



ROTARY SHARES

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REPORT ON SPEAKER MEETING



Mrs.Karuna Gopal was the speaker at the speaker's meeting which was organised at Taj Tristar on 10.11.2007. She is heading the organisation viz.Foundation for Futuristic cities. The speaker very efficiently dealt with issues related with branding of cities and the status of the branding for leading of cities of India viz. Bombay, Bangalore and Hyderabad. Further she narrated the efforts made by Govt of India in association with the representatives of the industry for hard selling India and the cities thereof as ideal destinations for investments. She has described in depth the various parameters that makes the city

worth for living and doing business. There after the interaction session followed involved many a question related to lead India campaign of Times of India where in Mrs.Karuna Gopal was finalist.

Mrs.Karuna Gopal suggested that the Rotary Club could partner with her organisation and Govt of Andhra Pradesh in creating employment by arranging bridge classes to enhance skills to get jobs. President and other members present responded positively. She was requested to address the joint meeting of presidents of Rotary Clubs of twin cities which happens frequently.

Around the globe, cooks have traditionally used spices to enhance the flavor of local food. Now, Modern science is confirming another long known benefit: Many spices provide health advantages that may range from lowering blood sugar to educinig joint inflammation. And with today's booming interest in foreign cuisiness, spicing up your diet with healthful seasonings can be deliciously simple.

Ginger

The ginger ale in supermarkets today bears little resemblance to its original namesake, which dates, according to one account, to the days when tavern owners set out ground ginger for patrons to sprinkle into their ale. But whether it's found in a cookie, a beverage, or pickled on a plate of sushi, this aromatic rhizome, native to southeastern Asia and India, offers potent compounds called gingerols. It has been used to help relieve inflammation and rheumatic problems by people in those regions for thousands of years.

Ginger is a wonderful addition to any diet, says Debbie Roth Rogoff, a certified holistic health counselor and the director of a wellness program based in Santa Monica, Calif, USA. "It is one of those power foods that I love. It's a little change that we can all make that brings strong health benefits to our bodies".

Perhaps best known for preventing motion sickness and treaging nausea, ginger may also help alleviate pain associated with osteoarthritis and rheumatoid arthritis. A 2001 study by University of Miami researchers published in the journal Arthritis and rheumatism found that ginger extract has a statistically significant effect on reducing pain among patients with osteoarthritis of the knee. And ginger's ability to lessen inflammation could help prevent other illnesses. "Studies are currently examining inflammation in the body as the root cause of a number of different major illnesses, including heart disease, cancer, and strokes," says Roth -Rogoff.

In cooking, ginger can be used either fresh or dried. Though the fresh form yields more active enzymes - an easy way to enjoy the benefits is by dropping two half-inch slices into hot tea with lemon - don't discount the power of powdered ginger root, a quick and convenient way to add flavor to a quick and convenient way to add flavor to stir-fries and sweet potatoes.

Cinnamon

Cinnamon comes from the inner bark of two evergreen varieties : one native to Sri Lanka and southern India, and another that grows in south eastern Asia. Available in the curled quill form or ground into a powder, cinnamon is one of the oldest spices known, with a rich medicinal history in both the East and the West. "Cinnamon is a tremendously powerful spice," says Roth - Rogoff. Recent studies have found that as little as a quarter teaspoon of the aromatic powder per day can significantly lower cholesterol, and that regular consumption can bring down elevated blood sugar levels, a risk factor for diabetes.

"It also tricks our bodies into thinking we've had something sweet," Roth-Rogoff notes, "so many of my clients report fewer sweet cravings when they eat cinnamon treats. These benefits are particularly important as we enter middle age, when cholesterol tends to go up, as does the risk for type 2 diabetes.

And cinnamon is easy to incorporate into any diet, observes James McCall, an architect, avid baker, and member of the Rotary Club of Lancaster, Pa., USA. "I do use a good bit of cinnamon and occasionally ginger in my baking." he says. Cinnamon's warm, subtle flavor can give a boost to sweet dishes from morning oatmeal to baked apples or pears. Its effect on savory foods, such as the Greek

favorite moussaka and a variety of Middle Eastern dishes, is no less enticing.

Cloves

With its distinctive spiked shape and warm, rick flavor, the small closed bud of the clove tree has been used in

Asia for more than 2,000 years. Today, cloves are known for their health benefits and intense flavor. They provide omega-3 fatty acids and antioxidants, as Roth-Rogoff explains, and offer antibacterial and anti-inflammatory properties. Health studies have looked at the effects of eugenol, another significant component of cloves, in the context of environmental pollutants, digestive tract cancers, and joint inflammation.

"If you want to boost your immune system and protect against cancer and inflammation in the body," says Roth-Rogoff, "use clove as a regular addition to your diet". When you're buying this spice, the nose knows. Fresh cloves will release a rich aroma and oil when scraped, a sign that the key volatile compounds are intact. Add a pinch of ground cloves to your coffee before brewing, sprinkle it in fruit-based desserts, or simmer in soup stock, "Cloves also go well with ham," recommends McCall.

Turmeric

The mild, genial flavor of turmeric is a familiar component of curry powder and mustard, but this member of the ginger family, with its deep yellow hue, can beautify many other dishes as well.

"What an amazing spice", says Roth-Rogoff. "You can use turmeric in soups, as flavor for rice or beans, or with a marinade for grilling. Or make it simple and put turmeric and cumin on a chicken breast with a little lime juice, and saute it in sesame oil for a great protein dish. No marinade required.

Curcumin, the component of turmeric that gives it its yellow pigment, possesses anti inflammatory characteristics that may help protect cells from free-radical damage. In studies, curcumin has demonstrated benefits similar to drugs such as hydrocortisone and ibuprofen with no toxic side effects. Turmeric may also help ward off cancer and gallstones, prevent and treat Alzheimer's disease, and ease problems related to hepatitis.

Capsicum

The tropical plant family capsicum annum includes the hot and spicy cayenne pepper and its milder sister, paprika. With a 7,000 year history of cultivation and widespread use as a folk remedy, both cayenne pepper and paprika pack a powerful punch because of the compound capsaicin. Clinical studies have shown that capsaicin offers cardiovascular benefits, namely reducing blood cholesterol and preventing blood clots. And lest you think that hot equals digestive upset, capsaicin actually enhances digestion for many people. Red and green chiles are available in fresh, dried, and ground form, and paprika is generally dried and ground.

Great Shakes

FIVEWAYS TO SPICE UP YOUR HEALTH

REPORT ON MEDICAL CAMP



students. The camp was organised from 9:00 AM to 1:00 PM with tremendous response from students and active participation from school authorities. 270 members of students have attended the camp and got the benefit. Medicines were distributed to



Medical camp was organized at ZPHS premises, Yadagiripally on 18.11.2007 to have comprehensive medical check up of the students of ZPHS. Dr.L.R.Surender, Dentist; Dr.Kiran Kumar, Pediatrician; Dr. Simons, Ophthalmologist have attended and examined the



students. Biscuits were distributed to the students. Rtn.B.S.Ravindranath, President; Rtn.K.A.Ramayya, Secretary; Rtn.K.Amarnath, Director Community Services; Rtn.L.R.Surender, Director of pulse polio have participated in the medical camp.



CALENDAR FOR DECEMBER 2007

- 1st - Club Assembly
- 8th - Speaker Meeting
Speaker : Mr. Sudhir Kulkarni
Topic : Networking Industry
- 14th - District Rotary Foundation, Seminar
- 22nd - Speaker Meeting,
Speaker : Mr. Samba Siva Rao, IPDG
Topic : Investment in share market
- 29th - District fellowship Night

BIRTHDAYS

- 3 Dec S. Vineet S/o. Rtn. Madhu Suresh
- 11 Dec Saharsh S/o. Rtn. E. Satish Manohar
- 12 Dec Shonika D/o. Rtn. Dr. Kailash Gupta
- 15 Dec Rishab S/o. Rtn. Ajit Gandhi
- 17 Dec C. Suresh W/o. Rtn. Madhu Suresh
- 17 Dec Rtn. Sandeep Jhawar
- 17 Dec Anushka Goyal D/o. Rtn. Anil Ratan Goyal
- 21 Dec Praneet S/o. Rtn. Pawan K. Tibrewala
- 25 Dec Aryan S/o. Rtn. T. Rakesh Reddy
- 27 Dec Harshita Gupta D/o. Rtn. Mudit Kumar
- 27 Dec Kashish Srivastav D/o. Rtn. Vishal Srivastav

WEDDING ANNIVERSARY

- 8 Dec Rtn. Ajit Gandhi
- 10 Dec Rtn. Jitender Aggarwal
- 11 Dec Rtn. Sandeep Jhawar
- 27 Dec Rtn. Lokesh Jain
- 28 Dec Rtn. M. Chandra Sekhar
- 28 Dec Rtn. Rajesh Pamnani



REPORT ON SPEAKER MEETING



Speaker meeting was held on 24.11.2007. Dr.Bhavani Prasad, Proprietor of Sichi Bio Technology spoke on the topic Spirulina.Dr.Bhavani Prasad gave extensive details of "How to grow Spirulina and the benefits of Spirulina for improving the health of man kind". It was amazing to know that Spirulina can be consumed in the raw form as well as in form of capsules. Spirulina

contains everything required for health except vitamin-C. It is heartening to note that thin people can put on weight and fat people can shed fat by consuming Spirulina. He clarified all the doubts raised by the Rotarians and made the interactions very lively and purposeful. Rtn.George proposed vote of thanks.

Know our New Member



Name : Mr. Urmil R Dharia
 Age : 44 Years
 Qualification : B.Com
 Profession : Business at Ranigunj.
 Industrial Marketing of
 Mechanical Valves
 Electronic Instruments
 Residence : At Begumpet
 Wife : Mrs. Rita Dharia.
 Age : 42 Yrs
 Qualification : B.Com.
 Profession : Housewife.
 Children : 1) Vidhi Dharia – Age 19 Yrs
 Pursuing Biotech Degree I
 Year.
 2) Puja Dharia - Age 17 Yrs
 Pursuing Intermediate I Year.

REPORT ON FELLOWSHIP

Fellowship was hosted jointly by Rtn.Shravan Malani, Rtn.Shyam Gupta & Rtn.Amarnath. Venue for fellowship was Srila Heights complex located at East Marredpally. More than 30 families have attended the fellowship making it a grand success. Games were conducted and prizes were distributed. To heighten the pitch for Diwali season cards games were played with high enthusiasm and bigger participation. The food served was so palatable. People enjoyed the food and appreciated the taste. As usual Rtn.Lokesh Jain, Director Fellowship has master minded the whole operations.

“Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives”

- William James