



JUBILEE HILLS INTERNATIONAL CENTRE

NEWSLETTER | JUNE 2023

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23253334

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Address

Road #14, Jubilee Hills, Hyderabad-500 033.

Email Id: jhic1987@gmail.com

Website: www.jhiconline.com

Annual General Body Meeting: The 37th Annual General Body Meeting of the Centre is scheduled for Sunday, 25th June 2023 at 10 am on the Centre's premises. The meeting is open to Permanent Life members. We ask that all eligible members make it convenient for them to attend the AGM. A separate Annual Report book was dispatched separately to the eligible members.

Extra-Ordinary General Body Meeting: EGM will be held on Sunday, 24th to 25th June 2023 at 11 am in the premises of the Centre to amend some of the rules. Eligible members may please make it convenient to attend the meeting.



Thank you

Our sincere thanks to Sri Anil Sunkara garu, Producer and member of our Centre for his support of the screening of the AGENT movie in our Centre.

NOT TO FORGET

Every Day
Breakfast
07.00 a.m.
to 10.30 a.m.

Every Day
Lunch
12.30 p.m.
to 02.30 p.m.

Every Day
Evening
Tiffins
05:00 p.m.to
09.00 p.m.

Every Day
Snacks
07.00 p.m.
to 10.30 p.m.

Every Day
Dinner
07.00 p.m.
to 10.30 p.m.

Every Sunday
Buffet Lunch
12.30 p.m. to 03.00 p.m.

Every Sunday
Screening of Movies
07.00 p.m. @ Main Lawns

Every Saturday
Tombola 07.30 p.m.
Onwards

Note from the Secretary's Desk



Hello Members,

I hope you are all doing well and looking forward to the refreshing monsoon showers after a long and dry summer. We had a great time watching the IPL matches on the big screen every day except on movie days. It was fun to see the members cheering for their favorite teams and enjoying the cricket fever. We also had a wonderful musical night on 29-5-2023 with some popular singers who performed 1990's Bollywood Hindi songs. The event was a huge success and our members loved the nostalgic and melodious tunes. I would like to remind you that the annual General Body meeting is scheduled for Sunday, 25-6-2023 at 10 am. Please attend the meeting and approve the audited accounts and budgets. We will also have an Extra Ordinary General Body meeting on the same day to amend the rule regarding sponsoring grandchildren for Affiliate membership. This is in response to the requests from many of our Permanent members who want to extend this benefit to their grandchildren. I request all members, spouses, and dependents to follow all the rules and regulations of the Center. Some dependent members have been bringing their guests to the Center without permission. This is not allowed and parents should inform their children about this policy.

If you have any feedback or suggestions, please feel free to contact me at secretary@jhiconlinel.com.

Best Regards,

T. Hanumantha Rao

Governing Council Members

Sri C. Venkateshwara Rao
President

Smt. A. Hima Bindu
Vice President

Sri T. Hanumantha Rao
Secretary

Sri M. Janardhan Reddy
Joint Secretary

Sri Kilaru Rajeswara Rao
Treasurer

Members

Sri Ch. Jagga Rao

Sri C. Srinivas Reddy

Smt. B. Ameeta Reddy

Sri S. Siva Prasad

Sri G. Ashok Rao

Sri I.V. Soma Raju

Sri K. Ramesh Chowdary

Sri N.V. Subash

Dr. S.V. Ravindranath

Sri N. Tirupathi Rao

Bollywood Roaring 90's Hindi Songs Musical Nite: We have organized 90's Bollywood songs Musical Nite on 29-5-2023. The Event was a grand success. Mr. Fardeen, Mr. Avidutta, and Ms. Gul Saxena enthralled the members with melodies and songs.





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Annual Swimming Gala: We have organized Annual Swimming Competitions for all age groups on Sunday, 04-6-2023. Prizes and Certificates were given to the 1st, 2nd, and 3rd Place winners and runner-ups. The Event was a grand success. Members appreciated the arrangements made for the Event.







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Understanding Diabetes and Its Impact on Heart Health: Heart disease and diabetes are two closely linked health conditions that can have a significant impact on an individual's well-being. It is crucial to understand the connection between these two health conditions and take proactive measures to manage them effectively. Below, we provide insights and ways to raise awareness about heart disease and diabetes and their interplay.



What is Heart Disease?

Heart disease refers to a range of conditions that affect the heart and blood vessels. It includes conditions such as coronary artery disease, arrhythmias, heart failure, and more. Heart disease is a leading cause of death worldwide and requires proactive management to reduce risks and promote heart health.

The Connection between Heart Disease and Diabetes:

Diabetes significantly increases the risk of developing heart disease. High blood sugar levels can damage blood vessels and nerves, leading to atherosclerosis (narrowing of arteries) and an increased risk of heart attacks, strokes, and other cardiovascular complications. Individuals with diabetes often have additional risk factors for heart disease, such as high blood pressure and high cholesterol levels.

2. Blood Sugar, Blood Pressure and Cholesterol Management: Keep blood sugar, blood pressure and cholesterol levels in check through lifestyle modifications, regular screenings and follow a medical management plan provided by your healthcare team.

4. Regular Check-ups: Stay up-to-date with medical appointments, screenings, and tests. Regular check-ups allow for early detection and management of any health issues.

Understanding Diabetes: Diabetes is a chronic condition characterized by high blood sugar levels. It occurs when the body either does not produce enough insulin or cannot effectively use the insulin it produces. Diabetes can lead to various complications, including cardiovascular disease, nerve damage, kidney problems, and eye disorders.

Managing Heart Disease and Diabetes:

Proactive management of heart disease and diabetes is crucial for maintaining optimal health and reducing the risk of complications. Here are some key strategies:

1. Lifestyle Modifications: Adopting a healthy lifestyle is essential. Focus on regular exercise, a balanced diet, and weight management.

3. Healthy Eating: Make informed food choices, limit sugar and refined carbohydrates, opt for low-fat and low-sodium balanced diet rich in fruits, vegetables, whole grains, and lean proteins, and prioritize on heart-healthy fats.

5. Stress Management: Engage in stress-reducing activities such as deep breathing exercises, yoga, meditation and hobbies to maintain overall well-being.

6. Medication Adherence: Take prescribed medications as directed by your healthcare provider to effectively manage health conditions.

Seeking Support and Resources: Managing heart disease and diabetes can be challenging, but you don't have to face it alone. Seek support and resources from healthcare professionals, support groups, and from organizations like the Indian Heart Association (IHA) and others who provide valuable information, tools, and community support to help you navigate your health journey successfully. Remember, knowledge is power, and by understanding the connection between heart disease and diabetes, you can take proactive steps towards a healthier life. Empower yourself with the right information and make informed decisions that promote your well-being.

Stay up to date with the latest information on heart health and diabetes management by following Indian Heart Association on Twitter @theindianheart, visiting our website tindianheart.association.org and connecting with us on Facebook at facebook.com/indianheartassociation.

Together, let's work towards a healthier future!
Together, let's prioritize heart health and diabetes management for a healthier future!

STAY HEART HEALTHY.

THE ART OF WINNING IN SPORTS BOOK WRITTEN BY OUR MEMBER:



The Author Yamin Hussain is a Member of our Centre and a sportsman and also a fitness enthusiast, and has extensive knowledge on the subject, having competed in Swimming at the national level and played various sports over the years. He is excited to share the knowledge gained from his personal experience with his readers so that they will benefit and become better athletes. He also narrates interesting experiences and techniques used by highly successful athletes in their journey to stardom. "The Art of Winning in Sports" is a comprehensive guide for athletes wishing to take up a sport and excel at it. It covers different aspects of training, right from choosing a sport you are passionate about to various techniques being used in today's highly competitive environment. Topics such as visualization

techniques, setting realistic goals, mental toughness, managing stress, benefits of positive thinking, eating a balanced diet, have been extensively covered to give the reader in-depth knowledge on the subject. This book is a must read for athletes wishing to improve their sporting skills and make an impact in the sport they have chosen. Book is available online and links are given below: https://www.amazon.in/dp/935741777X?ref=myi_title_dp



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