



# **JUBILEE HILLS INTERNATIONAL CENTRE**

**NEWSLETTER**



**JULY 2025**

## **GOVERNING COUNCIL MEMBERS**

**Sri K. Surendar Reddy**  
President

**Sri Kilaru Rajeswara Rao**  
Secretary

**Sri T. Narendra Choudary**  
Governing Council  
Permanent Member

### **EX-OFFICIO**

**Sri B. Ravindranath**  
President  
JHCHBS

### **CONTACT US**

Reception : 040-23253300, 11, 12  
Guest Rooms : 040-23253333, 34  
Parcel Counter : 040-23253352

Road No 14, Jubilee Hills, Hyd-33  
Email Id : jhic1987@gmail.com  
Info : info@jhiconline.com  
Website : www.jhiconline.com

## **MEMBERS**

**Sri G. Surendra**

**Sri V. Shekar Babu**

**Sri S. Jyothi Babu**

**Sri K. Veera Raghava Reddy**

### **Contact Between**

**12:00 noon to 08:00pm.**

**Mr. JAGADISHWAR REDDY BAI**  
GM - Admin  
9490163999  
040-23253317

**Mr. K. VENKAIAH**  
GM- Operations  
9949947778

**Mr. B. JANARDHAN GOUD**  
Sr. DGM - Accounts  
9490163996  
040-23253316

**Mr. D. SRINIVAS RAO**  
Sr. Manager - Accounts  
(Billing Clarifications)  
9490163994  
040-23253318

**Mr. P. KUMARA SWAMY**  
Dy. Manager - Accounts  
(Receipts & Payments)  
9490163991  
040-23253319

**Mrs. P. SRIVALLI**  
DGM  
(Purchase &  
Business Centre)  
9490163990

**Mr. K. VEERABABU**  
Sr. Manager  
(Food & Beverage)  
9032012359

**Mr. CH. SIVAJI**  
Manager  
(Food & Beverages)  
9490757070

**Mr. S. RAJESH**  
Asst. Manager  
(Guest Rooms)  
9959135816

**Mr. A.B.M. KRISHNA**  
Asst. Manager  
(House Keeping)  
9490163993

## **NOT TO FORGET**

**Every Day Breakfast**  
07:00a.m. to 10:30a.m.

**Every Day Lunch**  
12:30p.m. to 02:30p.m.

**Every Day Evening Tiffins**  
05:00p.m. to 09:00p.m.

**Every Day Snacks**  
07:00p.m. to 10:30p.m.

**Every Day Dinner**  
07:00p.m. to 10:30p.m.

**Every Sunday Buffet Lunch 12:30p.m. to 03.00p.m.**  
**Every Sunday Screening Movies 07:00p.m. @ Main Lawns**  
**Every Saturday Tambola 07:30p.m. Onwards**

## Note From The Secretary's Desk



Dear Members,

*Warm greetings to all!*

July has brought with it moderate rainfall coupled with warm and humid weather. Amidst this seasonal change, we invite you to unwind in the serene ambiance of JHIC—an ideal setting to relax, rejuvenate, and enjoy.

The month of June was eventful and vibrant at our Centre. We successfully organized several engaging activities, including the Swimming Pool Gala, Karaoke Night, an interactive member session, an Eye Check-up Camp, and the prestigious South Asia ATF 14 & Under Grade-A Tennis Tournament.

A significant milestone for us was the 39th Annual General Body Meeting, held on Sunday, 22nd June 2025 at 10:00 AM. We are pleased to inform you that the Governing Council's budget estimates were unanimously approved by the members present. I would like to personally thank all the members who attended the AGM for their participation and continued support.

We would like to remind all members to kindly ensure strict adherence to the Club's rules and regulations. Specifically, dependent members are not permitted to bring guests to the Centre. We urge parents to educate their children about this rule and ensure compliance.

Looking ahead, July will feature screenings of popular Hindi and Telugu blockbuster films, adding more entertainment to your visits.

*As always, your feedback and suggestions are most welcome. Please feel free to reach out to me at [secretary@jhiconline.com](mailto:secretary@jhiconline.com).*

Warm regards,

**KILARU RAJESWARA RAO**

*K. Rajeswara Rao*

Secretary



## SWIMMINGPOOL GALA - 25

A Splashing Success! The **Annual Swimming Gala 2025**, organized by JHIC, was held on *Sunday, 8<sup>th</sup> June 2025*, featuring exciting competitions across all age groups. *Prizes and certificates were awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners, along with the runners-up in each category.* The event was graced by our esteemed *Secretary, Sri Kilaru Rajeswara Rao, President, Sri Surendar Reddy, and GC Members*, adding prestige to the occasion. The gala was a grand success, with members expressing their appreciation for the excellent arrangements and smooth execution of the event. It was truly a day of sportsmanship, celebration, and community spirit.







## KARAOKE NIGHT

JHIC successfully organized a lively **KARAOKE NIGHT** on *thursday, 12<sup>th</sup> June 2025*, with enthusiastic participation from many of our members. The event was a fun-filled evening of music and camaraderie. Our *Secretary, Sri Kilaru Rajeswara Rao*, graced the occasion, encouraging and cheering the participants, adding to the spirit of the night. It was truly a memorable event that brought the JHIC community closer through music and joy!



## LIBRARY NEWS

JHIC is pleased to host an *Interactive Session* with **Mr. Shriprakash Loya** (*First Gen. Entrepreneur & Speaker*) on *Tuesday, 17<sup>th</sup> June 2025, at 6:00 PM in the JHIC Library.*

The event was graced by our *Secretary, Sri Kilaru Rajeswara Rao, GC Members, and other Senior Members* of the club.

We look forward to an inspiring evening filled with literary insights and personal storytelling. All members are cordially invited to join this enriching experience.





## AGM MEETING

We have conducted our 39<sup>th</sup> Annual General Body Meeting On Sunday, 22-6-2025, at 10 AM. The Governing Council's budget estimates were unanimously approved by the House.





## TENNIS TOURNAMENT OPENING CEREMONY - 21<sup>st</sup> June to 28<sup>th</sup> June 2025

### **ATF 14&U GRADE-A (SOUTH ASIA) Tennis Tournament Opening Ceremony – 22<sup>nd</sup> June 2025:**

The opening ceremony of the prestigious Tennis Tournament, organized jointly by the **Telangana State Tennis Association** and the **Jubilee Hills International Centre (JHIC)**, was held on *Sunday, 22<sup>nd</sup> June 2025*. The event was graced by **SRI VAKITI SRIHARI** garu, the *Hon'ble Minister for Sports, Government of Telangana*, as the *Chief Guest*.

The ceremony witnessed the presence of several **Guests of Honour**, along with **Sri Surendar Reddy**, *President of JHIC*, **Sri Kilaru Rajeswara Rao**, *Secretary of JHIC*, and esteemed **Governing Council Members** of the association.





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## TENNIS TOURNAMENT PRESENTATION FUNCTION

The Presentation Function of the Tennis Tournament, jointly organized by the *Telangana State Tennis Association* and the *Jubilee Hills International Centre (JHIC)*, was held on *Saturday, 28<sup>th</sup> June 2025*.

The event was graced by **Mrs. Daggubati Purandeswari garu**, (*Hon'ble Member of Parliament*), as the **Chief Guest**, and **Dr. Daggubati Venkateswara Rao garu**, (*Former Minister of the A.P. Government*), as the **Guest of Honour**.

The function took place in the esteemed presence of **Sri Kilaru Rajeswara Rao**, *Secretary of JHIC*, along with **Governing Council Members**.

The **Chief Guest**, **Guest of Honour**, and *Secretary Sri Kilaru Rajeswara Rao* presented **Trophies and Mementoes** to the **Winners and Runners-Up**, recognizing their outstanding performances and sportsmanship throughout the tournament.







### EYE CHECK-UP CAMP

JHIC organized an Eye Check-up Camp at the JHIC club on 22<sup>nd</sup> June 2025. Club members actively participated in the camp. Club *Secretary, Sri Kilaru Rajeswara Rao, President, Sri Surendar Reddy*, and **GC Members** attended the event and also got their eyes examined.



### HEARTFELT CONDOLENCES

We are sorry to announce the sad demise of **Sri P. Krishna Murthy garu** (M.S. No: K-07) who is one of the *earliest members of our club*. He is the founder of a couple of industries. He is the Secretary of *Vasavi Educational Trust* and is a member of many educational institutions in Hyderabad. *Sri Krishna Murthy* is the founder member of some and member of many clubs in our city. He extended his helping hand who ever approached him.

---MAY HIS SOUL REST IN PEACE---



### HEARTFELT CONDOLENCES

We are deeply saddened to announce the demise of **Sri Gopala Krishna garu**, (M.S. No: G-89) one of the earliest and most respected members of our *JHIC Club*. His presence, wisdom, and dedication have left a lasting impact on all of us. He will always be remembered for his valuable contributions and unwavering support to the club and its members.

---MAY HIS SOUL REST IN PEACE---



## CONGRATULATIONS

We are proud to share that **Dr. Geeta K.Vemugan** (MS No: R-623), an esteemed member of JHIC, has received the prestigious **Wirnsfield Award** at the **ARVO (Association for Research in Vision and Ophthalmology)** conference held in **Salt Lake City, Utah, on May 7, 2025**. This recognition is a testament to her outstanding contributions to vision research and ophthalmology. *Congratulations to Dr. Geeta K. Vemugan on this remarkable achievement!*

---WE WISH HIM ALL THE BEST---



## CONGRATULATIONS



JHIC is very happy to share that **Master Nethra Birudavolu**, aged 16, granddaughter of **Dr. Dayakar Reddy** and daughter of our members (MS No: S-752), has proudly represented India at the **South Asian Games and qualified for FIBA 2025**. We extend our heartfelt congratulations to Nethra and her family on this outstanding achievement!

---WE WISH HIM ALL THE BEST---

## CONGRATULATIONS

JHIC is delighted to share that **Master Aashvee Vijay Seethala**, daughter of **Mr. Mallik Seethala** (MS No: AF-1091), has won **First Prize** in a basketball competition conducted by **DBA Academy**. She is currently training under Coach **Soyab** and continues to make the JHIC community proud with her dedication and talent. *Congratulations to Master Aashvee on this wonderful achievement!*

---WE WISH HIM ALL THE BEST---



## MOVIES WILL BE SCREENED THIS MONTH



## JHIC Mobile App for Andriod User




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Password: S-01 (Membership No.)

## JHIC Mobile App for iPhone User



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find clublekka page and add to home screen to  
complete the installation of App.  
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Password: S-01 (Membership No.)

- Members are requested to download JHIC Clublekka Mobile App for Online Payments which is integrated to Bank of Baroda-Razorpay payment Gateway.
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  2. Payment History
  3. Monthly Statement
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  5. Daily Menu
  6. Events
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## WEEKLY TAMBOLA

**Every Saturday**, we invite you to join us for **Tambola**, our regular event that offers a variety of prizes to the winners. Tambola is a fun and exciting game that is similar to Bingo and Housie. *You will get a ticket with 15 random numbers between 1 and 90.* The host will call out the numbers one by one and you have to cross them off your ticket if you have them. Don't miss this chance to have some fun and win some rewards. *Come and play Tambola with us every Saturday!*



31-05-25 Winner Smt. V. VIJAYA LAKSHMI (M.S. NO.: AS-360)

### JUNE - 2025 WEEKLY TAMBOLA BUMPER PRIZE WINNERS



07-06-25 Winner Smt. K. RADHIKA (M.S. NO.: AS-250)



14-06-25 Winner Sri. R. SAI PRITHVI RAMI REDDY (M.S. NO.: S-834)



21-06-25 Winner Smt. C. SIREESHA MOHAN (M.S. NO.: P-240)



28-06-25 Winner Smt. PINISHA TIKMANI (M.S. NO.: ASF-30)

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From:

- **Dr. Sishir Rao, MD,**  
Interventional Radiology Chief,  
Harvard Medical School / Mass General Brigham
- **Dr. Sevith Rao, MD, MEng, MBA**  
Founders & Managing Trustees:  
Indian Heart Association and Indian Stroke Association



**Heart Valve Disease** affects how blood flows through the heart. While less discussed than heart attacks, valve problems can lead to heart failure, stroke or sudden cardiac death if left untreated.

### What Are Heart Valves?

The heart has four valves that open and close with each heartbeat, ensuring blood flows in the right direction. Valve disease occurs when one or more valves do not open fully (stenosis) or leak (regurgitation).

### Common Types

- **Aortic Stenosis:** Narrowing of the aortic valve, often due to age-related calcification.
- **Mitral Regurgitation:** The mitral valve leaks, allowing blood to flow backward into the lungs.
- **Tricuspid or Pulmonary Valve Disease:** Less common, but still impactful in certain conditions.

### Warning Signs

- Shortness of breath during activity or when lying flat
- Fatigue and weakness
- Chest discomfort or palpitations
- Swelling in the legs or feet
- Dizziness or fainting

### Diagnosis and Treatment

Valve disease is often diagnosed using a stethoscope (heart murmur), echocardiogram (ultrasound), or advanced imaging. Treatment options include:

- Medications to manage symptoms (e.g., diuretics, beta-blockers)
- Valve Repair or Replacement via surgery or minimally invasive catheter-based procedures (TAVR/MitraClip)

### Prevention and Monitoring

- Control blood pressure and avoid rheumatic fever (especially in younger populations)
- Regular heart check-ups if you have a murmur or symptoms
- Early intervention can prevent complications like heart failure

**Key Message:** Heart valve disease is treatable when caught early. Don't ignore unexplained fatigue, breathlessness, or murmurs.

**Stay Informed:** For more information and resources on heart health, visit the Indian Heart Association at [indianheartassociation.org](http://indianheartassociation.org) and follow us on social media: X/Twitter @theindianheart and Facebook [facebook.com/indianheartassociation](https://facebook.com/indianheartassociation).

Visit the Indian Heart Association and sign up for our newsletter at [indianheartassociation.org](http://indianheartassociation.org).

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