

RCSS

Rotary



TIMES

May 2021

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

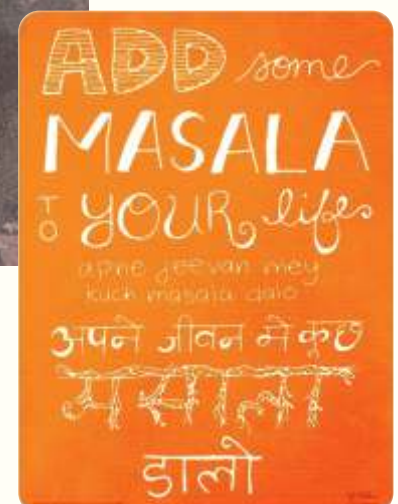
Dist. Gov. : N V Hanmanth Reddy | President : Rtn. Vijay Rathi | Secretary: Rtn. Ravi Ladia | Editor: Rajesh Pamnani

(This Magazine is for Private Circulation Only.)



Emotional eating

As we continue to navigate this tricky time and spend so much time at home, it can be tempting to use food as a form of comfort and/or distraction



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
IPP	-	Rtn. Pavan Tiberawal
Vice President	-	Rtn. Vineet Giria
President elect	-	
Sargeant-at-arms	-	Rtn. Rajneesh Pissay
Director		
Community Service	-	Rtn. Praveen Lunawath
Club Service	-	Rtn. Lokesh Jain
Youth Service	-	Rtn. Rajesh Surana
Membership	-	Rtn. Chandrasekhar
Vocational Service	-	Rtn. Rajhans Banka
International Service	-	Rtn. Narendra Gauri
Chairman		
Club Program	-	Rtn .Vikram Mehta
ebulletin & Website	-	Rtn. Rajesh Pamnani
Member Retention	-	Rtn. Ajit Gandhi
New Member	-	Rtn. Sanjay Kabra
Vocational Awards	-	Rtn. Bimal V Goradia
Speaker Meeting Q1,Q2	-	Rtn. Suresh Verma
Speaker Meeting Q3,Q4	-	Rtn. Jitender Agarwal
Existing Projects	-	Rtn. Sandeep Jhawar
Fund Raiser	-	Rtn. Shravan Malani
Polio	-	Rtn. Dr Surender
Rotary Foundation	-	Rtn. B.S. Ravindranth
Interact	-	Rtn. Praveen Sharma
Rotaract	-	Rtn. K. A. Ramayya
New Projects	-	Rtn. Samir Gupta
Know your Member	-	Rtn. Mehul Shah



Index

Details

Page

From the Editor's Desk	-	4
Rotary International	-	6
The ABC's of Rotary	-	7
Birthday & Wedding Anniversaries	-	10
RCSS-Club in Action (Last Month)	-	11
Designated Month	-	15
Introducing our Ann's Of the Club		
(Ann Madhu Gangal)	-	17
(Ann Ranjini Soma)	-	18
(Ann Indra Sharma)	-	19
(Ann LR.Surekha)	-	20
(Ann Manju Agarwal)	-	21
Ritu's Column Hinduism	-	23
From My Kitchen	-	27
Just for Laughs	-	30
Doodling Competition Winner	-	31



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



While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. Good nutrition can also reduce the likelihood of developing other health problems, including obesity, heart disease, diabetes and some types of cancer.

Cooking for peace of mind Many people have embraced the opportunity to dust off their cookbooks and brush up on their skills in the kitchen while staying at home during the pandemic. As well as being an enjoyable way to pass the time, cooking can be a form of meditation too. It offers us a chance to escape the worries and stresses – at least for a while – while we solely focus on creating something delicious. And while for some, cooking may simply be a means to an end, many people (including those with anxiety and depression) find that taking the time to prepare healthy, tasty meals from scratch does them the world of good.

Do look forward to the RCSS Cook Book in July.

Members who would like to contribute or participate do contact the Editorial team.

Rtn. Rajesh Pamnani
Editor (2020-2021).

“Recipe for Memories” our Hand written recipe book are not just a collection of dishes - they tell stories. They remind you of Aunts and grandmothers, neighbors and colleagues, of cultural differences and sub-cultural preferences.



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



Commercial Offices Leisure & Hospitality Corporate Park Residential Communities Healthcare Government & Public Sector

Send us a message
☎ +91-98 6660 0400

✉ contact@accqtrax.in
🌐 <http://www.accqtrax.in>

ROTARY - INTERNATIONAL

How to talk to someone who is vaccine hesitant Tips to have that talk

As COVID-19 vaccinations are administered around the globe, you've probably seen your social media feeds fill up with joyful vaccine selfies and excited appointment updates. Chances are, you also have someone in your life who's skeptical. Most of us do — and that has public health officials concerned.

Vaccine hesitancy is often fuel for heated public debate, but conversations about vaccines don't have to be contentious. In fact, being willing to have them is one of the most impactful ways we can influence global health. As with many emotionally-charged topics, knowing how to start the conversation can be the hardest part. These tips may help you open up a dialogue and get your loved ones thinking differently about being vaccinated.

Find shared values. We all want similar things — healthy families, thriving communities, and a sense of control over our health. Demonizing vaccine-hesitant individuals only creates further division and exacerbates an “us vs. them” mentality. Try explaining why you choose vaccinations. Is it to protect the most vulnerable members of your community? To shield your children from preventable disease? Relatable motivations like these can help forge a human connection and get to the emotional heart of the issue.

Seek to understand. Just as there are many reasons to be vaccinated, there are many reasons a person might feel dubious. A prevalent one is misinformation, which is more contagious than ever in our digital age. Others are more complicated and riddled with an ugly history. Marginalized communities have spent centuries being mistreated by the medical establishment. Expecting these communities to immediately trust the same institution to have their best interest at heart is unfair and dismissive of historic trauma.

Know your “C’s.” The World Health Organization (WHO) has outlined three “C’s” that contribute to vaccine hesitancy: complacency, convenience, and confidence. We could also add a fourth: culture. Rates of vaccine hesitancy, as well as contributing factors, vary widely based on a person's location, background, and community. Being cognizant of these differences can prevent us from making incorrect assumptions. If someone is skipping recommended vaccines due to religious beliefs, opening a conversation with safety statistics may not be helpful or relevant to them.

Lead with facts. Mythbusting can be tempting, but did you know that repeating misinformation can actually give it more weight? Instead of focusing on why that meme or blog post is incorrect, stick to simple statements of fact. For example: “large-scale scientific studies find no link between the HPV vaccine and auto-immune symptoms.”

Be the voice of the majority. Social norms are an incredibly powerful force, but the key is to keep it positive. If you try to convince someone that not enough people are receiving vaccines, they may feel that their hesitancy has been validated by others. A more effective approach is to focus on how many people are choosing to vaccinate and why. Remind them that large-scale inoculation is a group effort and we want them on the team.

Identify the problem and the solution. If you've ever stood at the edge of a diving board, unable to move, you know that fear can be paralyzing. Fear of severe illness can have similar effects. When we talk about vaccine-preventable disease, simply scaring someone is likely to backfire. Instead, it's important to acknowledge two facts simultaneously: these diseases are serious and being vaccinated is a simple and effective countermeasure. Help put power back into their hands by identifying an action they can take — being vaccinated!

Vaccines bring us closer to a world where everyone thrives, but it's a team effort. By having conversations, you can bring your friends and family along on our global health journey.

by Elizabeth Schroeder



Clifford L. Dochterman
President, Rotary International
1992-93



Part 11 of 12

Paul Harris Fellows

Undoubtedly, the most important step to promote voluntary giving to The Rotary Foundation occurred in 1957, when the idea of Paul Harris Fellow Recognition was first proposed. Although the concept of making US\$1,000 gifts to the Foundation was slow in developing, by the early 1970s it began to gain popularity. The distinctive Paul Harris Fellow medallion, lapel pin, and attractive certificate have become highly respected symbols of a substantial financial commitment to The Rotary Foundation by Rotarians and friends around the world. In 2006, the number of Paul Harris Fellows reached the one million mark.

A companion to Paul Harris Fellow Recognition, the Rotary Foundation Sustaining Member, which is the recognition presented to an individual who has made a contribution of \$100, with the stated intention of making additional contributions until \$1,000 is reached. (Contributions can also be made in someone else's honor.) At that time, the Sustaining Member becomes a Paul Harris Fellow.

A special recognition pin is given to Paul Harris Fellows who make additional gifts of \$1,000 to the Foundation. The distinctive gold pin includes a blue stone to represent each \$1,000 contribution — from \$2,000 to \$6,000. Red stone pins signify gifts of \$7,000-\$9,000. Paul Harris Fellow Recognition provides a very important incentive for the continuing support needed to underwrite the many programs of The Rotary Foundation that build goodwill and understanding in the world.

Citation for Meritorious Service and Distinguished Service Award

Two very special awards of recognition are occasionally presented by the Trustees of The Rotary Foundation to Rotarians who render outstanding service to the Foundation. The Rotary Foundation Citation for Meritorious Service recognizes significant and dedicated service by a Rotarian to promote Foundation programs and thus advance the Foundation's goal of better understanding and friendly relations among people of the world.

The Rotary Foundation Distinguished Service Award is presented to a Rotarian who has received the Citation of Meritorious Service and whose outstanding record of service to The Rotary Foundation reaches beyond the district over an extended period of time.

Both of these select awards are presented for exemplary personal service and devotion to the Foundation rather than financial contributions. Only one Rotarian may receive the Citation for Meritorious Service in any district each year; the Trustees grant no more than 50 Distinguished Service Awards in any one year. A recipient of the Citation for Meritorious Service is not eligible for nomination for a Distinguished Service Award until four full years have elapsed.

It is a very proud distinction for any Rotarian to be selected for one of these high levels of recognition by the Trustees of The Rotary Foundation.

Public Relations of Rotary

Historically, Rotarians perpetuated a myth that Rotary should not seek publicity but rather let our good works speak for themselves. A 1923 policy stating that "publicity should not be the primary goal of a Rotary club in selecting an activity" of community service was frequently interpreted to mean that Rotary clubs should avoid publicity and public relations efforts. Actually, the 1923 statement further observed that "as a means of extending Rotary's influence, proper publicity should be given to a worthwhile project well carried out."



Clifford L. Dochterman
President, Rotary International
1992-93



A more modern public relations philosophy was adopted in the mid-1970s, which affirms that “good publicity, favorable public relations, and a positive image are desirable and essential goals for Rotary” if it is to foster understanding, appreciation, and support for its Object and programs and to broaden Rotary’s service to humanity. Today, most Rotarians recognize that active public relations is vital to Rotary’s success.

A service project well carried out is considered one of the finest public relations messages of Rotary. It is essential that Rotary clubs make every effort to inform the public of such projects. The Secretariat offers many tools to help clubs publicize their projects in their community and make the public more aware of Rotary’s work worldwide. A range of television public service announcements, print ads, and billboard designs in nine languages can be ordered from the Secretariat office serving your area.

As Rotary clubs and districts consider effective public relations, it is important to remember that when Rotarians think of Rotary, we think of our noble goals and motives. But when the world thinks of Rotary, it can only think of our actions and the service we have performed.

RI Web Site

Since the late 1990s, Rotary International has been using the Internet to communicate with its members and showcase Rotary’s many programs and activities. The official RI Web site at www.rotary.org also allows members to conduct Rotary business online — from ordering publications to making contributions to The Rotary Foundation to registering for the RI Convention.

Through the Member Access feature, club officers can make changes to their club’s membership information, and all Rotarians can register for the convention and make contributions to The Rotary Foundation. Using the Club Locator function, members can easily identify places to do make-ups.

Rotarians can also use the site to order Rotary publications, videos, forms, and other supplies, as well as download an array of publications and forms for free, making it more convenient and less expensive for Rotarians to access Rotary materials. Language communities provide essential Rotary information in eight languages for non-English-speaking Rotarians and link to other language sites maintained by Rotarians around the world.

The RI Web site offers a vast amount of information, including the latest Rotary news. A visit to www.rotary.org will be enlightening to all Rotarians.

Use of the Rotary Marks

Rotary International owns numerous trademarks and service marks, including the Rotary emblem and the name Rotary; collectively, they’re known as the Rotary Marks. Using them properly preserves their identity as symbols of Rotary throughout the world. Rotary clubs and districts are welcome to use these marks to promote their projects, programs, and activities so long as the club or district responsible is clearly identified and the marks are correctly reproduced.

When “Rotary” or the Rotary emblem appears with the name of a club or district activity, the activity name should be placed nearby and given equal prominence. When naming an activity associated with a club or district foundation, separate “Rotary” and “Foundation” with at least one other word — for example, the Rotary Sedona West Foundation or Chicago Rotary Club Foundation — to avoid confusion with The Rotary Foundation of RI.

(... to be continued)

HP Range of Products



- ☐ Laptop Computers
- ☐ Desktop Computers
- ☐ Servers
- ☐ Laser Printers
- ☐ Inkjet Printers
- ☐ Plotters
- ☐ Scanners
- ☐ Routers / Switches
-and more



Authorized Sales & Service Partner for entire range of HP Products



CACHE PERIPHERALS PVT. LTD.

8C, 8th Floor, Gumidelli Towers, Begumpet Main Road, Hyderabad - 500 016.
Tel: 040-4849 8888 • Email : srinivas_ceo@cacheperipherals.com
Log in: www.cacheperipherals.com | www.cachetechnology.in

Courtesy : Rtn Srinivas Gumidelli @ 9848005110



BIRTHDAYS & WEDDING ANNIVERSARIES - JUNE

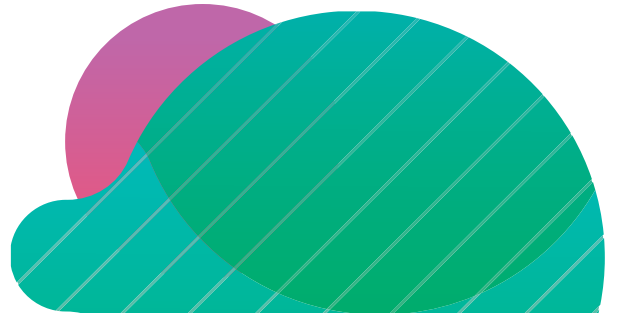


BIRTHDAY

01/06 - Ann. Rekha Jain
05/06 - Ann. Sheetal Dhumale
05/06 - Ann Bijal Shah
05/06 - Ann. Asha Tribrewal
07/06 - Ann Manju Agarwal
14/06 - Rtn. Chandra Sekhar
14/06 - Ann. Lopa
16/06 - Ann. Kavita Rathi

ANNIVERSARY

01/06 - Rtn. Ravi & Padma Verma
06/06 - Rtn. Suresh & Mridula Verma
18/06 - Rtn. Sanjay & Kanak Kabra
27/06 - Rtn. Vijay & Kavita Rathi
28/06 - Rtn. Shravan & Shreya Malani
28/06 - Rtn. Rajesh & Jyoti Surana

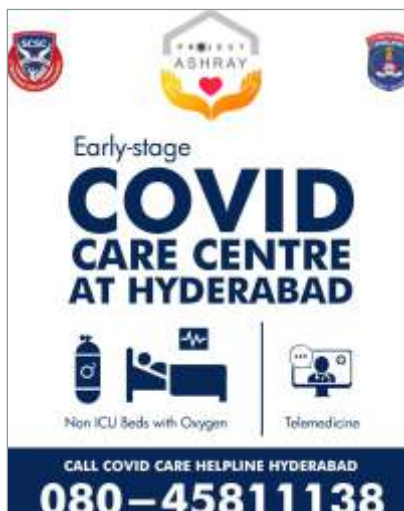


Brief Report on Ambulance to United Way / Cyberabad Police Covid Care Centre

We have received a request from United Way/Cyberabad Police Covid Care Centre for an Ambulance to serve the COVID Patients free of cost during COVID times for their 200 Bedded Covid Care Centre at Madhapur, Hyderabad. The COVID care centre provides Telephonic Support, Counselling, Medicines, Oxygen Support etc.

They informed us that they would take care of all the Ambulance maintenance cost which includes Drivers salary, Para Medical staff salaries, Diesel Charges, Maintenance etc., and they would provide the Ambulance Service to patients without any charges. They also informed us that the Ambulance would be used till their centre is operational and later the Ambulance would be returned to us.

The proposal was reviewed by the Board of Rotary Club of Secunderabad Sunrise and the Rotary Sunrise Service Trust and both of them have approved the proposal. Then an agreement was entered between United Way and Rotary Sunrise Service Trust describing all the guidelines on the usage and responsibilities to be adhered by the United Way. Rtn Gumidelli Srinivas has coordinated the successful handover of Ambulance to United Way on 11th May 2021.



Brief Report by Rtn. Srinivas Gumidelli

Brief Report on CSR Project of Maruti Eeko Van and Medical Equipments by Rotary Club of Secunderabad Sunrise

There were requirements for a Van and Medical Equipments from 2 reputed organizations namely PRPCS and MNJ Cancer Hospital. Both these organizations are known for delivering impeccable free service to the poor in terms of treatment, diagnostics and medicines. This proposal was put forward to our club committee and got approved to go ahead with the projects. Then a CSR committee was formed under the Project Chairman Rtn Srinivas Gumidelli. The other members of the team were Rtn Vijay Rathi, Rtn Ravi Ladia, Rtn Ranjay Goel, Rtn Rajesh Pamnani, Rtn Pawan Tibrewala, Rtn Anil Goel, Rtn Lokesh Jain, Rtn Sameer Gupta and Rtn Praveen Jain. We approached our CSR partners and presented these proposals. The CSR partner BHEL GE Gas Turbine Services were impressed with the project and they agreed to fund the entire project.

So, Rotary Club of Secunderabad Sunrise joined hands with BHEL GE Gas Turbine Services Pvt Ltd and donated a Maruti Eeko Van costing about Rs.5,50,000 to Pain Relief and Palliative Care Society(PRPCS), Kukatpally, Hyderabad. This Van will be used by PRPCS as a Children's Home based Palliative Care Van for the Exclusive Children's Hospice in the age group of 0 to 18 years.

Home based Palliative care for children is provided for child patients with advanced cancers living in Hyderabad through this program. The Van staffed with doctor, nurse, social worker and driver visit the houses of child patients to provide medical and nursing care and psychosocial support. At present there are about 50 child patients registered under this program.

Rotary Club of Secunderabad Sunrise in association with BHEL GE Gas Turbine Services Pvt Ltd have donated the following medical equipments to Government aided MNJ Cancer Hospital, Hyderabad.

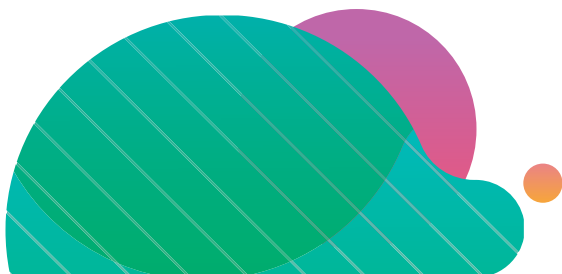
(1) Fully Automated Dry Chemistry Analyzer (Vitros 350) costing around Rs.10,00,000/-

It is a state of the art analyzer capable of performing 45 Microslide tests. It is very fast, reliable, easy to use and delivers accurate results. It is one of the most important analyzer which is very essential to Cancer Patients.

(2) Fully Automated 3 Part Hematology Analyzer (Advia 360) costing around Rs.6,00,000/-

This equipment generates 22 parameters, provides storage for 10000 results, integrated ticket printer. Fast and reliable with small footprint. Automatic anticlogging and cleaning procedures. Operates on Touchscreen.

We are very grateful to our CSR Sponsors BHEL GE GAS TURBINE SERVICES PVT LTD for reposing faith in Rotary Club of Secunderabad Sunrise and supporting us in the above mentioned Projects which are catering to the Poor and Down trodden patients in the twin cities of Secunderabad and Hyderabad.







Grow with us

WANTED DISTRIBUTORS

Waffle Crisps drizzled with Chocolate



Available in three flavours "Chocolate, Caramel & Brownie"

Waffle Crisps half coated with chocolate



Available in two flavours "Milk & Dark"

Brand Owned & Marketed By :

Newtrition

32B, Technocrat Industrial Estate Balanagar,
Hyderabad-500018,INDIA

Mobile: +91 80083 83434 / 99494 33177

E-mail: info@newtrition.in

www.makethejump.in

[/makethejump.in](https://www.facebook.com/makethejump.in) / [@makethejump.in](https://www.instagram.com/makethejump.in)

DESIGNATED MONTH



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



June – Rotary Fellowship

Rotary Fellowships Month, Rotary clubs indulge in fellowship activities, thanks giving and like.

- Inter Club Meetings
- Circulate 'Rotary Fellowship' literature
- Promote RFE – Invite Speakers to share their experiences

JAI GURUDEV



Network Carrying Company Pvt. Ltd

Complete Logistics and Cargo Movement Company

Logistics redefined, Services under one roof for all specific Goods, Big or small we carry All.
Trust. Transparency. Tranquility.

Sister Concern



Network Agri City

Agri Process and Storage City in Hyderabad

Agri facilities all under one roof. Processing, Packing, Drying
Shelling and Storage Warm And Cold We give you all.

Regd. Office

504 Encon Lake Melody 6-3-1099/1/14 & 15, Somajiguda,
Hyderabad-500082

TELE: 23313500/23313501/23313502/23313503

Website: www.nccpl.com

Email: info@nccpl.com

Network All Major Cities in Country

"We Deliver Satisfaction along with Services"

INTRODUCING OUR ANN'S OF THE CLUB

Ann Madhu Gangal
W/o Rtn. Mudit Kumar



Hello everyone

I am Madhu Gangal. I have pursued MA in Hindi.

I worked as a lecturer in initial days of my career. Currently I am a business woman.

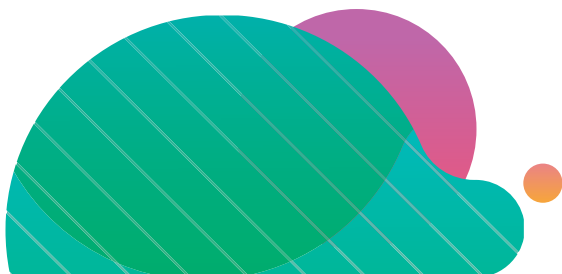
I am a distributor for Kara wet wipes, Iris home fragrances and Revlon hair colours.

Apart from work I am equally passionate about cooking. I enjoy playing Badminton, cards, listening to old Hindi songs and exploring new places.

I constantly try to inculcate new habits.

I have recently tried my hands on gardening which is indeed very refreshing.

I am glad to be a part of the Rotary family which is associated with voluntary works and the fun-filled family fellowships.



INTRODUCING OUR ANN'S OF THE CLUB

Ann. Ranjini Soma
W/o Rtn. Pradyumna Soma



Hi everyone -
I'm Ranjini Soma, born and born up in Hyderabad.
I did my graduation from Osmania university College for Women.
Married to Pradyumna Soma and blessed with two children, Ananya-19 yrs and Advait-12 yrs.
I am a homemaker and juggling with numerous responsibilities at home, taught me time and man management.
Blessed with a creative bent helps me enjoy painting and calligraphy. Listening to old Tollywood and Bollywood numbers is another favourite pastime.
I am a strong believer of Karma - What goes around, comes around ...

INTRODUCING OUR ANN'S OF THE CLUB

Ann Indra Sharma
W/o Rtn. Manish Sharma



I was born and brought up in Akola, Maharashtra, did my graduation in BSC home science, grew up with loving parents and 4 siblings, had a bunch of close friends and great childhood memories. I got married when I was 21 and since then, by choice and profession I have been a home maker. There are no defined rules for a career and hence my goal is to support my wonderfully ideal husband, who aspires my entire family and our kids in achieving their goals, which is my pride. We have 3 beautiful children, my elder daughter got married 2 years ago, she's been a part of her family business and along side is turning her personal passion for baking into a career. My younger daughter aspires to be an IAS and my youngest child, my son wants to represent India through the sport of cricket. I am all about my kids and it brings peace to me watching them progress towards their dream by each passing day!

INTRODUCING OUR ANN'S OF THE CLUB

Ann LR.Surekha
W/o Rtn. LR Surender



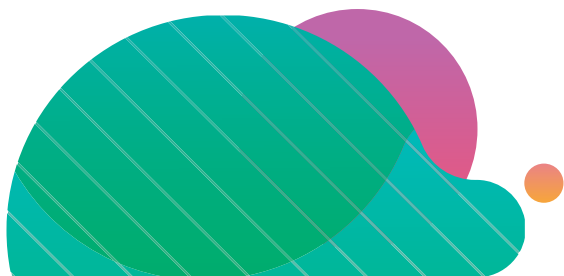
LR.Surekha graduated in food science and nutrition for SNDT University Mumbai. PG in preventive and promotive health care from Apollo, Msc in dietetics and food science management. Worked as dietician in all specialities from pre natal department to geriatrics in hospitals- Leelavati hospital, Mumbai; care hospitals, Apollo clinics, sai Krishna neuro hospitals, hope children hospitals with an experience of 15 yrs.

INTRODUCING OUR ANN'S OF THE CLUB

Ann Manju Agarwal
W/o Rtn. Sudhir Agarwal



Name : Manju Agarwal
Qualification : Bsc B.Ed
Hobbies : Cooking & Reading



ENERGY DEVICES

Dedicated to Clean & Green India

SOLAR

Rooftop on grid systems (Make: Tata Power Solar / Rathi Solar)



Rooftop off grid system(Make: Tata Power Solar)

Water heating systems(Make: Rathi Solar)

Street lighting system(Make: Systellar)



ELECTRICAL

LED Lighting
(Make: Opple, Stanjo)



SMOKELESS CHULHAS

MNRE approved manufacturing
Wood saver for rural cooking -
Checks deforestation



CAST IRON CASTINGS

Manufacturing of unmachined general C.I. Castings



Solar Division: 7-2-1/A/22, Balkampet, Hyderabad.

Foundry Division: C-12, Chandulal Baradari, Industrial Estate, Bahadurpura, Hyderabad

www.energydevices1991.in

Contact: Vijay Rathi **Call:** +91 9848020046 **Email:** energydevices@gmail.com



RITU'S COLUMN - HINDUISM

MANTRAS AND HINDUISM

The Vedic rishis have viewed the entire universe as a manifestation of the Supreme Being. Earth, Water, Fire, Air and Space are all his manifestations. Going one step further these rishis have nominated each one of these manifestations as a Devata (GOD).

“Ekam sath vipraa bahudha vadanti”

There is only one Supreme Being. However, He is being referred to by different names. Sanatana Dharma believes in the worship of one Supreme Being, Parabrahma. So when the rishis offered their prayers to Agni, Vayu, Indra, Varuna, they are, in fact, offering their prayers to that one Supreme Being who is supporting all these powers. As such when we pray for a targeted objective such as healthy life or for a success in business or studies, for reaching greater heights in spiritual progress we are still praying to that one Supreme Self. It is for this reason that a major portion of the Vedas have been presented in the form of mantras/ prayers, which have come in a number of different forms.

MANTRAS

There are three different classes in Mantras. They are called the ‘three limbs of Mantra’

Mantra : “**Mananath traayate iti mantraha**” - Mantra is a sacred word or syllables of words with thought power for meditation. There are various kind of Mantras:

Saatwika Mantras: These are chanted for illusion, supreme divine love and realization of God.

Raajasika Mantra: These are chanted for progeny and worldly prosperity.

Taamsika Mantra: These are chanted for destroying or harming others.

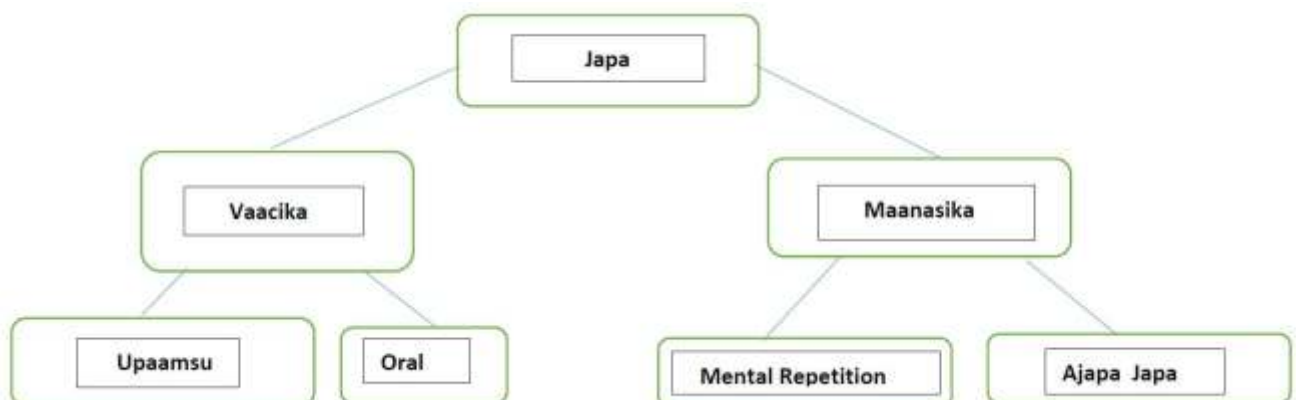
Stotra : Refers to a prayer to a deity. This can be in two forms:

(a) General stotras are prayers for general goodness that has to come from God according to his will.

(b) Specific Strotas refer to prayers offered from individuals seeking fulfilments.

Kavaca : These mantras are used as armours for protection. A number of mantra armours are found in Puranas.

JAPA: The importance of sound and proper intonation forms the basis for the effectiveness of Mantras. Repetition of the holy incantation of the mantra is what is called Japa. The syllable “JA” destroys birth and death cycle. The syllable “PA” destroys sins. That which destroys sins and puts an end to birth and death cycle is called “Japa”. Japa can be classified as follows:





RITU'S COLUMN - HINDUISM

MANTRAS AND HINDUISM

Vaachika : Refers to oral repetition of Mantras without making any sound. It is classified into further two categories - Upaamsu and Oral

- **Upaamsu**: Refers to oral repetition of Mantras without making any sound. This is when the Saadhak repeats the mantra and others sitting even nearby will not be able to hear the sound.
- **Oral**: In this case the Mantra is repeated and the sound may be heard with lip movement. This is when the Saadhak repeats the mantra within the hearing of others.

Manasika: Refers to mental Japa. Once again there are two categories.

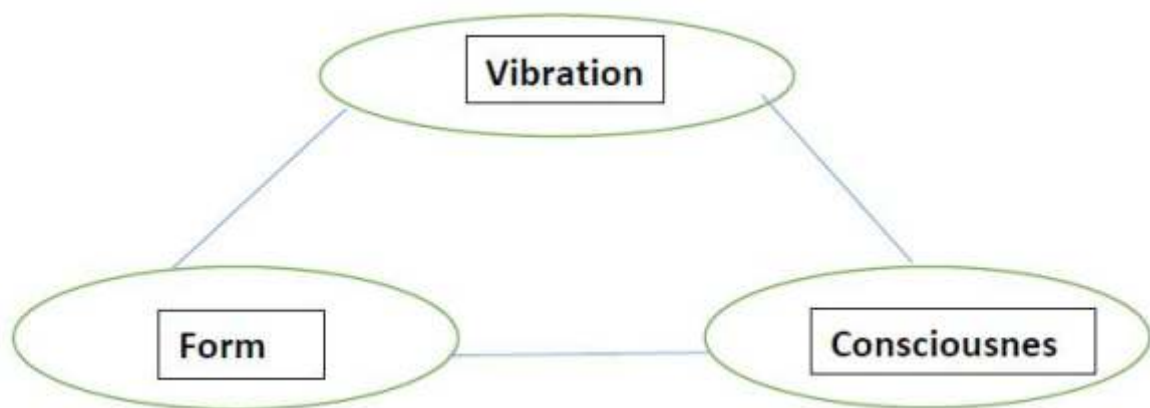
- **Mental Repetition** : The Saadhak does a mental repetition of mantra.
- **Ajapa Japa**: Refers to meditation on the breath. The Saadhak performs a meditation on the spirit of the mantra and the meaning of the sacred word without the movement of the tongue or the lips.

All Veda Mantras conclude with the words "OM Shantih Shantih Shantih" - Shantih means peace. There is a reason behind repeating the word Shantih thrice. We usually encounter problems from three agencies:

- 1) Problems which we create for ourselves – such as physical ailments and stress.
- 2) Problems due to others.
- 3) Problems due to nature and others that are beyond our control – such as rain, thunder, fire...

By uttering Om Shantih Shantih Shantih we are praying protection through these agencies.

The basic principle underlying a mantra is that this Universe of ours is made up of different kinds of vibrations and energies working at different levels. Our ancient Rishis had identified the presence of the vibrations and energies at the super-physical levels. They have also discovered that thoughts, emotions and even subtler worlds (Sukshma Lokas), to which references made frequently in our religious literatures, are based on vibrations and energy plays. Which in turn are connected with one another. The primary vibration is the source of all other vibrations and is called "Naada". The Ultimate Reality which is responsible for Naada is referred to as Shabda Brahman.



Another fact that has to be understood in the theory of Mantra yoga is the existence of a relationship between vibrations, forms and consciousness. An example is – light and sound vibrations are received by our sense organs (eyes and ears) and the form is recognized by our consciousness. When both these vibrations are cut off the form is not perceived on the physical plane.

A particular vibration will keep elements of a form together and the form will fall apart when the vibration ceases. The vibrations need not necessarily take place in the physical plane – but they may take place on different planes depending on the nature of the form and the life acting as the soul for it. If the vibration is related to both form and consciousness then we can use it to do two things –

- (a) Use the vibration to produce different kinds of natural phenomena and
- (b) bring about changes in consciousness.

Mantras utilizes powers hidden in certain combination of sounds for the un-folding human – consciousness or to bring about specified desired results. Japa, which refers to physical or mental repetition of mantras produce vibrations in different planes and enables the Saadhak to reach deeper layers of consciousness. The eternal consciousness of the Supreme is everywhere and is beating all the time against the walls of our mind. It is our lack of sensitivity that is preventing us from recognizing it.

RITU'S COLUMN - HINDUISM

MANTRAS AND HINDUISM

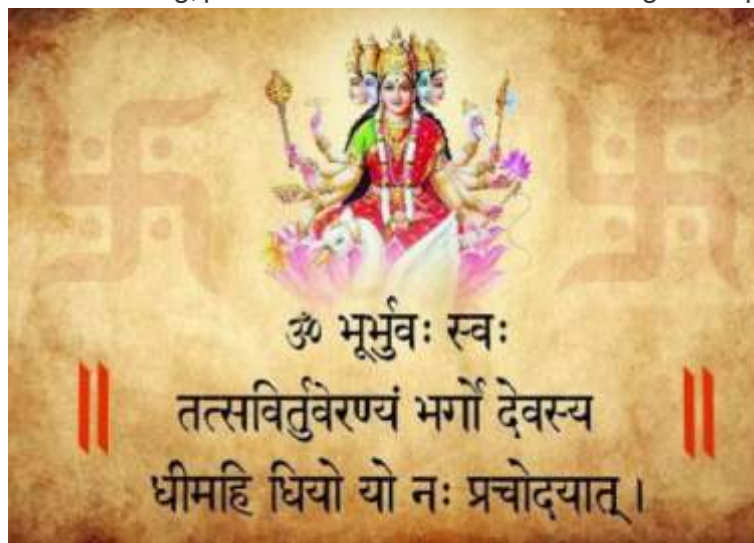
How are Mantras Constructed?

Mantras are composed of certain letters arranged in a definite sequence of sound of which the letters are the representative signs with necessary directions for their exact and correct pronunciation. Mantra must be intoned in the proper way according to Svara (rhyme) and Varna (sound). Bija – Akshara is a seed letter. It is a very powerful mantra. All Devatas have their own Bija Mantra. Sometimes it constitutes of several syllables. Though the Bija Mantras have a significant inner meaning, they may not convey any on their face. Examples of some Bija Mantras are:

Five Mahabhutas (Ether, Air, Fire, Water & Earth) HAM, YAM, RAM, VAM & LAM

Five Gods (Parabrahman, Shiva, Mahalakshmi, Saraswati & Ganesha) AUM, HAUM, SHREEM, AIM & GAM

The crucial point to remember in regard to the Japa is that it is not a mechanical repetition of a name. What is required is complete focus of all the powers of the individual towards a definite end. One should remember that nothing can be gained in this world without an effort and nothing can be gained suddenly. One must be prepared for a long, persistent and earnest effort. It is a gradual process. There are no short cuts.



GAYATRI MANTRA

Gayatri Mantra is considered as the God of the Vedas. Its Japa is an integral part of Sandhya(dusk), the daily practice of the Hindu. The main function of Gayatri is to liberate the Jeeva, which identifies itself with matter (Prakruti). The more we identify ourselves with Self or consciousness the more we free ourselves from Jada Jagat (material Universe) and our journey towards realizing Para Brahman begins. Gayatri Mantra is not just a Mantra but a Mantra combined with a prayer which makes it inherent with a tremendous power in it. The prayer offered with intense devotion and feeling becomes a potent tool for the unfoldment of our spiritual potentialities.

The Mantra consist of three well defined parts:

- The first part consists of Pranava and Maha Vyahritis.
- The second part consists of Tat Savitur Varenyam Bhargo Devasya Dheemhi.
- The third part consists of Dhiyo Yo Nah Prachodyaat.

Let us now consider the purpose of these three parts:

The purpose of the first part is to arouse the spiritual powers which are latent in the heart of every human being. The spiritual powers are transformed from a potential to an active form. The potency intent in the sound of the first part does this function.


The purpose of the second part is to stimulate in the mind of the Saadhak, an intense resolve to come into contact with the consciousness of Savita, the presiding deity of our solar system.

The purpose of the third part is to bring about an attitude of self-surrender on the part of the Saadhak. This is essential for the flow of Divine grace (Kripa).


Gayatri Mantra liberates the Jeeva from bondage and it wipe our sins out. It should not be understood that Gayatri Upaasana at the end of each day is a convenient way to destroy all sins committed through the day. It is to be understood that the Upaasana counteracts tendencies to commit sins or evil actions and strengthens spiritual prowess.





Ann. Ritu Gupta



Rtn Lokesh Jain



CEILING FANS



Manufactured by:
JAIN ELECTROMECH APPLIANCES
14, SVCIE. Phase 1 Ext. Balanagar,
Hyderabad-500 037. INDIA. website: www.patnyfan.com
Landline No.: 040 23772412

RECIPE - Ragda-Patties

FROM MY KITCHEN

Ingredients

1 cup white peas (batana)
3-4 potatoes boiled
2 tbsp corn starch
2 tsp grated ginger
2-3 green chillies finely chopped
1/2 tsp red chilli powder
1/2 tsp cumin powder roasted
Cumin seed
Salt as per taste
Coriander leaves for garnishing



By Anita Banka

METHOD:

Soak batana in four cups water overnight. Drain the water in morning and transfer the soaked peas to pressure cooker. Add 1 tsp salt and pinch of soda bicarbonate with four cups of water and pressure cook until 3-4 whistles at high heat. Heat 1 tablespoon oil in a pan. Add cumin seeds grated ginger and green chillies. Add roasted cumin powder and red chilli powder to the oil. Once this tempering is ready transfer it to simmering Ragada.

For Patties:

peel the boiled potatoes. Mash them finely with masher. Add cornstarch, grated ginger, green chilli, salt and mix well. Make 10 to 12 round and flat patties from this mixture. Heat a shallow pan or Tawa and put 4 tbsps of deshi ghee on tawa. Place the patties on tawa. Cook the patties until golden brown from both sides.

To serve ragda patties

Place patties on a plate and top it up with Ragada prepared earlier. top with coriander mint Chutney and sweet tamarind chutney. Put chopped onion and coriander leaves for garnishing.

Kitchen Measurements (approx.)

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



Servings



Preparation Time

RECIPE - Gluten free Muthiya

FROM MY KITCHEN

Ingredients

2 cups Bajra flour
 1 cup Makai ka atta
 1 cup Ragi flour
 2 cups finely chopped Methi and Spinach leaves
 1 cup grated bottle gourd(lauki)
 4 tbsp cold pressed groundnut oil
 1 tsp baking soda
 2 tbsp organic jaggery
 2 tbsp lemon juice
 2 tbsp garlic ginger green chilli paste
 ½ tsp turmeric powder
 1 tbsp sesame seeds
 1 tsp mustard seeds
 2 to 3 dry red chillies
 ¼ tsp Asafoetida
 Salt as per taste



By Meera Goradia

INSTRUCTIONS:

In a bowl mix the chopped spinach and methi leaves and the grated bottle gourd. Add salt, garlic ginger green chilli paste, turmeric, jaggery, lemon juice and 2 tbsp groundnut oil. Cover and keep it aside for 15 mins till it leaves some water.

To this add the three flours and baking soda. Mix everything gently and knead it into a soft dough.

Roll the dough in a cylindrical long shape. You can use some water on your palms to make it easier to roll.

Place these rolls in a flat plate and steam in an idli cooker for 20 mins. Once done let it cool for 30 mins and then cut them into ½ inch pieces.

In a kadai, add 2 tbsp oil. Once the oil is heated add the mustard seeds, sesame seeds, dry red chilli, asafoetida and the pieces of muthiya. Cook it on a low flame for 15 mins.

The muthiya is ready. Serve it with fresh coriander chutney.

NOTES/TIPS: You can add some extra garlic if you enjoy the garlicky flavor.



Kitchen Measurements (approx.)

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



Servings



Preparation Time



OUR HIGHLIGHT SERVICES

AUDIT & ADVISORY

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

GOODS & SERVICE TAX (GST)

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

HR & PAYROLL SOLUTIONS

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

PERSONAL TAX PLANNING

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

VIRTUAL CFO

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

BUSINESS START-UP ADVISORY

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



+91 - 9398026431

Get in touch with us!



info@pennyworthconsultants.com



www.pennyworthconsultants.com

Just for laughs



It's been a blessing being at home with the wife these last few months.
We've caught up on everything I've done wrong in the last 21 years.

The secret of a Happy Married Life...
Is still a secret!!

"GHANTA" is most magical word which can bring you back in a losing argument.

Wife:-I am angry with you!
Husband:-Again or still???

Marriage is when a man and woman become as one .
The trouble starts when they try to decide which one.

During an argument with her husband, a wife was just about to calm down.
But then her husband asked her to calm down.

The reason why Men are not allowed to give advice in Love:
Columns of magazines:

Neha: "Hi! I'm a lady aged 26 married and have one kid. Last week my husband was off duty and I had to drive alone to work. I left my husband with the maid and my baby at home. I drove for just about 2km from home and my car engine started to overheat so I turned back to get the other car.

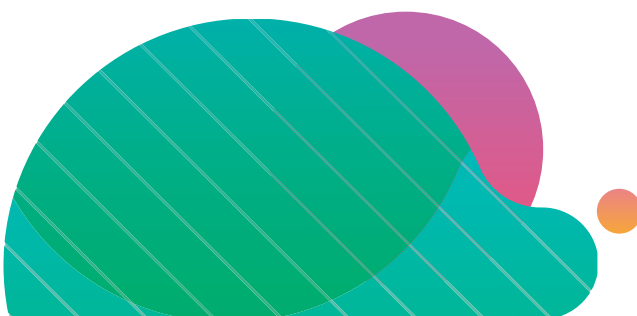
When I got home I found my husband romancing with my maid...!!!
I don't know what to do now Please help."

Reply by Male columnist:
Dear Neha,

Overheating of engine after such short distance can be associated with the radiator.
You need to check your oil and water level in your engine before you start the journey.
You must also make sure your car is serviced regularly to avoid problems in future.
Hope this helps..!

Difference between Lock up and Lock Down.
Lock up is stay in police custody, Lock Down is stay in wife's custody.
Lock up is bailable, Lock down is non-bailable.

By Ann Dr Keerti Pissay





DOODLING COMPETITION!

(Age Group - 8 to 16)

Winners of the doodling competition



Nitika Gupta



Himanshi Khandelwal



Alek

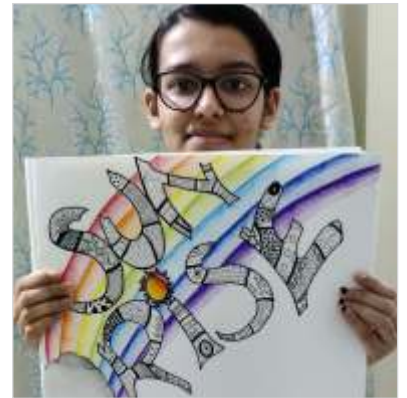
Runners up for doodling competition



Tejaswin Pradhan



G.Sanvi



Moli Gupta

Consolation prize for doodling competition



Nitya Malani



Tiaa Sharma

“Putting water bowls in your balcony, outside your home or office can bring dogs and other animals good health. This also battles the issue of premature death caused by dehydration in the summer



The coronavirus lockdown has not only forced the entire world indoors, but has put India's strays in extreme distress. Unavailability of food and water in the scorching summer is impacting stray animals all over the country. Temperatures during summer often crossed 45 degree Celsius, which proved fatal for birds and stray animals like Cows, dogs and cats. It is sad to see several stray cows and dogs desperately looking for water and drinking dirty water from gutters as they fail to find clean water. Please be kind and take some time off to feed stray animals and birds around your homes.

Try providing them with water and leftovers so they're not parched and left hungry and thirsty. If you live on a higher floor of the building, take a small container, fill it with water and keep it on the parapet opposite your window. You could help birds like pigeons, crows etc. quench their thirst. This world will be more balanced if every human on this planet lives a simple lifestyle and supports all animals equally.

“LIVE AND LET LIVE”



Rekha Jain

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

Disclaimer

All have been attributed to the rightful authors, to the best of our knowledge. If we have omitted something please contact us. The views and opinions expressed in the articles are those of the author(s) and do not necessarily reflect the views or opinions of the editors.