



Association of Senior Citizens Hyderabad

Lions Club of Twin Cities G.S. Binrajka Trust

Day Care Centre for Elders

(Registration No.: 1435/2003) – (Affiliated to APSCCON & AISCCON)
Lions Bhavan, 2nd Floor, Paradise Circle, Behind HDFC Bank, Secunderabad -500003 Tel: 27898885

Awardee of All India Trophy for best Community Service for year 2003-04

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This issue sponsored by Sri IVLN Chary

NEWSLETTER – JULY 2011

Reminiscences.....

At the Executive Meeting held on 07 Jun 2011 the following decisions were taken:-

(a) Members desiring to invite a Guest Speaker to give a talk on a subject of interest to all members are to contact the Secretary and give the details of the Guest Speaker and the topic. The Secretary will schedule the Guest Speaker as per availability of the dates and confirmation by the Guest Speaker. All are to note that this will require co-ordination between the Secretary, Member and Guest Speaker. Members co-operation is solicited.

(b) The AoSC Newsletter will be sent by e-mail to all members having e-mail id. Those members with e-mail id requiring a hard copy are to inform the Secretary accordingly. The hard copies of the newsletter will be distributed to all members attending the 2nd Tuesday meeting. Copies of the newsletter will be posted after 2nd Tuesday meeting to all others.

(c) Members desiring to receive their Medical Diagnostic Reports by mail are requested to bring a self addressed A4 size envelope and pay the courier charges to the Agency conducting the medical tests.

Though the Birthday of 22 members and Wedding Anniversary of 14 couples falls in the month of June; only 7 members attended the function on 14 Jun 2011 (2nd Tuesday). We look forward to more members attending the function and making it a merry & joyous occasion.

In addition to celebrating the Birthdays and Wedding Anniversaries on 14 Jun 2011, we also observed the World Elders Abuse Awareness Day (WEAAD) though it falls on 15 Jun 2011. Those who gave their points of view were Prof. Visweshwariah V, Dr. Vittal Rao, Mr. Sathyanarayana V, Mr. Siva Prasad, Ms. Sobha Gurajada Perindevi, Mr. Rajalingam and Mocherla Hari Krishna. Their talks were well appreciated by all members present.

A quiz on WEAAD was conducted with 10 questions listed on a sheet of paper which was distributed. After allowing the members to mark their answers which were of objective type, the correct answers were read out by Dr. Vyasamoorthy. 5 members scored more than 7 out of 10 questions. Prof Visweshwariah read out handout on WEAAD in Telugu which was distributed. Mr Siva Prasad distributed a handout on Parents Abuse.

Sri R N Mital, our Chairman, informed that he had been to New Delhi for a meeting of National Human Rights Commission (NHRC). During his stay in Delhi met the Minister for Social Justice and Empowerment, Mr Mukul Wasnik. The deliberation of the meeting was on proper NPOP implementation. Many State Governments have yet to

implement the same where as our State of Andhra Pradesh has implemented it. Discussion was held on old age homes, group insurance, 50 percent concession in Buses for Senior citizens, Arogyasri facility to be made available all over India etc. On 27 Jun 2011 Sri R N Mital met The President of India, Her Excellency (Smt) Prathiba Patel to present a memorandum on "Empowerment of Older Women and Widows" based on a Seminar held for three days in Truvananthapuram during March 2011.

On 21 Jun 2011 (3rd Tuesday) Prof. V Visweshwariah informed that AASARA elections were held recently by GHMC. Our members contested for Joint Secretary Posts in these elections. There are 80 Zones in GHMC area. 3 persons are elected from each zone. Out of those elected members, office bearers are elected. Mr V Nageswara Rao and Dr D Vittal Rao got elected to the post of Joint Secretary in the elections. It was a proud achievement for our Association and also for APSCCON. They were profusely congratulated. Mr V Nageswara Rao secured 35 votes out of 44 and Dr. D Vittal Rao secured 27 votes out of 44. Later both of them spoke about AASARA and its functions. Though Dr Vittal Rao had been attending our meetings for some time, he became a member on this day alongwith Sri Lavanya Rao. We heartily welcome them both to our Association.

Sri M Venkateshwerlu of Arogya Foundation spoke on Generic Medicines and informed how they can supply these medicines to us at highly discounted prices. In fact he gave a detailed working of Pharmaceutical industry in the country and how the middlemen, wholesalers, stockists, retailers take away maximum percentages on MRP. It was an interesting lecture to understand the working of the Industry. He assured us that he procures medicines directly from manufacturers and supply to us at a higher discounted price much less than market prices. The lecture ended with a question answers session in brief. Mr M Venkateshwerlu can be contacted on phone no. 8106300080 for any requirement of our members.

On 28 Jun 2011 (4th Tuesday) The debate on “How to Handle Loneliness among Seniors”, which could not be held on 21 Jun 2011 due to lack of time, was conducted today. Our Members, K Rajalingam, V Nageswara Rao, PVVG Krishna Murthy, Dr. Vittal Rao, Dr. Vyasamoorthy, Khanapur Krishna Rao, Dr, V Subba Rao and Prahalad Rao took active participation in the debate. It was a very lively debate with members expressing their view point of view.

The Secretary stated that more and more subjects will be considered for such debates in the coming months so that the programmes will be made more interesting.

OBITUARY

Prof. Visweshwariah V announced the sad news of death of our esteemed member D R K Paramahamsa (M No. 286) on 9 Jun 2011 who was suffering from Alzheimer's disease for the past few years. His last rites are being performed on 19 Jun 2011 by his family members. He was instrumental in making the ID Card program of Aasara a great success and can be called as the “Father of AASARA”. He was recognized for his services to senior citizens by AP Govt couple of years ago. He was generous with donating cash and kind to several SCAs in twin cities. He had donated steel cupboards racks for our library. He also donated Rs 11000 to APSCCON. He took active part in the activities of our Association. As a mark of respect 2 minutes silence was observed. A resolution was passed offering condolences and peaceful rest to the soul of Mr Paramahamsa.

DONATIONS

Birthday Donations		Newsletter Donation	
Sri G Siva Prasad	Rs 104	Wg Cdr (Retd) G N Bhaskar	Rs 500
Dr V Venkateswarlu	Rs 300	Sri Khanapur Krishna Rao	Rs 500
Welfare Donation			
Sri D Padma Rao	Rs 100		

SUNSHINE BOX: Sunshine Box collection in the month of June 2011 is Rs 758/-.

WELCOME NEW MEMBERS:

Sri P V Lavanya Rao
 Dr. D Vittal Rao
 Prof. Vasudev Chaturvedi

PROGRAMME FOR JULY 2011

- 12.07.2011 03:00 PM - EC meeting
 12.07.2011 04:00 PM - (note change in timing) Birthdays and Marriage day celebrations
 06:00 PM - At Thyagaraja Gana Sabha- Book release function. - Smt Gurajada Sobha Perindevi's English translation of her book Sweet Sixty; and cultural programme in which our members are participating.
 19.07.2011 04:30 PM - In house programmes. Debate. Tambola. Announcement of details regarding Annual Meeting of AISCCON at Visakhapatnam on 21st and 22nd Nov 2011.
 26.07.2011 04:30 PM - Guest Lecture by Prof Vasudev Chaturvedi on care taking of elders and other handicapped persons.

Answers to Brain Teaser June 2011

- (a) Grandmother, her two daughters and four grand daughters (each daughter having two daughters). A total of 7 family members.
 (b) The coin reached the bottom of the bucket with water at 15 deg C. Please note that water at 15 deg F is ice. The freezing point of water is 0 deg Centigrade which is equivalent to 32 deg Fahrenheit.

Birthday Celebrations:

S No.	M No.	NAME OF MEMBER	DOB	S No.	M No.	NAME OF MEMBER	DOB
1	372	SATYANARAYANA V	01.07.1939	19	233	RAJALINGAM K.	11.01.1940
2	290	RAGHAVA REDDY G	01.07.1940	20	37	Mrs. M V DALAL	12.07.1937
3	1	KRISHNA MURTHY B G	01.07.1924	21	154	Mrs. ANNAPURNA KABRA W/O KABRA G K	12.07.1938
4	348	FATHE MOHAMMAD	01.07.1948	22	215	RAGALA R K.	15.07.1937
5	82	SRINIVASULU M.	01.07.1938	23	325	MOHAN RAO K R. Col	15.07.1939
6	223	SYED ABDUL HAREEM.	01.07.1939	24	204	POTHAM SETTY P. Dr.	15.07.1940
7	17	WANKAR N V.	01.07.1936	25	286	PARAMAHAMSA D R.K.	15.07.1935
8	148	Mrs. INDIRA DEVI W/o GUPTA DVK	01.07.1941	26	188	Mrs. JANAKI W/O Dr B S SUBRAMANYAM	25.07.1929
9	369	Mrs. S K GUPTA W/o GUPTA M N	01.07.1936	27	355	Mrs. RUKMINI DEVI S B W/O RAMULU S B	15.07.1947
10	345	Mrs. MANJU MADHAVAN W/o MADHAVAN A	01.07.1949	28	276	Mrs. VENKATA RUKMINI W/O RADHA KRISHNA MURTHY T	30.07.1945
11	321	Mrs. VIAJAYALAKSHMI D. W/O NAGENDER D	01.07.1953	29	215	Mrs. ACHUTA W/O RAGALA R K	21.07.1941
12	245	BALAKRISHNA R V	20.07.1944	30	310	AZHAR AHSAN. S.	22.07.1937
13	266	VASANTH BALWANTH TALPALLIKAR	03.07.1928	31	248	SUBBA RAO K V.	27.07.1942
14	219	RAMA SUBBA RAO D.	05.07.1940	32	307	NARASIMHA RAO S.	27.07.1933
15	233	Mrs. YAMUNA BAI W/O RAJALINGAM K	01.07.1950			Mrs. HEMALATA SHAH W/O NAVEEN SHAH	27.07.1943
16	198	LAKSHMINARAYANA K. Prof.	08.07.1942	34	37	DALAL V C	28.07.1932
17	224	LAKSHMAIAH P.	10.07.1942	35	263	SHAMSHIR ALI.	07.07.1942
18	298	NATRAJ MURTHY REKAPALLI	11.07.1944	37			

Wedding Anniversaries

We Wish the following members a very happy Wedding Anniversary:-

S No.	M No.	Name of Member	Name of Spouse	Date of Marriage	S No.	M No.	Name of Member	Name of Spouse	Date of Marriage
1	278	ARUN KUMAR R TRIVEDI	ASHA TRIVEDI MRS.	12.07.1967	6	204	POTHAM SETTY P. Dr.	Mrs. KAMALADEVI	01.07.1964
2	279	ASHA TRIVEDI MRS.	ARUN KUMAR R TRIVEDI	12.07.1967	7	264	RAMESHWER RAO K V Dr.	Mrs. UMA DEVI	01.07.1972
3	361	GOPALA KRISHNA KOTHARU	Mrs. PUSHPAVATHY	14.07.1974	8	351	SATYANARAYANAN P.	Mrs. BHARANI	07.07.1974
4	345	MADHAVAN A	Mrs. MANJU MADHAVAN	14.07.1965	9	342	VERMA K S.	Mrs. CHANDRAKALA VARMA	14.07.1966
5	298	NATRAJ MURTHY REKAPALLI	Mrs. LEELA	31.07.1974					

సీనియర్స్ స్టూడెంట్స్

వయోధికుల జన్మదినాలు

ఒకప్పుడు వార్షికం వస్తోందంటే ఒణుకు పుట్టేది. కందమూలాలు తింటూ, వానప్రస్థాశ్రమం స్వీకరించ వలసి వస్తుందనే భయం ఆనాటి ప్రజల్లో ఉండేది. ఈ కాలం కథ మారిపోయింది. షఫ్టిపూర్తితో మొదలుపెట్టి నూరేళ్ళ పుట్టిన రోజుదాకా నోవెల్ గా జరిగి పోతున్నాయి. ఈ ఏడు సాంస్కృతిక సంస్థలు నిర్వహించేవారు జన్మదినాలు జయప్రదంగా జరుపుకున్నారు. వారి జన్మదినాన్ని పురస్కరించుకొని అరవైలోకి అడుగిడిన పెద్దల్ని సత్కరించడం అభినందనీయం! జన్మదినం చేసుకొనేవారికి, ఆరోజుని పురస్కరించుకుని బహుమతిని అందుకునేవారికి అదిచూసే వయోధికులకీ ఆకార్యక్రమాలు స్ఫూర్తిదాయకాలు. ప్రముఖ రచయిత ద్వారా. శాస్త్రి 64వ జన్మదినాన వయోధికుల సత్కారం ఇందుకు ఒక ఉదాహరణ మాత్రమే. మదర్స్ డే పేరిట తలలు పండిన తల్లుల సత్కారం జరిగిన నెలకే నాన్నలూ అడుగులో అడుగు వేసుకుంటూవచ్చి బహుమతిని అందుకోవడం అక్షరసత్యం.

ఓల్డ్ ఈజ్ గోల్డ్

జూన్ 12వ తేదీన ప్రముఖనిర్మాతలు ఎమ్మెస్ రెడ్డి, సుబ్బిరామి రెడ్డిల మనవరాలు మల్లికకి సిద్ధార్థతో వేదమంత్రాలమధ్య పెళ్ళి అత్యంత ఘనంగా జరిగిపోయింది. ఐదురోజులపాటు రంగరంగ వైభవంగా జరిగిన ఆపెళ్ళికి వేలాదిమంది దేశవిదేశీయులు విచ్చేశారు. షెర్వాణీలు, చీరెల్లో విదేశీయులు ఆహుతులను ఆకట్టుకొన్నారు. అమితాబ్ చాన్ నుండి ముఖేష్ అంబానీ దాకా, రాష్ట్రపతి నుండి మనముఖ్యమంత్రి దాకా దేశంలోగల ప్రముఖులందరు ఐదురోజులపెళ్ళికి హాజరయ్యారు. ఐదురోజులపాటు పెళ్ళికూతురూ పెళ్ళికొడుకులతోపాటు నిలబడి అతిథులమర్యాదలు మహత్తరంగా నిర్వహించిన వయోధికులు జి వి కె రెడ్డి, సుబ్బరామి రెడ్డిలను గురించి అందరూ విశేషంగా ప్రస్తుతించారు. వయోధికులు సంస్కృతీ సాంప్రదాయ పరిరక్షకులు అనడానికి ఇది ఒక ఉదాహరణ అనికూడా అనుకోవడం వినిపించింది.

స్వీట్ 70

మాతృదినోత్సవ వేడుకలు ఆస్ట్రేలియాలో అందరు పిల్లలూ విశేషవంతంగా జరుపుకుంటున్న రోజున కేథరిన్ అనే 70యేళ్ళ మాతృమూర్తి తనకూతురిమీద దావా వేసింది. మదర్స్ డే రోజునకూడా తనని కేక్స్ తిననివ్వకుండా డయాబిటీక్ వి అంటూ ఆపేసి తను తనపిల్లలతో కలిసి కేక్ తినేయడం అన్యాయమని, ఎదురుగా కూర్చోని తనని ఏడిపిస్తూ తినడం మరీ తప్పని చెప్పి దానికి పరిహారంగా తనకి ప్రతి ఫ్లేవర్ కేక్ ని రోజుకి ఒకపీస్ చొప్పున పెడితే సరిపోతుందని, బాగా వ్యాయామం చేసి తను చక్కెరవ్యాధిని నియంత్రించుకో గలనని న్యాయస్థానం ముందు వెల్లడిచేసింది.

సీనియర్స్ కి చాన్ (బాంబినో దోళ)

బాంబినో----	250 గ్రాములు
మజ్జిగ ---	1 గ్లాసు
నూనె ---	100 గ్రాములు
బియ్యంపిండి--	500 గ్రాములు
ఉల్లిపాయలు--	3
పచ్చిమిర్చి--	10

తయారుచేసే విధానం:- బాంబినో ఒక గంట ముందు మజ్జిగలో నానబెట్టాలి. ఉల్లిపాయలు, పచ్చిమిర్చి తరుగుకోవాలి. నానిన బాంబినోలో బియ్యంపిండి, ఉల్లిపాయ, పచ్చిమిరపకాయముక్కలు, ఉప్పు కలిపి దోళపిండిలాగా మిశ్రమం తయారయ్యేలాగా చూసుకొని వేడెక్కిన పెనంమీద పల్చగా వేసుకోవాలి. ఈ దోళలు వేడిగా తిని గ్లాసుడు మజ్జిగ తాగి పడుకుంటే రాత్రికి మంచి నిద్ర పడుతుంది.

సీనియర్స్ బుక్స్

సీనియర్ సిటిజన్స్ కి సమస్యలు చాలా వుంటాయి. వాటిని గురించి చర్చించే వారు తక్కువమంది అని చెప్పాలి. ఎవరికి చెప్పే మాత్రం ఏంటే ఈ సమస్యలు పరిష్కరింపబడే ప్రసక్తే లేదుకదా అని వయోధికులు బాధపడుతూ ఉంటారు. అలా బాధపడేవారికి అటువంటి ఆలోచన ప్రస్తుతం లేనివారికి ఒక్కమాటలో చెప్పాలంటే వయోధికులందరికీ ఉపకరించే పుస్తకం ఒకటుంది. 'The Senior citizens--Their problems and Management' అనే ఈ పుస్తకాన్ని డా॥ పి. శంకరరావు రచించారు. అందులో వయోధికుల సమస్యలన్నీ విపులంగా వుండి వాటికి సంబంధించిన పరిష్కారాలు వున్నాయి.



L-R: Dr.S.D. Gokhale, President ILC, R.N.Mital, President AISCCON, Dr. Sheilu Sreenivasan, President Dignity Foundation, Dr. Anupama Datta, Dy Director Help Age, Dr.PKB Nayar, President Institute of Gerontology, Trivendrum, DrKR Gangadharan, Vice President IFA with HE Smt. Pratibha Patil, Hon' President of India



Sri R N Mital, President AISCCON & Chairman AoSC, Hyderabad meets Ho'ble Sri Mukul Wasnik, Cabinet Minister, MOSJE to discuss issues of Senior Citizens.

Tidbits

- **Susrusha** is an agency that supplies care givers (bedside assistants, ayahs, semi qualified nurses or fully qualified nurses. Families having senior citizens who are invalid, immobile, bed ridden or otherwise sick requiring personal professional care may benefit by the services offered by Susrusha. All types of engagements - part time, full time (24X7), casual etc are available. The Director of this institution is Prof Chaturvedi, who is a consultant in KIMS Hospital. Incidentally Prof Chaturvedi has become a member of our association and we are hopeful that his induction will be highly beneficial to all. For details about Susrusha please contact: Rajini on +91 9290782578 or Sri Lakshmi +91 9618942096.

Brain Teaser July 2011

(a) A doctor in New Delhi Had a brother in Hyderabad who was a lawyer. But the lawyer in Hyderabad did not have a brother in New Delhi who was a doctor. Why?

(b) While changing a wheel of your car, you accidentally drop all four wheel nuts down a drain on the side of the road and cannot recover them. How can you drive your car a kilometer to the nearest garage for a new set of wheel nuts?

Smile a While

The would be wit was put down several pegs when, at dinner table, he held up a fork with a piece of meat upon it and asked his hostess, "Is this pig?"

"On which end of the fork?" said one of his fellow guests.

* * *

"Why is it," asked a Frenchman of a Swiss, "that you Swiss always fight for money, while we French only fight for honour?"

"I suppose," said the Swiss, "that each fights for what he most lacks."

* * *

A police constable arrested some people printing fake currency notes and asked for instructions about what to do with them. "Send notes to Headquarters" came the reply.

No notes were received. So a reminder was sent to the constable. He sent back the explanation, "Notes forwarded by postal money order."

* * *

An AD for a laundry: "We do not tear your clothes with machinery. We do it carefully by hand."

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