

RCSS

Rotary



TIMES

July 2020

A Bulletin of Rotary Club of Secunderabad Sunrise District 3150. India

Dist. Gov. : N V Hanmanth Reddy | President : Rtn. Vijay Rathi | Secretary: Rtn. Ravi Ladia | Editor: Rajesh Pamnani

(This Magazine is for Private Circulation Only.)

Rotary LEADERSHIP



Team Rotary Club of Secunderabad Sunrise for 2020-21

| | | |
|-----------------------|---|-------------------------|
| President | - | Rtn. Vijay Rathi |
| Secretary | - | Rtn. Ravi Ladia |
| Treasurer | - | Rtn. Ranjay Goel |
| Club Trainer | - | Rtn. Srinivas Gumidelli |
| IPP | - | Rtn. Pavan Tiberawal |
| Vice President | - | Rtn. Vineet Giria |
| President elect | - | Rtn. Sandeep Gupta |
| Sargeant-at-arms | - | Rtn. Rajneesh Pissay |
| Director | | |
| Community Service | - | Rtn. Praveen Jain |
| Club Service | - | Rtn. Lokesh Jain |
| Youth Service | - | Rtn. Rajesh Surana |
| Membership | - | Rtn. Chandrasekhar |
| Vocational Service | - | Rtn. Rajhans Banka |
| International Service | - | Rtn. Narendra Gauri |
| Chairman | | |
| Club Program | - | Rtn .Vikram Mehta |
| ebulletin & Website | - | Rtn. Rajesh Pamnani |
| Member Retention | - | Rtn. Ajit Gandhi |
| New Member | - | Rtn. Sanjay Kabra |
| Vocational Awards | - | Rtn. Bimal V Goradia |
| Speaker Meeting Q1,Q2 | - | Rtn. Suresh Verma |
| Speaker Meeting Q3,Q4 | - | Rtn. Jitender Agarwal |
| Existing Projects | - | Rtn. Sandeep Jhawar |
| Fund Raiser | - | Rtn. Shravan Malani |
| Polio | - | Rtn. Dr Surender |
| Rotary Foundation | - | Rtn. B.S. Ravindranth |
| Interact | - | Rtn. Praveen Sharma |
| Rotaract | - | Rtn. K. A. Ramayya |
| New Projects | - | Rtn. Samir Gupta |
| Know your Member | - | Rtn. Mehul Shah |

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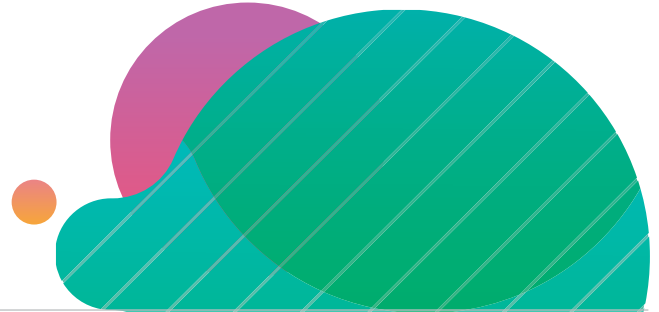
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FROM THE EDITOR'S DESK



Inspire. Awaken. Motivate... Rotary Connects the World !

My hope is that with every issue of the "RCSS Times" ; we shall carve out a space online where the Rotarians & Ann's can tell their stories, get inspired, raise awareness, and find opportunities to better themselves and their communities.

I believe that there is something for everyone in this issue and hope you enjoy the read !
Remember, this is a digital magazine so be sure to tweet, pin, share, and recommend any articles that you like.

Introducing the editorial team...

Ann Seema jain. (Rtn. Lokesh Jain)
Ann Mamta Jhavar (Rtn. Sandeep Jhavar)
Ann Ritu Gupta. (Rtn. Samir Gupta)

Our Magazine Editorial team are communication specialists who plan, manage and produce magazines for readers.

They create editorial calendars, develop story ideas, manage writers, edit content and manage the production process by the effective delegation of tasks. All are voluntary posts.

They have worked hard to get this trust edition in your hands now.

Thanks to our writers for throwing in with us—and to you, our first readers, for making it all real.

Rajesh Pamnani,
on behalf of the team
editor@rcss.in



Ann Seema jain
W/o Rtn. Lokesh Jain



Ann Mamta Jhavar
W/o Rtn. Sandeep Jhavar





Ann Ritu Gupta
W/o Rtn. Samir Gupta




Cover Page

Our first issue is a look at our lineage—how we got here, who we are, and what pieces of our shared history are the most important now. Rotary International Directors from start till date.




Rtn Lokesh Jain



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THE PRESIDENT SPEAKS



Dear Rotarians ,Anns and Annets,

I have assumed the responsibility of leading the leaders of club on 5 th July 2020.
A challenge well accepted from the outgoing president Rtn. Pawan Tibrewal on Zoom.
The installation ceremony was well planned and executed by the members.

In the year 2020 Rotary open opportunities.

1. To fight ,sustain and serve the society against covid.
2. To adapt to digital world.
3. To respect the environment.
4. To stay with the family.

Yes ,to serve the society in the light of covid 19, I as the president along with my abled team had conceptualized and executed a project called "COVID CARE FOR THE ELDERLY".

We will also focus in the area of business networking within the club and will make it stronger. Our club has always been a silent performer but now we will ensure that our club becomes a vocal performer and enhance our Public Image . RCSS is a bouquet of Star Performers with each of the past Presidents & young members ready to support , to take the club to newer heights. The beauty of RCSS is that the support from the members comes naturally & everyone has the same goal – Our RCSS should reach newer heights.
Take care stay safe ..

President (2020-21)
Rtn. Vijay Rathi

ENERGY DEVICES

Dedicated to Clean & Green India

SOLAR

Rooftop on grid systems (Make: Tata Power Solar / Rathi Solar)



Rooftop off grid system(Make: Tata Power Solar)

Water heating systems(Make: Rathi Solar)

Street lighting system(Make: Systellar)



ELECTRICAL

LED Lighting
(Make: Opple, Stanjo)



SMOKELESS CHULHAS

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Manufacturing of unmachined general C.I. Castings



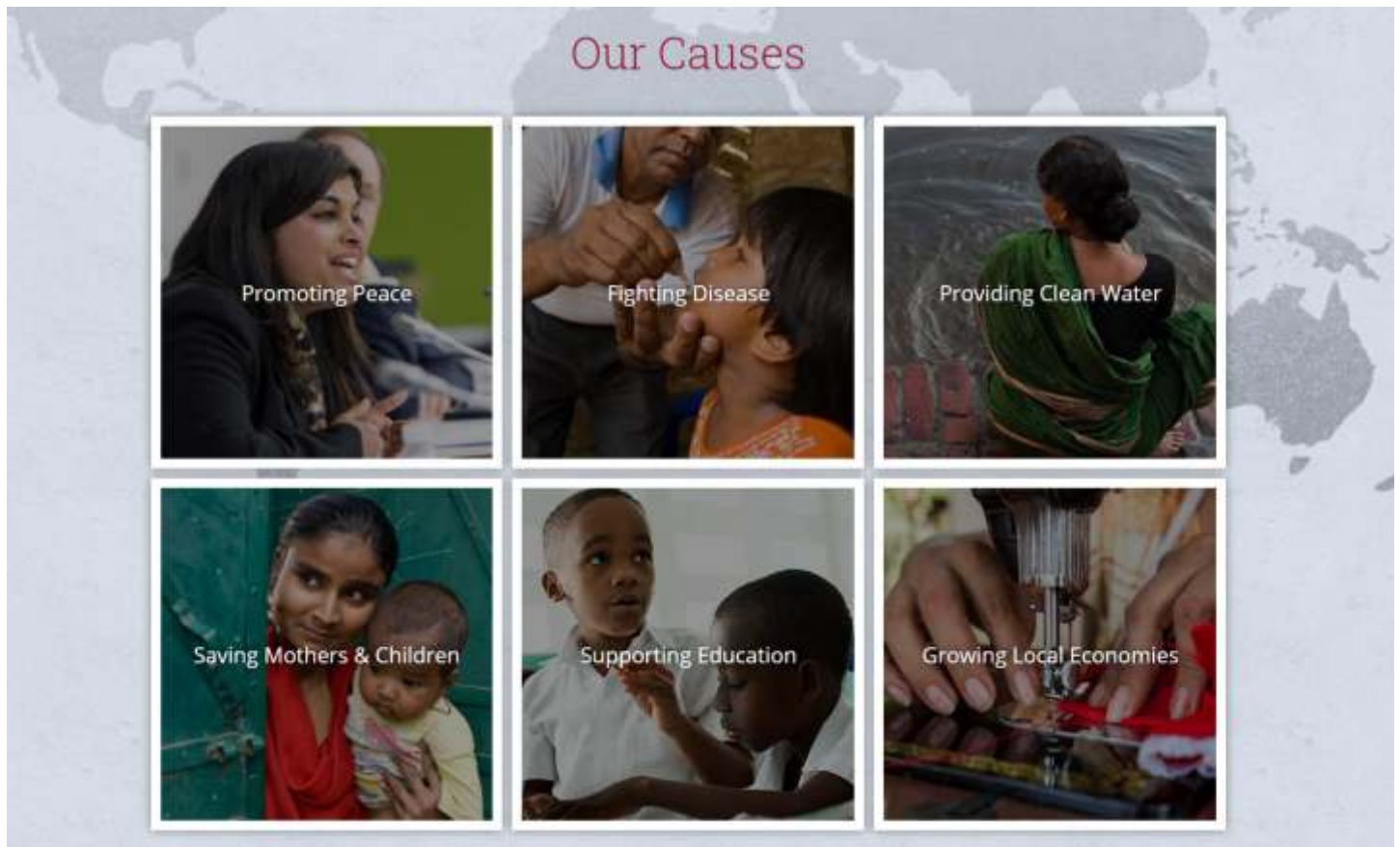
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Foundry Division: C-12, Chandulal Baradari, Industrial Estate, Bahadurpura, Hyderabad

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Contact: Vijay Rathi **Call:** +91 9848020046 **Email:** energydevices@gmail.com

ROTARY - INTERNATIONAL



Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.

Learn more about our structure and our foundation and our strategic vision.

What we do

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 35,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Get involved

Our mission

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through

our fellowship of business, professional, and community leaders.

Vision statement

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

We work differently

We see differently: Our multidisciplinary perspective helps us see challenges in unique ways.

We think differently: We apply leadership and expertise to social issues — and find unique solutions.

We act responsibly: Our passion and perseverance create lasting change.

We make a difference at home and around the world: Our members can be found in your community and across the globe.

Diversity, Equity, and Inclusion

As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people of all backgrounds, regardless of their age, ethnicity, race, color, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity.



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Clifford L. Dochterman
President, Rotary International
1992-93



Definition of Rotary

How do you describe the organization called “Rotary”?

There are so many characteristics of a Rotary club as well as the activities of more than a million Rotarians. There are the features of service, internationality, fellowship, classifications of each vocation, development of goodwill and world understanding, the emphasis of high ethical standards, concern for other people, and many more. In 1976, the Rotary International Board of Directors was interested in creating a concise definition of the fundamental aspects of Rotary. They turned to the three men who were then serving on RI’s Public Relations Committee and requested that a one-sentence definition of Rotary be prepared. After numerous drafts, the committee presented this definition, which has been used ever since in various Rotary publications:

“Rotary is an organization of business and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

” Those 31 words are worth remembering when someone asks, “What is a Rotary club?”

Official Rotary Flag

An official flag was formally adopted by Rotary International at the 1929 RI Convention in Dallas, Texas, USA. The Rotary flag consists of a white field with the official wheel emblem emblazoned in gold in the center of the field. The four depressed spaces on the rim of the Rotary wheel are colored royal blue. The name Rotary International printed at the top and bottom depressions on the wheel rim are also gold. The shaft in the hub and the keyway of the wheel are white.

The first Rotary flag reportedly was flown in Kansas City, Missouri, USA, in January 1915. In 1926, a small Rotary flag was carried over the North Pole by Admiral Richard Byrd, a member of the Rotary Club of Winchester, Virginia, USA. In 1920, the admiral carried a Rotary flag in his expedition to the South Pole. During Rotary’s centennial year, 2004-05, Rotarian and Rotaract climbers carried flags to the summits of Mount McKinley and Mount Everest.

Some Rotary clubs use the official Rotary flag as a banner at club meetings. In these instances, it is appropriate to print the words Rotary Club above the wheel symbol and the club’s name below the emblem.

The Rotary flag is always prominently displayed at RI World Headquarters and at all RI conventions and official events.



Clifford L. Dochterman
President, Rotary International
1992-93



Rotary's Wheel Emblem

A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate “civilization and movement.” Most of the early clubs had some form of wagon wheel on their publications and letterheads. In 1922, it was decided that all Rotary clubs should adopt a single design as the exclusive emblem of Rotarians. Thus, in 1923, the present gearwheel with 24 cogs and six spokes was adopted by Rotary International. A group of engineers advised that the gearwheel was mechanically unsound and would not work without a “keyway” in the center of the gear to attach it to a power shaft. So, the keyway was added, and the design that we now know was formally adopted as the official Rotary emblem.

The Secretariat

Many Rotarians consider the Secretariat simply another name for the RI World Headquarters in Evanston, Illinois, USA. Actually, it is much more. The name describes the entire operations of the general secretary and the more than 600- member staff working to make Rotary International and The Rotary Foundation run smoothly and effectively. In addition to World Headquarters, the Secretariat includes seven RI international offices around the world. The Secretariat's sole purpose is to serve the clubs, districts, and administrative officers of Rotary International and The Rotary Foundation. RI World Headquarters, in a building called One Rotary Center, is the headquarters of the Secretariat.

Rotary Firsts

- The first Rotary club meeting was in Chicago on 23 February 1905.
- The first regular luncheon meetings were at the Oakland, California, club, chartered in 1909.
- The first Rotary convention was in Chicago in 1910.
- The first Rotary club outside of the United States was formed in Winnipeg, Manitoba, Canada, in 1910.
- The first Rotary club outside of North America was formed in Dublin, Ireland, in 1911.
- The first Rotary club in a non-English-speaking country was in Havana, Cuba, in 1916.
- The first Rotary club in South America was chartered in Montevideo, Uruguay, in 1918.
- The first Rotary club in Asia was chartered in Manila, Philippines, in 1919.
- The first Rotary club in Africa was chartered in Johannesburg, South Africa, in 1921.
- The first Rotary club in Australia was chartered in Melbourne in 1921.





Clifford L. Dochterman
President, Rotary International
1992-93



Object of Rotary

In some areas of the world, weekly Rotary club meetings begin with all members standing and reciting the Object of Rotary. This statement, which comes from the RI Constitution, is frequently seen on a wall plaque in Rotarians' offices or places of business.

The Object of Rotary is "to encourage and foster the ideal of service as a basis of worthy enterprise." The statement then lists four areas by which this "ideal of service" is fostered: the development of acquaintance as an opportunity for service; high ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society; the application of the ideal of service in one's personal, business, and community life; and the advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

The Object of Rotary has not always been expressed in this manner. The original constitution of 1906 had three objects: promotion of business interests, promotion of good fellowship, and the advancement of the best interests of the community. By 1910, Rotary had five objects as increased emphasis was given to expanding Rotary. By 1915, there were six objects. In 1918, the objects were rewritten again and reduced to four. Four years later, they had again grown to six and were revised again in 1927.

Finally, at the 1935 Mexico City convention, the six objects were restated and reduced to four. The last major change came in 1951 when the objects were streamlined to a single object with four parts.

Rotary Mottoes

The first motto of Rotary International, He Profits Most Who Serves Best, was approved at the second Rotary Convention, held in Portland, Oregon, USA, in 1911. The phrase came from a 1910 speech by a Chicago Rotarian, Art Sheldon, who said, "He profits most who serves his fellows best." At about the same time, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, USA, commented that the proper way to organize a Rotary club was through the principle his club had adopted: Service, Not Self. These two slogans, slightly modified, were formally approved as the official mottoes of Rotary at the 1950 convention in Detroit: He Profits Most Who Serves Best and Service Above Self. The 1989 Council on Legislation established Service Above Self as the principal motto of Rotary, since it best explains the philosophy of unselfish volunteer service. In 2004, the secondary motto was changed to They Profit Most Who Serve Best.

(... to be continued)

EDIBLE CUPS



Edible chocolate coated wafer cup

Coffee Cup

These wafer cups can be chocolate coated for drinks like coffee and milkshakes.

Plain baked wafers are ready to fill with sweet or savory ingredients — try hummus, chaat, pudding, dips, tiramisu and other bite size desserts or fresh fruit — the possibilities are limitless.

It can be also used as service cups for sauces and jams at breakfast table.



Chaat cup



Dessert cup



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ROTARY DISTRICT 3150 NEWS

PROMOTING PEACE

Rotary encourages conversations to foster understanding within and across cultures. We train adults and young leaders to prevent and mediate conflict and help refugees who have fled dangerous areas.



FIGHTING DISEASE

We educate and equip communities to stop the spread of life-threatening diseases like polio, HIV/AIDS, and malaria. We improve and expand access to low-cost and free health care in developing areas.



SAVING MOTHERS AND CHILDREN

Nearly 6 million children under the age of five die each year because of malnutrition, poor health care, and inadequate sanitation. We expand access to quality care, so mothers and their children can live and grow stronger.



SUPPORTING EDUCATION

More than 775 million people over the age of 15 are illiterate. Our goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy.



PROVIDING CLEAN WATER, SANITATION, AND HYGIENE

We support local solutions to bring clean water, sanitation, and hygiene to more people every day. We don't just build wells and walk away. We share our expertise with community leaders and educators to make sure our projects succeed long-term.



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RCSS - CLUB IN ACTION (LAST MONTH)

Installation Night for Rotary Year 20-21 (Venu : Zoom Meeting)

Jul 5th

Mr. Pawan Tibrewala handed over the gavel, the collar and the pin to Rtn. Vijay Rath



Jul 12th

Club Assembly - First for Rotary Year 20-21 (Venue: Zoom Meeting)



Jul 23rd

Club Assembly - (Venue: Zoom Meeting)

Chairman - Projects - Mr. Samir Gupta -

Old Age Homes - 11 Old age homes have been identified and a list of consumables and relief material was discussed, costing 30000 per old age home. One time cost.



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Skill tells you "How" to say
Attitude tells you "When" to say
Wisdom tells you whether to say or not !



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FELLOWSHIP & ANNOUNCEMENTS - (INVITATION OF ANY DIRECTOR OF RCSS)

BIRTHDAY

| | | |
|-------|---|--|
| 02/07 | - | Rtn. Vijay Rathi |
| 05/07 | - | Rtn. Anil Ratan Goyal & Ann. Preeti Sharma |
| 09/07 | - | Ann. Swati Ladia |
| 12/07 | - | Rtn. Sudhir Kumar Agarwal |
| 17/07 | - | Rtn. Shyam Gupta & Rtn. Pawan K. Tibrewala |
| 20/07 | - | Rtn. B.S.Ravindranath |
| 27/07 | - | Ann. Usha Gupta |
| 28/07 | - | Rtn. Sanjay Kabra |
| 30/07 | - | Rtn. Ravi Verma |
| 01/08 | - | Rtn. Narender Gauri |
| 07/08 | - | Ann. Shilpa Gandhi |
| 10/08 | - | Ann. Padma Datla |
| 13/08 | - | Ann.Neha Gupta |
| 15/08 | - | Rtn. Lokesh Jain & Ann. Seema Jain |
| 18/08 | - | Rtn. Vaman Rao |
| 21/08 | - | Rtn. Joseph P George |
| 22/08 | - | Rtn. Koppana Ram Narayan |
| 30/08 | - | Rtn. Vinayak |

ANNIVERSARY

| | | |
|-------|---|--|
| 01/07 | - | Rtn. Narender & Ann. Ashu Gauri |
| 05/07 | - | Rtn. Sanjay & Ann.Kanchan Dolwani |
| 08/07 | - | Rtn. Raj Hans & Ann.Anita Banka |
| 13/07 | - | Rtn. Vineet Kumar & Ann. Sanju Giria |
| 25/07 | - | Rtn. B.S.Ravindranath & Ann.B.R.Devika |
| 15/08 | - | Rtn. Dr.L.R.Surender & Ann.LR Surekha |
| 22/08 | - | Rtn. Vaman Rao & Ann. Rohini |

PROGRAMME

| | | |
|----------------------|---|-------------------------------|
| 14 th Aug | - | Joint meeting of Rotary Clubs |
| 23 rd Aug | - | Fellowship |
| 30 th Aug | - | Speaker meeting |

District Awards 2019-20 | 27 June, 2020



Recognitions

1. DG Citation
2. DG Designated Activities
3. Donation of digital X-ray unit
4. Distribution of School Benches
5. Youth Activities

Awards

1. Region First - DG Official Visits
2. Regional Second - Service Projects

Best AG District -

Rtn. Srinivas Gumidelli

Our club best in District - 3rd place

Best Secretary twin cities region -

Rtn. Raj Hans Banka

DESIGNATED MONTH



July - (Non Designated Month)
Start of new Rotary officers' year of service.

- Tree Plantation
- Reduce, Re-Use, Re-Cycle Waste



August - Membership & Extension Month Membership and New Club Development Month, a time to focus on Rotary's continuing need for growth, to seek new members and form new clubs.

- Update your classifications list and circulate amongst members and accordingly fill up the Vacancies
- Educate members about membership Procedure
- Induct New Members
- Invite Retractors to join Rotary
- Consider inviting Local Personalities to be Inducted as Honorary Members
- Organise Seminar on Club level & a Public meeting inviting non rotary friends and Rotary Alumni to emphasis Advantages of Joining Rotary

INTRODUCING OUR ANN'S OF THE CLUB

Ann Kavita Rathi
W/o Rtn. Vijay Rathi - President (2020-21)



Name - Kavita Rathi

Qualification - Graduated in Kolkata & moved to Hyderabad in 1991

Hobbies - Love reading books and collecting them but off-late doing the latter only. love cooking and experimenting on new dishes . I enjoy listening to music, watching series & movies, making friends, planning events & shopping.

About Me - At times, I am shy too and want people to say “Hi “. I love my family, spending time with people. I used to make and sell home made sharbat ,Rajasthani food and sweets. But during the last few years, I didn't continue as other areas needed more time . Now I have time & will take it up again . Waiting for Covid to go so that I can go out, meet my friends and of course shop.

INTRODUCING OUR ANN'S OF THE CLUB

Ann Swati Ladia
W/o Rtn. Ravi Ladia - Secretary (2020-21)



Name - Swati Ladia

Qualification - B.Tech in Computer Science from VIT Vellore and currently pursuing CA

Hobbies - Travel, Music, Shopping, Watching Movies and Occasionally Partying

About Me - I am a travel enthusiast eternally bitten by wanderlust, an entrepreneur currently with my own firm in the field of tax and compliance by the name of "Penny Worth Consultants", usually women love cooking but I am equally a foodie with a passion for trying different cuisines and experiencing different cultures. I love to make new friends and always am on the lookout for opportunities to socialise. Mother to a naughty kid, I love spending time with my family and holidaying with them.



INTRODUCING OUR ANN'S OF THE CLUB

Ann Anuradha Goel
W/o Rtn. Ranjay Goel - Treasurer (2020-21)



Name : Anuradha Goel

Qualification : B.COM

Occupation : Home Maker

Hobbies : Painting , Listening and Writing Poetry ,

Cooking and I also like to spend time with the kids in the orphanage that we have adopted.

INTRODUCING OUR ANN'S OF THE CLUB

Ann Tanvi Pamnani
W/o Rtn. Rajesh Pamnani - Editor (2020-21)



Name - Tanvi Pamnani

Qualification - Home science Graduate specialising in Foods & Nutrition.

Hobbies - Travelling and fitness. Extremely passionate about helping others and love to cook for family and friends .

About Me - Also a Rotarian from Rotary Club Of Banjara Hills and trustee of Sparsh Hospice a palliative Care Centre that provides free end of life care This is flagship project of Rotary Banjara Hills.

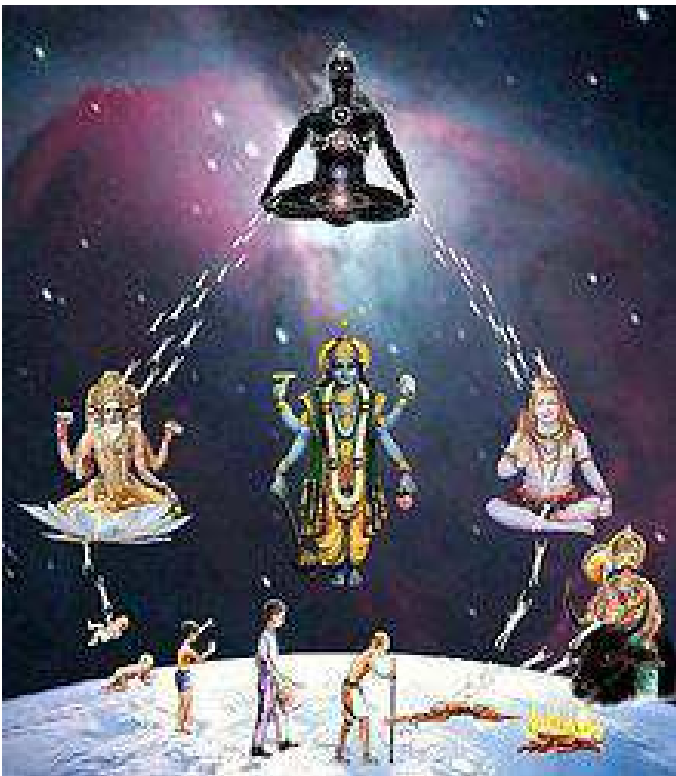
I also help out in the family business that is food processing machinery manufacture & help with research & development work in my son business Edco India manufacturing edible cups for coffee & tea and other innovative wafer products.



RITU'S COLUMN - HINDUISM

Hinduism is a religion based on the philosophy of Karma and Dharma and focused on a way of life. The Hindu knowledge & wisdom is contained in its (1) 4 Vedas, (2) 6 Shastras, (3) 108 Upnishads, (4) 18 Puranas (important one), (5) 2 Epics. Upnishads are parts of Vedas only.

The word 'Veda' means knowledge (of nature and its laws). The Vedas are Shruti (or heard). This knowledge was revealed to ancient Rishis in their highest state of meditation (samadhi). Which Rishi(s) gave this knowledge is not known. It was conveyed by words of mouth and remembered before their written version came. The 4 Vedas are, (1) Rigveda, (2) Yajurveda, (3) Samveda, (4) Atharvaveda. Each of the Vedas consist of 4 parts. (a) the samhitas (mantras and benedictions - deal with nature), (b) the Aranyakas (rituals, ceremonies, sacrifices), (c) the Brahmanas (commentaries on rituals, ceremonies, sacrifices), (d) the Upnishads (spiritual knowledge, philosophy, meditation).



The last part of Vedas i.e. Upnishads are core and are referred to as 'Vedanta'. Important one are 108 in number. They are classified as, (a) Saiva Upnishads, (b) Vaishnav Upnishads, (c) Shakta Upnishads, (d) Sanyas Upnishads, (e) Yoga Upnishads: they are 20 in number and are considered very important for Kundalini yoga especially Yogatattva upnishad.

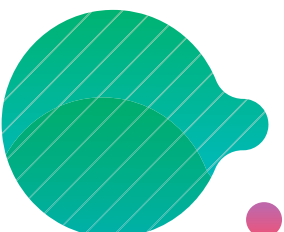
The word 'Shashtra' mean a sacred scripture (precepts, rules, manual, compendium, book, treatise). They were written after Vedas and the Rishis who wrote them are known. They give basic and scientific knowledge of particular subjects. They mainly deal with evolution of Universe and also give knowledge of Science of nature (physics, chemistry, biology). The 6 Shastras are, (1) Mimansa Darshan by Maharishi Jemini, (2) Nyay Darshan by Maharishi Gautam, (3) Vaisheshika Darshan by Maharishi Kanad, (4) Shankhya Darshan by Maharishi Kapil, (5) Yoga Darshan by Maharishi Patanjali, (6) Vedanta Darshan by Maharishi Baadrayan Vyasa.

No Shastra was written there after. Vedanta (last one) has 5 school of thoughts namely (a) Advaita - Shankaracharya, (b) Dvaita - Madhvacharya, (c) Vishistadvaita - Ramanujacharya, (d) Dvaitadvait - Nimbarkacharya, (e) Suddhadvait - Vallabhacharya.

Maharishi Charvak did not believe in the existence of Brahma and was an 'atheist'. He differed totally with Vedic philosophy. Bhagavat Gita, which is teachings of Lord Krishna, is considered sum and substance of Vedic philosophy and a commentary on Shastras and Upnishads. At present, it's considered most important.

The word 'Puran' means ancient-old. Many of them are not consistent and at places not very rational. Yet some of them contain very advance Science especially relating to Cosmology/astronomy. They cover very diverse topics such as Cosmogony, Cosmology, Astronomy, Astrology, Medicine, Mineralogy, Grammar, Theology, Philosophy, Genealogies of gods/ goddess, Sages & demigods, Pilgrimage, Temples, Folk/love tales. Some of important Purans are (1) Brahma Puran, (2) Visnu Puran, (3) Shiv Puran, (4) Linga Purana, (5) Markendey Puran, (6) Bhagvat Puran, (7) Agni Puran, (8) Padma Puran, (9) Bhavishya Puran, (10) Skanda Puran etc.

The two 'Epics' are (1) Ramayan by Rishi Valmiki and also by Tulsidas. (2) Mahabharat by Rishi Ved vyas. These two epics are the back bone of the culture & belief of a common Hindu and they derive inspiration from them to lead their life.



FROM MY KITCHEN

CHILLI MUSHROOM RECIPE

Cuisine : Indian Chinese

Ingredients :

| | |
|---------------------|---------------|
| Mushroom | 250 gms |
| Spring onion | 4 chopped |
| Green capsicum | 1 big |
| Garlic | 6 to 7 cloves |
| Red onion | 1 big |
| Soya sauce | 1 tbs |
| Vinegar | 1 1/2 tbs |
| Sugar | one pinch |
| Tomato sauce | 1 tbs |
| Red chilli sauce | 1 1/2 tbs |
| Corn flour | 7 to 8 tbs |
| Oil for deep frying | |

For batter:

| | |
|--------------|-------------------------------------|
| Maida | 3 tbs |
| Corn flour | 6 tbs |
| Salt | to taste |
| Black pepper | to taste |
| Garlic | 2 cloves |
| Water | 1/2 cup (for smooth thick paste) |

Method:

- Heat enough oil for deep frying.
- In a small bowl add maida, corn flour, salt, garlic, water and mix (make a smooth thick paste)
- Add mushrooms into the batter and ensure its well coated, deep fry all the mushrooms till they start looking golden-brown, Keep them aside.
- Heat oil in a large pan, once the oil turns hot, add chopped garlic, onions, capsicum (stir fry on high flame for two minutes), add red chilly sauce, tomato sauce, soya sauce, vinegar and a pinch of sugar.
- Add the deep fried mushrooms and salt as per taste, toss on high flame for two minutes.
- Remove to a serving plate, garnish with spring onion.



By Ann Anu Goel



Kitchen Measurements (approx.)

| | |
|-------------|----------|
| Table spoon | 15 grams |
| Teaspoon | 5 grams |
| Cup | 200 ml |
| Glass | 250 ml |

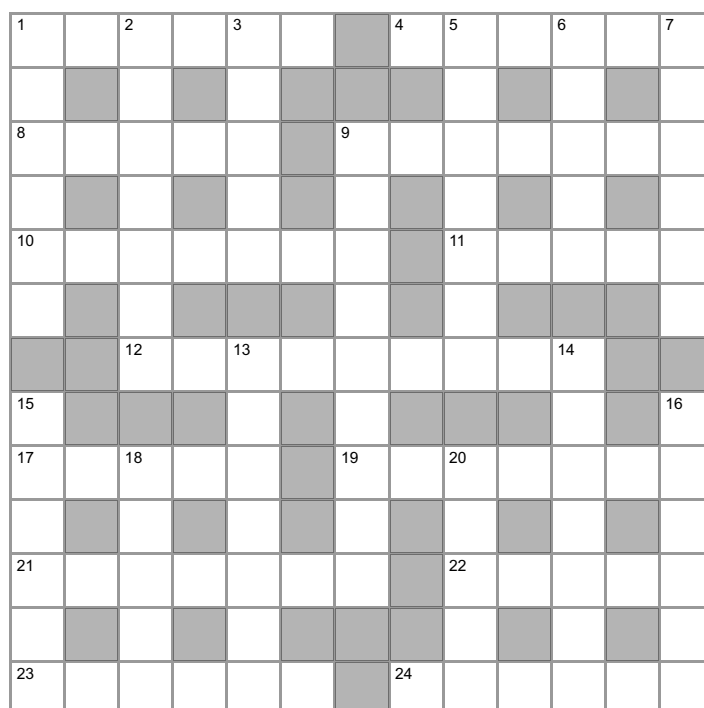


Servings



Preparation Time

Quick Crossword: July 2020



Across

- 1 Unwary (anag) (6)
- 4 Queen Victoria's husband (6)
- 8 Call upon (5)
- 9 Concert performance (7)
- 10 Pakistan's largest city (7)
- 11 Fatuous (5)
- 12 Colourful beetles (9)
- 17 Divine messenger (5)
- 19 Recuperate (7)
- 21 Pop the question (7)
- 22 Greek holiday island (5)
- 23 A score (6)
- 24 Lanced (anag) (6)

Down

- 1 Retract (6)
- 2 Nasal aperture (7)
- 3 Garret (5)
- 5 More fortunate (7)
- 6 Minor actor in crowd scenes (5)
- 7 Bank employee (6)
- 9 Pay back (9)
- 13 Apportion (4,3)
- 14 Cut off (7)
- 15 Floor covering (6)
- 16 Game bird (6)
- 18 Terrestrial sphere (5)
- 20 Bedtime drink (5)



Shilpa Gandhi Whatsapp no 093911 17212

Please complete the above & send the solutions
the first two entries will be acknowledge along with the correct answers in the next edition.



Absolute Classic!!!
Heated gold is called ornaments
Beated copper is called wire
Compressed carbon is called diamond.
Heated, beated and compressed human is called HUSBAND



Ann. M. Vijaylaxmi

Teacher : Where were you born?
Student : In Tiruvananthapuram.
Teacher : Spell it?
Student : (after thinking) I think I was born in GOA.

Ramu : People consider me as a "GOD"
Somu : How do you know??
Ramu : When I went to the Park today, everybody said, Oh GOD! You have come again...

Somu : Sir all items missing, except the TV, in my house.
Police : How the thief did not take TV???
Somu : (thinking deeply...) I think I was watching TV then...

Teacher : If you call your mother as MUM.. What will you call Mother's younger sister and elder sister?
Student : MINIMUM & MAXIMUM

An uneducated father with his educated son went on a camping trip, they set up their tent and fell asleep. some hours later Father wakes his son & asks : Look up and tell me what you see?

Son : I see sky and millions of stars.
Father : What does that tell you?
Son : Astronomically it tells that there are millions of galaxies & Planets.
Father : Slaps the son hard and says, "Idiot, someone has stolen our Tent!"

Fantastic answer by a philosopher to a question asked at the BBC:
Define Birthday!

Answer : The only day in your life, when you cried & your mother was smiling.

I never drink water because of the disgusting things that fish do in it.

- W.C.Fields





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Anns Project

Rotary's youth

(Rotract/ Interract/Our Kid's/ Neighbour's kids)... competitions offer a platform for talents to shine. Rotary's youth competitions offer a platform for talents to shine.

With support all the way from your local Rotary club, there is no reason not to take the leap and enter.

These contests are a great way to be challenged in a fun and friendly environment, plus there are great prizes up for grabs too.

Young Chef

Fancy yourself as a budding cook?

The Rotary Young Chef competition, sponsored by RCSS, gives entrants the chance to put their culinary skills to the test and be judged. Entrants plan and cook a three course meal, develop their food presentation skills and gain experience in high pressure situations. Whether you're keen for a culinary career or just an enthusiastic home cook, this competition is a fantastic opportunity. to be challenged in a fun and friendly environment, plus there are great prizes up for grabs too.

Rotary Young Citizen Sporting Hero Award

This year, we are introducing a new Award, the inaugural Rotary Young Citizen Sporting Hero Award 2020 to recognise and highlight the achievements and contribution, as a positive role model to others, of a sports participant or a group or an individual or group who is enabling others to participate in sport.

Young Citizen Awards

These awards recognise young people under the age of 25 who have demonstrated their commitment to citizenship, goodwill and understanding through various activities.

The awards can be for individuals or groups, for projects and initiatives that showcase positive citizenship and the important responsibilities assumed by young people.

Young Artist

Share your creative talents with a wide audience by taking part in our new Young Artist competition. Express yourself with your interpretation of this year's theme 'Wild Nature' and submit a piece of artwork (two dimensional please).



Ann's Project



Young Filmmaker

We know there are many talented young filmmakers out there, all keen to showcase their talents. That's why we have introduced the Young Filmmaker competition.

Focus on your talents with this brand-new opportunity and be one of our first winners. Send a five-minute piece which shows your interpretation of the theme 'Challenge' and you could win a mentoring experience which will further enhance your talents.

Young Photographer

Photography has the power to capture special places, moments and memories. The Rotary Young Photographer competition gives participants the chance to express themselves through photography, interpret the competition's annual brief in an imaginative way and experiment with digital and traditional methods.

Young Environmentalist

This new contest is looking for people like you, who care about the planet. Present your unique solution to environmental problems by entering this competition and change how we look at waste.

You can enter as a team or as an individual and come up with a clever way to address the challenge of waste minimisation.

Submissions are in project form and must show your ingenious way of tackling the issue.

Technology Tournaments

Technology Tournaments are one day events for multiple teams of four students to engage with Science, Technology, Engineering and Maths (STEM) by collectively solving a previously unseen technology task.

Who is eligible?

Each competition varies, but all competitions are open to secondary school pupils aged 11-17, with a number of competitions also open to pupils as young as 7-years-old.

Competitions are split into appropriate age bands to allow participants to compete against those of a similar age.

Young Writer

This competition offers participants chance to express themselves and get creative with the written word.

How to get involved

All the above competitions have the full support of Rotary in your area who will support you through your progression in the various stages.

If you want to take part, please send me an enquiry form, and we'll point you in Ann Seema Jain.



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We value your suggestion



Your opinion matters.

Like anything in this world, Rotary Club of Secunderabad Sunrise needs to remain agile and adapt to the changing needs of our tribe and community. How can we expect to continue doing 'good' in a World we can't properly understand or relate to ?

For this reason, we'd love to hear your suggestions on how we could make our club better and/or help guide Rotary International in a more modern direction.

Do drop a line at

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ROTARY CLUB OF SECUNDERABAD SUNRISE
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