



THE SUNRISE TIMES

A Quarterly Magazine of

ROTARY CLUB OF SECUNDERABAD SUNRISE

(100% Paul Harris Fellow Club)

Club No. 57064

R.I. Dist. 3150

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President's Message

Season's Greetings !

Thank you for extending the support and strengthening RCSS to achieve the goals Let us try to strengthen Rotary International by contributing towards Rotary Foundation and improving our relations with International partners. Our devotion to the mother nature should be immense. Let us reap the benefits of Rainy and wet days by planting more and more trees to improve the environment to get clean and good air and water.

Kindly await pleasant communication for a fellowship of different nature in the forest away from city buzz and to experience the proximity to the nature.

--- Rtn. Dr. L. Surender



Editorial

Dear Friends,

We have completed the first quarter successfully. Service is the strength of Rotary. As Rotarians we must give some time for fellow men, even if it is little thing, do some thing for those who are in need of help By doing service we may not be rewarded with money but the satisfaction and happiness beyond money. True example of this attitude in the present world are Rockefeller, Bill Clinton Mother Theresa etc. Service is the key that opens the door of divinity. Being good and doing good brings us closer to the God.

*In the recent past, we were very happy to receive the appreciation from Mr. Mike Glutton, Senator from US and Rtn. Paddy Sharma from US for installing RC Water Plant at Godhumakunta village (Under Matching Grant Project). This is the symbol of true service providing Deflourinated water to the village and also we have truly done our job in **Building Community and Bridging the Continents.***

Regards.

--- Rtn. K. Amarnath



SPEAKER MEETING

The speaker was Mr.Raguram, CEO, Mohan Foundation. Mohan foundation is pivotal organisation totally dedicated to the field of organ donations. The speaker narrated how awareness is being created for encouraging people to volunteer to donate organs. Further he narrated on the process involved in identifying the recipients/beneficiaries and time lines involved in their process. Finally he narrated the success stories of the organisation and mentioned the statistics of beneficiaries. The concept of brain dead was clearly explained with its importance for removing the organs from dead people.

The meeting was highly successful as the members were interacting at all stages with utmost interest. Finally forms were distributed for registration along with I cards for donors. The speaker was given memento. The meeting was presided by Mr George

SPEAKER MEETING

The meeting was held on 9.10.2010 at Hotel Marriott as scheduled. The speaker of the day was Mr. R. Samir G. The topic was New Paradigms in Management.

At first the meeting was started with President's remarks and thought of the day quoted by President.

The Speaker in his speech has talked about the eras of the management like Knowledge Era. The present one being the inflection point and we have to excel in the power of Innovation. He has foreseen that in future the employees will be working for a relationship with client should foresee the future value of the customer. Managers will be in the future. He classified the employees in three categories like Actively disengaged, Disengaged and Actively engaged. The meeting ended with the last laugh quoted by Rtn. Samir G.



Speaker Meeting

CLUB ASSEMBLY



Club assembly on 16.10.2010 at Hotel Marriott. The meeting was started with President's remarks and thought of the day given by Rtn. Rahul Manchanda. Rotary information was given by Rtn. Ramayya, (Past President) regarding various types of donations to Rotary Foundation.

The discussion was started by President about the fund raising programme for the club as the club has not conducted the same for the last few years, (barring hosting the District event). The President has praised the efforts of Charter President and his team in the past in hosting the district event and request Rtn. Narender Gauri to take the lead in making the programme a success.

Rtn Narender Gauri has discussed various options like to host Drama at Shilpakala Vedika in January. He has requested members present to form the core team and

also sought 100% Cooperation of each and every member, for which everybody agreed. The last laugh of the meeting was quoted by Rtn. Ravindranath.

Meeting ended with full of enthusiasm for the Fund Raising Event.

BREAKFAST WITH RTN. RAVINDRANATH

As per the schedule, members had met at Rtn. Ravindranath, Past President's working place located at Plot no.9, Sarvasuhi colony, West Marredpally, Secunderabad on 24.10.2010 at 8.30 am. The members were warmly welcomed by Rtn. Ravindranath and Ann. Devika. We have been served sumptuous breakfast by the host couple.

Later on, we have started the meeting with President's introduction stating that, October month being the Vocational Month and this meeting will enable all our members to know about Rtn. Ravindranath, (Past President) of his vocation and his Business journey till date. During the discussion, the host informed that, He hails from Ananthapur dist and studied at various places because of his fathers posting. After completing his education he started the Pharma Distribution business with his relatives. After continuing the business for 25 years, he has recently shifted to Specially coated Papers Distribution (NEW TYPE). He has also shared his experiences with Reliance Communications as DSA Agent and later as a partner in three Webworld Express ventures located across twin cities. He also stated that this role model is Late Dhirubhai Ambani. He informed that he is blessed with two daughters Abhigna and Manogna.

After knowing Rtn. Ravindranath's Vocation the meeting ended and members thanked him for arranging good breakfast and nice arrangements

TREE PLANTATION & VOCATIONAL VISIT



As scheduled the following members of our club met at Dr. Surender's clinic on 31.10.2010 at 7.00 am to proceed to M/s. Premier Wires Pvt. Ltd., Ramojiipet, Near Janagaon. The members are :

1) Rtn. Dr. Surender ,President , (2) Rtn. Ramanarayan , (3) Rtn. Vijay Rathi (4) Rtn. J P Vasandani (5) Rtn. Amarnath (6) Rtn. Ramayya (7) Rtn. Dr. Kailash Guptha (8) Rtn. S.K. Varma (9) Ms. Nikhita Rathi (daughter of Rtn.Vijay Rathi) (10) Mr.Shankaran, Dy.Conservator of Forests, AP. The Unit Belongs to our member Rtn. Dr. Kailash Guptha

Members have started to Ramojiipet in three cars ,reached there by 9.00 am ,after briefly halting at Bhongir for tea. The weather was very much pleasant with little bit of rain and conducive for planting the trees. We have planned to plant about 500 nos. teak plants at the open place surrounding M/s.Premier Wires Pvt. Ltd. Dy. conservator of forest, has helped all the members to plant a Tree Each in the correct way. Balance of the plants were planted with the help of other people present there.

Later on, we have visited above plant, the wire drawing unit is enthusiastically observed by the members and ably explained the wire drawing process by the staff of the factory lead by Mr. Venkat Reddy, Engineer. We were told by the Management that, the wires produced at the factory are used in the manufacture of Explosives

Afterwards, we were served breakfast by the host Rtn. Dr. Kailash Guptha and a memento was presented to Mr.Shankaran Dy. conservator. The meeting ended with the pleasant experience with cooperation of the plant management and good weather added to our joy.

DISTRICT PROGRAMME

On 6th & 7th November the club actively participated in the district programme conducted at Jubilee hills club, Hyderabad for Annets and enriched themselves about Rotary initiatives.

ROTARY FOUNDATION MEETING

On 14 th November the club members have actively participated in the Rotary foundation meeting conducted at Hotel.Exptel, lower tankbund Road, Hyderabad. Members were highly enthused by the presence of Rtn.y.p,das, Director elect Rotary International and gave standing ovation to his inspiring speech.

SHORT FABELS

1. Once, all villagers decided to pray for rain, on the day of prayer all the People gathered but only one boy came with an umbrella... **THAT'S FAITH**
2. When you throw a baby in the air, she laughs because she knows you will catch her... **THAT'S TRUST**
3. Every night we go to bed, without any assurance of being alive the next Morning but still we set the alarms in our watch to wake up... **THAT'S HOPE**
4. We plan big things for tomorrow in spite of zero knowledge of the future or having any certainty of uncertainties. ... **THAT'S CONFIDENCE**

FELLOWSHIP PROGRAMME



On 21 st November, our club members had the family fellowship at Celebrity homes, Shamirpet, Hyderabad. The fellowship was hosted by Rtn.George, Rtn.TV Reddy & Rtn. Amamath. About 25 members along with family have attended the programme. Various games were conducted with children, family members. Members have also enjoyed the facilities available at the club like Table Tennis, Cricket and Volley ball. In the end, the Family members have played Tambola of different kind and thanked the Hosts for arranging such a nice fellowship and disbursed with lot of happiness.

CLUB MEMBERS FELLOWSHIP

on 30th November, Members met at Hotel Taj Deccan on the occasion of Marriage of Son of Rtn Pavan Tibrewal. About 15 members present spent most of the time fun and gaiety. The members were very happy at the place of wedding and conveyed their best wishes to the newly married couple.

BALANCED LIFE

Don't just have career or academic goals. Set goals to give you a balanced, successful life. I use the word balanced before successful. Balanced means ensuring your health, relationships, mental peace are all in good order. There is no point of getting a promotion on the day of your breakup. There is no fun in driving a car if your back hurts. Shopping is not enjoyable if your mind is full of tensions. Life is one of those races in nursery school where you have to run with a marble in a spoon kept in your mouth. If the marble falls, there is no point coming first. Same is with life where health and relationships are the marble. Your striving is only worth it if there is harmony in your life. Else, you may achieve the success, but this spark, this feeling of being excited and alive, will start to die. One thing about nurturing the spark - don't take life seriously. Life is not meant to be taken seriously, as we are really temporary here. We are like a pre-paid card with limited validity. If we are lucky, we may last another 50 years. And 50 years is just 2,500 weekends. Do we really



need to get so worked up? It's ok, bunk a few classes, scoring low in couple of papers, goof up a few interviews, take leave from work, fall in love, little fights with your spouse. We are people, not programmed devices.

MEDICAL CAMP



On 4.12.2010 RCSS Members have gathered at Centenary School, Secunderabad along with Doctors from MNR Medical College, Sangareddy. The college had sent fully equipped bus with Dental chair and equipments to diagnose and treat minor dental Problems on the spot. The School authorities have made proper arrangements and camp was conducted in a systematic manner. About 400 children were given tooth paste and Brush along with Biscuits. They were tested for Dental Problems and 300 were diagnosed minor ailments and treated on the spot with the help of Doctors including our President Dr. L.R. Surender.

Simultaneously Rtn. Dr. Kailash Gupta had addressed the girl students of 8th, 9th and 10 th classes about Maintaining proper health in adolescent age. About 70 girls were identified with Iron deficiency. The club has promised to arrange tablets for the said girls with Iron Tablets for about one year and advised the teachers to cooperate with the club for making them healthy. President has assured the school he will visit the school once again to check and help the children to maintain proper health

CLUB ASSEMBLY



The meeting was called order by Lt. Col. George, as the President was on tour. Rtn. George in his opening remarks informed the house that , the club did not have regular meeting as the programmes like tree plantation, Dist. Events and family fellowship at celebrity and family fellowship at Taj Deccan on the occasion of marriage of Rtn. Pavan K Tibrewala. This is the first meeting after six weeks . Rtn. Ramanarayan was handed over the Paul Harris certificate and pin by Rtn. Vaman Rao PP and Rtn RamayyaPP. Rtn. Bimal Goradia was handed over the Paul Harris Certificate and pin by Rtn. Varma PP and Rtn. Ravindranath PP

Thought for the day was given by Rtn. Samir Gupta. And Rotary information was given by Rtn. Ravindranath, PP.. Rtn. Amamath, while informing the house that the absence of regular meeting was not intentional. Hence forth it is decided to have at least two meeting 's in a month irrespective of other programmes, as suggested by Rtn Varma PP. He also urged the members to attend in large nos. Dist. Event- Anandam to be held at Guntur on 18.12.10 & 19.12.2010 for arranging Logistics and Accommodation. He also informed the members that the Charter nite details will be sent shortly and there will be not be any meeting on 18.12.2010. The Nomination of the President for the year 2011-12 was initiated by him, Rtn. Vaman rao PP has lamented that , the members are not coming forward to take challenge of President Post. After discussion ,it was decided to have a meeting of all the Past Presidents and the name will be announced before Anandam

Afterwards the interaction session started with the members informing the chair that , Good speakers to be brought in to attract the attendance. Dr. Ajay Seth has volunteered to attach Rotary club's name to his free eye camps conducted every Sunday at Vikarabad. Rtn. Varma PP has suggested that, he will arrange best Speakers available provided that ,the attendance slightly higher for which house suggested that, Joint meeting can be conducted to have good attendance and he also suggested that the visit to BITS Pilani Hyderabad Campus. Members have suggested that all the buildings and infrastructure to be completed before we visit the place. Rtn. Srinivas Gumidelli has assured to arrange the visit to Solar Semiconductor Unit, which is long over due. The house has decided to have it on 8.1.2011. He also appreciated the Medical Camp conducted on 4.12.2010, by the club at Centenary School and suggested that this could have been highlighted at the beginning of the meeting itself. Rtn. Phani Kumar has suggested that quality of speaker to be of higher order and also we may have Family fellowship out side Hyderabad for which Rtn. Varma and Rtn. Amamath has informed that, Visit Kana National Park Madhya Pradesh is being planned in Jan- Feb 2011 for which members responded enthusiastically. After citing the vital statistics Rtn. Ravindranath has gave last laugh. The meeting ended with lot of hope for future activities.

AANANDAM

Rotarians of RCSS proceeded to Guntur to participate in the Dist Conference held at Sri Venkateshwara Vignan Mandir, Guntur on 18th and 19th Dec. 2010.

The Venue was very impressive with good acoustic, large seating capacity and with pleasing ambience. The conference was started by hoisting of Rotary flag by RIP Rep Jan Williams National flag was hoisted by DG Rajyalakshmi Rotary song was sung by Melukolupulu followed by dance ballet by Radha Madhava Rasranjini giving a great start for the conference. Inaugural session was presided by BV Apparao, President RC Guntur

Inaugural talk by RIP Rep Jan Williams on the theme Building Communities and Bridging Continents was highly appreciated by the audience. This was followed by "Shubapratham" by Padmashri K Vishwanath.

First plenary session on International services was moderated by PDG V Jawahar and talk Rotarian Lawrence DG RID 59950 on International Service and its importance on the Rotary context was appreciated by one and all.

The second plenary session on New Generations was moderated by PDG D Gautam. The speech by Shri Ananth Sriram, young poet on "Yuvata - Bhavita" has enthralled the audience as the speech was highly electrifying an opening the eye for looking at the current problem from the eye of youth. Third plenary on leadership plan was initiated by DGE Anand followed by "The day after" by DGN Murthy and concluded by "Waiting in the Wings" DGN Hari. It was pleasures to note that year after year all the governers are trying to excel the performance of their predecessor. This was followed by presentation of accounts by IP DG C Suresh

The last plenary on Community Service was moderated by PDG Dr. C Sarat Babu. The highlight of the session was the talk by Sri Jonnavittula Ramalingeswara Rao on "Manchi Mokkalu Penchu" The speakers command on Telugu poetry and the innovations he has done to make the poems look musical ended in standing ovation to the speaker.

The fifth plenary session started on Sunday honoring the people excelling in their vocations. It was a pleasure for the eye to see that 8 eminent people were honored for extraordinary feature in their fields. Sixth plenary session on Club Service was moderated by IP DG C Suresh addressed by Shri R Rajesh Singer on the topic of "Snehamera Jivitam". His talk was touching to the heart and everybody was mesmerized.

The concluding session was addressed by RIP kalian Banerjee on "Magic of Rotary" followed by a talk by Jan Williams on "My Impressions". Thereafter PDG M Ravindra Reddy, PDG PV Narsimha Rao, Rotarian Dayanand Goury and Rotarian K Vikram Reddy in recognition of their generous contribution to Rotary Foundation. Conference came to an end with Vote Thanks by Rotarian K Chandra Shekhar, Secretary RC Guntur. Thereafter the memorable function of distribution of 2700 No. of Students desk at Shri Patibandhala Seetaramaiah High School followed by distribution of 500 No. of Sewing Machine at Don Bosco School was held practically showcasing generosity of rotary to needy and deserving The food served and arrangements made for Rotarians was of very high quality leaving lasting impression in every body's mind making the conference highly successful and memorable.



CLUB FORMATION DAY MEETING

As scheduled we have gathered at Hotel Marriott on 26.1.2.10 from 8.30 am onwards. The Morning Breakfast started at 9.00 am onwards due to Sunday our members started coming to the venue little late. Some of the members have come along with family.

After the break fast the meeting started by Dr. Surender President. Rtn. Rahul Manchanda gave thought of the day. Dr. Surender started the meeting and informed the house of the recent Dist Events viz. ANANDAM. The event was grand gala event and highly successful. He wished much more active participation in the next dist event. He has also informed that the club magazine could not be published for many months and informed that it will be released soon.

Secretary Rtn. Amarnath has informed the house that this meeting was called instead of Charter nite as it was planned along with DG's visit to the club Since .DG's dates were not available in this month ,hence it was postponed..

He has also informed that Next month most of the dates on Saturday falling on Holidays and festival and has informed meetings will be conducted on Sunday.. He assured the programme of the next month will be sent at the beginning of the month.

Later on the President has delivered key note address of informing the house of the contribution of the Past Presidents starting from Rtn. Narender Gauri to till date. By his witty remarks house was in laughter.

TEA CUP

There was a couple who used to go to shop in the beautiful stores. They both liked antiques and pottery and especially teacups. One day in this beautiful shop they saw a beautiful teacup. They said, "May we see that? We've never seen one quite so beautiful." As the lady handed it to them, suddenly the teacup spoke.

"You don't understand," it said. "I haven't always been a teacup. There was a time when I was red and I was clay." My master took me and rolled me and patted me over and over and I yelled out, "let me alone", but he only smiled, "Not yet."

"Then I was placed on a spinning wheel," the teacup said, "and suddenly I was spun around and around and around. Stop it! I'm getting dizzy!" I screamed. But the master only nodded and said, "Not yet." Then he put me in the oven. I never felt such heat. I wondered why he wanted to burn me, and I yelled and knocked at the door. I could see him through the opening and I could read his lips as He shook his head, "Not yet."

Finally the door opened, he put me on the shelf, and I began to cool. "There, that's better," I said. And he brushed and painted me all over. The fumes were horrible. I thought I would gag. "Stop it, stop it!" I cried. He only nodded, "Not yet."

Then suddenly he put me back into the oven, not like the first one. This was twice as hot and I knew I would suffocate. I begged. I pleaded. I

screamed. I cried. All the time I could see him through the opening nodding his head saying, "Not yet."

Then I knew there wasn't any hope. I would never make it. I was ready to give up. But the door opened and he took me out and placed me on the shelf. One hour later he handed me a mirror and said, "Look at yourself." And I did. I said, "That's not me; that couldn't be me. It's beautiful. I'm beautiful."

"I want you to remember," then, he said, "I know it hurts to be rolled and patted, but if I had left you alone, you'd have dried up. I know it made you dizzy to spin around on the wheel, but if I had stopped, you would have crumbled. I knew it hurt and was hot and disagreeable in the oven, but if I hadn't put you there, you would have cracked. I know the fumes were bad when I brushed and painted you all over, but if I hadn't done that, you never would have hardened; you would not have had any color in your life.

And if I hadn't put you back in that second oven, you wouldn't survive for very long because the hardness would not have held. Now you are a finished product. You are what I had in mind when I first began with you."

God knows what He's doing (for all of us). He is the Potter, and we are His clay. He will mold us and make us, So that we may be made into a flawless piece of work To fulfill His good, pleasing, and perfect will.

SIMPLE BRAIN TEASERS

01. The maker doesn't want it; the buyer doesn't use it; and the user doesn't see it. What is it?
02. A child is born in Boston, Massachusetts to parents who were both born in Boston, Massachusetts. The child is not a United States citizen. How is this possible?
03. There were an electrician and a plumber waiting in line for admission to the International Home Show. One of them was the father of the other's son. How could this be possible?
04. Clara Clatter was born on December 27th, yet her birthday is always in the summer. How is this possible?
05. A clerk in the butcher shop is 5' 10" tall. What does he weigh?
06. What is one thing that all wise men, regardless of their religion or politics, agree is between heaven and earth?

ANSWERS

01. A coffin.
02. The child was born before 1776.
03. They were husband and wife.
04. Clara lives in the southern hemisphere.
05. Meat.

School Health Programme being a national programme to cater to the needs of adolescents and teenagers was taken up to address the needs of growing children in three schools.

1. Government Centenary High School, Picket.
2. Government High School, Mulug
3. Centenary High School

Centenary High School

Dr. Kailash Gupta, Chairman Pulse Polio has initiated the above programme for the welfare of adolescent Girls. She has examined 70 girls in class VII, VIII, XI & X. They were evaluated for anemia. Surprisingly only 13 girls were found normal. All of them were dewormed by 400 mgs Albendazole tablets. They were also provided iron tablets. Teachers were requested to administer the tablets during lunch time.



Dr. Kailash Gupta

There was an interactive session with them where they were given knowledge about:

1. Personal Hygiene
2. Menstrual cycle awareness
3. Normal growing up
4. Sexual attractions to opposite sex
5. Body Image
6. Peer pressure
7. Exercise
8. Diet
9. Saving themselves – like going in groups avoiding late nights.
10. Contraception / unwanted pregnancy

Teachers also participated in the session and were told to be friendly with the students. Children were advised to consult parents, teachers or doctors for proper guidance for the problems faced.

Vaccinations at adolescent age : TT
: Hep. B. Booster dose
: R Vaccine

Cervical Cancer: An introduction of cervical cancer was given. Students and teachers were made aware that a vaccine against the cancer cervix is available now to protect them against cancer cervix which can be administered from the age of 9 years to girl children.

At the end they were advised to concentrate on their studies and shine in their fields of interest. They are the future of India. We have to help them grow and shine bringing glory for themselves, their teachers, their school, their parents and their country.

Session was well appreciated by children and teachers.

8 CLUES TO HAPPINESS

By KHUSHWANT SINGH

Having lived a reasonably contented life, I was musing over what a person should strive for to achieve happiness. I drew up a list of a few essentials which I put forward for the readers' appraisal.

1. First and foremost is GOOD HEALTH. If you do not enjoy good health you can never be happy. Any ailment, however trivial, will deduct from your happiness.
2. Second, A HEALTHY BANK BALANCE. It need not run into crores but should be enough to provide for creature comforts and something to spare for recreation, like eating out, going to the pictures, travelling or going on holidays on the hills or by the sea. Shortage of money can be only demoralizing. Living on credit or borrowing is demeaning and lowers one in one's own eyes.
3. Third, A HOME OF YOUR OWN. Rented premises can never give you the snug feeling of a nest which is yours for keeps that a home provides: if it has a garden space, all the better. Plant your own trees and flowers, see them grow and blossom, cultivate a sense of kinship with them.
4. Fourth, AN UNDERSTANDING COMPANION, be it your spouse or a friend. If there are too many misunderstandings, they will rob you of your peace of mind. It is better to be divorced than to bicker all the time.
5. Fifth, LACK OF ENVY towards those who have done better than you in life; risen higher, made more money, or earned more fame. Envy can be very corroding; avoid comparing yourself with others.
6. Sixth, DO NOT ALLOW OTHER PEOPLE to descend on you for gup-shup. By the time you get rid of them, you will feel exhausted and poisoned by their gossip-mongering.
7. Seventh, CULTIVATE SOME HOBBIES which can bring you a sense of fulfillment, such as gardening, reading, writing, painting, playing or listening to music. Going to clubs or parties to get free drinks or to meet celebrities is criminal waste of time.
8. Eighth, every morning and evening, devote 15 minutes to INTROSPECTION. In the morning, 10 minutes should be spent on stilling the mind and then five in listing things you have to do that day. In the evening, five minutes to still the mind again, and ten to go over what you had undertaken to do.

RICHNESS is not Earning More, Spending More Or Saving More, but ...

"RICHNESS IS WHEN YOU NEED NO MORE"