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## 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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Vice President	-	Rtn. Vineet Giria
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Sargeant-at-arms	-	Rtn. Rajneesh Pissay

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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 ebulletin & Website Member Retention New Member	- - -	Rtn .Vikram Mehta Rtn. Rajesh Pamnani Rtn. Ajit Gandhi 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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frican region declared free of wild poliovirus - Rotary and its GPEI partners celebrate a monumental achievement, say global eradication of wild polio is possible with the continued dedication and persistence of Rotarians.



The Best message received ...sharing with you all.

Essential Covid Medi-Kit & other recommendation at home:

- 1. "Paracetamol"
- 2. "Betadine" for mouthwash and gargle
- 3. Vitamin C and D3
- 5. "B complex" Capsules
- 6. Steam Vaporiser + capsules for steam
- 7. Oximeter Device

(When to approach an Emergency hospital. Monitor the oxygen level.

If it goes near 93 (normal 98-100) then you may need oxygen support. )

- 8. Arogya Setu app on your mobile smart phone
- 9. Breathing Exercises (Any Yoga Teacher)

Covid Symptoms can be explained in the following three stages :-1. Covid Only in Nose - Generally recovery time is half a day. (Steam inhaling), vitamin C. Usually No fever. Asymptomatic. 2. Covid In Throat - sore throat, recovery time 1 day (hot water gargle, warm water to drink, if temp then paracetamol. Vitamin C, Bcomplex. If severe; than antibiotic. (As suggested by the consulting physician) 3. Covid In lungs - coughing and breathlessness for 2 to 3 days. (Vitamin C, B complex, hot water gargle, oximeter, paracetamol, supprt required of an Oxygen cylinder.

#### At any Stage, please consult your doctor for any treatment .

Take Care. Wear Mask. Be Safe. Spread the safety message to all near & Dear ones.

Rajesh Pamnani Editor (2020-21) Email: rajesh\_pamnani@hotmail.com



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Ann Seema jain W/o Rtn. Lokesh Jain



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Ann Ritu Gupta W/o Rtn. Samir Gupta

## ANNAPURNA – CARE FOR THE ELDERLY - 2020-21

– A REPORT

MAJICAL EUFORIA ......are small words for this joint project.

At the outset, we would like to thank Rtn./Vir Kamal Jain and Rtn. Ranjay Goel for bringing two likeminded philanthropic organizations Rotary Club of Secunderabad Sunrise and Mahavir International Secunderabad together to collaborate and execute project **'ANNAPURNA – CARE FOR THE ELDERLY'** - donation of provisions to the needy.

#### THE THOUGHT

Kamal Jain, a member of Mahavir International Secunderabad and Assistant Governor for Rotary Club of Secunderabad Sunrise in Rotary District 3150 had requested the contact details of old age homes



from Rtn. Ranjay Goel, treasurer of Rotary Club of Secunderabad Sunrise, in order to donate provisions to the deserving needy. Rotary Club of Secunderabad Sunrise had just

executed a fantastic project COVID CARE FOR THE ELDERLY in July/ August 2020. Mahavir International had executed projects on donating food and essentials for the underprivileged.

Donations to the old age homes/ orphanages are drying up due to the covid pandemic and the guardians/ managements of these places are finding it very difficult to even bear the regular essential requirements for the inmates. Thus arose the golden thought of partnering a project together to help the senior citizens and underprivileged brethren.

#### THE BIRTH

On 28<sup>th</sup> August 2020, the initial detailing of the project 'ANNAPURNA – CARE FOR THE ELDERLY' were drafted by the joint team ably lead by Chairperson 2020-21 Vira Vinita Mehta of Mahavir International Secunderabad and President Vijay Rathi of Rotary Club of Secunderabad Sunrise. Mahavir International Secunderabad had proposed a budget of one lakh rupees which was equally matched and confirmed by Rotary Club of Secunderabad Sunrise with the initial thought



of providing for provisions to around 250 inmates of various old age homes/ orphanages.

It was decided that we provide provisions - the staple Rice, Wheat Flour (Aata), Semolina (Rawa), Sugar, Pigeon Split Peas (Toor Dal), Edible Oil, Red Chili Powder (Mirchi), Turmeric Powder (Haldi), Coriander Powder (Dhaniya), Cumin Seeds (Jeera) and Tea Leaves to the needy inmates of old age homes so as to suffice them for minimum a full month or more.

The complete data on the deserving old age homes and orphanages, including individual distribution of each product was being provided by Rotary Club of Secunderabad Sunrise and the majority of the purchases and actual distributions of the provisions being taken care by Mahavir International Secunderabad.

#### THE INTERLUDE

It was also decided that both organizations will try and bring the cost of the payment component down by securing the most economical pricing, secure cash donations, and secure provisions gracias (in kind) in order to increase the number of inmates that we can cater from more that the initially estimated 250 inmates. Both the organizations probed what best was possible within their resources and the ensuing meetings increased the numbers from 250 to 438 and then to 1100 inmates by the 8<sup>th</sup> of Sept 2020.

A lot of decisions were jointly taken in this phase of time. Detailing of the deserving old age homes/ orphanages, detailing of quantities for each old age home/orphanage, vendors were finalized, launch dates for distribution were discussed, responsibility for the PR (Public Relations) activity, decisions on how we recognize the donors and the beneficiaries, artworks for various printing materials that we had decided on, the delivery schedules and a lot of other



finer detailing. It was all done using the new normal – the digital zoom platform. All of this was done with the line of thought of maintaining social distancing at all times so that all are safe from the prevailing covid pandemic situation. *This interlude was like a time bomb waiting to explode.* 

#### THE JUGGERNAUT STARTS......

Then on to the start of the frenzy the members getting down to work under the respective directors: Rtn. Praveen Lunwath Jain – Director Community Services of Rotary Club of Secunderabad Sunrise and Vir Sushil Sancheti – Director Service Projects of Mahavir International Secunderabad. Detailing to the precise individual requirements of each deserving old age home/ orphanage was done by Rotary Club of Secunderabad Sunrise under Rtn. Shravan Malani, Chairman – Fund Raiser. Members from both the



organizations started the ordering the required provisions and stacking the materials at the Nacharam unit of Vir Pavan Surana, Secretary of Mahavir International Secunderabad, who very kindly consented for separating, packing and delivery of all the provisions to all the old age homes/ orphanages.



#### AND THEN IT ROLLS......



After completing the procurement of provisions and the incoming deliveries received from our gracious donors, it was decided to have formal launch of deliveries to old age homes/ orphanages on 15<sup>th</sup> Sept 2020 at Nacharam. Again special care was



taken to maintain social distancing. Only 15 people attending the formal launch - 7 from Mahavir



International Secunderabad, 5 from Rotary Club of Secunderabad Sunrise, 2 beneficiaries from old age homes and 1 photographer.



From then on the meticulous procedure of separating, packing and delivery of predetermined quantities of provisions started to the 24 old age homes/ orphanages on a daily basis. The precise routes, the dispatches of correct quantities for each old age home/ orphanage, contacting each old age home before delivery and securing confirmation of the deliveries vide photos was totally coordinated and handled ably by Vir Pavan Surana and Rtn. Vaman Rao.

#### **IMPORTANT VISTAS - LOOKED AFTER**

**Honoring The Donors** - Expansion of the project was possible due to the donations received in cash and kind from members within the organizations and also from benevolent donors from outside the organizations. We would like to profusely thank each and every donor from the bottom of our hearts for agreeing to 'lend a hand' in their own way for the deserving needy inmates of old age homes/ orphanages. In order to recognize their timely and warm donation we honored them with **SITHIR (Thank you) Certificates** for each and every donor.





**The Beneficiaries** - Identifying the deserving beneficiaries was very important and that was taken care by team Rotary Club of Secunderabad Sunrise in the most systematic manner. The places where they had enough provisions available or they had a pipeline of donors were avoided. The items were given as per the requirement of each beneficiary, so that nothing was wasted. We also presented सहयोग (help) Certificates to all the old age homes/ orphanages. These were sent to all the accorded beneficiaries whilst delivering the

#### provisions.

*Public Relations* – The joint project was covered by TV, print media and social media modes. It was covered by IN9 TV, Shubh Laabh, Swatantra Vaartha, and Hindi Milap. A



lot of photos, articles, thank-you messages, etc., were shared on Whats-app, Facebook and Twitter.





#### THE BLESSINGS

This initiative, we can proudly say, was a success in many ways. Everyone was busy thinking about sustaining themselves or helping out more capable people, whilst forgetting about the suffering elder/ underprivileged people living in old age homes/ orphanages. We took this initiative and helped bring smiles back on the faces of the caretakers and the members of the old age homes/ orphanages. The help much needed was given on-time.

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

- Thanks to Mahavir International SEC'BAD and Rotary Club of SEC'BAD • Sunrise for ANNAPURNA CARE FOR THE ELDERLY - From Fatima OAH
- On behalf of Mother and Father Old Age Home, I thank you for your • support during the pandemic. We would like to express our deepest gratitude for your concern and your donation. Your support and continued generosity, allowed us in staying safe and keeping everyone among our community safe. We once again thank you for recognising our needs and supporting us even during the toughest times. Thank you !!!



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Thank you very much Sir - Swayamkrushi •







SUNRISE

ANNAPURNA CARE FOR THE ELDERLY A Joint Community Service initiative of

MAHAVIR INTERNATIONAL SECUNDERABAD and **ROTARY CLUB OF** SECUNDERABAD SUNRISE

Vira Vinita Mehta Chairperson - Mehavir International Sec 'bad Rtn. Vijay Rathi President - RC Sec 'bad Service Vir Sushil Sancheti Director - Service Projects, Mahavir International Sec 'had Rtn. Praveen Lunawath Community Senices, RC Sec"bad Su

























The financials were meticulously maintained by the treasurers – Vir Badal Jain of Mahavir international Secunderabad and Rtn. Ranjay Goel of Rotary Club of Secunderabad Sunrise. It finally culminated on the night of 25<sup>th</sup> Sept 2020 when the final delivery was effected. Total tally was an amazing 24 old age homes and orphanages. And, the total number of inmates that we could reach and help were 1220 !!! – Almost 5 times more that the modest 250 inmates that we had thought of helping at the start. All in all - a fruitful end to the joint project!!!

ANNAPURNA - CARE FOR THE ELDERLY (2020-21)			
No.	Name of Benificiary	Location	Inmates Nos
1	Integrated Welfare Society	Suchitra Junction	93
2	Karunaradham Home	Medpally	60
3	Sri Karthikeya Oldage Home	LB Nagar	32
4	Sree Ushodaya Sevashramam	Dundigal	14
5	RK Mother Theresa OAH	Karkhana	34
6	Bharatha Matha Social Service Society	Bod Uppal	62
7	Jain Sevashram	Karwan	33
8	Grace Foundation Homes For Aged	Malkajgiri	14
9	Maanyatha Old Age Home	Peerzadiguda	26
10	Elder's Welfare Association	Medhchal	20
11	Shalom Old Age Home	ECIL	50
12	Sadhana Society	Nacharam	20
13	Swayamkrushi	Yapral	70
14	Satya Harishchandra Foundation	Afzalganj	19
15	Sri Laxmi Narasimha Oldage Home	AS Rao Nagar	30
16	Hyderabad Zilla Mahila Mandalula Samakhya	Miyapur	60
17	MY HOME - Home For Aged	Bowenpally	15
18	Lahari Old Age Home	Korremula X Road	25
19	Fatima Old Age Home	Falaknuma	60
20	Mother & Father Oldage Home	Karmanghat	90
21	Mansa Elders Oldage Home	ECIL	150
22	Second Chance Foundation	Yapral/Cherlapally/Ghatkesar	150
23	Amma Foundation	Saidabad	63
24	Bala Vikas Orphanage	Singaram	30
	TOTAL		1220

#### **RETROSPECTIVELY SPEAKING**

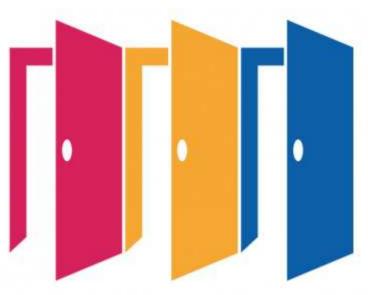
Both, Rotary Club of Secunderabad Sunrise and Mahavir International Secunderabad had a fantastic feel of working with each other. The professionalism, the camaraderie, the healthy discussions, the faith in each other, the fresh ideas, the like-minded goal, and the respect for each other made it a thoroughly enjoyable experience of meeting and embracing of new friends. We are sure that each of us have cherished every moment of this philanthropic joint endeavor.

In anticipation of working on more such wonderful joint objectives/projects......



#### **ROTARY - INTERNATIONAL**





## **Rotary Opens Opportunities**

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. Rotary youth exchange — one of the many programs for youths and young adults that we celebrate this month — was my path into true engagement in Rotary. My wife, Susanne, and I began hosting exchange students soon after I joined, and the experience helped me go from simply being a member of my Rotary club to being a true Rotarian. Now Rotary Youth Exchange is a family tradition, and a strong one: Over the past 24 years, we have hosted 43 students!

From the start, we loved it so much that, in addition to hosting students in our home, we became involved with the program by helping to organize student summer camps. During one such camp, I met Christine Lichtin, who was a German high school student at the time and whose father is a past president of my Rotary club. To try something new during this year of embracing change, I am turning this space, normally reserved for the president of Rotary, over to Christine so she can share her story.

My first contact with Rotaract was about 13 years ago, when I was with Susanne and Holger at a barbecue for the summer youth camp. Holger turned to me and said: "Why don't you visit a Rotaract club? You'll meet a lot of great young people who come together to have fun and to make a difference."

A few years later, when I was at Trier University, his words came back to me and I decided to give it a try. That was more than eight years ago, and I'm still at it. Once you are in Rotaract, you just don't want to get out. Rotaract has accompanied me everywhere, starting with the Trier club and then on to a club in Bologna, Italy, during the year I studied there. When I was in Kiel for my master's degree, I got involved with Rotaract there before landing at the Rotaract Club of Hamburg-Alstertal as I began my career. Each of those clubs has its own identity and focus, but all have the same intrinsic motivation.

I am now taking on a senior advisory role in my Rotaract club, which I really enjoy. I carry Rotaract in my heart, and it shapes my values, even as my interests evolve. One day, as if she had sensed this evolution, Susanne knocked on my door, wanting to introduce me to a young, modern Rotary club located between Hamburg and Mölln, my hometown. The E-Club of Hamburg-Connect, which Susanne helped charter, holds e-meetings, all of them very relaxed and personal. With members of different ages, everything just seemed to fit, so I thought, why not try it out? After all, time is precious and should be filled with fun whenever possible; the rest happens by itself.

Now I am in both worlds — a proud member of Rotaract and a Rotarian. And my small personal goal is to build a bridge between these two parallel worlds. All of us have very similar reasons for being part of the Rotary family.

It took some persistence to persuade Christine to become a member of Rotary, but it was well worth the effort. It is our duty to put in this kind of effort with youth program participants and Rotaractors so we can keep them in the family of Rotary. I hope you were inspired by her story. It's up to each of us to ensure that more young people like Christine can experience the many ways Rotary Opens Opportunities for us and for the people we serve.

Holger Knaack, President 2020-21

Source: Rotary International

Courtesy: eFlash\_Rotary Kalamassery



Part 3 of 12

#### International Responsibilities of a Rotarian

As an international organization, Rotary offers each member unique opportunities and responsibilities. Although every Rotarians' first responsibility is to uphold the obligations of citizenship of his or her own country, membership in Rotary enables Rotarians to take a broader view of international affairs. In the early 1950s, a Rotary philosophy was adopted to describe how a Rotarian may think globally. Here is what it said:

"Aworld-minded Rotarian:

• looks beyond national patriotism and considers himself\* as sharing responsibility for the advancement of international understanding, goodwill, and peace;

• resists any tendency to act in terms of national or racial superiority;

• seeks and develops common grounds for agreement with peoples of other lands;

• defends the rule of law and order to preserve the liberty of the individual so that he may enjoy freedom of thought, speech, and assembly, and freedom from persecution, aggression, want, and fear;

• supports action directed toward improving standards of living for all peoples, realizing that poverty anywhere endangers prosperity everywhere;

• upholds the principles of justice for mankind;

• strives always to promote peace between nations and prepares to make personal sacrifices for that ideal;

• urges and practices a spirit of understanding of others' beliefs as a step toward international goodwill, recognizing that there are certain basic moral and spiritual standards which will ensure a richer, fuller life."

That is quite an assignment for any Rotarian to practice in thoughts and actions!

\* When this philosophy was developed, Rotary was still an all-male organization. The description of a world-minded Rotarian today would obviously include all female members as well.

#### Standard Rotary Club Constitution

Rotary clubs exist in more than 200 countries and geographical areas and cut across dozens of languages, political and social structures, customs, religions, and traditions. How is it then that all of the more than 32,000 Rotary clubs of the world operate in almost identical style? The primary answer is the Standard Rotary Club Constitution.

To receive a charter, a prospective Rotary club must accept the Standard Rotary Club Constitution, originally adopted in 1922. This document outlines administrative techniques for clubs to follow in holding weekly meetings, procedures for membership and classifications, conditions of attendance, payment of dues, and other policies relating to public issues and political positions. It is available for download at www.rotary.org.

When the Standard Rotary Club Constitution was accepted, it was agreed that all existing clubs could continue to follow their current constitution. Although most of those early clubs subsequently endorsed the standard constitution, a few pre- 1922 clubs still conduct their club affairs according to their former constitutional provisions.



#### Sponsor of a New Member

The RI Bylaws clearly outline the procedure for proposing someone for Rotary club membership. The "proposer," or sponsor, is the key person in the growth and advancement of Rotary. Without a sponsor, an individual will never have the opportunity to become a Rotarian. Individuals must be asked to join Rotary; thus, it is every member's responsibility to identify and invite prospective members. The task of the sponsor should not end after submitting a name to the club secretary or membership committee. Although Rotary has not established formal responsibilities for sponsors, the following procedures are recommended in many clubs:

1. Invite a prospective member to several meetings before proposing the individual for membership.

2. Accompany the prospective member to one or more orientation or informational meetings.

3. Introduce the new member to other club members each week for the first month.

4. Encourage the new member to become involved in any club service projects underway.

5. Invite the new member to attend meetings of the Interact or Rotaract clubs sponsored by the club.

6. Provide opportunities for the new member to get involved in international program efforts, such as Group Study Exchange or Rotary Youth Exchange.

7. Invite the new member to accompany the sponsor to neighboring clubs for the first make-up meeting to learn the process and observe the spirit of friendship.

8. Ask the new member and spouse to accompany the sponsor to the club's social activities, dinners, or other special events.

9. Urge the new member and spouse to attend the district conference with the sponsor.

10. Serve as a mentor to ensure that the new member becomes an active Rotarian.

When a new member becomes involved and connected, both the club and the new member become stronger.

#### Inclusion of Women in Rotary

Until 1989, the Constitution and Bylaws of Rotary International stated that Rotary club membership was for males only. In 1978, the Rotary Club of Duarte, California, USA, invited three women to become members. The RI Board withdrew the charter of that club for violation of the RI Constitution. The club brought suit against RI claiming a violation of a state civil rights law that prohibits discrimination of any form in business establishments or public accommodations. The appeals court and the California Supreme Court supported the Duarte position that Rotary could not remove the club's charter merely for inducting women into the club. The U.S. Supreme Court upheld the California court, maintaining that Rotary clubs do have a "business purpose" and are in some ways publictype organizations. This action in 1987 allowed women to become Rotarians in any jurisdiction having similar "public accommodation" statutes.

The 1989 Council on Legislation changed the RI Constitution with a vote to eliminate the "male only" provision for all of Rotary. Since that time, women have become members and leaders of clubs and districts throughout the world.



Clifford L. Dochterman President, Rotary International 1992-93



#### RI World Headquarters

The headquarters of Rotary International always has been in the Chicago area. The first seven offices were located in downtown Chicago, but in 1954 Rotary built a new building in suburban Evanston, Illinois. This building met the needs of the Secretariat until the 1980s, when the addition of new programs, the growth of The Rotary Foundation, and the new Polio Plus activities exhausted space in the headquarters building and required some staff members to operate in supplementary office space nearby.

In 1987, a modern office building that appeared to meet all of Rotary's space and future expansion needs became available in downtown Evanston. Built in 1977, the 18-story glass-andsteel structure provides nearly 400,000 square feet (37,161 square meters) of office and usable space. The building was purchased by Rotary International, which leases nearly half of the space to commercial tenants, until needed by future Rotary growth.

One Rotary Center, as it is called, has a 190-seat auditorium, large parking garage, and 200-seat cafeteria, as well as functional office space for the more than 500 employees at RI World Headquarters. The executive suite on the 18th floor includes conference rooms for meetings of the RI Board of Directors, Rotary Foundation Trustees, and RI and Foundation committees, in addition to the offices of the RI president, president-elect, president-nominee, chair of The Rotary Foundation Trustees, and general secretary.

#### More Rotary Firsts

• Rotary established the Rotary Endowment Fund in 1917, which became the forerunner of The Rotary Foundation.

• Rotary first established the Paul Harris Fellow Recognition in 1957 for contributors of US\$1,000 to The Rotary Foundation.

• The Rotary emblem was printed on a commemorative stamp for the first time in 1931 for the Vienna convention.

• The first Rotary club banner (from the Houston Space Center Rotary club) to orbit the moon was carried by astronaut club member Frank Borman on the Apollo 8 flight in 1968.

• The first Rotary Convention held outside the United States was in Edinburgh, Scotland, in 1921.

• The first head of state to address an RI Convention was U.S. President Warren G. Harding in 1923 at St. Louis, Missouri, USA.

#### Room 711 — Rotary's Birthplace

The number 711 has a very special significance for Rotary. Room 711 of the old Unity Building, formerly located at 127 North Dearborn Street in downtown Chicago, was the birthplace of Rotary. It was in that historic room, which was the office of engineer Gus Loehr, where Paul Harris first met with several friends to discuss his new idea of a club for professionals and businessmen. After extensive research, a few Chicago Rotarians restored the room to its 1905 authenticity. For years, Room 711 was preserved as a miniature Rotary museum by members of the Paul Harris 711 Club, which provided funds for leasing, maintenance, and preservation. In 1989, when the Unity Building was about to be torn down, 711 Club members carefully dismantled the landmark room and placed its contents in storage. There it stayed until 1994, when Room 711 was recreated and located at RI World Headquarters in Evanston, where this piece of Rotary's heritage is preserved permanently.



#### World Understanding Month

February is designated World Understanding Month on the Rotary calendar. The month also includes the anniversary of the first meeting of Rotary, held on 23 February 1905, now designated World Understanding and Peace Day.

The RI Board asks all Rotary clubs to observe World Understanding Month by planning programs for their weekly meetings and undertaking special activities to emphasize "understanding and goodwill as essential for world peace."

In February, many clubs arrange for international speakers, invite Youth Exchange students and international scholars from schools and universities to club meetings, plan programs featuring former Group Study Exchange team members, arrange discussions on global issues, present entertainment with an international cultural or artistic theme, or plan other programs with an international emphasis.

Many clubs take the opportunity to launch an international service activity or make contact with a Rotary club in another country. February is also a good time to initiate a Rotary Friendship Exchange or encourage support for Rotary Foundation programs.

World Understanding Month is a chance for every club to promote Rotary's continued quest for goodwill, peace, and understanding among people of the world.

#### The Classification Principle

Virtually all membership in Rotary is based on a "classification." Basically, a classification describes the distinct and recognized business or professional service that the Rotarian renders to society.

The principle of Rotary classification is somewhat more specific and precise, however. The classification of a Rotarian describes the "principal or recognized business or professional activity of the firm, company, or institution" with which an active member is connected or "that which covers the active member's principal and recognized business or professional activity."

In other words, classifications are determined by activities or services to society rather than the position held by a particular individual. For example, a member who is a president of a bank is classified not as "bank president" but under the classification "banking."

The classification principle also permits businesses and industries to be separated into distinct functions such as manufacturing, distributing, retailing, and servicing.

The classification principle is a necessary concept in ensuring that each Rotary club represents a cross-section of the business and professional service of the community.

#### Exchange of Club Banners

Many Rotary clubs follow the colorful traditions of exchanging small banners, flags, or pennants. Rotarians traveling to distant locations often take banners to exchange at make-up meetings as a token of friendship. Many clubs use the decorative banners they have received for attractive displays at club meetings and district events.

The RI Board recognized the growing popularity of the banner exchange in 1959 and encouraged participating clubs to ensure that the design of their banners is distinctive and expressive of the club's community and country. It is recommended that banners include pictures, slogans, or designs portraying the territorial area of the club.

Exchanging club banners is a very pleasant custom, especially when a creative and artistic banner tells an interesting story of community pride. The exchange of banners serves as a tangible symbol of our international fellowship.

## **HP Range of Products**





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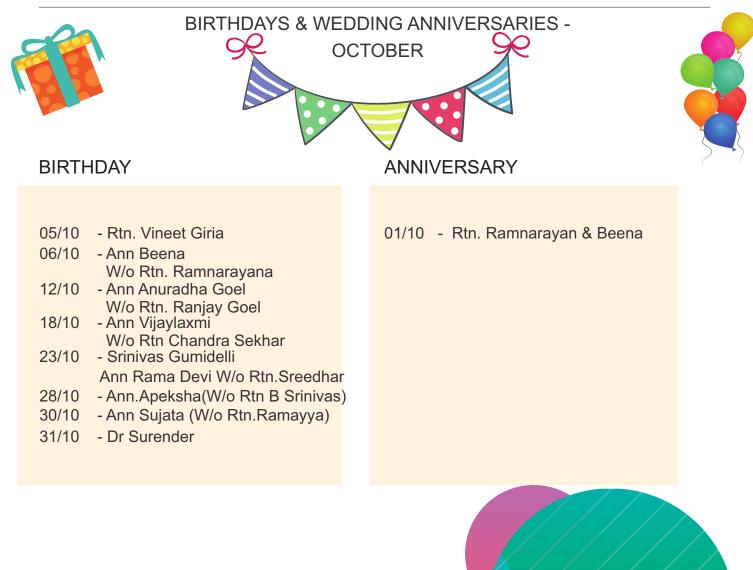
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#### Courtesy : Rtn Srinivas Gumidelli @ 9848005110





den S5<sup>th</sup> Virtual Celebration's of Teacher's Day -Rotaract Club (Venue: Zoom Meeting)

ROTARACT CLUB OF St. PETER'S ENGINEERING COLLEGE, are looking forward to us - Rotary Club of Secunderabad Sunrise to enlighten them as a Guide, Friend, Learn from our experiences & achievements. On the occasion of Teacher's Day.





Available in three flavours "Chocolate, Caramel & Brownie"

## Waffle Crisps half coated with chocolate





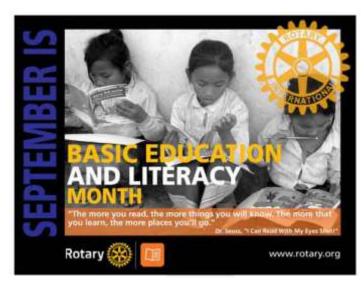
Available in two flavours "Milk & Dark"

Brand Owned & Marketed By :

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32B, Technocrat Industrial Estate Balanagar, Hyderabad-500018,INDIA Mobile: +91 80083 83434 / 99494 33177 E-mail: info@newtrition.in www.makethejump.in II/makethejump.in / @/makethejump.in

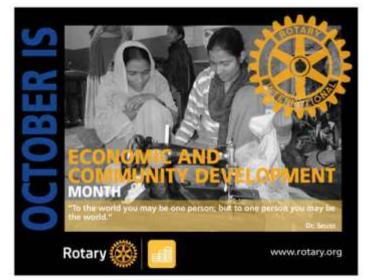
#### DESIGNATED MONTH



#### September - Basic Education & Literacy

Area of Focus : Basic Education and Literacy Month, Promote Liteacy 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



October - Economic and Community development

Area of Focus : Economic and Community Development Month. This month also includes : International Day for the Eradication of Poverty on the 17th and World Polio Day on the 24th of October.

- Develop Micro Credit system
- Organise Awareness Seminar on Self-Employment at Colleges/Universities
- Organise Trade Exhibitions
- Organise Buyers-Sellers meet
- Take up Entrepreneurship Development Program
- Organise Consumer Forum, a Public Meeting

#### INTRODUCING OUR ANN'S OF THE CLUB

Ann G Ramadevi W/o Rtn. GVN Sreedhar Raju

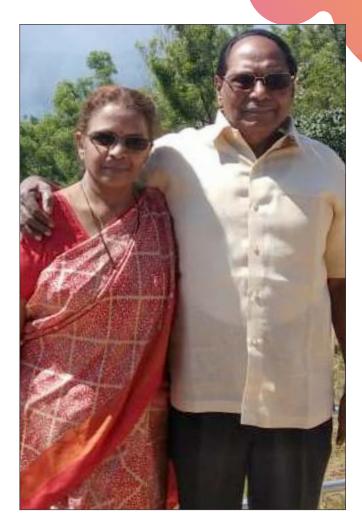




Name: G RamadeviDaughter: Sree RamyeshaHobbies: Cooking Andhra Cuisine, likes Telugu Movies.Qualification :M.Sc (Maths)From SriPrakash Educational Institute, Payakaraopeta, Vishakapatnam Affiliated to AndhraUniversity,Only daughter ofFather :Ch. Suryanarayana RajuMother:Ch. Subbalakshmi

#### INTRODUCING OUR ANN'S OF THE CLUB Ann KVS Sujatha W/o Rtn. K A Ramayya





Name - KVS Sujatha

#### Qualification - B.Com from St. Theresa college Eluru

#### About :

Born and brought up in Eluru of AP.Her father was a business man and Rotarian.He was GGR in Rotary for Eluru region.Her brother is Rotarian and pp of Rotary club of Eluru .She studied B.Com from St. Theresa college Eluru.She has lived in no of places as husband Is ITS officer of all India cadre.Her hobbies are travelling, , cooking special dushes , reading and watching movies at theatres. She has visited many countries including Australia and New Zealand. very religious and spiritual and hence spends time in such activities.She spends lot of time with two daughters and two grand children who are at Hyderabad.She is interested in helping poor people by giving money and articles of use.

#### INTRODUCING OUR ANN'S OF THE CLUB

Ann Dr. Keerthilatha Pissay W/o Rtn Rajnish Pissay





Name - Dr. Keerthilatha Pissay

#### Qualification - BDS

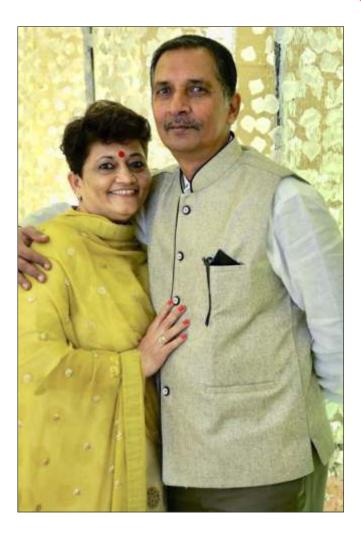
**Occupation** - Private Dental practioner.

**About Me** - Eldest of the three siblings, I was born and brought up in Bangalore. Completed my schooling and college from Bangalore. Was always interested in sports. I'm a Brown belt in Karate and have represented my school in the basketball events. Married to a wonderful man, Rajnish Pissay who always encourages me and am blessed with a handsome son, Tushar. Hobbies: As I have always taken keen interest in sports, I enjoy long distance running. Have taken part in 10K events. Avid gymmer, I have participated in several competitions at Secunderabad Club in Gym and won several prizes - Ms. Secunderabad Club,Best fitness female are some of the titles earned by me. An homemaker, professional an urban athlete and a party person is what describes me.

INTRODUCING OUR ANN'S OF THE CLUB

Ann Meera Goradia W/o Rtn Bimal Goradia.





Name - Meera Goradia

**About Me** - I am Ann Meera Goradia wife of Rtn Bimal Goradia. I am an interior designer by profession. I was born and brought up in Mumbai and moved to Hyderabad post marriage. I am a mother to 2 wonderful children, a boy and a girl and a grand mom to 2 cute little boys.

**My hobbies** : Love to go on long drives, trekking and being with nature. A hardcore movie fan.Believe in living life at the fullest.

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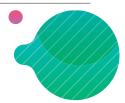
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#### RITU'S COLUMN - HINDUISM

#### Vedic Theory



One of the most important aspect of Sanatan Vedic (Hindu) Dharma is its philosophy as enshrined in its Upanishads & Shastras, known as Vedic philosophy. The other philosophy is known as Western philosophy but it is no where near Vedic philosophy. German philosopher Arthur Schopenhauer says following about Upanishads, 'In the whole world there is no study so beneficial and so elevating as that of Upanishads. It has been the solace of my life, it will be the solace of my death'.

It is a natural curiosity of a man to know that (1) Who am I, (2) Why I have come, (3) From where I have come and where I will go after leaving my body? It is also his curiosity to know that (1) Who created the Universe, (2) Where it came from, (3) When it came from, (4) Whether it will always remain like this? etc. The answer to all these abstract questions are given by our Rishis who in their highest state of meditation unravelled the secrets of the nature.

When and from where Universe came into existence? It is explained by an important natural law i.e. cause and effect. If something exist or created, there is a cause for it, either man or God e.g. a house is made by man but a mountain by God. Some thing can not come from nothing. Some thing will come out from something only. It is different matter that it may change form. Our Rishis say that this Shristi (creation) is 'Anadi aur Anant'. Anadi means that has no beginning and Anant means that has no end. A thing that has no beginning has no time for its creation and a thing that has no end will have no time for its destruction i.e. Universe always existed as such though it may change its form. God is the cause of creation (universe). To go further in depth about creation, Vedanta philosophy provides four pillars, (1) God, (2) Soul, (3) Law of karma & rebirth, (4) Moksha (salvation).

(1) God: According to Vedanta, it is Supreme Consciousness. It is infinite and eternal. It is uncaused but is cause of the creation (universe). It is called 'Brahman' which is one and only entity. Sages opine, 'Eko Bramh Dwittya Nasti' meaning there is one Brahman and none other. It is Nirakar (formless). Sages say 'Na Tasya Pratima Asti' meaning which doesn't have any form.

Brahman is Satchitananda i.e. 'Sat Chitta Anand'. Sat means existent (real), Chitta means consciousness (knowledge) and Ananda means bliss (peace). Brahman is also 'Omnipotent, Omniscient, Omnipresent'. Omnipotent means he is all powerful, Omniscient means he is all knowing and Omnipresent means he is every where at the same time. According to monoism, Brahman is Nirguna (attributeless) & Nirakar (formless) but on manifestation become Saguna (attributes) & Akar (form). In un-manifested form, it is known as Brahman and in manifested form as Parmatma.

To a question what is Brahman, sages have said, (a) 'Neti Neti' i.e. not this, not this, (b) 'Soham' i.e. I am he, I am that (God), (c) 'Tat Tvam Asi' i.e. thou art that (God), (d) 'Aham Brahmasmi' i.e. I am Brahman etc.

To a question why this creation is made, sages say it is 'Leela' of Brahman. It is his inherent nature (guna) to create as a bird has inherent ability to fly. Brahman performs 3 functions, (a) Creator (called Bramha), (b) Preserver (called Vishnu), (c) Destroyer (called Shiva).

To a question from where this creation came, sages say that universe came from a seed called 'Hiranya-Garbha' or 'Being'. He is at rest in Shanti (absolute tranquility) but manifests himself through his Shakti or activated energy.

Sages say that 'Ekam Sat Vipra Bahudha Vadanti' i.e there is only one truth (or true being) and learned person call it by many names. Universe is manifestation of Brahman or Absolute. It cannot be fully grasped by reason; he can be realised through meditation or by developing supra-rational faculty of intuition.

#### **RITU'S COLUMN - HINDUISM**

#### Vedic Theory



(2) Soul: There are differing views as to what is a soul (atma). There are mainly two schools of thought, (a) Dualism, (b) Monoism.

Dualism says that there are infinite number of souls, which are real and distinct. Monoism also says that there are infinite number of souls but they are apparent (neither real nor un-real) and same.

Dualism says that the creation (universe) is real and consists of 3 essential real things, (a) God, (b) Souls, (c) Matter. A soul is consciousness (chetan) which never changes & is in-destructible but matter has no consciousness (jada) which changes & is destructible. God, souls and matter are infinite and un-caused. They are eternal i.e always existed. God has not made the souls & the matter but has made the creation (universe) using them. God is the efficient cause (nimitta karan) of the creation (universe). Example given is that of a Potter who with the help of his rotating wheel and clay makes different kind/variety of earthen pots.

Monoism says that creation (universe) is apparent (neither real nor unreal) and consists of only 1 essential real thing God. Example given is that of an image of an object in a mirror which is neither real nor unreal. The creation (universe) looks real because of Maya of God but is not real. There is one and only one reality in the creation (universe) which is God (supreme consciousness) and every living or non-living thing that we see in it is his projection through Maya. God is the material cause (upadaan karan) of the creation (universe), not in real sense but apparent sense. Example given is that of a Spider who makes the web from within. Every thing in the nature is God's manifestation. The infinite number of souls are only apparent and not real. Example given is that of moon's infinite number of images in infinite number of pots filled with water. The matter that we see is also apparent and not real. Example given is that of a rope and snake, a person in darkness may mistake a rope for snake and vice versa. But when the place is lighted, he comes to know whether it is snake or rope, its true nature. The whole creation (universe) is an illusion and looks differentiated because of Maya (ignorance). The moment a soul realises its true self and correct knowledge dawns on him, Maya vanishes.

(3) Law of karma and rebirth: It is also known as Divine Law and is very peculiar to Vedic (Hindu) philosophy. In no other religion/philosophy, the rebirth of a soul is accepted. It is said that a person may escape from man made justice system for the wrongs done by him, say killing a man deliberately but he cannot escape from Divine justice system.

It is said by our sages that 'as you sow, so shall you reap'. God has given complete freedom to a man to act. But there is a rider, good karmas are rewarded and bad karmas are punished. The fruits of karma may manifest in same birth or in next births. The account of debit and credit goes on.

There are four kinds of karmas. (a) Sanchit karma: This is the sum total of all the karma of past lives which have not fructified so far. (b) Prarabdha karma: It is that part of Sanchit karma which will fructify in present birth and makes the destiny of a person. (c) Kriyamana karma: It is current karma which may fructify in same birth or next births. (d) Aagami karma: It is future karma and to some extent is based on Sanchit karma and Sanskar.

A question arises, what is good karma and what is bad karma. There are two pillars of Law of karma, (a) Truth and (b) Non-violence, both the terms used in widest sense. It leads to love for every living thing and hatred for none. It also says we should not do to others, what should not be done to us. For harmonious living with every one, a man should not have desires, anger, greed, attachment, jealousy etc. If this code of conduct is followed, a person will not do any bad karma.

#### RITU'S COLUMN - HINDUISM

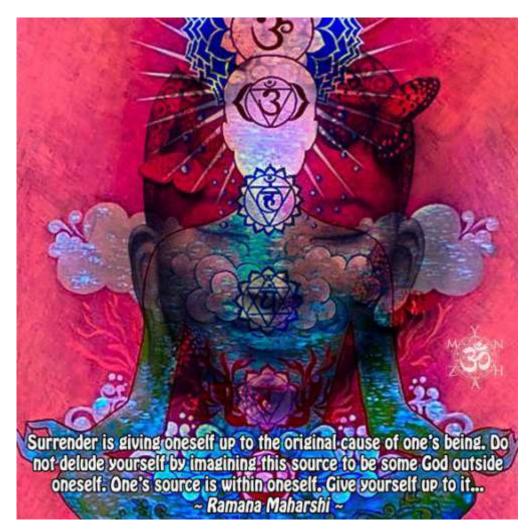
#### Vedic Theory

Based on one's Karma, a person may go up in the evolutionary process or may go down including birth in lower forms i.e plant or animal life. Why some soul is born as human and some animal, why some soul is born rich and some poor, why some soul lives short life and some long life, why some soul lives a happy life and some painful life, why some soul is born handicapped and some very healthy etc., all these differentiation/ dissimilarities can be explained by Law of Karma only. God can do anything but he does not favour some and ignore others. If he does that he is despotic. God is Just and every soul is equal before it. He only renders justice based on one's Karma in earlier births.

(4) Moksha: It is liberation from the cycle of birth and death. A soul which attains moksha is free from the bondage of Sansar. It does not reincarnate again. It is classed as the fourth and ultimate artha (goal). It is transcendence of all artha.

A person who has no karmic debts (sins) left and has no desires (which are seeds for future karma), achieves moksha. It is also said that if one losses his focus on the ego and the body and is able to focus on her/his divine self is able to obtain moksha. It is also said that one can achieve moksha by removing ignorance (obtaining true knowledge) and desires (including desire for moksha itself).

In the state of moksha, a soul is in the state of perfect peace & bliss. There are differing views on the identity of the soul which attains moksha. Monoism says that a realised soul completely merges in God. Dualism says that the soul doesn't merges with God and maintains separate identity. There are also differing views on whether the state of moksha is permanent or not? Majority opine that it is permanent state. Swami Dayanand Saraswati, quoting from the religious scriptures says that the state of moksha is not permanent and a soul reincarnate again after a very long period of time.





AAJ KA GYAAN.....ART OF LIVING

Living in the favourable and non-favourable situation is 'PART OF LIVING', but smiling in all situations is called 'ART OF LIVING'.

The key to happiness is not that we never get angry, upset, frustrated, irritated or depressed... It's how fast we get out of all that.

There is only one difference between dream and aim. Dream requires effortless sleep, where as aim requires sleepless efforts.

'Silence' and 'Smile' are two powerful tools. Smile is the way to solve many problems and Silence is the way to avoid many problems.

Write your goals as they can transform wishes into wants, can'ts into cans, dreams into plans and plans into reality. So just think it and INK it !!!

The secret of happiness is to learn to accept the impossible, to do without the indispensable and bear the intolerable.

Never try to maintain relations in your life, just try to maintain life in your relations.

Challenges are like trees seen through a running train. As you approach them, they grow bigger. Once you pass them, they become smaller.

A small dot can stop a big sentence. But few more dots can give it continuity.

LIFE is a XXX

Yesterday was an XPERIENCE. Today is an Xperiment. Tomorrow is an Xpectation. So use your experience in your experiment to achieve your expectation.

Never make the same mistake twice. There are so many new ones. Try a different one each day.

Between yesterday's mistake and tomorrow's hope, there is a fantastic opportunity called TODAY.



Ann. Lopa Mehta

Life is as we think......so think BEAUTIFULLY and POSITIVELY!

LESSON FOR POSITIVITY:

Baby mosquito came flying after its first flight. His dad asked "how do you feel?" He replied "it was wonderful, everyone was clapping for me !"

If my mind can conceive it, and my heart can believe it, I know I can achieve it.



Compiled by Mrs. Lopa Mehta



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FROM MY KITCHEN

#### PANEER MAKHANI PIZZA - RECIPE

Ingredients for Pizza	Base:
Whole Wheat Flour	2 Cups
Sugar	1 Teaspoon
Salt	1 Teaspoon
Baking Powder	1 Teaspoon
Baking Soda	1 Teaspoon
Ghee	2 Tablespoons
Curd	1/2 Cup

Method For Making The Base:

Mix All Ingredients well and knead into a soft dough with lukewarm water, Cover with a damp musun cloth and keep aside for 30 minutes. Then devide the dough into three equal parts. Take one part and sprinkle some flour over it. Roll into half centimeter thick base and upto six inches in diameter.Poke with a fork and cook on both sides on a non-stick Tawa till done.

Ingredients for Makhani Sauce:

Oil 1 Tablespoon Cumin Seeds 1 Teaspoon Garlic Cloves 4-5 Ginaer 1 Inch piece **Green Chillies** 1-2 Dry Red Chillies 3-4 Onions 2 (Chopped) Tomatoes 4 (Chopped) 7-8 Cashews Salt to taste Water 150 ml

Method:

Take 1 tbsp oil in a pan, add cumin seeds once they crackle, add rest of the ingredients one by one and saute till the Tamatoes are fully cooked. Cook down and grand to a smooth paste in a mixer.Further, take 1 tbsp oil in a kadai, add 1 tbsp Corinder powder, 1 tbsp red chilli powder, and saute for a while add in the gravy and simmer. Add salt to taste, 1 tsp crushed kasuri methi, 1 tsp garam masala and 3 tbsp fresh cream. Cook for 2-3 minutes. Garnish with coriander leaves. Makhani sauce is ready.

Method for Paneer Cubes:

Take 1 tbsp oil and 1 tbsp butter in a kadai. Add 1 tbsp ginger garlic paste, 1 tbsp red chilli powder, 1 tsp jeera coriander powder, 1 tsp garam masala, 1 tsp kasuri methi, 1 tsp aamchur powder and 1 tsp black salt. Saute for a minute and add 200 grams of Paneer cubes. Finally add 1 tbsp fresh cream and keep aside.

Assembling the Pizza:

Place the Pizza on a flat surface, apply Makhani sauce evenly add Juliennes of onion, yellow and red Bell Peppers, Green Capsicum. Place some Paneer cubes and add grated Cheese.Heat a pan and grease with butter place the Pizza and cook on low flame for 5-6 or until cheese melts. Paneer Makhani Pizza is ready.





By Ann Bijal





Preparation Time

Kitchen Measurements (approx.)

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

#### **IDLI SKEWERS - RECIPE**

Cup Idli Batter
Salt to tase
Green Capsicum Cube
Yellow Capsicum cut in 1 inch cube
Green Capsicum cut in 1 inch cube
A pack of toothpick
table spoon oil + for greasing
teaspoon turmeric powder
teaspoon red chilli powder
teaspoon dried mango powder
teaspoon gun powder
Crushed black peppercorns to taste.

Directions :

Mix together idili batter and salt in a bowl.

Grease a mini idli mould with oil and pour the idli batter into it using a spoon.

Steam till fully done.

On each toothpick add a cube of green capsicum followed by a idli then a red capsicum followed by another idli and finish with a yellow capsicum.

Repeat this process for all the toothpicks.

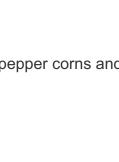
Heat oil in a non stick deep pan add turmeric powder,

red chilli powder, chaat masala powder, dried mango powder, crushed black pepper corns and gun powder, Mix well.

Drop the toothpick and saute till completely coated Serve warm with some mint chutney.

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







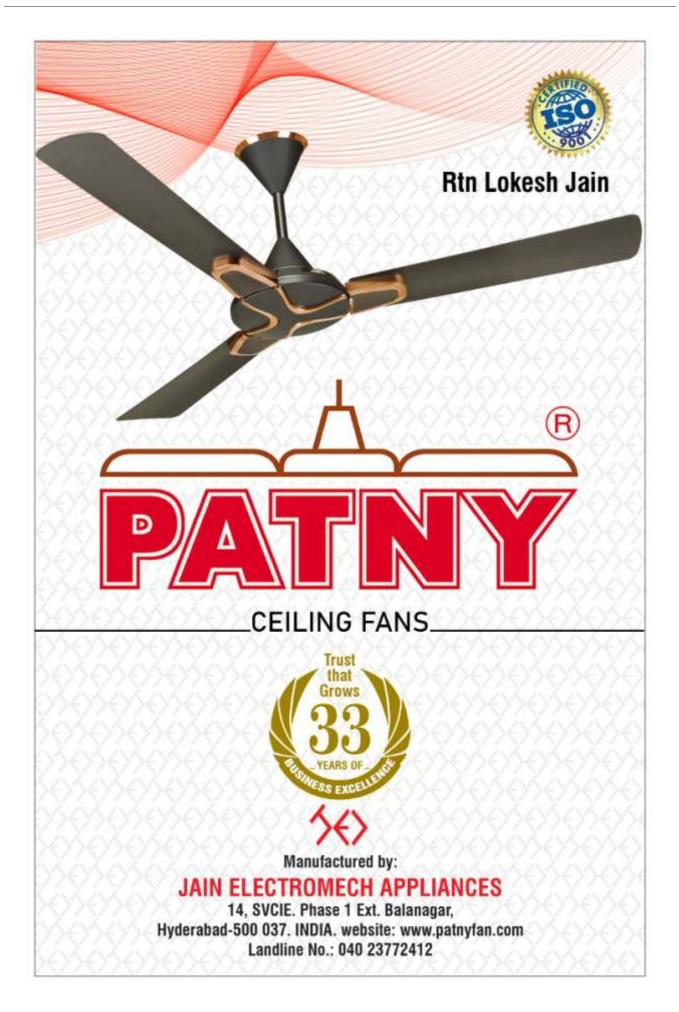
FROM MY KITCHEN

By Ann Sanju Giria



Servings

**Preparation Time** 



Rotary Club of Secunderabad Sunrise September 2020





Ann Rekha Jain.

Sometimes I wake up in the morning, look over at my husband and think... Oh man ... he is so Lucky !

#### Which day of the weak is more hated by fish **?** Fryday

We get heavier as we get older because there is a lot more information in our heads ! So I am just really intelligent and my head couldn't hold any more and it started filling up ... The rest of me

Dear Algebra

Please stop asking us to find your "X" .... she is never coming back and pleaseeee don't ask "Y"

Women are like roads. The more curves they have, the more dangerous they are.

Why do married men gain weight and bachelors don't? The bachelors go to the refrigerator, see nothing they want, then go to bed. Married guys go to bed, see nothing they want, then go to the refrigerator.

A wife saw her husband weight himself on the scale trying to pull in the stomach. The wife thought he was trying to reduce his weight on the scale. So she said, "You know, I don't think that will help you."

The husband replies, "Of course it helps. It is the only way I can see the number on the scale."

Q: Why was six scared of seven?

A: Because seven "ate" nine.

Q: Why couldn't the leopard play hide and seek?

A: Because he was always spotted.

On his last day in New Delhi, a Japanese tourist hired a cab to go to the airport. During the journey, a Honda drove past. The Japanese leaned out of the window excitedly and yelled, 'Honda very fast! Made in Japan!' After a while, a Toyota sped past. The tourist yelled, "Toyota, very fast! Made in Japan."

And then a Mitsubishi sped past the taxi. The Japanese shouted: "Mitsubishi, very fast! Made in Japan!"

Taxi driver was a little angry, but he kept quiet. And this went on for number of cars. Finally at the airport, the driver announced that the fair was Rs5000. The Japanese exclaimed, "What?? So expensive! "The driver yelled back, "Meter, very fast! Made in India!"



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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 www.rcss.in

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