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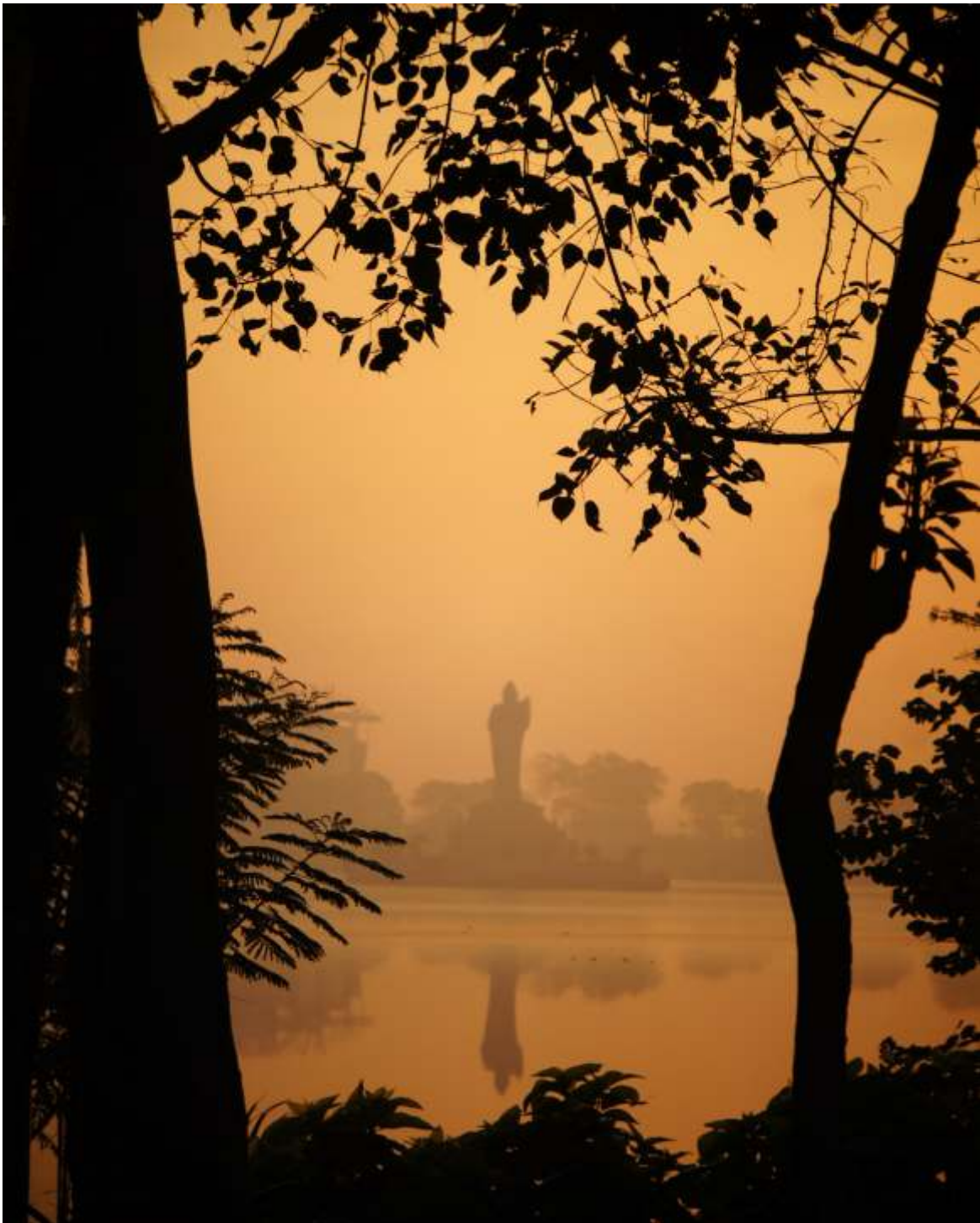
# TIMES

**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

September 2021

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

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- Rtn. Ravi Ladia

### Secretary

- Rtn. Vineet Giria

### Treasurer

- Rtn. Vikram Mehta

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- Rtn. Sandeep Jhawar

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- Rtn. Anil Goel

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- Rtn. Chandrasekhar

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- Rtn. Srinivas Gumidelli

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- Rtn. Mehul Shah

ebulletin & Website

- Rtn. Rajesh Pamnani

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- Rtn. Gaurav Niyati

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- Rtn. Gaddam Sathish Manohar

Speaker Meeting

- Rtn. Ajit Gandhi

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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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## 20 Reasons to Join Rotary Club

1. The Opportunity to Serve
2. Friendship
3. Business Development
4. Personal Growth
5. Leadership Development
6. Community
7. Continuing Education
8. Fun
9. Public Speaking Skills
10. Citizenship in the World
11. Travel Assistance
12. Entertainment
13. Develop Social Skills
14. Next Generation Programs
15. Vocational Skills
16. Ethics Reinforcement
17. Cultural Awareness
18. Prestige
19. Nice People
20. No 'official creed'

# Rotary



Cover page photo credit - "Tankbund at dawn" Rajesh Pamnani  
We welcome to send interesting images that could be featured on the cover page.  
rajesh\_pamnani@hotmail.com / webmaster@rndwaifers.com



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## ***Benefits of Pet Ownership During the Pandemic***

Animals and nature make us feel good.

Spending time with other creatures reduces our stress and provides opportunities for comfort, contentment, serenity, peace and wellbeing. This could explain why children love visiting the zoo or the farm. Or why Facebook is filled with videos and photos of cats, dogs and other animals. We love to look at animals. They make us feel good.

Emotional bonds with our pets provide love, security and happiness. Bonding is an essential survival strategy for human beings. We do bond with our pets. One study showed that when staring into a dog's eyes, an increased level of oxytocin is released. Oxytocin is the "love hormone" affiliated with childbirth and breast feeding, and it is also involved with empathy, trust, and relationship building which are critical components in raising healthy kids. Pets offer more opportunities to create loving, connected families.

Pets help us better manage uncertainty. Caring for pets provides a consistent routine of walking, feeding, playing, etc. at certain times of the day. These routines help us, especially in times like the pandemic when so much of "normal life" and its routines have been interrupted.

Pet owners experience greater physical and psychological wellbeing. Studies have demonstrated that dog owners may live longer. Many people report that pets give them a sense of meaning, purpose and belonging. Most dog owners walk their dogs; walking leads to valuable physical and emotional health benefits. Plus, a family walking the dog creates lasting memories and enjoyable shared experiences. Walking the dog provides a necessary excuse for getting outside and moving.

Pet ownership teaches valuable life skills. Owning a pet provides many opportunities to learn and teach your children life skills including responsibility, organization, planning, finances and more. Remember that cute bunnies, puppies and kittens turn into rabbits, dogs and cats that generally live for eight to twenty years. Having a pet means planning ahead and making time and financial commitments. Sometimes pet ownership has social impacts with family members, neighbors, allergies.

For many during the isolation and loneliness of pandemic, pets have provided companionship, emotional support and a sense of security. Some owners say their pets have helped them feel a sense of purpose, have more self compassion, and reduced their depression and anxiety symptoms.

Pet ownership does involve some sacrifice. However, the families who choose to make these sacrifices often describe the family pet as an irreplaceable member of the family.

What about you?

Have you been thinking about getting a pet for yourself or your family?

Share pictures of your pets with us to be featured here...

Rajesh Pamnani  
Editor (2021-2022).



Editor with “Loacker”





## ***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 Anns

In March 2020, India and the entire world embarked into an unknown zone with a series of lockdowns and curbs to combat the evil of COVID 19. The past month saw the Indians delivering what seemed like an epic knock out punch to the Virus induced evils. With more than 2.2 Cr vaccinations in a single day we probably created a kind of record only we could. I just hope and pray that this truly is the beginning of the endemic as pointed out by Experts and by the end of this year we carry on this momentum to vaccinate the entire population.

The importance of having a strong nation can never be over emphasized. The dramatic fallout of the Government in Afghanistan and the turmoil due to take over of Taliban once again shows how the world leaders have failed a country. One important observation to be made in this regard is surely the role of taxpayers and a corruption free utilisation of that money in order to ensure that the same can be utilised towards the development and security of the country. We as Rotarians can do a lot to ensure that tax leakages can be plugged and the corruption culture can also be defeated.

I recently came across a wonderful news wherein Rotarians in Erode (Tamil Nadu) built a state of the art 400 bed COVID hospital costing around INR 20 Crores in a mere 45 days. This is the power of Rotary. This is a glimpse of what can be achieved if we really decide that we want to make an impact in the society. I hope my fellow Rotarians would draw inspiration from this news and RCSS would work with more vigor to achieve the dream of its own health center. RCSS also has some exciting times ahead. More speaker meetings and fellowships have been lined up and with this we may just be moving towards the old norm of having more physical interactions.

Excited to be looking out for some real service to the society along with a lot of fun and frolic.

Rtn. Ravi Ladia  
President (2021-2022).

## ROTARY DISTRICT 3150 NEWS



A proud day for Rotarians of “Rotary Club of Banjara Hills” in particular and for Rotarians of district 3150 in general, when the 60,000 sft, 82 bed palliative care centre “Sparsh Hospice” was inaugurated at the hands of Shri KT Rama Rao, Hon’ble minister for IT and MAUD of the Telangana government, on 4th Septemebr 2021. RI Director Dr. Mahesh Kotbagi was the guest of honour.

The cost of the facility is Fifteen crores, yes a whopping Fifteen crores, without considering the value of the 1.2 acres of land in the heart of the financial district donated by the Telangana Government. The facility was constructed with major support by “Phoenix Foundation” who put in Rs. 6 Crores. Compliments to Shri Suresh Chukapalli for his generosity and may his tribe increase. Rotary is certainly emerging as an organisation which takes up Bigger better and bolder projects.







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## **Manufacturing, safety and quality control of vaccines**

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.

### **How a vaccine is approved for production**

Once a vaccine has reached pre-approval stage following clinical trials, it is assessed by the relevant regulatory body for compliance with quality, safety and efficacy criteria. Following regulatory approval, manufacturers can submit a vaccine to WHO for prequalification (PQ), an assessment process that ensures quality, safety and efficacy and helps the UN and other international procurement organizations determine the programmatic suitability of a vaccine.

During global health emergencies, the WHO Emergency Use Listing Procedure (EUL) may be used to allow emergency use of the vaccine. The EUL exists because, in a pandemic situation, products that could benefit the lives of people all over the world may be prevented from coming to market with sufficient speed. The EUL is a fast-tracked but rigorous process, designed to bring impactful products to all those in need, as quickly as possible, on a time-limited basis and based on a risk-versus-benefit evaluation. The WHO PQ/EUL recommendation may be used by UN agencies such as UNICEF and the Pan American Health Organization Revolving Fund for procurement decisions in low- and middle-income countries. Gavi also relies on WHO EUL/PQ to specify which vaccines its funds may be used to purchase.

### **How it’s made**

Typically, companies will work independently to complete clinical development plans for a vaccine. Once a vaccine is authorized, manufacturing begins to scale up. The antigen (part of the germ that our immune system reacts to) is weakened or deactivated. To form the full vaccine, all ingredients are combined.

The whole process, from preclinical trial to manufacture, can sometimes take over a decade to complete. In the search for a COVID-19 vaccine, researchers and developers are working on several different phases in parallel, to speed up results. It is the scale of the financial and political commitments to the development of a vaccine that has allowed this accelerated development to take place. Also, nations and international health organizations are working together through COVAX to invest in development capacity upfront to streamline the process, as well as to ensure equitable distribution of vaccines.

## How it's packaged

Once the vaccine has been made in bulk quantities', it is bottled in glass vials and then carefully packaged for safe cold storage and transport.

Vaccine packaging must be able to withstand extreme temperatures, as well as the risks involved in being transported globally. Therefore, vaccine vials are most commonly made from glass, as it is durable and able to maintain its integrity in extreme temperatures.

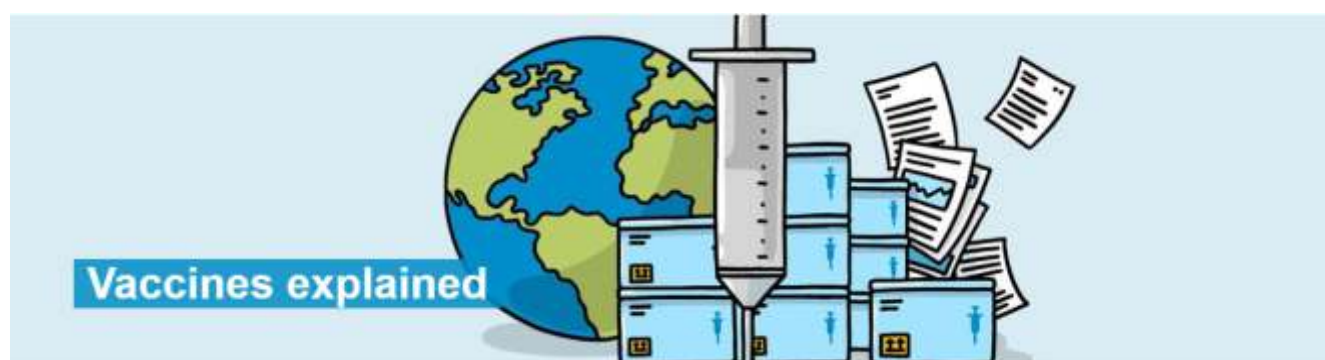
## How it's shipped

To maintain this cold chain, vaccines are shipped using specialized equipment that does not compromise the integrity of the product. Once shipments land in the destination country, refrigerated lorries transport the vaccines from the airport to the warehouse cold room. From there, portable iceboxes are used to transport vaccines from the cold room to regional centres where they're stored in refrigerators. If vaccination takes place outside of the regional facility, the final step often requires portable iceboxes to transport the goods to local areas for vaccination campaigns. New technologies have invented some portable devices that can keep vaccines at their cold temperature for several days without needing electricity.

## Quality control

Once vaccines start being administered, national authorities and WHO constantly monitor for – and establish the severity of – any possible adverse side effects and responses from people who have received the vaccine. The safety of the vaccine is paramount, with regular assessments and post-approval clinical studies to report on its safety and effectiveness.

Studies are often conducted to determine how long a given vaccine remains protective.



WHO's 'Vaccine Explained' series features illustrated articles on vaccine development and distribution. Learn more about vaccines from the earliest of research stages to their rollout in countries.





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# WASH Warriors



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



**Joshiwala checkdam, Sikar, Rajasthan**

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 rain-water 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.



**Puducherry Keni Lake, Chennai**

## **Transformation of Water Bodies**

The Government of India has launched a scheme for repair, renovation and restoration of water bodies with multiple objectives, including the comprehensive improvement and restoration of water bodies, increasing tank storage capacity, groundwater recharge, increased availability of drinking water, improvement in agriculture/horticulture productivity, environmental benefits through improved water use efficiency by promotion of conjunctive use of surface and groundwater, and community participation and development of a self-supporting system for sustainable management for each water body.

## **Rainwater Harvesting Structures**

Rainwater harvesting and management hold tremendous potential for alleviating storm-water runoff and reducing groundwater consumption, particularly in urban areas. Today, rainwater harvesting systems are acting as incredible support systems in providing a superb alternative to the main water supply, especially during dry seasons. Moreover, the advantages of storing rainwater are not only limited to a particular individual or a family, but act as a lifesaver for many urban communities as well. Widespread installation of these systems helps in revitalizing the natural properties of land, helping to improve the quality of groundwater, raising its level, and preventing wells and tube wells from drying up.



# 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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## BIRTHDAYS & WEDDING ANNIVERSARIES - OCTOBER



### BIRTHDAY

- 05/10 - Rtn. Vineet Giria
- 06/10 - Ann Beena  
W/o Rtn. Ramnarayana
- 12/10 - Ann Anuradha Goel  
W/o Rtn. Ranjay Goel
- 18/10 - Ann Vijaylaxmi  
W/o Rtn Chandra Sekhar
- 23/10 - Srinivas Gumidelli  
Ann Rama Devi W/o Rtn.Sreedhar
- 28/10 - Ann.Apeksha(W/o Rtn B Srinivas)
- 30/10 - Ann Sujata (W/o Rtn.Ramayya)
- 31/10 - Dr Surender

### ANNIVERSARY

- 01/10 - Rtn. Ramnarayan & Beena

### PROGRAMME

- 03/10 - RCSS Fellowship
- 23/10 - Speaker Meeting



# Rotary

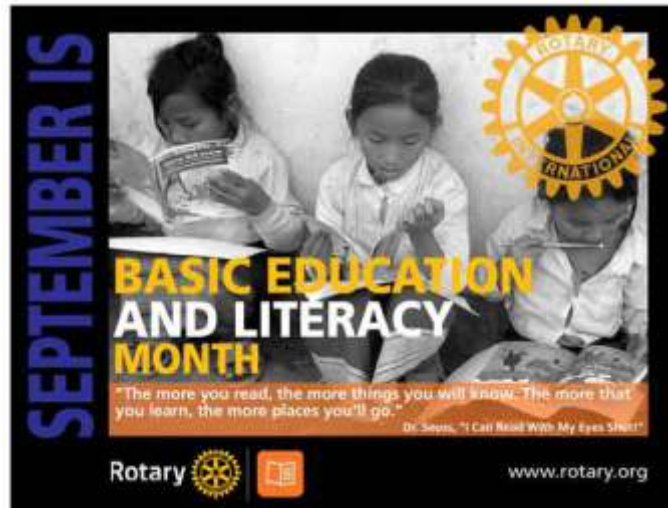


## TOP 10 SOCIAL MEDIA TIPS

1. **TELL A STORY** CAPTION YOUR PHOTOS.
2. **DON'T OVERLOAD** POST LITTLE BUT OFTEN.
3. **ENCOURAGE YOUR MEMBERS TO SHARE** POSTS/TWEETS/EVENTS ETC.
4. **INCREASE YOUR VISIBILITY** TAG FRIENDS, VENUES, EVENTS IN YOUR POSTS.
5. **INCREASE YOUR REACH** SETUP & RUN ACCOUNTS ON LINKEDIN, INSTAGRAM & TWITTER.
6. **BLOG** SHARE YOUR EXPERIENCES. SHARE YOUR BLOG POSTS ON YOUR SOCIAL MEDIA CHANNELS.
7. **TIMING** MOST EFFECTIVE TIMES TO POST: TYPICALLY MEALTIMES 06:00-08:00, 13:00-15:00 & 18:00-20:00.
8. **OVERZEALOUS TAGGING** NO ONE LIKES BEING TAGGED IN A POST THAT HAS NOTHING TO DO WITH THEM.
9. **STAY SAFE** KEEP PRIVATE CONVERSATIONS PRIVATE.
10. **DOES YOUR POST PASS THE ROTARY 4 WAY TEST?** BE MINDFUL OF WHAT YOU POST.



## DESIGNATED MONTH



### **September** - Basic Education & Literacy

Area of Focus : Basic Education and Literacy Month, Promote Literacy 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



### **October** - Economic and Community development

Area of Focus : Economic and Community Development Month. This month also includes : International Day for the Eradication of Poverty on the 17th and World Polio Day on the 24th of October.

- Develop Micro Credit system
- Organise Awareness Seminar on Self-Employment at Colleges/Universities
- Organise Trade Exhibitions
- Organise Buyers-Sellers meet
- Take up Entrepreneurship Development Program
- Organise Consumer Forum, a Public Meeting



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## INTRODUCING OUR MEMBERS



**Rtn. Ajit Gandhi**

**Name of Spouse :** Ann Shilpa Gandhi

**Children Names :** Manal & Rishab Gandhi

**1. Name:** Rtn. Ajit Gandhi

**2. Educational Qualifications:** B.E., MBA

**3. Profession/Business:** Sales & Support of IT Hardware

**4. Hobbies:** RC Toys, Watching TV Shows

Even though travelling is not my hobby my most cherished vacation so far was our family holiday to Andaman Islands. We were able to bond as a family with no cellular connection and all of us love water and hence enjoyed swimming, snorkelling, scuba diving and just lazing or walking on the beach.

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

Calm, Content, Adventurous

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

Identify your passion early and join a profession which nurtures your passion. Success, money and satisfaction will follow.

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

Leader is the one who takes charge and takes decisions based on his experience and experience of others to do a greater good for everyone involved. A person who is driven by others is definitely not a leader.

**8. What is the most valuable lesson life has taught you?**

Life is not black and white but grey so you should look at things from yours and others point of view. You cannot change people, but have the capacity to change yourself.

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

Live and Let Live

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

For me retirement is only possible if I am not able to work due to physical or mental disability. I enjoy what I do.

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

It has revealed me my true/real friends, relatives and family and that is all that matters in life.

**12. What is the romantic talk about with Shilpa while going to office in the car?**

..\*♡ 3 ♡\*..







## INTRODUCING OUR MEMBERS

**Rtn. Sreedhar Raju**

**Name of Spouse :** Ann Ramadevi

**Children Names :** Sree Ramyesha

- 1. Name:** Rtn. G.V.N. Sreedhar Raju
- 2. Educational Qualifications:** PG in Commerce, PG in Marketing, PG in International Trade, PG in Systems Management, International SAP Certified Consultant.
- 3. Profession/Business:** Working as General Manager (Projects & Acquisitions) in Shree Cement Limited. (3rd largest producer of cement in India)
- 4. Hobbies:** Playing Sports, Travelling & Movies.
- 5. Define yourself in 3 words:** Dependable, Enthusiastic & Resourceful.
- 6. Based upon your life experiences what advice will you give to today's youth?**  
You are already lucky, if you are living with your parents and eating homemade food. Not all enjoy that luxury. Value your parents and give them the respect they deserve.
- 7. How do you define leadership?**  
Leadership is the capacity to translate vision into reality.
- 8. What is the most valuable lesson life has taught you?**  
You cannot control who will stay in your life.
- 9. What are the three things you do not leave your house without?**  
Eye wear, Wallet & Phone.
- 10. What do you plan to do after you retire?**  
Take an interest in reading after retirement.
- 11. One thing you wish you had known in your teens which would have made your life different?**  
You're never too young to invest. Whenever I think about the thousands I've lost, the thousands I could have invested, I can't resist slapping myself for being too ignorant. If you're still in your teens, please. Do yourself a favor and start investing!
- 12. What is your favourite thing you like to bet upon?**  
Do your homework before bet. Don't get emotional.



## INTRODUCING OUR MEMBERS



**Rtn. Shravan Malani**

**Name of Spouse : Ann Shreya Malani**

**Children Names : Nithya Malani**

- 1. Name:** Rtn. Shravan Malani
- 2. Educational Qualifications:** 10th class drop out
- 3. Profession/Business:** Looking for a suitable Job
- 4. Hobbies:** Sports, travel (places that has a vibe about it)
- 5. Define yourself in 3 words:** Sab Moh Maya Hai
- 6. Based upon your life experiences what advice will you give to today's youth?**  
Be a good human being – everything else would take care of itself.
- 7. How do you define leadership?**  
Take everyone together. There is no leader no follower.
- 8. What is in your bucket list right now?**  
A game of Cricket World Cup (IND V PAK)
- 9. What is your biggest accomplishment so far in life?**  
Peace.
- 10. What two things you wish you had with you had you been shipwrecked on an isolated island (assuming your basic needs of food and shelter are provided for)?**  
All sports channels and internet to communicate with all.
- 11. What is a new normal you have adopted post pandemic?**  
You can live without running behind things in life. What you have is enough to live with.
- 12. What is the definition of "Height of Pampering" according to you?**  
Jeene do is good enough pampering.



## INTRODUCING OUR MEMBERS



**Rtn. Srinivas Gumidelli**

**Name of Spouse : Ann Nagini Gumidelli**

**Children Names : Alekhya & Nikhil Gumidelli**

- 1. Name:** Rtn. Gumidelli Srinivas
- 2. Educational Qualifications:** BE (Electronics), MS (Computer Science)
- 3. Profession/Business:** Business of Computers and Real Estate
- 4. Hobbies:** Cricket, Travel, Table Tennis, Yoga, Exploring different cuisines, Music, Adventure, Socializing, Shopping.  
My most cherished vacation was to New Zealand because it's very scenic and beautiful with lots of lovely beaches and adventure activities. I witnessed amazing snowfall. It's a very peaceful country with great shopping and friendly people
- 5. Define yourself in 3 words:** Just Do It.
- 6. Based upon your life experiences what advice will you give to today's youth?**  
Be focussed. Do not let your goals slip away.  
Try to achieve your set goals at any cost. Self reward yourself for the goals achieved.  
Balance everything in your life like enjoyment with family+friends / Work with passion  
Community Service.  
My definition of LIFE : Love Everybody, Imitate Nobody, Fear Nobody, Envy Nobod
- 7. How do you define leadership?**  
Good leadership requires a person to be confident, accountable, honest, and transparent, He requires skills like delegation should be able to empower, should be a good listener and good at strategic planning. Most importantly should be able to carry the team along with him.
- 8. What is your biggest stress buster?**  
Spending time with friends / family especially my lovely grandson.
- 9. What is your biggest accomplishment so far in life?**  
Peace.
- 10. What are the three things you do not leave your house without?**  
Mobile, Credit Cards & Mask
- 11. What do you plan to do after you retire?**  
I do not have a plan to retire.....
- 12. How many properties do you own in Mumbai?**  
Very Confidential. Want to try your luck, please contact my Auditors. He might help.



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Corp. Off. : 48, Jaora Compound, MYH Road, Indore - 452001 ☎ 0120-4400789 🌐 [www.swastika.co.in](http://www.swastika.co.in)

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Branches

25+  
States  
Presence

2600+  
Business  
Associates

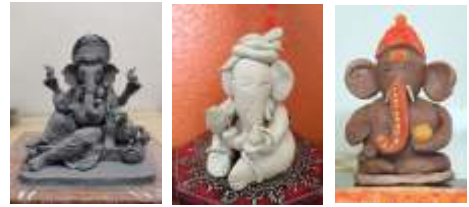
200000+  
Satisfied  
Clients

1000+  
Team  
Members



## Competition - Make your own Ganesha

(Age group 5-15)



*Tejaswin Pradhan -(11 Years)  
Materials Used - Tomatoes,  
ladies finger, garlic,lemon,  
Labanga, spring onion*



*Himanshi Khandelwal -(15 Years)  
Material used :Ganesh clay,  
thermocool, paint colors, glitter  
sheet, small flowers*



*Vivaan gupta - (11 Years)  
Material used:Natural clay*



*Mihika Gupta -Age: 14 years  
Material used:Natural clay*



*V.Dedipya-Age: 5 years  
Material used:Paper cups, chart  
paper, cotton, velvet cloth,  
marker pens*



*Sharvi - Age : 4 years  
Materials used :Mango leaves,  
beetle leaves, water colors,  
gum, white sheet*



*Parth Gupta-Age : 11 years  
Material used:Natural clay*



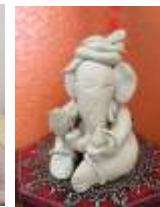
*Nitika Gupta-Age: 13years  
Material used:Natural clay*



*Arushi Jain -Age: 5 years  
Material used:Atta*

## Competition - Make your own Ganesh

(Age group 5-15)



*D.N.Vihaan-Age - 4.8 years  
Material used: Orange,  
tooth pick, cloves, lemon,  
cloves, ivy gourd(Kunduru)*



*Vidit Gupta -Age - 13 years  
Material used:clay*



*Dhriti Madan -Age -13 years  
Material used: clay*



*Aadhya Gadiraju-Age - 5 years  
Material used:Atta and  
pepper seeds*



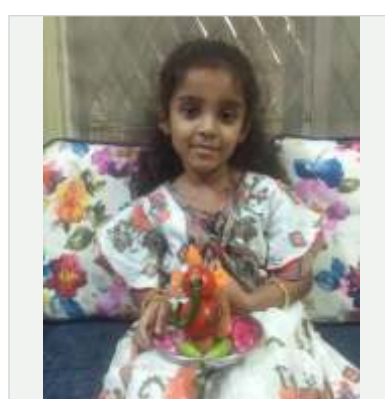
*Misha Jain -Age: 10 years  
Material used :chikni mitti,  
paper, turmeric, mukut  
from outside*



*Dhriti Agarwal -Age: 5 years  
Materials used: wheat flour,  
sugar, salt, turmeric, rice flour,  
ghee, peppercorns*



*Khush Desai -Age : 5 years  
Materials used : clay*



*Vriti Ojaswi-Age-5 years  
Material used: Tomato,tooth pick,  
carrot, green chillies, ivy gourd.*

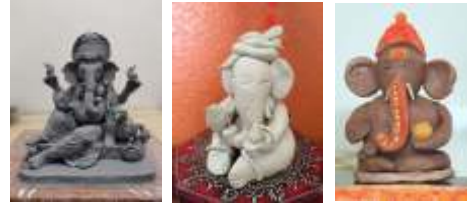


*Aanvi(8),Dhruvi(6)  
Materials used : turmeric,  
refined flour, raw milk, pepper  
corns, tooth pick,White thread  
White and red paint*



## Competition - Make your own Ganesh

(Age group 5-15)



*Tarsh rana -Age 5yrs  
Material used: clay*



*M.Jishnu Reddy - Age 7yrs  
Material used: Guava ,Carrot ,  
Keera And Mirchi*



*J.Teja sree - Age:14  
Material required: shadu clay  
powder(organic) 2\*tooth pin's*

(Age group 15-30)



*Anmol Ahuja  
Age:25 years*



*Yashaswini-Age 20  
Material used : mud & water paint*



(Age 30 above)



*Archana Rao - Age 43 years*





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## Spinach Soup

## FROM MY KITCHEN

### Ingredients:

4 Small bunches of Spinach chopped in to small pieces,  
3 Cups Milk  
3 tsp Cornflour  
1tbsp Butter  
Salt and butter to taste  
Bread croutons for serving



by Ann. Ammu Joseph

### Method of Preparation:

Heat the butter and fry the onions for a minute.  
Add the spinach and fry till it changes colour and soft.  
Put the above two ingredients in a mixie and grind it well .  
Add milk and corn flour (three cups of milk and one cup of water) to the mixie and churn it twice .  
If all the milk and water doesn't fit in to the mixie then all the above could be put in a kadai and boil it for a few minutes.  
Add just a little bit of salt and more pepper and stir it.



### Kitchen Measurements (approx.)

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



Servings



Preparation Time

## Garlicky Beetroot Soup

## FROM MY KITCHEN

### Ingredients:

Medium sized Tomatoes	2 Chopped
Medium sized Beetroot	1 Chopped
Small Onion	1 Chopped
Bottle Gourd	1/4th Cup Chopped
Carrot	2 Chopped
Cloves	2-3
Cinnamon	1 inch piece
Peppercorns	5-6
Garlic	6-7 pcs Chopped
Jaggery Powder	1 tablespoon
Salt To taste	



by Ann. Ammu Joseph

### Method of Preparation:

Place all the ingredients together including the whole spices in a pressure cooker and cook till three whistles.

Cool down and grind to a fine puree in a mixer and sieve it.

Heat one tabelspoon of butter in a pan and add few finely chopped garlic pieces and stir for a few seconds.

Add this to the soup and boil for a few minutes.

Finally garnish with finely chopped coriander and serve hot.



### Kitchen Measurements (approx.)

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



Servings



Preparation Time



**JAI GURUDEV**



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We value your suggestion



Your opinion matters.

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

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

Do drop a line at

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webmaster@rndwafers.com



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