

RCSS



# TIMES

August 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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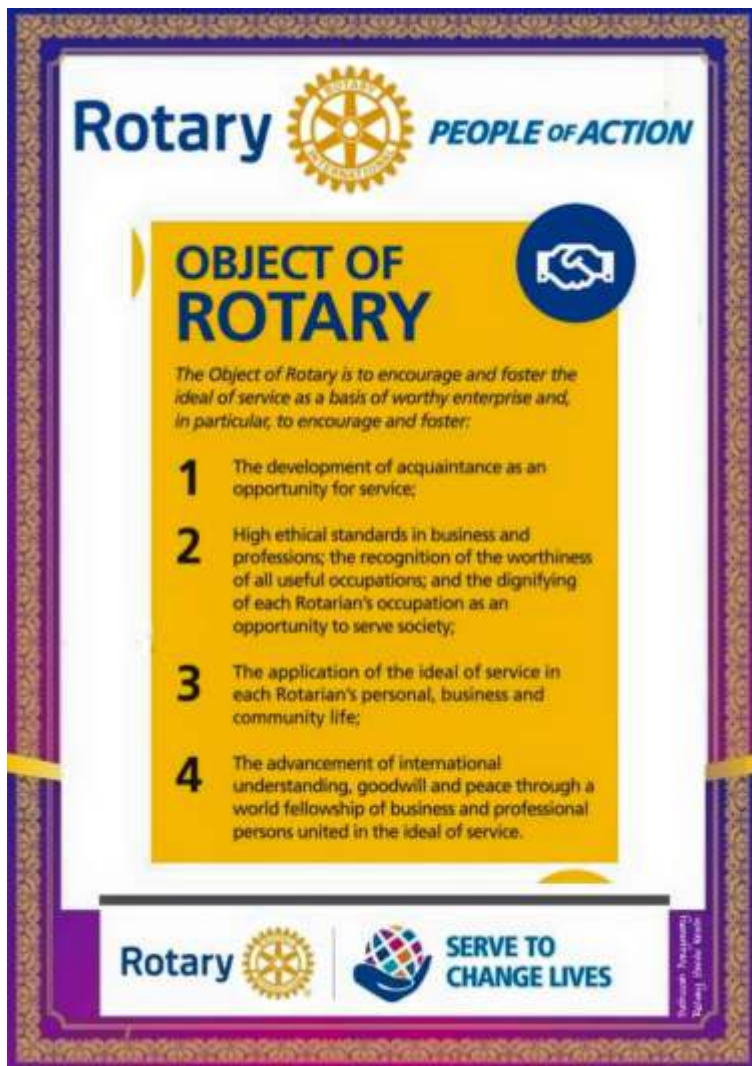
## Team Rotary Club of Secunderabad Sunrise for 2021-22

<b>President</b>	-	Rtn. Ravi Ladia
<b>Secretary</b>	-	Rtn. Vineet Giria
<b>Treasurer</b>	-	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
<b>Director</b>		
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
<b>Chairman</b>		
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 Lunawath



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FROM THE EDITOR'S DESK



### The Crucial Vaccine Benefit We're Not Talking About Enough

The vaccines not only prevent people from getting sick; they also cut down on transmission by those who get infected after immunization.

COVID vaccines have proved to be magnificent successes, dramatically decreasing the number of cases, hospitalizations and deaths. However, there has been uncertainty about whether vaccinated people who still get infected - perhaps with very mild symptoms, or none at all - might pass on the virus to others. Such silent spread could complicate efforts to control the pandemic.

In recent months, there has been a deluge of data on the risk of transmission after vaccination. These findings have important implications for how quickly we can get the pandemic under control, and for what we say to those who are hesitant about getting vaccinated.

Rajesh Pamnani  
Editor (2021-2022).



Editorial Team 2021-22





## ***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



Another eventful Rotary month has passed by and I am sure that those in the know how will appreciate the great work that Rotary is doing all over, to promote good health and better living for the countrymen.

The month saw India celebrating its first Track and Field Gold at Olympics and it was one of the most amazing feelings I have had in years. To listen to the national anthem being played on that stage was a goosebump moment for me personally. I sincerely wish and hope that 1.3 billion Indians would recognise the talent within and make these moments a more frequent occurrence. I hope organisations can Rotary can also help promote such talent to add to the national pride of victory in Sports.

At RCSS, this was a month of restarting the age-old tradition of physical speaker meetings. Speaker meetings have been a great bonding and networking platform for the members and nothing can actually come close to the experience of meeting members while gaining some valuable insights into life. This month's speaker meeting gave me a validation of my age-old belief in the Indian system of savings and planning for the future. A man in his prime must plan for his and his family's future and the same was well illustrated by the speaker. This is especially relevant due to the uncertainties of life, which COVID has illustrated.

I would also like to specially mention that this is the year when RCSS as a Club turned major. The vigour with which Charter President, Rtn Narender Gauri along with Charter Treasurer, Rtn Lokesh Jain organised the celebration was really a sight to behold. I am sure the Club members would have many more such events to cherish in the year ahead.

The month also marked the Independence Day celebration through the tree plantation activity. I personally feel that we are all responsible to ensure that the next generation inherits an environment which is similar if not better than what we inherited from our forefathers. Every effort in this direction is a welcome step.

I would like to mark my best words of appreciation for the editorial team of Anns who are doing a fantastic job of compiling some of the best content and serving us with this beautiful magazine every month. Kudos to you ladies and more power to you.

Thank You

Rtn. Ravi Ladia  
President (2021-2022).

## ROTARY - INTERNATIONAL



Dear Rtn. Rajesh Pamnani,

Rotary Greetings and best wishes for the Rotary year 2021 - 2022!

The best gift a Rotarian can give anyone is the gift of Rotary Membership. And the best thanksgiving any Rotarian can give Rotary is to introduce a new member to Rotary. Our Rotary International President Shekhar Mehta has given a clarion call- EACH ONE BRING ONE- to all Rotarians to Strengthen their Clubs, their District and around the world. He will personally send a letter of welcome to each new Member.

We request you to please consider it as your sacred duty to personally introduce at least one Rotarian to Rotary this year. To help us remember and celebrate this important contribution of members to Rotary, we will honour you with pins to indicate the number of Rotarians you have introduced this year- something which you can wear with pride for life - like a PHF pin. There are many levels of recognition including a Virtual Hall of Fame and we will send you details of those shortly.

To introduce a member is simple :

Search - for a potential member, in your phone book , family, friends, alumni or business associates.

Ask - the potential member to join Rotary. Request the President or Membership Director to help.

Induct - him or her into the Club at the earliest. Your president will be happy to organise a nice ceremony for this.

Please celebrate this wonderful service you have done to Rotary by announcing it to all your members and send a picture of your and the new Rotarian you introduce to us for us to share your success with other Rotarians in the District. Your President, Senior Rotarians in your clubs will do all they can to assist you to make your contribution to membership growth. The District membership team whose details I am attaching hereto will also lend you a hand wherever required.

We look forward to meeting you soon and celebrate your valuable contribution to EACH ONE BRING ONE initiative.

With best wishes and regards,

Yours in Rotary Service

K Sharath Choudary  
(District Membership Chair)

K Prabhakar  
(District Governor)







**Rtn Lokesh Jain**



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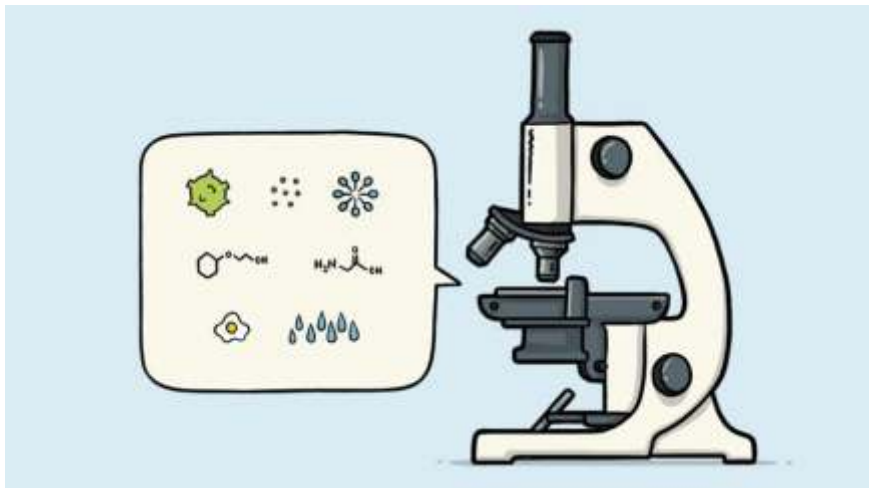
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## How are vaccines developed?

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

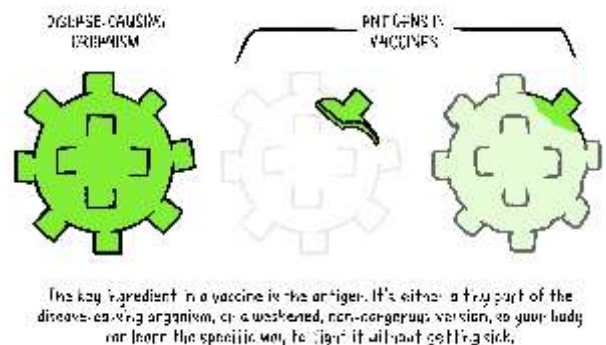
### *What are the ingredients in a vaccine?*

Vaccines contain tiny fragments of the disease-causing organism or the blueprints for making the tiny fragments. They also contain other ingredients to keep the vaccine safe and effective. These latter ingredients are included in most vaccines and have been used for decades in billions of doses of vaccine.

Each vaccine component serves a specific purpose, and each ingredient is tested in the manufacturing process. All ingredients are tested for safety.

### *Antigen*

All vaccines contain an active component (the antigen) which generates an immune response, or the blueprint for making the active component. The antigen may be a small part of the disease-causing organism, like a protein or sugar, or it may be the whole organism in a weakened or inactive



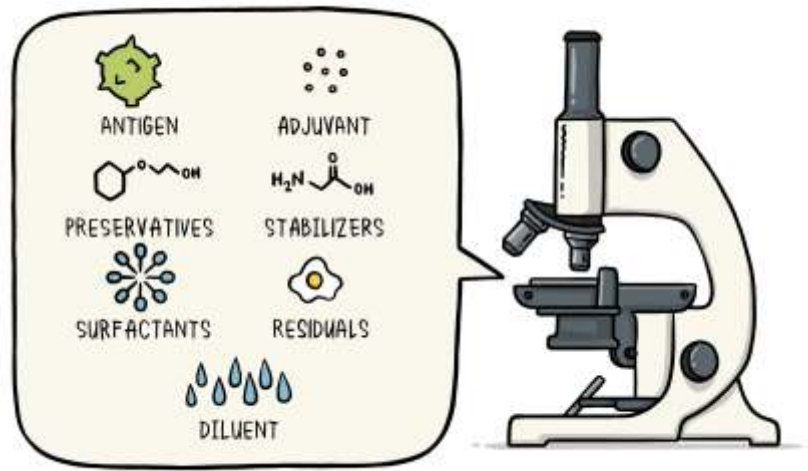
### *Preservatives*

Preservatives prevent the vaccine from becoming contaminated once the vial has been opened, if it will be used for vaccinating more than one person. Some vaccines don't have preservatives because they are stored in one-dose vials and are discarded after the single dose is administered. The most commonly used preservative is 2-phenoxyethanol. It has been used for many years in a number of vaccines, is used in a range of baby care products and is safe for use in vaccines, as it has little toxicity in humans., like a protein or sugar, or it may be the whole organism in a weakened or inactive form.

### *Stabilizers*

Stabilizers prevent chemical reactions from occurring within the vaccine and keep the vaccine components from sticking to the vaccine vial.

Stabilizers can be sugars (lactose, sucrose), amino acids (glycine), gelatin, and proteins (recombinant human albumin, derived from yeast).



### *Surfactants*

Surfactants keep all the ingredients in the vaccine blended together. They prevent settling and clumping of elements that are in the liquid form of the vaccine. They are also often used in foods like ice cream.

### *Residuals*

Residuals are tiny amounts of various substances used during manufacturing or production of vaccines that are not active ingredients in the completed vaccine. Substances will vary depending on the manufacturing process used and may include egg proteins, yeast or antibiotics. Residual traces of these substances which may be present in a vaccine are in such small quantities that they need to be measured as parts per million or parts per billion.

### *Diluent*

A diluent is a liquid used to dilute a vaccine to the correct concentration immediately prior to use. The most commonly used diluent is sterile water.

### *Adjuvant*

Some vaccines also contain adjuvants. An adjuvant improves the immune response to the vaccine, sometimes by keeping the vaccine at the injection site for a little longer or by stimulating local immune cells.

The adjuvant may be a tiny amount of aluminium salts (like aluminium phosphate, aluminium hydroxide or potassium aluminium sulphate). Aluminium has been shown not to cause any long-term health problems, and humans ingest aluminium regularly through eating and drinking.

### ***How are vaccines developed?***

Most vaccines have been in use for decades, with millions of people receiving them safely every year. As with all medicines, every vaccine must go through extensive and rigorous testing to ensure it is safe before it can be introduced in a country's vaccine programme.

Each vaccine under development must first undergo screenings and evaluations to determine which antigen should be used to invoke an immune response. This preclinical phase is done without testing on humans. An experimental vaccine is first tested in animals to evaluate its safety and potential to prevent disease.

If the vaccine triggers an immune response, it is then tested in human clinical trials in three phases.

### Phase 1

The vaccine is given to a small number of volunteers to assess its safety, confirm it generates an immune response, and determine the right dosage. Generally in this phase vaccines are tested in young, healthy adult volunteers.

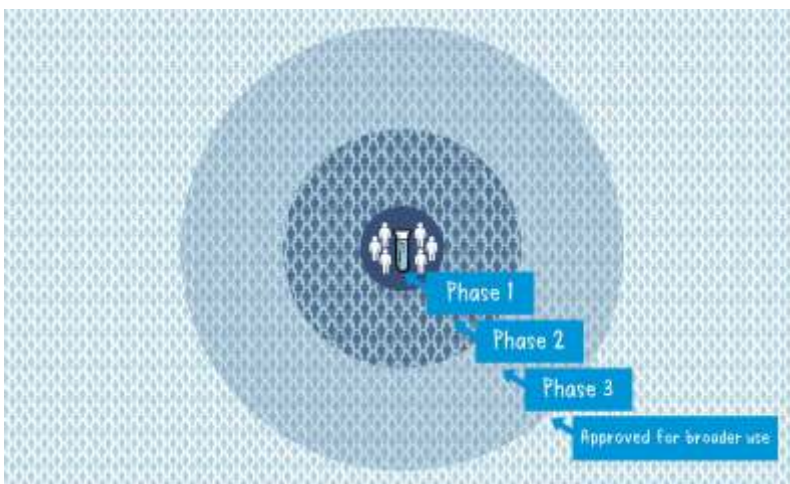
### Phase 2

The vaccine is then given to several hundred volunteers to further assess its safety and ability to generate an immune response. Participants in this phase have the same characteristics (such as age, sex) as the people for whom the vaccine is intended. There are usually multiple trials in this phase to evaluate various age groups and different formulations of the vaccine. A group that did not get the vaccine is usually included in phase as a comparator group to determine whether the changes in the vaccinated group are attributed to the vaccine, or have happened by chance.

### Phase 3

The vaccine is next given to thousands of volunteers – and compared to a similar group of people who didn't get the vaccine, but received a comparator product – to determine if the vaccine is effective against the disease it is designed to protect against and to study its safety in a much larger group of people. Most of the time phase three trials are conducted across multiple countries and multiple sites within a country to assure the findings of the vaccine performance apply to many different populations.

During phase two and phase three trials, the volunteers and the scientists conducting the study are shielded from knowing which volunteers had received the vaccine being tested or the comparator product. This is called “blinding” and is necessary to assure that neither the volunteers nor the scientists are influenced in their assessment of safety or effectiveness by knowing who got which product. After the trial is over and all the results are finalized, the volunteers and the trial scientists are informed who received the vaccine and who received the comparator.



When the results of all these clinical trials are available, a series of steps is required, including reviews of efficacy and safety for regulatory and public health policy approvals. Officials in each country closely review the study data and decide whether to authorize the vaccine for use. A vaccine must be proven to be safe and effective across a broad population before it will be approved and introduced into a national immunization programme.

The bar for vaccine safety and efficacy is extremely high, recognizing that vaccines are given to people who are otherwise healthy and specifically free from the illness.

Further monitoring takes place in an ongoing way after the vaccine is introduced. There are systems to monitor the safety and effectiveness of all vaccines. This enables scientists to keep track of vaccine impact and safety even as they are used in a large number of people, over a long time frame. These data are used to adjust the policies for vaccine use to optimize their impact, and they also allow the vaccine to be safely tracked throughout its use.

Once a vaccine is in use, it must be continuously monitored to make sure it continues to be safe.





# WASH Warriors

In support of Jal Shakti Abhiyan, Jal Jeevan Mission and the second phase of the Swachh Bharat Mission of the Government of India, Rotary India Humanity Foundation (RIHF) has launched several initiatives around the Water, Sanitation and Hygiene (WASH) area of focus under the guidance of Shekhar Mehta, Rotary International President (2021–22).



## A Message From Shekhar Mehta Rotary International President 2021-22

Rotary is committed to working for water, sanitation and hygiene (WASH) across India. Ensuring clean drinking water, proper sanitation facilities and creating awareness about hygiene are extremely important in our country.

Not only will this help our children to become healthy by reducing waterborne and other diseases, it will also help us build an infrastructure where these necessities are no longer a dream for millions of people in our country. With this in mind, the Rotary India Humanity Foundation is committed to doing large, sustainable and high volume projects across India creating watersheds, rejuvenating water bodies, creating household and public toilets, household tap connections etc.

I encourage each and every Rotary and Rotaract Club to participate in this very important program. I also invite non-Rotarians to join us in this movement of national importance that will impact the lives of millions. Let us Serve to Change Lives.



## Background

With more than 1 billion people, India is the second-most populous country in the world. 21 cities, including Delhi, Chennai and Bangalore, are almost out of groundwater, and 600 million face drinking water shortages. 344 million practice open defecation. The World Bank estimates that 21% of communicable diseases in India are linked to unsafe water, lack of access to sanitation and lack of appropriate hygiene practices. Further, over 500 children under five die each day from diarrhoea in India.

Under Jal Shakti Abhiyan, the Government of India focuses on rainwater harvesting and water conservation, including initiatives such as the renovation of traditional water bodies and tanks, reuse of water and recharge structures watershed development and afforestation. Jal Jeevan Mission is envisioned to provide safe and adequate drinking water through individual household tap connections to all households in rural India by 2024. The program will also implement source sustainability measures, such as recharge and reuse through greywater management, water conservation and rainwater harvesting. The second phase of the Swachh Bharat Mission has been launched with a focus on Open Defecation Free (ODF) Plus strategy to sustain gains made under the first phase and to ensure the continuation of health and hygiene benefits.

### Past Gains by Rotary in India

- Constructed over 300 watersheds across India, benefitting over 500 villages, 35,000 households and one million people
- Provided safe drinking water in several communities in various regions
- Constructed over 1,50,000 household, community and public toilets
- Executed WASH in Schools in over 30,000 government schools across India

### 2026 Goals

- 10,000 watersheds development
- 10,000 water bodies transformation
- 30,000 rainwater harvesting structures
- 1,000 villages with functional household tap connections
- 25,000 WASH in Schools and WASH in Healthcare projects
- 50,000 household toilets
- 1,000 community and public toilet blocks



WASH in Schools project, SDMC Primary School, Sarvapriya Vihar, New Delhi

# EDIBLE CUPS



*Edible chocolate coated wafer cup*

## *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.



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*Dessert cup*



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## BIRTHDAYS & WEDDING ANNIVERSARIES - SEPTEMBER



### BIRTHDAY

- 04/09 - Rtn. Ranjay Goel
- 08/09 - Ann. Rachna Gupta  
W/o Rtn. Sandip N Gupta
- 12/09 - Rtn Sarvesh Gupta  
Rtn. Ajay Jain  
Ann Rohini W/o Rtn.Vaman Rao
- 14/09 - Ann Srivani  
W/o Krishna Nerella
- 15/09 - Rtn. Krishna Nerella
- 18/09 - Rtn. B.Srinivas  
Dr Surekha W/o Rnt. LR Surender
- 22/09 - Rtn. Suresh Verma
- 24/09 - Ann Rama W/o Rtn. Satish
- 27/09 - Rtn. Sreedhar Raju  
Ann Kavita Agarwal  
W/o Rtn. Pankaj Aggarwal

### ANNIVERSARY

- 15/09 - Rtn. Satish & Rama Manohar

### PROGRAMME

- 11<sup>th</sup> Sep - Speaker meeting
- 26<sup>th</sup> Sep - Fellowship



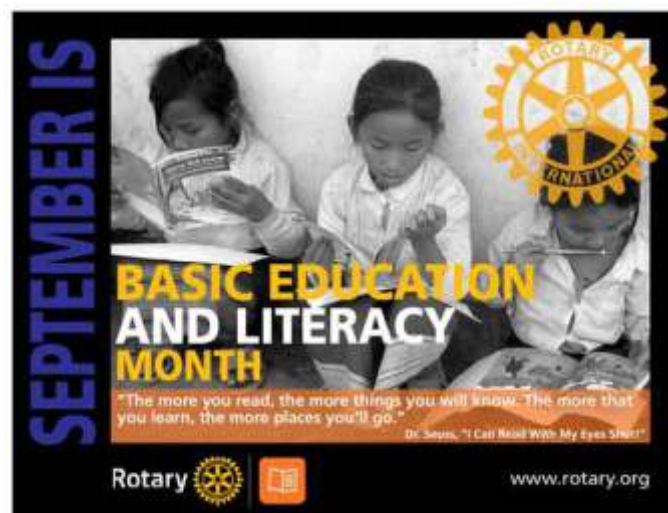
*Installation of Rotaract club  
of sunrise  
on Sunday 1st Aug 2021*

## DESIGNATED MONTH



**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



**September** - Basic Education & Literacy

Area of Focus : Basic Education and Literacy Month, Promote Liteacy and It's a time when Rotary clubs and districts highlight Rotaract by joining in projects with their Rotaract clubs.

- Initiate Adult Education class
- Involve Youngsters / College Students as Teachers
- Initiate E-Learning / Happy School Projects
- Distribute Libraries
- Develop Traffic park for Children
- Arrange Traffic Awareness Lectures in Schools & Colleges



### RCSS - CLUB IN ACTION (LAST MONTH)

First speaker meet of the year with Mr. Tumma Balraj



Speaker Meeting

### Celebrate 21 Years of RCSS







## DISCOVER A WORLD OF FUN AND FELLOWSHIP!

### FOR MORE INFORMATION:

Visit our web site at <https://www.ithf.org>  
or contact Administrator Rick Harned:  
US tel: 502-439-1826  
email: [rickharned@gmail.com](mailto:rickharned@gmail.com)



## VISIT & HOST ROTARY FRIENDS AROUND THE WORLD FOR TRAVEL AND ADVENTURE



**ALL** Rotarians who enjoy meeting new people, learning about different regions and cultures, and sharing their own interest and lives with others will enjoy ITHF.

### WHAT DO I RECEIVE BY JOINING ITHF?

- Immediate membership in a worldwide association devoted to promoting cultural exchange, sharing and fellowship, and the concept of one world in Rotary.
- Published listing in the online ITHF Directory of Membership, and regular supplements with PDF version.
- Newsletters reporting the experiences of other members and offering tips on hosting and travel.
- Unique opportunities for group travel, often in conjunction with the international conventions.

**TOURS:** As an enrichment, the ITHF frequently offers tours led by dedicated and experienced Rotarians, and packaged at the lowest cost possible. These tours most often coincide with Rotary International Conventions and are limited to ITHF Members and partners.

**MEMBERSHIP:** is \$50 for one year, \$75 for three years, renewals at discount.

### FOR MORE INFORMATION:

Visit our web site at <https://www.ithf.org>  
or contact Administrator Rick Harned:  
US tel: 502-439-1826  
email: [rickharned@gmail.com](mailto:rickharned@gmail.com)

### WHAT IS ITHF?

The International Travel and Hosting Fellowship is a network of Rotarians and their partners traveling throughout the world and agreeing to host and share their lives with each other in return for like favor some time in the future. The ITHF is one of more than 80 recreational and vocational fellowships officially recognized by Rotary International. ITHF "connections" are self-paced, subject to individual preferences and can coincide with business or pleasure travel. Membership in the ITHF implies a desire and intent to accommodate other ITHF visitors; however, such "connections" are always subject to the convenience of the hosts.

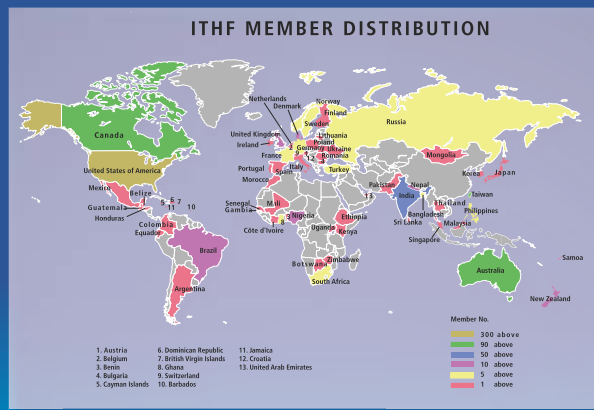
The ITHF is NOT a bed and breakfast organization. It is not a home hotel association. There is no obligation to accommodate visitors in the home - the "connection" will be richer for it, but some members do not have space for visitors.

ITHF "connections" take many forms. Some involve simply an evening at a restaurant, some will provide admission to "the club", some will include everything - accommodation, food, sightseeing, entertainment, etc. Such is strictly the choice of the hosts, but without any obligation.

The ITHF "connection", therefore, is for the purpose of having a cultural sharing experience. Those simply wanting a place to stay, a meal to eat or who are more interested in their own itinerary than that offered by their hosts will soon discover this fellowship is NOT for them.

### WHAT ARE MY OBLIGATIONS?

Membership implies desire to accommodate other ITHF visitors; however, such connections are always subject to the host's convenience. Members are also obligated to protect directories and supplements from unauthorized use.



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## VISITING ROTARIAN "CARD"

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*(Signature)*

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Rotary Club of Lehighton

Attest: H. H. Smith  
*(Secretary)*

280-D-26-30M

USA 1930



Visiting Rotarian Report Card ...

of a visiting Rotarian to the secretary of the visitor's home club in order that credit for attendance can be given.

### Attendance Requirements

Regular attendance is one of the requirements of Club membership.

Rotary emphasizes attendance because it recognizes that to remain an effective

### Meeting Make-Ups

When attending the meeting of another Rotary Club, you will sign in as a visiting Rotarian, pick up the attendance card which verifies your attendance, and pay whatever meal fee that club currently charges. Make-up attendance cards should be submitted to Club Secretary at the next regular Rotary Club meeting.

Have you collected a visiting Rotarian card for marking attendance at your club?

If so do share it with us to showcase here in the magazine.



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Courtesy : Rtn Srinivas Gumidelli @ 9848005110

## INTRODUCING OUR MEMBERS



**Rtn. Anil Ratan Goyal**

**Name of Spouse : Ann Seema Goyal**

**Children Names : Rashi, Anushka & Bhavya Goyal**

**1. Name:** Rtn. Anil Ratan Goyal

**2. Educational Qualifications:** Graduate

**3. Profession/Business:** Business of transportation of goods by road.

**4. Hobbies:**

Cricket, Table tennis & Travel

My most cherished vacation so far is the one I went last to, i.e. Aamby valley. For years I wanted to go on a road trip, and so we did drive down from Hyderabad to Aamby valley which is around 650 km far. The weather was perfect, beautiful sceneries all around and the little drizzle of rain everywhere was the cherry on top. For a nature lover like me, it was paradise on earth.

**5. Define yourself in 3 words:**

Responsible, Family-oriented, Compassionate

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

Life is a rollercoaster, you will have both ups and downs, but a smart person is the one who knows when to enjoy life, and when to adjust and adapt. Learn from everyone's life experiences, and build your own wisdom and knowledge to pave your own path.

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

The ongoing pandemic has brought the whole world to a standstill. Before COVID-19 we were all running behind a destination blindly, ignoring the other important aspects of our lives. This pandemic has made me appreciate the stillness of life. Spending so much time with family and friends has brought in a new perspective towards life and togetherness. Sometimes we tend to be so stuck in this never-ending cycle, that we forget to appreciate the little things in front of us.

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

I am a man with a vision, unstoppable and extremely ambitious. For someone like me, I've always kept a balance between work and fun, so for me, retirement is just a word which does not stop me from appreciating life in all its glory. I don't believe I would ever retire because there is no end to my quest for living.

**9. How do you define leadership?**

A leader isn't someone who leads the way, but the one who takes everyone together. Leadership for me is to live by example.

**10. What is a principle/philosophy/motto you live by.**

According to me life should be taken one step at a time. Being stuck in the past or excessively worrying for the future makes us forget the present and all the beautiful moments and learnings of today. My motto is to live by choice and not by chance. Facing all the lives difficulties head on and enjoying every little moment is how I live.

**11. What is the biggest lesson life has taught you so far?**

There is absolutely no one who hasn't faced difficulties in life, rather than falling apart and giving up, look up to the future. Life always has a way of working out, we just need to have patience. Learn from the difficult times and appreciate the good times. I accept all the bad times with open arms because then I'm truly grateful for the good ones.

**12. Tell us about an incident of your naughtiness from your college days.**

I've toned down my naughtiness over the years, back then it was on another level. Let's just say a tiny paragraph in a magazine won't be enough for the truck load of amazing memories from my college days.



## INTRODUCING OUR MEMBERS



**Rtn. Vaman Rao**

Name of Spouse : Ann Rohini

Children Names : Megha & Kirthi

- 1. Name:** Rtn. P. Vaman Rao
- 2. Educational Qualifications:** Post Graduate in commerce, PG Diploma in Industrial Relations, Personal Management and Labour Welfare
- 3. Profession/Business:** Self-Employed
- 4. Hobbies:** Music, Sports and Travel
- 5. Define yourself in 3 words:** Disciplined, Determined, Dedicated
- 6. Based upon your life experiences what advice will you give to today's youth?**  
Make the best out of life early on.
- 7. What is your biggest take away from the ongoing pandemic?**  
Life is very fragile
- 8. What do you plan to do after you retire?**  
I plan to pursue my hobbies.
- 9. How do you define leadership?**  
The ability to set your personal and professional goals and then achieve them.
- 10. A person whom you idolise and why?**  
Ratan Tata for his character, integrity and generosity
- 11. What is your greatest accomplishment so far in life?**  
The best is yet to come
- 12. As you are fond of biking, apart from your wife with whom you have enjoyed the ride so far?**  
Anyone who is willing. I love taking people for a ride.





## INTRODUCING OUR MEMBERS



**Rtn. Ranjay Goel**

Name of Spouse : Ann Anuradha Goel

Children Names : Garvit & Geet Goel

- 1. Name:** Rtn. Ranjay Goel
- 2. Educational Qualifications:** B.COM
- 3. Profession/Business:** Trading of Tools and alloy steels, Manufacturers of heavy fabrications
- 4. Hobbies:** Partying, Long Drive
- 5. Define yourself in 3 words:** Fun-loving, Friendly and Passionate
- 6. Based upon your life experiences what advice will you give to today's youth?**  
Be sincere and honest in whatever you do
- 7. How do you define leadership?**  
Take people and members along.
- 8. What are the three things in your bucket list right now?**
  - To get my son well established in business.
  - A family cruise for 15 days.
  - A designer store for my wife.
- 9. A motto/principle/philosophy you live by.**  
Be good, do good.
- 10. What do you plan to do after you retire?**  
I want to involve myself in community service.
- 11. What is the most courageous thing you have done so far?**  
It has to be an incident where I consumed hard liquor for the first time and then shared that experience with my father.
- 12. After how many drinks do you lose control? Did you tease anytime after you drink and lose control?**  
Six. No, I have not teased anyone so far after losing control.



## INTRODUCING OUR MEMBERS



**Rtn. Dr.LR Surender**

**Name of Spouse : Ann LR Surekha**

**Children Names : Pranitha & Chaitanya**

**1. Name:** Rtn. Dr.LR. Surender

**2. Educational Qualifications:** MDS (OSM)

**3. Profession/Business:** Doctor (endontist)

**4. Hobbies:** Reading books and travelling

**5. Define yourself in 3 words:** Simple, Sincere and Straight.

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

I dived into river Teesta during river rafting enroute to Gangtok.

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

A) Enriching lives of people around me.

B) Settling down river side

C) Travelling around the world.

**8. A new normal which you have adopted post pandemic?**

Balanced physical and mental health.

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

Prayer, Confidence and Courage.

**10. How do you define leadership?**

Leadership for me is taking your team beside you.

**11. Do you have any regrets in life?**

Life is a gift from almighty; regrets none.

**12. Mention a funny incident with any one of your clients in your practice.**

I was treating an Air force officer requiring lengthy appointment of 3 hours. In between the treatment he would take a break of 15 minutes each hour. After the third break he was slurry in speech and his gait changed. To my surprise after the treatment I found that he was having a drink between each break and coming back to the treatment. Upon asking the reason he said, he was apprehensive and confirmed that he was drunk during the treatment.



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## ROTARY CLUB OF SECUNDERABAD SUNRISE

### Competition No. 1 - Make your own Ganesha

With a mention of the materials used do remember to send us a picture before the **15th of September 2021**.

Winning a competition gives us happiness,  
However Participation definitely gives us loads of joy.

Let's be creative and try to give our entries at the earliest.



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

Please send in your entries via WhatsApp to

Lopa - 9949621010

Beena - 9246371966

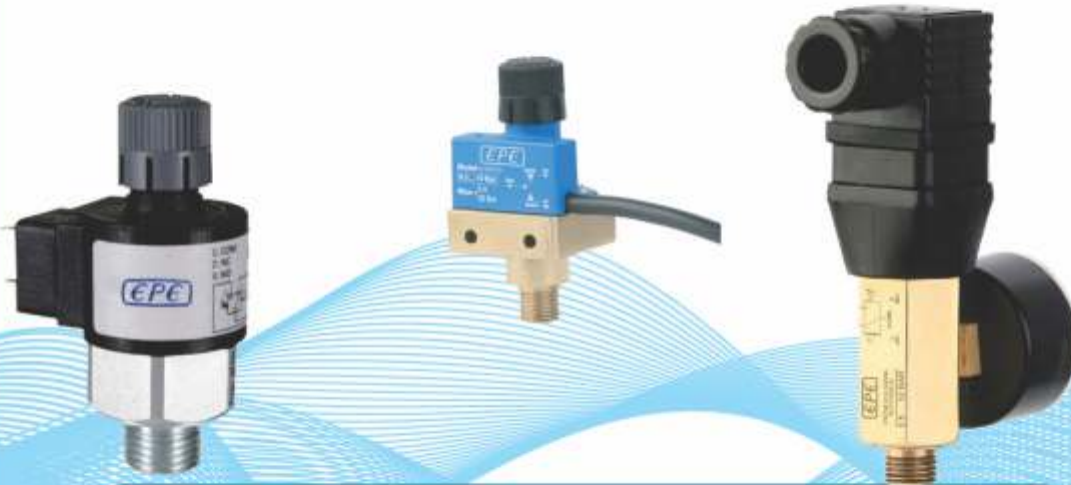
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The Winners will be awarded cash prizes. Certificate of participation to all the participants



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## Indian Rotarian wins medal at Tokyo Olympics



Rtn. P R Sreejesh of Rotary Club of Kizhakkambalam, District 3201 was the goalkeeper of Indian hockey team which won the bronze medal at the Tokyo Olympics. Sreejesh was the star of the game with two penalty corner saves in the last 50 seconds.



## African region marks one year since being certified wild polio-free

Feature | 25-Aug-2021

Rotary joined its partners in the GPEI to mark the first anniversary of a public health milestone: the WHO's African region being certified free of wild polio.

<https://www.rotary.org/en/news-features>



## Kaacha Gola

## FROM MY KITCHEN



by Ann. Rekha Jain

Take one cup home made paneer

Half cup sugar

Two pinch of ilaichi powder

Rose petals for garnishing

Mix all the ingredients except rose petals

Make small balls of prepaid mixture And garnish with rose petals

You can make in different flavours like Rose, Strawberry, Mango & Kesar



### Kitchen Measurements (approx.)

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



Servings



Preparation Time

## Saboodana

## FROM MY KITCHEN



by Ann.Kavita Rathi

Soak Saboodana overnight with equal quantity of water.

In morning, put it in sevie so that all danas of saboodana opens up soft , Roast groundnuts and make a coarse powder of it .

In a pan, put ghee and add few leaves of kari patta, finely chopped green chillies, ginger, little saboot jeera and saute it for a while, add ground nuts powder to it.

Roast till golden brown and then add soaked Saboodana to it .

Add salt ( as per taste) little chilli powder and squeeze lemon juice to it( as per taste) . Add finely chopped coriander leaves to it .

Mix well .

Serve hot

Saboodana is ready to eat.



### Kitchen Measurements (approx.)

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



Servings



Preparation Time

## Sabudana Vada

## FROM MY KITCHEN



by Ann. Seema Nyati

### Ingredients:

Potato - 6 medium  
Sabudana - 1/2 cup  
Unsoaked Peanuts Raw - 1/2 cup  
Coariander Leaves - 1/4  
Cup Green chillies - 3 to 4  
Rock salt to taste Oil for frying

### Method:

- 1) Soak the sabudana overnight in water so that the sabudana and water are at the same level.
- 2) Put the sabudana in a sieve, so that if there is any excess water, it drains out.
- 3) Boil the potatoes
- 4) Mash the potatoes and keep aside
- 5) Grind coarsely the peanuts
- 6) Chop finely the green chillies and coariander leaves
- 7) Mix all the above ingredients properly
- 8) Add Rock Salt to taste and mix well
- 9) Make round flat balls and deep fry.
- 10) Serve hot with green coriander chutney.

### Kitchen Measurements (approx.)

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



Servings



Preparation Time



## Kutu Pakodi

## FROM MY KITCHEN

### Ingredients:

1 cup kutu ka aata  
1 big boiled potato  
Half tea spoon rock salt  
Pinch of black pepper  
2 green chillies finely chopped



by Ann.Madhu

### Method:

Cut the potato into small cubes and add all ingredients to it.  
Add water accordingly to get a thick batter.  
Then deep fry the potato cubes in hot oil.



### Kitchen Measurements (approx.)

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



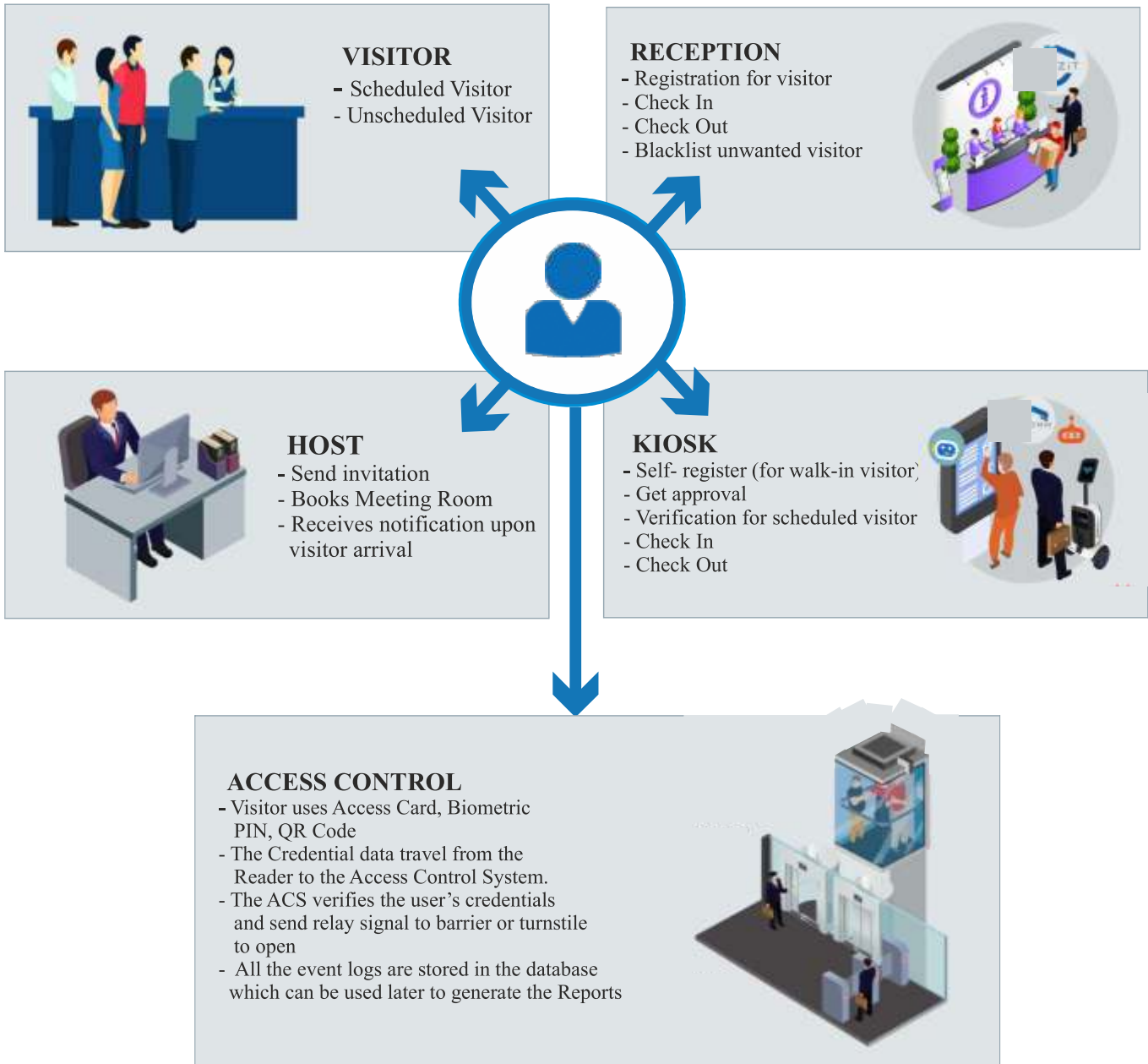
Servings



Preparation Time

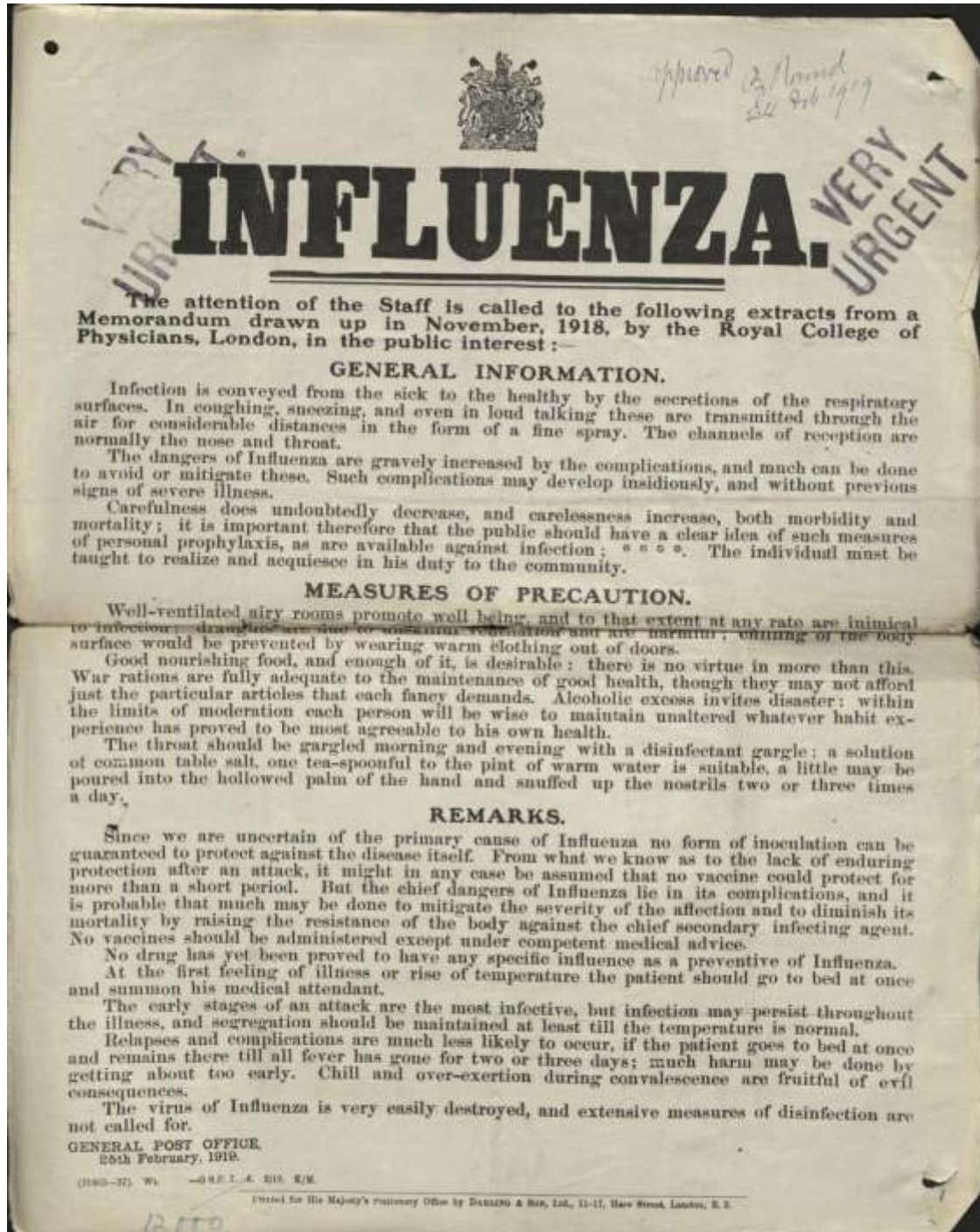


# VISITOR MANAGEMENT SYSTEM



## Spanish Flu

The 'Spanish Flu' global pandemic of 1918 (which got its nickname from the first reported cases being in Spain) was one of the greatest health catastrophes of the 20th century. It is thought the deadly virus spread to through out the world through soldiers returning home (after the end of WW-I), from the trenches.



Influenza notice, 25 February 1919 (POST 30/4290)

Link <https://www.postalmuseum.org/blog/the-post-office-in-the-1918-influenza-outbreak/>



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**

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