

RCSS

Rotary



TIMES

June 2021

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

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

(This Magazine is for Private Circulation Only.)



“The new normal”

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Interact	-	Rtn. Praveen Sharma
Rotaract	-	Rtn. K. A. Ramayya
New Projects	-	Rtn. Samir Gupta
Know your Member	-	Rtn. Mehul Shah



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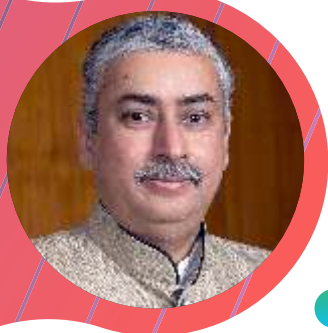
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African region declared free of wild poliovirus - Rotary and its GPEI partners celebrate a monumental achievement, say global eradication of wild polio is possible with the continued dedication and persistence of Rotarians.

FROM THE EDITOR'S DESK



Working from home is the new norm.

It is not a choice, but a demand due to this worldwide pandemic. The line between work and home has been blurring for decades—and with the pandemic, obliterated completely for many of us, as we have been literally living at work.

The tips above were structured for those just getting acquainted with working from home. A few fresh insight into the lifestyle...

These tips could allow you to get more work quality done in less time and with less stress.

1. Set Daily Routine by Planning Week People struggle with setting routines within office settings, and this struggle only gets worse when working from home. A lack of routine slows progress and productivity on just about everything because the brain is in constant reactive mode.

2. Don't Multitask When the mind is scattered, the result is sloppy work. When working from home, it's much easier to find yourself multitasking.

3. Block Time for Projects Many workers struggle with completing multiple tasks on a timely basis because they don't incorporate blocked time throughout the day.

4. Email Is the Enemy of Productivity Frequently checking emails is productivity killer #1. People spend endless amounts of time daily checking and responding to emails because it makes them feel busy.

6. Kill Social Media If email is productivity killer #1, social media is close behind in #2.

7. Schedule Breaks Fatigue sets in – especially when you're hyperfocused for a while on a single project.

8. Comfortable & Quiet Workspace Find a spot or set up an area to create a comfortable and quiet workspace.

9. Set Expectations with Team Let your co-workers know your schedule – communication is needed more than ever.

10. Socialize...with breaks in between Walking away periodically to make more sounds counterintuitive, but it helps refresh your mind and body's energy.

11. Master New Technology While working from home, this technology is more vital than ever. Now's a great time to revisit and master the tools you use, and get every ounce of value from them.

As the post pandemic great reopening unfolds, we are also reassessing our relationship to the jobs. Business leaders are as confused as the rest of us—perhaps more so—when it comes to navigating the multiple demands and expectations of the new workplace.

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



FROM THE EDITOR'S DESK



So, how was your weekend?

Do Remember your weekends before the pandemic ?

Although most states are cautiously reopening from the months-long pandemic shutdowns, many parents are still working from home, dealing with School-At-Home kids, and not so sure about how social they're willing to make social distancing.

Our self-confinement has caused one day to bleed into another, and suddenly the "weekend" is gone with nothing to show for it.

"We are treating every day the same,"

Just like athletes need time to recover from intense workouts, families need time to recover from the stress and pressures from their everyday lives, especially as those daily pressures build because of COVID-19 stress.

"You need to take a break before you break,"

These days, the trick is making Saturday and Sunday feel different from the rest of the week.

Make sure that your family's lazy mornings have an endpoint. Schedule activities during the day. And plan special events—like a themed dinner or a dance party—for those weekend nights –or a family picnic by the lake to get some sunshine and be with creator's creation.

(Tell us what you're doing with your family to take back your weekend!)

The bottom line: Taking control of your weekend is essential for your mental health as well as your kids'.

Because the best way to make sure your kids are taken care of is to make sure you're taking care of yourself.

Ann Mamta Jhawar

W/o Rtn. Sandeep Jhawar





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ROTARY - INTERNATIONAL

Vaccinating the world against a virus: What it will take



We are living through an unprecedented moment in time. With COVID-19 vaccine procurement and delivery underway, we are in the midst of a global health effort unlike what many of us have seen. But in some ways, we have been here before – with polio.

In the early part of the twentieth century, few diseases affected children and communities more than polio. At its peak, the disease devastated over 350,000 lives every year, disproportionately affecting children under the age of five. By the early 1950s, widespread polio outbreaks in countries around the world led to shutdowns of schools, parks and pools – much like what the world has experienced this past year during the coronavirus pandemic.

While polio is not curable, there is an effective vaccine to prevent it. Immediately following the licensing of the vaccine in 1955, a mass vaccination campaign was launched and, by 1988, polio had disappeared from the US, Australia and much of Europe. But it remained prevalent in more than 125 countries.

At that time, Rotary International, UNICEF and our partners in the Global Polio Eradication Initiative (GPEI) – which now include the World Health Organization (WHO); the US Centers for Disease Control and Prevention (CDC); the Bill & Melinda Gates Foundation; and Gavi, the Vaccine Alliance – undertook the ambitious goal to rid the world of polio. The outcome has been extraordinary: Polio has been reduced by 99 per cent, and nearly 19 million people who may have otherwise been paralyzed are walking as a result of vaccination.

The World Health Organization estimates that vaccines save between 2 to 3 million lives each year. Specifically, the equitable distribution of the oral polio vaccine (OPV) to vulnerable children across the globe – including in hard-to-reach areas rife with conflict – has been critical to the progress made in the fight to eradicate polio, and it's this example we should look to as we continue our COVID-19 immunization efforts.

"We have it in our own hands to achieve success in stopping the coronavirus, just as we do with polio," said Rotary International President Holger Knaack. "There are no technical or biological reasons why polio or COVID-19 should persist anywhere in the world."

As we seek to ensure that everyone receives a coronavirus immunization, we are also mindful that, as more doses of COVID-19 vaccines become available and delivery is scaled up, the capacity of existing childhood immunization programmes will be stretched.

The devastation in India topped 400,000 cases a day at its peak in mid-May, and the country dealt with a critical oxygen shortage, a lack of hospital beds, and a mounting death toll. We must ensure that countries like India, and Brazil, are supported through this crisis, and that communities receive fair and equal access to vaccines by revisiting the playbook we used to eliminate wild polio in all but two countries.

Ultimately, there is a role for everyone to play to curb the pandemic: Individually, by taking a vaccine when it becomes available, stopping the spread of vaccine misinformation in our communities, and educating those around us on the safety and necessity of vaccines. And collectively, organizations like Rotary and UNICEF and our other partners in the GPEI must continue to leverage our polio partnership to strengthen health and immunization systems around the world, because we recognize that the pandemic will not be over for anyone until it is over for everyone.



Clifford L. Dochterman
President, Rotary International
1992-93



Part 12 of 12

Special Rotary Observances

The Rotary calendar designates several months and weeks as times to emphasize major programs and activities of Rotary International.

- January is Rotary Awareness Month. This is a time to expand knowledge of Rotary and its activities among our membership and throughout the community.
- February is World Understanding Month. This month was chosen because it includes Rotary's anniversary, 23 February. Rotary clubs are urged to present programs that promote international understanding and goodwill, as well as launch World Community Service projects in other parts of the world.
- March is Literacy Month, a time for clubs to develop their own literacy projects and raise awareness of Rotarians' efforts worldwide to eliminate illiteracy.
- Another significant occasion in March is World Rotaract Week, the week in which 13 March falls. It's a time when Rotary clubs and districts highlight Rotaract by joining in projects with their Rotaract clubs.
- April is set aside as Magazine Month. Throughout the month, clubs arrange programs and activities that promote the reading and use of The Rotarian and the Rotary regional magazines.
- June is Rotary Fellowships Month, a time to increase interest and membership in one of the dozens of Rotary Fellowships and celebrate the ideal of service through common hobbies and professions.
- August is Membership and Extension Month, a time to focus on Rotary's continuing need for growth by seeking new members, working to keep current members active and interested, and forming new clubs.
- September is New Generations Month, when Rotary clubs of the world give special emphasis to the many Rotary-sponsored programs that serve children and young people.
- October is Vocational Service Month, a time when clubs highlight the importance of the business and professional life of each Rotarian and emphasize the Rotary practice of high ethical standards.
- November is Rotary Foundation Month. Clubs and districts call attention to the programs of The Rotary Foundation and frequently cultivate additional financial support for the Foundation by promoting contributions for Paul Harris Fellows and Sustaining Members.
- World Interact Week, the week in which 5 November falls, is a time for sponsoring Rotary clubs to plan joint projects with their Interact clubs.
- December is Family Month, when clubs work to assist families in their communities and celebrate the family of Rotary, which encompasses spouses and children of Rotarians, participants in RI programs, and others in the community with strong ties to Rotary.

Each of these special times serves to elevate the awareness among Rotarians of some of the excellent programs of service to be found in the world of Rotary.



Clifford L. Dochterman
President, Rotary International
1992-93



Organizing New Clubs and Extending Rotary

Steady growth in new clubs is extremely important in extending the worldwide programs and influence of Rotary International. In fact, in recent years, the formation of new Rotary clubs has been the major factor in Rotary's membership increases. New Rotary clubs may be established anywhere in the world where the fundamental principles of Rotary may be freely observed and where a successful club can reasonably be maintained. For example, many of the new clubs formed since 1990 have been in the emerging democracies in Eastern Europe.

The RI Board of Directors must approve the extension of Rotary into countries where clubs have not previously existed. In 2005-06, the Board opened China, Cuba, and Vietnam for extension. To avoid confusion with local officials, RI Board policy requires Rotarians to work through the RI Extension Committee when forming clubs in countries where Rotary clubs do not currently exist.

A club must be organized to serve a specific "locality" in which there are enough business or professional people of good character engaged in leadership, proprietary, or management positions and where there are opportunities for Rotary service. A minimum of 40 potential classifications is necessary for a proposed new club, and from that list a permanent membership of at least 20 members must be enrolled.

District governors are responsible for approving and monitoring the formation of new clubs. The governor appoints a special representative to guide the organization of a new club, with the first step being to conduct a survey of the locality to determine the potential for a new club. A new club must adopt the Standard Rotary Club Constitution, have a minimum of 20 charter members with clearly established classifications, elect officers, pay a charter fee, hold weekly meetings of the provisional club, and choose a club name that will distinctly identify it with its locality. A provisional club becomes a Rotary club when its charter is approved by the RI Board of Directors.

It is a great opportunity and special duty of all Rotarians to assist and cooperate in organizing new clubs. New clubs strengthen Rotary's long-term viability and its commitment to humanitarian service throughout the world.

Colorful Governors' Jackets

One of the more recent Rotary traditions began in 1984-85 when the district governors decided to wear a distinctive yellow sport coat to official Rotary events. In succeeding years, the president of Rotary International has selected a colorful jacket for the district governors and other international officers of Rotary. The distinctive yellow jacket of Carlos Canseco was followed by such blazing colors as Paulo Costa's green coats (1990-91), Clifford Dochterman's red coats (1992-93), Luis Giay's brick coats (1996-97), and Glen Kinross' sea-foam green coats (1997-98). President Rajendra Saboo (1991-92) selected wheat-colored tan and Hugh Archer (1989-90) picked maroon. Blue was the jacket color chosen by Charles Keller (1987-88), Bill Huntley (1994-95), Herbert Brown (1995-96), James Lacy (1998-99), Bhichai Rattakul (2002-03), Carl-Wilhelm Stenhammar (2005-06), and William Boyd (2006-07). An array of colors, shades, and patterns has been picked by other presidents. Rotarian leaders annually speculate on the jacket color to be worn by the incoming RI president before the International Assembly when the announcement is made.



Ram Goel
Ranjay Goel
Sanjay Goel

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BIRTHDAYS & WEDDING ANNIVERSARIES - JULY



BIRTHDAY

02/07- Rtn. Vijay Rathi
05/07- Rtn. Anil Ratan Goyal
Ann. Preeti Sharma
09/07- Ann. Swati Ladia
12/07- Rtn. Sudhir Agarwal
17/07- Rtn. Shyam Gupta
Rtn. Pawan k. Tiberwala
20/07- Rtn. B.S. Ravindranth
27/07- Ann. Usha Gupta
28/07- Rtn. Sanjay Kabra
30/07- Rtn. Ravi Datla

ANNIVERSARY

01/07- Rtn. Narender & Ashu Gauri
05/07- Rtn. Sanjay & Kanchan Dolwani
08/07- Rtn. Raj Hans & Anita Banka
13/07- Rtn. Vineet Kumar & Sanju Giria
25/07- Rtn. B.S. Ravindranth &
B.R.Devika



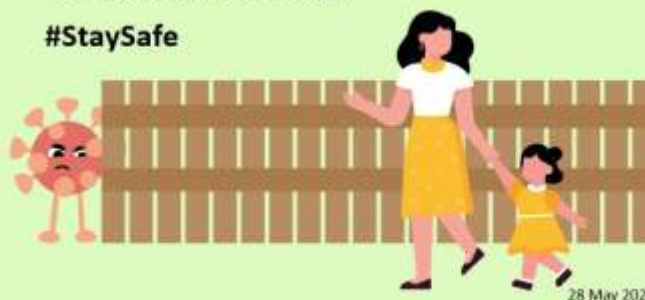
THE NEW NORMAL



COVID-19 is merely biding its time,
waiting for us to let our guard down.

So continue to practice protective
measures like physical distancing,
covering coughs and sneezes, and
frequent handwashing

#StaySafe



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DESIGNATED MONTH



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



July – New Leadership Month

Start of new Rotary officers' year of service.

- Tree Plantation
- Reduce, Re-Use, Re-Cycle Waste



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INTRODUCING OUR ANN'S OF THE CLUB

Ann Lokesh Jain
W/o Rtn. Seema Jain



Hi I'm **Seema jain**

Qualification Mcom from Rajasthan university, home maker.

Hobbies- listening to music, meeting new people, gardening , playing cards & games .

I enjoy doing yoga . I'm an active member in many clubs Born & brought up in Jaipur in a reputed jewellery business family.

Married to Lokesh jain, BE gold medalist & have one daughter Avani who's blessed with twin girls & I enjoy in interacting with them.

I believe in - peace cannot be kept by force but it can be achieved only by understanding

INTRODUCING OUR ANN'S OF THE CLUB

Ann Mamta Jhawar
W/o Rtn. Sandeep Jhawar



Hi everyone

I am **Mamta Jhawar**

I have pursued B.com Hons in Accountancy from Kolkata University, but that was not an end to my learning, I aspire to learn something new everyday.

I am married to Sandeep Jhawar and blessed with two daughters Arushi (25 yrs) and Vidushi (19 yrs).

I have had a fabulous journey from being a home maker to a preprimary teacher to a professional story teller. Now I have my own YouTube channel in the name of story time with Mamta Jhawar.

I love to travel and I travel to explore . Yoga and gardening have kept me going during the pandemic. Listening to sadguru's videos on youtube is my favourite afternoon pastime.

I believe that your happiness depends on the quality of your thoughts .

INTRODUCING OUR ANN'S OF THE CLUB

Ann Ritu Gupta
W/o Rtn. Samir Gupta



Positiveness or Positive Energy - I strongly believe in creating, adopting or influencing a positive energy in a room.

Being born and brought up in a traditional Hindu Vaishnav family in Jaipur, I blossomed with the modern education system at the popular Sophia's. Eventually after completing a BA degree and Masters in Computers, I have kept myself engaged professionally in our consultancy firm for foreign education - providing solutions to students for education abroad.

I have always yearned to be healthy person – both physically and mentally. In order to achieve the same I love exploring my inner self with dance, yoga and meditation.

I enjoy my daily regimen of walking and healthy cooking. I have a passion for travelling and gardening. Laughing out loud with friends is another aspect of my shadow. For the last few years, I have practiced - Healing thyself with Sujok and, in my spare time, I enjoy watching Romance and action on TV.

Today I can place myself as traditionally yet modern wife of Rtn Samir Gupta. We are blessed with our son, Annet Rishil Gupta, who is pursuing his BBA degree.

RI DISTRICT 3150 NEWS



Happy to share that Rotary Club Of Banjara Hills new Sparsh building is nearing completion and we should be moving into the new facility in the beginning of July . Sharing a few pics of the external building .

Heartfelt Thanks to all donors , rotarians and individuals who have made this dream come true A Report by Tanvi Pamnani



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CONTENT WRITING



Akshat Sharma

Science is just a belief system created by us, human beings. We are the sole thinkers and creators of the very existence of the term "science".

Now think about it and answer me-what does science do?

YES. Exactly science does "RESEARCH". It only re-searches whatever already had been found in the past and finds new theories with the developments in the world to prove them. It just uses the try and test method, keeps experimenting and then finds results through consistency and persistence. But the point lying behind all of this is that it is not a creation on its own and is just a belief or a thought on which if focused upon consciously and passionately can generate results.

Now think about doing the same with our own body. Why can't we use this gift to make our lives better without any outside force and tapping into the unknown realms which science still has to discover. There is an entire world of science that science is yet to discover and to do that, we need new thoughts' new belief system which breaks through the general ones of "Aisa hi Hota hai Duniya mai" or "this is practical hence do this. This is not supported by science hence not proved and hence not supposed to be done".

This limiting mindset needs to change and it's not something big to ask as you will be doing it for your own benefit at the end of the day.

So am I telling that science is wrong and don't follow it. NO. All I am saying is yes science has come to great extents in the past decades and we should feel lucky that we are born in such an era where we can reap the benefits but focusing only on the creation and not the source would be injustice to the creation itself. If you are in accident and bleeding off your head and have multiple damages, I am not telling you now is the time to start believing and manifesting that you will be fine without surgery or any doctors assistance. In short term problems, science can provide you with the best and fastest cure and alternative possible but for long time autoimmune diseases, that is not the only option. Yes there are proofs and research behind what has happened but there is no tested method and the best thing about tapping into this world and just believing in it is effortless.

Believing in something out of the box, experimenting and trying to show that there is another way of solving the same problem is not taken gracefully by today's society and is stuck on ideologies of their generations.

Now what about the atheists and people who do not believe in god or lord shiva or Allah is science the only answer for them? If yes they think they are machines but we are not and obviously there is some higher power working for all this to exist and work in such a smooth manner. There is some force which makes our heart beat every second and if we do not come to terms with that then we are creating issues for ourselves.

It all comes down to the way we have been brought up as children and what suits us. Some people might be god lovers and just sit 24/7 in front of them and praying and seeing their wishes come true while on the other hand, there is another world of people where they work on practicality and science and are achieving results. There is nothing wrong or nothing right in this world. It is all about how we see and perceive things and believe them to be. What might look green to me might be blue for you in reality and yes that is possible because of the things we have been taught and grown up with.

But we need to find that middle path, that little piece which is lying between right and wrong and work together with our body to achieve a healthy life and fulfill our desires.

Meditation, deep breathing etc already existed in early times but enough research has not been done into this which science has started doing recently to gain the wide term popularity on the concept of how we can work towards what we want and achieve it. Meditation will become a part of life and daily routine in the next ten years just like physical exercise and how people tend to not miss their daily workouts to keep their body fit, they will start this practice to keep their minds and souls fit as well. But it is all not gonna happen just by thinking and manifesting. It is just a small part of the big process and knowledge backed without action won't give you any results. You need to work towards it with all your heart and not have any double edged swords in your mind (conflicting thoughts) which stops your growth process. No doubt it will be a tough journey as you are taking the most transformational path but hard things only make you stronger and stand out. Easy is done by everyone. You should know that you are stronger than you know and tougher than you ever imagined.

RITU'S COLUMN - HINDUISM

SANATAN HINDU DHARMA & GOD:

The evolution of universe has always baffled a human mind i.e. from where this infinite universe has come? Whether it is self-generated or there is some creator (God)?

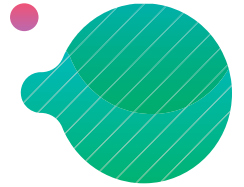
While trying to explain the evolution of Universe, Vedic sages said that 'Shristi anadi aur anant hai' i.e. the creation has no beginning and has no end. Hence, the Universe (which consists of mass and energy), on time scale, was neither created nor will be destroyed. It always existed but changes its form.



It is exactly 'First law of Thermodynamics'. It says sum total of mass and energy (which are inter convertible) always remains same. Matter can neither be created nor destroyed. A thing which cannot be created will have no beginning and a thing which cannot be destroyed will have no end, on the time scale. It always existed. This is exactly what our Rishis stated thousands of years ago. However, credit for this is given to Western scientist Rudolf Clausius & William Thompson.

Our Galaxy (milky way), which is a very tiny part of the Universe, was formed (Big bang) about 13.51 billion years ago and is expected to be destroyed (Big crunch) after about 4 billion years. It is a part of change that always takes place in the Universe. This phenomenon of Big-bang (creation) and Big-crunch (destruction) goes on in various parts of this infinite Universe at different intervals of time since eternity. It is not one Big-bang or Big-crunch but many that have happened and many that will happen as time passes. It is a continuing process since eternity. So, universe as a whole has no time frame.

RITU'S COLUMN - HINDUISM



SANATAN HINDU DHARMA & GOD:

Next question comes whether there is any creator (God) or not. The core of Hindu wisdom lies in its and six shastras, which differ about the existence of God. Out of six shastras, Nyaya, Vaisheshika, Samkhya, Yoga, Mimamsa and Vedanta; the two of them namely Samkhya & Mimamsa, typically reject God as creator or God with attributes. The Yoga neither accepts nor reject God as a creator. It talks about self-realization. Also, two branches of Hinduism namely Buddhism & Jainism also reject God as creator. However, the other three shastras especially Vedanta is very emphatic in accepting God as a creator with his attributes.



The Yoga shastra by Rishi Patanjali is most practical. It says do not believe in the existence of God or otherwise but search the reality of creation within yourself by following eight steps (1) Yama, (2) Niyama, (3) Asana, (4) Pranayama, (5) Pratyahara, (6) Dharana, (7) Dhyana, (8) Samadhi.

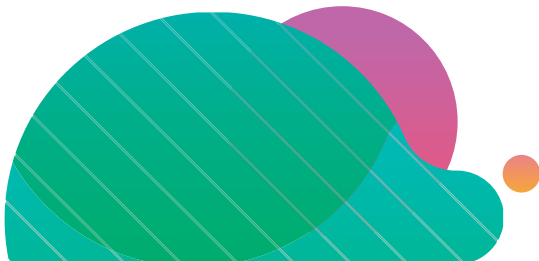
Yama deals with self-control and purity of mind. Niyama tells about purity of body and to lead a life of discipline. Asana deal with the exercises of body and Pranayama talks about breathing exercises to keep the body energetic and fully healthy. Pratyahara talks about withdrawal of senses from the external world. ting God as a creator with his attributes.

Dharana is about concentration of mind. Dhyana is about meditation and last step Samadhi is about the realisation of the truth of the creation (which some call realisation of self). In modern terminology, the last four steps are known as Meditation.

The experience in the state of Samadhi cannot be described in human words because many evolved saints differ in its description. Hence, it is one's own experience beyond description as a person (one who is unable to speak), cannot describe the taste of a mango. Meditation is the supreme wisdom in Sanatan Hindu Dharma.



Ann. Ritu Gupta





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Baked cheese cake - RECIPE

FROM MY KITCHEN

Ingredients

100 gms digestive biscuits
 1 to 2 tbsps melted butter,
 salted or unsalted 300 gms cream cheese,
 at room temp
 1/4 cup thick yoghurt
 1/4 cup cream
 1 small lemon
 1/2 tsp vanilla extract
 1/3 cup caster sugar
 1 tbsp cornflour



Ms. Prerana Shah
 Daughter in law of
 Ann Tanvi Pamnani

INSTRUCTIONS

Take medium size tin with non-stick baking paper. In a blender, grind the biscuits until finely crumbed. Transfer to a mixing bowl and add in the butter. The mixture should clump together and the crumbs should all be moistened. Press this mixture into the base firmly and evenly. Place the tin in the fridge for 20 minutes.

Preheat the oven to 160 C meanwhile.

Now combine the cream cheese, yoghurt and cream in a bowl. Beat with hand beater for 10 seconds, until smooth and creamy. Add the lemon zest, vanilla and sugar and beat again. Finally, sprinkle the cornflour into the bowl and beat for just a few seconds so it mixes well. The batter should be pourable. Pour over the chilled biscuit base and smoothen the top. Bake the cheesecake for about 45 mins, until the top has browned (not too dark). Start checking for doneness at 30 minutes since ovens vary once the top is browned, let the cheesecake cool in the oven itself for about 15 minutes. Then take it out and let it cool at room temperature. Chill the cheesecake overnight and the next day ,
 It's ready to eat Happy baking



Kitchen Measurements (approx.)

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



Servings



Preparation Time

Mango Cheese Cake - RECIPE

FROM MY KITCHEN

Ingredients

- 2 cups mango puree
- 2 cups cream cheese
- 1 cup cream
- 1 cup sugar
- 4 ½ teaspoon gelatin
- 1 packet Digestive biscuits
- ½ cup butter
- 1 teaspoon vanilla essence

Bottom Layer

- Blend the biscuits in a food processor till finely ground.
- Transfer this to a bowl, add melted butter and mix well until all the crumbs are evenly coated.
- Transfer this mixture into a 6 inch serving bowl or a spring form pan. Spread the crumbs evenly and press them so that a smooth and even surface is achieved.
- Refrigerate this for about 30 minutes.

Middle Layer

- In a small bowl take cold water and add the gelatin powder. Mix it well and let it sit for 10 mins.
- In a separate bowl add the cream cheese, cream, 1 cup of mango puree, sugar and vanilla essence. Using an electric mixer combine all this into a smooth mixture.
- The Gelatin mixture should be coagulated by now, heat it in the microwave until it is melted. Mix it and let it cool for about 3 to 4 minutes.
- Add half of the cooled gelatin to the mango cheese cream mixture and mix well.
- Pour this mixture over the biscuit crust and let it set in the refrigerator for about 4 hours.

Top Layer

- Reheat the balance gelatin mixture in the microwave and cool for 3-4 minutes.
- Add this to the balance 1 cup of mango puree and mix well
- Pour this mixture over the cream cheese and let it set over night in the refrigerator
- Garnish with wiped cream and chopped mangoes or any other seasonal fruit.



Ann. Preeti Sharma



Kitchen Measurements (approx.)

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



Servings



Preparation Time

Garlic Palak Paneer - RECIPE

FROM MY KITCHEN

Ingredients

Palak-5	Big bunches
Garlic-	15 pods cut into small pieces
Tomatoes-	2 big tomatoes cut into small pieces
Paneer-	200 grams
Garam Masala-	1 teaspoon
Jeera-	1/2 teaspoon
Green chillies-	5 (slit)
Red Mirchi Powder-	1/2 teaspoon
Ghee/Oil-	2 tablespoon
Salt-	To taste



Ann.Keerthilatha Pissay

Method of preparation

Boil water in a vessel and blanch spinach. To retain the green colour of the spinach, after blanching, transfer the spinach in another vessel with cold-water. Grind the spinach into fine paste.

In the pan add 2 tablespoons of ghee/ oil.

After the oil gets hot add garlic pieces and jeera, don't let the garlic burn. Add the slit chillies, cut tomatoes and red chilli powder and close the lid. Simmer it down for 5 minutes. Take out the lid and mash the tomatoes. Add the spinach purée, mix it and simmer with the lid on.

Take the cut cubes of Paneer in the non- stick pan and shallow fry it. Add the fried paneer in the kadai and mix it gently. Just before switching off the burner add garam masala.

Tasty garlicky Palak paneer is ready. Can be had with hot phulkas/ rotis/ chapatis.

**Kitchen Measurements (approx.)**

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



Servings



Preparation Time



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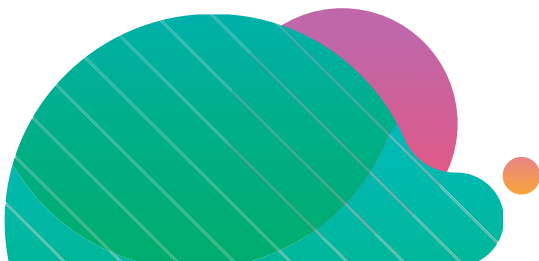
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Ann Kanak Kabra

1. He: Do you want to be the sun in my life?
She: Aww...Yes
He: Then stay 90 million miles away from me.
2. What happens to a frog's car when it breaks down?
"It gets toad away."
3. How much room is needed for fungi to grow?
"As mushroom as possible."
4. Employer: We need someone responsible for the job.
Candidate: Sir, Your search ends here. On my last job whenever something went wrong everyone said I am responsible.
5. Girl: I am sick and tired of you pretending to be some detective all the time.
I think we should split up.
Boy: That's a fantastic idea. We can cover more grounds that way.
6. Customer to waiter: I am sorry, I cannot eat that much.
Can you just pack it up for me to takeaway
Waiter: But sir this is buffet!!
7. Vegans believe meat eaters and butchers are gross
But people who sell fruits and vegetables are grocer!!
8. Boss: (yelling) you are the worst train driver in the history.
Do you know how many trains you derailed last year?
Train Driver: No sir, it's difficult to keep track.
9. Two cows are talking to each other
Cow 1: Are you worried about the mad cow disease
Cow 2: No. It does not bother me. I am a horse
10. Two police officers crashed their car into a wall.
Few moments later one exclaims: "That's the fastest we have ever reached an accident site"
11. What does a CIA agent does when it's time to for bed?
He quickly goes undercover.





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