



**JUBILEE HILLS
INTERNATIONAL CENTRE**
NEWSLETTER | JANUARY 2024



Governing Council Members

Sri K. Sundar Reddy
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Dr. M.R.C. Naidu
Vice President

Sri Kilaru Rajeswara Rao
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Sri K. Raju

Sri V. Krishna Rao

Sri B. 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&E: gm.fandeb@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 #3A, Jubilee Hills, Hyderabad- 500 033.

Email Id: jh12887@gmail.com

Email Id: info@jhiconline.com

Website: www.jhiconline.com

NOT TO FORGET



A New Year's Greeting from the Secretary's Desk



Dear Esteemed Members,

As we turn the page to the promising year of 2024, the Governing Council extends its warmest greetings for a joyful and prosperous New Year and Sankranti to you and your families! We stand at the threshold of a new year filled with hope and aspirations, ready to elevate our experiences at the Centre to new heights. Reflecting on the past year, we take pride in the array of engaging events that lit up our Centre, making December a spectacular month of celebrations. From the excitement of our Annual Mega Sumper Tombola to the festive cheer of Christmas Eve and the grandeur of New Year's Eve, each event was a testament to the vibrant spirit of our community. The success of these gatherings is a tribute to your enthusiastic participation and support. It's heartwarming to see our members come together, creating memories that enrich our collective experience at the Centre. Our heartfelt gratitude goes out to the Convenors of various committees and our dedicated staff, whose tireless efforts were instrumental in the seamless execution of our events. A special acknowledgment is also due to our sponsors, whose generous support played a crucial role in bringing these events to life on a grand scale. As we look forward to 2024, the festive spirit continues unabated. We are excited to announce the celebration of Sankranti on Saturday, 13th January at 10 am. This joyous occasion will feature a Rangoli competition for our lady members and a Kite Festival for our younger enthusiasts. These events are not just about competition or fun; they represent the essence of our community - coming together to celebrate traditions and make new memories. Your thoughts and suggestions are valuable to us. Please feel free to reach out at secretary@hoganline.com with any feedback or ideas you may have. Your input helps us continuously enhance the vibrancy and inclusivity of our Centre.

Wishing you all a splendid year ahead filled with joy, growth, and memorable moments

Warm regards,
K. Rajeswara Rao

KILARU RAJESWARA RAO
SECRETARY





ENCHANTING CHRISTMAS EVE ON THE MAIN LAWN

The festive spirit was truly in the air on the Main Lawn this Christmas Eve, 24th December 2023, as our Centre transformed into a winter wonderland for our youngest members. It was a heartwarming sight to see children of all ages buzzing with excitement, their laughter and joy filling the air. The evening was a cavalcade of fun, with a variety of games that captivated our young participants. From the thrill of competition to the sheer delight of play, there was something for every child to enjoy. One of the highlights was the much-loved Pony ride, which brought dreamy smiles and excited chatter amongst the little ones. The magic of Christmas was further brought to life by the appearance of Santa Claus, who, in his jolly and generous spirit, distributed prizes to the children. Their eyes sparkled with wonder and happiness as they received their gifts, creating memories that will surely be cherished for years to come. A special note of gratitude goes to Smt. Kuthubai Sreedhar, a distinguished member of our Centre. Her dedication and enthusiasm in organising this delightful event played a crucial role in its success. Her efforts in bringing the community together for this festive celebration are deeply appreciated. The Christmas Eve celebration on the Main Lawn was not just an event; it was a testament to the warmth and camaraderie of our Centre. It was an evening where joy, community spirit, and festive cheer came together, creating an unforgettable experience for our youngest members and their families.







MEGA SUCCESS AT THE ANNUAL MEGA BUMPER TAMBOLA

The 23rd of December, 2023, marked a remarkable day in our Centre's calendar as we hosted the much-anticipated Annual Mega Bumper Tambola – the biggest event of the year! This grand extravaganza saw an overwhelming turnout of around 2000 members and their families, making it a spectacular gathering of fun, excitement, and community spirit. The energy was palpable as members of all ages came together, eager to participate in the thrilling game of chance and wit. The air buzzed with anticipation, cheers, and friendly banter as numbers were called and winners emerged, one after the other. The event wasn't just about the game; it was a celebration of togetherness and joy that our Centre cultivates. We extend our heartfelt congratulations to all the prize winners. Their triumphs were celebrated with applause and admiration, adding to the evening's festive atmosphere. The smiles and excitement of the winners were a delightful sight, as they walked away with their well-deserved prizes. A special note of gratitude is reserved for our generous sponsors and the dedicated members of the Tambola fraternity. Their support and contributions played a vital role in the success of this event. The Governing Council wishes to express its sincere appreciation for their unwavering commitment and generosity.







RINGING IN 2024: A DAZZLING NEW YEAR'S EVE CELEBRATION

As the final moments of 2023 ticked away, our Centre became the epicenter of celebration on New Year's Eve. The night of 31st December 2023 was a spectacle of joy and merriment, marking a grand success with over 1000 members and their guests joining in to welcome the new year. The evening was a vibrant tapestry of entertainment, highlighted by sizzling dance performances that captivated everyone present. The dance floor came alive with energy and rhythm, as members and guests swooned and twirled, creating a dynamic and jubilant atmosphere.



The highlight of the night was the sensational musical performances by popular singers Lipika, Praveen Kumar, Kran and Gul Sarena, and Vaibhav Vasitha. They set the stage ablaze with their renditions of hit Telugu and Hindi songs, showcasing exceptional talent that thoroughly entertained the audience. Their vibrant energy and captivating melodies had everyone on their feet, singing along and dancing to the rhythm of the night. The New Year's Eve celebration at our Centre was more than just a party; it was a gathering of hearts and spirits, united in the joy of the moment and the hope for the year ahead. As the clock struck midnight, the air was filled with cheers, wishes, and the promise of a new beginning. We stepped into 2024 with a night to remember – a night of laughter, music, dance, and the warmth of our community. It was a perfect start to the new year, full of hope, excitement, and the anticipation of more wonderful moments to come at our Centre.





FRESH FOOD DELIVERY NOW AVAILABLE!

We're excited to announce a new, convenient service for our valued members - home delivery of our fresh, scrumptious meals right to your doorstep! If you live within a 5km radius of our premises, you can now enjoy healthy, delicious food in the comfort of your own home thanks to our new delivery offering. No more takeout lines or going out when you'd rather stay in - your favorite meals from our kitchen can now come straight to you instead. Taking advantage of this service is easy. Just message us on WhatsApp at 8340834020 with your details including name, membership number, contact number, location, and delivery address. Our team will provide you with available delivery times that work for your schedule. Sit back and wait for piping hot, restaurant-quality cuisine to arrive fresh at your door at your requested time! Take a time off from cooking and let us handle the hassle instead. We can't wait for you to try our new delivery service - order today!

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 appealing 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 2:00 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! Hope to see you soon!



YOUR CLUB NOW IN THE PALM OF YOUR HAND!

We're thrilled to announce the launch of the brand new JHC mobile app - now available for download in the App Store and Google Play Store! This sleek, modern app puts the club right at your fingertips no matter where you are. Log in seamlessly using your membership number and date of birth (in the format ddmm/yyyy) to access a wealth of useful features. Check out daily menus to help plan your visits, make payments and bookings, stay up-to-date on events and announcements, and more. Personalize the app and change your login info for ease of use. Whether finalizing your plans for a night out at the club or checking on upcoming activity from the convenience of your phone, this app makes it simple to stay connected. Now you can access everything great about the JHC club on the go. The management is eager to provide tools that enrich members' experiences. We think this new mobile app does just that in a user-friendly way. Let us know what you think after you download and explore. Feature requests are welcome as we continuously refine and improve. Stay in the know with just a tap! Download now and experience your favorite club in a whole new way through the JHC mobile app. The information you need is now right at your fingertips.



BILL PAYMENTS

Some members are paying their bills through our website www.jhccollege.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: 1800020002073 (IFSC Code: BARB000BIL0) (FIFTH CHARACTER IS ZERO) BANK NAME: BANK OF BARODA, JUBILEE HILLS BRANCH. It may be noted that if the payment is made through NET, they should forward the UNIQUE TRANSACTION REFERENCE (UTR NO) details through Whatsapp or Message to 9490183380 or e-mail to jhcfinance@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.

Rules to Live By

As part of this community, it's important we all do our part to make this a welcoming place for members by following some guidelines.

Sticking to the Rules

Adhering to our Centre's rules and bylaws fosters a spirit of consideration among members. Please be mindful so everyone feels comfortable.

ID Please

Members, spouses, and dependents should all come prepared to show their identification cards at reception on each visit before entering. Don't forget to sign in any guests too!

Guest Guidelines: To ensure availability for members, guests are limited to 3 visits per person per calendar month. Dependents inviting guests independently is prohibited.

Carry Your ID: Dependent members, be sure to keep those cards handy every time you visit!

Consequences: The Council reserves the right to cancel or suspend memberships if rules are repeatedly violated after warnings. Initial suspensions span 3 months, but repeat offenses bring longer suspensions. As a community grounded in camaraderie and respect, we appreciate everyone's cooperation. Together we can build an open, thoughtful culture that makes all members feel at home.

Guest Entrance to the Club

Access Update: New Guest Entry Policy

To provide improved service and ensure safe security, management recently implemented a refined guest entry system at our club facilities. These important changes aim to smooth operations for an optimal member experience. All members and their guests should now solely utilize the main lobby entrance when visiting, with the exception being handicapped members or senior citizens who may continue accessing the side gate. Additionally, members must carry their valid membership cards on their person at all times while in the club. Please be prepared to present this ID when asked by staff. Members accompanying guests should obtain passes for them as required prior to facility use. Adherence to these updated guidelines allows staff to better monitor traffic flow and track facility utilization while keeping disruptions to a minimum for users. By working collectively to observe the outlined credential requirements, we sustain a welcoming venue all can safely enjoy. We appreciate everyone's cooperation with these essential policies as we strive to uphold premium service standards befitting our distinguished membership base. Please contact management with any specific access concerns.

DRESS REGULATIONS: A classy dress code preserves the refined ambience here at our Center. When dining please dress appropriately to match the dignity of our venue.

- **Civilian Chic:** In all areas - the dining hall, functions, library, etc. - tasteful civilian outfits befitting the venue's prestige are required. Think smart casual to dignified dressy.
- **Lounge Looks:** While comfy lounge clothes have their place, rubber slippers and leggings don't align with the décor outside of the pool deck. Members can swap slippers on when poolside.
- **Sporty Spaces:** Activewear like shorts, sports kits, and athletic dresses are reserved for fitness areas - not the refined library, cards room, eatery, and elsewhere. Between 5:30AM-8PM, these areas allow workout gear for grabbing drinks.
- **When in Doubt:** Check area-specific guidelines if uncertain about a look. Our dress code preserves sophistication while allowing flexibility across venues. Fashionably upholding dignity makes all members feel at ease. Blending comfort and class, our style code sets the refined mood.



UNLOCKING THE LINK BETWEEN BELLY FAT AND HEART HEALTH



Indian Heart Association | Indian Stroke Association

Dr. Sanku Basu, MD, Interventional Radiology Chief
Harvard Medical School / Massachusetts General Hospital

Dr. Sanku Basu, MD, MSc, MBA

Founder & Managing Trustee

Website: indianheartassociation.org

Twitter: @indianheart

Facebook: facebook.com/indianheartassociation

This New Year, let us take control of our Health! Curious about that spare fat around your waist? It's time to pay attention as research suggests visceral fat, the kind that wraps around organs, poses a greater risk to heart health than we might realize. Here's what you need to know:

Understanding the Belly dilemma: Visceral Fat vs. Subcutaneous Fat. Not all belly fat is the same. While subcutaneous fat lies just beneath the skin, visceral fat nestles deep within the abdominal cavity, encircling vital organs.

Why the Concern?

- 1. Cardiovascular Connection:** Recent evidence indicates that your waist circumference may be a more accurate predictor of heart disease than the widely used body mass index (BMI).
- 2. Metabolic Menace:** Visceral fat is closely tied to metabolic problems, particularly type 2 diabetes, a potent risk factor for heart disease.
- 3. Inflammatory Impact:** This deep-seated fat doesn't just sit idle; it secretes hormones and inflammatory factors, contributing to the buildup of fatty plaque in arteries.

Risk Factors: Genetics and Ethnic Background. Factors such as genetics, ethnic background and sex influence the likelihood of accumulating visceral fat. Indians and South Asians are at higher risk for accumulating visceral fat compared to other ethnic groups.

Taking Action Against Belly Fat

- 1. Exercise regularly:** Combine aerobic and strength training exercises for at least 60 minutes each day to burn calories, lose fat, and build muscle. Strength training is particularly important and is often neglected among Indians.
- 2. Healthy diet:** Choose a well-balanced diet emphasizing on vegetables, fruits, fiber, protein and whole grains. Eliminate simple and refined carbohydrates from your diet.
- 3. Time-Restricted Eating and Intermittent Fasting:** Opt for time-restricted eating and intermittent fasting to lower blood sugar levels and to reduce visceral fat. For women, eat only between 8 AM and 6 PM or noon and 6 PM and fast during the other 18 to 16 hours of the day.

Your waistline matters, not just for appearance but for your heart's well-being. Stay informed about heart health by following the Indian Heart Association on Twitter/X @indianheart, visit ing.org, our website indianheartassociation.org, and connecting with us on Facebook at facebook.com/indianheartassociation.

Guest Rooms

Live the Luxury. Guest Accommodations For members seeking upscale hospitality for their out-of-town visitors, we offer 28 splendid guest rooms appointed with five-star amenities for a pampered stay. To reserve a flawless stay in one of our amenity furnished suites, members need simply contact our accommodations team. We look forward to delivering five-star hospitality at its finest.

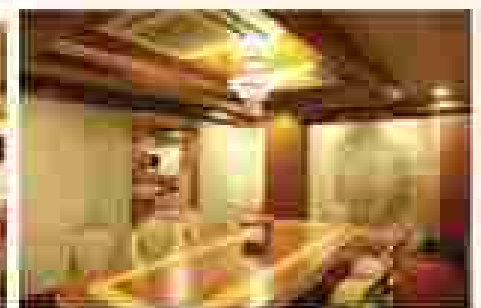
Room Tariff

Suite room: Rs.4450/- including taxes plus complimentary breakfast for two persons.

Deluxe room: Rs.3080/- including taxes plus complimentary breakfast for two persons.



Luxury Chambers: Seeking an elegant space to host your next corporate meeting, private celebration, or intimate gathering? The Luxury Chambers offers a sophisticated venue for members' exclusive events. Nestled on the third floor of our Guest Rooms building, three elite venues provide a refined backdrop for your special occasion. Accommodating up to 40 guests, the spacious chamber delivers customizable layouts ideal for mingling or seated discussions. Luxurious yet understated décor grants a quiet air of sophistication, while state-of-the-art amenities handle every event need with ease. Best of all, members enjoy exclusive rental rates for the stunning space. At just Rs. 10,000 plus applicable taxes for a 4-hour booking during lunch time and Rs.20,000/- plus applicable taxes during dinner time, relish premium accommodations plus perks like dedicated service staff without overextending your budget. To secure your Luxury Chambers reservation or customize details from catering to floral arrangements, contact our Guest Rooms staff at 810-2325333. We look forward to helping you craft a flawless event.





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BUSINESS CENTRE: The club provides a conducive environment for aspiring entrepreneurs to pursue their ventures with access to various facilities such as wifi, secretarial support and more. The business centre is designed to meet the needs of different types of businesses, from solo freelancers to small teams. The club aims to foster a community of innovation and collaboration among its members.



USAGE CHARGES

Business Room per seat	Business cabin- 4 Seating	Conference room- 12 Seating
Per seat 300/hrs Per seat 7,500/month	700/hour 2,000/4hours 25,000/month	1,000/hour 2,000/4hours
GST and applicable court charges apply per person		



VEGETARIAN KITCHEN DREAMS COME TRUE

For all our vegetarian members, your wishes are finally coming to fruition! We're overjoyed to announce the creation of a separate, dedicated vegetarian kitchen here at the club. Nestled in the former South Indian Tiffin Centre space, this new veggie haven promises a completely meat-free menu filled with your favorite herbivorous fare. Its independent operations ensure no risk of cross-contamination for strict vegetarians and vegans. While South Indian classics still reign supreme, the offerings encompass a mouthwatering range of plant-based cuisine. Think wholesome yet flavorful curries, satisfying rice dishes, hearty baked goods, garden-fresh sides, and more. Even the strictest diets can indulge guilt-free! As part of the exciting transition, all non-vegetarian cooking has been moved to our main kitchen. Now both meat-eaters and herbivores alike can savor meals tailored specifically to their dietary needs. We can't wait for you to sink your teeth into the all-new vegetarian menu curated just for our veggie-loving members! This thoughtfully crafted meatless kitchen honors community values with wholesome, craveable recipes to nourish body and soul.

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 byelaws. 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.

Library News: The library sub-committee is formed with Dr. R V Rao, Prof C V N Rao, Sri Sharath, Sri Venuganti Ramesh, Sri. Sunil Ranginax, Ms. Anupama Reddy with K V Toghava Reddy, Member GC, as Convener. The sub-committee is meeting once in a month and discussing various issues of Library and finding solutions to upgrade Library facilities. During its Second meeting in the month of November the sub-committee selected certain English books which were procured and placed in the library. Day to day information is notified on the notice board for information of the members. An important notice to the members who are borrowing books from the library. Many members are not returning the books they have borrowed within the stipulated time limit. Members are informed that non return of books will not only take away the opportunity to reach the book for other members and attract penalty as per club rules. Hence, members are requested to return the books they borrowed immediately within time frame to avoid penalty and recovery of book cost.





Congratulations

Sh. Logadipati Sridhar, Member of our Centre has won the G.V.K. Senior Honour Tennis Championship. He has been a fitness and health enthusiast who made Tennis part of his daily life from more than a decade. Sh. Logadipati Sridhar, a dedicated tennis enthusiast, has etched an indelible

mark in the sport, achieving a momentous milestone victory at the esteemed G.V.K. Seniors National Tennis Championship. The triumph was sealed with a remarkable 12-0 super setpoint in a gripping match with the 55 plus category. Notably, Sh. Sridhar's victory over Sh. Srinivas Reddy, a five-time defending champion, marks a historic first in the tournament's annals. We wish him all the best for his future endeavors.



Congratulations

Dr. Dajper Singh, Member of our Centre has been elected as Vice President for a period of 2 years of Hyderabad Cricket Association. H. C. A. controls all domestic and international cricket in Telangana. We wish him all the best.



Congratulations

Sh. D.Y. Anand, Member of our Centre has been appointed as JCS, ACS, Govt. of Telangana. We wish him all the best.



Congratulations

Sh. A.K. Aravam, Member of our Centre has been appointed as Director, ACS, Govt. of Telangana. We wish him all the best.



Congratulations

Sh. A. Subraman Reddy, Member of our Centre has been appointed as Advocate General of Telangana. We wish him all the best.



We congratulate our member in A. Revanth Reddy being elected as Chief Executive of TSBANK. He worked as Managing Committee member in JUBA, TSB Cooperative (KSR) Building Society etc.



WE ALSO CONGRATULATE THE FOLLOWING MEMBERS OF OUR CENTRE BEING ELECTED AS MLAs AND MEMBERS IN GOVERNMENT OF TELANGANA.



M.L.A. Suresh Kumar Reddy
Member



M.L.A. Venkatesh Varada Reddy
Member



M.L.A. Anand Reddy
Member



M.L.A. Suresh Babu Reddy
Member



M.L.A. Anand Reddy



M.L.A. Suresh Babu Reddy, M.L.A.



M.L.A. Suresh Babu Reddy, M.L.A.



M.L.A. Suresh Babu Reddy, M.L.A.



M.L.A. Suresh Babu Reddy



M.L.A. Suresh Babu Reddy

FORTH COMING EVENT

Republic day Flag hoisting: The flag hoisting ceremony is scheduled for Friday, 20-1-2024, at 9 am, on the premises of the Centre. Members are invited to attend the ceremony.



Tambola is regular event on every Saturday with a variety of prizes.



Karachi Bakery of JHC: We are happy to announce that Karachi Bakery has been opened their outlet in our main lobby with lots of variety items i.e. biscuits, puffs, pastries, sandwiches, burgers and soft drinks, tea and coffee also served. Members can order birthday cakes etc. in this outlet.

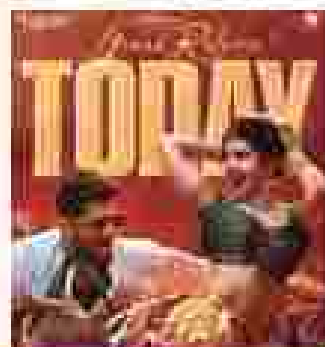


Hindi Old Classic songs musical night: Best of Bollywood with JHC. We are planning to bring you another Bollywood Nite on Sunday 28th January, from 7:30 onwards. Starring Akk Kachare and Moha Komal with Orchestra from Mumbai. We are organizing a Hindi Old Classic songs musical night in our Centre on Sunday 28-1-2024. Popular singers are coming from Mumbai. Members may come any participate in large number and enjoy the evening.

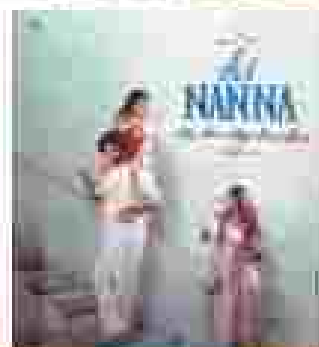
Film Show: The following films will be screened in the month of January.



SALAA



EXTRAORDINARY MAN



NANNA



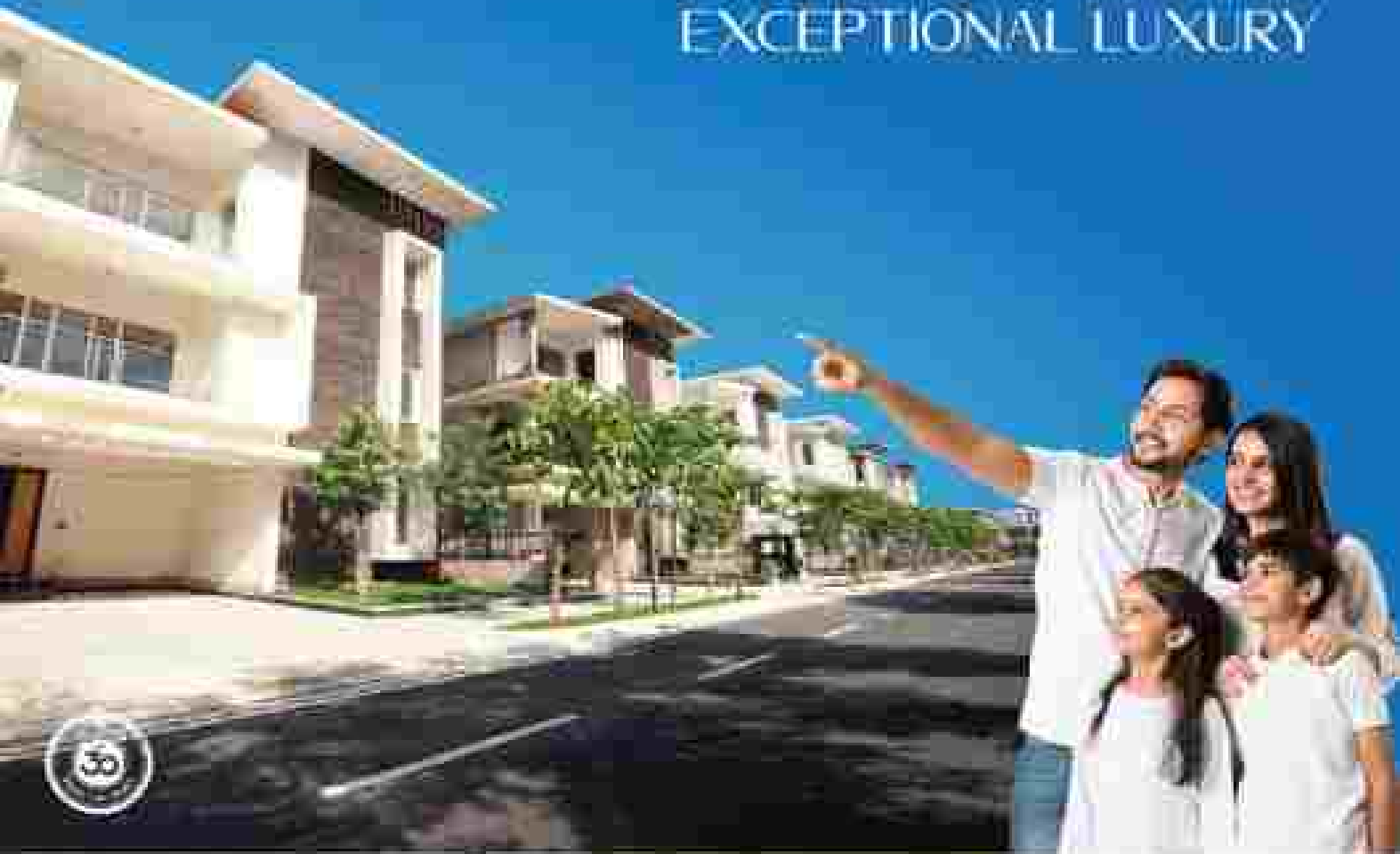
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