

RCSS

Rotary



# TIMES

January 2021

**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.)



*The big questions we are all facing today.*

**How can we end a pandemic?**

**When will we have a vaccine  
I am willing to take?**

**Who will get it first?**

## Team Rotary Club of Secunderabad Sunrise for 2020-21

<b>President</b>	-	Rtn. Vijay Rathi
<b>Secretary</b>	-	Rtn. Ravi Ladia
<b>Treasurer</b>	-	Rtn. Ranjay Goel
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IPP	-	Rtn. Pavan Tiberawal
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Vocational Service	-	Rtn. Rajhans Banka
International Service	-	Rtn. Narendra Gauri
<b>Chairman</b>		
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ebulletin & Website	-	Rtn. Rajesh Pamnani
Member Retention	-	Rtn. Ajit Gandhi
New Member	-	Rtn. Sanjay Kabra
Vocational Awards	-	Rtn. Bimal V Goradia
Speaker Meeting Q1,Q2	-	Rtn. Suresh Verma
Speaker Meeting Q3,Q4	-	Rtn. Jitender Agarwal
Existing Projects	-	Rtn. Sandeep Jhawar
Fund Raiser	-	Rtn. Shravan Malani
Polio	-	Rtn. Dr Surender
Rotary Foundation	-	Rtn. B.S. Ravindranth
Interact	-	Rtn. Praveen Sharma
Rotaract	-	Rtn. K. A. Ramayya
New Projects	-	Rtn. Samir Gupta
Know your Member	-	Rtn. Mehul Shah



# Index

## Details

## Page

From the Editor's Desk	-	4
Rotary International	-	6
The ABC's of Rotary	-	7
Birthday & Wedding Anniversaries	-	10
RCSS-Club in Action (Last Month)	-	12
Designated Month	-	12
Introducing our Ann's Of the Club	-	14
(B. Apeksha)	-	15
(Kanak Kabra)	-	16
(Anita Banka)	-	17
(Bijal Shah)	-	19
Ritu's Column Hinduism	-	22
From My Kitchen	-	25
Just for Laughs	-	26
Hidden Perks of an Editor	-	27
Online Photo Contest	-	28
Judges for Photo Competition	-	29
Photo Contest Winner	-	



**A**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.

## FROM THE EDITOR'S DESK



The Big Questions on every body's mind nowadays  
Can a Covid Vaccine Reach Enough People?

One somewhat unique aspect of Covid is the sheer breadth of possible outcomes. It's really bad for a lot of people or causes no symptoms in others. How might that affect vaccination efforts?

How do you prioritize what's likely to be a limited early supply of vaccine?  
What do you worry might get in the way of a successful Covid vaccination effort?  
How do we overcome people's hesitancy about getting the vaccine?

The most important things we need to do to get to the other side of the pandemic.

We need to get through it to get out of it.

In order to get through it, we need to do all the things we've been doing for the last six months. It's social distancing, masking, immaculate hand hygiene, don't touch your face.

Take whatever we've learned at polio Eradication and built and sustain the efforts for the current pandemic.

We at Rotary are always ready to support whatever help is needed; when and wherever needed.

Rtn. Rajesh Pamnani  
Editor

The editorial team...  
Ann Seema Jain.  
Ann Mamta Jhavar  
Ann Ritu Gupta.



Ann Seema Jain  
W/o Rtn. Lokesh Jain



Ann Mamta Jhavar  
W/o Rtn. Sandeep Jhavar



Ann Ritu Gupta  
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## ROTARY - INTERNATIONAL



January is finally here. As we look forward to 2021, our thinking doesn't have to stop at the end of these 365 days. Are you thinking ahead about what you will be doing in 2022, 2023, and beyond?

We cannot foresee the future, but we can steer ourselves where we want to go. I think it is important that every Rotary club hold a strategic meeting at least once a year. Past RI Director Greg Yank, who has a lot of experience working with clubs on their plans, shares his viewpoint.

A famous aphorism states, "By failing to prepare, you are preparing to fail." Planning is essential to achieving success in all areas of life, including Rotary, and we're getting better at it every year.

Strategic planning for Rotary clubs works. I have helped many clubs find that pathway by working with them to build what I call a blueprint, a multiyear plan that answers the fundamental question: "What is our vision for our club?" The best plans I have seen are those that are focused, when a club concentrates its resources on the best opportunities it has. Your Rotary club cannot be all things to its members and to the community it serves; it has limited human, financial, and time resources. A successful plan factors in assets and limitations to chart the desired pathway for your members.

Begin building a multiyear strategic plan by brainstorming with your club, asking, "What are our initiatives and priorities for the next two to three years?" Document your answers using action-oriented language that is specific, concrete, and measurable about the goals you want to achieve.

Next, narrow down your initiatives to a core set of three to five priorities. Your club will then develop specific objectives for each initiative, outlining who will be involved, key milestones of achievement, how progress will be tracked, and a timeline for completion. Keep your plan short and simple.

Then go out and do it. Review the progress you make toward accomplishing the initiatives, and revise as needed at least once a year. Rotary has a solid template to assist clubs in their planning, which you can find at [my.rotary.org/en/document/strategic-planning-guide](https://my.rotary.org/en/document/strategic-planning-guide).

We want to enrich and enliven our clubs with new discussions and ideas. But how do we attract the diverse professionals, from different backgrounds, ages, and experiences, who are all driven by as strong a sense of integrity as we are?

Through strategic planning, we explore this question to define the very nature of our club and the value it offers to its members and to the community. Each club is different, and each club's value will be unique. During the planning process, clubs may also find that some of the activities they used to do are no longer relevant or attractive.

Once your club makes a strategic plan, it's time to take action and carry out the necessary changes. When we do that — as we engage members in vibrant and active clubs that not only have fun but also serve their communities with projects that have real and lasting impact — our clubs grow stronger. And when we discover what makes our own clubs unique and build upon those core values in all our efforts, Rotary Opens Opportunities to enrich the lives of everyone.

Holger Knaack  
President 2020-21

Source: Rotary International  
Courtesy: eFlash\_Rotary Kalamassery



Clifford L. Dochterman  
President, Rotary International  
1992-93



Part 7 of 12

### Rotary Volunteers

You can find them working in remote clinics, refugee camps, makeshift hospitals, primitive villages, and their own communities. They are experts in administration, community development, education, food production, health care, and water and sanitation. They're Rotary Volunteers.

The Rotary Volunteers program encourages and facilitates volunteer service, putting Rotary's ideal of Service Above Self into action. The program is administered by Rotary Volunteers committees at the club, district, and international levels. Rotary Volunteers have shared their expertise in a multitude of humanitarian projects around the world.

Rotarians and non-Rotarians who wish to serve as international volunteers can register with RI World Headquarters and are included in the Rotary Volunteers Database at [www.rotary.org](http://www.rotary.org). Resources for finding volunteer opportunities and special needs include the Rotary Volunteers International Site List Database and the Rotary Volunteers Resource List, both available at [www.rotary.org](http://www.rotary.org). These tools can help volunteers locate their own projects and make arrangements directly with project coordinators.

### Interact

Interact, a Rotary-sponsored youth service club, was launched by the RI Board of Directors in 1962. The first Interact club was established by the Rotary Club of Melbourne, Florida, USA. Interact clubs provide opportunities for young people of secondary school age to work together in a world fellowship of service and international understanding. The term "Interact" is derived from inter, for international, and act, for action. Every Interact club must be sponsored and supervised by a Rotary club and must plan annual projects of service to its school, to its community, and in the world.

In 2006, there were more than 10,500 Interact clubs with 242,000 members in 119 countries. Interactors develop skills in leadership and attain practical experience in conducting service projects, thereby learning the satisfaction that comes from serving others. A major goal of Interact is to provide opportunities for young people to create greater understanding and goodwill with youth throughout the world.

### Rotaract

Building on the success of Interact clubs in the early 1960s, the bRI Board created Rotaract in 1968. The new organization was designed to promote responsible citizenship and leadership potential in clubs of young men and women ages 18-30. The first Rotaract club was chartered by the Rotary Club of Charlotte North in Charlotte, North Carolina, USA. In 2006, there were 184,000 members in more than 8,000 Rotaract clubs in 139 countries.

Rotaract clubs emphasize the importance of individual responsibility as the basis of personal success and community involvement. Each club is required to complete at least two major service projects each year, one to serve the community and the other to promote international understanding.

Rotaract also provides opportunities leading to greater leadership and professional development. Rotaractors enjoy many social activities as well. A Rotaract club can exist only when sponsored, guided, and counseled by a Rotary club.

### Still More Rotary Firsts

- Rotary first presented Significant Achievement Awards in 1969 to clubs with outstanding international or community service projects.



Clifford L. Dochterman  
President, Rotary International  
1992-93



- Rotary's first convention held in the Southern Hemisphere was in Rio de Janeiro, Brazil, in 1948.
- Rotary's first community service project took place in 1907 when Chicago Rotarians installed a public restroom outside City Hall.
- The first year that The Rotary Foundation received total contributions of US\$1 million in a single year was 1964-65. In 2004-05, about \$85 million was given to the Annual Programs Fund. Contributions since 1917 total about \$1.7 billion.
- Rotary's first appeal for aid to disaster victims was in 1913 when \$25,000 was given for flood relief in Indiana and Ohio, USA.

### RI's General Secretary

The day-to-day operations of Rotary International's Secretariat are under the supervision of the general secretary, the top professional officer of Rotary. Although the general secretary is responsible to the RI Board and president, he provides the ongoing management for nearly 650 staff members who work at RI World Headquarters and the seven international offices.

The general secretary serves as secretary to the RI Board and is also the chief executive of The Rotary Foundation, under the supervision of the Foundation Trustees. He is the secretary of all Rotary committees as well as the Council on Legislation, regional conferences, and the annual RI Convention.

The general secretary is appointed by the RI Board for a term of not more than three years, which may be renewed by the Board for a term of up to five years. Since 1910, 10 men have served in that position. Chesley Perry, the original general secretary, served from 1910 to 1942. Others who followed were Phil Lovejoy (1942-52), George Means (1953-72), Harry Stewart (1972-78), Herb Pigman (1979-86 and 1993-95), Philip Lindsey (1986-90), Spencer Robinson Jr. (1990-93), Geoffrey Large (1995-97), and S. Aaron Hyatt (1997-2000). Ed Futa was appointed in 2000.

Throughout the history of Rotary, the personal influence and administrative skills of our general secretaries have significantly shaped the course of Rotary programs and activities.

### Selecting a President

Each year, a distinguished Rotarian is selected as the worldwide president of Rotary International. The process begins one year in advance when a 17-person nominating committee is elected from separate zones of the world. To qualify for the nominating committee, a Rotarian must have served on the RI Board of Directors. If no past director from the zone is able to serve, a past trustee of The Rotary Foundation or a past district governor who has served on an RI committee may be appointed to the nominating committee.

The nominating committee may consider all past RI directors for candidacy. Members of the nominating committee and current directors are not eligible. Any Rotary club may suggest the name of a former RI director to the committee for consideration.

The committee convenes in September to select the Rotarian to be the presidential nominee, whose name is announced to all clubs. Any Rotary club may make an additional nomination before 1 December, which must then be endorsed by 1 percent of all the Rotary clubs of the world (about 320 clubs). If such an event occurs, an election is held by mail ballot. If no additional nomination is presented by the clubs, the person selected by the nominating committee is declared the president-nominee. At the international convention, the president-nominee is elected by voice vote and becomes the president-elect for the following year, which is spent preparing to serve the Rotarians of the world as the international president.

(... to be continued)



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## BIRTHDAYS & WEDDING ANNIVERSARIES - FEBRUARY

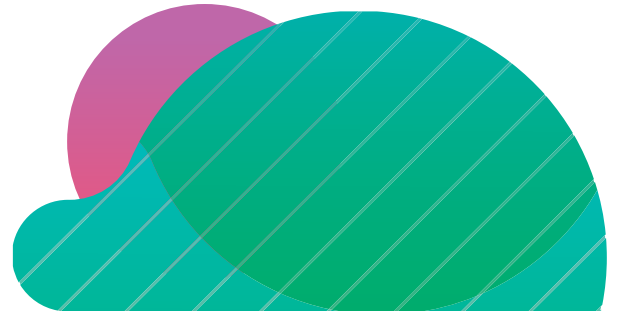


### BIRTHDAY

01/02- Rtn. Satish Manohar  
07/02- Ann. Kanak Kabra  
09/02- Rtn. Samir Gupta  
18/02- Ann. Devika w/o - Ravindranath  
25/02- Rtn. Sanjay Dolwani  
26/02- Manish Sharma

### ANNIVERSARY

09/02 - Rtn. Rajnish & Keerti Pissay  
12/02 - Rtn. Sreedhar Raju & Rama Devi  
Rtn. Sarvesh & Neha Gupta  
13/02 - Rtn. Vinayak & Sheetal Dhuma  
17/02 - Rtn. Ravi & Swati Ladia  
20/02 - Rtn. Manish & Indra Sharma  
25/02 - Rtn. Anil & Seema Goyal  
Rtn. Shyam & Shailaja Gupta



### RCSS - CLUB IN ACTION (LAST MONTH)

Jan 31<sup>st</sup> RCSS Pluse Polio





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## DESIGNATED MONTH

**January - Vocational Services**

Vocational Service Month During this period, clubs highlight the importance of the business and professional life of each Rotarian. Special activities promote the vocational avenue of service.

- Distribute Four way Test
- Distribute Vocational Awards to outstanding individuals, Arrange Vocational Visits
- Awareness seminar on career guidance, Organise / Arrange in Plant Training
- Start Vocational Education / Skill Guidance Centre. Start Part Time Consultancy centre
- Helping Physically Challenged people to gets jobs

**February - World Understanding Month**

Vocational Service Month During this period, clubs highlight the importance of the business and professional life of each Rotarian. Special activities promote the vocational avenue of service.

- Organise 'MUNA' (Modal United Nations Assembly) at College Level
- Engage in reconciliation of broken families, restoring relationship
- Help How people can live in peace with their families and their neighbours
- Assist Young Single mothers whoare victims of sexually abused through training them with self-help projects. e.g. Opening small business that may help them with their children



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## INTRODUCING OUR ANN'S OF THE CLUB

Ann B. Apeksha  
W/o Rtn. B.Srinivas

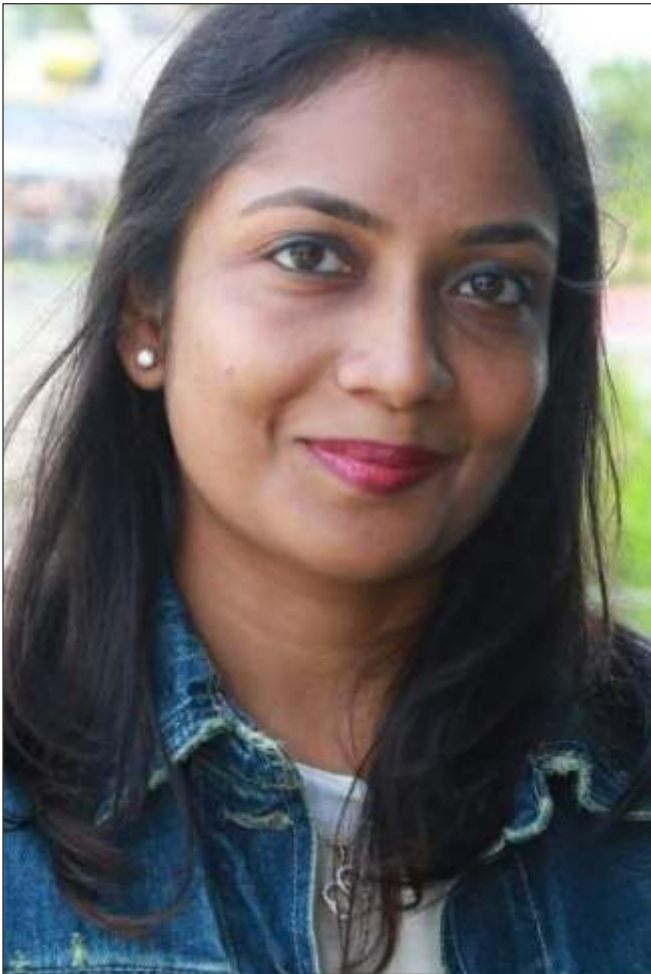


My name is B. Apeksha wife of B.Srinivas  
I am blessed with one son his name is Rahul ,  
I am born and brought up in Bilaspur Chhattisgarh  
I am a post graduate in commerce from GGDU (CG). I worked for MFI Corporate Sector for more than 10years as a Finance Manager. And now I'm a home maker and following my passion as a Artist. My hobbies are painting, dancing and cooking.  
I am a fun loving person .



## INTRODUCING OUR ANN'S OF THE CLUB

Ann Kanak Kabra  
W/o Rtn. Sanjay Kabra



**Name:** Kanak Kabra w/o Sanjay Kabra

**Educational Qualification:** B.Com, CS

**Other Qualifications:** Qualified SuJok Therapist, Certified Angel Therapy Practitioner and teacher.

**Hobbies:** Travelling, Reading, Scuba diving/snorkelling

The qualities which describe me best are optimism, adaptability and perseverance. I was born and brought up in Assam and I completed my graduation from University of Rajasthan. I completed the course of CS in 2002 from Hyderabad. Having worked in diverse industries and having run my individual practice as a CS, I joined my husband in his existing business in the year 2017 as Executive Director heading the HR, Legal Compliances, Accounts and Administration of the organisation. I am trained in few alternative healing therapies and I pursue them as parallel profession. I have two daughters, Kriti and Sanskriti Kabra aged 19 years and 16 years respectively. The motto of my life is to inspire others in becoming the best version of themselves.

## INTRODUCING OUR ANN'S OF THE CLUB

Ann Anita Banka  
W/o Rtn. Rajhans Banka



I am Anita Banka w/o Rtn. Rajhans Banka  
Qualification: B.Com from St. Francis College, Begumpet, Hyderabad.  
I am a home-maker and have two kids: Samriddhi and Sarthak.  
Samriddhi is married to Dhiren Modi.  
Sarthak is a Computer Science Engg. graduate presently working with Qualcomm.  
My hobbies: Stock market and gardening.



## INTRODUCING OUR ANN'S OF THE CLUB

Ann Bijal Shah  
W/o Rtn. Mehul Shah



I am Bijal Shah

I have done my B.Com and P.G.Diploma in taxation from Badruka College of Commerce, Hyderabad. I always wanted to pursue MBA but couldn't.

I am married to an amazing and wonderful person, Mehul.

Blessed with two boys Aarush and Jash who I treasure the most in my life.

I assist my husband in his business and love to juggle between my work, home and children.

My hobbies are travelling, watching movies and reading.

I enjoy cooking the most.

I feel truly blessed to have such a loving, caring and supportive family.



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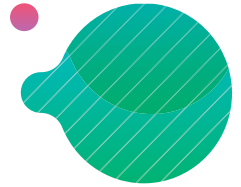
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## RITU'S COLUMN - HINDUISM

### HINDU DHARMA & UNCERTAINTY PRINCIPLE



The Jain philosophy says that nothing is absolute, everything is relative in the Universe. Hence, the Uncertainty is inbuilt in the Universe, both at macro (gross) level as well as micro (subtle) level.

At macro (gross) level, an event will be seen differently by observers in different frame of reference. In other words, an event will be seen differently by a stationary observer and a moving observer. e. g. (i) when a person in a moving train watches a tree, he finds it moving in a circle but a person who is standing stationary by the side of the train will see that tree stationary. It is because of the different frame of reference i. e. relative motion of the two observers. (ii) if two trains are moving closely and parallel to each other with different speeds, one slower and other much faster, an observer sitting in slower train will feel that other train is moving but with the difference of speed between two trains. However, the observer in the faster train will find slower train stationary.

It is again because of different frame of reference i. e. relative motion of the two observers. Hence, in Newtonian classical mechanics, the length (space), mass and time: the three fundamental units of physical Universe, which were considered absolute were found to be untrue in Einstein classical mechanics (special theory of relativity). The length (space), mass and time: the three fundamental units of physical Universe were found to be relative i. e. they change with an observer's frame of reference. A stationary observer and a moving observer will measure length or mass or time differently.



However, at micro (subtle) level the uncertainty becomes more profound. Let us suppose there are different observers in the same frame of reference (say stationary), watching an electron in a closed space. To some electron will appear as stationary, to some moving; to some inside closed space and to some outside the closed space; to some right side of the closed space and to some left side of the closed space; to some top side of the closed space and to some bottom side of the closed space; to some as particle and to some as a wave (diffuse electron cloud). So, they see the same event differently, even though in the same frame of reference. The Quantum mechanics explains this by postulating that at micro level, an observer changes the event observed. The different observer would change it differently and hence observed event will be different for each one of them, it will not be same.

## HINDU DHARMA & UNCERTAINTY PRINCIPLE

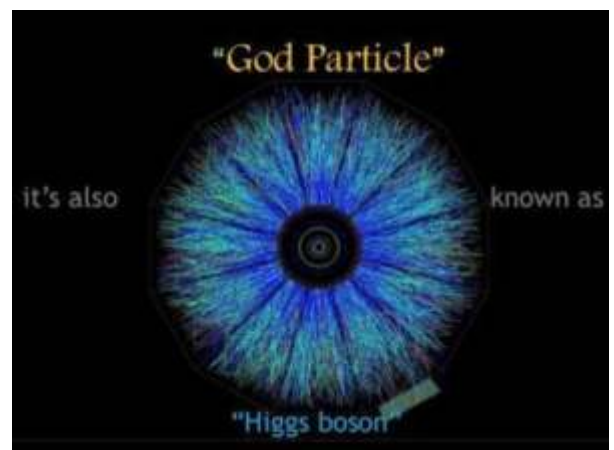


A perspective view of a railway track receding into a forest. The tracks are made of metal rails and wooden sleepers, set on a bed of gravel. They lead the eye towards a bright, glowing light source on the horizon, creating a sense of depth and journey. The trees on either side are tall and thin, with their branches reaching over the tracks, forming a natural canopy. The lighting is warm and golden, suggesting either sunrise or sunset.



Everything in the manifested universe that we see differently, Matter and Energy (heat, light, sound, electricity & magnetism), are in fact one and the same. According to Einstein equation of mass energy equivalence, matter and energies which have different properties are one and the same. Our senses see apparent reality and not correct reality. Moreover, at the macro level, matter shows particle nature and energy shows wave nature. family, is definitely true.



We, therefore, should have love and concern for everything, whether living or non-living and that is best way of living. We should be equally concerned with environmental pollution and preservation of nature, as with all living things. Our consciousness interacts with the consciousness of everything that we come in contact so we should not hurt anything. Hence, according to Vedanta, non-violence, whether with living or non-living, is best creed.








**Rtn Lokesh Jain**



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## Apple Crumble - RECIPE

## FROM MY KITCHEN

### Ingredients -

7-8 juicy Apples - peeled & thinly sliced.

Sprinkle a little lemon juice over them to prevent oxidation.

1/2 cup Milkmaid 2 Tbsp soft butter

### Ingredients for the Crumble

1 cup maida

1/2 tsp cinnamon powder

1/4 tsp baking powder

1/3 cup powder sugar

1/3 cup cold butter cut into small cubes

1/2 tsp vanilla extract

### Method to Make Crumble

1. Combine all the ingredients of the crumble and rub the butter lightly with finger tips till the mixture resembles bread crumbs.

### Method to Make Apple Crumble

1. Preheat the oven to 180 C .
2. Mix milkmaid and butter together on low heat for 3-4 mins till it is well combined. Keep aside to cool .
3. In a greased oven proof baking dish , placed the sliced apple in layers . Press lightly & sprinkle little cinnamon powder between the apple layers.
4. Pour the milkmaid butter mixture over and spread evenly.
5. Top the apple slices with the crumble mixture.
6. Bake in the pre heated oven for 30 - 40 mins till the top crust is golden brown.
7. Serve warm with vanilla ice-cream.



By Ann Shreya



### Kitchen Measurements (approx.)

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



Servings



Preparation Time

## Kala Jamun - RECIPE

## FROM MY KITCHEN

### Ingredients

- Soft Mawa (Khoa): 400 g
- Paneer: 125 g
- Suji (Semolina): 1 table spoon
- Baking Powder: 1/4 table spoon
- Maida: 75 g
- Sugar: 1 kg for sugar syrup
- Coarse Sugar: 2 table spoon for jamun
- Water: 500 ml
- Refined oil for frying: 500 ml
- Dry Fruits (Pistachios, Almonds, Cashews): handful approx.
- Cardamom Powder: 1/2 tea spoon
- Red Color (optional)

18-20 servings (2 pieces per serving)

### Steps

#### Prep jamun dough

- Mash the khoa well with your hands and set aside. There should be no lumps or small bits in it.
- Grate paneer and set aside.
- Add maida to a bowl and add khoa and paneer from the previous steps to it. Gently mix it.
- Bring the mixture together to form a dough (do not kneed).

#### Prep jamun stuffing

- Dice the dry fruits and add to a cup.
- Add 2 table spoon coarse sugar and cardamom powder to it.
- Add 2 table spoon of the dough prepared earlier to the cup.
- Add pinch of red color as well (optional).
- Mix and keep aside.

#### 1 string sugar syrup

- Add 500 ml of water to a vessel and add 1 kg sugar to it.
- Boil the solution on low flame until it becomes a 1 string sugar syrup.

#### Prep jamun

- Pinch a small lemon sized ball from the dough and roll it into a round shape.
- Make a finger sized hole half way through the ball.
- Add some of the jamun stuffing to it and close the hole.
- Roll the ball to give it an oblong cylindrical shape.

#### Fry jamun

- Heat oil on a low flame in a kadai.
- When the oil is hot enough, add jamun prepped earlier to the kadai.
- Fry till they turn slightly darker than the golden color.
- Remove the jamun from the kadai (make sure excess oil is drained) and add it to the sugar syrup.



Ms. Siddhali  
Daughter in law of  
Ann Shilpa Gandhi



### Kitchen Measurements (approx.)

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



Servings



Preparation Time





# OUR HIGHLIGHT SERVICES

## AUDIT & ADVISORY

Audits add value in solving the issues faced by businesses by providing insight on the effectiveness of governance, risk management, internal control processes.

## GOODS & SERVICE TAX (GST)

We ensure that your business is equipped to cope up with the requirements of the ever-evolving GST law and thus avoid any losses which may occur later due to non-compliance related issues.

## HR & PAYROLL SOLUTIONS

We help businesses of all sizes manage all HR processes efficiently. We offer carefully structured and designed solutions that can be customized to meet your organizational requirement and preferences.

## PERSONAL TAX PLANNING

We provide smart tax planning solutions and help you understand how it is an integral part of an overall financial plan of individual. We also help you maximize benefits while staying compliant at the same time.

## VIRTUAL CFO

We provide innovative solutions to your business needs that can change the outlook of your business to the right direction of growth.

## BUSINESS START-UP ADVISORY

Our team of professionals is well equipped to review your business plan, measure your strategy against your business goals & make necessary suggestions to increase chances of success for your business.



+91 - 9398026431

**Get in touch with us!**



[info@pennyworthconsultants.com](mailto:info@pennyworthconsultants.com)



[www.pennyworthconsultants.com](http://www.pennyworthconsultants.com)



# Just for laughs



CEO



CEO's right hand



Upper manager



Upper manager's right hand



Seasoned employee



New hire



Sysadmin



Finance



Lower level manager



O.A. (Secretary)



O.A.'s husband



ITers



That girl from the other department



Dr. Smith's electronic department of dentistry



Company event



After the company event



Security guard



Company owner



Janitor #1



Janitor #2



## INTRODUCING OUR ANN'S OF THE CLUB

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



**Name** : Anuradha Goel  
**Qualification** : B.COM  
**Occupation** : Home Maker  
**Hobbies** : Painting, Listening and Writing Poetry,  
Cooking and I also like to spend time with the kids in the orphanage that we have adopted.

## CHILLI MUSHROOM RECIPE

Cuisine : Indian Chinese

## Ingredients :

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

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

## Method:

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

## FROM MY KITCHEN



By Ann Anu Goel



## Kitchen Measurements (approx.)

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



Servings



Preparation Time

We would like to make on RCSS Annual introducing the Ann's (with recipe pages) for 2020-21 could you help us complete?  
Entries invited from all Ann's of the club before April' 2021.

### Hidden Perks of an Editor



How can one refuse an invitation to participate in the tasting of the recipe being included in the magazine ? I guess after this post we may have to conduct an election for the application Received from the numerous aspirants for the post of an editor for RCSS .



**Ends 15th Feb 2021**

The background of the poster is a vibrant, abstract painting featuring a palette with various colored paints (blue, yellow, red, green) and a paintbrush. The overall theme is artistic and colorful, with a focus on the 'Silver Lining of 2020' theme.

**ROTARY CLUB OF  
SECUNDERABAD  
SUNRISE**

Rotary Club of Secunderabad Sunrise

# Online ART Contest

Theme:- Silver Lining of 2020

Age group:-

Children 6-15yrs	* Youth 16-30yrs	* Above 30Yrs+
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Medium:- POSTER/WATER/ACRYLIC COLORS  
Size:- A-4 PAPER

**Please send your art through:-**  
Email: [webmaster@rcss.in](mailto:webmaster@rcss.in)  
Whatsapp: Ritu Gupta-9849006984  
Mamta jhawar-9949042481  
Seema Jain-9393469123

Painting Will be Judge by Mrs. *B. Apeksha*

#ALL PARTICIPANTS WILL RECEIVE  
CERTIFICATE OF APPRECIATION

#Last date of entries 15 Feb 2021

#2 WINNER WILL RECEIVE CASH  
PRICE AND WINNER CERTIFICATE OF  
APPRECIATION FROM EACH GROUP

#Result Declaration date  
28 feb 2021.

[www.rcss.in](http://www.rcss.in)





## Judges for the Photo competition in RCSS



**Name :** Aquin Mathew

Aquin Mathews director of Indian Photography Festival

I am the founder and director of the Indian Photography Festival – Hyderabad. I grew up in India and works between India and Australia.



**Name :** Saurabh A Chatterjee

Founder - SIA Photography (<https://siaphotography.in>).

He is a Photography Mentor and Photography Tour Leader. His dream is to see India and to make every camera-owner a great photographer.



Disha Jain  
Age: 10 year  
Phone Used: LenovoK8 plus  
Subject: Nature  
Title: Introespection



Adamala Saanvi Reddy  
Age: 11  
Camera details: iPhone 8  
Subject: Environmental Education  
Title: Village Environment



Smaran Kejriwal  
Age: 21 yrs  
Canon EOS 760D



Pallavi Behani  
Age: 26 Yrs  
Camera : Nikon D5100



Rachna Gupta  
Age: 46 yr  
Captured from i phone 11  
Subject: Love by the Moon



Deepika Jain  
Age: 36  
Phone: Samsung M20  
Theme: Black & White  
Title: God's Adobe

## Commemorating fight against COVID-19



Special Cover issued on  
Corona Warriors, K.G.Camp,  
21-04-2020

Special Cover issued on  
COVID-19 Global Pandemic,  
Bhubaneswar, 21-04-2020



Special Cover issued on  
RGUHS @ War with COVID-19,  
Jayanagar HPO, 01-06-2020

Special Cover issued on  
Art of Living with COVID-19,  
Ahmedabad, 20-06-2020





Stop Press



We are sorry that we will not see you in Taipei this year, but this decision, made by the Rotary Board of Directors, is necessary to protect the health of everyone involved. We will share more details about the 2021 Rotary International Virtual Convention soon :

Best Regards  
Rtn. Valmiki Hari Kishan,  
District Chair Rotary International Convention 2021

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](mailto:editor@rcss.in)

[webmaster@rcss.in](mailto:webmaster@rcss.in)



**ROTARY CLUB OF SECUNDERABAD SUNRISE**  
**[www.rcss.in](http://www.rcss.in)**

## Disclaimer

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If we have omitted something please contact us. The views and opinions expressed in the articles are those of the author(s) and do not necessarily reflect the views or opinions of the editors.