

RCSS

Rotary



TIMES

March 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.)



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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



Vaccinations Save Lives.

The road map ahead...

Accessibility - could it be more easily deployed to reach communities that have been left behind. What needs to be done?

Education & Promotion -

Could it be our Rotary Initiative now?

While vaccine hesitancy is part of the problem, for greater population, it is not so much hesitancy as it is access, or lack of it.

All COVID-19 vaccines similar side effects:

People may experience pain, redness and swelling in their arms after injection, as well as fever, headache, chills, nausea or tiredness.

In the meantime, we need to start creating spaces where we can promote dialogue and build trusts without it, otherwise it will be difficult to move forward.

Perception of the vaccines among people of remote areas and low-income communities could affect the country's journey to herd immunity.

The most sensible thing now is to begin by protecting yourself and your family; as soon as one can.

Please do send us your comments for above, we would love to hear from you.

Rtn. Rajesh Pamnani

Editor (2021-2022).

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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ROTARY - INTERNATIONAL

Taipei RI Convention latest updates



The Rotary International Convention, scheduled for 12-16 June 2021, in Taipei, Taiwan, will now be a virtual event in response to the ongoing threat of COVID-19.

This decision, made by the Rotary Board of Directors, is necessary to protect the health of everyone involved. Rotary will share more details about the 2021 Rotary International Virtual Convention soon.

Virtual Convention Registration

The Virtual Convention will be open to all Rotary members and participants. Event registration will open in mid-April and will include a promotional fee of \$49 for 21 days, with an increase afterward to \$65. The cost of each preconvention event is \$20. Both the convention and preconvention events include access to the House of Friendship.

Convention, pre-convention, and ticket refunds

RI is currently in the process of automatically cancelling and refunding all existing registrations. This includes purchases made for Rotaract, Youth Exchange, and Intercountry Committees preconvention events, and ticketed meal events.

You are requested NOT to contact RI to inquire about registration, ticket, or housing cancellations as they work diligently on finalizing the process of those cancellations and refunds. Those who had already canceled prior to today will receive a refund of the \$50 processing fee.

Host Organization Committee (HOC) ticketed event registrations

The HOC event ticket fees will be refunded by the Taipei HOC. For more information, please visit rotarytaipei2021.org.

Hotel rooms

No action is required from those attendees who made accommodations secured within Rotary's official housing block. Maritz, formerly Experient and Rotary's official housing partner, has already cancelled all individual and group room block reservations and refunded the groups who made partial payments.

eFlashOnline will share more details as and when they become available.

Source: Rotary International

Courtesy: eFlashOnline



Clifford L. Dochterman
President, Rotary International
1992-93



Part 9 of 12

The Permanent Fund of The Rotary Foundation

It was Arch Klumph, father of The Rotary Foundation, who said, “We should look at the Foundation as being not something of today or tomorrow, but think of it in terms of the years and generations to come.” This long-term vision is why the Foundation’s Permanent Fund is considered the most important way to ensure the future of Rotary’s educational and humanitarian programs. Contributions to this fund are invested for the future; only earnings from their investment are used to support Foundation programs. The Permanent Fund provides a steady and secure supplement to Foundation support, always guaranteeing a minimum level of program activity and allowing for the possibility of new and expanded programs in the future.

The Foundation gives special recognition to donors to the Permanent Fund as Major Donors, Bequest Society Members, and Benefactors. Major Donors make gifts of US\$10,000 or more, Bequest Society Members include the Permanent Fund in their estate plans for \$10,000 or more, and Foundation Benefactors make either provisions in their will or an outright contribution of \$1,000 to the fund. Special naming opportunities exist above the \$25,000 level. Contributors to the Permanent Fund are creating a legacy with Rotary and ensuring that The Rotary Foundation will remain a powerful force for good in the world far into the future.

Ambassadorial Scholarships

The Rotary Foundation Ambassadorial Scholarships program is the world’s largest privately funded international scholarships program. In 1947, 18 Rotary Fellows, as they were called then, from 11 countries were selected to serve as ambassadors of goodwill while studying in another country for one academic year. Since that time, approximately US\$462 million has been expended on 37,000 scholarships for people from some 110 countries, studying in 105 countries around the world.

The purpose of the scholarships program is to further international understanding and friendly relations among people of different countries. Scholars are expected to be outstanding ambassadors of goodwill to the people of the host country through both informal and formal appearances before Rotary and non-Rotary groups. Each scholar is assigned a host Rotarian counselor to facilitate involvement in Rotary and integration into the host culture.

Since 1994-95, The Rotary Foundation has offered two new types of scholarships in addition to the Academic-Year Ambassadorial Scholarships. The Multi-Year Ambassadorial Scholarship is awarded for two years of specific degree-oriented study abroad. The Cultural Ambassadorial Scholarship provides funding for three or six months of intensive language study and cultural immersion in another country.

In addition to being an investment in the education of tomorrow’s leaders, Rotary Foundation scholarships create personal links between countries and are an important step toward greater understanding and goodwill in the world.



Clifford L. Dochterman
President, Rotary International
1992-93



Rotary World Peace Fellowships

In 1999, The Rotary Foundation launched the Rotary Centers for International Studies in peace and conflict resolution, a partnership with seven leading universities around the world to provide advanced educational opportunities for a group of Rotary World Peace Fellows chosen from various countries and cultures. Each year, 60 fellows are selected to begin two year master's-level degree or certificate programs in conflict resolution, peace studies, and international relations. Each Rotary district may nominate one candidate for a worldcompetitive selection process every year. The first Rotary World Peace Fellows began their studies in the 2002-03 academic year.

The Rotary Centers will provide future leaders with opportunities to study the root causes of conflict, theories of international relations, and effective models of cooperation. Beyond academics, Rotary World Peace Fellows will gain practical tools in conflict resolution for use in their chosen careers. The Rotary Centers will also help to advance research, teaching, and publication on issues related to conflict resolution and world understanding.

The first class of Rotary World Peace Fellows graduated in 2004 and are already contributing significantly to the world community in a variety of ways — working for international agencies such as the United Nations or for governments as diplomats, foreign service officers, economists, and policy analysts.

Group Study Exchange

One of the most popular and rewarding programs of The Rotary Foundation is Group Study Exchange. Since the first exchange between districts in California and Japan in 1965, the program has provided educational experiences for more than 52,000 business people and professionals who have served on about 12,000 teams. The GSE program pairs Rotary districts to send and receive study teams. Since 1965, more than US\$88 million has been allocated by The Rotary Foundation for Group Study Exchange grants.

GSE provides an opportunity for the visiting team members to meet, talk, and live with Rotarians and their families in a warm spirit of friendship and hospitality. In addition to learning about another country through visits to farms, schools, industrial plants, professional offices, and governmental establishments, GSE team members serve as ambassadors of goodwill. They interpret their home nation for host Rotarians and others in the communities they visit. In recent years, teams of a single vocation or cultural group have been exchanged. Some GSE teams have helped to create humanitarian projects between their countries. Many of the personal contacts blossom into lasting friendships.

The Group Study Exchange program has provided Rotarians with a most enjoyable, practical, and meaningful way to promote world understanding.

(... to be continued)

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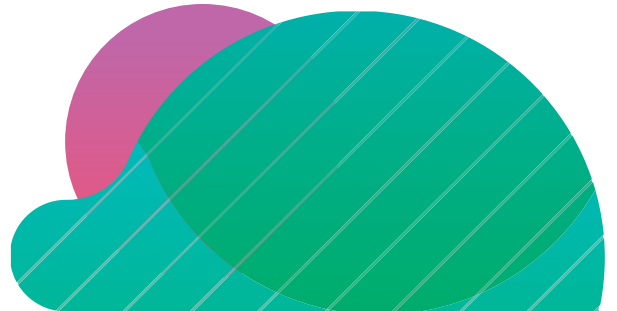
BIRTHDAYS & WEDDING ANNIVERSARIES - APRIL



BIRTHDAY

02/04 - Rtn. Mudit Kumar
03/04 - Rtn. Pankaj Agarwal
09/04 - Ann Madhu
11/04 - Rtn. Rajesh Pamnani
13/04 - Ann Sanju Giria
15/04 - Rtn. Shravan Malani
22/04 - Rtn. Praveen Jain

ANNIVERSARY



RCSS Team at MNJ Hospital

RCSS - CLUB IN ACTION (LAST MONTH)

Mar
05th

RCSS Donation - Roshni Palliative care (Kumudini Devi Hospice)



Mar
20th

RCSS Club Assembly -

Venue : The Marriott, Secunderabad

Speaker : Mr K Krishna Sagar Rao - Chief Spokesperson of BJP



EDIBLE CUPS



Edible chocolate coated wafer cup

Coffee Cup

These wafer cups can be chocolate coated for drinks like coffee and milkshakes.

Savoury Cups

Plain baked wafers are ready to fill with sweet or savory ingredients — try hummus, chaat, pudding, dips, tiramisu and other bite size desserts or fresh fruit — the possibilities are limitless.

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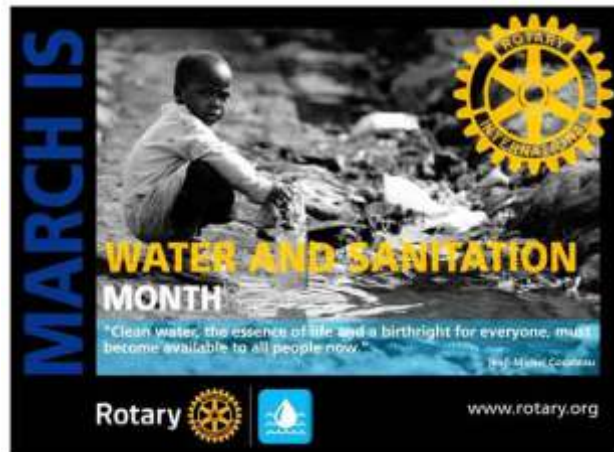
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2. Karachi Bakery
3. Q Mart
4. Balaji Grand Bazar

DESIGNATED MONTH



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



April - Maternal & Child Health

Area of Focus: Maternal and Child Health Month. This month also includes the Birthday of Paul Harris on the 19th of April.

- Address the issue of Mal nutrition's in Children and Pregnant Women
- Develop a Hygiene Education program for school going children
- Conduct Awareness Seminars
- Provide Low-income, Underinsured women with the knowledge, skills and opportunities to improve their diet, physical activity, and other life habits to prevent, delay, or control chronic diseases
- Promote School Health
- Promote the adoption of physical activity in early child care centres, schools and work sites

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INTRODUCING OUR ANN'S OF THE CLUB

Ann Lopa Mehta
W/o Rtn. Vikram Mehta



I am an educator by profession and a people's person by heart.
I enjoy my work and make sure to do my best each time.
My pillar of support - Vikram and pillar of strength - my daughter Pranali make my world, my family.
I love travelling, reading and listening to music.
One thing I always would like to promote is education for the under privileged.
I am a strong believer in Karma and I live by "what goes around comes around!"
Hence live well, laugh often, love much



INTRODUCING OUR ANN'S OF THE CLUB

Ann Ann. Rohini
W/o Rtn. Vaman Rao



Born and brought up in Secunderabad.
Did my schooling in Keyes High school and am a commerce graduate from Kasturba Gandhi College. Worked for 20 years in a pre-primary school.
Married since 1984 and blessed with two daughters Megha and Kirti.
Now enjoying the status of being a grandmother to my two adorable grandchildren - Agastya and Riya.
By nature, a happy go lucky person who loves to make friends.
Enjoy spending time with children and also elderly people.

INTRODUCING OUR ANN'S OF THE CLUB

Ann Usha Gupta
W/o Rtn. Shyam Gupta



Hello
I am Usha Gupta.
I am a homemaker. My husband is Shyam Gupta.
I am happily married and I have two sons and three grandchildren.
I am very Spiritual and follows Brahamkumari's.
I am a proud member of Rotary Club Secunderabad.



INTRODUCING OUR ANN'S OF THE CLUB

Ann Monika Agarwal
W/o Rtn. Jitender Aggarwal



Education: University topper (gold medalist) in B.Sc. (Mathematics)
MBA(Finance) from IIM, Indore.

Work Experience: Started career with Kotak Mahindra as an investment banker. Became Associate Vice President of KMCC, Delhi in a short span of four years.

I always aspired to be an entrepreneur, so after a few years of experience in the corporate world, I left Kotak to start Jaydurga Furnishings along with my husband, believing that beautiful fabrics and stylish homes pave the way for beautiful living. Keeping in mind the exclusive tastes of reputed architects, hoteliers, interior designers and life style makers, our store showcases a wide range of top-of-the-line furnishings from period house to pent house, in whatever taste or life style, traditional, classic or contemporary. Our greatest strength lies in keenness to understand the right requirements of our customers and offering specialized coordinates that amalgamate innovative designs, colours, textures and patterns from around the world.

After achieving success in the retail market of Hyderabad, we spread our wings to entire India. Jaydurga Décor, our distribution company now supplies furnishing fabric to over 1700 dealers all across India. In a short span of 5 yrs, we have become market leaders by sourcing world class designs and providing excellent service to our customers. We believe that "A brand is built with a lot of passion, dedication and is kept alive by the people who stand behind it."

Leadership Experiences :

Chairperson - FicciLadies Organisation (FLO), Hyderabad Chapter in 2014-15

Convenor of FLO Past Chairperson Council (2017-2020)

Earlier held positions of Treasurer and Secretary of FLO.

Interests : Travelling , leading a holistic and spiritual lifestyle, eager to learn and take on responsibilities with a smiling face.

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Rooftop off grid system(Make: Tata Power Solar)

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(Make: Opple, Stanjo)



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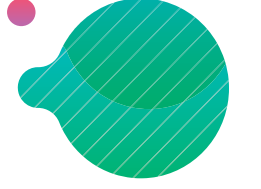


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RITU'S COLUMN - HINDUISM

HINDUISM : NOT ONLY RELIGION, BUT A WAY OF LIFE

HINDU DHARMA AND HYGIENE.



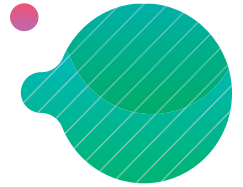
The Vedic sages gave lot of emphasis on hygiene. The Niyam (regular habits) stated in Yog shastra refer to five principles of purity of body. These are, (a) Shaucha (purity & cleanliness), (b) Santosh (contentment), (c) Tapas (austerity), (d) Svadhyaya (study), (e) Ishvarapranidhana (worshipping God). These ensure purity of thoughts & body. They gave clear instructions for certain activities of life so as to prevent diseases.

- लवणं व्यञ्जनं चैव घृतं तैलं तथैव च / लेहयं पेयं च विविधं हस्तदत्तं न भक्षयेत् // धर्मसिन्धू ३पू.आह्निक
Salt, ghee, oil, Annam, and other food should not be served with bare hand. Use spoons to serve.
- अनातुरः स्वानि खानि न स्पृशेदनिमित्ततः // मनुस्मृति ४/१४४
Without a reason do not touch your own indriyas. (eyes, nose, ears, etc.)
- अपमृज्यान्न च स्नानातो गात्राण्यम्बरपाणिभिः // मार्कण्डेय पुराण ३४/५२
Do not use clothes already worn by you & dry yourself after a bath.
- हस्तपादे मुखे चैव पञ्चाद्रे भोजनं चरेत् // पद्मसृष्टि.५१/८८
नाप्रक्षालितपाणिपादो भुञ्जीत // सुश्रुतसंहिता चिकित्सा २४/९८
Wash your hands, feet, mouth before you eat.
- स्नानाचारविहीनस्य सर्वाः स्युः निष्फलाः क्रियाः // वाघलस्मृति ६९
Without a bath or Snan and Shudhi, all Karmas done are Nishphal.
- न धारयेत् परस्यैवं स्नानवस्त्रं कदाचन // पद्मसृष्टि.५१/८६
Do not use the cloth (like towel) used by another person for drying yourself after a bath.
- अन्यदेव भवद्वासः शयनीये नरोत्तम / अन्यद् रथ्यासु देवानाम् अर्चयाम् अन्यदेव हि // महाभारत अनु
१०४/८६
Use different clothes while sleeping, while going out, while doing pooja.
- तथा न अन्यधृतं (वस्त्रं) धार्यम् // महाभारत अनु १०४/८६
Do not wear clothes worn by others.
- न अप्रक्षालितं पूर्वधृतं वसनं बिभृयाद् // विष्णुस्मृति ६४
Clothes once worn should not be worn again before washing.
- न आद्रं परिदधीत // गोभिसगृह्यसूत्र ३/५/२४
Do not wear wet clothes.
- चिताधूमसेवने सर्वे वर्णाः स्नानम् आचरेयुः / वमने श्मश्रुकर्मणि कृते च // विष्णुस्मृति २२
Take a bath on return from cremation ground. Take a bath after every haircut.

These precautions were taught to Hindus five thousand years ago using Vedic knowledge, when no microscope existed. The sages also prescribed following three things: (i) a way of greeting by saying 'Namaste' from a distance and not touching the body of other person, (ii) burning the dead body of a person instead of burial in the earth, (iii) eating vegetarian food only, no non-vegetarian food. All the three things were found very scientific during Corona pandemic.

RITU'S COLUMN - HINDUISM

HINDUISM : NOT ONLY RELIGION, BUT A WAY OF LIFE



HINDU DHARMA AND ENVIRONMENT.

Vedic sages used to worship God by performing yagna (havan). Yagna means 'devotion, worship, offering'. It is a process of invoking a sacred fire which cleans one's self and the environment. The fire is a symbol of God and yagna samagri is offering to the god. The ingredients used in the yagna are mango wood, cow's ghee and havan samagri which consists of jaggery, guggul & gyal (antibiotic herbs), ela & dalchini (aromatic herbs), dry fruits, lavang, illaychi, jayphal, javitri, camphor, rose petals, saw dust of sandalwood, the agar and tagar wood chips etc. ructions for certain activities of life so as to prevent diseases.

In physical world we have two energies, viz sound and heat. In yagna, sound of mantras and heat from yagna, these are combined together to find the desired physical and spiritual powers. It is said that one's intellect is purified with yagna. It has been found in research by French, Russian and Indian scientists that if yagna is performed for one hour, the bacteria level comes down by about 94% and the effect remains for more than 24 hours. Some of the findings have been published in research journal of Ethnopharmacology 2007.



HINDU DHARMA AND BIOLOGY.

The Vedic sages studied the plant & animal life in detail. Since the Vedic people were depending on agriculture and cattle assets for their living, both plant and animal world played an incredibly significant role in organising their life. The plant kingdom was studied to know what is useful and healthy as food items to maintain a healthy body. And if the human body gets diseased, then what herbs will restore health. Similarly, animal kingdom was studied who are useful like cow, goat, sheep, horse, elephant, camel, donkey etc. and who are wild and dangerous like lion, tiger, jackal, wolf, serpent etc. Birds and animals were employed as the vehicle of Vedic deities to give them importance and show our respect to them. Among domesticated animals, they found Cow as most useful animal. etc. ructions for certain activities of life so as to prevent diseases.

RITU'S COLUMN - HINDUISM

HINDUISM : NOT ONLY RELIGION, BUT A WAY OF LIFE





Gow in Sanskrit is Cow in English, which later became Gau (Go.A + U) The seed sound G stands for movement. A stands for first Lagos, U stands for second Lagos. The sound Gau or Go is therefore considered to be the composite energy: movement of will, love and knowledge. Vedic people worshipped Cow for this reason. It is said that Cow (Kamadhenu), Tree of fulfilment (Kalpavruksha), drink of immortality (Amruta), Goddess of splendour (Lakshmi) all emerged at the same time in creational process. The secretions for formation of the 7 planes of existence emerge from Kamdhenu and the related formation of creation is therefore considered by the Vedic sages as the form of Cow. They located 33 Devas in it. Everything given by a Cow is considered most sacred.

Milk and things made from it like ghee, butter and yogurt are considered best for human health. Cow excrete is used for making a place hygienic. A place gets purified if Cow dung mixed with water is sprinkled. Dried Cow dung is used as a fuel and its smoke is healthier than smoke coming from any other fuel. Cow urine is used for medicinal purpose. It can treat many kinds of diseases including Cancer. A pair of Bulls (male offspring of a Cow) has been used by farmers for thousands of years to plough the fields for growing a new crop. Moon in Taurus is Cow, Sun in Taurus is Bull and Mercury in Taurus is Calf. Taurus has much to do with the family of cow. Protecting and serving a Cow clears impediments in life and gives happiness. Killing a Cow denies one the path to the Divine. A person who kills Cows, eat Cow meat and those who support these two acts would suffer innumerable lives of sorrow. Service and worship to Cow establishes one in the quality of poise (sattva) which enables ascent into higher plane of existence. Hence, it is considered as foremost by the Vedas. Such is the importance of Cow as found by Vedic sages.



Ann. Ritu Gupta



Rtn Lokesh Jain



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Vegan Banana Bread - RECIPE

FROM MY KITCHEN

Ingredients

Dry Ingredients

- 2 riped bananas
- 1 1/2 cup Wheat flour or all purpose flour
- 1 tsp Baking Powder
- 1/4 tsp Baking Soda
- 1/4 tsp cinnamon powder
- 1 cup Jaggery powder
- 1/2 cup choco chips

Wet Ingredients

- 1/2 cup oil (any neutral flavor oil or olive oil)
- 1tsp Vanilla essence
- 1/4 cup water if required

Method

Preheat the oven for 10mins at 180 degree, grease the baking dish with little oil and keep it ready. In a mixer, add the bananas, jaggery powder, Vanilla essence and oil.

Seive all the dry Ingredients leaving half of chocochips and later add the wet ingredients. Make sure there are no lumps and do no try to overmix the batter.

If you feel the batter is too hard pour little water and check the consistency.

Pour the batter into baking dish with the remaining choco chips on top of the batter and bake it for 30-40 Mins. To know if it is baked properly, put a toothpick in the center and check.

If it comes out neatly then it's done. Take it out from the oven and keep it on the cooling rack for it too cool down.

Once it is cooled down you can take it out from the dish and enjoy the Vegan Banana Bread either in morning with your breakfast or in evening with your tea.

For a better taste and flavor just warm it for few seconds before eating.



Varsha
daughter in law of
Pawan Tibrewala



Kitchen Measurements (approx.)

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



Servings



Preparation Time

Caramel Custard Pudding - RECIPE

FROM MY KITCHEN

Ingredients

- ¼ cup sugar
- ½ cup milk
- ½ cup curd / yogurt (thick)
- ½ cup cream
- ½ cup condensed milk / milkmaid
- 1 tbsp custard powder (vanilla flavoured)
- 1 tsp vanilla extract



by Sakshi
daughter in law of
Rtn Shyam Gupta

Recipe

- Firstly, transfer the caramelised sugar into a bowl.
- Allow to cool for 5 minutes or until the caramelised sugar sets completely.
- Further in a large bowl take ½ cup milk, ½ cup curd, ½ cup cream and ½ cup condensed milk.
- Also, add 1 tbsp custard powder and 1 tsp vanilla extract.
- Whisk and mix until everything is well combined.
- Pour in caramelised set bowl.
- Cover the bowl and steam for 30 minutes or until its set completely.
- Cool down to room temperature and refrigerate for 2 hours.
- Finally, unmould the caramel custard or custard pudding and enjoy.



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.

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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.

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

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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.



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Just for laughs

A woman is getting married for the fourth time...

A woman announces to her friend that she
is getting
married for the fourth time.

"How wonderful!

But I hope you don't mind me asking what
happened
to your first husband?"

"He ate poisonous mushrooms and died."

"Oh, how tragic!

What about your second husband?"

"He ate poisonous mushrooms too and
died."

"Oh, how terrible!

I'm almost afraid to ask you about your
third husband."

"He died of a broken neck."

"A broken neck?"

"He wouldn't eat the mushrooms."



X

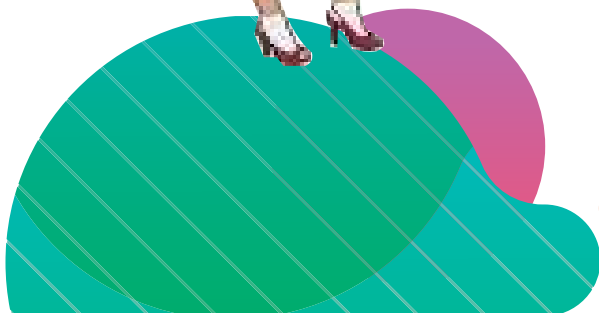
A Husband Asks His Wife, "Will You Marry After I Die?"



The Wife Responds,
"No, I Will Live With My
Sister."

The Wife Asks
Him Back,
"Will Yoy Marry
After I Die?"

The Husband Responds,
"No, I Will Also Live With
Your Sister."



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 .

INDIA POST MEETS COVID-19 CHALLENGE



Special Cover issued on
Break the Chain,
Thiruvananthapuram,
16-08-2020

Special Cover issued on
Online Education,
Ghaziabad, 27-08-2020



Special Cover issued on
COVID-19 Appropriate Conduct,
New Delhi, 28-08-2020

Special Cover issued on
COVID-19 Appropriate Conduct,
New Delhi, 28-08-2020



Rotary Club of Secunderabad Sunrise
Announces



**DOODLING
COMPETITION!**

(Age Group - 8 to 16)

Step 1- Doodle the Word "SUNRISE", using anything from Crayons to Watercolours.

Step 2 - Fill in your details like Name, Age and Contact Number.

Step 3 - Take a picture of your art and whatsapp it on any of the following numbers:

1. Ritu Gupta - 98490 06984
2. Seema Jain - 93934 69123
3. Mamta Jhavar - 99490 42481

Your art piece will be judged on the basis of creativity and artistic skills.

Please send in your entries by 15th of May 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

rajesh_pamnani@hotmail.com

webmaster@rndwafers.com



ROTARY CLUB OF SECUNDERABAD SUNRISE
www.rcss.in

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