

Ushodayam

Newsletter of the Ushodaya Enclave, BHEL HIG 2

Community Living

by **Shri R K Wanchoo**

Retd. Executive Director (22, Ushodaya Enclave)

Dear Fellow Residents,

It is an established fact that urbanization is expanding at a great speed in our country and it will not be long before urban amenities reach most inhabited areas. Quality of service from urban local bodies has always been unsatisfactory, delayed, inefficient and corrupt. In fulfilling the promise of ensuring decent living standards to the residents of a housing project, the role of Housing Societies or Resident Welfare Associations (RWA) assumes great significance.

The RWAs become the unified voice of the residents in interactions with the civil administration, local government agencies and elected representatives. RWAs are fine examples of the existence of democracy as residents participate to elect their own governing body. They pool their own resources to run their lives and create infrastructure to be used by them. They make their own by-laws ensuring guaranteed rights and responsibilities of each resident. In other words, in a group housing scenario, the RWA assumes the role of a local government, care taker, guardian and true representative of the community. This puts enormous responsibility on the shoulders of the elected RWA to ensure satisfactory living conditions for all the residents.

A well-managed RWA is a boon for the residents for a peaceful, healthy and worry-free life in the housing colony. With a poorly managed RWA, the opposite is true. The life of residents can be miserable if the RWA is inefficient, quarrelsome, and corrupt or has self-seekers as elected members.



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A very visible deficiency in several RWAs is the lack of adequate participation by women at all levels. Women can make a significant contribution to the success of a well-managed RWA by devoting time, energy and expertise along with men. Women excel better than men in many areas, particularly where people to people interactions are involved. The routine work of an established RWA involves interactions with multiple agencies and residents on a regular basis, listening to them and taking actions to address the issues. Women by nature are better placed to execute such mandate, compared to men. Several women members, being home makers, are truly 24X7 residents of the housing society, as compared to men who may spend most of the day at their workplaces. Women are more in tune with the daily civic issues of water supply, garbage, electricity, etc., and in addition actively maintain social interactions with neighbors. Also, women members who are qualified and are engaged in a range of occupations – can share their experience and expertise for the benefit of the housing society.

Let us encourage and welcome the participation of women in all areas in our Ushodaya Enclave Housing Society. This would enhance our social environment by bringing in valuable perspectives and expertise. Women could take a lead role in conducting group events, promoting skills and talent, encouraging art and culture, etc. They could also play an active role in all other spheres of the Society's work.

We hope it will not be very long before our elected body has substantial presence of women members.

From the Editor's Desk...

We start this month's issue with an inspiring article that focuses on the importance of a well managed Management Committee and on the role that women members can play in the Society's management.

We then brief you about the key happenings in our society - including the foundation of the sewerage development works. Achieving 100% COVID-19 vaccination was an important achievement - and this too is covered in this issue.

Apart from the regular features, we bring you a new feature this month - Everyday Science Notes - that makes us aware of the science behind everyday appliances and processes.

Happy reading!



As per the Telangana Cooperative Societies Act, 1964 two seats are to be reserved for women in the Board or Management Committee of every Cooperative Society.

Coming Soon... an improved Sewerage System!

The foundation for construction of an improved sewerage system in Hafeezpet, including our colony, was laid on 3 September 2021 by the Hon. MLA and Govt Whip Shri Arekapudi Gandhi in the presence of Smt V Pujitha Goud (Corporator - Hafeezpet), local political representatives, GHMC officials, Management Committee (MC) and Society members. The works worth Rs. 509 lakh will involve development of an underground sewerage system. Of this, Rs. 70 lakh is ear-marked for works in Mythrinagar, Ushodaya Enclave and Majeera Road.



Hon. MLA Shri Arekapudi Gandhi and other dignitaries at the foundation laying event.



Smt. V. Pujitha Goud (Corporator, Hafeezpet) at the foundation laying event.

Colony Combats COVID-19!

A free COVID-19 vaccination camp was organized by the MC in collaboration with the GHMC on 30 August 2021. The camp was organized within Ushodaya Enclave at 'B. Padmanabhaiah Bhavan'. The objective was to ensure 100% vaccination of all residents. A total of 80 members were vaccinated at the camp. A noteworthy feature was that super senior members, with difficulty in mobility, were vaccinated at their residences by the GHMC staff. A door to door survey was also undertaken by the GHMC staff to confirm vaccination status of the residents.

Eye Care Camp

A Free Eye Care Camp sponsored by Maxivision Eye Hospital, Madinaguda was organized at 'B. Padmanabhaiah Bhavan' on 25 August 2021. 31 members utilized the services of the free eye camp.

About 12,15,500 individuals have received both doses of COVID-19 vaccination in Hyderabad (as on 11 September 2021). This is about 27 percent of the eligible population of 44,78,805.

While our colony is now 100% vaccinated, the city still has a far way to go. So please continue to practice COVID-19 safety behaviors - use of mask, frequent hand washing and social distancing.



Monthly Management Committee Meeting

The routine monthly meeting of the Management Committee (MC) was held on 11 September 2021 in the office of the Society. The meeting was attended by the Directors and Vice President and was chaired by the President. Special Invitees at the meeting were Shri R K Wanchoo, Shri AVM Rao, Shri K J Roy and Shri R Vijaya Kumar. The meeting focused on important matters related to the routine functioning of the Society.

A key highlight of the meeting was the introduction of Standard Operating Procedures (SOPs) for all critical functions of the MC. The SOPs were presented in the form of new documents prepared for this purpose. Each SOP was reviewed, discussed and then approved by the MC for implementation with immediate effect. The approved SOPs shall be the mandatory guidelines to be followed in future by all MCs. They will also be subject to revisions and improvements as working experience is gained.

The performance of the CCTV System during the preceding month was also reviewed and found to be satisfactory.

A few glimpses of the meeting...



"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results."
- Andrew Carnegie

"Coming together is a beginning, staying together is progress, and working together is success."
- Henry Ford

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime."
- Babe Ruth



Album

1. MC members supervising the COVID-19 vaccination camp on 30 August, 2021.



2. Proclaiming with pride that we are now a 100% COVID-19 vaccinated colony!



3. Certificate of appreciation from GHMC to Ushodaya Enclave on achieving 100% COVID-19 vaccination.



4. Shri D Nageshwar, Treasurer and Shri V Srihari Rao, Director receiving the certificate of appreciation from GHMC representatives on behalf of the MC.



5. Free Eye Camp organized on 25 August 2021.

Blessings and Best Wishes!

Sow Kalyani (MSc, Microbiology), daughter of Shri Ganesh (Manager at Medhauxe) and granddaughter of Late Shri M S Vaidyanathan (Retd. DGM-BHEL) of Plot no 58, entered the sacred institution of marriage with Shri Vaideeshwaran (PMO at Deloitte), son of Shri Nagarajan on 1 September 2021. The traditional wedding conducted at Kamma Sangam in Ameerpet was attended by several colony residents who enjoyed the authentic South Indian Tamil wedding feast served on banana leaves. Congratulations to the entire Vaidyanathan family and our best wishes to the young couple.



Know Your Neighbours!

NEIGHBOURS IN H.NO. 03



Shri Balraju Palakurthi is a retired Senior Manager (Safety) from Health, Safety and Environment department of BHEL, RC Puram. He holds a Diploma in Mechanical Engineering. Smt Saraswathi Palakurthi is a home maker who lives by the principles of simple living and high thinking.

The Palakurthis are blessed with two sons and a daughter.

Shyamala Devi Palakurthi did M.Tech (Mechanical) from JNTU, Hyderabad. She works as Assistant Executive Engineer at the Irrigation and CAD Department, Government of Telangana.

Kalyan Kumar Palakurthi did MS from Texas A&M, Texas. He works as a Consultant in Wisconsin, USA.

Bharat Kumar Palakurthi did MS from WIU, Illinois. He works as Senior Manager at BMS and lives in New Jersey, USA.



NEIGHBOURS IN H.NO. 06

Shri Y Jaihind retired as Senior Manager (Production) from BHEL, RC Puram. He holds a Diploma in Mechanical Engineering. Smt Y Revathi is a home maker. After retirement the couple travelled widely on pilgrimages - a highlight is that they have covered the holy sites of the 12 Jyothirlingas and Shaktipithas.

Their sons Y Praveen Kumar and Y Prashanth work as Civil Engineer and Software Engineer, respectively, in the USA.

Their daughters Y Pavani and Y Pallavi work as Software Engineers in the USA.



Garden Glimpses



The first Star Fruit harvested from the garden of Shri D Nageshwar.

The Star Fruit is also called Carambola. It is cultivated across the tropics. The entire fruit is edible - raw or cooked - and is a rich source of Vitamin C.

Health Notes - Facts on Diabetes

A Note from DR. N Uma Devi
MBBS, PGDGM, AFIH. AGM Medical (Retd)

Diabetes mellitus is a group of metabolic diseases characterized by hyperglycaemia resulting from defects in insulin secretion, insulin action, or both. It is caused by defective function of Pancreas, a gland which produces Insulin. Insulin is the hormone responsible for controlling glucose levels in blood and also for its utilization by various cells in the body. A defect in the production of Insulin causes imbalance in glucose uptake by cells and increases blood sugar levels which in turn affect various body functions resulting in disease.



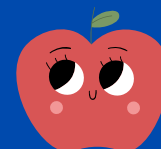
The types of diabetes are: Type 1, Type 2, Gestational Diabetes and Others.

- **Type 1 Diabetes:** Occurs in children at a very young age. Here the Beta cells of Pancreas are destroyed by the body's own defense system (auto immune disorder). The child needs external source of Insulin for survival. Incidence of Type 1 Diabetes is 5 to 6%.
- **Type 2 Diabetes:** This is otherwise called maturity onset Diabetes and occurs in late forties and early fifties. Thanks to the rapid life style changes, we are now noticing this in early twenties. Type 2 has genetic predisposition and if parents are Diabetic, the children are at greater risk of getting it. Incidence of Type 2 Diabetes is 91%. Sedentary lifestyles, lack of exercise and junk foods all contribute to increased susceptibility to Diabetes.
- **Gestational Diabetes (GDM):** Diabetes occurring for the first time during pregnancy is called GDM. Pregnancy causes increase in a number of hormones: Estrogen, Progesterone, Chorionic Gonadotropins, etc. All these hormones contribute to increased sugar levels. Normal pancreas can handle the situation by increasing the production of Insulin, where as compromised pancreas cannot manage the challenge, resulting in Diabetes. Late marriages and postponing child birth further can cause pregnancy in late thirties and early forties and this is a major contributing factor for increased incidence of GDM. Incidence of GDM is 7 to 10%.
- **Others:** Here come all the other causes including diseases of Pancreas affecting the endocrine function, usage of medicines which affect glucose levels in blood, other endocrinal disorders like pituitary tumours, thyroid disorders, adrenal malfunctions, etc. The latest in this list is COVID-19 which itself causes increased sugar levels in blood and added to that the steroids taken during the course of treatment which precipitate Diabetes.

Annual blood sugar estimation can help to detect people at the pre-Diabetic stage. Embracing an active, healthy lifestyle can help to ward off Diabetes. However, once the disease sets in, take medical advice and ensure regular follow-up to prevent complications.

Fasting Blood Sugar:
Up to 100 mg/dl - Normal
101-125 mg/dl - Pre-Diabetes
Above 126 mg/dl - Diabetes

Post Prandial Blood Sugar:
Up to 140 mg/dl - Normal
141-199 mg/dl - Pre-Diabetes
Above 200 mg/dl - Diabetes



LIFE was much easier when
Apple and Blackberry were just
fruits!



LIFE teaches you that to be old
and wise, you must be young and
stupid first!



LIFE is like looking at your
phone... most of the time, it is in
your hands!



LIFE is short, smile while you still
have teeth!

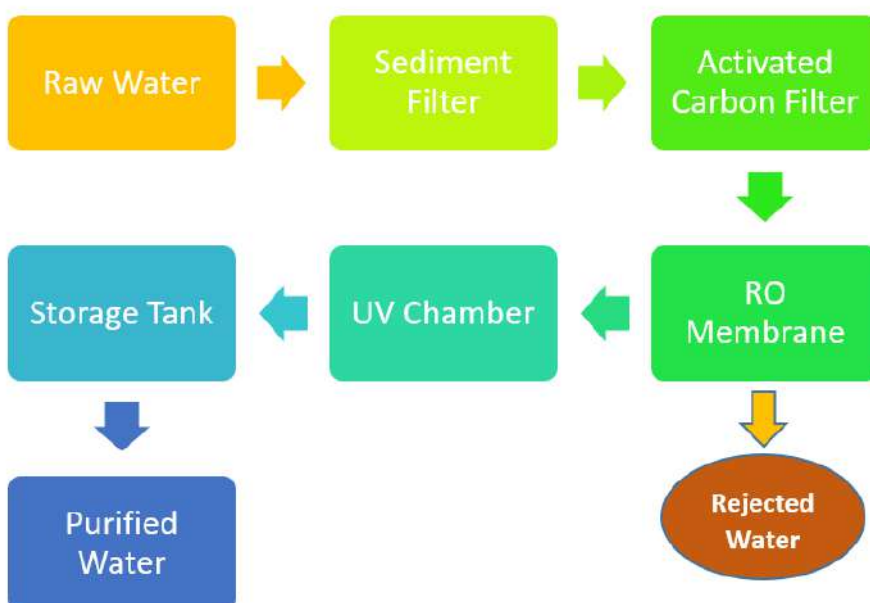
Everyday Science Notes

UNDERSTANDING HOW KITCHEN RO WATER FILTERS WORK

While the water that we are supplied by HMWSSB is treated and chlorinated, there is always a risk of it getting contaminated. The contaminants usually are Suspended Particles, Harmful Bacteria, and Dissolved Solids. All of these make the water unfit for drinking or cooking purposes. It is hence important for residents to install a water purification system in their homes. RO (Reverse Osmosis) purifiers are one option – and this article explains how they work.

A typical kitchen RO (Reverse Osmosis) purifier consists of a Sediment Filter which takes out large suspended particles from the incoming tap water. This is followed by an activated carbon filter which removes small and micro sized particles. The filtered water is then pumped with high pressure and made to pass through a special RO semi-permeable membrane. Only clean water passes through the membrane and becomes free of dissolved solids. The RO filtered water is subsequently passed through a chamber where it is exposed to an ultra-violet (UV) light source which destroys bacteria.

A disadvantage of the RO process is that only a fraction of the water becomes free of dissolved solids, while the remaining water is sent out as as rejected water. The rejected water quantity can be large (even exceeding 50%). However, the rejected water is good for many domestic purposes such as washing, gardening, cleaning or even for recycling through the RO membrane again. Also, a minimum level of dissolved solids is considered good for healthy drinking water. Hence, RO units which allow settings that permit a certain amount of dissolved solids to be retained in the filtered water are to be preferred.



HMWSSB's Water Treatment Plant



The Godavari water supplied to our colony by the HMWSSB is purified at a water treatment plant located in Mallaram in Siddipet district (seen in satellite image above). the capacity of the WTP is 85 mgd (million gallons per day).

Due to heavy rains at the end of August, the Mallaram stream was in spate and flood waters entered the WTP. Water supply to several areas in the city, including ours, was disrupted for 48 hours.

Nature Notes

BIRD OF THE MONTH

Indian Rose-ringed Parakeet

This well-known bird, that we often refer to as a Parrot, is actually called a Parakeet - a term used for small to medium sized birds in the parrot family.

The adult male has a red and black colored neck ring, while the female birds do not have the neck ring.

These birds are occasional visitors to our colony - and announce their visits to tree tops with their unmistakable loud squawking noises. They are herbivores - feeding on fruits, buds, seeds, etc. While they are popular as cage birds, this is illegal - Parakeets are a protected species under the Wildlife Protection Act, 1972.



Photo credit: Rehman Abubakr, wikimedia.org

TREE OF THE MONTH

Amaltas

(Cassia fistula)

This medium sized tree, called Rela in Telugu, is also referred to as the Indian Laburnum. Another commonly used name for the tree is Golden Shower - named after its profuse flowering in the Summer where bunches of yellow flowers hang down from the tree.

Amaltas is the state flower of Kerala and holds a special significance in the festival of Onam. It is also the national flower of Thailand. In the flowering season the tree is visited by hordes of bees, birds and also people - who love to take selfies under it! The flowers are also eaten (the GHMC street cleaning workers collect several flowers from the tree in our colony for use in traditional recipes). The fruit (pods) are used in Ayurveda.



Photo credit: Banswalhemant, wikimedia.org

Ushodayam

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