

RCSS

Rotary



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TIMES

July 2021

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

Dist. Gov. : Rtn. K Prabhakar | President : Rtn. Ravi Ladia | Secretary: Rtn. Vineet Giria | Editor: Rajesh Pamnani

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Team Rotary Club of Secunderabad Sunrise for 2021-22

President

- Rtn. Ravi Ladia

Secretary

- Rtn. Vineet Giria

Treasurer

- Rtn. Vikram Mehta

Club Trainer

- Rtn. Sandeep Jhawar

IPP

- Rtn. Vijay Rathi

Vice President

- Rtn. Anil Goel

President elect

- Rtn Rajhans Banka

Sargeant-at-arms

- Rtn Ranjay Goyal

Director

Community Service

- Rtn. Chandrasekhar

Club Administration

- Rtn. Lokesh Jain

Youth Service

- Rtn. Pankaj Agarwal

Membership

- Rtn. Sanjay Kabra

International Service

- Rtn. Kappana Ramnarayan

CSR

- Rtn. Srinivas Gumidelli

Foundation

- Rtn. Pawan Kumar Tibrewala

Chairman

Club Program

- Rtn. Mehul Shah

ebulletin & Website

- Rtn. Rajesh Pamnani

Member Retention

- Rtn. Krishna Narella

New Member

- Rtn. Gaurav Niyati

Vocational Training

- Rtn. Gaddam Sathish Manohar

Speaker Meeting

- Rtn. Ajit Gandhi

Existing Projects

- Rtn. Vaman Rao

Fund Raiser

- Rtn. Shravan Malani

Polio

- Rtn. Dr. Surender

Finance

- Rtn. Sandeep Gupta

New Projects

- Rtn. Sameer Gupta

Know your Member

- Rtn. Krishna Narella

Long term Projects

- Rtn. Praveen Jain



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Cover page credit - Fallen for the Sun
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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.



2020-2021 - An Eventful Year

It was a turbulent year for humanity.

We were surrounded by an invisible foe and still fought back and survived.

Our club was up and running (virtually) from the start of the lock down.

We could utilize our strength and complete a number of well-deserved and projects (which were the need of the hour).

Our "editorial team" worked hard and produced this magazine on timely manner; to release each edition by the 1st of the month. A big thank you for their efforts. We completed 4 competitive events and promoted the idea of rotary for young children and extended family of rotary.

We have an enlarged dynamic team of six Ann's for the year 2021-22.

we look forward to your active participation for this year too.

Rajesh Pamnani
Editor (2021-2022).



Introducing our Editors (2021-2022)



Ann Seema Jain

W/o Rtn. Lokesh Jain

Qualification Mcom from Rajasthan university & Home maker.

Ann Mamta Jhawar

W/o Rtn. Sandeep Jhawar

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



Ann Ritu Gupta

W/o Rtn. Samir Gupta

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.

Ann Beena Ramnarayan

W/o Rtn. Kappana Ramnarayan

Graduation in commerce from SV University.

I worked with a corporate for a while and had to give up my career to be a full time mom.



Ann Kanak Kabra

W/o Rtn. Sanjay Kabra

Qualified Company Secretary, Sujok therapist, certified Angel Practitioner Executive Director (finance, HR and legal compliances) in Avishkar Industries Private Limited.

Ann Lopa Mehta

W/o Rtn. Vikram Mehta

I am an educator by profession and a people's person by heart. I enjoy my work and make sure to do my best each time.



THE PRESIDENT SPEAKS



My Dear Rotarians and Ann's

I am truly humbled, feeling extremely blessed, and deeply honoured as I communicate to you all for the first time through this e-journal of the Rotary Club of Secunderabad Sunrise (RCSS). I am privileged to be elected as the 21st President of the Club. I thank each one of you for having reposed your confidence in me and believing that I can be at the helm of affairs of the RCSS. I am feeling overwhelmed with pride that I am stepping into the shoes of some of the great leaders who had led the Club to glory as President by excelling in service to humanity. I am conscious of the responsibility that I am required to carry ahead. I am, however, confident that with the guidance and wisdom of the past presidents and other senior members, zealous, energetic, and committed performance of the Board and Core Group members, and support and forbearance of the members of the Club, the team for the year will be able to meet the expectations.

I would like to first thank our Editorial team and the Anns in particular who have made a stupendous effort throughout last year to make the magazine a success. I really appreciate the same and hope that the same will continue this year also.

The entire world is facing an adversity in the form of COVID and this presents an opportunity to us as Rotarians to do good for the society. To say that the fear of COVID is over is a fact far from reality. The impact that COVID has had on jobs, businesses, health, families cannot be put into mere words. This in itself gives us an opportunity to bring a change, to make an impact, to help and serve the needy. If we look around there are thousands and millions crying for help for loss of job, loss of livelihood, loss of health, loss of loved ones and so on. This presents us with a perfect opportunity to do more service projects and help as many people as possible with livelihood, medical aid, education and other means possible.

We have two major focus areas this year – jobs and health. COVID has led to many people losing their jobs and has also left families without their primary bread earners. Hence, to help such individuals is of paramount importance and we would like to make every possible effort to help them sustain. Health, as seen from last years' experience is without doubt the single most important agenda which needs to be catered to in this year as well to ensure that the impact of COVID can be minimised and lives can be saved. Vaccinations are another important area we will be trying to venture into and help the Government with. There is a lot of apprehension about vaccination among the rural population and a few awareness drives may go a long way in containing the spread of COVID.

RCSS has always been known for some innovative and fun filled fellowships and I fully intend to ensure that the trend continues and grows this year. COVID permitting, I look forward to beautiful fellowships where members can interact and have fun. The fellowships would also help in better member retention and as an avenue to add more members in future which is in line with the District's goals.

I would like to close with a famous quote

“The smallest act of kindness is worth more than the grandest intention.”

Let's ensure this year, that we do bigger and better projects to ensure that service to humanity takes precedence over everything else.

Thank You

Rtn. Ravi Ladia
President (2021-2022).

The Year gone by - IPP Vijay Rath (2020-21)

Respected Chief guest Mr Lalit .MD BHEL GE, Asst Governor & Installation Officer Rtn Farzana, Presidents & Secretaries of Rotary clubs of District 3150, Past presidents of our club, My fellow Rotarians Anns & guests, It gives me immense pleasure to welcome you all to the 21th Installation ceremony of our club Rotary Club of Secunderabad Sunrise.

ROTARY OPENS OPPORTUNITIES being the THEME for the rotary year 2020-2021, gave us an Opportunity to serve the society in different ways. My team was a blend of experience & youth and I am privileged to have such an energetic team This year gave us an opportunity to learn. to adapt to the Digital world, to spend more time with our family and last but not the least to respect the environment.

I have worked throughout the year focusing on the club rather than individuals to achieve the goals for the larger interest of the community. I am thankful to all the senior members & past Presidents who left no stone unturned to deliver their best. With each passing year I have a feeling that each & every member has the potential to contribute manifold to the society. I am sure that the youth in the club will unfold their capabilities and take the club to still greater heights.

RCSS is a club of LEADERS and have done exceedingly well in the area of Community services. Our first community service project started immediately after I took charge. We helped more than 45 old age homes and almost 2500 inmates by giving them medical accessories & medicines. I thank Project Director Rtn Praveen Jain who was ably supported by Rtn Shravan Malani, Rtn Samir Gupta, Rtn Waman, Rtn Sandip Gupta and Rtn Narender Gauri and all the members of our club for extending their support to the team. We also distributed groceries in association with another service club, Mahavir International. Our club was the first to implement a project like this.

After the raging success of the Covid Care for Elderly Project, we set up a covid quarantine centre on the lines of JITO and the club invested in the capital equipment. Rtn Srinivas Gumidelli in association with BHEL GE rose to the occasion and organized CSR FUNDING for the project for which I am grateful. Under the CSR funding, we have purchased two ambulances in a phased manner and the Ambulances are being utilized for helping the needy of the society. I thank Rtn Gumidelli for smooth execution of the project which was ably supported by Rtn Lokesh Jain, Rtn Samir Gupta & Rtn Rajesh Pamnani as Chairman of the Trust and all our Team members.

We have done exceedingly well in the area of e-magazines too. I thank Rtn Rajesh Pamnani & his team for publishing our club magazines which are of highest standard in terms of content and timely publishing. It was a welcome sign that many Anns participated in the overall content of the magazine and I thank Ann Seema Jain, Ann Mamta Jhawar & Ritu Gupta for the same.

During the Covid times and under the most stressed conditions Dr Surender took up the Polio Pulse drop project successfully which is worth an applause.

I thank Rtn Vikram Mehta for making excellent arrangements for the DG visit.

I thank Rtn Sandeep Jhawar for timely management of the maintenance of our earlier projects including the RO plant.

I thank the Rotary foundation chairman Rtn Ravindranath for doing exceedingly well in terms of making contributions to Rotary foundation with achieving 100% EREY contribution under the able leadership of Rtn Narender Gauri as Director. I thank Rtn Narendra Gauri for the area of building Public Image by aggressively organizing the media coverage.

Our club is well known for hosting amazing fellowships under the leadership of Rtn Lokesh Jain and even under these circumstances, we held one of the best outdoor fellowships apart from holding Virtual fellowships.

With the onset of the second wave in the month of April, we again rose to the occasion and added two Portable Oxygen concentrators by which we have helped to save many lives.

Chairman trust- Rtn Rajesh Pamnani was always keen to disburse the funds required for the projects for which I am thankful.

I thank the Secretary of the club Rtn Ravi Ladia for the excellent reporting of all the club activities. The treasurer of the club Rtn Ranjay Goel has flawlessly handled the accounts. But for their close coordination our club would not have achieved, what we have achieved.

I thank Rtn Shekhar & Rtn Ramaiah for giving their valuable guidance during my tenure. I thank each & every member to have reposed faith in me and supporting me from time to time.

Last but not the least, I thank my wife Kavita for having stood with me, supported me and helped me in carrying out my responsibility as President of the Club.

Thank you.



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ROTARY - INTERNATIONAL



Meet the new RI President, Rtn. Sekhar Mehta and RI Board of Directors



Sekhar Mehta, an accountant, is chair of the Skyline Group, a real estate development company he founded. He is also a director of Operation Eyesight Universal (India), a Canada-based organization.

Mehta has been actively involved in disaster response and is a trustee of ShelterBox, UK. After the 2004 Indian Ocean tsunami, he helped build nearly 500 homes for families affected by the disaster.

He pioneered a program that has performed more than 1,500 life-changing heart surgeries in South Asia. He is also the architect of the TEACH Program, which promotes literacy throughout India and has reached thousands of schools.

A Rotary member since 1984, Mehta has served Rotary as director, member or chair of several committees, zone coordinator, training leader, member of The Rotary Foundation Cadre of Technical Advisers, and district governor. He is also the chair of Rotary Foundation (India).

Mehta has received Rotary's Service Above Self Award and The Rotary Foundation's Citation for Meritorious Service and Distinguished Service Awards.

He and his wife, Rashi, are Major Donors and members of the Bequest Society.

Source: Rotary International
 Courtesy: eFlashOnline





Rtn Lokesh Jain



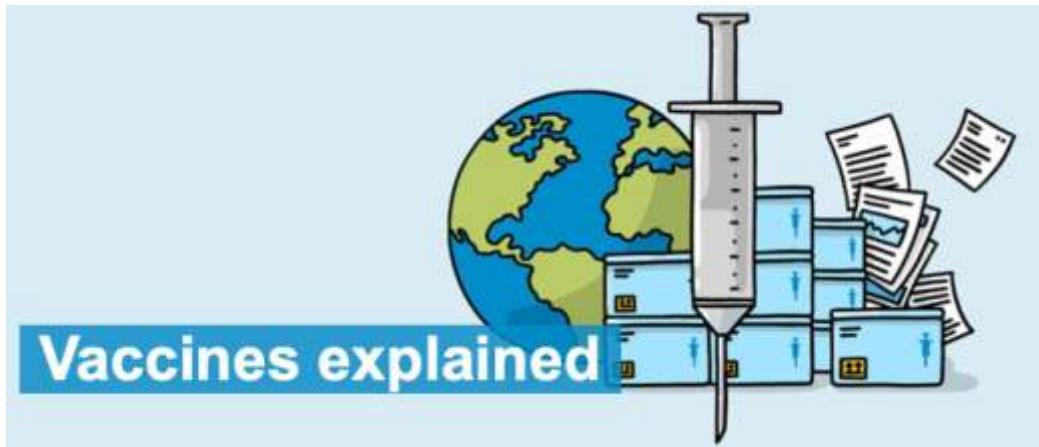
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How do vaccines work?

This article is part of a series of explainers on vaccine development and distribution. Learn more about vaccines – from how they work and how they’re made to ensuring safety and equitable access – in WHO’s Vaccines Explained series.

Germes are all around us, both in our environment and in our bodies. When a person is susceptible and they encounter a harmful organism, it can lead to disease and death.

The body has many ways of defending itself against pathogens (disease-causing organisms). Skin, mucus, and cilia (microscopic hairs that move debris away from the lungs) all work as physical barriers to prevent pathogens from entering the body in the first place.

When a pathogen does infect the body, our body’s defences, called the immune system, are triggered and the pathogen is attacked and destroyed or overcome.

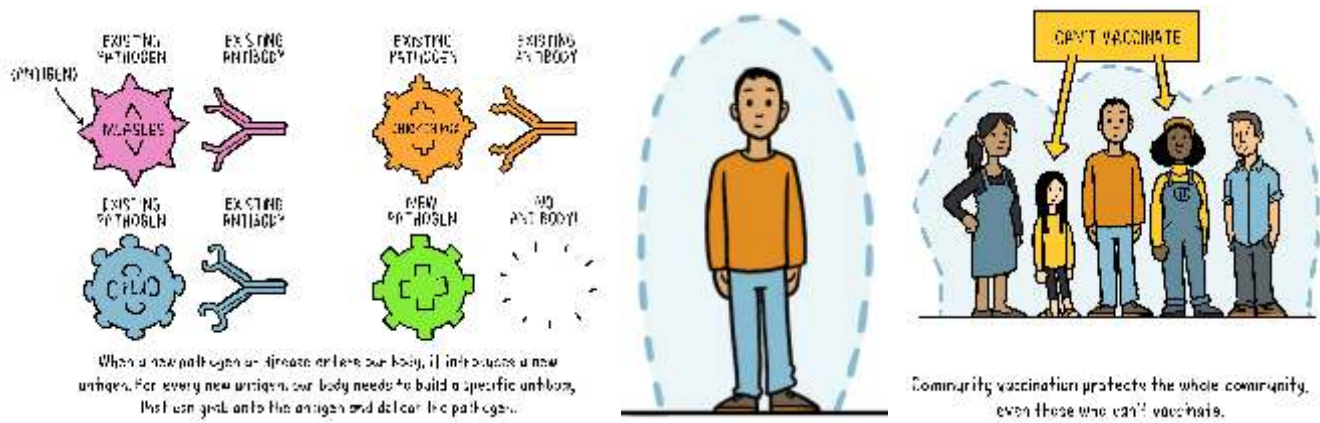
The body's natural response

A pathogen is a bacterium, virus, parasite or fungus that can cause disease within the body. Each pathogen is made up of several subparts, usually unique to that specific pathogen and the disease it causes. The subpart of a pathogen that causes the formation of antibodies is called an antigen. The antibodies produced in response to the pathogen’s antigen are an important part of the immune system. You can consider antibodies as the soldiers in your body’s defense system. Each antibody, or soldier, in our system is trained to recognize one specific antigen. We have thousands of different antibodies in our bodies. When the human body is exposed to an antigen for the first time, it takes time for the immune system to respond and produce antibodies specific to that antigen.

In the meantime, the person is susceptible to becoming ill.

Once the antigen-specific antibodies are produced, they work with the rest of the immune system to destroy the pathogen and stop the disease. Antibodies to one pathogen generally don’t protect against another pathogen except when two pathogens are very similar to each other, like cousins. Once the body produces antibodies in its primary response to an antigen, it also creates antibody-producing memory cells, which remain alive even after the pathogen is defeated by the antibodies. If the body is exposed to the same pathogen more than once, the antibody response is much faster and more effective than the first time around because the memory cells are at the ready to pump out antibodies against that antigen.

This means that if the person is exposed to the dangerous pathogen in the future, their immune system will be able to respond immediately, protecting against disease.



How vaccines help

Vaccines contain weakened or inactive parts of a particular organism (antigen) that triggers an immune response within the body. Newer vaccines contain the blueprint for producing antigens rather than the antigen itself. Regardless of whether the vaccine is made up of the antigen itself or the blueprint so that the body will produce the antigen, this weakened version will not cause the disease in the person receiving the vaccine, but it will prompt their immune system to respond much as it would have on its first reaction to the actual pathogen.

VACCINE NEW ANTIBODY



A VACCINE is a tiny weakened non-dangerous fragment of the organism and includes parts of the antigen. It's enough that our body can learn to build the specific antibody. Then if the body encounters the real antigen later, as part of the real organism, it already knows how to defeat it.

Some vaccines require multiple doses, given weeks or months apart. This is sometimes needed to allow for the production of long-lived antibodies and development of memory cells. In this way, the body is trained to fight the specific disease-causing organism, building up memory of the pathogen so as to rapidly fight it if and when exposed in the future.

Herd immunity

When someone is vaccinated, they are very likely to be protected against the targeted disease. But not everyone can be vaccinated. People with underlying health conditions that weaken their immune systems (such as cancer or HIV) or who have severe allergies to some vaccine components may not be able to get vaccinated with certain vaccines. These people can still be protected if they live in and amongst others who are vaccinated. When a lot of people in a community are vaccinated the pathogen has a hard time circulating because most of the people it encounters are immune. So the more that others are vaccinated, the less likely people who are unable to be protected by vaccines are at risk of even being exposed to the harmful pathogens. This is called herd immunity.

This is especially important for those people who not only can't be vaccinated but may be more susceptible to the diseases we vaccinate against. No single vaccine provides 100% protection, and herd immunity does not provide full protection to those who cannot safely be vaccinated. But with herd immunity, these people will have substantial protection, thanks to those around them being vaccinated.

Vaccinating not only protects yourself, but also protects those in the community who are unable to be vaccinated. If you are able to, get vaccinated.



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BIRTHDAYS & WEDDING ANNIVERSARIES - AUGUST



BIRTHDAY

01/08	-	Rtn. Narender Gauri
07/08	-	Ann. Shilpa Gandhi
10/08	-	Ann. Padma Datla
13/08	-	Ann. Neha Gupta
15/08	-	Rtn. Lokesh Jain & Ann. Seema Jain
18/08	-	Rtn. Vaman Rao
21/08	-	Rtn. Joseph P George
22/08	-	Rtn. Kappana Ram Narayan
30/08	-	Rtn. Vinayak

ANNIVERSARY

15/08	-	Rtn. Dr.L.R.Surender & Ann.LR Surekha
22/08	-	Rtn. Vaman Rao & Ann. Rohini

PROGRAMME

21st Aug - Speaker Meeting

Rotary Service and Engagement



Get involved with Fellowships

Rotary Fellowships are international groups that share a common passion or profession. Membership in a fellowship is open to any person who's interested.

Rotary Fellowships are international groups that share a common passion or profession. Membership in a fellowship is open to any person who's interested.

How can you get involved with Rotary Fellowships?
Visit the Rotary Fellowships page to browse more than 90 topics.

Learn about these newly launched groups: Argentine Culture, Comedy & Laughter, Empowering Women, Global Development, Leadership Education & Development, and Palmwine.

Read stories about Rotary Fellowship activities.

Join a Rotary Fellowship to build international friendships.

Find resources to learn more about launching a Rotary Fellowship

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DESIGNATED MONTH



July – New Leadership Month

- Start of new Rotary officers' year of service.
- Tree Plantation.
- Reduce, Re-Use, Re-Cycle Waste.



August - Membership & Extension Month Membership and New Club Development Month, a time to focus on Rotary's continuing need for growth, to seek new members and form new clubs.

- Update your classifications list and circulate amongst members and accordingly fill up the Vacancies.
- Educate members about membership Procedure.
- Induct New Members.
- Invite Retractors to join Rotary.
- Consider inviting Local Personalities to be Inducted as Honorary Members.
- Organise Seminar on Club level & a Public meeting inviting non rotary friends and Rotary Alumni to emphasis Advantages of Joining Rotary.

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Installation of New office Bearers





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INTRODUCING OUR MEMBERS



Rtn. Narendra Gauri

Name of Spouse : Ashu Gauri

Children Names : Gunjan & Suesha Gauri

1. Name: Rtn Narendra Gauri

2. Educational Qualifications: BE (Industrial & Production)

3. Profession/Business: Manufacture of Hydraulic Components for use in Construction equipment, power generation, etc

4. Hobbies:

a) Travelling.

I got to spend a year in Europe as a part of our JV (by HIS design) right after my graduation which gave me an opportunity to travel all over Europe during the two and a half days weekends. I repeated those places with my life partner on our honeymoon and got to share my varied experience which gave me immense internal joy. Top on my bucket list is definitely travelling to New Zealand with a bunch of like-minded friends.

b) Reading books. My favourite book is “Rich Dad Poor Dad” which could be read multiple times and would help to transform a child into a responsible adult and an adult into a more mature adult. I also like “The Monk who Sold His Ferrari” by Robin Sharma

5. Define yourself in 3 words: Passionate, Curious, Compassionate.

As per Ashu: Drama Master and Short Tempered

6. Based upon your life experiences what advice you would give to today's youth?

There is no shortcut to hard work. It's very important to dream. Dream to achieve your goals which may seem impossible today. Work towards it, prepare a roadmap, trust yourself and most importantly keep realigning. By the way I still am a youngster and try and follow it.

7. How do you define leadership?

“Creating an improved you”. Leadership is about encouraging people to grow, it's about being transparent and about being true to your own soul. It involves grooming a person to achieve higher goals and one day to replace yourself without any compensation.

8. Please give us an insight into your philanthropic activities.

Our Gauri Ashram at Bahadurpally is known in the Rotary circles. It works towards adopting girl child, funding their education (B.tech, Ph.D included), getting them employed based upon their calibre, getting them married by finding a suitable match and integrate them back into the society. So far the Ashram has adopted 30 parentless girl children who get allocated by the “Women and Child Welfare Department” and it's a huge responsibility. Few more are expected to get assigned shortly.

9. A principle/philosophy/motto you live by.

Being honest and transparent and boldly face the challenges / consequences.

10. What do you plan to do after you retire?

Being too passionate about my profession I may not retire. When at back seat I wish to be a part time farmer and travel to see and feel the world.

11. What is your biggest take away from the ongoing pandemic?

Being self-reliant. Successful were those who quickly adapted and acquired varied skill sets!

12. You find yourself in an elevator with a beautiful woman and the elevator gets stuck. It could not be resolved /repaired the whole night. What would to do in such a situation.

(Assumption: you are both masked)

I would remove my mask and place it on the camera in the lift and wait for her reaction

(Either mask of the camera or her gets removed first).

If she annoyingly removes the mask on camera, be a chatterbox and make friends for life.

If her mask goes off first, readers to mask their respective eyes and read between the lines!!!!!! God Bless the engineer for the breakdown!!!!!! HAHAAAAHA

INTRODUCING OUR MEMBERS



Rtn. Vineet Giria

Name of Spouse : Sanju Giria

Children Names : Tushaar & Tripti Giria

1. Name: Rtn. Vineet Giria

2. Educational Qualifications: MBA from IPE

3. Profession/Business: Manufacturer of all types of PVC pipes and electrical wires
(Savera Pipes Private Limited)

4. Hobbies:

- a) Playing all kinds of sports especially table tennis, cricket and snooker.
- b) Travelling (A 10 day trip to Austria is most memorable where we hired a car to move around the country)
- c) Being a foodie I love trying new cuisines.

5. Define yourself in 3 words:

Calm, Enthusiastic, Adaptable

6. Based upon your life experiences what advice will you give to today's youth?

Follow your passion and never give up.

7. What is your biggest take away from the ongoing pandemic?

It has be the importance of bonding with friends and family. It is equally important to adopt the new lifestyle.

8. What do you plan to do after you retire?

If I retire then I want to become part of social groups providing selfless services to the needy. I would also like to travel the world.

9. How do you define leadership?

I believe in leading from behind by giving the team the authority and responsibility but at the same time motivating them for better results which in turn will produce new leaders.

10. Who/What is your biggest stress buster?

Playing sports or shopping.

11. A principle/philosophy/motto you live by.

All of life comes to me with ease, joy and glory

12. You are having a great time at a party. You have exceeded the number of drinks you usually have. When you go back home and get confronted by Sanju how you would handle the situation. Do you tell her the truth?

I will tell her the truth and give her an explanation the next morning.



INTRODUCING OUR MEMBERS



Rtn. Pankaj Agarwal

Name of Spouse : Kavita Agarwal

Children Names : Chehak & Madhur Agarwal

1. **Name:** Rtn. Pankaj Agarwal
2. **Educational Qualifications:** B.COM (Hons)
3. **Profession/Business:** Textile Business
4. **Hobbies:** Gardening
5. **Define yourself in 3 words.**
Introvert, Caring and Friendly
6. **Based upon your life experiences what advice will you give to today's youth?**
Chase your passion in life, money will follow
7. **What is your biggest take away from the ongoing pandemic?**
Spending time with family which otherwise was so difficult before pandemic.
8. **What do you plan to do after you retire?**
I do not want to retire.
9. **What is your most proud accomplishment so far?**
Yet to come
10. **A person whom you idolise and why?**
Kapil Dev. I admire him for his dedication and fitness level and his adaptability to different situations of the game.
11. **A principle/philosophy/motto you live by.**
If you take some responsibility, put your best efforts to succeed.
12. **Imagine you are stranded on an isolated island alone with no communication, no network and no other being. What would you do and how would you find your way back?**

I would just find ways to get back, just can't stay alone. situation.



INTRODUCING OUR MEMBERS



Rtn. Krishna Nerella

Name of Spouse : Srivani Nerella

Children Names : Kanishk & Ritishk Nerella

1. Name: Rtn. Ar.Krishna Nerella

2. Educational Qualifications : M.Arch (Masters in Architecture)-Interiors

3. Profession/Business:

Business 1 –Architecture and Interiors (Design and Turnkey)

Business 2 – Distribution of Premium Bulgarian Vodka –Kralaska (Telangana)

4. Hobbies:

Sculpture on soaps and with concrete and mesh

Painting, photography and travel

Of all the places I have visited Georgia and Phuket are the most cherished ones. I love bike rides especially through the ghats of Himachal Pradesh. I prefer stopping under beautiful trees and water streams, lakes or caves or any other natural landscapes. Nature walks and trekking and so on. Some still are in my bucket list. I will try to take those on soon.

5. Define yourself in 3 words:

Creative, adaptable and target-oriented

6. What is the most courageous thing you have done so far?

Hill Paragliding with a minor in Manali but the experience was mind blowing.

7. What are the three things in your bucket list right now?

Trekking and camping at Panchghani

Bike riding to Himalayas or any ghats near by

Designing and developing my sustainable farmhouse with 2 horses

8. A new normal which you have adopted post pandemic:

a) Learning music and guitar (Giving time to myself which was not in my previous routine)

b) An outing every Sunday morning with family, spending more time with kids and will try continuing the same.

9. What are the three things you do not leave your house without?

Confidence, confidence and confidence

(Mobile, Mask and Motor keys)

10. What is your pet peeve?

Unorganized work space and unmaintained balcony seating space

11. Imagine you got once in a lifetime opportunity of a trip to Bangkok with friends without your wife and kids. As soon as you reach airport you listen to the announcement that the flight is cancelled and there is no availability till next three days. What would be your reaction?

Definite reaction would be an unpleasant surprise and a foul mood. I'll try to convince myself. I believe such situations happen for good and we should move on:). But on the brighter side I will plan for some other flight or some other place, whichever flight is ready to take off immediately.

12. What is your biggest take away from the ongoing pandemic?

The cherished time I spent with my kids, wife, mom and dad. Most importantly, I realized that relationship is precious and nurturing the same is equally important to make it more precious.

Another takeaway is my unstoppable wife's support in a well explored business module which was successful in implementation and launching soon in September.

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ASK 04 Bio
Biometric + Electronic



ASK 02
Manual Key with Dual Locking



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ROTARY CLUB OF SECUNDERABAD SUNRISE

Another Rotary year has begun and another series of magazines are in the making !

With the beginning of August begins the festive season . We begin with the festival of the Hindu God , ‘ the god of beginnings’- Lord Ganesha. His name means both “Lord of the People” (gana means the common people) and “Lord of the Ganas” (Ganesha is the chief of the ganas, the goblin hosts of Shiva). The being of Ganesha is celebrated as a 10 day festival.

The present scenario definitely demands celebrations in an environment conscious way. Let’s pour in our ideas and make an eco-friendly Ganesha for the coming season.

The best one always needs to be applauded, thereby put on your thinking caps and let’s compete and do our best !



Please remember to make your submissions before **Sep 15th 2021** and mention the material used.

Age group :- 5-15 yrs, 15- 30 yrs, >30 years

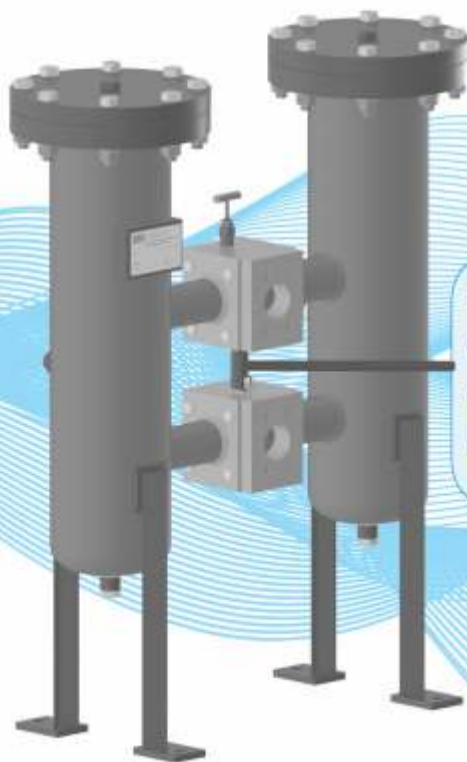


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ONAM FESTIVAL



Ann. Beena Ramnarayan

Onam is the most popular festival in the state of Kerala, India. It is the official state festival. It is celebrated with joy and enthusiasm all over the state by Malayalees regardless of religion, caste or creed as per the Malayalam calendar which is in the month of August-September.

According to popular legend, the festival is celebrated as a harvest festival and also to welcome King Mahabali, whose spirit is said to visit Kerala during Onam.

Legend has it that, King Mahabali was greatly respected in his kingdom and was considered to be extremely wise and generous. All his people were happy in his kingdom. There was no discrimination on the basis of caste or class. Rich and poor were treated alike. There was no crime, nor corruption.

Due to his popularity, the Gods became extremely concerned and jealous and felt threatened and decided to end his reign. They approached Lord Vishnu to go to earth in the form of a dwarf brahmin (Vamana).

Disguised as Vamana, Lord Vishnu approached King Mahabali for 3 feet of land. The King granted him the land. Vamana began to expand himself into cosmic proportions.

With his first step, the Brahmin boy covered the whole of earth and with the other step he covered the whole of the skies. He then asked the king where he should put his third foot? The King immediately understood that this was no common man and with folded hands bowed before Vamana and asked him to place his last step on his head so that he could keep his promise. The Brahmin placed his foot on the head of the King and trampled King Mahabali to the netherworld (Paathal).

There, the King requested Lord Vishnu that he be allowed to visit his land and his people once a year, and Vishnu granted him his wish. It is this day every year that ONAM is celebrated in Kerala.

On this day all Keralites, decorate their homes with a floral rangoli called POOKALAM and wear new clothes, cook traditional food that is served in plantain leaves called SADYA, families meet and bond on this day.

It is a 10 day long festival where people in Kerala participate in the snake boat race called VELLAM KALI, there are different games & competitions held in colleges and apartment complexes. There is so much festive fervour and unity among people on this harvest festival. Keralites all over the world wait for this vibrant festival very eagerly.

Onam is a festival that brings people together.

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Paneer-Almond salad

FROM MY KITCHEN

Ingredients

Paneer- 50 gms cut into small cubes
 Lettuce - 1 cup chopped
 Cherry tomatoes - 1 cup chopped into two pieces
 Red onions - 1 cup cut into florets
 Cucumber - 1 cup sliced
 Almonds - 10, shallow fried in olive oil.



by Ann.Keerthilatha Pissay

This adds crunchiness to the salad

Raisins- 1/4 cup
 Feta Cheese - 1/2 cup crumbled. Don't skip to add this as it gives salty taste to the salad.
 Pepper- 1/4 teaspoon

Method: In a large mixing bowl, add Paneer, chopped tomatoes, lettuce, cherry tomatoes, red onions, sliced cucumber, almonds, raisins, crumbled feta cheese, pressed garlic cloves and cilantro.

Add pepper and 1 tablespoon of olive oil (optional) and toss it. Healthy salad is ready to be served.

PS: Don't add salt to the salad as it loses its crunchiness and becomes soggy



Kitchen Measurements (approx.)

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



Servings



Preparation Time

Garden Salad

FROM MY KITCHEN

Ingredients

- 1/2 cup Boiled kidney Beans
- 1/4 cup American corn
- 1/4 cup Pineapple; chopped
- 1 small Onion; chopped
- 1 small Tomato; chopped
- 1/4 cup Bell pepper; chopped
- 1/4 cup Coriander; chopped



by Ann. Tanvi Pamnani

For the dressing:

- 1/2 cup Cilantro / Coriander; finely chopped
- 1/3 cup Olive oil
- 1tbsp Cumin powder
- 1tbsp Cumin powder
- 1tbsp Honey
- 1.5tsp Apple Cider Vinegar
- 2 cloves of Garlic; grated
- Salt
- Pepper

For the dressing whisk everything together and pour over; mix well.

Substitutes-

Pineapple-Mango

Bell peppers-Capsicum



Kitchen Measurements (approx.)

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



Servings



Preparation Time

Mix Veg Salad

FROM MY KITCHEN

Cut paneer in small pieces ,
saute in light butter /
olive oil n keep aside Take carrot,
beans,
all three colour capsicums,
peas, sweet corn kernels,
grated cabbage,
onions and cut into small pieces.

Saute in olive oil till little tender. Add paneer to these veg , put chillie flakes, oregano and salt and pepper powder. Squeeze little lime juice (optional) Mix all the above ingredients well Garnish with black olives , bread crossiants ans jalapeño Your mixveg

Salad is ready !!!



by Ann.Kavita Rath



Kitchen Measurements (approx.)

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



Servings



Preparation Time

EDIBLE CUPS



Coffee Cup

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

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

It can be also used as service cups for sauces and jams at breakfast table.

Edible chocolate coated wafer cup



Chaat cup



Dessert cup



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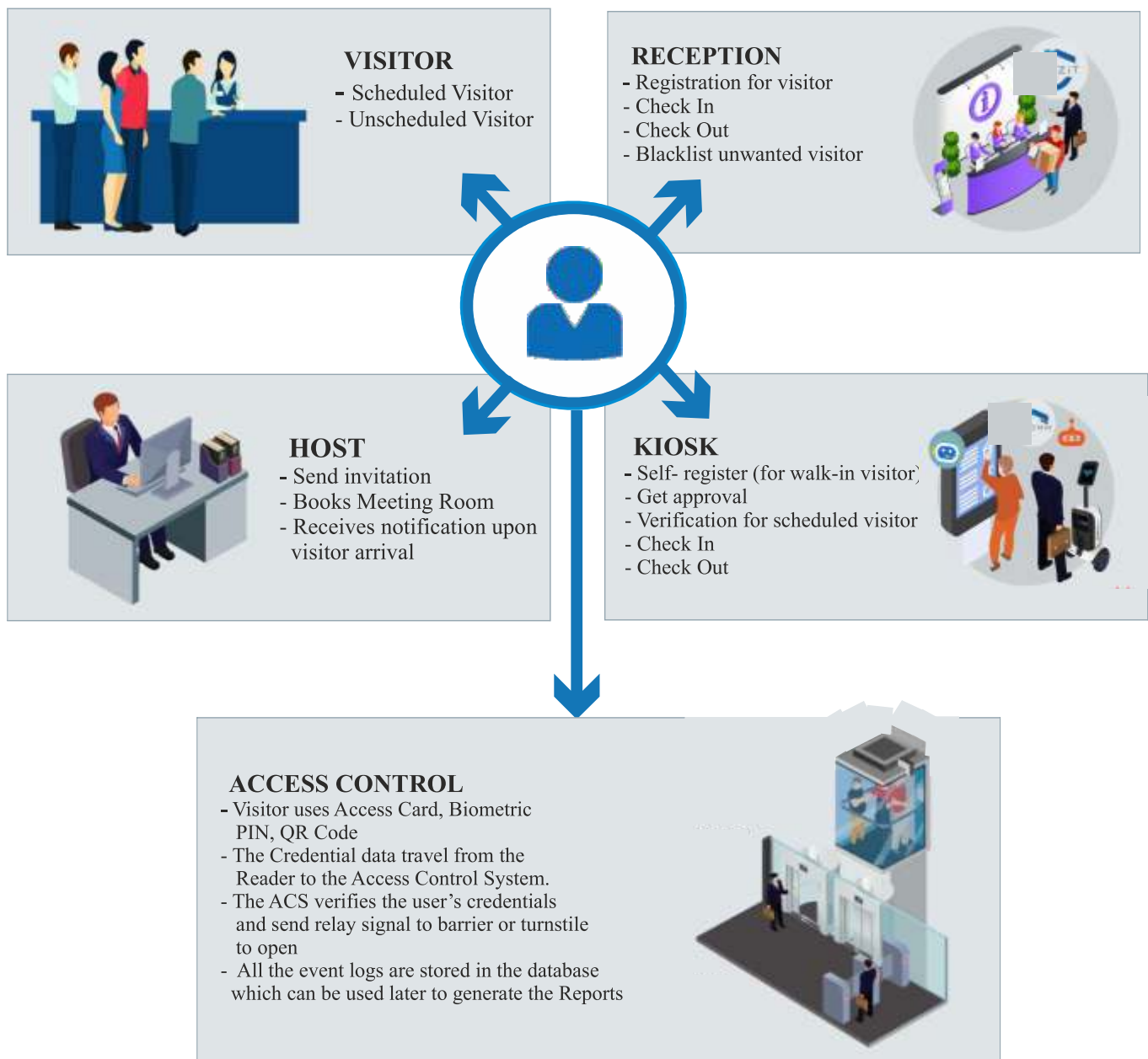
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Your opinion matters.

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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ROTARY CLUB OF SECUNDERABAD SUNRISE
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