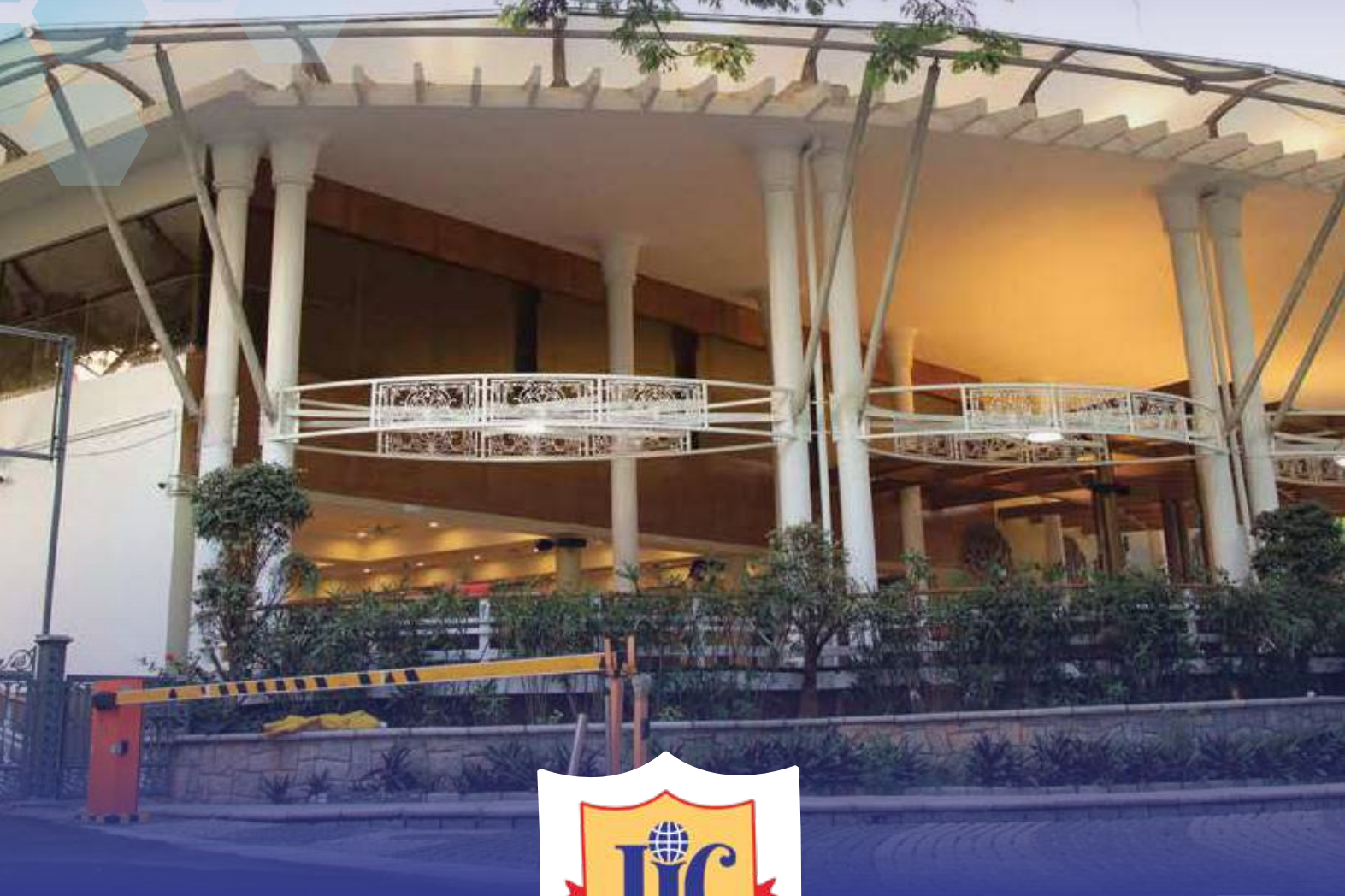


NEWSLETTER NOVEMBER. 2023



**JUBILEE HILLS
INTERNATIONAL CENTRE**

Governing Council Members

Sri K. Surendar Reddy
President

Dr. M.R.C. Naidu
Vice President

Sri Kilaru Rajeswara Rao
Secretary

Sri A. Pratap Reddy
Joint Secretary

Sri K. Ramesh Chowdary
Treasurer

Members

Sri Chakkilam Sudhakar

Sri V. Shekar Babu

Sri S. Venkatadri

Sri I. Praveen Reddy

Sri K. Rajiv

Sri V. Krishna Rao

Sri G. Surendra

Sri K. Veera Raghava Reddy

Sri S. Jyothi Babu

Sri P. Ramesh Kumar

Ex-Officio Member

Sri B. Ravindranath
President
JHCHBS

New email ids

Secretary: secretary@jhiconline.com

GM: gm@jhiconline.com

GM-F&B: gm.fandb@jhiconline.com

Accounts: accounts@jhiconline.com

Billing: accounts@jhiconline.com

Info: info@jhiconline.com

Telephone Numbers

Reception Numbers:

040-23253312 | 23253300 | 23253311

Guest Rooms : 040-23253333 | 23253334

Home Delivery : 83408 34020

Parcel Counter : 040-23253352

Address

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

Email Id: jhic1987@gmail.com

website: www.jhiconline.com

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



Dear Members,

The chilly breeze of November whispers tales of festivals and cheer. Diwali, the festival of lights, sprinkles stardust on the inky night sky. Children's innocent laughter rings out as the season of joy begins. Over the next couple of months, we have several events planned for our members including Children's Day, Christmas Eve, the Annual Mega Bumper Tambola, and New Year's Eve. We encourage everyone to participate and enjoy these festivities. Planning is underway for the Annual Mega Tambola on a grand scale - full details will be announced in next month's newsletter. This year's New Year's Eve gala will feature performances by famous entertainers from Tollywood and Bollywood. We kindly remind all members to abide by the center's rules, regulations and bylaws so we can ensure smooth operations. We are excited to announce the launch of our new club magazine next month. This glossy publication will have a strong member focus, highlighting all the activities and events at the club. Dunzo's parcel service is available for breakfast, lunch and dinner deliveries to member households via registration on WhatsApp (8340834020). Please feel free to contact me at jhicsecretary@online.com with any feedback or ideas. Wishing everyone a wonderful holiday season.

Yours truly,

K. Rajeswara Rao

Kilaru Rajeswara Rao

LAUNCH OF MONTHLY MAGAZINE: We are excited to announce the launch of our new club magazine next month. This glossy publication will have a strong member focus, highlighting all the activities and events at the club. The goal is to showcase the range of sports, music, social and cultural offerings at the club. We hope this comprehensive coverage will encourage more members to get involved and participate in the programming. Content will be lively yet thoughtful, striking a balance between informative and entertaining. Member spotlights, behind-the-scenes features, previews of upcoming events, and more will fill the pages. This magazine will keep members in the know about everything happening at the club. We aim to generate more engagement and connection through this new initiative. Please share any ideas or suggestions to make it truly reflective of our members' interests. We look forward to unveiling this exciting new endeavor next month!

RESTORATION OF MONTHLY SUBSCRIPTION CHARGES: The club is facing financial challenges as a result of rising costs, especially in terms of staff compensation and operational expenses. This situation requires careful management and planning to ensure the sustainability and viability of the club. Therefore, the Governing Council discussed and decided to restore the monthly subscription charges for all classes of memberships Rs.1000/- per month subject approval of the AGM. However, members whose age is above 80 years there will not be any monthly subscription charges for all classes of memberships.

TAMBOLA is a regular event every Saturday, with a variety of prizes.

FILM SHOWS: The following films will be screened in the month of November.



TIGER NAGESWARA RAO



BHAGAVANTH KESARI



LEO



KEEDAA COLA

BATHUKAMMA & DANDIYA CELEBRATIONS: We have celebrated Bathukamma and Dandiya on Saturday, 21-10-2023. Lot of members participated and enjoyed and the programme was grand success.











VEG THALI Veg Thali became very popular, which is now available for members from Monday to Saturday. This wholesome and flavorful meal comprises various vegetarian dishes served on a platter, sure to satiate your hunger and taste buds. We welcome all our members to try this new addition to our menu and relish a satisfying and healthy meal. Whether you are a vegetarian or simply looking for an appetizing meal, Veg Thali is sure to meet your expectations. We are eager to serve you and hope to see you soon!



SUNDAY BUFFET LUNCH We are delighted to announce that starting this Sunday, we will be offering a scrumptious buffet lunch from 12:30 pm to 3:00 pm. Our buffet will feature an extensive selection of both vegetarian and non-vegetarian dishes to cater to everyone's preferences. We cordially invite all our members to join us and indulge in this delectable feast, which we hope will provide a convenient and satisfying way to recharge after a busy week. Whether you're in the mood for a light snack or a hearty meal, we have something to tantalize your taste buds. We look forward to hosting you at our Sunday buffet lunch!

JHIC MOBILE APP: USER NAME MEMBER'S MEMBERSHIP NUMBER AND PASSWORD MEMBER'S DATE OF BIRTH The JHIC is pleased to announce the launch of its mobile app, which is now available for download on the Google Play and App Store. This app has been designed to provide members with convenient access to important information and services. To log in, simply use your membership number as the user id, and your date of birth (in the format ddmmyyyy) as the password. Once you have logged in, you can change your password to something that is easier for you to remember. The app provides daily menus, accepts payments, and offers other useful features that can make it easier to stay connected with the JHIC club. We hope that you will find this app to be a valuable resource, and we look forward to your feedback.

BILL PAYMENTS Some members are paying their bills through our website www.jhiconline.com It may be noted that once payment is made through the website, the same will be credited to their account after one day. Some members are paying through NEFT account no:18090100002173 IFSC Code: BARB0JUBILEE (FIFTH CHARACTER IS ZERO) BANK NAME: BANK OF BARODA, JUBILEE HILLS BRANCH. It may be noted that if the payment is made through NEFT, they should forward the UNIQUE TRANSACTION REFERENCE (UTR NO) details through Whatsapp or Message to 9490163991 or e-mail to jhicfinance@gmail.com to update their particular account; otherwise, it will be kept in the suspense account. UTR Number, Membership No, and Amount transferred is to be communicated to us immediately.

GUEST ROOMS We have 28 excellent guest rooms with five-star facilities. Members can book the rooms for their guests.

ROOM TARIFF Suite room: Rs.4,480/- including taxes plus complimentary breakfast for two persons
Deluxe room: Rs.3,080/- including taxes plus complimentary breakfast for two persons



LUXURY CHAMBERS Luxury Chambers are available for our members at the third-floor Guest Rooms Building. It is convenient to have corporate meetings and small get-togethers for about 40 people. We are charging rent for the facility Rs.10,000/- only for four hours plus applicable taxes. Members may avail the facility. Please contact the Guest rooms reception to book the chambers on 040-23253333.



VEGETARIAN KITCHEN The long awaited wish of the vegetarians to setup separate Vegetarian Kitchen is coming true and restricting the South Indian Tiffin Centre for vegetarian cooking only. Non Veg items if any will be cooked at Main kitchen and South Indian Tiffin Centre will be completely for preparation of vegetarian items only.





UNDERSTANDING HYPERTENSION AND ITS IMPACT ON HEALTH:

Stroke is a serious medical condition that occurs when blood flow to the brain is disrupted, resulting in damage to the brain cells. Stroke can have significant impacts on an individual's health and well-being. Stroke can cause physical, cognitive, and emotional impairments, affecting daily functioning and quality of life. It is crucial to understand its causes, take proactive measures to prevent stroke and manage stroke.

WHAT IS HYPERTENSION?

Hypertension is a condition characterized by elevated blood pressure levels which are consistently higher than the normal range. This persistent increase in blood pressure puts strain on blood vessels, heart, and other organs, increasing the risk of serious health complications including stroke, heart attack, and kidney damage.

THE IMPACT OF HYPERTENSION ON HEALTH: Hypertension is often referred to as the "silent killer" because it may not cause noticeable symptoms until severe damage occurs. It can lead to various health problems, including:

1. **Cardiovascular Complications:** High blood pressure can damage blood vessels and strain the heart, leading to heart disease, heart failure, and other cardiac issues.
2. **Stroke:** Uncontrolled hypertension increases the risk of stroke, which occurs when blood flow to the brain is disrupted.
3. **Kidney Damage:** The kidneys play a crucial role in regulating blood pressure. Hypertension can lead to kidney damage and compromise their function.
4. **Vision Impairment:** Hypertension can cause damage to blood vessels in the eyes, leading to vision problems.
5. **Cognitive Decline:** Chronic hypertension is associated with an increased risk of cognitive impairment and dementia.

MANAGING HYPERTENSION: Proactive management of hypertension is essential for preventing complications and maintaining overall health. Here are key strategies:

1. **Regular Blood Pressure Checks:** Monitor blood pressure regularly to detect any changes from the normal range and seek medical advice promptly. The recommended Blood Pressure target for Indians is less than 130/85. For those with heart failure and diabetes, the target Blood Pressure range is less than 120/80.
2. **Healthy Diet:** Adopt a balanced diet rich in fruits, vegetables, whole grains, legumes, nuts and low-fat dairy while limiting the consumption of salt and saturated fats.
3. **Physical Activity:** To help manage blood pressure levels, engage in regular physical activity like brisk walking, swimming, cycling, and exercising at a gym under a trainer's guidance.

4. Stress Management: Practice relaxation techniques like meditation, yoga or deep breathing to reduce stress levels.

5. Medication Adherence: If prescribed medication, take it as directed by your healthcare provider.

SEEKING SUPPORT AND RESOURCES: Managing hypertension effectively may require support from healthcare professionals, dieticians, and lifestyle coaches. Organizations like the Indian Heart Association (IHA)/Indian Stroke Association and others provide valuable resources, educational materials, and support groups to assist individuals in controlling hypertension and maintaining a healthy lifestyle. Stay informed about hypertension prevention and management by following the Indian Heart Association on **Twitter @theindianheart**, visiting **our website indianheartassociation.org**, and connecting with us on Facebook at **facebook.com/indianheartassociation**. Together, let's raise awareness about hypertension, encourage regular blood pressure checks, and work towards a healthier future!

PRIORITIZE YOUR BLOOD PRESSURE. STAY HEALTHY. #HypertensionAwareness #HeartHealth #HealthyLiving

BUSINESS CENTRE We have recently inaugurated a newly constructed Business Centre for the convenience of our members, Usage charges are as follows:



Usage charges for Business Centre.

- Per 4-6 seat for one hours block Rs.700/-
- 4 hours Rs.2,000/-
- Per seat monthly membership Rs.7500/-
- Four seat cabins monthly membership Rs.25,000/-
- Conference Hall (10-12 seats) for 1 hour 1000/-
- 4 hours Rs.3,000/-

Guest Policy

Members may bring up to 4 guests. Guest fees as applicable as per rules of the Centre.

Amenities

- Complimentary Wi-Fi
- Front desk assistance
- Restaurant and Coffee shop (regular fees apply)
- Guest meetings only in the Lounge and lobby as per rules of the Centre