



The Association of Senior Citizens of Hyderabad

Lions Club of Twin Cities G.S. Binrajka Trust Day Care Centre for Elders

Lions Bhavan, 2nd floor, Paradise Circle [Behind HDFC Bank], Secunderabad Tel 27898885
(Registration Number : 1435/2003--Affiliated to APSCCON & AISCCON)

Issue for January 2012

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

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Sponsored by Smt Jagadamba Bhanoori

NEWSLETTER – January 2012

HAPPY NEW YEAR – 2012 - TO ALL OUR MEMBERS

AP Government releases Rules under MWPSCA

The Government of India has enacted a law (Central Act No 56 of 2007) in December 2007. It was adopted by AP Government in April 2008. This Act provides for effective provisions for the maintenance and welfare of parents and Senior Citizens guaranteed and recognized under the Constitution of India. However for the 4 long years ,the ACT was not fully implemented by the Government of Andhra Pradesh.

Constant follow up with Government of Andhra Pradesh by Mr R N Mital as President of APSCCON and AISCCON over these past four years, the Government has now implemented the Act by issuing GO no 49 dated 28 Dec 2011 announcing the Rules under the Act. Hearty Congratulations to Mr R N Mital and his team of dedicated office bearers. This GO is issued just 2 days before the 85 th Birth Day of our beloved R N MITAL which is on 30 December. This is a BIG BIRTHDAY GIFT to Mr R N Mital from the State Government, says Mr K Krishna Rao.

Our Chairman Sri Mital is 85

Some of us met in DCC on 30th December 2011 to greet Sri Mital on his birthday. Though intimation was sent as usual over SMS, email etc only a handful of members could participate. He announced that the next AISCCON conference is most likely to be in Thiruvananthapuram, Kerala. A photo where APSCCON president Sri Parameshwar Reddy is giving Flowers to Sri Mital is given below. A Greeting sent by SSS-Global is also shown here. Let all of us wish him a very special happy birthday – He is completing 85 years of useful service – no mean achievement.



30 DEC 2011



Donation of Blankets

In response to a call given by Ms Tripta Sawhney, some members of our association donated money for purchase and distribution of blankets. Details of donors are given elsewhere. On 30th December, a group of persons consisting of Sri RN Mital, Prof Visweswaraiyah, Ms Tripta Sawhney, Dr P Vyasamoorthy, Mr Sawhney, Sri PVGK Murthy, Sri Ramalingam and Sri K Sivaram went to Integrated Home near Suchitra Electronics cross Roads on way to Medchal. Seventy blankets, each costing Rs 140/- were distributed. As Sri Krishna Rao was busy with Ch Parameshwar Reddy in connection with opening of Generic Medicines shop, both of them could not join us. We missed taking photos of this important occasion. The residents who received the blankets were visibly happy at our gesture. Members may remember that this Integrated Home takes care of 105 destitute men and women, most of whom are mentally affected. There is still some scope for more members to contribute as entire money advanced by Ms Sawhney has not yet been collected. Donations are welcome.

MC Meeting on 6th December

During the MC Meeting on 6th December, it was decided to encourage donations. Those who donate Rs 10000 or above will have their names permanently written in a special DONORS list displayed on a Notice Board. As far as Newsletter sponsorship is concerned, Dr Venkateswarlu, Dr T Ramalingam, Sri RN Mital have queued up for next three months. While thanking these members, kindly note that Sponsorship - Rs 500 only – is open for May 2012 onwards.

Donations in kind

Sri IVLN Chary brought a good number of books to be taken away free of charges by members. This was highly appreciated. Ms Tripta Sawhney has sponsored a few cataract operations to be done free of charge to needy poor senior citizens. This will be in Sadhuram Eye Hospital. If you know anyone who may benefit please inform her.

DCC starts two new free consultancy services

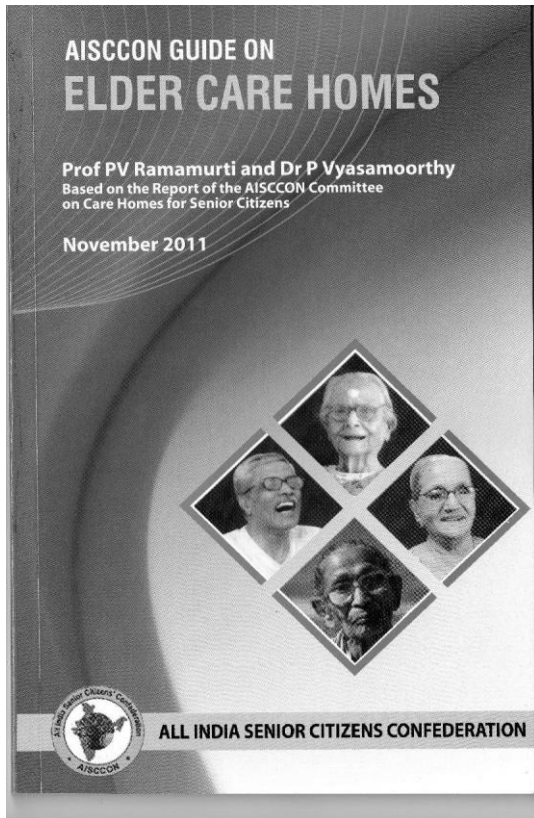
As announced earlier, Dr Sree Mukesh from Vivekananda Hospital started free consultation on 13th December. 26 members benefitted. Blood Test and Blood Sugar tests were done. Consultation is free to ANY senior citizen. From Next month onwards only 15 persons will be allowed. They have to register in advance by informing secretary. If members visit the hospital 20% concession will be available on tests , consultations etc. On the last Tuesday of December Sri Manoj, the Advocate was available for consultation. Here again as against one hour he attended to members' queries and gave advice for nearly three hours. We are highly thankful to Dr Mukesh, Management of Vivekananda Hospital and Sri Manoj for their cooperation and help. Thanks are specially due to Sri Bhalla who has initiated and stood by the whole idea.

Congratulations to Sri Sivaprasad



Our Member Sri Gadala Sivaprasad (314) has won Gold Medal for Long Jump, Silver medal for 800 mts running race and Silver medal for Triple Jump. This was during the recent 32nd AP State Masters Athletic Meet held in Guntur. Our Sivaprasad is a consistent winner and an athlete. We have missed reporting quite a few of his earlier achievements. Hearty Congratulations from all members in our association.

New Book Released



During the recently concluded 11th AISCCON Conference held at Visakapatnam, a book written by Prof PV Ramamurti and Dr P Vyasamoorthy titled : “AISCCON Guide to Elder Care Homes” was released. It is a booklet of some 90 pages (A5 size) This book is two parts. The first part, the Guide on Elder Care Homes is based on papers submitted by members of AISCCON National Committee on Elder Care Homes. This part is mainly targeted towards managers and owners of Elder Care Homes. Minimum Standards for services, facilities and infrastructure are stipulated for a) free homes run on charity basis and b) Pay & Stay type intended for middle and upper middle class elderly persons. Thereafter, provision of healthcare facilities, Food and Nutritional aspects, and Activities / Entertainment are covered in three later chapters.

Apart from general aspects of managing Elders homes, there is a separate chapter on Financial management. As a logical next step, details relating to Monitoring and Inspection of Old Age Homes are given next. Rounding off this group are two articles one on: A summary of Research Studies on Old Age Homes in India and a brief note of the scenario in UK USA and Canada.

Appendices, forming the second part, are a collection of important and useful extracts from various governmental sources that serve as reference. Architects, planners and real estate persons interested in providing shelter to senior citizens will benefit from Guidelines on Space standards for the elderly, Universal design tips and barrier free access guidelines. The AP State Rules relating to old age homes – (still in draft stage as of Nov 2011)- under Maintenance and Welfare of Parents and Senior Citizens Act 2007 would be useful as a model / template for other states. These rules will indeed be directly useful to owners / managers of old age homes. The book is available for Rs Thirty plus postage from AISCCON, Mumbai.

Missing Books

Following books were found missing during the recent stock verification. If you have taken it and have forgotten to return, please do so now. Your cooperation is appreciated. The space allotted here in this issue for missing books is worth it, even if one person returns the missing books. You will not be questioned or embarrassed in any way. Quietly slip it in, when no one is seeing, if you feel that way.

SN	Number & Name of the book	Author
1.	238 kasi yatra	Chellapilla Venkatasatry
2.	528. Microsoft windows 95 simplified	Todd knowlton
3.	503. Voice of the elderly in india	Ed.s siva raju
4.	321. Report of the committee on health insurance for senior citizens	Prepared by k s sastry
5.	210. The Ramakrishna movement	R k mission, kolkota
6.	357.dialogue with the guru	Compiled by r krishnaswamy iyer
7.	364. Discoveries on bhagavdgita	Swami rangadhananda
8.	436. Thirukkural	Rev dr. G u pope et al

9.	495. Sama vedam	Bhaskaruni mallikarjun rao
10.	525. Tirumala charitra	Raju bhadravati
11.	526. Venkateswara dhruta kalpamu	Tvrk murthy
12.	530. Jeevan darshini	Swami ramdev
13.	1. Depression	Dr. Mamilal goda
14.	8. Blood pressure	Dr. G d thapar
15.	15. Arthritis	Ada p kahan
16.	20. Living with diabetes	
17.	21. Diabetes	Dr robert youngson
18.	26. Mental tension & cure	Dr. O p thyagi
19.	38. Healthy living	A p dewan
20.	46. Arthritis & rheumatism	Dr. Sunil tuli
21.	56. Diabetes, causes, prevention & treatment	Ada p khan
22.	81. Diabetes causes & cure	Dr satish goel
23.	155. Book on laughter	
24.	315. Back pain book – a self help guide	Mika hage
25.	427. Lectures on homoepathic philosophy	James taylor kent
26.	522. Keep fit for life	Who publication

A Puzzle for you

It's a 7 letter word....

**If we remove 1 letter from it,
It remains same.**

**If we remove 2 letters from it,
It remains same**

**If we remove 3 letters from it,
It remains same**

**If we remove all the letters from
it,**

Still it remains same

What's it?

Answer:

See the picture below



In lighter vein

Look at the picture to the right. It shows a guy stealing books from a library. Why does any one take away books from a library:
Following could be the Reasons:

I need it most!

I can not afford to buy it.

This book is a treasure and rare.

It has gone out of print.

It is a great reference to me.

Who else can use it other than me? It is so difficult to

understand.

Nobody is reading it – Let me release it from the prison – the library!

I want to tease the librarian, he fought with me.

I do not want XYZ to read it. XYZ will become smarter.

I get a thrill in knocking away books when no one is seeing.

I am too lazy to return.

Books are for use, right? I am using it – as a pillow!

I am a confirmed (biblio) kleptomaniac – I need psychological help.

For such compulsive stealers, let me quote a couplet:

**Books give not wisdom where none was before,
But where some is, there reading makes it more.**



Donations during the month of December 2011

Name	Amount	Purpose
Tripta Sawhaneey	500	BIRTH DAY
Dr Venkatewarlu	500	NL Feb 12
PVVGK Murthy	200	SRR 4
Prof V Visweswaraiah	200	SRR 4
RN Mital	500	SRR 4
Jagannatha Rao	200	SRR 4&5
D Padma Rao	100	Welfare
B Venkatesham	1116	Welfare
Shak Shubhani	500	Memb Fee Hike
KS Gupta	1000	Welfare
P Satya narana	500	NL Oct 11
P Vyasamoorthy	500	BIRTH DAY
Prof V Visweswaraiah	1400	blankets
KS Gupta	700	blankets
IM Bhalla	700	blankets
Sobha Perindevi	140	blankets
G Raghava Reddy	140	Blankets
T Ramalingam	140	blankets
Ravisankar Srinivas	140	blankets
K Sivaram (NM)	500	blankets
P Vyasamoorthy	700	blankets
RN Mital*	2880	blankets
Tripta Sawhney*	1400	blankets
Ms Prabha Mehta*	1000	blankets
Dr Vasunder Reddy*	1000	blankets
MVK Narasimhan (NM))	300	blankets
Sunshine Dec	422	Sunshine

* Amount Due

Calendar of Coming Events	
3-1-2012	MC Meeting at 4.00pm
7-1-2012	Computer Classes: Sri Mital 4.00 pm
10-1-2012	a) Doctor's Visit at 3.00 pm b) BIRTH DAY / WD greetings at 4.00 pm
17-1-2012	No Meeting
24-1-2012	a) Advocate's Visit 3.00 pm b) Presentation by Prasanna Trust at 4.00 pm (tentative)

BIRTHDAYS IN THE MONTH OF JANUARY

M NO	NAME	DATE	M NO	NAME	DATE	M NO	NAME	DATE
154	GK KABRA	01	340	Mrs.RAMA LUTHRA Dr.	08	265	Mrs.LAKSHMI w/o PV MURTHY RAJU	19
221	JP GUPTA	01	245	Mrs.RENUKA w/o RV BALAKRISHNA	09	272	B RAMA RAO	19
378	K GANGADHAR	01	346	RS VARMA	10	333	TN BALA MUKUND	20
237	Mrs.VIJAYA LAKSHMI w/o KVS N RAJU	01	233	K RAJALINGAM	11	309	NAIDU VS	20
314	Mrs.SESHARATNAM w/o G SIVA PRASAD	01	335	JAGADAMBA BHANOORI Mrs	11	284	B PANDURANGA VITTAL	20
354	V VENKATRAMIAH	01	144	Mrs.KAUSALYA w/o RAJESWER SHARDA	14	355	SB RAMULU	21
228	Mrs. SHANTA REDDY	04	346	Mrs> RS VARMA	14	351	P SATYANARAYANAN	25
160	Mrs.INDIRA w/o Wg Cdr GN BHASKAR	06	257	RAMA SHASTRY ARADYULA	15	195	Mrs.GOMA BHAI w/o GUPTA HARIPRASAD	30
339	ANJANEYULU KVS R	06	385	RADHAKRISHNA GHATAMANENI	15	185	ANANTHA RAMULU S	30
359	Mrs.SAROJA DEVI w/o K GOPALA KRISHNA MURTHY	07	250	LAL BAGHCHI	15			
312	B ROY	07	283	SUBHANI SHAIK	17			

MARRIAGE DAYS IN THE MONTH OF JANUARY

M NO	NAME	DATE	M NO	NAME	DATE	M NO	NAME	DATE
267	KULDEEP SINGH VIRK	09	320	LENIN GANJI	19	17	NV WANKAR	25
208	M KRISHNA MURTHY	15	280	PROF.SUNDARA RAMAN N V	24	293	Dr. V HARI BABU	30
			292	G R KRISHNA MURTHY	26			

Let us Welcome Sri Eshwar Rao Bagade as our New Member (395)

REQUEST: Please contribute!

At present our newsletter appears like a Gazette issue, very official, dull and dry. I am trying to add pictures here and there. If members participate, this will become interesting. Please send us info such as your achievements, awards, prizes, happy moments etc. Do you have photos of rare events that will interest others? Send them along. If you volunteered and have done some social work share it with us. If you know of a member in trouble, sickness or is facing any problem please tell office bearers. Don't be shy if you can not write. Ms Sobha would interact with you and convert your ideas to words. TRY and show everyone that next issue will be different.

Printed Matter

Posted under Tariff item 7c

BOOK POST (LOCAL)

To

If undelivered please return to:

Dr P Vyasamoorthy
30 Gruhalakshmi Colony
Trimulgherry,
Secunderabad 500015

