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Club Administration	-	Rtn. Lokesh Jain
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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



Pic Credit : Udayan Sankar Pal

Flexibility – Adopting the new normal.

In a world that's changing rapidly, the only two options for any individual or an organization are innovation or disintegration.

How does one shift his mindset from limitation of unidirectional thinking to the liberty of mental flexibility & freedom.

Information

The first step towards innovation is information more important than having loads of information is to pick the right one.

Contemplation

Just like a cow chew on grass in a meditative trance, similarly one should chew on a concept from as many angles as possible

Questioning

Curiosity is a positive way t remain open to fresh ideas. In the midst of action, one forgets the very purpose of action.

Though provoking questions challenges the intelligence to think about the rational behind the actions.

Questioning comes from curiosity which is an important aspect of rational thinking.

Adoptability

Changes are only permanent thing, there should always be change and a good leader should always be ready for adopting according to circumstances, he should make his strategy accordingly... then only he will be able to survive.

Look forward to b bright future and a healthy new year.

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.



ROTARY - INTERNATIONAL

The latest zone structure of Rotary International





Every Rotary year, the Rotary International Board of Directors makes minor changes to the list of zones based on decisions to merge or create new districts, or grant district requests to change zones. In addition, the Board conducts a comprehensive review at least every eight years to comply with RI Bylaws that districts and clubs be divided into 34 zones of approximately equal number of Rotarians. The next comprehensive review by the RI Board may start in June 2023

Latest zone list : https://my-cms.rotary.org/en/document/zone-structure-list Zone maps : https://my-cms.rotary.org/en/document/zone-structure-maps

Source: Rotary International Courtesy: eFlashOnline

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.



Chaat cup



Dessert cup



Horeca use

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The different types of COVID-19 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.

As of December 2020, there are over 200 vaccine candidates for COVID-19 being developed. Of these, at least 52 candidate vaccines are in human trials. There are several others currently in phase I/II, which will enter phase III in the coming months (for more information on the clinical trial phases, see part three of our Vaccine Explained series).

Why are there so many vaccines in development?

Typically, many vaccine candidates will be evaluated before any are found to be both safe and effective. For example, of all the vaccines that are studied in the lab and laboratory animals, roughly 7 out of every 100 will be considered good enough to move into clinical trials in humans. Of the vaccines that do make it to clinical trials, just one in five is successful. Having lots of different vaccines in development increases the chances that there will be one or more successful vaccines that will be shown to be safe and efficacious for the intended prioritized populations.



There are three main approaches to making a vaccine:

The different types of vaccines

There are three main approaches to designing a vaccine. Their differences lie in whether they use a whole virus or bacterium; just the parts of the germ that triggers the immune system; or just the genetic material that provides the instructions for making specific proteins and not the whole virus.

The whole-microbe approach



Inactivated vaccine

Live-attenuated vaccine



Viral vector vaccine

The whole-microbe approach Inactivated vaccine

The first way to make a vaccine is to take the disease-carrying virus or bacterium, or one very similar to it, and inactivate or kill it using chemicals, heat or radiation. This approach uses technology that's been proven to work in people – this is the way the flu and polio vaccines are made – and vaccines can be manufactured on a reasonable scale.

However, it requires special laboratory facilities to grow the virus or bacterium safely, can have a relatively long production time, and will likely require two or three doses to be administered.

Live-attenuated vaccine

A live-attenuated vaccine uses a living but weakened version of the virus or one that's very similar. The measles, mumps and rubella (MMR) vaccine and the chickenpox and shingles vaccine are examples of this type of vaccine. This approach uses similar technology to the inactivated vaccine and can be manufactured at scale. However, vaccines like this may not be suitable for people with compromised immune systems.

Viral vector vaccine

This type of vaccine uses a safe virus to deliver specific sub-parts – called proteins – of the germ of interest so that it can trigger an immune response without causing disease. To do this, the instructions for making particular parts of the pathogen of interest are inserted into a safe virus. The safe virus then serves as a platform or vector to deliver the protein into the body. The protein triggers the immune response. The Ebola vaccine is a viral vector vaccine and this type can be developed rapidly.

The subunit approach

The subunit approach



Only uses the very specific parts (the subunits) of a virus or bacterium that the immune system needs to recognize.

A subunit vaccine is one that only uses the very specific parts (the subunits) of a virus or bacterium that the immune system needs to recognize. It doesn't contain the whole microbe or use a safe virus as a vector. The subunits may be proteins or sugars. Most of the vaccines on the childhood schedule are subunit vaccines, protecting people from diseases such as whooping cough, tetanus, diphtheria and meningococcal meningitis.

The genetic approach (nucleic acid vaccine)



Uses the genetic material for specific proteins - the DNA or RNA.

The genetic approach (nucleic acid vaccine)

Unlike vaccine approaches that use either a weakened or dead whole microbe or parts of one, a nucleic acid vaccine just uses a section of genetic material that provides the instructions for specific proteins, not the whole microbe. DNA and RNA are the instructions our cells use to make proteins. In our cells, DNA is first turned into messenger RNA, which is then used as the blueprint to make specific proteins.



A nucleic acid vaccine delivers a specific set of instructions to our cells, either as DNA or mRNA, for them to make the specific protein that we want our immune system to recognize and respond to.

The nucleic acid approach is a new way of developing vaccines. Before the COVID-19 pandemic, none had yet been through the full approvals process for use in humans, though some DNA vaccines, including for particular cancers, were undergoing human trials. Because of the pandemic, research in this area has progressed very fast and some mRNA vaccines for COVID-19 are getting emergency use authorization, which means they can now be given to people beyond using them only in clinical trials.



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Courtesy: Rtn Srinivas Gumidelli @ 9848005110



WASH Warriors





A Message From Shekhar Mehta Rotary International President 2021-22

Functional Household Tap Connections

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.



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

WASH in Schools (WinS)

Rotary's WASH in Schools Program aims to ensure that government schools in India have wellmaintained water and sanitation infrastructure and hygiene services. It helps fulfil the universal right to education and health and the UN Millennium Development Goals, thus reducing child mortality and advancing gender equality.

Since 2016, Rotary has worked to provide more than 30,000 schools with WASH facilities and hygiene services. In addition, Rotarians and partners have trained teachers, school management committees, child cabinets, parents and students on hand-washing, operations and maintenance, menstrual health management and good hygiene practices.



WASH in Healthcare

India has around 31,000 healthcare facilities. 7% of these facilities don't have water and 45% have no sanitation. The Global Action Plan for WASH in healthcare facilities envisions that every health care facility in every setting has safely managed, reliable water, sanitation and hygiene facilities.

The key components of this initiative are safe and reliable water supply, safe and accessible toilets for patients and staff of all ages, genders and abilities, at least 1 toilet for 20 in-patients, and at least 1 toilet each for staff, male, female and children in out-patient areas, good hand hygiene infrastructure and practices, including hand-washing stations in all patient care areas with running water and soap, safe waste management systems for general solid, liquid and biomedical waste and O&M plans for WASH infrastructure.

Household, Community and Public Toilets

Household Toilets are to be built under the 'ODF Plus' strategy of the second phase of Swachh Bharat Mission for newly emerged households and for those left out in Phase One. The strategy also includes retrofitting of existing toilets that were built using single pit technology or are not currently functional.

Community Toilets are the shared facilities provided by and for a group of residents or an entire settlement. These facilities are used primarily in low income and/or informal settlements/slums, where space and/or land are constraints in providing individual household toilets. These are for a more or less a fixed user group.

Public Toilets are toilets that are provided for a floating population in public areas where there are considerable number of people passing by, such as markets, train stations, tourist sites, office complexes.



Household toilet, Mewat, Nuh, Haryana

GET INVOLVED TODAY AND MAKE A DIFFERENCE

Over 1,75,000 Rotarians in India are committed to the WASH area of focus, with the active support of several partner organisations.

Find out how you can contribute by contacting your District leadership.



For further information, please contact PDG Ramesh Aggarwal, Chair, WASH Warriors +91 9811072303/apcorama@gmail.com











BIRTHDAY

ANNIVERSARY

01/11 - Rtn. Indra Sharma 03/11 - Rtn. Jitender Agarwal 11/11 - Rtn. Mridula Verma 17/11 - Rtn. Monika Agarwal 22/11 - Ann. Ashu Gauri 23/11 - Ann. Anita Tholia Jain 29/11 - Rtn. Sandip Gupta 03/11 - Rtn. Ramnarayana & Beena 04/11 - Rtn. Srinivas & Nagini Gumidelli 21/11 - Rtn. Praveen & Preeti Sharma 23/11 - Rtn. Sameer & Ritu Gupta



DESIGNATED MONTH





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





November - Rotary Foundation Month.

Clubs and Districts call attention to the programs of The Rotary Foundation and frequently cultivate additional financial support for the Foundation by promoting contributions for Paul Harris Fellows and Sustaining Members.

RCSS - CLUB IN ACTION (LAST MONTH) RCSS Fellowship at Hyderabad Polo Club on 3rd October 2021







Fellowship











Rtn. M. Chandra Sekhar Name of Spouse : Ann M. Vijayalakshmi Children Names : M. Rahul & M. Anusha

- 1. Name: Rtn. Chandra Sekhar Moosthiala
- 2. Educational Qualifications: B.E. (Mech.)
- 3. Profession/Business: Business (Chandra's Furniture)
- 4. Hobbies: Dancing, Playing Cards.
- 5. Define yourself in 3words: Sincere, Confident and Positive
- **6.** Based upon your life experiences what advice will you give to today's youth? The date you start earning, start saving and invest your savings in real estate.
- 7. How do you define leadership?

You have to lead from the front, it should be team work. Don't point out mistakes but encourage your team to move in positive direction.

8. A principle/philosophy/motto you live by:

Be sincere to the core. Help everyone who seeks help from you and help others if you know they are in trouble. Whatever your heart says, follow it and do it, things will move in right direction. Positive thinking keeps us happy and your surroundings lively.

- **9. What do you plan to do after you retire?** There is no retirement for me. I will be active as long as I can move.
- **10. What is your biggest take away from the ongoing pandemic?** Bonding with the family. I was able to help many corona patients. I feel I was useful to the society.
- **11. What is your biggest accomplishment so far in life?** The year 1988, when I started my own business "Chandra's".
- **12. When did you discover your flare for dancing and what it means to you?** Jaycees has given me the platform in year 1999 when I was the President. People get kick, if they drink; I get kick if I dance, without drinking





Rtn. Sanjay Dolwani Name of Spouse : Ann Kanchan Dolwani Children Names : Jiten & Sweta

- 1. Name: Rtn. Sanjay Dolwani
- 2. Educational Qualifications: Bachelors of Commerce and Business Administration
- 3. Profession/Business: Distributor of Reliance Jio (Proprietor)
- 4. Hobbies: Travelling and exploring new places
- 5. Define yourself in 3words: Passionate, Hardworking. Inspiring
- 6. Based upon your life experiences what advice will you give to today's youth?

From a very young age, I strongly believed in the idea of being independent. I urge youth to choose a path that is your calling. Open to great experiences and opportunities that are offered and don't be afraid to take unconventional career paths and follow your passion, because you are most successful when you create and choose your own path with utmost passion and grit.

7. How do you define leadership?

Leadership, in my opinion is the ability or trait to be able to inspire and guide, at the same time be open to suggestions from people around you as they help one become a better person and help shape your career.

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

Travel to unexplored places, Trying out new cuisines & Settling my children

9. Name a person whom you idolise and why?

I am intrigued by the personality of Mr Ratan Tata, majorly because of his philanthropic disposition. While being able to successfully set up an empire as great at TATA Group, he has remained a very grounded and humble soul. I believe something we all need to learn.

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

Pandemic has certainly changed are way of living and thinking. We no longer can hold on to things that are beyond our control and rather we should live in the moment and make the most of it.

11. What is your biggest stress buster?

I love stand-up comedy as it lightens my mood and rejuvenates me.

12. Tell us about any one of your Sindhi acumen which you think you have inherited? I cannot imagine a day without the "papads" and "koki" and of course the sindhi ladhas (sindhi songs)



Rtn. B.S. Ravindranth Name of Spouse : Ann B.R.Devika Children Names : B.R.Abhijna & B.R.Manojna

- 1. Name: Rtn. B.S.Ravindranth
- 2. Educational Qualifications: M.COM
- 3. Profession/Business: Corporate Gifting
- 4. Hobbies: Watching and Investing in Indian Stock Market
- 5. Define yourself in 3words: Always Ready-to-Celebrate
- 6. Based upon your life experiences what advice will you give to today's youth? Set goals in life and thrive to achieve
- 7. How do you define leadership? Leadership for me is like "Salt in the soup."
- 8. What is the most valuable lesson life has taught you? Spread your limbs to the size of the cot.
- **9**. What do you plan to do after you retire? As a businessman I have no plans to retire.
- **10**. What is your biggest take away from the pandemic? Keep everyone happy to be happy.
- **11. What are the three things you do not leave your home without?** Pen, Licence, Id Card and mobile.
- 12. 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)? Of Course my wife and spectacles to see her.





Rtn. Bimal Goradia Name of Spouse : Ann Meera Goradia Children Names : Utkal & Heer

- 1. Name: Rtn. Bimal Goradia
- 2. Educational Qualifications: COM
- 3. Profession/Business: Executive Director.
- 4. Hobbies: Badminton, meditation, teaching mudras.
- 5. Define yourself in 3words: Meticulous, disciplined, strict.
- 6. Based upon your life experiences what advice will you give to today's youth? I would not give advise unless asked for. Nobody likes free advice. I also didn't like when I was in my younger days.

7. How do you define leadership:

Achieving the goal with carrying his team along be a mentor and passing on the knowledge he possesses for the benefit of others.

8. What do you plan to do after you retire? Start a consultancy.

9. Name a person you idolize and why?

Mr. Narendra Modi ... will powered man who thinks about the nation ,his country men, upliftment of economically backward and poor people. He has started the ball rolling for a better Bharat. He is Maggie sauce (Something different)

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

Marriage as you all know on serious note did Parikrama of Kailasha and also swam across the Krishna river with a lot of under currents. (Span of almost a kilometre and half)

11. Given a chance to change a decision/choice in your life what would it be?

I would like to be a little more relaxed as I have mentioned that one of my qualities is being strict and at times that works as a disadvantage so would like to change that.

12. Who has the final say in any argument between you and Meera?

Very embarrassing question. For answering sake Depends upon the argument and the situation. But you all know...





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LOW FAT CHIDWA

FROM MY KITCHEN

Ingredients:

1/2 kg roasted Nylon poha1 cup roasted small peanuts.
1 cup roasted channa.
1/2 cup cashews roasted in salt .
2 big papad fried.
1 rice papad fried.
2 cups home made potato chips fried.
The sun dried ones.
Heat 2 tbsp oil.



by Ann. Rachna Gupta

Method:

Add the chevda, peanuts, channa and cashew. Roast on slow heat for a while. Remove on news paper lined with Kitchen napkin. Crush the papad and chips into smaller pcs and add to chevda. Add 1 handful sev of your choice. Heat 2 tsp oil. Add hing and 5 green chillies finely cut. 1 tbsp sesame seeds. Some green coriander finely chopped. Add some curry leaves. Roast on slow till done. Add in 1/2 tsp turmeric powder. Switch off gas.

Add in 1/2 tsp Kashmiri red chillie powder, salt to taste and 1 tsp ground sugar.

Add all this to the chevda and mix well.

Adjust the taste for salt, sweet and chillies.

When cool store in an air tight container.



Kitchen Measurements (approx.)

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





Servings

Preparation Time

Puffed Amaranth Bhel

A very healthy snack, you can find puffed amaranth or rajgira at any health food store or even your local kiraana. This snack is easy to make hardly takes a few minutes and can be stored in an airtight jar for upto a week.

Ingredients:

Oil 2 tbsp a handful Peanuts Roasted chana dal 2 tbsp Mustard seeds 1 tbsp Curry leaves a handful Green chilli 2, slit Dried red chilli 2-3 Turmeric powder 1 tsp Chilli powder 1 tsp Puffed amaranth 2 cups Salt to taste



by Chef. Amit Pamnani

Method:

Heat oil in pan. Add the peanuts and sauté them for 2-3 minutes until they are fried nicely. Add roasted chana dal and mix well. Add mustard seeds curry leaves red chillies, green chillies and fry for 30 seconds. Add puffed amaranth, turmeric powder chilli powder, salt and mix well. Switch off the flame, let the amaranth rest in the pan for a while, when cooled, store in airtight container and keep snacking.



Kitchen Measurements (approx.)

Table spoon
Teaspoon
Cup
Glass

15 grams 5 grams 200 ml 250 ml





Servings

Preparation Time

Mango Lassi Panna Cotta

Cuisine : Indian-Italian fusion Course : Dessert

Ingredients:

- 2 large mangoes (any variety),
- I used Langra which is available in Kolkata
- 1/4 cup milk
- 2/3 cup yoghurt
- 1 cup heavy cream
- 2 Tbsp sugar
- 1 tsp Agar Agar powder
- 1 tsp cardamom powder
- 3-4 saffron strands

Method:

Soak the Agar Agar powder in enough water so that it soaks well. It's necessary. Make Mango puree by peeling, cut slices and add to a blender to make a puree.

In a pan add Milk and Heavy cream and bring it to boil on medium flame.

Add cardamom powder and saffron strands. Add mango puree and yoghurt and whisk well while in flame. Set aside. Cool for 2-3 mins and strain the mango mix.

Grease the moulds. Pour into moulds and refrigerate overnight.

Garnish with mango small slices and mint leaves and enjoy



Kitchen Measurements (approx.)

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





Servings

Preparation Time



FROM MY KITCHEN

by Rtn. Madhumita Bishnu E Club of Melbourne Dist 9800, Australia



VISITOR MANAGEMENT SYSTEM



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ROTARY CLUB OF SECUNDERABAD SUNRISE Competition No. 2 - Make Your Own collage

The festive season is here! Time for some DIY

Just another reason for us to celebrate, decorate, gift and share our joy with each other, It's the month of the 'festival of lights' - our most loved Diwali and the 'Thanks giving' - time to show our gratitude. So, lets wrap and gift our loved ones something special.

Let's share with the world the environment friendly hacks we adapt to celebrate and create masterpieces.

It's PHOTO COLLAGE time.

Make your own collage showing the festive decorating / DIY gifting to win a cash prize and participation certificates



Age group :- 5-15 years, >15years **Please send in your entries by 30th November 2021 via WhatsApp to** Lopa - 9949621010 Beena - 9246371966 Kanak - 9885089031



HELP US DEFEAT COVID-19



We value your suggestion





Your opinion matters.

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

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

Editor / Webmaster

rajesh_pamnani@hotmail.com webmaster@rndwafers.com





ROTARY CLUB OF SECUNDERABAD SUNRISE www.rcss.in

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