

RCSS

Rotary



TIMES

August 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

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Rotary



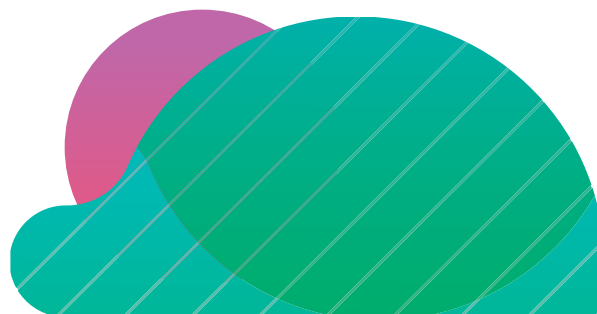
PEOPLE of ACTION



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
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President elect	-	Rtn. Sandeep Gupta
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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 Jhavar
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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FELLOWSHIP & ANNOUNCEMENTS - (INVITATION OF ANY DIRECTOR OF RCSS)

BIRTHDAY

- 04/09 - Rtn. Ranjay Goel
- 08/09 - Ann. Rachna Gupta
W/o Rtn. Sandip N Gupta
- 12/09 - Rtn Sarvesh Gupta
Rtn. Ajay Jain
Ann Rohini W/o Rtn. Vaman Rao
- 14/09 - Ann Srivani
W/o Krishna Nerella
- 15/09 - Rtn. Krishna Nerella
- 18/09 - Rtn. B. Srinivas
Dr Surekha W/o Rtn. LR Surender
- 22/09 - Rtn. Suresh Verma
- 24/09 - Ann Rama W/o Rtn. Satish
- 27/09 - Rtn. Sreedhar Raju
Ann Kavita Agarwal
W/o Rtn. Pankaj Aggarwal

ANNIVERSARY

- 15/09 - Rtn. Satish & Rama Manohar



Felicitating Smt. Rajashreeji Birla with diamond studded necklace received from The Rotary Foundation for her generous contributions of over 13 Million U S \$ (over Rs. 100 Crore) towards Global Polio Eradication Initiative of Rotary International.

FROM THE EDITOR'S DESK



Life in Lockdown

It would have been nice to be able to report progress in this over all world situation, but, sadly it isn't.

There is no prospect of social activity or club activity in physical form returning to pre COVID-2019 levels in the foresable future.

We must therefore continue in isolation and make the best of it.

It is gratifying to show our members could plan and execute a COVID-case project with limited mobility to benifit over 2000 inmates of so many old age homes.(Rtn.Samir Gupta report in the following pages)

Meeting are continuing on the zoom platform with renewed enthusiasm.

We continue to publish our magazine as an e-bulletin for the current year.

I would look forward to your feedback on suggestions for improvements.

Rajesh Pamnani
Editor (2020-21)
Email: rajesh_pamnani@hotmail.com

The editorial team...

Ann Seema jain.
Ann Mamta Jhawar
Ann Ritu Gupta.



Ann Seema jain
W/o Rtn. Lokesh Jain



Ann Mamta Jhawar
W/o Rtn. Sandeep Jhawar



Ann Ritu Gupta
W/o Rtn. Samir Gupta



THE PRESIDENT SPEAKS



The month of August had been very August for RCSS . We had been busy in extending medical help to the elders of the society under our project “ COVID CARE FOR ELDERLY”

We have provided medicines & other medical equipments at 45 Old Age Homes which have a total strength of 2435 elderly people .

I am happy to share with you that there are many service projects being lined up you will be hearing announcements in times to come . We have had a wonderful & very informative speaker meeting with the Principal Director of MSME .

It's been a learning process for me too being President at RCSS . Each & every member at RCSS is a power house and this energy is being used to serve the community as per the needs. I am sure that by the end of September, we will achieving our target as set for the first three months.
stay safe ... take care

President (2020-21)
Rtn. Vijay Rathi



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Community Services (2020-21) - Project - "COVID CARE FOR THE ELDERLY"



"The project - "**COVID CARE FOR THE ELDERLY**" executed by Rotary Club of Secunderabad Sunrise falls under 'Disease Prevention and Treatment', one of the seven focus areas of the Rotary International." - were some of the opening words by our affable and dynamic **District Governor (RID 3150) Rtn. N.V. Hanmantha Reddy** on the 5th of August 2020, at the flag-off function of our first community services project for the year 2020-21. Our Ever-available **Assistant Governor Rtn. Kamal Jain** graced the occasion as well.

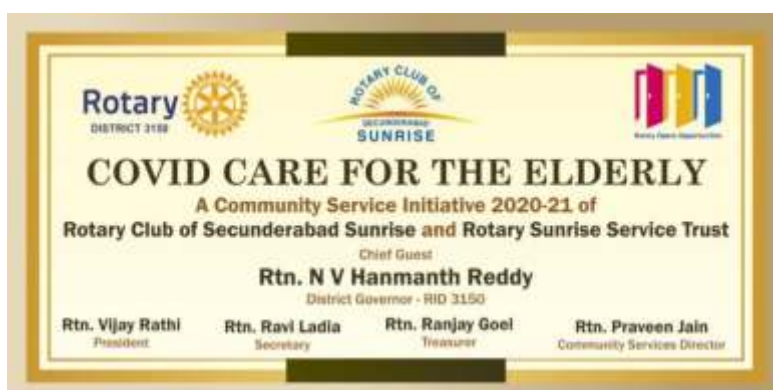
But what was this project all about?

I am sure all would agree that it's our grandparents who give us the best care and unhindered love, straight from their hearts!! Present-day, unfortunately, there are many old-age homes full of these lovable senior citizens.

Who will take care of them during this

pandemic? The answer to this question is shocking—nobody, unless some of us take the initiative to help them. It was to cover this lacuna of the society that we started the project "Covid Care For The Elderly" with great optimism.

We started, as a team, only with an idea in our minds - trying to help as many needy people as possible in the present situation. As quoted by Edward Albert, "The simple act of caring is heroic." We were determined to bring in all the help we can, while being attentive to any discrepancies in the safety and security of both equipment and the elderly, while planning rigorously to ensure the delivery of kits on time. Our Rotarians wanted to dedicatedly execute this novel cause in the least minimal time.



Our team led by **President Rtn. Vijay Rathi, Director Community Services Rtn. Praveen Jain** and other office bearers, initially started with conceptualization in mid-July 2020. With extreme care and inquiry, we completed 25 old age homes in just 15 days

covering more than 1100 inmates. But we realised that there were some deserving old age homes that we were not able to service. Hence, we immediately scaled up our resources and now proudly confirm that we have finally **serviced/ completed 45 old age homes with 2435 inmates in total !!!**

The kits distributed to 45 old age homes (scattered across the city) **included mix of 16 items**- Oxymeters, Nebulizers, BP Testing Machines, Contactless Sanitizer Dispensers, Sanitizers, Digital Thermometers, Infrared Thermometers, N95 Masks, Cloth Masks,



Kadha sachets, ORS sachets, Dolo 650 tabs, Cetrizine tabs, Eldoper tabs and the very important immunity booster multivitamin tabs - Totalvit Immune OD (Combination of Vitamin C, Vitamin D3 and Zinc). We also have Oxygen Concentrators ready with our club to be lent out on SOS basis. Thus, the packages had many essential equipment for preventing/ fighting off COVID-19, or for identification of the same.



We delivered the kits in different phases, divided based on the locations of the old age homes chosen. Some of the kits were sent in **a vehicle flagged off** by the honourable District Governor Rtn. N.V. Hanmantha Reddy **for the deliveries**



A few of kits were delivered in person by some of our rotarians. While others were collected by the representatives of the old age homes, taking into consideration that we maintain social distancing as much as possible. On the occasion, our President Rt. Vijay Rathi aptly summed it as “We have taken up this project now, in the middle of a Pandemic, to express our gratitude and concern for the elderly.”



After clearance from the board and the club assembly, we received generous contributions from our strong fellow Rotarians of our club and our ever approachable Rotary Sunrise Service Trust both in cash and kind. There were others generous donors who also helped in cash and kind. **We thank all the donors and the volunteers**



who have taken some time and effort to help us in this novel cause. While feeling grateful to all of them, we contemplate similar enthusiasm in the future!



This initiative, we can proudly say, was a success in many ways. When everyone was busy thinking about



sustaining themselves, forgetting about the suffering elder people living in old age homes, or helping out more capable people. We took this initiative and helped bring smiles back on the faces of the caretakers



and the members of the old age homes. The help much needed was given on-time.

This can be felt from the **heart-warming feedbacks** that we have received from the various caretakers and inmates of all old age homes. A glimpse:



a) From Karunaradham Home

Dear Sir, We hope you and your Club members are safe and well.

The current circumstances we live in are known to us all and they bring a lot of uncertainties and new challenges with them. For this reason, we would like to express our gratitude to you on behalf of all our destitute parents in our home for all that you and your team has done for us. Especially for giving Covid 19 kits. All our inmates are happy to use those kits. We highly appreciate your generosity. In return we can give nothing to you but only we can ask God to bless you all and give success in all that you do. You are all remembered in our daily prayers. Once again we thank you.

With kind regards and best wishes,

M. Prabhaka.

b) From KinneraWelfare Society

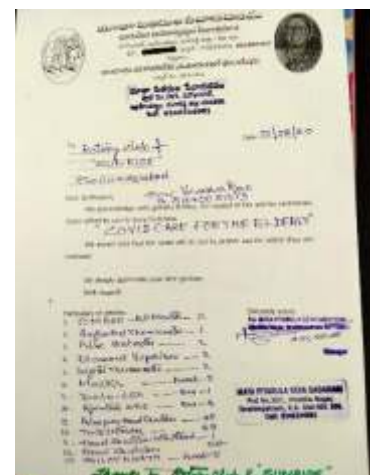
మీరు ఈ ప్రైమ్ లో మా ఓల్డ్ ఏజ్ హోమ్ లకు చేసిన సహాయం మరువలేనిది, అందరికీ ఎంతో ఉపయోగకరంగా చక్కగా కరోనా వైరస్ నుంచి కాపాడాడు కోవడం కోసం కావలసిన వస్తువులు అందాయి. మా ఓల్డ్ ఏజ్ హోమ్ లో తరువు నుండి మీ రోటరీ క్లబ్ వారికి ధన్యవాదాలు తెలుపుతున్నాను. 🙏🙏

c) From Swayamkrushi

Good afternoon Sir. We started giving the medicines to our inmates and will use the thermometers. They are really God sent to us as we were trying to procure them. A BIG thanks.

d) From Sai Vinay Old Age Home

Thank you, Thanks a lot. We have lot of people coming to celebrate birthdays, etc and do give small gifts. But, this is for the first time that we are receiving medication, and that too at the time of pandemic, when we need them most. We tried asking the government, but they tell us to come to the government hospitals. How can we take people at the age of 103 outside. Thank you for giving good quality and good quantity of medical supplies, which we are in dire need.





All of us in the club feel a great deal of delight after reading so many warm feedbacks and seeing happy faces in our whatsapp messages. We have given **‘ROTARY SUNRISE KAWACH’ certificates** to all the old age homes, confirming our prolonged association with them in these pandemic times. We have also honoured all our donors, whether they helped us in cash or kind with **“GRATITUDE” certificates** for all of them.

తెలంగాణ
telanganatoday.com

8 సైదరాబాద్

అభిమానానికి పుష్కలమైన డిస్కం అందజేత

సైదరాబాద్, మార్చి 15: రోజు వారూ ముగిసే సమయంలో పుష్కలమైన డిస్కం అందజేత చేసే కార్యక్రమం సైదరాబాద్ లోని పేదల వసతిగృహాలకు చేపట్టారు. ఈ కార్యక్రమంలో సైదరాబాద్ రోజు వారూ ముగిసే సమయంలో పుష్కలమైన డిస్కం అందజేత చేసే కార్యక్రమం సైదరాబాద్ లోని పేదల వసతిగృహాలకు చేపట్టారు. ఈ కార్యక్రమంలో సైదరాబాద్ రోజు వారూ ముగిసే సమయంలో పుష్కలమైన డిస్కం అందజేత చేసే కార్యక్రమం సైదరాబాద్ లోని పేదల వసతిగృహాలకు చేపట్టారు.



డిస్కం అందజేత, పేదల వసతిగృహాలకు

Date : 06/08/2020 EditionName : TELANGANA(CYBERABAD) PageNo : 02

రోటరీ క్లబ్ ఆఫ్ సికందరాబాద్ సన్రైజ్ నే కోవిడ్ కేయర్ ఫర్ ఎల్డర్స్ కి కియా శుభాంశ

సికందరాబాద్ (కెఆర్ న్యూస్) : రోటరీ క్లబ్ ఆఫ్ సికందరాబాద్ సన్రైజ్ డిస్ట్రిక్ట్ 3150 నే కోవిడ్ కేయర్ ఫర్ ఎల్డర్స్ కి కియా శుభాంశ. ఈ కార్యక్రమంలో సన్రైజ్ డిస్ట్రిక్ట్ 3150 నే కోవిడ్ కేయర్ ఫర్ ఎల్డర్స్ కి కియా శుభాంశ. ఈ కార్యక్రమంలో సన్రైజ్ డిస్ట్రిక్ట్ 3150 నే కోవిడ్ కేయర్ ఫర్ ఎల్డర్స్ కి కియా శుభాంశ.



రోటరీ క్లబ్ ఆఫ్ సికందరాబాద్ సన్రైజ్ డిస్ట్రిక్ట్ 3150 నే కోవిడ్ కేయర్ ఫర్ ఎల్డర్స్ కి కియా శుభాంశ. ఈ కార్యక్రమంలో సన్రైజ్ డిస్ట్రిక్ట్ 3150 నే కోవిడ్ కేయర్ ఫర్ ఎల్డర్స్ కి కియా శుభాంశ. ఈ కార్యక్రమంలో సన్రైజ్ డిస్ట్రిక్ట్ 3150 నే కోవిడ్ కేయర్ ఫర్ ఎల్డర్స్ కి కియా శుభాంశ.

The **Public Relations** team went on the overdrive to garner the best possible mileage for Rotary Club of Secunderabad Sunrise, the Rotary District 3150 and Rotary International, so as to create an awareness of the way we Rotarians touch the lives of different strata of the society, albeit, this time it was our beloved but mostly forgotten

senior citizens. The Publics Relations team was so strong that there were written articles, photos, live coverage and visibility in **26 different TV, print media and**

Telangana Today

Rotary Club launches Covid care for elders

CITY BUREAU
Secunderabad

Rotary Club of Secunderabad Sunrise has launched 'Covid Care For The Elders', as a gratitude and concern for the elderly. As part of the project flagged off by the club president Vijay Ratla along with the district governor, NV Hanumanth Reddy and rotarian Kamal Jain, assistant governor of rotary district 3150, medicines and medical equipment were distributed to Home for the Aged, Hyderabad.

Sister Kathleen and sister Josephine from Home for the Aged, Member also, received the much needed relief in care of elders. The distribution kits include Oxygen Concentrators, Oximeters, BP Machines, Nebulizers, contactless sanitizer dispensers and assorted medicines among others, a press release said. A vehicle with these supplies was flagged and the same has gone to all the 40 homes to handover the medical supplies and preventive medicines and equipment to help elders fight the Covid-19.

socialmedia modes:Hyderabad Express, Hindi Milaap, Vaartha, Eenadu, Andhra Jyothi, Sakshi, Shubh Laabh, Telangana Today, The Pharma Times, HM Tv, HiBiz Tv, Just Dial Social, Daily Hunt, Skill Outlook, Ragalahiri, Business News This Week, Media Bulletins, HTDS Content services, The Siasat Daily, Telangana Tribune, Hyderabad Talks, City Air News, Face book, Instagram, You Tube and Twitter.



We have promised ourselves that this service won't end right after this pandemic, or after this one event. We at Rotary Club Of Secunderabad Sunrise pledge to organize several activities which will include health care, sanitation, and education—promising many more events to come in the future, with service to humanity as a priority always!

Three cheers to team RCSS..... Hip Hip Hurray!!! 🥳🥳🥳



S.No.	Name of Home for the Aged	Address	No. of Inmates
	PHASE I		
1	Home for the Aged	Musheerabad	50
2	Integrated Welfare Society	Suchitra Junction	93
3	PP Reddy Old Age Home	Saroonnagar	102
4	Fatima Old Age Home	Falaknuma	48
5	Kinnera Welfare Society	Mehdipatnam	25
6	Bharatha Matha Social Service Society	Bod Uppal	62
7	Karunaradham Home	Medpally	60
8	Sri Karthikeya Oldage Home	LB Nagar	32
9	Sree Ushodaya Sevashramam	Dundigal	14
10	Shiridi Sai Old Age Homes	Miyapur	70
11	Sri Laxmi Narasimha Oldage Home	AS Rao Nagar	27
12	Sai Vinay Old Age Home	Banjara Hills	10
13	Happy Old Age Home Organisation	Trimulgherry	40
14	Mother & Father Oldage Home	Karmanghat	90
15	Mother Theresa Old Age Ashram	Musheerabad	60
16	Krishna Sadan	Shamirpet	12
17	RK Mother Theresa OAH	Karkhana	34
18	Jain Sevashram	Karwan	33
19	Kasturba Gandhi National Memorial Trust	Hydershakot	25
20	Mata Pitrua Sadan	Ibhrahimpatnam	45
21	Anurag Human service	Mendipatnam	25
22	Habeeb Old Age Home	Bhadurpura	19
23	Old Age Welfare Centre	Miyapur	100
24	Annapurna Old Age home	Medipally	51
25	Aram Ghar	Shivrampally	90
	PHASE II		
26	Arya Vysya Club	Aliabad Cross Roads	29
27	Bankmen Vasavi Old Age Home	Mallapur	35
28	Mansa Elders Oldage Home	ECIL	150
29	Grace Foundation Homes For Aged	Malkajgiri	14
30	MY HOME - Home For Aged	Bowenpally	15
31	Lahari Old Age Home	Korremula X Road	25
32	Maanyatha Old Age Home	Peerzadiguda	26
33	Ratna Old Age Home	Ramanthapur	22
34	Prema Old Age Home	Hafeezpet	3
35	Swayamkrushi	Yapral	70
36	Shalom Old Age Home	ECIL	50
37	Second Chance Foundation	Yapral/Cherlapally/Ghatkesar	110
38	Satya Harishchandra Foundation	Afzalganj	19
39	Home For The Disabled	Bansilalpet	350
40	Aleti Atom World Ashram	RR Dist	160
41	Elder's Welfare Association	Medhchal	30
	PHASE III		
42	St. Anthony Educational Society	Mirjalguda	25
43	Serve Needy Voluntary Organization	Karkhana	25
44	Sadhana Society	Nacharam	20
45	Medical Educational and Nature Services	Moula Ali	40
		TOTAL	2435

Prepared by:

Rtn. Ravi Ladia
SecretaryRtn. Samir Gupta
Chairman – New Projects



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ROTARY - INTERNATIONAL



In late 1914, Europe was divided by hundreds of miles of trenches. British and French forces on one side were within shouting distance of German troops on the other. The pope made a plea for a Christmas truce, but the shooting continued.

Then, on Christmas Eve, soldiers from behind British lines heard an unexpected sound — not gunfire, but singing. Next, they heard a single voice shout out, "English soldier, merry Christmas!" followed by "English soldier, come out to join us!"

Both sides cautiously emerged over the parapet into the no man's land between the trenches. Before long, the soldiers realized that it was a real truce. They fraternized, singing Christmas carols, exchanging souvenirs and whiskey, and even taking up a friendly soccer match.

The cease-fire continued only two days before the troops returned to their trenches, resuming bloodshed for nearly four long years. But the story of the Christmas truce reminds us that peace is possible, if we choose to accept it. If peace can last a few days, could it not also last months or years? And how do we prevent conflict in the first place?

In his Nobel Peace Prize lecture in 1964, American civil rights leader Martin Luther King Jr. said, "We must concentrate not merely on the negative expulsion of war, but on the positive affirmation of peace."

With Positive Peace, our society's structures, policies, and everyday attitudes and actions promote justice at all levels, sustaining a peaceful coexistence. It's an answer to the calls for justice and peace we have heard on the streets in protests from Minneapolis to Paris this year.

Positive Peace, studied at our Rotary Peace Centers around the world, is not just an academic idea for the Rotary Peace Fellows. Through Rotary's partnership with the Institute for Economics and Peace, the Rotary Positive Peace Academy offers free training to every Rotary member on how to wage Positive Peace in every project we do at the grassroots level, including Foundation grants.

Positive Peace resonates at all levels of The Rotary Foundation. Our literacy projects help children gain equal access to literacy, so opposing sides on an issue can understand each other better. Through our Foundation grants that provide clean water, communities gain stability, as more children stay in school rather than fetching water for hours on end.

Our role as civil society leaders who wage Positive Peace will continue to expand, not only through partnerships and more grants, but also through our hearts, minds, and hands as we offer our gifts to make the world a better place.

K.R. Ravindran, Trustee Chair 2020-21

Source: Rotary International

Courtesy: eFlash_Rotary Kalamassery



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Clifford L. Dochterman
President, Rotary International
1992-93



Part 2 of 12

100 Percent Attendance

Regular attendance is essential to a strong and active Rotary club. The emphasis on attendance is traced back to 1922, when Rotary International announced a worldwide attendance contest that motivated thousands of Rotarians to achieve 100 percent attendance year after year. Many Rotarians take great pride in maintaining their 100 percent record in their own club or by making up at other Rotary club meetings.

Rotary's e-clubs make it easy for members to make up meetings online. To earn an attendance credit, Rotarians log on to an e-club's Web site, read online material on a range of subjects, post comments, and submit a form to the club secretary. Find a complete list of Rotary e-clubs and the languages "spoken" at www.rotary.org.

Although the RI Bylaws require members to attend only 60 percent of all meetings, many clubs encourage more frequent attendance because the absence of any member deprives the club of the value of its diversified membership, the contributions of all members to ongoing club projects, and the personal fellowship of each member. The club's board of directors may determine appropriate reasons for excusing absences. From time to time, proposals have been made to give attendance credit for various reasons or to lower the minimum requirement, but such attempts have not been adopted by the Council on Legislation.

In 2001, the Council approved the creation of a New Models for Rotary Clubs pilot project to develop up to 200 new clubs that were more responsive to the needs of younger professionals. The new models clubs are allowed to operate outside the Standard Rotary Club Constitution and Recommended Rotary Club Bylaws. Many of these clubs have altered their meeting frequency and relaxed attendance requirements. If the pilot clubs prove successful, the Council on Legislation could adopt policies making these innovations permanent.

The Four-Way Test

One of the most widely printed and quoted statements of business ethics in the world is The Four-Way Test. It was created by Rotarian Herbert J. Taylor in 1932 when he was asked to take charge of the Chicago-based Club Aluminum Company, which was facing bankruptcy. Looking for a way to save the struggling company, Taylor drew up a 24-word code of ethics for all employees to follow in their business and professional lives. The Four-Way Test became the guide for sales, production, advertising, and all relations with dealers and customers, and the survival of the company was credited to following this simple philosophy. Herb Taylor became president of Rotary International in 1954-55. The Four-Way Test was adopted by Rotary in 1943 and has been translated into more than 100 languages and published in thousands of ways. The message should be known and followed by all Rotarians: "Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?"



Clifford L. Dochterman
President, Rotary International
1992-93



Paul Harris — First but not First

Was Paul Harris the first president of a Rotary club? No. Was Paul Harris the first president of Rotary International? Yes. There is an easy explanation to this apparent contradiction. Although Paul Harris was the founder and organizer of the first Rotary club in Chicago in 1905, the man selected to be the first club president was one of the other founding members, Silvester Schiele.

By 1910, there were 16 Rotary clubs, which formed an organization called the National Association of Rotary Clubs. Two years later, the name was changed to the International Association of Rotary Clubs to reflect the addition of clubs in Canada, England, Ireland, and Scotland. In 1922, the name was shortened to Rotary International.

When the first organization of Rotary clubs was created in 1910, Paul Harris was selected as the first president. He served in this position for two years, from 1910 until 1912. Thus, the founder of the Rotary idea, who declined to be president of the first club, became the first president of the worldwide organization, Rotary International.

First Names or Nicknames

From the earliest days of Rotary, members have referred to each other on a first-name basis. Since personal acquaintanceship and friendship are cornerstones of Rotary, it was natural that many clubs adopted the practice of setting aside formal titles in conversations among members. Individuals who normally would be addressed as Doctor, Mister, Professor, the Honorable, or Sir are regularly called Joe, Bill, Mary, Karen, or Charley by other Rotarians. The characteristic Rotary club name badge fosters the first-name custom.

In a few areas, such as Europe, club members use a more formal style in addressing fellow members. In other parts of the world, mainly in Asia, the practice is to assign each new Rotarian a humorous nickname that relates to some personal characteristic or describes the member's business or profession. For example, a member nicknamed "Oxygen" is the manufacturer of chemical gas products, while "Trees" might be the nickname for a Rotarian in the lumber business. Other members might carry nicknames like "Muscles," "Foghorn," or "Smiles" as commentaries on their physical characteristics.

The nicknames are frequently a source of good-natured fun and fellowship. But whether a Rotarian is addressed by a given first name or a nickname, the spirit of personal friendship is the initial step that opens doors to all other opportunities for service.

Avenues of Service

The term Avenues of Service refers to the four parts of the Object of Rotary: Club Service, Vocational Service, Community Service, and International Service. Although the Avenues of Service are not listed in the constitutional documents of Rotary, many Rotarians use this concept to describe the primary areas of Rotary activity.



Clifford L. Dochterman
President, Rotary International
1992-93



- Club Service involves all of the necessary activities Rotarians perform to make their club function successfully.
- Vocational Service describes the opportunity each Rotarian has to represent the dignity and value of his or her vocation to the other members of the club, as well as the responsibility of the club to undertake projects related to such areas as career planning, vocational training, and the promotion of high ethical standards in the workplace.
- Community Service pertains to those activities that Rotarians undertake to improve the quality of life in their community. It frequently involves assistance to youth, the aged, the disabled, and others who look to Rotary as a source of hope for a better life.
- International Service describes the many programs and activities that Rotarians undertake to advance international understanding, goodwill, and peace. Many International Service projects are designed to meet humanitarian needs in the developing world or to support relief and recovery efforts in the wake of disaster. When a Rotarian understands and travels down the four Avenues of Service, the Object of Rotary takes on even greater meaning.

The Rotarian and the Rotary World Magazine Press

The month of April is designated as Rotary's Magazine Month, an occasion to recognize and promote the reading and use of the official RI magazine, The Rotarian, and the Rotary regional magazines, which make up the Rotary World Magazine Press.

The Rotarian has been around since 1911 as the medium to communicate with Rotarians and advance the program and Object of Rotary. A primary goal of the magazine is to support and promote key programs of Rotary. The magazine also disseminates information about the annual RI theme and the philosophy of the RI president, major meetings, and the emphasis of the officially designated months on the Rotary calendar.

The Rotarian provides a forum in which both Rotary-related and general interest topics may be explored. The magazine serves as an excellent source of information and ideas for programs at Rotary club meetings and district conferences. Many articles promote international fellowship, goodwill, and understanding. Regular readers usually have superior knowledge of the activities of Rotary and understand how each Rotarian may be more fully involved in the four Avenues of Service around the world.

In addition to The Rotarian, the Rotary World Magazine Press includes 30 regional magazines printed in 23 languages with a combined circulation of more than 750,000. Although each regional publication has its own unique style and content, all provide Rotarians with up-to-date information and good reading in April — and all through the year.

(... to be continued)



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RCSS - CLUB IN ACTION (LAST MONTH)

Aug 5th

COVIDCARE - FOR ELDERLY

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.



Aug 14th

Joint Meeting - Keynote address by Chief Guest Ms. Anshula Kant. (MD & CFO, World Bank Group)



Aug 30th

Speaker Meeting - (Venue: Zoom Meeting)



The 4-Way Test *of things we do and say:*

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?




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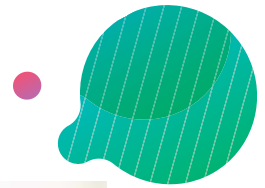

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Anns & Children Project

PLANT A TREE

“The trees are God’s great alphabet:
With them He writes in shining green
Across the world His thoughts serene”.



Fellow Members, Anns’ and Annets’ of Rotary Club of Secunderabad Sunrise - Here comes the first project for Annets’ or children (any age group) till date – PLANT A TREE!!!

Unless ONE digs a hole, ONE cannot plant a tree;
Unless ONE waters it, ONE cannot stop it from wilting;
Unless ONE adds manure, ONE cannot make it survive;
But if YOU do all of the above, YOU get pure OXYGEN.

All one needs to do, to participate is:

To send us a video clip of maximum 2 minutes - in action of planting a tree or a plant briefly explaining its benefits.

Send us your name, age and educational qualification.

Confirmed: Each participant will be given a certificate of participation.

1st Reward: The best 2 videos would be awarded with a Sunrise Cash Prize of Rs 500 each.

6 Months Later: A follow up of the same plant video for the participants to let us know how well has the plant survived.

2nd Reward: Participants stand to earn a Sunrise Gift voucher after 6 months. A reminder of the same would be forwarded to each participant.

PLEA: We sincerely urge our members to help us inculcate good habits into our annets’ and children. We request one and all to promote all to participate in this Rotary Secunderabad Sunrise Family activity and send us the video by 15th of September 2020.

Contact Details or Videos to be forwarded to:

Ann Seema Jain @9393469123

or

Ann Mamta Jhawar @9949042481

Life Mantra to learn from the project – Planet a Tree:

You can’t sow an apple seed and expect to get an avocado tree. The consequences of your life are sown in what you do and how you behave.

DESIGNATED MONTH



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



September - Basic Education & Literacy

Area of Focus : Basic Education and Literacy Month, Promote Literacy and It's a time when Rotary clubs and districts highlight Rotaract by joining in projects with their Rotaract clubs.

- Initiate Adult Education class
- Involve Youngsters / College Students as Teachers
- Initiate E-Learning / Happy School Projects
- Distribute Libraries
- Develop Traffic park for Children
- Arrange Traffic Awareness Lectures in Schools & Colleges

Volunteer work in Taiwan in Nov 2019 to Jan 2020 : Rtn. Madhumita Bishnu

Madhumita Bishnu, PHF+2, PHS, Bequest Society Member, IPP & Club Service Chair of E Club of Melbourne, Dist 9800, Australia. Am a Charter member. Club was Chartered in 2013. Joined Rotary in 1999 after 9 years in Rotaract. Cadre Member of TRF. Member of several Rotary Fellowship Groups like ITHF, Singles, Wine Appreciation, Cruising, Photography, Social Area Network, E Club, ROTI etc. Have been Rotary Volunteer since 2004 and have done Volunteer work in Bangladesh, Taiwan several times.

I had been invited as a Rotary volunteer to teach Communicative English for 60 days by Rotary Dadu and Charter President Uen Chao Aircon in particular. Rotary Dadu had been having this project since some years back and with my experience of teaching English in Bangladesh between 2006-2012 several times, it was an advantage for me. In Dadu in Central Taiwan it was in Chui Fien Elementary School, Dadu Elementary school, Da-dau Junior High School. I spent 3 weeks to 2 weeks in each school. In 2017, 2018, I had taught in Guangfu Senior High school and Dadu Elementary school for 45 days. Impressed with my teaching, I was told to re visit in 2019 which I did. I attended the Rotary Dadu meetings on Wednesdays and shared my experience and all Rotarians appreciated my work. The teachers and students loved me all and made me feel at home always. I was being hosted by Rotarians and non Rotarians too. Infact I was hosted by a family for 2 weeks who knew not a word of English and we did well to communicate through Google Translator.

I toured during the weekends and visited Sun Moon Lake, Hualian and Nantou too.

The experience was a life changing one I must say in all respects. The cultural exchange helped the students to understand India better than what they already knew. All Taiwanese love India and its culture a lot. In particular movies of Aamir Khan, with special mention to Dangal, Tare Zameen par, 3 idiots etc. The students all come to school by 7:30am and clean the school and every classroom for half hour every day without any mistake. The teachers join them too. Each class is of 40 mins and 30 mins plus 10 mins preparation for the next class. The lunch break is for 1.30 mins and lunch is prepared in school and very nutritious food. All schools that I taught in are public schools and each class have students varying between 20-30 students per class.

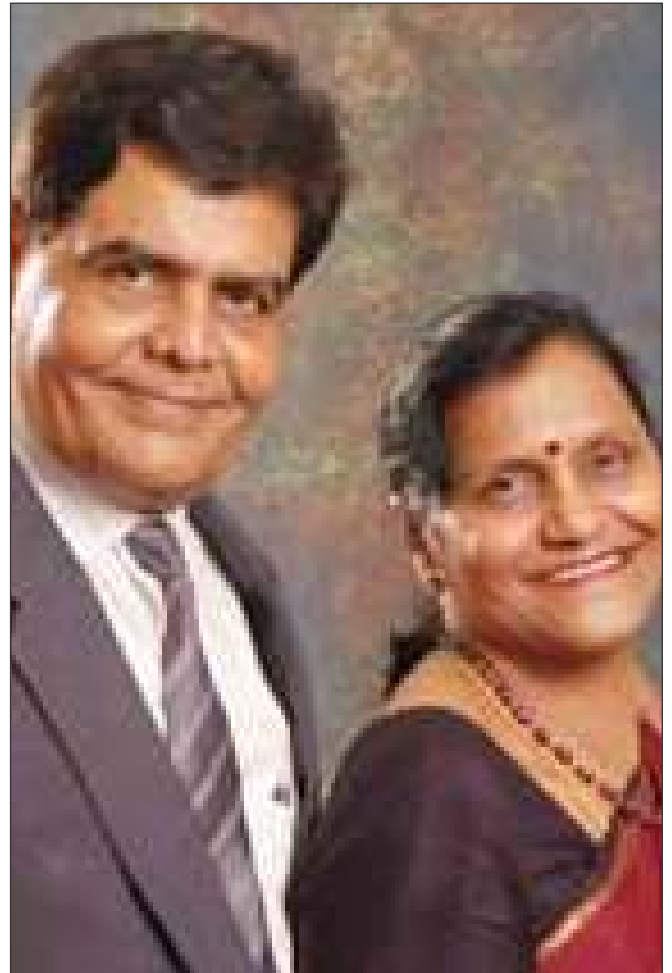
The impact has been tremendous and the best one is formation of Rotaract in Dadu and as an ex Rotaractor, that has been a great step forward I would say. I would love to repeat my training in 2021 too and as many times I can I'm extremely thankful to Rotary Dadu and Uen Chao in particular for providing me an opportunity to serve.

Rtn. Madhumita Bishnu
IPP & Club Serv Chair
E Club of Melbourne
RID 9800, Australia



INTRODUCING OUR ANN'S OF THE CLUB

Ann Dr. Mridula Verma
W/o Rtn. Suresh K Vema



Name - Dr. Mridula Verma

Qualification - MBBS, DGO.

Hobbies - Listening to Hindi music- light and classical, Traveling and Gardening.

About Me - I originally belong to Taj city of Agra. After doing my MBBS from wonderful SN medical college Agra, got married to Rt. Suresh Verma, and moved to Hyderabad then I have done my post graduation in Obstetrics and Gynec from Gandhi Medical College Hyderabad. Practicing privately gynec and obstetrics since then at Trimulgherry and karkhana area of Secunderabad.

I am proud mother of two-

Son Himanshu (an IIT Bombay graduate) and

Daughter Pallavi (MBA from Booth School of Business. Chicago) Both married and settled in USA.

INTRODUCING OUR ANN'S OF THE CLUB

Ann Beena Ramnarayan
W/o Rtn. Kappana Ramnarayan



Hello I'm Ann Beena.

Married to Rotarian Ramnarayan for 28years.

I was born and raised in Hyderabad to parents who were Bankers.

I was the eldest with two other siblings. I had a wonderful childhood & a decent upbringing and I owe it all to my parents.

About me :

I was educated in a convent school called St.Francis where I completed my studies upto my 12th standard.

Since my parents had a transferable job I completed my graduation in commerce from SV University. I worked with a corporate for a while and had to give up my career to be a full time mom for two beautiful girl babies (Aparna & Nandita) who were twins.

After 19 years of being a homemaker, I moved out of my comfort zone and started to help my husband in his business and at the age of 46, I passed an entrepreneurial program from ISB(Indian School of Business).

My Hobbies :

I love gardening and being with nature

I love cooking and feeding family & friends

I love to go on long drives

I love to watch movies

I like to help make a difference to other peoples live in whatever small way possible within my capacity.

I hope thats about me in a nutshell.

Thanks for reading.

INTRODUCING OUR ANN'S OF THE CLUB

Ann Sheetal Dhumale (Monika)
W/o Rtn Vinayak Dhumale (2020-21)



Name - Sheetal Dhumale(Monika)

Qualification - B.com(Computers)

Hobbies - Gardening ,Traveling,Music,Cooking

Occupation Home maker

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.



INTRODUCING OUR ANN'S OF THE CLUB

Ann Padma Datla
W/o Rtn Ravi Verma Datla



Name - Padma Datla

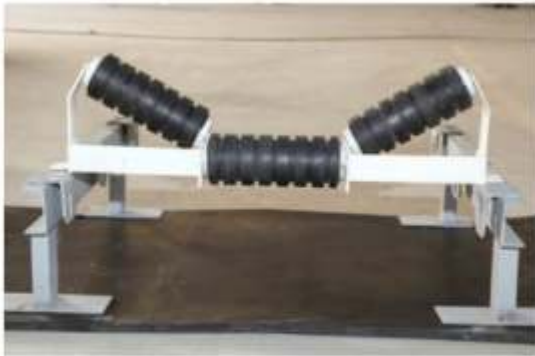
Qualification - M.A. English literature

Hobbies - Designing patterns for clothes Reading about ancient history and mythology.

Profession - Homemaker



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RITU'S COLUMN - HINDUISM

Sanatan Dharma

There's no parallel to the wisdom of Sanatan Vedic (Hindu) Dharma. It tells us to live with complete harmony with everything.

Our Rishis said thousands of years before, 'Vasudhaiv Kutumbakam'. It means that whole world is one family. It includes not only human being but the entire Nature, whether living or non-living i.e. all minerals, plants, trees, rivers, mountains, natural forces (air, light, sound etc), animals etc.

We must respect and treat with dignity every thing in the Universe. When every thing in the nature is considered one family, we take care of everything contained in it. This leads to best way of living with no damage to the environment. We don't pollute and destroy the environment in which we live. Showing respect to animals is as much important as to a fellow human being.

Sanatan Vedic (Hindu) Dharma treats all natural forces as Gods like Sun (light) God, Indra (water) God, Varun (vayu) God etc. and thus gives maximum respect to the nature. We worship rivers, mountains, trees, animals etc. to express our gratitude to them. It's best way to show our respect and protect the environment.

Also, non-violence is deeply ingrained in 'Vasudhaiv Kutumbakam' because when you treat everything in the nature as one family, we don't commit any violence against anything within it, whether living or non-living, whether animals or humans.

The well being of humanity lies in Sanatan Vedic (Hindu) Dharma since it provides complete freedom to a man of thought, expression, belief, speech, action and to relate with God. It does not chain a person with any particular Ideology.

Some of the guiding principles of Sanatana Vedic (Hindu) Dharma are, (1) Asto ma sad gamaya - lead me from unreal to real, (2) Ahimsa Parmo Dharma - non-violence is best creed, (3) Satyamev Jayate - truth always triumphs, (4) Sarve Bhavantu Sukhina- let all beings be happy, (5) Sarva Dharma Sambhav- all religions are equal, (6) Aa No Bhadra Krtavo Yantu Vishwatah - let noble thoughts come to me from all directions, (7) Satyam Bruyat Priyam Bruyat Na Bruyat Satya Apriyam - speak truth, speak love but not apriya satya, (8) Jiyo Aur Jeene Do - live and let live.

It prohibits killing of animals and promotes Vegetarianism. It prohibits polluting our air, water bodies, place we live i.e. environment for our safe living. It prohibits discrimination of any kind amongst human beings on the ground of ethnicity, nationality, religion, language, colour, caste/sect, sex etc. so as to provide equality of every body. It talks about universal brotherhood and is all inclusive.

Whole world is today suffering from environmental pollution. The problem of global warming, melting of ice, rise in sea water level, hole in ozone layer etc. can all be checked if we follow Sanatan Vedic (Hindu) Dharma. The present pandemic of Covid 19 is attributed to the degradation of Nature due to shabby treatment given to it by the humanity. The salvation of humanity lies in following the Sanatan Vedic (Hindu) Dharma which gives the message of truth, love, equality & non-violence.



PANEER SUPREME - RECIPE

FROM MY KITCHEN

Ingredients for the Batter:

1 Cup Maida
2 Cups Milk
2 tsp melted ghee
1/2 tsp salt
Ghee for shallow frying pancakes 1/4 cup.

Ingredients for The Filling:

1/2 Cup finely chopped onion
1 small Capsicum (finely chopped)
3 pieces green chillies (finely chopped)
300 gms Paneer (cut into very small dice)
1/2 tsp chilli powder
1/2 tsp salt

Ingredients for The Sauce:

1 kg Tomato [Pressure cook without water then liquidised.
It should be 3 1/2 tsp cups].
1/2 tsp. Chilli powder
2 tsp Tomato sauce
1 tsp salt
1/2 tsp sugar
1/3 cup cream

Method for Pancake:

Mix maida, milk, ghee, salt and make thin batter out of it.
Keep it covered aside for atleast 2 hours. Make thin pancakes out of it on a no-stick tawa using little ghee.

Method for the filling:

Saute onions, capsicum and green chillies in ghee. Add paneer, chilli powder & salt. Mix it properly & keep it aside for the sauce, mix chilli powder tomato sauce, salt & sugar in the puree & give it a boil. When it starts boiling, add cream . Take oven proof bowl, first put little puree then arrange pancakes spread little paneer mixture ones the pancake, pour little mixture ones the pancake, pour little puree & repeat the same thing. Then, garnish with cheese & bake in oven proof bowl for 10 to 15 min.



By Ann Neha Gupta



Kitchen Measurements (approx.)

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



Servings



Preparation Time

CHOCOLATE CARAMEL SHOTS

FROM MY KITCHEN

Ingredients:

Chocolate Ganache
 100-120 grams Dark Chocolate
 50 ml Cooking Cream
 1/2 tsp Coffee Powder
 Caramel Sauce
 3 tsp Sugar
 1 tsp Butter
 2 tbs Cooking Cream
 Chocolate Crumble
 Oreo or other Cream Biscuits
 Roasted Walnuts

Procedure:

01. Chocolate Ganache preparation :

Take 100-200 grams of dark chocolate, slice it thin and melt it in the microwave for 30-40 seconds max or use double boiler. Mix 1/2 tsp coffee powder and 50ml cream. Mix it with melted chocolate and set it aside for it to cool down.

02. Caramel Sauce Preparation:

Heat pan on medium flame and add 3 tsp of sugar, don't stir just let the sugar melt, once it turns golden-yellow colour add 1 tsp butter and mix well. Now add 2tsp of cooking cream and turn the flame to low. Keep stirring and mix well until sauce gets darker. Switch off the flame and keep it aside to cool down, but keep stirring to that crystals don't form.

03. Chocolate Crumble:

Grind a packet of Cream biscuits in a mixer grinder and keep aside.

04. Assembly:

Now layer Chocolate Crumble, Caramel Sauce and Chocolate ganache in shot glasses and drop roasted walnuts in between the layers. Refrigerate for 15 min for it to set. Garnish with walnuts and chocolate.



By Ann Seema Goyal



Kitchen Measurements (approx.)

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



Servings



Preparation Time



Ram Goel
Ranjay Goel
Sanjay Goel

92465 30217
93916 33663
93999 99890



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Ann. M. Vijaylaxmi

An old lady always gave the bus conductor Cashew nuts, Almonds to eat.

Conductor : So kind of you that you give me those nuts to eat everyday. Why don't you eat them yourself?"

Old Lady : "I don't have teeth to munch them"

Conductor : "Then why did you buy them?"

Old Lady : "I just love the chocolate around them!"

3 Important Stages of Life.. Before Marriage MAD For Each Other, During Marriage MADE For Other, After Marriage MAD Because of Each Other...

How to become a GENIUS... some text missing, find the missing text and surely you will become a GENIUS...

I am Looking for a Bank which can perform Two things for me, Giving me a Loan, and then Leaving me alone...

LAW OF EQUALITY:

The time taken by a wife when she says I'll get ready in 5 min is exactly equal to the time taken by husband when he says I'll call you in 5 min.

Listening to wife is like reading the terms & conditions of website. You understand Nothing... still you click "I Agree"...

Chess is the only game in the world, which reflects the status of the husband. The poor King can take only one step at a time...while the might Queen can do whatever she likes...

All men are Brave. Horror movies don't scare them but, 5 missed calls from wife surely does...

Shared by Ms.Chandrakala, Jumbo Bag Ltd.





THE ONLY WORK OF THE CHILD IS TO PLAY!

At Cremon Buds, a Montessori School located in the heart of Secunderabad, we create an environment that focuses on the child's development through activities that develop their social, emotional and physical growth.



G.Rama

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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

Editor / Webmaster

editor@rcss.in

webmaster@rcss.in



ROTARY CLUB OF SECUNDERABAD SUNRISE
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