the risk of non-communicable diseases and improving physical and mental capacity and delaying care-dependency. Older people are often assumed to be frail, dependent and burden to the society. Public health professionals and society as a whole need to address these and other issues related to them.

UN Initiative

United Nations declared 2021-2030 as the UN DECADE OF HEALTHY AGEING and asked WHO to lead the implementation to reduce health inequalities and improve lives of older people, their families and communities by collective action. All countries face major challenges to ensure that their health and social systems are ready to make assessment for this demographic shift.

Healthcare of Elderly

Ageing is a natural process. Elderly are defined as persons with chronological age of 65 and above. Prevention and control of health problems of elderly necessitates a multi-faceted approach:

1. Community-based Geriatric healthcare programmes should start with a comprehensive policy
2. Community-based geriatric healthcare programmes
3. Social measures where volunteers come forward to help the older persons' needs, and voluntarily look after their aged parents
4. Promotion of healthy life styles
5. Health camps where education and communication are given to younger and middle-aged persons to educate them about how to provide care to elderly.
6. Immunization services
7. Necessity of periodic health assessment and early detection of health ailments by MHCs
8. Provision of medical aids etc, where required.

To conclude, provision of quality assured healthcare services for elderly population is a challenge that requires joint approach by the family, community, NGO's and government organizations.

Health Check-ups in Elderly

The Master Check-up includes physical exam by a doctor along with various blood, urine and faecal examination along with radiological exam with X-ray of chest, ultrasound exam of abdominal pulmonary function test, cardiac evaluation, which includes stress test and 2D echo test to evaluate the health of an individual and to detect early symptoms of diseases to manage individual health in a better way.

Benefits of MHC

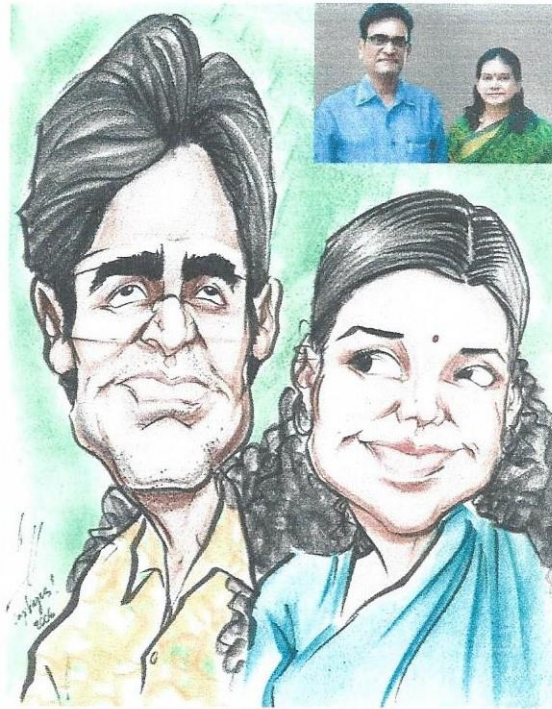
1. MHC helps to prevent prevalent life style health condition like DM Hyper-tension, cardiac conditions
2. Assists in early detection of critical conditions, including early cancer
3. Guides a clear picture of current health condition
4. Guides in improving daily life style choices
5. Formulate better healthcare related decisions
6. Benefits mental health by reducing stress
7. Improves overall wellbeing and get treated for the detected new health issues.

So, it is advised to have additional health check-ups to know the condition of heart, kidney and liver and to take appropriate medicines for all individuals, particularly for the elder population.

“You grow old when you cease to dream and when you lose interest in life. Seriousness is the only refuge of the shallow”.

.....Oscar Wilde

14. CARICATURE



CARICATURE
Pr Dr.Manohar Kumar.M Pr Smt Nirmala.M

“Develop the intuition to act quickly. This supreme task is to arrive at those universal elementary laws from which the cosmos can be built up by pure deduction. There is no logical path to these laws; only intuition, resting on sympathetic understanding of experience, can lead to them”.

..... Albert Einstein

15. PREVENTIVE EYE CARE FOR ELDERS



Dr. M. Manohar Kumar

As we age, our eyes become more susceptible to certain conditions and diseases. Therefore, it's important for Probians to take preventive measures to maintain good eye health. Here are some key aspects of preventive eye care for elderly:

1. **Regular Eye Exams:** Seniors should have regular eye exams to detect any changes or conditions early on. Eye exams can help detect conditions like cataract, glaucoma, macular degeneration and diabetic retinopathy.
2. **Healthy Diet:** A healthy diet that includes fruits, vegetables and omega-3 fatty acids can help reduce the risk of age-related eye diseases.
3. **Protection from UV Rays:** Seniors should wear sunglasses that provide protection against harmful UV rays when going outside.
4. **Quit Smoking:** Smoking can increase the risk of age-related macular degeneration and other eye diseases.
5. **Proper Lighting:** Seniors should make sure their homes are well-lit to prevent falls and other accidents.
6. **Computers' Use:** Seniors should take regular breaks to prevent eye strain.

By following these preventive measures, seniors can help maintain good eye health and reduce the risk of age-related eye diseases.

“Eyes are so transparent that through them the soul is seen”.



16. TECH SAVVY SENIORS UNITE



Ravi Mokkaapati

In a world where technology advances faster than a sneeze, senior citizens are often left scratching their heads, wondering what happened to the good old days of rotary phones and typewriters. But fear not, dear seniors, for technology is not just for the young whippersnappers! It's time to unleash your inner tech-savvy guru and show those youngsters who's boss.

As one wise senior once said, "I don't need Google, my grandkids have me." Indeed, our seasoned elders possess a wealth of knowledge and experience that no fancy algorithm can match. So, the next time your grandchild tries to explain the latest gadget, give them a wink and remind them that you've seen it all – from dial-up internet to VCRs.

But let's not forget the perils of technology. One senior, with a twinkle in her eye, confessed, "I used to believe the 'cloud' was just a fancy term for the weather. Turns out it's where my forgotten passwords go to party!" Oh, the struggles of modern life.

In the spirit of laughter, let us enjoy a limerick dedicated to the senior technophiles:

There once was a senior a Baldhead, whose smartphone was glued to his head. He tweeted and texted. His Snapchat was respected, Technology kept him ahead!

Now, some may argue that technology isolates seniors, but that couldn't be further from the truth. Thanks to smartphones, social media, and video chat apps, we're more connected than ever. As one cheeky senior put it, "I've got more Facebook friends than wrinkles!" Who says age slows down our social lives?

And let's not forget the wonders of online shopping. Now, with just a few clicks, you can have groceries, clothes, and even a pair of dentures delivered right to your doorstep. Technology is a tool; it's up to us to use it wisely. As another senior humorously shared, "I used to think LOL meant 'Lots of Love.' My grandkid's text messages were quite confusing!" It's never too late to learn the digital lingo and navigate the online world with finesse.

So, fellow seniors, let's embrace technology with open arms (and reading glasses) and prove that age is just a number. Life is too short to be intimidated by gadgets. As the saying goes, "The best way to predict your future is to create it...with a few well-placed emojis!"

Now, if you'll excuse me, I have a Zoom call with my book club. These times, they are all changin'! Tech Savvy Seniors –Let's Unite.

17. Just A ZEST



P. Jayaprada

“Time and Tide wait for no man” !!! Alas! I have been waiting for my friend for a long, long time. My friend Saroja is depressed and complains, “Life is dull. No charm to live, life is boring and fed up with this life...” Blah.. Blah.

I asked her to come and stay with me for a few days so that I can try and improve her mood and cheer her up. Finally, she turned up and we had a good talk. I understood her. She lacked a Positive attitude . She was also plagued by loneliness which is common during aging years. Relationships wax and wane over the years. Everyone is busy with their own problems. I told her that she should not wallow in self-pity, and negativity. One must accept and deal with the circumstances to one’s best ability. I also told her that her zest levels are low. She asked me, “what is zest?”

Zest is a combination of energy, enthusiasm, and excitement. Zest is the spirit of enjoyment. If we have zest for life, we love life. Zest is to live and relish today’s moment instead of regretting the past and worrying about the future. Every phase of life offers its own benefits and challenges. Old age is not a phase of life to be sad and depressed. If we have a positive thinking, old age can be considered as our golden age.

I gave her one example. India’s first lady cardiologist, Dr. Padmavati was not just an inspiration to the whole world. She was considered a miracle for humankind and an inspirational model for generations. She was the Director of the National Heart Institute in Delhi, and the founding President of the “All India Heart Foundation.” Look at her zest for life! Even after becoming a centenarian[100 years young]; she attended patients twelve hours a day.... defying age. She never stopped her swimming and brisk walks till her last days. Now she has passed away but is a great inspiration to all. Her advice was, “Age is just a number, go for all your heart’s desires.” After listening to this, my friend’s eyes were wide open like saucers.

Re-adopt a hobby or discover a new passion in an active environment tailored to us. Zest has an element of peace which is essential for a healthy mind, body, and soul. Music is one of the strongest tools. We must reconnect ourselves to our inner spirit. If you feel frustrated, angry, you can listen to music to rejuvenate yourself from the inside out. One good emotional song makes tears well up in your eyes and goosebumps dot your skin as you are touched. Voracious reading is another habit that also turns out to be good for frustrated aging brains.

Put passion, enthusiasm, and zeal into everything you do. “Turn your wounds into wisdom” Oprah Winfrey says. She is the woman, who despite undergoing numbing and multiple struggles throughout her childhood, is today on top of the world as a celebrity, US TV show

host!!! Life imposes things on you, that you can't control; but it is still your choice of how you live through them. How you react to them.

The revered Saint Dalai Lama says "The purpose of our lives is to be HAPPY". He has crossed 80 years, and still writing his 253rd book. That is the spirit!

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment!!".....Lord Buddha

After listening to all this, my friend's face had a spark in her eyes and she promised to be more positive and zestful! You must know the difference between Happily living; and just existing, I told her .

ZEST helps you fall back in LOVE with your life.

"Trust is like the air we breathe – when it is present, nobody really notices, when it is absent, everybody notices."

..... Warren Buffett

18. SOME MYTHS ABOUT LANGUAGE



Aditi Mukherjee

Language is an essential component of being human. There is no human community that has no language. Although language is a universal property of human beings, each community generally has certain myths about language. I shall briefly try to demystify a couple of language myths in the Indian context.

Myth 1: Sanskrit is the ‘mother’ of all Indian languages.

This is a very common misconception. The population of India today consists of diverse groups of people who belong to different stocks and speak languages from different language families. A language family is a group of related languages that developed from a common historic ancestor. There are four major language families in India: Indo-Aryan, Dravidian, Austro-Asiatic and Tibeto-Burman.

An earlier version of Sanskrit came to India with the advent of the Aryan migration. The language these ancestors spoke is termed as Indo-Aryan (and Sanskrit is derived from it) which was the mother of modern Indian languages like Assamese, Bengali, Gujarati, Marathi, Hindi etc. The Aryans were not the first inhabitants of the country. People of the Dravidian stock were already present – their language is the mother of modern Indian languages like Kannada, Tamil, Telugu, Malayalam etc.

There were also groups of people (known to us today as ‘adivasis’, literally meaning the ‘original inhabitants’) who spoke Austro-Asiatic languages like Munda, Khasi etc. In the North-East of India there are groups of people that speak languages like Bodo, Ao, Angami, Meitei etc. that belong to the Tibeto-Burman family. Thus Sanskrit is NOT the mother of languages of Dravidian, Austro-Asiatic and Tibeto-Burman stock.

These groups of people have co-existed for hundreds of years resulting in widespread multilingualism necessitated by the need for communication across groups. The prolonged contact among the diverse groups had given rise to not only social intermingling (including inter-marriages) but extensive cultural and linguistic borrowing/blending. It is true that over a long period of time many Sanskrit words have been borrowed by languages of non-Indo-Aryan families for various socio-cultural factors (giving rise to the myth that Sanskrit is the mother of ‘all’ Indian languages). But it is equally true that Sanskrit has also borrowed words from Dravidian and Austro-Asiatic languages. The mutual borrowings among the languages of different families have not been restricted to words alone. There has also been structural convergence to such a large extent that today India, notwithstanding its linguistic diversity

can be identified as one ‘linguistic area’ with a host of shared structural features that distinguish it from other languages of the world.

Myth 2: Borrowing from other languages or language-mixing ‘spoils’ the purity of a language.

One of the consequences of language contact and multilingualism is mutual ‘borrowing’. In the history of the world there has been no language that has not taken words from other languages it has come in contact with. In that sense the notion of linguistic ‘purity’ is vacuous. In fact, instead of spoiling its purity, borrowing from other sources enriches a language.

English is a fine example of enrichment by borrowing. It has extensively borrowed from European languages like Latin and French in different scientific and cultural domains respectively. It has borrowed many words from Indian languages -- ‘sepoy’, ‘pundit’, ‘juggernaut’ being only a few examples. Even a common word like ‘banana’ is borrowed from Spanish! The fact that the Oxford English dictionary is revised periodically even today to accommodate new words taken from other languages, indicates that ‘borrowing’ is accepted as a source of enrichment rather than ‘contamination’. Indian languages have been enriched by borrowing from different sources over the centuries. For example: ‘hawa’, ‘halwa’, ‘khushi’, ‘jahaz’, ‘payjama’ etc. from PersoArabic source; ‘train’, ‘bus’, ‘pencil’, ‘hostel’, ‘school’, ‘college’, ‘computer’ etc. from English. The attempts to get rid of borrowed words and substituting them with ‘pure’ Indian coinages is not only futile but also counter-productive.

“The significant problem we face cannot be solved by the same level of thinking which created them.”

.... Albert Einstein

19. WHAT IS SPECIAL ABOUT BHUTAN?



Kumar T

1. It is a landlocked mountainous small country of about 800,000 people, sandwiched between China and India. A deeply religious Buddhist country (Vajrayana Buddhism is the national religion), it is ruled by a King. The king gave up most of the powers in 2008 to an elected assembly and council of ministers and it is now a constitutional monarchy. But, he directly controls defence and foreign affairs. He is much loved and treated almost like a god.
2. Till 1963 it was practically closed to the world, as there was no motorable road to outside and was virtually unknown to the rest of the world. India built the 1st road from Jaigom in West Bengal to the border town of Phutsholing in Bhutan.
3. It had no army till 1958. When a conflict arose, historically by an invasion from Tibetan side, the monks gathered and acted as a fighting force. Bhutan now has an army of about 10,000.
4. **No police** or armed guards are seen anywhere, not even in the airport.
5. The focus is on promoting happiness of people. In place of only GDP, Bhutan developed its unique **National Happiness Index**. People are generally very pleasant, cheerful, helpful and peaceful. **No crime**. High level of **honesty**.
6. **Free healthcare** and **free education** are available to all.
7. Property rights are **matrilineal**; i.e. mother to daughter. Non-citizens cannot own property.
8. The whole country is **100% organic**. **The staple food is rice** with a vegetable, **in all 3 meals**. **Plastic-free and no trash**. Rice and root vegetables like potato, carrot and turnip are grown on the hillsides on small terraces.
9. With about 80% land being covered by forests and with very little burning of fossil fuels, Bhutan is highly carbon positive.
10. **SDF**: To discourage excessive tourism which can damage the environment, a Sustainability Development Fee is charged for all visitors, @\$200 to non-Indians and Rs.1,200 for Indians.

11. The speed limit is 50 KMPH, except on small stretches of highways where it is 60. In our over 6 days of travel on the roads of about 1,200 KM in Bhutan, **we saw no accident and heard no horn**. Very patient and careful driving.
12. While Bhutan imports a lot of its needs, its main export is **hydel power**.
13. **Sightseeing/ Tourism:**
- a. Fascinating country one would love to get to know. But, not really for pure sightseeing.
 - b. Days consisted mostly of seeing religious places. Drive a long time to see yet another of temples, forts, fortresses, pagodas or monasteries. So many of them would be of interest only to someone doing research on Buddhism, or is its follower.
 - c. These structures are all tiny in comparison with those in India and are made of wood. Not magnificent or impressive as buildings.
 - d. But there is the beauty of the rugged hills and mountains.
 - e. If someone is into **trekking**, Bhutan is a great place.
 - f. For an average tourist, **4 or 5 nights in Bhutan are ample**. We had 6, on our request due to flights connectivity limitation.
 - g. Most tourists are from India, a few from Europe or USA and some from Thailand.
 - h. **Stomach issues:** Some of us had mild stomach upsets. Safer to avoid the “Butter Tea” commonly offered as a welcome drink. Without hot water and soap washing of the serving dishes, the butter won’t go away and harbour microbes.
14. **Wildlife:** There are Bengal Tiger, Leopard, Black Bear, Langur etc. **Takin**, which looks like a cross between a goat and a small ox, is the national animal. No census of Takin was ever taken but it is believed there may only be about a 100 of them in Bhutan.
15. **How is China viewed?** Though initially evasive, as we got to know the driver and guide better they opened up and said people of Bhutan do not trust Chinese. They hate the suppression of Buddhism in Tibet, government facilitated settlement of Chinese there and, in effect, forcing Dalai Lama to flee to India. Given a chance, they think China would gobble up Bhutan. **No Chinese tourists are seen**. No Chinese projects are there in Bhutan, while there are several done by India, often gratis.
-

“Imagination is more important than knowledge, for knowledge is limited, whereas imagination embraces the entire world.

..... CK. Prahalad

20. A POEM ON DIAMOND



Visweswari Ramakrishna

A diamond is just a stone
If it's left alone
If it's cleaned, and polished right,
It's a jewel shiny and bright.

Most of us are like these stones,
Covered by years of moans and groans
We need laughter as the tool to use,
To chip away, dirt and disuse.

We need laughter to cut and shine,
To make each facet superfine.
We will then sparkle and shine
We'll be part, of the great design.

All inhibitions will leave our heart
We'll be out of the box, a brand new start.
We're not stones we're are not rings,
So rejoice, and dance and sing.

21. STORY OF TANA AND RIRI

Visweswari Ramakrishna

Story of Tana and Riri sisters:

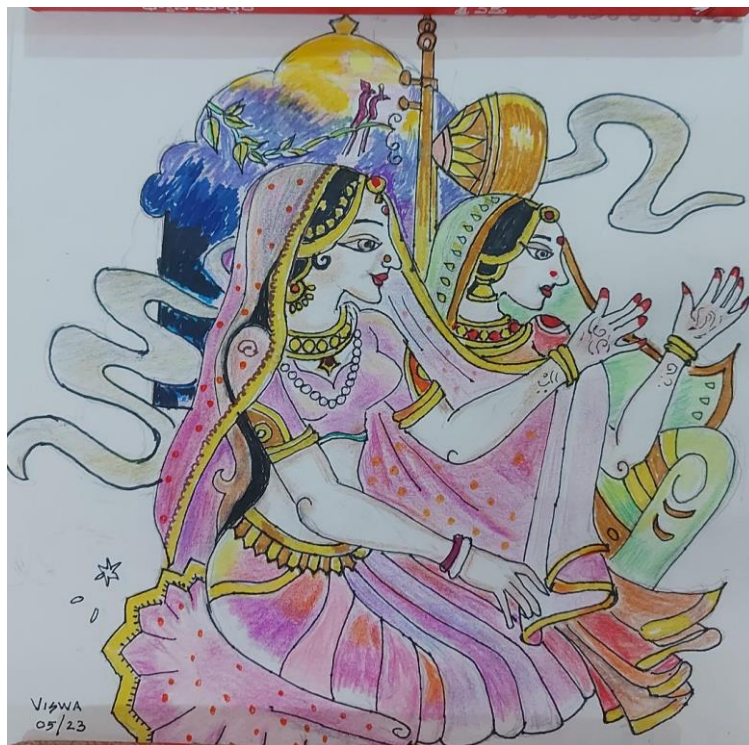
During Mughal rule under Akbar's kingdom in 1564 A.D, he had in his court "Nine Gems" who were best in their fields. Tansen was one among them, being a great musician. Akbar was fond of him. This was not liked by many in close circles around Akbar. So they plotted a wicked plan. A raga called Deepak, which only Tansen can sing, has the power of lighting the lamps on its own because of his voice and feelings. It can also burn the person who sings it. So they told the Badshah to make Tansen sing that raga. When he sang, his whole body was burnt with fire. He searched for good medicine and he started traveling for a cure. He

knew that if somebody sang Malhar Raag, there would be rain and he would be cured. But he couldn't get any singer.

He reached a place called Vad Nagar in Gujarat and spent his time on the banks of river Sarmistha. One day two sisters Tana and Riri came to the river to fetch water in a pot. They were talking about Malhar Raag. On hearing their conversation, Tansen ran to them and told his plight and requested them to sing the Raag. They felt pity on him and started singing. Immediately clouds gathered and rain also started coming. With the rain and music pouring, Tansen's wound slowly healed and he recovered fully. Later he left for Delhi.

Akbar was surprised to see Tansen fully recovered and came to know about the music sisters Tana and Riri. He sent soldiers to bring the sisters to his court. Both of them refused to come saying that their music is dedicated to their village deity and for the people of their village. Having refused the King's order they thought that the king would harass the villagers, so both of them jumped into the well and left their physical body.

In remembrance of them in Gujarat even today, they conduct Tana-Riri music festival during winter season every year. When the program begins, every musician starts the Alapana with Tana-Riri. So in every Alapana both the sisters are reborn with the music. Even now in Vad Nagar, people believe that the sisters' voices are reverberating somewhere all the time.



..... Visweswari Ramakrishna

22. GARDENING FOR SENIOR CITIZENS



R. Vijaya Lakshmi

We all have some hobby or the other which gives us immense pleasure. Gardening is one hobby which keeps us always willingly busy and happy because we handle growing and living things. Every day we see in them some change; like you see the new leaves or daily flowers. Each season has its own effect on the plants, in different ways. Broadly rainy season is growth period and spring is for flowering, which continues till winter.

Especially senior citizens, who have more time and leisure in their hands, can enjoy gardening. It is a physical work. It encourages and stimulates the mind. If required, we can take help of a gardener and enjoy the fruits of labour.

How it helps seniors?

- Enjoyable form of exercise
- Physical work helps in mobility and flexibility
- Teaches patience
- Prevents osteoporosis since we work in light sunshine
- Keeps our mind away from daily problems and monotony and gives relaxation
- Therapeutic. Reduces stress levels
- Gives mobility to the body
- Gives Vitamin D through sunlight.

Bonsai, a Miniature Shaped Tree, is an advanced activity in gardening. When I look back, three decades back I was not knowing about this art. This art helped my creativity and taught me to observe the nature. After seeing the trees in nature, I learnt how to react to changes in the weather. Because wind, rain, thunder and lightening make trees to take different shapes. Some are straight, some slanting and some wind-swept. Accordingly we work on the plants and give them shape.

In Bonsai, we copy nature and make different styles. It's a delightful experience.



Bougainvillea



Ficus Long Island

23. INDIA: A RE-EMERGING BRILLIANCE

Dr. RHG Rau

I was the Keynote Speaker at the PROBUS Global Management meeting on Zoom platform on 28th April, 2022, chaired by Richard Furlong. Probus Club members worldwide were the invitees. 56 members from various countries including Canada, Australia, Belgium, France, Germany, Netherlands, South Africa, USA and India participated.

This article is an abstract of that one hour presentation, followed by a question-answer session. The key areas covered by me included India's initiatives on Quality, Technology, Work Culture, Medical Services, Education & Training, Learning Processes, Skill Development, and India's Global Positioning.

My early remarks recalled that India was a very large economy for centuries prior to colonization. During 17th century India was very rich and had about 25% of world GDP. After that it declined primarily due to colonization. In 1950, India had 4.2% of world GDP, and today it has grown up to 7.2%, as the 5th largest Global economy.

Among the early quality initiatives addressed were poor quality costs, focus on abilities, attitudes and application, resulting in Islands of Excellence moving towards Organizational Excellence. Indian IT exporters like TCS, Infosys developed Robust Business models, High Return Ratios and continued to grow addressing people and processes. The five top IT companies have added 230, 000 employees last year.

Currently, Reliance operates world's largest refining complex in Gujarat and is focusing also on Green Energy. The company's Chairman says that "in the next decade we will produce green hydrogen at \$1/kilo, and dispense at \$1/kilo".

Medical tourism is a growing sector in India, and is currently worth over \$5.5 billion. Annually 500,000 overseas patients are attracted towards India due to affordable costs, availability of latest medical technologies and facilities etc.

Pharma industry had phenomenal growth in the last decade. India is now the largest provider of Generic Drugs globally, and is global 3rd in terms of Pharma production. It supplies HIV medicines at less than \$1, in comparison to \$10 in USA. It has 3000 drug companies and 10,500 manufacturing units. Current domestic market is \$42 billion, and likely to touch \$120-130 billion by 2030. India is the "Pharmacy of the World".

In the area of Work Culture, old economies like steel, cement and tyres are warming up to Hybrid Work Culture with significant cost savings on office space, talent attraction and employee retention. With changing behavioral patterns, technology is seeping into every single operation. McKinsey predicts that SaaS (Software as a Service) from India will be a trillion dollar market cap in the next decade. 580 million people between 5-24 years age are providing a huge opportunity for Distance education, E-learning, M-Learning etc. India is in the midst of investing \$10 billion in the semiconductor ecosystem, developing a spectrum of skills in architecting systems, chips, trade related skills etc. like in IC system.

I touched on only a few key points here. Current focus is to exhibit brilliance in all chosen fields. Next 30 years shall be Golden Years to the nation.

IV SUPPORTING PROBUS Global



Welcome to PROBUS Global, all PROBUS members from around the world have the opportunity to join at no cost.

PROBUS Global members enjoy the Global fellowship, with many programs offered on our website and our newsletter which has input from around the world.

We like to tell PROBUS members, “Get Connected, Stay Connected” and enjoy your new friends from around the globe.

Below you will find profile for PROBUS Global, enjoy and we will see you soon.

PROBUS Global

Probusglobal.org is a Social Media Web Site operated by PROBUS Global for the purpose of enabling communications and exchange among PROBUS Global members and PROBUS clubs.

Mission Statement

To promote PROBUS Global through effective, ongoing communications with all members and support with those who may enjoy travel around the world with local knowledge.

To have a PROBUS Global member in every region and country where retired and semi-retired people seek to share their experiences with each other directed solely towards acquaintance, fellowship, and learning, free from the constraints of politics, religion, fundraising, and competition.

Vision Statement

As we look to the future, we will continue the fun and friendship that our members have enjoyed for over twenty years networking around the world, increase the membership, and be a Global leader in the PROBUS Networking Community. Help to promote PROBUS Global at your local club.



PROBUS Global

PROBUS Members in India

On behalf of PROBUS Global, we extend the opportunity for all the members in India to enjoy the fellowship you can find in our Global family.

PG was formed in 2019 with members in Australia, Canada and United Kingdom with 30 members. In the last 3 years we have added 11 other countries and grew our membership to 950+.

Our members enjoy PROBUS Global newsletter four times per year that offers exciting PROBUS news from around the world, an informative website that offers many programs for all our members. As a member you will have contact information for all members around the globe, this for members only.

This is all available to all PROBUS members and your participation is free.

Probian Dr.RHG Rau, and his colleague Probian Ram Mukherjee, are PROBUS Global Coordinators for India. They will extend you an invitation to join and we look forward to your membership and opportunity to communicate with you in the future.

Regards

Richard Furlong

President

PROBUS Global



PROBUS CLUB OF HYDERABAD

Plot No. A-13, Journalist Colony, Jubilee Hills, Hyderabad 500033, Telangana, India
Tel: +91 8886220255, Email: raurhg_dr@yahoo.com

Dear Probus Member,

PROBUS Global MEMBERSHIP: AN INVITATION

30th September 2022

I have pleasure in inviting you to join PROBUS Global, the network of Probus members World-wide. I am attaching an invitation from Mr. Richard Furlong, President PROBUS Global.

PROBUS DAY

United Nations has declared 1st October as "International Day of Older Persons" (resolution 45/106). PROBUS Global has declared 1st October as "PROBUS Day". On this day we are further accelerating our membership drive towards PROBUS Global.

When you join PROBUS Global, you learn something new and get stimulated in your leisure time with new Probus Friends across the Globe. Please visit the Website: "probusglobal.org".

MEMBERSHIP

Membership is free. You have to be a member of a PROBUS Club in your country.

MEMBERSHIP APPLICATION

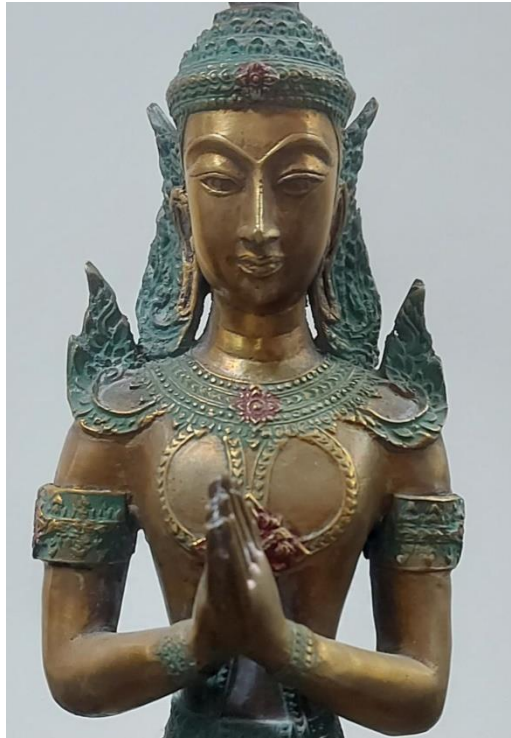
A simple-drafted, single page "PROBUS Global Membership Application" needs to be filled in and submitted on-line. You will find the Application and other details in the Website "probusglobal.org"

If you need any more details, please feel free to get back to me. I look forward to your being a part of this Global initiative pretty soon.

Dr. RHG Rau
PROBUS Global Coordinator: India
Immediate Past President: Probus Club of Hyderabad

Tel: +91 8886220255
E mail: raurhg_dr@yahoo.com

Encl: as above



**SPECIAL THANKS
TO
ALL CONTRIBUTORS**

