

RCSS

Rotary



TIMES

October 2020

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

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

(This Magazine is for Private Circulation Only.)

20 Seconds
that could save your life



Team Rotary Club of Secunderabad Sunrise for 2020-21

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Speaker Meeting Q3,Q4	-	Rtn. Jitender Agarwal
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Interact	-	Rtn. Praveen Sharma
Rotaract	-	Rtn. K. A. Ramayya
New Projects	-	Rtn. Samir Gupta
Know your Member	-	Rtn. Mehul Shah



Index

Details

Page

From the Editor's Desk	-	4
Rotary International	-	6
The ABC's of Rotary	-	7
Birthday & Wedding Anniversaries	-	12
RCSS-Club in Action (Last Month)	-	14
Designated Month	-	16
Introducing our Ann's Of the Club	-	16
(Preeti Sharma)	-	17
(Nagini Gumidelli)	-	18
(Srivani Nerella)	-	19
(Gaddam Rama)	-	21
Ritu's Column Hinduism	-	24
Travel , Learn & Grow	-	26
From My Kitchen	-	29
Plantation Competition	-	32
Photo Contest	-	33
Just for Laughs	-	



African 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.

FROM THE EDITOR'S DESK



Good hand hygiene:

A simple, cost-effective way to save lives and transform the quality of health care at all levels



October 15 is Global Handwashing Day; over the past six months we have learnt the importance of washing hands owing to COVID-19

Ever since the COVID-19 outbreak, governments, influencers and celebrities have been talking about the importance of handwashing in one voice. As over the last six months, videos, songs, memes and posters have been filling up our social media feeds; we as a country have re-learned the importance of washing hands.

Good hand hygiene is the cornerstone of safe and effective health care. Just 20-30 seconds of washing with an alcohol-based product, or 30-40 seconds with soap and water, will help anyone in a health care setting stop the spread of infection, control the risk of bacterial mutations (and therefore antimicrobial resistance) and advance the safety and quality of health care for all.

The impact each one of these interventions will have is substantial. Though health and wellbeing is often discussed and written about in the same breath and on the same pages that detail cutting-edge technologies and research, some perspective is in order. Clean hands remain one of the most powerful ways to prevent health care-associated infections, save lives and transform the quality of health care at all levels. Good hand hygiene is a tool that can – and must – be harnessed to decisive effect.

Wear Mask, Wash Frequently, Stay Safe.

Rajesh Pamnani
Editor (2020-21)
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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



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G.Rama

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ROTARY - INTERNATIONAL



What's new in My Rotary

Imagine this: You meet a fellow Rotarian at an event. You are interested in collaborating on a project and promise to follow up. A few days later, you realized you've misplaced their contact information. Now what?

You could search Google or social media. You may even try to call us, hoping Rotary International could help, but we can't share our members' information. So now what?

You go to the newly updated My Rotary website and use the member search function to find that member! You can search by name, location, role or club. And based on that member's privacy settings, you can make an instant connection.

This is just one of the many updates we recently made to My Rotary – our members-only website for Rotarians and Rotaractors. The site has been around for a long time, providing access to resources, tools and information that improve the membership experience. Over the years though, we'd hear that it was too slow, hard to navigate, and difficult to use. Our members were frustrated and My Rotary was no longer meeting their needs.

So, we set out to give you what you asked for. And this month, we launched an improved My Rotary.

Many of the initial changes are focused on functionality for club officers since they are the site's heaviest users. But there are plenty of improvements that all members can benefit from. My Rotary is now faster and easier to use. It's more accessible from mobile devices. It even has an updated look and feel. It also has improved member profiles and security settings so you easily make connections with other members, while also protecting your personal information. No more missed connections!

It's simple:

1. Log in to My Rotary.
 2. Complete your member profile by adding your contact information, the Rotary programs you've participated in, and your professional expertise.
 3. Set your privacy settings. You control what information you want to share and with whom. You can customize your profile so some information is only visible to your club, while other information is available more broadly (or not at all).
- And when you're done, check out the other new features, like the enhanced club search function. The old "Club Finder" functionality is being replaced by a simplified club search tool that allows members to look up and filter clubs more easily using a variety of search parameters, including meeting day, time, location, and, brand new in this release, meeting format (online, in-person or both). Clubs can also now add more than one meeting to better accommodate the many innovative approaches they are using to address the needs of their members and attract new ones.

We'll be making even more updates in coming months (including improvements to functionality for district officers and fully incorporating Rotaractors and satellite clubs) so the site is continuously being improved to meet your needs. In the meantime, give it a try and let us know what you think!

- David Peterson, Club and District Support Manager, and Victoria Schiffman, Member and Club Management Product Owner, Rotary International in Rotary Voices

Courtesy: eFlash_Rotary Kalamassery



Clifford L. Dochterman
President, Rotary International
1992-93



Part 4 of 12

Nonattendance Rules

The Standard Rotary Club Constitution specifies three conditions under which a Rotarian's membership will automatically be terminated for nonattendance: failure to attend or make up four consecutive club meetings, failure to attend or make up 60 percent of club meetings each six months, and failure to attend at least 30 percent of the meetings of one's own club in each six-month period. In any of these three cases, a member will lose Rotary membership unless the club board of directors has previously consented to excuse such failure for good and sufficient reason.

When a member misses four consecutive regular meetings, the board will inform the member that nonattendance may be considered a request to terminate membership in the club. Therefore, the board, by a majority vote, may terminate his or her membership.

To some individuals, these rules may seem unusually rigid. However, attending club meetings is one of the basic obligations a member accepts upon joining a Rotary club. The constitutional rules merely emphasize that Rotary is a participatory organization that highly values regular attendance. When a member is absent, the entire club loses the personal association with that member. Attendance at club meetings contributes greatly to the effective operation and success of every Rotary club.

Sharing Rotary with New Members

Are you aware of the responsibility or obligation that most Rotarians fail to perform? Is it paying their dues? Attending meetings? Contributing to the club's service fund? Participating in club events and projects? No — none of these! Of all the obligations a person accepts when joining a Rotary club, the one in which most Rotarians fail is sharing Rotary. Rotary International clearly supports the position that every individual Rotarian has an "obligation to share Rotary with others and to help extend Rotary by proposing qualified persons for Rotary club membership." It is estimated that fewer than 30 percent of the members of most Rotary clubs have ever made the effort to propose a new member. Thus, in every club, there are many Rotarians who rarely share their positive experiences of Rotary membership with other individuals.

The RI Constitution states with respect to club membership: "Each club shall have a well-balanced membership in which no one business or profession predominates." One merely has to glance through the pages of the local telephone or chamber of commerce directory to realize that most clubs have not invited qualified members of all businesses and professions into Rotary. One of the founding principles of Rotary is a fair and equitable representation of the professional and business population of the community it supports. To remain relevant, Rotary clubs must include all professions and businesses within a community. Clubs can further expand the diversity of their membership by making sure that their membership also reflects the local business and professional community in terms of gender, age, and ethnic background.

Only a Rotarian may propose a customer, neighbor, client, supplier, executive, relative, business associate, professional, or other qualified person to join a Rotary club. Have you accepted your obligation to share Rotary? The procedures are very simple, and everyone must know at least one person who should belong to Rotary.





Clifford L. Dochterman
President, Rotary International
1992-93



Tolerance of Differences

Occasionally, there is a temptation to criticize the laws, customs, or traditions of another country that may seem strange or contrary to our own. In some instances, practices or customs that are illegal in one nation are completely lawful and acceptable in another. As members of an international organization dedicated to world understanding and peace, it behooves Rotarians to exercise restraint in judging our Rotary friends and citizens from other countries when their behavior seems unusual. A Rotary policy adopted in 1933 states that because some activities and local customs may be legal and customary in some countries and not in others, Rotarians should be guided by this admonition of tolerance: "Rotarians in all countries should recognize these facts, and there should be a thoughtful avoidance of criticism of the laws and customs of one country by the Rotarians of another country." The policy also cautions against "any effort on the part of Rotarians of one country to interfere with the laws or customs of another country."

As we strive to strengthen the bonds of understanding, goodwill, and friendship, these policies still provide good advice and guidance.

Unusual Make-up Meetings

Which Rotarians have to travel farthest for a make-up meeting? You are right if you guessed the members of the Rotary Club of Papeete, Tahiti, French Polynesia, which is located in the middle of the Pacific Ocean and is the club that is most remote from any other. The southernmost Rotary meeting is that of the Rotary Club of Base Marambio-Antártida in Antarctica. To visit the northernmost club, you must travel to the Rotary Club of Svalbard, Norway, on the Svalbard island group north of the Norwegian mainland.

It is said that there is a Rotary meeting being held someplace in the world every hour of every day. If you attended one meeting per day, it would take more than 80 years to visit all of the more than 32,000 Rotary clubs in the world, and by that time, no doubt, there would be thousands more new clubs to attend. But today, Rotarians don't even need to leave their homes to make up meetings. Rotary e-clubs allow you to make up online, 24 hours a day, and join in discussions with Rotarians from every part of the world.

Vocational Service

Vocational Service is the second Avenue of Service. No aspect of Rotary is more closely related to each member than a personal commitment to represent one's vocation or occupation to fellow Rotarians and to exemplify the characteristics of high ethical standards and the dignity of work. Vocational service programs seek to improve business relations while improving the quality of trades, industry, commerce, and the professions. Rotarians understand that each person makes a valuable contribution to a better society through daily activities in a business or profession. Vocational Service is frequently demonstrated by offering career guidance and occupational information to young people and helping them make vocational choices. Some clubs sponsor high school career conferences. Many recognize the dignity of employment by honoring exemplary service of individuals working in their communities. The Four-Way Test and other ethical business philosophies are often promoted among young people entering the world of work. Vocational talks and discussion of business issues are also typical Vocational Service programs at most clubs. Regardless of the ways in which Vocational Service is expressed, it is the banner by which Rotarians "recognize the worthiness of all useful occupations" and demonstrate a commitment to "high ethical standards in all businesses and professions." That's why the second Avenue of Service is fundamental to every Rotary club.



Clifford L. Dochterman
President, Rotary International
1992-93



Lessons in Rotary Geography

- Were you aware that the Rotary Club of Reno, Nevada, USA, is farther west than the Rotary Club of Los Angeles?
- Would you guess that the meetings of the Rotary Club of Portland, Maine, USA, are farther south than those of the clubs in London, England?
- Can you imagine that the Rotary Club of Pensacola, Florida, USA, is west of the Detroit, Michigan, USA, club?
- It's a fact that the Rotary Club of Cairo, Illinois, USA, is south of Richmond, Virginia, USA.
- There are 143 Rotary clubs with Tokyo in their club names.
- The Rotary Club of Nome, Alaska, USA, lies west of the club in Honolulu, Hawaii, USA, and the Santiago, Chile, club is located east of the Rotary Club of Philadelphia, Pennsylvania, USA.
- Rotary geographers will know that virtually every Rotary club meeting in Australia is east of the Hong Kong Rotary club.
- What do the Rotary clubs of Quito, Ecuador; Libreville, Gabon; Singapore; and Kampala, Uganda, have in common? You guessed right if you said they all meet approximately on the equator.

Invocations at Club Meetings

Many Rotary clubs customarily open their weekly meetings with an appropriate invocation or blessing. Usually, such invocations are offered without reference to specific religious denominations or faiths. Rotary policy recognizes that throughout the world Rotarians represent many religious beliefs, ideas, and creeds. The religious beliefs of each member are fully respected, and nothing in Rotary is intended to prevent each individual from being faithful to such convictions. At international assemblies and conventions, it is traditional for a silent invocation to be given. In respect for all religious beliefs and in the spirit of tolerance for a wide variety of personal faiths, all participants are invited to seek divine guidance and peace in their own way. Usually, all RI Board and committee meetings begin with a few moments of silent meditation.

Because each Rotary club is autonomous, the practice of presenting a prayer or invocation at club meetings is left entirely to the traditions and customs of the individual club, with the understanding that these meeting rituals are nondenominational in nature and conducted in a way that respects the religious convictions and faiths of all members.

Official Directory

How do you find out when the Rotary club meets in Toowoomba, Pondicherry, or Recklinghausen? Simply turn to the Official Directory of Rotary International. The approximately 900-page annual publication — also available on CD-ROM — is filled with current information about Rotarians and Rotary clubs. The meeting day, time, and location of every one of the more than 32,000 clubs is listed. From the Rotary Club of A'Famosa Malacca, Malaysia, to Zwolle-Noord, The Netherlands, the Official Directory provides the name, street address, and e-mail address of each club president and secretary, as well as the number of club members and charter date. The Official Directory also records a wealth of information about the 530 Rotary districts, as well as the composition and purpose of all official RI committees and task forces. Included are names and addresses of the members of the current RI Board of Directors and all previous boards. There is a list of all past RI presidents with the themes for their year.



Clifford L. Dochterman
President, Rotary International
1992-93



An excellent directory of hotels around the world and a list of vendors licensed to sell Rotary merchandise are added features. It is a perfect guidebook for making Rotary contacts when you travel. The Official Directory can be ordered from RI World Headquarters or the international offices. Rotarians can also find information on club meetings through the Club Locator feature at www.rotary.org. And, by the way, Toowoomba meets every Monday at 1800 hours, Pondicherry on Wednesdays at 1930, and Recklinghausen on Mondays at 1300. Now that's good to know!

Club and District Support

Want to know more about making up meetings at e-clubs or how to conduct a new member induction ceremony? Maybe your club didn't receive its semiannual report and you want to know what to do. Rotary can seem pretty complex to new members or Rotarians who are taking on new leadership roles, but Rotary clubs can get answers to most of their questions from their Club and District Support (CDS) representative at the Secretariat. These staff members offer guidance on RI resources and services, administrative procedures, Board policy and RI constitutional documents, and conducting Rotary business online. They also attend some club and district meetings to meet with Rotarians and provide training to incoming leaders. Find your club's CDS representative at www.rotary.org/support or through the Secretariat office for your area.

Opportunities for Fellowship

Most Rotarians are successful professional and business executives because they hear opportunities knock and take advantage of them. Once a week, the opportunity for Rotary fellowship occurs at each club meeting, but not all members hear it knocking. The weekly club meeting is a special privilege of Rotary membership. It provides the occasion to visit with fellow members, meet visitors and new members, and share personal friendship with other members. Rotary clubs that have a reputation for being "friendly" clubs usually follow a few simple steps. Members are encouraged to sit in a different seat or at a different table each week or to sit with a member they may not know very well. Members are asked to invite new members or visitors to join their table and share the conversation rather than merely eating in silence or talking privately to the person next to them. To further enhance club fellowship, Rotarians should also make a special point of trying to get acquainted with all members of the club. When Rotarians follow these easy steps, an entirely new opportunity for fellowship knocks each week. Soon, Rotarians realize that warm friendship is the cornerstone of every great Rotary club.

Club Singing

Harry Ruggles was the fifth man to join Paul Harris in the conversations that led to the formation of the first Rotary club in Chicago in 1905. Harry was a fellow who enjoyed singing, which was a popular activity at the turn of the 20th century. At an early meeting of the fledgling group, Harry jumped on a chair and urged everyone to join him in a song. Group singing soon became a traditional part of each Rotary meeting. The custom spread to many of the clubs in the United States and is still a popular fellowship activity in the Rotary meetings of such diverse countries as Australia, Canada, Japan, New Zealand, and Nigeria. Some clubs sing a national song as the formal opening of the meeting. Social singing, however, is seldom found in the Rotary clubs in most Asian countries, Europe, or South America.

(... to be continued)



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Ranjay Goel
Sanjay Goel

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BIRTHDAYS & WEDDING ANNIVERSARIES - NOVEMBER



BIRTHDAY

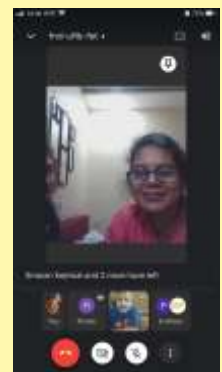
01/11 - Rtn. Indra Sharma
03/11 - Rtn. Jitender Agarwal
11/11 - Rtn. Mridula Verma
17/11 - Rtn. Monika Agarwal
22/11 - Ann. Ashu Gauri
23/11 - Ann. Anita Tholia Jain
29/11 - Rtn. Sandip Gupta

ANNIVERSARY

03/11 - Rtn. Ramnarayana & Beena
04/11 - Rtn. Srinivas & Nagini Gumidelli
21/11 - Rtn. Praveen & Preeti Sharma
23/11 - Rtn. Sameer & Ritu Gupta

RCSS - CLUB IN ACTION (LAST MONTH)

Oct 18th RCSS Fellowship (Venue: Zoom Meeting)



Oct 31st RCSS Speaker Meeting (Venue: Zoom Meeting)





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DESIGNATED MONTH



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

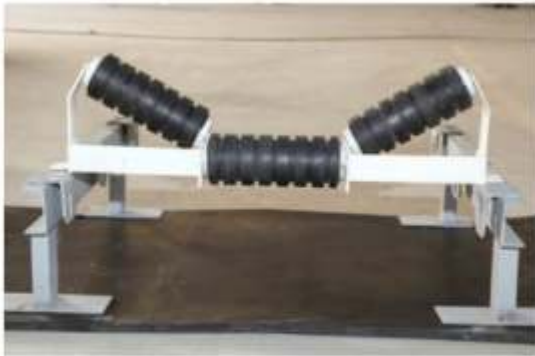


November - Rotary Foundation Month.

Clubs and Districts call attention to the programs of The Rotary Foundation and frequently cultivate additional financial support for the Foundation by promoting contributions for Paul Harris Fellows and Sustaining Members.



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INTRODUCING OUR ANN'S OF THE CLUB

Ann Preeti Sharma
W/o Rtn. Praveen Sharma



Name - Preeti Sharma

Qualification - Masters in Business Administration (Marketing and Human resources)

About me - I hail from a family of 5 my parents and 2 siblings. Born and brought up in Hyderabad I did my schooling from Vidyaranya high school and my graduation from St. Francis. My post graduation was a blessing for me where I got my masters as well as found my soulmate. Praveen and I are married for 18 wonderful years and are blessed with 2 amazing kids Aman and Tiaa. A working professional with over 20 years of work experience in various departments of an educational institution I believe that hard work is the way to success. Currently I head management services. When not at work you can find me spending my time with my family, playing with my pets, watching Grey's anatomy or cycling.

INTRODUCING OUR ANN'S OF THE CLUB

Ann Nagini Gumidelli
W/o Rtn. Srinivas Gumidelli.



Hello

I am Ann **Nagini Gumidelli**, wife of Rtn Srinivas Gumidelli. We are blessed with a daughter(Alekhya) married to Vivek and son(Nikhil). Both of them have Masters degree in Computer Science from the US. I recently became a grandmom to a beautiful baby boy, Vedant.

Qualification - B.Sc Home science

Hobbies:

Music fills my heart and i love to sing as well. I also play the sitar. I recently have a new found love for gardening and have a full fledged terrace garden. Stitching and embroidery are other hobbies of mine.

INTRODUCING OUR ANN'S OF THE CLUB

Ann Srivani Nerella
W/o Rtn Krishna Nerella



Write up about me...

I am an **architect by profession**.. entrepreneur by heart...

I love my work and I ensure to give in the best...

My family is my strength and weakness too...

Krishna is the best gift to my life....

One important professional goal is to rise to a level where in we set our brand to great heights recognized and appreciated by people...for our work and dedication..

One thing I look forward to do in my future is focus on girl child education. My kids are my assets and looking forward for some awesome time to be spent with them in coming future..as I was always busy at work and we have some exciting plans to go on a road trip across India with a growing kids... to explain Indian Geography

INTRODUCING OUR ANN'S OF THE CLUB

Ann Gaddam Rama
W/o Rtn G Satish Manohar



Name : Gaddam Rama

Qualification : Montessori diploma, B.Ed, M.Com

About me : I was born and brought up in Jamshedpur, Jharkhand. Completed my schooling from Jamshedpur and college from Hyderabad. I was always passionate about teaching kids and helping them reach their full potential, so I started a one of a kind Montessori school, Cremon Buds in Karkhana. I was first runners up in Mrs Hyderabad perfect 2017, was also awarded Stree Shakti award from Telangana Government for my work in 2018 and achieved few more awards for the same. I have an extremely loving and supportive husband and I am blessed with two lovely kids, a boy and a girl.

Hobbies : Love travellin, Listening to music, Gardening and Partying





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RITU'S COLUMN - HINDUISM



Hindu Dharma & Violence

The most important pillar of Sanatan Hindu Dharma is the 'Law of Karma & Rebirth'. In the Hindu school of thought as well as in all the three branches of Hinduism namely Jainism, Buddhism & Sikhism, the belief of Karma theory & rebirth is equally valid. It may, however, be mentioned that in Semitic (Abrahamic) religions namely Judaism, Christianity and Islam, there is no belief of re-birth.

The various discrepancies and differentiation in the Creation can only be explained with the Karma theory and re-birth e.g. why some are born as plant life, some as animal and some as human? Also, why some human is born rich, some poor, some healthy, some handicapped, some live long life, some live short life etc. It cannot be explained unless we believe in the Divine Law of Karma & re-birth which is based on 'As you sow, so shall you reap'.



If we say that it is the will/desire of God to do so, then that God is a despot, autocratic, arbitrary, discriminatory and cannot be accepted as true. God is benevolent, compassionate, merciful, for whom all the souls are equal and he renders justice based on karma of each soul in previous births. God may pardon the wrong/bad acts of humans which are done not with any criminal intent i.e. which may happen accidentally/unknowingly. But God will certainly not pardon a man who has done a bad/wrong karma deliberately to harm any living thing.

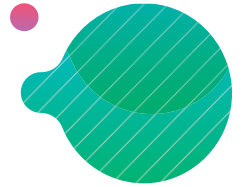
Hinduism believes in oneness of not merely all human life but in the oneness of all that lives. Hence, every living thing is sacred. The great belief in transmigration is a direct consequence of that belief. The four pillars of Law of Karma are (1) Truth (satya), (2) Non-violence (ahimsa), (3) Love (sneha:), (4) Equality (samatva). These four are the guidelines for peaceful co-existence of all the human beings with complete freedom. The only condition is that in exercise of one's freedom, one should not encroach on other's freedom. We should not do to others, of what we fathom should not be done to us.

It may be noted that 'Law of karma' applies to humans only and not to animal/plant world. Vedanta philosophy says that the humans who commit substantial sin like killing someone and escape from human justice system, may go down in the evolution and may become plant life or animal life as part of Divine justice and punishment. Some animals (say deer) become prey of another powerful animal (say lion) and die violent death but many survive also and live full life. The violence in the animal world is the squaring up of the account of the past karmas done in human birth. Many animals survive the jungle law and live full life as part of Divine justice system.

A set of code of conduct is laid down in the first step i.e. 'Yam' of Yoga Shastra of Rishi Patanjali, which relates to purity of mind and states following 5 principles of ethics & morality: (a) Satya (truth), (b) Ahimsa (non-violence), (c) Asteya (non-stealing), (d) Brahmacharya (continence/control of senses), and (e) Aparigraha (non-accumulation/non-possessiveness of material things).

Another set of code of conduct is avoiding following 8 emotions, which are considered our enemies: (a) Kama (lust), (b) Krodh (anger), (c) Lobh (greed), (d) Moha (attachment/Infatuation), (e) Ahamkar (ego/arrogance), (f) Mat-sara (envy/jealousy), (g) Ghrina (hatred/intolerance/ill-will), (h) Dambh: (pride).

RITU'S COLUMN - HINDUISM



Hindu Dharma & Violence

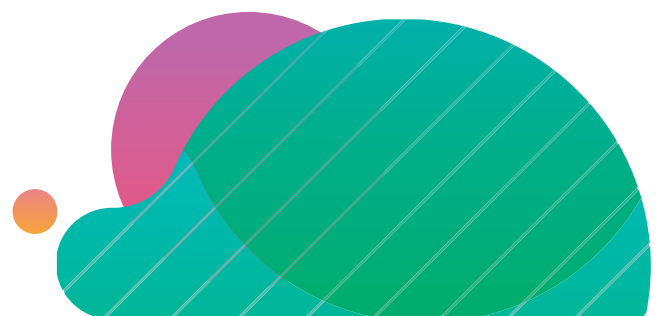
If a person follows these codes of conduct of ethics and morality and avoiding the harmful emotions, he will be a pious person who will do no harm to any living creature. So, Ahimsa (non-violence) is best creed. But it also doesn't mean that Ahimsa is absolute. In some situations, violence is justified. Lord Krishna in Gita says, 'Ahimsa Parmo Dharma; Dharma Himsa Tathaiva Cha'. It means non-violence is best creed but for the sake/service of Dharma, himsa (violence) is justified. In following two cases, violence is justified as a last resort: (a) To protect one's person & property, and (b) To protect a person who is weak to defend and requires help. Violence is justified to stop a greater violence or sin.

A hoary and hallowed Hindu tradition recognises 6 types of gangsters/anti-social elements. A sloka occurs frequently in Itihasa- Purana and the Dharmasastras says, 'agnidah gardascaiva sastrapanirdhanapahah; ksetra-dara-harascaiva, sadete atatayinah'. It means, he who sets fire to (other people's) properties, he who poisons (other people), he who wields weapons (for committing murders), he who robs (other people's) wealth, he who forcibly occupies (other people's) land and he who forcibly carried away (other people's) women - these 6 are gangsters. Violence as a last resort can be used against them for stopping anarchy in the society and maintaining Law and order.

Violence should not be used against animals also who have as much right to live as human beings. Modern medicine today categorically says that vegetarian diet is best for the health of a human being as against non-vegetarian diet, which creates health issues. Anatomically, humans are not made for non-vegetarian food. Killing animals for food is wholly denied in Sanatan Hindu Dharma. By killing and eating them, one takes up their karma. Hence, the moto is 'Jiyo aur Jeene do', which applies to animals also. In fact, a man is also an animal only.

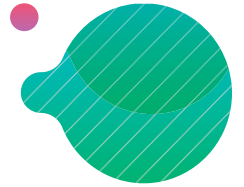
Those who eat non-vegetarian food defend them by saying that even plants have life and hence those who eat vegetarian food also commit violence. This argument is totally fallacious & misplaced. We can divide plants in three categories. (a) Regular crops: plants of cereals (wheat, rice etc.), pulses (tur, moong, urad etc), oil seeds (mustard, groundnut etc.) are cut only when crop is ripe and plant is dry and dead. (b) Fruit trees: fruits are plucked only when they are ripe. If they are not plucked, then in 2-3 days they would automatically fall and rot.

In any event nothing happens to the trees and in next season they again give fruits without any difficulty. (c) Vegetables: most of the plants flower and give vegetables like tomato, brinjal, lady finger, beans, mirchi etc. which are plucked without removing/harming the plants. When the life of the plants is over, there's no further yield and they get dried. Someone may argue only about leafy vegetables like spinach etc. In them the level of consciousness is very minimal and their life span is very less - if not plucked in few days, they will dry automatically. It does not contain any blood and will not try to escape and run away like an animal when it is cut/removed. An animal panics, cries and shows lot of emotions before being killed which is so evident. If he is not forcibly controlled, will try level best to escape and run away. God has made plant life for survival of human beings and certainly not the animals. Divine Law of Karma will not spare those who kill animals to eat for their taste and survival.



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Some important quotes on vegetarianism.

- I choose not to make a graveyard of my body for rotting corpses of dead animals... *George Bernard Shaw.*
- Non-violence leads to highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages... *Thomas A. Edison.*
- If slaughter houses had glass walls, everyone would be a vegetarian... *Paul McCartney.*
- By eating meat, we share the responsibility of climate change, the destruction of our forests and poisoning of our air & water. The simple act of becoming a vegetarian will make a difference in the health of our Planet... *Thich Nhat Hanh.*
- It is my view that the vegetarian manner of living, by its purely physical effect on human temperament, would most beneficially influence the lot of mankind... *Albert Einstein.*
- While we ourselves are the living grave of murdered beasts, how can we expect any ideal condition on the Earth... *George Bernard Shaw.*



Ann. Ritu Gupta



Travel , Learn & Grow !!



Ann. Shreya

Travel Tourism was one thing that people could turn to when they needed a break from their fast paced lives.

With the pandemic the world changed completely. As countries closed borders , cancelled events & self quarantined at home on a mass scale , the travel industry along with the other service sectors began to nosedive. The collective effort to save lives meant an economic standstill for an industry who made profits from people leaving their houses.

But with the unlock , the skies are opening up slowly, surely & safely.

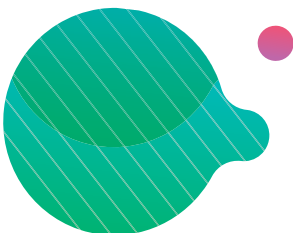
From a travel agent perspective we see a change in client destination preference from cities to nature's resorts. People prefer to take their first travel post pandemic to eco friendly resorts & nature destinations which are less crowded as they are safer options and away from the hustle bustle of cities and party places.

Safety and logistically viable options with self occupied transport is of priority.

Some changes we welcome are :

1. Flexible flight change options with lower fees will facilitate fit to travel norm.
2. Apart from sanitisation and high hygiene standards , other services like on board food , shopping etc can now take a back seat keeping the pandemic risk.
3. Use of Automization & application of technology in contactless services will encourage safer travel and brighter future for the industry.
4. Picking a safe destination is the first step to staying safe from the virus. Every country has now recognised safe zones, and you must only visit these places.
5. Find out if there are accommodations available in such a place and, if so, whether they have all the required precautions in place. You do not want to enter a place where the virus is wreaking havoc. Avoid places where community transmission is ongoing. Also, plan your route and avoid any roadblocks on the way.

“A mind stretched by new experiences can never go back to its old dimensions “



Travel , Learn & Grow !!

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VAANGIBATH (Karnataka Dish) - RECIPE

FROM MY KITCHEN

Ingredients -

Rice - 250 gms (1 cup)
 Brinjals - 250 gms
 Lemon - 1
 Salt - as per your taste
 Curry leaves - 10

Dry roast and grind all the below ingredients

(Red chillies - 12
 Dry coconut powder - 4 tsp
 Cinnamon - 3 inches
 Kapok buds (Marathi moggu) - 2
 Coriander seeds - 2 tbsp
 Cumin - 1 tsp
 Black pepper - 1/2 tsp
 Fenugreek - 1/4 tsp
 Mustard seeds - 1/4 tsp
 Urad dal - 4 tsp
 Channa dal - 4 tsp)

Method :

1. Soak rice for 30 minutes, cook with 3 cups of water and keep it aside. If using Basmati rice cook with 2 cups of water
2. Slice brinjals into vertical slices
3. To a Kadai, add 4 tbsp of oil, mustard seeds, curry leaves, brinjals, a pinch of salt and turmeric powder. Close the lid and let it cook
4. Stir the mixture once a while. This should take about 15-20 minutes
5. After the brinjals are cooked, add half of the masala powder that was made earlier and turn off the stove
6. Now add rice, remaining masala powder, salt and squeeze some lemon juice. Mix it well
7. Garnish with coriander leaves and serve it hot

Tips:

- Tastes best when using small tender brinjals
- Make sure to not overcook either rice or the brinjals
- Tastes great as is but also tastes great with cucumber raita
- You can also ghee roast some cashews and garnish the dish for some extra dash of flavor



By Ann Devika



Kitchen Measurements (approx.)

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



Servings



Preparation Time

CHOCOLATE WALNUT BROWNIE - RECIPE

FROM MY KITCHEN

Ingredients

Maida/Aata. -	1 cup
Cocoa powder-	4 tbsp
Condensed milk-	100 gm
Butter. -	120 gm
Chopped walnuts.	3/4 cup
Baking powder.	1/2 tsp
Baking Soda.	1/4 tsp
Vanilla essence.	1/2 tsp
Curd.	2 tblsp
Lukewarm milk.	1/3 cup
Sugar powdered.	4 tblsp



By Ann Rachna gupta



Method :

Mix butter and condensed milk.
Sieve all dry ingredients and mix with butter mixture,
gradually add curd+vanilla
essence + sugar.
Lastly add milk and mix...
do not over beat..now,
add walnuts
Grease and dust an 8 inch tin,
pour the batter and bake in preheated oven of 180 degree for 25 mins.

Kitchen Measurements (approx.)

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



Servings



Preparation Time



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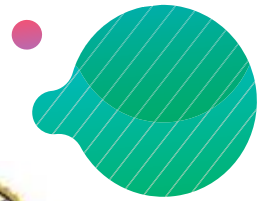
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Plantation Competition



Chehak



Chehak Agarwal



Tia Sharma



Ritishk Nerella



Kanishk Nerella



Ananya

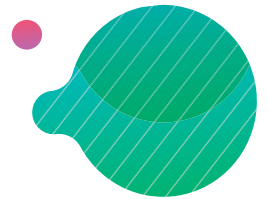


Shamika Surana



Shaunak Surana

Plantation Competition



Aadiksha Reddy , Age:- 3years



D.Vriti Ojaswi



Prinisha Jain



ANAIKA PIPPALA



Diya kacham



Yug mandelia



D N vihaan



Annu Yadav

Plantation Competition



Rajveer surana



Devik



Gautam Chavan & T Rajesh



Mayan



G Sree Ramyesha



GEET GOEL

We want to send a big thank you to everyone who participated in our contest and helped make it a success!

And a special congratulations to the winners

1.Yug Mandella 2. Diya Kacham 3. Mayan 4. Tia Sharma 5. Ritishk Nerella 6.Chehak Agarwal

Consolation prizes

1.Annu Yadav 2.Gautam chavaan 3.Devik

Click here to see all the contest entries:

<https://www.rcss.in/2020-10-23communityservice.html>



Rotary Club of Secunderabad Sunrise



We would like to invite you to participate in the competition as below.

Children
(Below 15 yrs)

Youth
(16-30 yrs)

Women
(30 yrs +)

Competition subject open "category"
(Any subject Photographs can be submitted)

Last date of entries before 15th Dec 2020.
Winners will be announced by 30th Dec 2020.

By Email : webmaster@rcss.in
By Whatsapp : Ritu Gupta - +91 9849006984
Mamta Jhavar - +91 9949042481

All participates will get a certificate of Participation (by email/whatsapp)
All winner will get a printed certificate & a Prize.





Ann Kavita

Laugh out Loud

Husband and his wife went for Divorce at court.

Judge: You have kids. How will you divide them?

They had long discussion with his wife and said ,”OK, sir we will come next year with one more.”

Joke doesn't end here.

9 months later. They got twins!

Husband: Kal mere khwaab mein ek ladki aayee thi, waah kya ladki thi!

Wife: Akeli aayi hogi!?

Husband: Tumko kaisa pata?

Wife: Uska pati mere khwaab mein aaya tha!!

Wife ko begum kyo kehte hain?

Ans: Kyonki shaadi ke baad sare gum to shohar ke hisse mein aate hai, aur biwi be-gum ho jaati hai!

Jo aankhe band karke prem kare vo hai 'PREMIKA'.

Jo aankhe band hone tak prem kare vo hai...'MAA'.

Jo aankhe dikha dikha ke prem kare vo hai...'PATNI'.

I reached home late and dad asked me, “Where were you?”

In front of me, dad called 10 of my friends

4 of them said, ‘Yes Uncle he was here.’

2 of them said, ‘He just left, uncle.’

3 said, ‘He is here only uncle, studying. Shall I give him the phone?’

1 of them went extra mile to say (in my voice),

“Yes dad, tell me what happened.”

Wife : Had your lunch?’

Husband :Had your lunch?

Wife: I am asking you?

Husband: I am asking you?

Wife: You Copying me?

Husband: You copying me?

Wife: Let's go shopping.

Husband: Yes I had my lunch.

Wife: How do I look today?

Husband: Looking good.

Wife: Say a poetry for me.

Husband: You are looking so cute, my salary gets used on this!

BY: Kavita Agarwal





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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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