

TIMES

February 2021

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

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

(This Magazine is for Private Circulation Only.)

Vaccination Process

Vaccine hai toh Jaan hai, Jaan hai to Jaahan hai

The nationwide COVID-19 Vaccination drive was launched on 16 January, 2021. This is now to be expanded to the following age-groups from

1 March, 2021

Citizens above

60 years

Age bracket of

45-59 years

with specified co-morbidities



3 routes for registration

- ☒ Advance Self-Registration
- ☒ On-site Registration
- ☒ Facilitated Cohort Registration

Registration Process

All beneficiaries, regardless of the mode of access, are advised to carry any one of the following photo ID proof:

- Aadhar Card
- Electoral Photo Identity Card (EPIC)
- The Photo ID card specified at the time of registration in case of online registration (if not Aadhar or EPIC)
- Certificate of co-morbidity for citizens in age group of 45 years to 59 years (signed by a registered medical practitioner)
- Employment certificate/ Official Identity Card - (either but with photo and date of

Free of charge
at the Government
Vaccination Centers

Pre-fixed charge
at any designated/empaneled
private health facility

Get yourself vaccinated

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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International Service	-	Rtn. Narendra Gauri
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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



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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



Lockdown Memories

Unlocking the lockdown- A personal diary

For me, all days have merged into one as the weeks have flown by so quickly. Here's a handy important dates reminder of key things that have happened going all the way back to December!



"What can be locked is just our movement. If we lock our lives it would be our own decision. Our feelings, expression, creativity, spirit, enthusiasm and care can never be locked."

— Vineet Raj Kapoor

Do you want to share your stories / memories too.

Please do send it to us.

Rtn. Rajesh Pamnani

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
W/o Rtn. Samir Gupta



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ROTARY - INTERNATIONAL

Let's use our 'circles of influence' to combat COVID-19

In his book "The Seven Habits Of Highly Effective People," Steven Covey defines the circle of concern and the circle of influence. His ideas explain how we can build resilience through the toughest times. The current health crisis that we face demands an individual and collective response for any conceivable return to a way of life that is free from fear and a return to a positive and healthy way of life.



Joe Otin

As the pandemic continues to plight society and governments deploy resources to roll out equitable vaccine distribution it is critical that we maintain a positive mindset and continue to encourage behavior that disrupts the spread of the disease. These include wearing masks when out in public, frequently washing our hands and maintaining social distance.

The circle of concern and the circle of influence are mutually exclusive. They are constantly fighting for space because one expands at the expense of the other. This conflict is continuously staged in the arena of your consciousness and the results shape your outlook, your experiences, and eventually your outcomes.

Sometimes the circle of concern triumphs. That is when affairs that you have absolutely no control over blur your vision, like sweat streaming over your eyes. Your view is obscured further by a recurring avalanche of daily news that knocks you down with one punch, and as you attempt to recover it strikes you again like a thunderbolt. When the circle of concern is overwhelming it becomes an unproductive indulgence. Credible journalism and fake news mingle freely and render it impossible to distinguish one from the other.

In contrast, when the circle of influence wins, the issues that you have a firm grip of feature prominently. You gain clarity with a version of truth and reality that you have the power to change. When the circle of influence is dominant in your life, you spend more time on the things that make a difference around you. You pay more attention to the people in your environment and offer a healing peace of mind.

You may therefore wish to ignore those friends who have watched every documentary ever filmed about the coronavirus and who are now furiously writing scripts for the next dozen. Their doomsday tales will keep the masses securely enclosed within the circle of concern.

Instead spend time with Rotarians and people from other organizations that have a practical plan to address the pandemic. Invest your energy with those who are working inch-by-inch to shield society and prepare in every way imaginable to fight this pandemic and other health threats.

ROTARY - INTERNATIONAL

Let's use our 'circles of influence' to combat COVID-19

The essence of Rotary is to support vulnerable communities in times of need and the world needs us now more than ever. It is crucial that our organization continues to function and grow. Work with your club leaders to implement the set plans so that you can focus on those groups that most need our assistance.

Earlier this year, I outlined three principles we can use to guide our decisions as we confront this health challenge. They are still relevant now even as governments rollout the COVID-19 vaccine across the globe, with a special emphasis to the less privileged members of society that are particularly vulnerable.

The first one is that individual action has the greatest bearing on the disease, and this includes personal hygiene, social distancing, and other guidelines outlined by the World Health Organization. We must all take individual responsibility to stop the spread of coronavirus. As the COVID-19 vaccines are rolled out, we should serve as models in our community and get vaccinated at the earliest opportunity, while encouraging others to do the same.

The second is to support governments and health organizations in their initiatives to vaccinate the public, and discourage vaccine misinformation and hesitancy. Rotary is in an ideal position to contribute in this area because of our work in polio eradication and confronting some of the same vaccine barriers. We know the effectiveness and value of inoculation, and by our example, we can support the initiative. It is the concerted effort by the private sector, public institutions, development organizations, and society as a whole that will stop this threat.

Thirdly, it is in sharing messages of hope and reminding people that together we will prevail, and that the disruption in our lives is not only momentary but it is also a crucial part of continuity. The pandemic has caused hardship and loss. We, in our clubs, can show the same compassion, care, and support that we are known for through our humanitarian efforts.

From Rotary International Blog.



Clifford L. Dochterman
President, Rotary International
1992-93



Part 7 of 12

Annual RI Themes

In 1949-50, RI President Percy C. Hodgson established four objectives for his team and launched the Rotary tradition of an annual theme. Since then, the annual RI themes have varied in length and message but all have inspired Rotarians to greater action.

In 1961-62, Joseph Abey selected Act, the shortest theme. A one-word theme was also chosen in 1968-69 by Kiyoshi Togasaki (Participate!).

Carl Miller, in 1963-64, had a theme for the times, Meeting Rotary's Challenge in the Space Age. Other timely themes were in 1980-81 when Rolf Klärlich created Take Time to Serve and in 1973-74 when William Carter used A Time for Action. Two themes have a similarity to commercial advertising: A Better World through Rotary (Richard Evans, 1966-67) and Reach Out (Clem Renouf, 1978-79). Bridges have provided a striking metaphor. Harold Thomas, 1959-60, urged Rotarians to Vitalize! Personalize! Build Bridges of Friendship! William Walk, 1970-71, created Bridge the Gaps; and Hiroji Mukasa, 1982-83, declared Mankind Is One — Build Bridges of Friendship throughout the World.

A worldwide focus was given by Stanley McCaffrey in 1981-82 with the message World Understanding and Peace through Rotary and again in 1984-85 by Carlos Canseco who urged Rotarians to Discover a New World of Service. In other years, the individual was emphasized, as You Are Rotary — Live It! Express It! Expand It! (Edd McLaughlin, 1960-61), Goodwill Begins with You (Ernst Breitholtz, 1971-72), and You Are the Key (Edward Cadman, 1985-86). Frequently, the theme urges Rotarians to become more involved in their club, such as Share Rotary — Serve People (William Skelton, 1983-84) and Make Your Rotary Membership Effective (Luther Hodges, 1967-68). But whether you Review and Renew, Take a New Look — and Act, Let Service Light the Way, or Dignify the Human Being, it is clear that the RI president provides Rotarians with an important annual program of emphasis.

In 1986-87, President M.A.T. Caparas selected the inspiring message that Rotary Brings Hope. Charles Keller in 1987-88 saw Rotarians — United in Service — Dedicated to Peace, while Royce Abbey asked his fellow members in 1988-89 to Put Life into Rotary — Your Life. Hugh Archer (1989-90) urged us to Enjoy Rotary! and Paulo Costa (1990-91) asked that we Honor Rotary with Faith and Enthusiasm. Rajendra Saboo (1991-92) exhorted every Rotarian to Look Beyond Yourself. In 1992-93, Clifford Dochterman reminded Rotarians that Real Happiness Is Helping Others, and in 1993-94, Robert Barth counseled Rotarians to Believe in What You Do — Do What You Believe In. In 1994-95, Bill Huntley encouraged Rotarians to Be a Friend to their communities. During 1995-96, Herbert Brown asked Rotarians to Act with Integrity, Serve with Love, Work for Peace. In 1996-97, Luis Giay called on Rotarians to Build the Future with Action and Vision. Glen Kinross in 1997-98 proposed the plan to Show Rotary Cares, and James Lacy asked Rotarians to Follow Your Rotary Dream in 1998-99. In 1999-2000, Carlo Ravizza proposed the theme Rotary 2000: Act with Consistency, Credibility, Continuity. The next year, Frank Devlyn asked Rotarians to Create Awareness — Take Action, and in 2001-02, Richard King reminded Rotarians that Mankind Is Our Business.

Many recent themes have encouraged Rotarians to take positive action, such as Sow the Seeds of Love (Bhichai Rattakul, 2002-03), Lend a Hand (Jonathan Majiyagbe, 2003-04), Celebrate Rotary (Glenn Estess Sr. during Rotary's centennial year, 2004-05), and Lead the Way (William Boyd, 2006-07). In 2005-06, Carl-Wilhelm Stenhammar veered slightly from tradition by using Rotary's motto Service Above Self as the RI theme.



Clifford L. Dochterman
President, Rotary International
1992-93



Campaigning Prohibited

One of the interesting bylaws of Rotary International provides that “no Rotarian shall campaign, canvass, or electioneer for elective position in Rotary International.” This provision includes the offices of district governor, RI director, RI president, and various elected committees. The Rotary policy prohibits the circulation of brochures, literature, or letters by a candidate or anyone on behalf of such a candidate. Only the RI Board via the Election Review Committee has the authority to identify specific activities as campaigning.

After a Rotarian has indicated an intention to be a candidate for one of the elective Rotary offices, he or she must refrain from speaking engagements, appearances, or publicity that could reasonably be construed as furthering his or her candidacy. The only information that may be sent to clubs relating to candidates for an elective position is that which is officially distributed by the general secretary of RI.

A Rotarian who becomes a candidate for an elective position, such as district governor or RI director, must avoid any action that would be interpreted as giving himself or herself an unfair advantage over other candidates. Failure to comply with these provisions prohibiting campaigning could result in the candidate’s disqualification. In Rotary, it is believed that a Rotarian’s record of service and qualifications for office stand on their own and do not require publicity or special promotion.

The Rotary Foundation’s Beginning

Some magnificent projects grow from very small seeds. The Rotary Foundation had that sort of modest beginning.

In 1917, RI President Arch Klumph told the delegates to the Atlanta convention that “it seems eminently proper that we should accept endowments for the purpose of doing good in the world.” The response was polite and favorable, but the fund was slow to materialize. A year later, the Rotary Endowment Fund, as it was originally labeled, received its first contribution of US\$26.50 from the Rotary Club of Kansas City, Missouri, USA, which was the balance of the Kansas City convention account following the 1918 annual meeting. Additional small amounts were contributed each year, but after six years the endowment had reached only \$700. A decade later, The Rotary Foundation was formally established at the 1928 Minneapolis convention. In the next four years, the Foundation fund grew to \$50,000. In 1937, a \$2 million goal was announced for The Rotary Foundation, but these plans were abandoned with the outbreak of World War II.

In 1947, upon the death of Paul Harris, a new era opened for The Rotary Foundation as memorial gifts poured in to honor the founder of Rotary. Since then, The Rotary Foundation has been achieving its noble objective of furthering “understanding and friendly relations between peoples of different nations.” By 1954, the Foundation received for the first time \$500,000 in contributions in a single year, and in 1965 \$1 million was received.

It is staggering to realize that, given such humble beginnings, The Rotary Foundation received almost \$85 million in 2004-05 to support annual programs and nearly \$118 million in total contributions.

(... to be continued)



Ram Goel
Ranjay Goel
Sanjay Goel

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BIRTHDAYS & WEDDING ANNIVERSARIES - MARCH

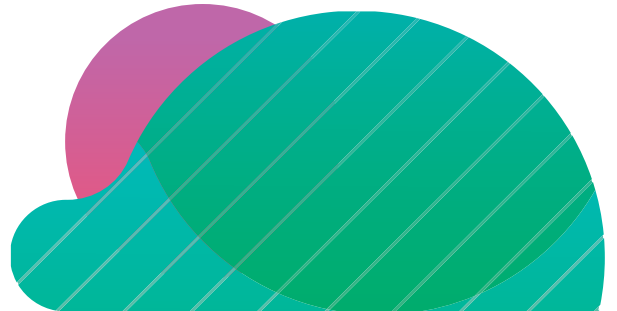


BIRTHDAY

07/03- Rtn. Ajit Gandhi
10/03- Rtn. K.A. Ramayya
Ann. Shreya Malani
22/03- Ann. Ritu Gupta
24/03- Rtn. Ravi Ladia
29/03- Rtn. Raj Hans Banka

ANNIVERSARY

12/03 - Rtn. Bimal & Meera Goradia



RCSS - CLUB IN ACTION (LAST MONTH)

Jan 31st Pluse Polio (Against Polio Virus)



RCSS - CLUB IN ACTION (LAST MONTH)

Feb 28th

Pluse Polio (Against Polio Virus)





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DESIGNATED MONTH



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 who are victims of sexually abused through training them with self-help projects. e.g. Opening small business that may help them with their children



March - Water & Sanitation

Area of Focus: Water and Sanitation Month. This month also includes the World Rotaract Week from the 7th until 14th of March.

- Create awareness on water Conservation by Street play / Banners / Literature Distributions / Seminars at club level and for local community,
- Clean Drinking Water at Railway Stations, Bus Stations, Schools or Public Places, Re-user of waste Water
- Create Public Toilets Facilities, Create Awareness on Sanitation at Schools - Colleges - Economically Backward Areas
- Create Sewage / Concealed Drainage system, Bore Wells, Building Check dams
- Providing Carriers (Transportation Systems) to carry water pots



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INTRODUCING OUR ANN'S OF THE CLUB

Ann Rachna Gupta
W/o Rtn. Sandip N Gupta



I am **Rachna Gupta** married to Sandip Gupta
I bought up in kolkata, Could not finish my degree due to severe accident that is marriagel am a house maker.
Blessed to be a mother of two son n one smart doggo,
I love classical dance and travelling.

INTRODUCING OUR ANN'S OF THE CLUB

Ann Seema Nyati
W/o Rtn. Gaurav Nyati



Hi,

I am **Seema Nyati**, born and brought up in Kolkata, married to Gaurav Nyati.

I'm a Chartered Accountant. During my early years I've worked as a Corporate Finance Associate at a leading NBFC and then headed the Financial Research team in a multinational company providing financial and capital markets insights and knowledge to investors, investment bankers and PE firms. Later I got associated with a boutique IB Firm.

During this journey, I have come to appreciate the importance of striking the right work-life balance for myself and for my family.

I am blessed with two children – my son Yash has completed his MBA from the Indian School of Business and my daughter Kriti is in class XII and their presence always keeps reminding me how important it is to have one's priorities in order – both personal and professional.

Currently, I have started a part time position as a stock market advisor alongside pursuing my passion of designing jewellery. In my free time, I also love to draw & paint. Travelling is something that rejuvenates me as well. But above all what gives me enormous bliss is the faith in The Almighty. Thank you God for always being there.

INTRODUCING OUR ANN'S OF THE CLUB

Ann Kanchan Dolwani
W/o Rtn. Sanjay Dolwani



Name : Kanchan Dolwani
Qualification : BCOM
Hobbies : Cooking n Listening to Music

INTRODUCING OUR ANN'S OF THE CLUB

Ann Shilpa Gandhi
W/o Rtn. Ajit Gandhi



Name : **Shilpa Gandhi**
Qualification : BCom Bed
Hobbies : Watching movies, listening to songs and cooking
Occupation : Home maker and also doing business of jewellery and clothes

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Rooftop off grid system(Make: Tata Power Solar)

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ELECTRICAL

LED Lighting
(Make: Opple, Stanjo)



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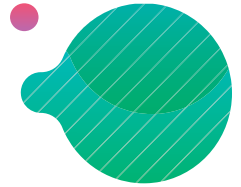


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RITU'S COLUMN - HINDUISM

HINDU DHARMA AND UNTOUCHABILITY

The Hindu Society & Dharma is much maligned for its caste system and untouchability. We should see these issues in proper perspective. Only then, one would appreciate that there is nothing wrong in using surnames which denote one's caste or why untouchability crept in Hindu society.

The Hindu (Vedic) civilization is the most ancient civilization on the Earth (there are credible evidence for more than 18,000 years old at least). Whereas many powerful ancient civilizations like Greek or Roman or Persian, Mesopotamian etc. have totally vanished, yet our Hindu civilization has survived despite the onslaught of Muslim rule of 800 years and British rule of 200 years i. e. slavery of 1000 years. Every effort was made to finish Hinduism by conversion either forcible or allurements, but it has still survived because of its inherent strength which flows from its Divine Law of Karma and rebirth. Its philosophy of karma and rebirth, transmigration of soul and its liberation, is eternal (Sanatan). It is based on (a) truth, (b) non-violence, (c) Equality, (d) Love. It says that for every action, there is an equal & opposite reaction i. e. you reap as you sow. It says do not do to others, which should not be done to you. It talks about universal brotherhood and no discrimination of anyone on any ground. It grants complete freedom to a person to act with the condition that one should not encroach on someone else's freedom.



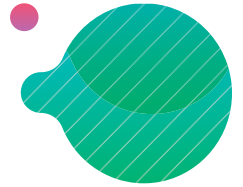
Whereas Islam and Christianity divides humanity (Muslims and non-Muslims or Christians and non-Christians), Hindu Dharma talks about Vasudhava kutumbakam (whole world is one family) or Sarvadharm sambhav (all religions are equal) etc. Whereas Islam and Christianity ordain to kill the followers of other religion, Hindu Dharma talks about Ahimsa parmo dharma (non-violence is first creed) or Jiyo aur Jeene do (live and let live) etc. Whereas Islam and Christianity both declare that non-followers of their religion will have no salvation and would burn eternally in the fire of hell, Hindu Dharma says Sarve bhavantu sukhina (let everyone be happy) or Satya mev jayate (truth alone triumphs) etc.

It is most scientific, liberal and tolerant Dharma. Yet it is much maligned and criticized unnecessarily. If in its journey of thousands of years some wrong usage or customs or practices developed or certain interpolations were made in our scriptures to defame Hindu Dharma by the vested interests, then Hindu Dharma should not be blamed for that. Its main teachings as aforesaid are universal and eternal.

However, many false narratives have been set by those who ruled us for 1000 years to defame Hinduism in order to establish and prove their superiority. Unfortunately, some pseudo secularist/intellectual, so called liberals, leftists/communists/urban naxals amongst Hindus have joined such tukrey-tukrey gang because they do not understand Hindu Dharma properly. It is much more than performing certain rituals or following particular way of worship. Having said that let us come to Caste system for which Hinduism is much criticized. Originally, it was never there in Hindu Society. Based on profession/vocation, our Rishis divided the society into 4 Varnas called 'Varna vyavastha' which is based on one's mental/ physical/ monetary capacity.

RITU'S COLUMN - HINDUISM

HINDU DHARMA AND UNTOUCHABILITY



They were Brahmin, Chatriya, Vaishya, Sudra. It was never provided that it is hereditary or that any varna is superior to other. Based on one's capacity/ability, one can change his varna. Sudra, who had no mental or physical or financial capacity to earn his livelihood was dependent on other 3 by rendering his services to them. But he was equal in every respect to other varna because of law of karma and rebirth which provides for complete equality to everyone without discrimination on any ground. Even Gandhi ji also acknowledged that it is most scientific way of organising a Society wherein a father trains his son in his profession/vocation without investing any money so that he can earn his livelihood without any difficulty.

There was no caste system in Ancient India. What was the Caste of Lord Ram? or Lord Krishna? or Rishi Valmiki? or Sage Parushram? etc. In fact, our ancestors never associated their Varna also with their names. There was also no practice of untouchability in ancient India. Lord Ram ate 'jhute Bers of Sabri' (a sudra nari) which she had tasted whether they are sweet or not. But caste system in Hindus is a reality today. I think it is human nature to divide on some ground because a man wants to identify himself with that group, religion being most dominant. Then sub-groups are formed. Muslims have 73 sects (shia, sunni, ahmadiyya etc), Christians also have 10 main divisions and then many further sub-groups (roman catholic, protestant, church of east etc.).



As for Hindus, caste system came to identify a person when population increased phenomenally. The concept of middle name also came for that reason. In many states especially of South India, there is a practice of using father's name as middle name of a person. There was no case for one being superior to other being against the very tenet of Hindu Dharma. Moreover, concept of Untouchability came when some Hindus specially Sudra started eating meat under the influence of Muslim rule. The Hindu society deeply rooted in non-violence could not accept such persons and made them untouchable i. e. nothing to do with them. It never said that such persons are inferior, equality of every person being hall mark.

But the Muslim and British used our Caste system and Untouchability (separation of meat eaters - mainly Sudra) for dividing the Hindu society so that it becomes weak and they can easily rule. Unfortunately, same thing is being followed by our politicians also for their own narrow political interests. If today Indian society can improve by dropping surnames, it should be done in the larger interest of the Hindu society. But Hinduism cannot and should not be blamed for having a Caste system. As far Untouchability is concerned, it has been constitutionally banned, people will pay for their karma in the Divine Court.



Ann. Ritu Gupta



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Blueberry Cheesecake - RECIPE

FROM MY KITCHEN

Ingredients

Digestive Biscuits-4 Packs
Butter-225 gms
Cream Cheese-1 ltr
Whipping Cream-1 ltr
Vanilla beans-1 Pod
Caster Sugar-100gms
Blueberry Compote-1 Can



Ann. Anita Jain

The Procedure :

- 1- Crush the digestive biscuits into fine bits and add the melted butter into it and mix well.
- 2- Line a detachable base tin with some butter and press in the biscuit butter mixture making a layer of the biscuits, Put the tin in the fridge to set,
- 3- Now take a stand mixture and the 1 ltr of cream cheese as well as the 1ltr of the whipping cream, Mix the 2 very nicely, creating soft peaks is the goal.
- 4- Add the caster sugar to the mixture and mix well.
- 5- Now deseed the vanilla pod and fold the seeds in the mixture.
- 6- Take the biscuit base out the fridge and add the whipping cream mixture to the tin while equally distributing it and leveling it as well.
- 7- Put the tin in the fridge for 1 hour 30 mins.
- 8- Now remove the cake from the tin carefully.
- 9- Add the blueberry compote to the top of the cake as a layer and design according to you providing ample taste of the blueberry in each bite.



Kitchen Measurements (approx.)

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



Servings



Preparation Time

Bisibele Bhath - RECIPE

This is a vegetarian speciality dish of Karnataka.
It is a wholesome meal and
a very nutritious one too.



FROM MY KITCHEN



Ann Beena Ramnarayan

STEP 1:

Ingredients for Bisibele bhath:

For the powder :

Coriander seeds - 1 tbsp
Cumin seeds - 1 tsp
Fenugreek seeds - 1/4th tsp
Pepper corns - 5
Dried red chillies - 3
Cardamom - 1
Cloves - 3
Cinnamon - 1/2" piece
Marathi moggu - 2 pcs
Urad dal - 1/4 tsp
Channa dal - 1/4 tsp
Dried coconut(KO PRA) 1/4 cup

Dry roast all the above ingredients.
Cool it and grind it in a mixie (Don't add water)

STEP 2:

Onion - 1 (medium size) - finely
chopped (optional)
Tomatoes - 3 (chopped)
Tamarind - size of a lemon (puree)
Rice - 150gms
Tuvar dal - 100 gms
Vegetables diced - beans-6 nos,
carrot - 1 no, potato- 2 small, green
peas - fistful
Turmeric powder - one pinch
Refined oil - 3 tbsp
Ghee - 2 tbsp
Salt - as per taste
Jaggery - 1/4" piece
Water - 5 cups (500ml)

STEP 3:

Preparation:

Soak Rice & Dal together for 1/2 an hour. Dice all vegetables.

Remove tamarind puree.

Place a pressure cooker on a stove and light the Stove into the cooker, add 3 tbsp of refined oil.

Once the oil heats up, add onions (optional), saute for 2 mins.

Till they are translucent, add chopped tomatoes and a pinch of turmeric powder and mix well.

Add all diced vegetables and give it a stir add soaked rice & dal and mix well. Into this mix add tamarind puree and mix well.

Add salt as per taste. Add water and close lid of the pressure cooker and cook for 4 whistles.

Turn off the stove let the pressure settle down.

Open the cooker, add 2 tbsp ghee and the ground masala powder to the rice, dal and vegetable mixture and mix it thoroughly so that it becomes soft and mashy.

Garnish with fresh Coriander leaves. Serve hot with curd raita & crispy potato chips.

Kitchen Measurements (approx.)

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



Servings



Preparation Time




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Humour is an armour, which protects a busy person against the onslaught of stress and strain. Since he is wearing himself out to meet the deadlines in a hectic life.

A housewife, an accountant and a Lawyer were asked,” How much is $2=2$?

The Housewife replies: “Four!”

The accountant says: “ I think its either 3 or 4. Let me run those figures through my spreadsheet one more time.’

The lawyer pulls the drapes,dims the light and asks in a hushed voice: ‘ How much you want it to be?”

After audio tests, a person was found to have hearing ability well above average, The doctor wanted to know why with perfect hearing he has undergone these tests.

“Well,’ He replies sheepishly, ‘my wife says I never hear a word.

Little Roushan returned with his final term report card “ Did all the children pass?” his father asked.

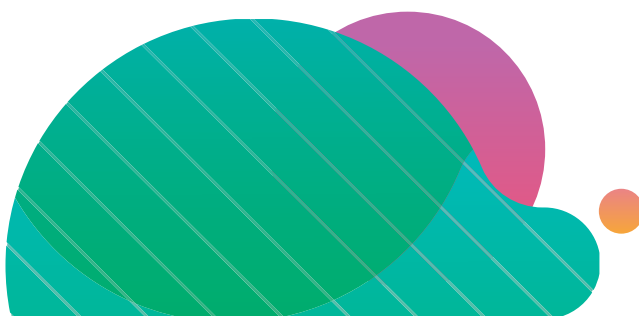
“YES,” he said. “Only our teacher failed. She is staying back in the same grade.”

Rajni: You must be still very happy with Rajat.

Sheela: Not now.

Rajni: Why, what happened?

Sheela: Arey, we got married some time back.



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 .



THE ONLY WORK OF THE CHILD IS TO PLAY!

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



G.Rama

W/O Rtn.G.Sathish Manohar.
Founder/Principal of Cremon Buds
(Montessori House of Children)
IMC Trained,B.ED,M.Com

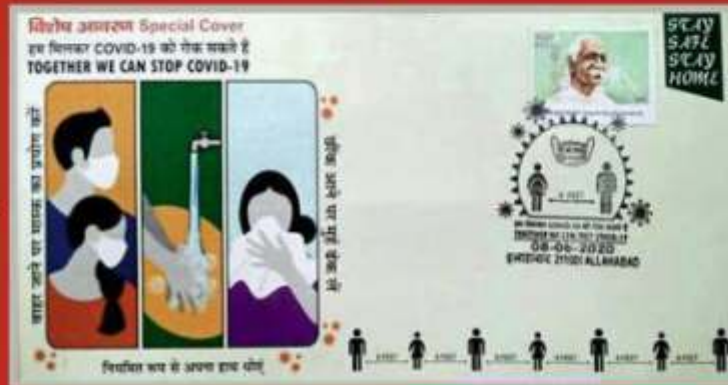
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Special Cover issued on
COVID-19 : Jan Bhi Jahan Bhi,
Allahabad, 28-07-2020

Special Cover issued on
Together we can stop COVID-19,
Allahabad, 08-08-2020



Special Cover issued on
Plasma Donors : Super Warriors,
Pune, 15-08-2020

Special Cover issued on
Postal Corona Warriors,
Shimla, 15-08-2020



We value your suggestion



Your opinion matters.

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

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

Do drop a line at

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