



# JUBILEE HILLS INTERNATIONAL CENTRE

NEWSLETTER | AUGUST 2023

## 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

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

## New email ids

Secretary: [secretary@jhiconline.com](mailto:secretary@jhiconline.com)

GM: [gm@jhiconline.com](mailto:gm@jhiconline.com)

GM-F&B: [gm.fandb@jhiconline.com](mailto:gm.fandb@jhiconline.com)

Accounts: [accounts@jhiconline.com](mailto:accounts@jhiconline.com)

Billing: [accounts@jhiconline.com](mailto:accounts@jhiconline.com)

Info: [info@jhiconline.com](mailto: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](mailto:jhic1987@gmail.com)

website: [www.jhiconline.com](http://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,

Greetings to all !!!!

We have been experiencing heavy rainfall for the past few weeks; members should take precautions not to get wet or become ill from monsoon diseases. As a result of heavy rains, the movies could not be screened during July -23. In August-23 we hope to screen the movies. Our menu has been expanded in innovative ways. As per the request of the members, we are not preparing any non-vegetarian items in our South Indian Tiffin Centre. We are renovating our Squash Courts with new wooden flooring and beautification for our members' convenience. We are also renovating our Kitty party room for the convenience of member families mainly to host kitty parties. We are creating a business center equipped with all the modern facilities to do individual paper work to hold business meeting. We have sanctioned budgets for the complete renovation of "Main dining Hall" and for the replacement of wooden flooring and lighting in the Shuttle Courts. You might have noticed the reduction of subscription charges from Rs.1000/- to Rs.750/- and complete waiver of subscription for the Permanent members aged above 65 years and we further plan to bring down the subscription to Rs.500/- from October onwards. This became possible with our prudent financial Management. All the members and their family members are requested to follow the rules and bye-laws strictly. Feel free to contact me at [jhicsecretary@online.com](mailto:jhicsecretary@online.com) if you have any feedback or suggestions.

Best Regards,

A handwritten signature in black ink, appearing to read 'T. Hanumantha Rao'.

T. Hanumantha Rao



## JHIC Hosts Successful Annual Open Bridge Tournament

We are thrilled to announce the successful completion of our Annual Open Bridge Tournament held on July 8-10, 2023.



This 3-day tournament saw the participation of around 300 bridge enthusiasts from across India, including many of our own club members. Players competed in a fun yet challenging environment for the chance to win prizes.





Our Bridge Fraternity warmly hosted the event, providing breakfast, lunch, coffee, tea, and snacks to all participants over the course of the tournament. The hospitality and arrangements were greatly appreciated by the players. We would like to sincerely thank our sponsors Mold-Tek Packaging Ltd. and Ace Urban Developers Pvt. Ltd. for making this event possible.



We also commend the Convener of the Bridge Activity Committee and his team for their efforts in smoothly organizing this tournament.



With over 300 participants from all over India relishing this competitive and social tournament, we consider our Annual Open Bridge event a resounding success. We look forward to hosting more such exciting tournaments for the bridge community in the future.

## OTHER NEWS

### **INTRODUCING ASSOCIATE AFFILIATE MEMBERSHIPS FOR THE NEXT GENERATION**

We are excited to now provide Associate members the option to sponsor their adult children as Associate Affiliate Members of our club. This new membership category allows the next generation to fully participate in our club's fantastic array of activities and events. If you're an Associate member looking to share your club experience with your adult children, contact our office to learn more about adding them as Associate Affiliate Members. This is a wonderful opportunity for families to bond over shared interests and make memories together within their club community. Don't let your kids miss out on being part of our club family. Inquire today about Associate Affiliate Memberships so they too can enjoy the many benefits you've come to cherish as a member. We look forward to welcoming the next generation!

### **AFFILIATE MEMBERSHIP** Expand Your Club Family - Introducing Sponsored Memberships

Great news! We're now offering the opportunity for Permanent members to sponsor up to 4 immediate family members to join the club. We are happy to inform you that the following categories are allowed to avail the Affiliate memberships. Adult children, Parents, In-laws Grand children.

### **NOMINATION FACILITY FOR PERMANENT MEMBERS** Introducing Membership

Nomination for Permanent Members We at the Centre recognize that our valued Permanent members may want to plan ahead and designate an heir to inherit their membership status in case of their passing. To facilitate this, we have introduced a new Membership Nomination facility exclusively for Permanent members. By filling out a simple form at our office, you can now nominate one family member to inherit your membership rights and privileges upon your demise. This nomination ensures a smooth transition of your membership to your chosen heir and avoids any potential conflicts or confusion among family members. We highly encourage our Permanent members to take advantage of this facility for peace of mind. Secure your family's access to the Centre by nominating your preferred heir today. Contact our office to learn more about this new facility for Permanent members wanting to plan ahead. Help us make the process easy for your loved ones.

### **HOME DELIVERY OF FOOD PARCEL** Introducing Convenient Meal Delivery for Members

We're thrilled to now offer home delivery of fresh, healthy meals for members located within 5km of our premises. Getting your food parcel delivered to your doorstep is easy

1. Message us on WhatsApp at 8340834020
2. Include your name, membership number, mobile number, and delivery address
3. Our team will deliver delicious food straight to you whenever it's most convenient! With this new service, you can now enjoy your favorite meals in the comfort of home without any hassle. No more takeout lines or driving back and forth - just quality food delivered piping hot at your requested time. Take advantage of this convenient new offering and relish restaurant-style meals without leaving your home. We can't wait to deliver to you soon!





**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](http://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: BARB0JUBILE (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](mailto: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.



### **THANK YOU**

We would like to thank Sri Anil Kumar Sunkara, Producer and Member of our Centre for his support to screen SAMAJAVARAGAMANA movie in our Centre

## **NOTICE**

- It is the responsibility of all members to adhere strictly to the Rules & Byelaws of the Centre and any violation causing inconvenience to Co-Member is viewed seriously.
- Before entering the Centre, Members, Spouse Members, and Dependent Members must show their identity cards at the reception, and enter their guest details in the guest register.
- Over the course of a calendar month, no one shall be introduced as a guest more than three times.
- It is the responsibility of dependent members to carry their identity cards at all times.
- It is not permissible for dependent members to introduce guests.
- The Council has the right to cancel the membership or suspend it for a further specified period if a member violates the bye-laws. For the first contravention, the member's membership is suspended for 3 months; for subsequent infractions, the member's membership is suspended for another specified period.

**DRESS REGULATIONS** To maintain dignity and decorum, the following dress regulations apply to the use of the Centre's facilities.

- Members/guests entering the Centre will at all times be dressed appropriately. Any respectable Civilian attire befitting the dignity of the Centre for lunch, dinner, functions, etc to be maintained.
- Lungis and rubber slippers are not allowed in the premises of the Centre. Members may however change to and use rubber slippers only in the swimming pool area.
- Members/guests with sports dresses, shorts, and sports kits are not permitted in the areas of the Library, Card Room, Bar, A/C & Non A/C Dining Halls, all Lawns, Function & Conference Halls, Bridge Room, TV lounge, and Internet facility. They may however visit coffee/soft drink and juice counters between 05.30 hrs to 21.00 hrs.
- Dress regulations for making use of other various facilities of the Centre are indicated under respective facility rules.



**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 STROKE 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 STROKE?**

Stroke occurs when there is a blockage or rupture of blood vessels in the brain, leading to a lack of oxygen and nutrients to brain cells. This can result in various neurological impairments and complications. There are different types of Stroke, including Ischemic Stroke (caused by a clot) and Hemorrhagic Stroke (caused by bleeding).

### **PREVENTION OF STROKE**

Maintain an active and healthy lifestyle with balanced diet and regular physical activity. Manage stress effectively and ensure proper duration of sleep with good sleep quality. Avoid harmful habits like smoking and excessive alcohol consumption.

### **MANAGEMENT OF STROKE**

Proactive management of Stroke is essential for reducing the risk of complications and promoting recovery. Here are some key strategies



1. Know the Signs of Stroke: Familiarize yourself with the signs of stroke, such as sudden numbness or weakness in the face, arm, or leg, confusion, trouble speaking or understanding, and difficulty walking or maintaining balance. Act quickly and seek medical attention in case of suspicion.

2. Risk Factor Management: Certain risk factors, such as obesity, smoking, excessive alcohol consumption, sleep deprivation, high blood pressure, diabetes, high cholesterol levels, sedentary and unhealthy lifestyle increase the likelihood of Stroke. Control and manage the Stroke risk factors. Adopt an active - healthy lifestyle and follow medical advice to mitigate these risks.

3. Medication Adherence: Take prescribed medications as directed by your healthcare provider to manage underlying conditions and prevent further complications.

4. Regular Check-ups: Stay up-to-date with medical appointments and screenings to monitor your overall health and detect any potential issues early.

## **SEEKING SUPPORT AND RESOURCES**

Managing Stroke and its effects may require support from healthcare professionals, rehabilitation services, and support groups. Additionally, organizations like the Indian Heart Association(IHA)/Indian Stroke Association and others provide valuable resources, information, and community support to help individuals navigate their stroke recovery journey successfully.

By understanding Stroke and taking preventative measures, you can reduce the risk of experiencing a Stroke and promote better overall health and well-being. Stay informed, stay proactive, and prioritize your health.

Stay up to date with the latest information on stroke prevention and recovery by following the Indian Heart Association on **Twitter@theindianheart**, visiting our website [indianheartassociation.org](http://indianheartassociation.org), and connecting with us on Facebook at **facebook.com/ indianheartassociation**.

Together, let's raise awareness, support Stroke survivors, and work towards a healthier future!

***STAY STROKE AWARE and STROKE FREE.***



## EMBRACE THE MAGIC OF SMART HOME



360°  
SOLUTION



COMPLETELY  
RETROFIT



EASY  
INSTALLATION



APP  
CONTROL



NO ADDITIONAL  
WIRING



VOICE  
CONTROL



CLOUD  
BACKUP



LIGHTING & APPLIANCE AUTOMATION

CURTAIN AUTOMATION

HOME SECURITY

Works With:



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Assistant



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