



PROBUS CLUB OF HYDERABAD

**President : G. Ramakrishna ; Vice President: Nanda Mukherjee ; Secretary : Dr. P.V. Lakshmipathy
Jt. Secretary : P. Jayaprada ; Treasurer: R. Vijaya Lakshmi
Members : T. Sudhakar; M.V.R.Mohan; Dr. R.H.G.Rau
Immediate Past President: Nooshie Ahsan; Immediate Past Secretary : Visweswari Ramakrishna
Editor: Dr. R.H.G.Rau**

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Fellow Probians,

Under the leadership of our loving President Pr. G. Ramakrishna, ably supported by his entire team of Probians, we had a great start in May. Let's look forward for many such experiences, as we go along.

1. FIRST FELLOWSHIP MEET

The Club's Office Bearers hosted a Fellowship Dinner Meet on Sunday, 17th May 2018 at Hyderabad Golf Club, through the good offices of Pr. Nooshie Ahsan and Pr. Azhar Ahsan. With a lively participation of over 30, including few guests, it was a grand success. The highlight was when the birthday boy Pr. Dr. Raghupathy Rao and wedding day couples of May 2018 cut a cake specially brought for the occasion.

2. MC MEETING

The Managing Committee met at 1015 hrs on Sunday May 27, 2018 just before the RMM. The committee reviewed the experiences at the above Fellowship Meet and exchanged views on the Strategies for celebrating 20th year Foundation Day of our club, falling in Sept. 2018. The proceedings were recorded and circulated by the Secretary.

3. REGULAR MONTHLY MEETING

The Club's RMM at Hotel Green Park, started at 1130 hrs on Sunday the 27th May 2018, with the President Pr. G.Ramakrishna in chair supported by our dynamic secretary Pr. Dr. P.V. Lakshmipathy. The deliberations were exhaustive, though somewhat crowded, and minutes circulated by the Secretary. It has been quite an event.



..... A File Photo

Food for Thought:

Pr. Dr. R.H.G.Rau gave a brief on “Pranaam”, the Sr. Citizens’ Homes at Saket, Hyderabad, visited by him and his spouse Pr. R. Vijaya Lakshmi, earlier this month. The buildings are kept clean, well constructed, multi-storied, with several amenities needed by the elderly, and impressive recreation facilities. One can go for outright purchase or for rent. The monthly rents range from Rs. 10,000 to Rs. 15,000, for one to three bedroom apartments.

Felicitations & Caring:

Pr. P.Jayaprada felicitated the following:

Happy Birthday to Probian :
Dr. Raghupathy Rao: May 5th.

WEDDING ANNIVERSARY OF Probian :
Ramakrishna & Visweswari: May 11th; Kumar & Aruna T: May 16th; A.S.Rao & Mutyabai: May 21st; Dr. R.H.G.Rau & Vijaya Lakshmi: May 22nd.

Book Release:

Pr. P. Chidambara Rao’s beautifully designed book “Beggary in India” was released by Pr. Dr. R.H.G.Rau. Passionately written, the contents were covered under nine chapters; namely, In Defense of Beggary, Categories of Beggars, Analysis of Categories, Subtle Psychological Aspects, Pragmatic Policy, Failure of Statutory Approach, Suggested Policy Fundamentals, Some Anecdotes of Beggars and Beggary, and Poverty Abolition Efforts. With more and more people being thrown onto the streets, Pr. M.C.Rao Garu has attempted to draw everybody’s attention towards the concerns, highlighted needed steps, and suggested workable and effective models of solutions.

A singular achievement of Pr. Chidambara Rao Mokkalapati.



4. GUEST SPEAKER SESSION

Pr. M.V.R.Mohan introduced Mr. Suryakiran Grandhy, who spoke on “Investment Opportunities: Post Retirement”.

Mr. Suryakiran Grandhy is a Deputy VP in SBI EXCLSIF and handles the entire team in Telangana. He has 18 years of experience in Banking, Wealth Management and Business Consulting Services. He has been associated with Foreign Banks and Indian Private Sector Banks before joining State Bank of India. In his Power Point Presentation, he was supported by his colleague Mr. Sagar Das, Relationship Manager, SBI EXCLUSIF. The highpoints of his talk are:



- There are several avenues in the wide range of Investment Arena. They included Equity, Fixed Income like FD, MF, Gold, Businesses, Equity Funds and Real Estate, Do not put all your eggs in one basket
- Be aware of inflation. A Rs. 5 lakh expense 20 years back is equal to Rs. 21 lakhs now
- Allocate resources for both short term and long term returns
- Plan for a 25% liquid asset return for Medical Emergency
- Risks are everywhere. The beauty is in Optimising the Risks
- Senior citizens should be conscious of lock-in periods for their invested funds
- Invest typically 10-15% of your funds in equity. Invest only in blue chip companies
- As senior citizens, keep insurance and investment separate
- It is not advisable to go for floating interest rates now
- It is your hard earned money. Do not be too greedy.

It was Pr. Dr.R.H.G.Rau's turn to propose a Vote of Thanks and Pr. P.V,Lakshmipathy's turn to present a memento to the speaker.

5. FOR YOUR LEISURE TIME

a. Tips for the Elderly

1. While climbing or coming down stairs, hold-on firmly to the railings
2. Avoid rapid twisting of your head. Let your body warm up first
3. Avoid bending your body to touch your toe
4. Better to wear your pants while sitting, rather than on standing posture
5. Avoid getting up while lying face-up. Turn your body one side before the sit-up
6. Bend your knees and lift-up heavy objects, rather than bending the waist
7. Wait for a few minutes before getting up from bed. Avoid jerky actions
8. Allow the defecation come naturally. Do not ever over-force
9. Do not twist your body before exercising. Warm up the whole body first
10. Avoid walking backwards. Falling backwards may result in serious injury
11. Be active always. Think positive. Believe that life has started only now, after all those years of hard work. It's time to enjoy.

..... Contribution by: Pr. Nooshie Ahsan

b. Laugh and Share

On a sunny day, an older, tired-looking dog wandered into my yard. I could tell from his collar and well-fed belly that he had a home and was well taken care of. He calmly came over to me and I gave him a few pats on his head. He then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep. An hour later, he went to the door and I let him out.

The next day he was back, greeted me in my yard, walked inside and resumed his spot in the hall and again slept for about an hour. This continued off and on for several weeks.

Curious, I pinned a note to his collar: 'I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap'. The next day he arrived for his nap, with a different note pinned onto his collar.

'HE LIVES IN A HOME. WITH MY NON-STOP CHATTING AND NAGGING WIFE, HE'S TRYING TO CATCH UP ON HIS SLEEP. CAN I COME WITH HIM TOMORROW ???'

c. Book for the Month

Louise L. Hay, "You can Heal Your Life". (A publication of Full Circle, New Delhi, 10th Reprint in 2006, pp 232, Rs.175). A Reader's Delight.

It is an excellent book for restructuring one's life and finding self-esteem and self-love. Louise authored over 20 books, including HEAL YOUR BODY. As a metaphysical lecturer and teacher, she had assisted thousands of people in discovering and using the full potential of their own creative power for personal growth and self healing. Louise's works have been translated into 25 different languages in 33 countries throughout the world.

Among the key points of her philosophy are "Resentment, Criticism and Guilt are the most dangerous patterns. Releasing resentment will dissolve even cancer. We must release the past and forgive everyone. We must be willing to begin to learn to love ourselves. Self-approval and Self-acceptance, *in the now*, are the keys to positive changes".

..... *Book Review by Dr. R.H.G.Rau*

d. Quote for the Month

"I can honestly say that unless you are in a serious accident, your best chance for happy living into a ripe old age is to avoid doctors and hospitals and learn nutrition, herbal and other forms of natural medicine, unless you are fortunate enough to have a naturopathic physician available. Almost all drugs are toxic and are designed to treat symptoms and not to cure anyone".

..... *Dr. Alan Greenberg, MD*

EDITORIAL



Dear Friends,

4th May 2018 is Senior Citizens' Day - a celebration too. We love to dedicate this issue to all the Senior Probians; in particular to those who are striving for Healthy Welfare of the Indian Elderly. Our own Pr. R.N. Mital, Chairman - CSR Committee of All India Senior Citizens' Confederation (AISCCON), a highly respected elder among us, deserves special mention here, for his immensely committed contributions in this area.

With Best Regards,

Your Editor,

Dr. R.H.G.Rau