

RCSS

Rotary



# TIMES

April 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.)



## Lockdown II ?

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

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New Projects	-	Rtn. Samir Gupta
Know your Member	-	Rtn. Mehul Shah

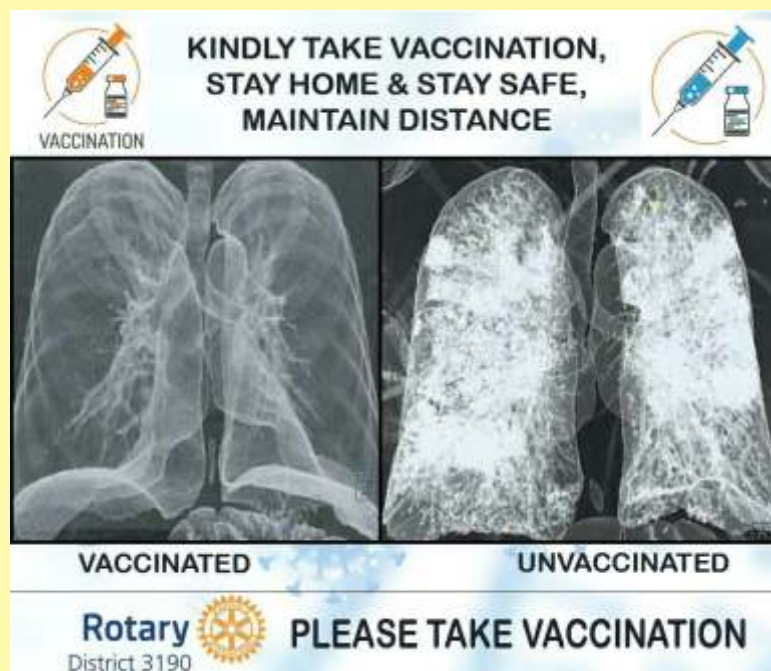


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FROM THE EDITOR'S DESK



**15 habits you need to adopt if you want to survive the COVID pandemic**

Behavioural practices will not work in isolation and each one of us will need to follow them thoroughly to make a countrywide impact.

Here is a list of habits that we need to implement if we want to win the fight against this deadly pandemic.

- 01 Seek information about corona virus from reliable sources
- 02 We need to function together to survive the pandemic
- 03 Change the way you greet: - No more handshakes and hugs
- 04 Social distancing is the new normal
- 05 Wear face-cover or face mask , while stepping out.
- 06 Keep your hands off your face at all times.
- 07 Be mindful of your coughs and sneezes.
- 08 Washing and sanitizing your hands , as frequently as possible , is very important
- 09 No more spitting in public.
- 10 Cleaning and disinfection - should be your new mantra
- 11 Fight the disease, not the patient.
- 12 No crowded places or social gatherings
- 13 Be mindful of what you are posting on social media
- 14 Avoid un-necessary trips, restrict movement for only essentials duties and needs.
- 15 Take care of your mental health - of all around you.

These are few of the often related mantra.

There are many more...you could make your own list .

However , now is the time ; not to slip ,but to re-assert the few basic guidelines to keep yourself ,and your family safe.

Rtn. Rajesh Pamnani  
Editor (2020-2021).

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

## THE PRESIDENT SPEAKS



Dear Rotarians,

RCSS has rendered support in this second wave of Pandemic too .

Two of the POCs are in use giving the life support to the needy .

I am sharing the photos of the same .

Very soon 2 more POCs will be added . We will be having total 4 machines. Out of the 4 machines , we will keep 3 machines in circulation and one machine will be kept reserve for RCSS members.

We shall giving these machines free of cost and the user should return the same within a weeks time .

Rotary Club of Sec'd Sunrise

is providing POCs ( Portable Oxygen Concentrators) for emergency purposes for a max of 4 days to the needy .

We are not taking any deposit or any charges for the same .

Since we have a limited number of POCs we request the beneficiary to return the same within the specified period and try & make alternate arrangements in case of requirements beyond 4 days .

President (2020-21)

Rtn. Vijay Rathi



## ROTARY CLUB OF SECUNDERABAD SUNRISE - FREE OXYGEN



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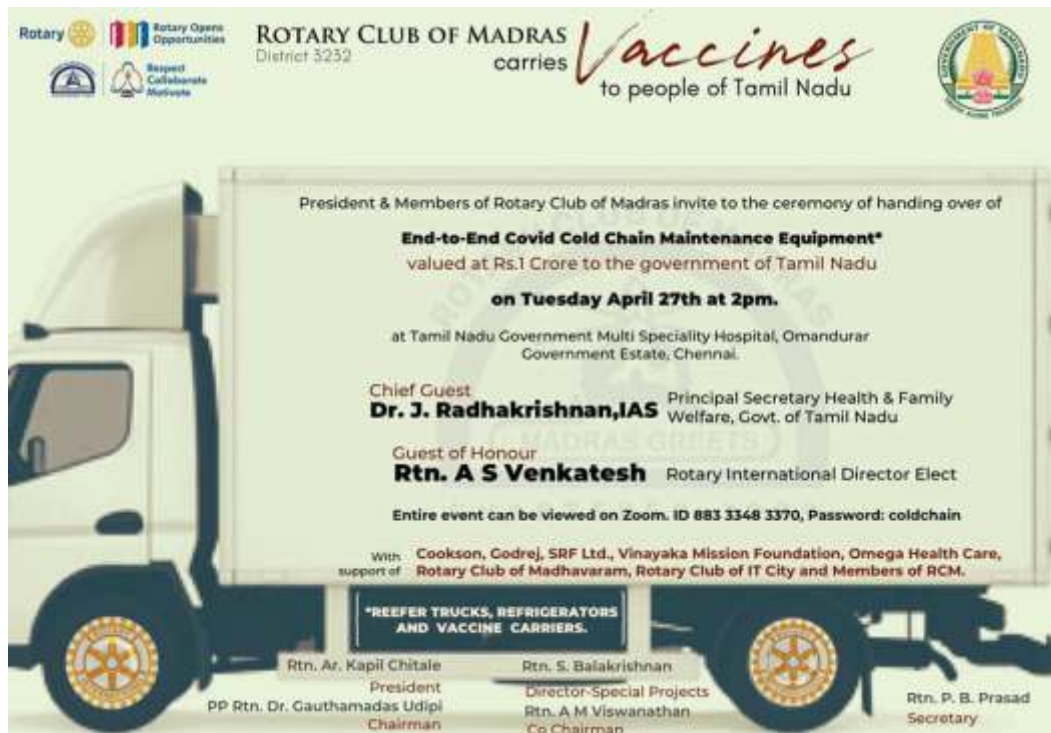


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## ROTARY - INTERNATIONAL



Rotary Club of Madras, India has risen to the challenge of maintaining the cold chain of Covid vaccination in Tamilnadu, India.

It is donating:

- \* Two 14 ft refrigerated trucks with a total capacity of transporting 4500 litres of vaccine i.e. 4.4 million doses from the central vaccine store to the Zonal vaccine stores.
- \* Two 8 ft refrigerated trucks with a total capacity of transporting 2000 litres i.e. 2 million doses of vaccine from the Zonal stores to the District stores.
- \* 15 Ice Lined refrigerators that can store 1 million doses of vaccines in the district stores
- \* One thousand vaccine carriers that can be used to vaccinate upto 3 million people each time

Thus Rotary Club of Madras will "Carry the Vaccines for the people of Tamilnadu, India".

The equipment will be received by the Principal Secretary - Health and Family Welfare - Dr. T. Radhakrishnan IAS and handed over to the Director of Public Health and Hygiene Dr. Selvavinayagam between 2 PM and 2.30 PM on Tuesday 27th April 2021, at the Tamilnadu Government Multi Super Speciality Hospital, Omandurar Estate, Chennai, India..

- eFlashOnline



Clifford L. Dochterman  
President, Rotary International  
1992-93



Part 10 of 12

## Health, Hunger and Humanity (3-H) Grants

In 1978, The Rotary Foundation launched its most comprehensive humanitarian service activity with the Health, Hunger and Humanity Grants program. The 3-H Grants program is designed to undertake large-scale service projects beyond the capacity of individual Rotary clubs or groups of clubs.

Since 1978, almost 290 3-H projects have been carried out in 75 countries, with an appropriation of more than US\$74 million. The objective of these projects is to improve health, alleviate hunger, and enhance human, cultural, and social development among peoples of the world. The ultimate goal is to advance international understanding, goodwill, and peace.

The first 3-H project was the immunization of six million children in the Philippines against polio, marking the birth of what we now know as the PolioPlus program. As 3-H progressed, new projects, including nutrition programs, vocational education initiatives, food production enhancement, and polio victim rehabilitation, were carried out to help people in developing areas of the world. All 3-H projects are supported by the voluntary contributions of Rotarians through The Rotary Foundation.

## Matching Grants

One of the most popular programs of The Rotary Foundation is Matching Grants, which assists Rotary clubs and districts in conducting international service projects. Since 1965, more than 24,000 grants have been awarded for projects in nearly 170 countries, totaling more than US\$243 million.

The Rotary Foundation provides matching funds to clubs or districts for relatively small, one-time-only humanitarian service projects. Grants are awarded for a wide variety of projects, such as providing agriculture, water, and medical care/equipment; combating diseases; helping the disabled; promoting literacy and numeracy; and developing educational or occupational training programs. The minimum grant award is \$5,000, and the maximum is \$150,000. The Foundation provides a \$0.50 match for every \$1 cash contribution and a \$1 match for every \$1 District Designated Fund contribution.

Matching Grants are not approved to purchase land or construct buildings and may not be used for programs already underway or completed. Personal participation by Rotarians is required, and the benefits should extend beyond the recipients.

The Matching Grants program plays a very significant part in The Rotary Foundation's humanitarian work and provides an important incentive for clubs to undertake worthwhile service projects in another part of the world.

## District Simplified Grants

District Simplified Grants help Rotary districts provide short term service or humanitarian aid that benefits a community. Districts can request a portion of their District Designated Fund for a grant to support one or more projects locally or internationally. District Simplified Grants are managed at the district level but must adhere to the standard eligibility guidelines for humanitarian grants.



Clifford L. Dochterman  
President, Rotary International  
1992-93



### Volunteer Service Grants

Volunteer Service Grants (formerly known as Individual Grants) support the travel of individual Rotarians and the spouses of Rotarians as they provide a needed service to a community or plan a needed project. Only active Rotarians and their spouses are eligible to travel. Spouses who are not Rotary club members but are qualified to serve may accompany a team, but these individuals may not serve as team leaders or travel without a team. Eligibility for travelers is based on a defined community need that can be met by the experience and skills of the Rotarians/team and an understanding that the skills and experience are not available in the community. Also, the service or planning activity must be planned before submission of the grant application.

The award is a flat grant of US\$3,000 (for individuals) or \$6,000 (for teams of up to five members). The length of service is a minimum of 5 days for planning activities and 10 days for direct service activities, with a maximum of 60 days for both types of activities.

### PolioPlus

PolioPlus is Rotary's massive effort to eradicate poliomyelitis from the world. It was launched in 1985 with the goal of raising US\$120 million to immunize the developing world's children against polio for five years. The PolioPlus fundraising campaign that concluded in 1988 raised a record \$247 million.

In 2002, after a funding gap was identified as the most significant obstacle to global eradication, Rotary launched a new polio eradication fundraising campaign called Fulfilling Our Promise: Eradicate Polio, with a goal of \$80 million. With typical generosity and enthusiasm, Rotarians raised more than \$135 million in cash, District Designated Fund allocations, and government matching funds. Overall, Rotarian contributions to the global polio eradication effort will exceed \$650 million.

Of equal significance has been the huge volunteer army mobilized by Rotary International. Hundreds of thousands of volunteers at the local level have provided support during National Immunization Days — and continue to do so in the few remaining polio-endemic countries — mobilizing their communities for immunization and other polio eradication activities.

Rotary International is part of the Global Polio Eradication Initiative in partnership with the World Health Organization, UNICEF, the U.S. Centers for Disease Control and Prevention, national governments, and others, making this effort the world's most extensive public-private health undertaking. As a result of the initiative's efforts, almost two billion children have received oral polio vaccine and are protected from poliomyelitis. WHO declared the Americas polio-free in 1994, the Western Pacific region in 2000, and Europe in 2002.

As of 2006, the number of polio cases had been reduced by 99 percent since 1985. Efforts are focused on eradicating the virus in a few remaining polio-endemic countries — all in Africa and South Asia.

Achieving eradication will be difficult (only one other disease, smallpox, has ever been eradicated) and expensive (estimated total cost is nearly \$3 billion). It requires polioendemic, high-risk, and recently endemic countries to carry out National Immunization Days to immunize all children under the age of five, continued routine immunization of children worldwide, systematic reporting of all suspected cases, rapid response to outbreaks, and establishment of laboratory networks. This infrastructure developed for the polio eradication initiative is helping to combat many other infectious diseases throughout the developing world.

No other nongovernmental organization has ever made a commitment on the scale of PolioPlus. It may be considered the greatest humanitarian service the world has ever seen. Every Rotarian can share the pride of that achievement.

(... to be continued)



**Ram Goel**  
**Ranjay Goel**  
**Sanjay Goel**

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## BIRTHDAYS & WEDDING ANNIVERSARIES -

MAY



### BIRTHDAY

09/05- Rtn. Ravindranth  
11/05- Ann. Seema Nyati  
17/05- Rtn. Mehul Shah  
Ann. Kanchan Dolwani  
21/05- Ann. Mamta Jhavar  
25/05- Ann. Anita Banka

### ANNIVERSARY

15/05 - Rtn. Ranjay & Anuradha Goel  
17/05 - Rtn. Pawan K. & Asha Tibrewala  
19/05 - Rtn. Sandip N & Rachna Gupta  
24/05 - Rtn. Srinivas & Apeksha  
26/05 - Rtn. Krishna & Srivani Nerella  
29/05 - Rtn. George & Ammu Joseph



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## DESIGNATED MONTH



### **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



### **May - Youth Service Month**

Youth Service Month, Rotary clubs of the world give special emphasis to the many Rotary-sponsored programs which serve children and young people.

- Sponsor New Interact / Rotaract Club
- Organise Drawing / Painting / Elocution competition in schools
- Awareness campaign about problems & need for survival of Future Generations



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## INTRODUCING OUR ANN'S OF THE CLUB

Ann Seema Goyal  
W/o Rtn. Anil Ratan Goyal



Hello everyone!

I am Seema Goyal, a proud member of Rotary Club of Secunderabad Sunrise.

I am married to Anil Ratan Goyal and have been blessed with 2 daughters and a son.

I am a home maker who loves to cook! I have a flair for anything creative and have tried my hands on gardening, which I equally enjoy.

I carry a happy-to-go-lucky attitude towards life and I believe life is as beautiful as you make it.

## INTRODUCING OUR ANN'S OF THE CLUB

Ann Shreya  
W/o Rtn. Shravan Malani



Born and brought up in Bangalore.  
Married & settled in Hyderabad since 2002.  
Blessed with a daughter Nitya aged 13 years

**Qualification :** Graduate , Diploma in Travel & Tourism

**Interests :** Cooking , Travelling , Shopping , Fitness & Nutrition , watching comedy shows & movies

**Fav Quote :** “ When things change inside you , Things change around you”.

This pandemic has definitely has made me pause & be patient , and take each day as it comes.  
Hoping and praying that this Pandemic ends soon & we will be back to our normal lives.  
Stay Safe , Stay Healthy.

## INTRODUCING OUR ANN'S OF THE CLUB

Ann Rekha Jain  
W/o Rtn. Praveen lunawath



“Believe in your heart that you’re meant to live a life full of passion, purpose, magic and miracles.”  
I am Rekha Jain, a passionate individual who loves music. I am a fitness enthusiast, and love cycling. Apart from that I love to dance and listen to old melodies.  
Nature lover, gardening & taking care of animals astray is what I do apart from my daily chores in life.  
I find happiness in little things, like having a cup of tea sitting in my veranda (Porch) when it rains.  
My pillars of support & strength are - Praveen my husband and my kids Saharsh & Krutika who are my world.  
I am a strong believer of “Live, and let live” and believe that peace is where you learn to enjoy little things in life.

## INTRODUCING OUR ANN'S OF THE CLUB

Ann M.Vijaylaxmi  
W/o Rtn. M. Chandra Sekhar



Happily married to Sekhar ,blessed with son Rahul and daughter Anusha .  
I enjoy classical, instrumental music, I have an inclination towards arts and crafts, my all time favourite is my granddaughter Aarka who is very attached to me.  
I enjoy reciting and teaching slokas, since the COVID time.  
I like to spend time with my extended family ,Rotary club of Secunderabad Sunrise  
I am also associated with other organisations like Junior Chamber International and Arya Vysha Mahila Sangam .

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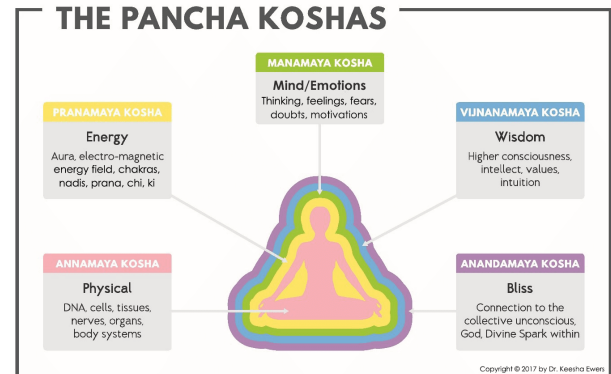
**Contact:** Vijay Rathi **Call:** +91 9848020046 **Email:** [energydevices@gmail.com](mailto:energydevices@gmail.com)

## RITU'S COLUMN - HINDUISM

### HINDU DHARMA & SCIENCE OF HUMAN BODY

Human body is considered to have Kosha (also: kosa), usually rendered “sheath”, is the covering of the Atman, or Self according to Vedantic philosophy. There are 5 Koshas (shells) and they are often visualised as the layers of an onion in the subtle body

- (1) Annamaya Kosh (food or physical sheath) - **ANNA**
- (2) Pranmaya Kosh (vital or energy sheath) - **PRANA**
- (3) Manomaya Kosh (mental or emotional or sheath) - **MANAS**
- (4) Vijyanmaya Kosh (knowledge or intellect sheath) - **VIGYANANA**
- (5) Anandmaya Kosh (spiritual or bliss sheath) - **ANANDA**



A visualisation of the five koshas, but they are not to be thought of as concentric sheaths but as interpenetrating at different levels of subtlety, from the grossest to the subtlest.

#### Annamaya Kosh



The first layer of the koshas represents the physical body, including the skin, muscles, connective tissue, fat and bones and which is nourished by food. When you pinch the side of your waist and feel the skin and muscle under your fingers, you engage with Annamaya kosha. For a lot of people the first layer might be where we spend the most time hanging out, locked in our physical senses the only reality that there is, as distinct from the body is formed of the essence of food. Birth and death are the attributes of **Annamaya Kosha**.

#### Pranamaya Kosh

Pranamaya means composed of prana, the vital principle, the force that vitalizes and holds together the body and the mind, in essence, it's the circulatory system for prana, or “life force energy.” It also includes the fluid, physical aspects of the anatomical body that control the movement of blood, lymph and cerebrospinal fluid through the body and the circulatory movement of breath through the respiratory system. In psychological terms, pranamaya kosha controls our bodily and spiritual rhythm. As long as this vital principle exists in the organisms, life continues. Coupled with the five organs of action it forms the vital sheath. It is a modification of vayu or air, it enters into and comes out of the body.

## RITU'S COLUMN - HINDUISM

## HINDU DHARMA &amp; SCIENCE OF HUMAN BODY

Table 2: Our Interconnected Life Energies

Energy Sheath/ Kosha	Element	Energy Wheel/ Chakra	Associated Endocrine System	Center of Associated Thoughts
Annamaya Kosha	Earth	Root	Reproductive glands	physical energy, material possessions, self-preservation
Pranamaya Kosha	Water	Sacral	Genito-urinary tract	emotional desire, creativity, spirituality, intention, etheric force
Manomaya Kosha	Fire	Solar Plexus	Digestive system/ adrenal glands	personal power, ambition, intellect, astral force
Vijnanamaya Kosha	Air	Heart	Circulatory system/ thymus gland	compassion, love, knowledge of elevating consciousness
Anandamaya Kosha	Space	Throat	Respiratory system/ thyroid gland	higher communication, speech, writing, thought expression



Ann. Ritu Gupta

Chakra	Kosha	Chakra	Anatomy and Postures	Element
Root	Annamaya Kosha: Food apparent death	Muladhara Root Chakra "Primal Instinct"	Root Posture: Root, legs, spine (base), large intestine	Earth / Matter: Foundation
Sacral	A "Sex"	Svadhishthana Sacral Chakra "Creativity or one's own place"	Hips, Sacrum, Genitals, lower back, genital, womb, bladder, and urinary	Water / Emotion: extension from and toward the core
Solar Plexus	U "Life"	Manipura Solar Plexus Chakra "Personal Power"	Heart, Solar Plexus, digestive system, upper back, shoulders, spine, strength, heat, passion, backbones	Fire / Intellect: Breath restriction; Organization and movement of Prana
Heart	Integration	Anahata Heart Chakra "Un-thrust" or "unhurt"	Heart, upper chest, and upper back: passive chest openers, shoulder stretches, backbends, love and appreciate as we practice	Air / Wisdom: Withdrawal
Throat	O "OK"	Vishuddha Throat Chakra "Expression" (voice)	Throat, throat, jaw and mouth, expression actions: Gargle, tone, shoulder stand, bridge, plow	Space / Concentration
Forehead	M "Me"	Ajuna 3rd Eye Chakra "Insight" (intuition)	Forehead, forehead, posture placing pressure on forehead: Creative, focused, affirmations energy	Light / Meditation
Top of head	S "Self"	Sahasrara "Pure consciousness"	Meditation Primary: Postures that combine preconscious actions, brain, and intuition	Etheric / Freedom (look at through)

## Manomaya Kosh

The third layer takes us into the deep recesses of the mind, emotions and nervous system. While modern science has developed an acute understanding of the inner working of the brain, the mind, motivations and emotions still retain a mysterious quality. The manomaya kosha makes up the control panel for the emotional and physical body, sending messages through your brain synapses and the central nervous system. It's this layer where you move from physical feeling and rhythm to emotional feeling. The manomaya kosa,

or "mind-sheath" is said more truly to approximate to personhood than annamaya kosa and pranamaya kosha. It is the cause of diversity, of I and mine. Adi Shankara likens it to clouds that are brought in by the wind and again driven away by the same agency. Similarly, man's bondage is caused by the mind, and liberation, too, is caused by that alone.

## Vijnanamaya Kosh

Diving underneath the sea of emotions in the manomaya kosha, we reach the wisdom body of the fourth kosha —Vijnanamaya, which is a combination of Intellect with 5 sense organs. It's here that we develop awareness, insight and consciousness. Emotions left unchecked by awareness are destructive. The awareness of vijnanamaya kosha illuminates our deeper desires and motivation and allows us to see the choice we have in all things. Instead of simply feeling or acting, we choose to feel or act with intention. Sometimes the intention is simply to move past the emotion into pure sensation and bliss.

## Vijnanamaya kosha

The three Shaktis required to develop Vijnanamaya kosha are



## RITU'S COLUMN - HINDUISM

### HINDU DHARMA & SCIENCE OF HUMAN BODY



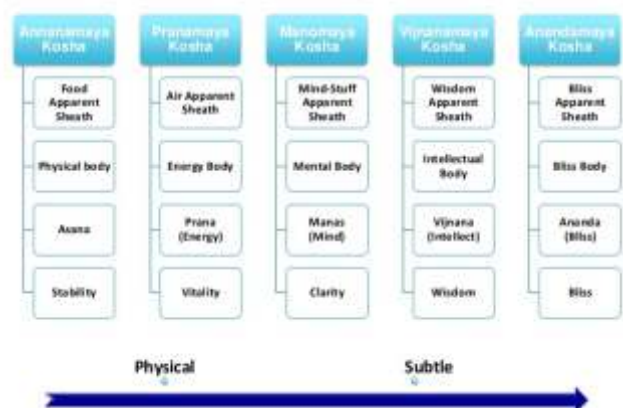
#### Anandamaya Kosh

The fifth and last kosha drops from conscious awareness into the pure and radiant bliss body. In the Upanishads the sheath is known also as the causal body. In deep sleep, when the mind and senses cease functioning, it still stands between the finite world and the self. Anandamaya, or that which is composed of supreme bliss, is regarded as the innermost of all. The bliss sheath normally has its fullest play during deep sleep: while in the dreaming and wakeful states, it has only a partial manifestation. The blissful sheath (anandamaya kosha) is a reflection of the Atman which is truth, beauty, bliss absolute. Within the anadamaya kosha, you might experience connection with all things, liberation from suffering and a state of being often described as "in the flow."

These five shells are often referred to as

(i) gross body (sthula shareer) – annamaya & pranmaya kosha, (ii) subtle body (sukshma shareer) – manomaya kosha, (iii) causal body (karana shareer) – vijyanmaya kosha. The imprints of our Karma/desires are stored in karana body like the hard disk of a computer and preserved by fifth sheath called soul (individual consciousness). When a person dies, the fifth sheath along with karana body leaves the physical body. The soul maintains the individuality because of the information stored in fourth sheath is different in each case.

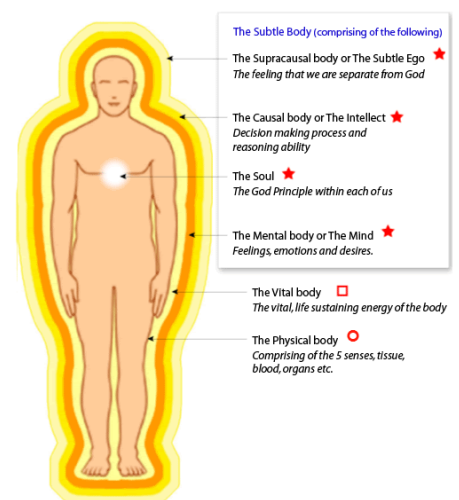
#### Kosha Attributes



According to Hindu philosophy, this soul reincarnates again based on its Karma in past lives. According to some, a soul which has progressed to human form will be re-born as human only, but according to some, it may go down in evolution to plant/ other animal form. It has to evolve again to human form.

Out of 84 lakhs yoni (forms), the human birth is considered most auspicious because from this stage only Moksha (liberation) is possible. If a person has lived his life in such a manner that no karmic debts are left and there are no imprints of unfulfilled desires, then his fourth sheath (hard disk) is empty, and the soul (individual consciousness) is free (mukti) after death. It doesn't take birth again.

According to some, when a soul gets salvation, it merges completely in Cosmic consciousness. It loses its individuality and this is the view of Monoism. But according to some, it maintains its individuality i.e. Individual consciousness remains distinct from Cosmic consciousness and this is the view of Dualism.



According to some (who talk about individuality of the soul even after salvation), a soul which gets salvation is never born again, but according to some, it again manifests in material form after a very-very long period of time. Swami Dayanand Saraswati accepts this and has referred to some scripture for the authority.

What is important is the principle of 'Live and let live'. If we can't do good to anybody, then at least we should not do anything to harm him because what should not be done to us, we should not do to others.



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## Tacos - RECIPE

## FROM MY KITCHEN

### Ingredients

1. 1Kg Maida (All Purpose Flour)
2. 1cup rice atta
3. 1cup eatble oil
4. 1cup chopped spinach (palak)
5. 1/2 teaspoon haldi powder
6. Salt as per taste



Ann. Kavita Aggarwal

### Dough (Making):

Mix Maida, Rice Atta, chopped spinach, haldi & salt. Now add edible oil and mix them properly. Add a little amount of water to make the dough.

Take small amounts of the dough and roll them into small puri's.

Then fold them into half and deep fry untill it becomes brown in color.

### FILLING:

Make a salad by grating cabbage, onion, capsicum and carrot (Add salt, pepper & lime juice).

Break the Tacos in two and apply tomato sauce on one side and green chutney on other side.

Put the grated salad in between the two sides.



### Kitchen Measurements (approx.)

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



Servings



Preparation Time

## Chocolate pudding - RECIPE

## FROM MY KITCHEN

**Ingredients**

Milk 2 cups  
 Sugar 3 tablespoons  
 Custard powder 2 and 1/2 table spoon  
 Cocoa powder 1 table spoon  
 Drinking chocolate powder 1 table spoon  
 Vanilla essence 5 drops  
 Parle G biscuits



Ann. Jyoti Surana

Boil milk and add sugar to it.

Now mix custard powder in a separate bowl with a little cold milk and add it to the boiled milk while stirring.

The consistency should be like custard.

Then switch off the flame.

Now mix the cocoa power, vanilla essence and drinking chocolate powder to the custard made.

Start alternating between the layers of this custard and parle G biscuits.

Repeat at least thrice.

The top layer should be the custard and topped with some crushed/powdered parle G biscuits.

Decorate according to your choice.

Refrigerate for at least 6 hrs and serve cold.

**Kitchen Measurements (approx.)**

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



Servings



Preparation Time



  
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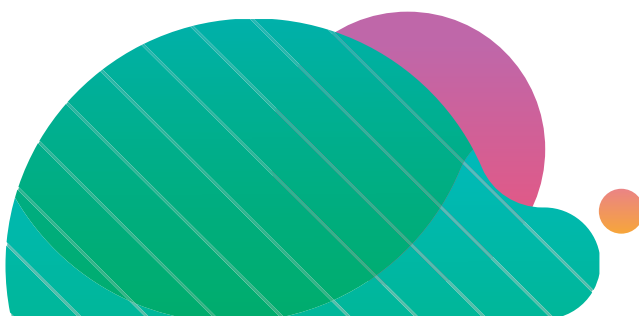
  
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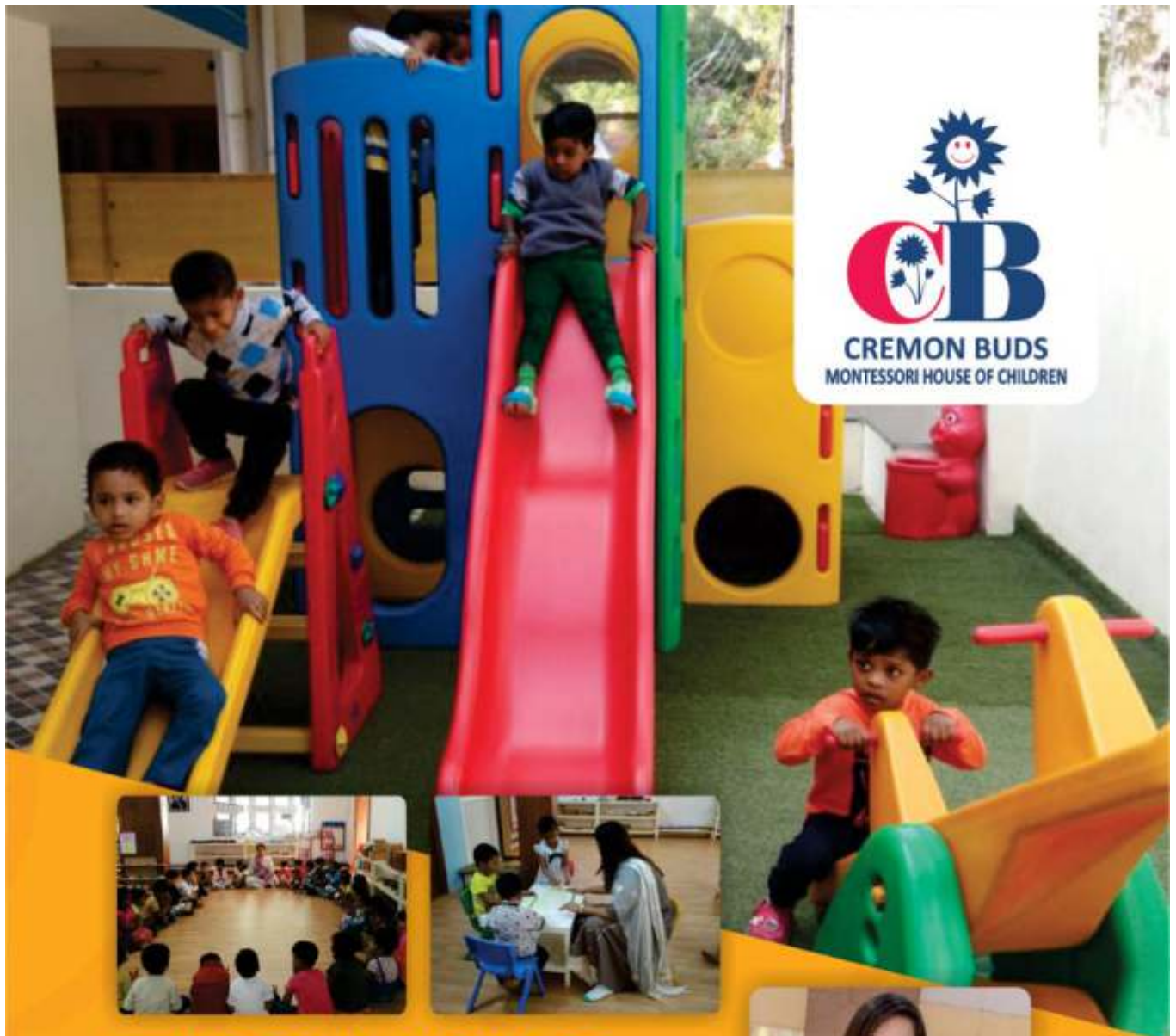
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I do not enjoy computer jokes, not one bit.  
 I changed my i Pod name to Titanic. It's syncing now.  
 When chemists die, they barium.  
 Jokes about German sausage are the wurst.  
 A soldier who survived mustard gas and pepper spray is now a seasoned veteran.  
 I know a guy who's addicted to brake fluid. He says he can stop any time.  
 How does Moses make his tea? Hebrews it.  
 I stayed up all night to see where the sun went. Than it dawned on me.  
 This girl said she recognized me from the vegetarian club, but I'd never met herbivore.  
 A guy got arrested for playing the guitar, for fingering A minor.  
 I'm reading a book about anti-gravity. I can't put it down.  
 I did a theatrical performance about puns. It was a play on words.  
 They told me I had type A blood, but it was a Type- O.  
 A dyslexic man walks into a bra.  
 PMS jokes aren't funny, period.  
 Why were the Indians here first? They had reservations.  
 Class trip to the Coca-Cola factory. I hope there's no pop quiz.  
 Energizer bunny arrested. Charged with battery.  
 I didn't like my beard at first. Then it grew on me.  
 How do you make holy water? Boil the hell out of it!  
 Did you hear about the cross eyed teacher who lost her job because she couldn't control her pupils?  
 When you get a bladder infection, urine trouble.  
 What does a clock do when it's hungry? It goes back four seconds.  
 I wondered why the baseball was getting bigger. Then it hit me!  
 Broken pencils are pointless.  
 I tried to catch some fog. I mist.  
 What do you call a dinosaur with a extensive vocabulary? A thesaurus.  
 England has no kidney bank, but it does have a Liverpool.  
 I used to be a banker, but then I lost interest.  
 I dropped out of communism class because of lousy Marx.  
 All the toilets in New York's police stations have been stolen. Police have nothing to go on.  
 I got a job at a bakery because I kneaded dough.  
 Haunted French pancakes give me the crepes.  
 Velcro - what a rip off!  
 Cartoonist found dead in home. Details are sketchy.  
 Venison for dinner? Oh deer!  
 Earthquake in Washington obviously government's fault.  
 I used to think I was indecisive, but now I'm not so sure.  
 Be kind to your dentist. He has fillings, too.





## THE ONLY WORK OF THE CHILD IS TO PLAY!

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**G.Rama**

W/O Rtn.G.Sathish Manohar.  
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***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.

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We value your suggestion



Your opinion matters.

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

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

Do drop a line at

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