

RCSS

Rotary



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TIMES

November 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

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-

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Secretary

-

Rtn. Vineet Giria

Treasurer

-

Rtn. Vikram Mehta

Club Trainer

-

Rtn. Sandeep Jhawar

IPP

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Rtn. Vijay Rathi

Vice President

-

Rtn. Anil Goel

President elect

-

Rtn Rajhans Banka

Sargeant-at-arms

-

Rtn Ranjay Goyal

Director

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-

Rtn. Chandrasekhar

Club Administration

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Rtn. Lokesh Jain

Youth Service

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Rtn. Pankaj Agarwal

Membership

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Rtn. Sanjay Kabra

International Service

-

Rtn. Kappana Ramnarayan

CSR

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Rtn. Srinivas Gumidelli

Foundation

-

Rtn. Pawan Kumar Tibrewala

Chairman

Club Program

-

Rtn. Mehul Shah

ebulletin & Website

-

Rtn. Rajesh Pamnani

Member Retention

-

Rtn. Krishna Narella

New Member

-

Rtn. Gaurav Niyati

Vocational Training

-

Rtn. Gaddam Sathish Manohar

Speaker Meeting

-

Rtn. Ajit Gandhi

Existing Projects

-

Rtn. Vaman Rao

Fund Raiser

-

Rtn. Shravan Malani

Polio

-

Rtn. Dr. Surender

Finance

-

Rtn. Sandeep Gupta

New Projects

-

Rtn. Sameer Gupta

Know your Member

-

Rtn. Krishna Narella

Long term Projects

-

Rtn. Praveen Lunawath



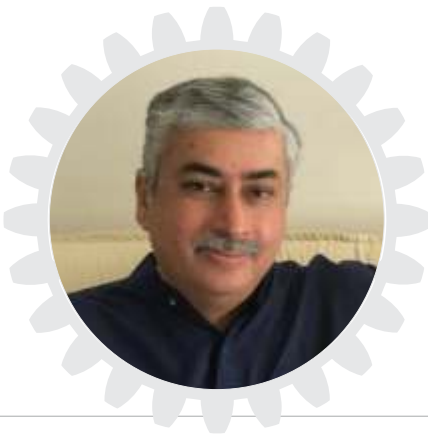
Index

Details		Page
From the Editor's Desk	-	4
Introducing our Editors	-	5
The President Speaks	-	6
Rotary International	-	7
The COVID-19 Vaccines	-	9
Birthday & Wedding Anniversaries	-	14
Designated Month	-	16
Club in Action (Last Month)	-	18
Introducing our Club Members		
(Rtn. Mudit Kumar)	-	21
(Rtn. Pawan Kumar Tibrewala)	-	22
(Rtn. Suresh Kumar Verma)	-	23
(Rtn. Jitender Agarwal)	-	24
From my Kitchen	-	24

PROGRAMME

04-12-2021 - Speaker Meeting
19-12-2021 - Fellowship
26-12-2021 - Anniversary Celebration

FROM THE EDITOR'S DESK



Holiday Season -Travel

If you haven't flown in a while and are getting ready to travel again, here's what you need to know before you go.

Masks, lines and delays: How to prepare for busy airports?

While the rebound of travel has started, it's come with a disheartening side effect: busy, and at times chaotic, airports. Headlines have ranged from bad behavior over mask mandates, delays stemming from staffing shortages, and an onslaught of winter fog & weather delays. Many travelers have faced a number of smaller inconveniences, like, trouble finding an Uber on landing at the airport.

Suggestion

1. Gave yourself ample time
2. If you're traveling domestically, no additional documentation is currently needed in the US, just your normal government identification and boarding pass, which in most cases can be downloaded on your phone digitally.
3. Vaccinated travelers are asked to self-monitor for symptoms after travel and unvaccinated ones are asked to get a viral test one to three days prior to travel.
4. However, those traveling internationally do need to check specific requirements for their destination so check with your airline to find out how and when document checks will occur to best prepare.

How do I check for specific airline requirements?

Some airlines have their own guidelines for freshening up masks. Some say they must be switched out if they get dirty or moist—and that everyone must switch to a new one every three hours, so bring enough for the journey. Another airline requires a change every four hours, while some simply recommend changing one every four hours, but one European doesn't allow cloth masks.

How early do I need to get to the airport?

Experts agree that travelers should generally arrive at the airport two hours before domestic flights and three hours ahead of international flights.

How do I maintain social distance when airports are busy?

Whether it's at the check-in counter, security check, or boarding gate, the best way to truly keep your distance is to get ahead of the issue.

How do I stay safe on my flights?

Many safety measures have been built into the flight protocols. But if any issue comes up on board, don't hesitate to call attention to the problem.

Upon return from international travel, no matter where you're coming from ; and fully vaccinated — you will be required to show proof of a negative COVID-19 viral test taken no more than three days before the travel date, (or recovery from COVID-19 in the past three months) before boarding the return flight home.

What else?

As the pandemic continues, restrictions will continue to evolve, always with the travelers' safety in mind.

Unexpected situations may arise, but across the board, the experts all recommend one essential item to pack: patience.

Rtn. Rajesh Pamnani
Editor (2021-2022).

Introducing our Editors (2021-2022)



Ann Seema Jain

W/o Rtn. Lokesh Jain

Qualification Mcom from Rajasthan university
& Home maker.

Ann Mamta Jhawar

W/o Rtn. Sandeep Jhawar

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



Ann Ritu Gupta

W/o Rtn. Samir Gupta

BA degree and Masters in Computers, I have
kept myself engaged professionally in our
consultancy firm for foreign education -
providing solutions to students for education
abroad.

Ann Beena Ramnarayan

W/o Rtn. Kappana Ramnarayan

Graduation in commerce from SV University.

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



Ann Kanak Kabra

W/o Rtn. Sanjay Kabra

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

Ann Lopa Mehta

W/o Rtn. Vikram Mehta

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



THE PRESIDENT SPEAKS



My Dear Rotarians and Ann's

An amazing festive month has just gone by. India is a country which knows how to celebrate its festivals and often the economic activity is a good indicator of the same. I was recently reading a report which pointed out Oct to Feb being the most important consumer spending months and how festivals and weddings contribute to the same. A number of Rotary Clubs around the country have recognised this and have helped under privileged children in celebrating festivals with a smile on their faces. A number of community wedding projects are also being undertaken to help the poor people who cannot afford the big weddings.

As I write this article, there are news of a new Covid Variant developing in South Africa. I hope timely action will be taken to prevent the entry of the same in our country. A lot of financial, social and personnel loss has already been incurred to COVID and hopefully no further damage will be done. It is interesting how the country has crossed the 100 Cr vaccination mark and is still going strong. However, we are still far behind others and a lot of effort needs to be made towards vaccine hesitancy and people need to ensure that they don't drop their guard against this deadly virus. Rotary's contribution towards COVID essentials has been immense and I hope we can keep contributing further to combat this situation.

On a good note, things seem to be getting back to normal. RCSS is enjoying wonderful fellowships and bonding time in terms of physical meetings and I am sure it is going to further enhance the bond of members in general.

RCSS has been working on a big project and I am hopeful that within a very short span of time we shall be able to turn this dream into a reality. With the support of all fellow Rotarians and blessings of the Lord, this shall surely be turned into a successful venture.

Looking forward to some fun and service in the coming months.

Thank You

Rtn. Ravi Ladia
President (2021-2022).

ROTARY - INTERNATIONAL



2020 Rotary All-Member Survey Findings.



Why did new members join in 2020?

46% of new Rotarians and Rotaractors joined to serve their communities.
17% joined for friendship.

How did new members find their clubs?



87% of new Rotarians and 41% of new Rotaractors were introduced to their club by another member.

How were clubs meeting at the end of 2020?



More than 55% of Rotary and Rotaract clubs said they were meeting mostly online at the end of 2020.

Why members stayed in 2020



To serve their community



For friendship



For personal growth



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



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Access and allocation: how will there be fair and equitable allocation of limited supplies?

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 the world continues to fight COVID-19, both alongside each other and in collaboration, many questions are being asked about the allocation of and access to vaccines as they become available.

WHO started work on COVID-19 vaccine research and development in February 2020, after consultations with multiple international scientists and public health experts.

The COVID-19 Vaccines Global Access (COVAX) Facility

The COVID-19 Vaccines Global Access (COVAX) Facility was established by WHO in collaboration with the ACT-Accelerator vaccine partners the Coalition for Epidemic Preparedness Innovations (CEPI) and Gavi, the Vaccine Alliance. COVAX is bringing nations together, regardless of their income level, to ensure the procurement and equitable distribution of COVID-19 vaccines.

Effective vaccines can take years to develop – and even longer to ensure that they reach all who need them. Work being carried out on potential COVID-19 vaccines follows the same processes as with other vaccines, but given the urgent need to stop the pandemic, some of the steps are being carried out in parallel to accelerate the process. The COVAX Facility will accelerate this timeline by enabling early investments in the development of a variety of vaccine candidates; expanding manufacturing capacity; and accelerating vaccine production ahead of the licencing process so that vaccines can be deployed without delay once they are proven to be safe and effective.

Core goals

WHO, as the COVAX lead for allocation, proposes that protecting individuals and health systems and minimizing the impact on economies should be the driving force behind the allocation of COVID-19 health products across different countries.

The ACT-Accelerator was set up to contain the COVID-19 pandemic faster and more efficiently by ensuring that successful diagnostics, vaccines and treatments are shared equitably across all countries.

Key to achieving that goal is the design and implementation of a Fair Allocation Framework. Equitable distribution is particularly important in the area of vaccines, which, if used correctly and equitably, could help to stop the acute phase of the pandemic and allow the rebuilding of our societies and economies.

The Values Framework for the allocation and prioritization of COVID-19 vaccination offers high-level guidance globally on the values and ethical considerations regarding the allocation of COVID-19 vaccines between countries and offers guidance nationally on the prioritization of groups for vaccination within countries while supply is limited.

Prioritized groups

While resources remain scarce, immunization programmes will have to prioritize certain groups over others before progressively expanding distribution to all population groups. When a COVID-19 vaccine becomes available, to reduce severe disease, deaths and protect health systems, it's important that priority groups receive the vaccine first.

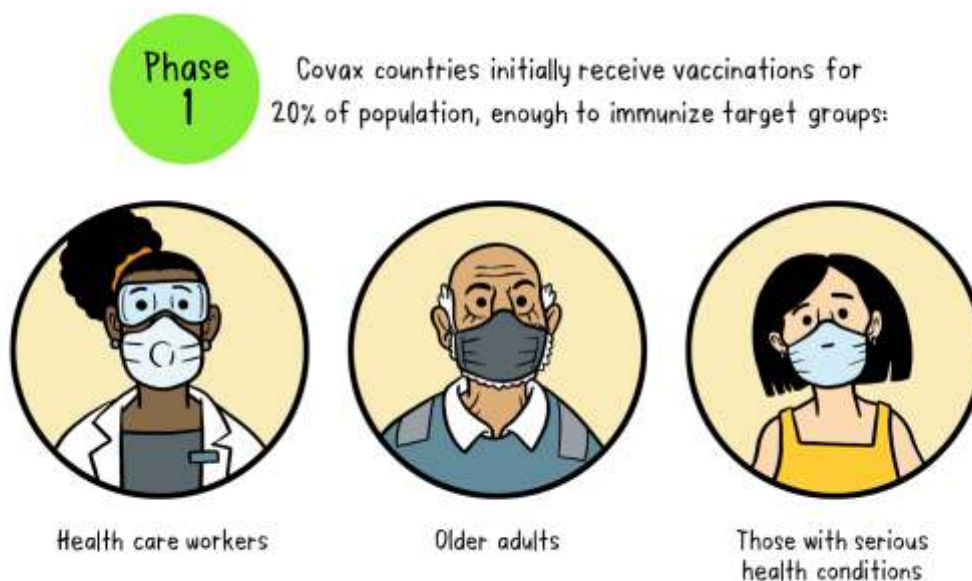
The definition of priority groups should be based on the most thorough analysis of evidence, including differences across diverse geographical and social settings.

These priority groups, at present, as determined by WHO's Strategic Advisory Group of Experts on Immunization are:

- Frontline workers in health and social care settings
- People over the age of 65
- People under the age of 65 who have underlying health conditions that put them at a higher risk of death

Prioritized groups

Countries that are members of the COVAX Facility will have access to enough vaccines to immunize their population's priority groups. In the first phase of allocation, doses will be made available to participating countries simultaneously until they can cover approximately 20% of the population of every country. The first group prioritized would be frontline workers in health and social care settings in most countries.



By choosing to set an initial prioritization for health workers (in most countries this is 3% of less of the population), WHO wants to ensure that volumes meet the needs of well-resourced health systems while not penalizing countries with a lower proportion of health and social care workers. Additional portions will follow gradually as more supply becomes available until 20% of the national population is covered in all participating countries. For 92 low and middle-income economies, reaching 20% is contingent upon raising funds for the COVAX AMC, the financing mechanism which will support their participation in the COVAX Facility.

Phase two

Once countries have been allocated enough doses for 20% of the population, additional doses will be made available depending on funding. In this second phase, the pace at which countries would receive additional doses of vaccine would be determined by an assessment of their risk at any given time, if there remains substantial supply limitations. Consideration will be based on an evaluation of threat (the potential impact of COVID-19 on a country, assessed using epidemiological data) and vulnerability (the vulnerability of a country, based on health systems and population factors).



Using these criteria, the analysis will identify countries with the highest risk, which will receive vaccines at a faster pace than those considered at lower risk. Special consideration will be given to countries that may suddenly face major outbreaks or national disasters throughout the allocation process.

Humanitarian buffer

In addition to the vaccine allocations in phases one and two, some doses of vaccine are proposed to be reserved as part of a “humanitarian buffer”. A small buffer of up to 5% of the total number of available doses will be set aside as a backstop mechanism to serve as a provider of last resort for if/when national, government-led processes fail to reach certain populations. For example populations living outside government-controlled areas and those who work within these settings could be served through the Humanitarian buffer if necessary.

Governments and states are encouraged to include all high-risk individuals and populations, according to the WHO SAGE recommendations, independent of their residency and legal status, including internally displaced populations, refugees, migrants and detainees.

Humanitarian Buffer

In addition to phases 1 and 2, some doses of vaccine will be reserved for other vulnerable populations, which may include:



Refugees



Asylum Seekers



Workers in these settings

Transparent allocation and use

The WHO Secretariat recognizes the right of each country to decide how the vaccine will be used within their territory, but it encourages countries to consider the recommendations regarding target groups issued by WHO's SAGE committee, and to be transparent about their decision-making processes and ultimate use of the vaccine.

SAGE

The Strategic Advisory Group of Experts (SAGE) is the principal advisory group to WHO for vaccines and immunization. Throughout the development, production and distribution of vaccine candidates for COVID-19, SAGE is providing independent expert advice and recommendations on how best to safely and equitably distribute an approved vaccine.

The world has united in the fight against COVID-19. We must continue to work together until everyone is protected and safe.





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Various furniture items displayed including: a red armchair, a blue storage unit, a black and white sofa, a green dining table with chairs, a pink and blue armchair, a wooden stool, a red plastic chair, a blue storage unit, a blue plastic chair, a small table, a yellow stool, a black table, a brown armchair, a green storage unit, and a large wooden cabinet.

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BIRTHDAYS & WEDDING ANNIVERSARIES - DECEMBER




BIRTHDAY

01/12 - Ann. Meera
 04/12 - Ann. Jyoti Surana
 08/12 - Ann. Keerti Pissay
 17/12 - Rtn. Sandeep Jhawar
 21/12 - Ann. Ammu Joseph
 31/12 - Rtn. Rajesh Surana
 Rtn. Vikram Mehta

ANNIVERSARY

02/12 - Rtn. Praveen & Rekha Jain
 02/12 - Rtn. Pankaj & Kavita Agarwal
 07/12 - Rtn. Sudhir & Manju Agarwal
 08/12 - Rtn. Ajit & Shilpa Gandhi
 08/12 - Rtn. Mehul & Bijal Shah
 10/12 - Rtn. Jitender & Monica Agarwal
 10/12 - Rtn. Gaurav & Seema Nyati
 11/12 - Rtn. Sandeep & Mamta Jhawar
 27/12 - Rtn. Lokesh & Seema Jain
 28/12 - Rtn. Rajesh & Tanvi Pamnani
 28/12 - Rtn. Chandrashekar & Vijaylaxmi



FOUR-WAY TEST

FOUR QUESTIONS – 24 WORDS

THE UNIQUE STEP-BY-STEP PROCESS	PROCESS TO ACHIEVE DESIRED OUTCOMES THAT ARE ETHICAL, FAIR AND BENEFICIAL TO ALL
IS IT THE TRUTH? <ul style="list-style-type: none"> Clarity Transparency Fact checking Ethical behaviour 	<p>That we do our homework to collect information and to apply critical thinking by asking questions to know the difference between facts, beliefs, assumptions, and opinions as well as know what we don't know.</p>
IS IT FAIR TO ALL CONCERNED? <ul style="list-style-type: none"> Inclusion Empathy Acceptance Belonging Accountability 	<p>That we use empathy to see other points-of-view in the context of the problems to be solved and the goals to be reached.</p>
WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS? <ul style="list-style-type: none"> Trust Do good Feel good Have fun 	<p>That the process is civil, and there is a feeling of respect and openness to ask the "dumb" question, they can lead to creative and innovative answers. Also, people prefer to work with people they like, respect and trust.</p>
WILL IT BE BENEFICIAL TO ALL CONCERNED? <ul style="list-style-type: none"> What if scenarios Trade-offs Being creative and innovative Better decision making 	<p>That these are the conflict transformative answers and decisions that can lead to mutually satisfying solutions, that are sustainable and scalable. This can be an iterative process as we learn more from doing and continuously improving with time.</p>

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DESIGNATED MONTH



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.



December - Disease Prevention and Treatment

Area of Focus : Disease Prevention and Treatment Month. This month includes : World AIDS Day on the 1st and International Day of Disabled Persons on the 3rd of December.

- Organise Medical Camp - Health Awareness for Eye Care / Dental Care.
- Providing equipment such as Artificial Limbs, Wheel Chairs and Calipers to the Physically Challenged Peoples i.e. Polio Sufferers.
- Provide low-income, underinsured or underinsured Persons with the knowledge, skills, an opportunities to improve their diet, physical activity and other life habits to prevent, delay, or control, chronic diseases.
- Initiate Actions to Prevent and control Diabetes, Heart Diseases, Obesity and Associated Risk Factors.



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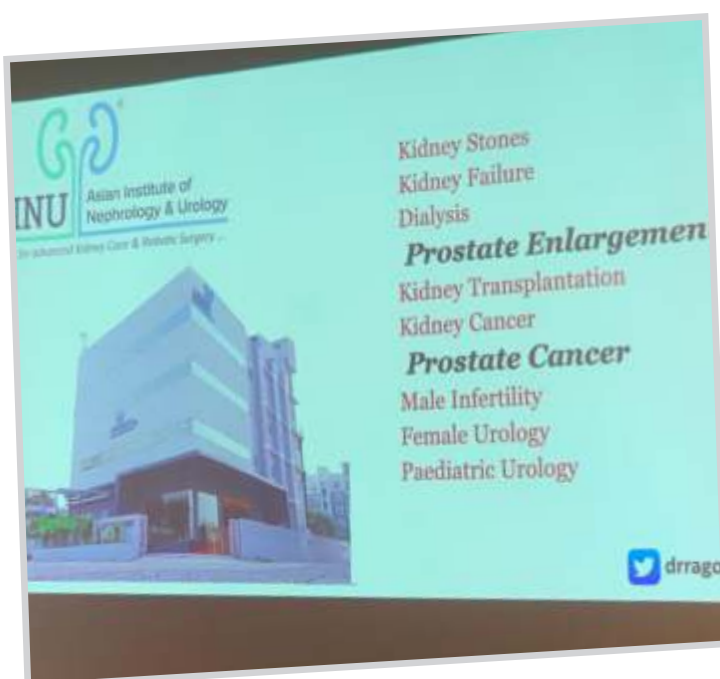
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RCSS - CLUB IN ACTION (LAST MONTH)

Speaker : Dr Deepak Ragoori, Urologist at AINU



Speaker Meeting





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INTRODUCING OUR MEMBERS



Rtn. Mudit Kumar

Name of Spouse : Ann Madhu

Children Names : Tanay & Harshita

1. Name: Rtn. Mudit Kumar Gangal

2. Educational Qualifications: MBA, B.Tech in Mechanical Engineering

3. Profession/Business: Distributors for Hard Castle Petrofer Pvt Ltd., Atul Ltd., Texyear India Ltd, Mccoy Soudal Sealants & Foams, Aditya Birla Group and Welspun.

4. Hobbies: Playing Cards, Singing.

5. Define yourself in 3 words: Punctual, Motivated, Ambitious.

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

Always respond instead of reacting. Believe in family values.

7. How do you define leadership?

Leadership is to take responsibility & ownership of something and work together with others to achieve your goal.

8. Name a person whom you idolise and why?

Ratan Tata. Astute business leader, Responsible.

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

Travel the world with my family

10. What is your biggest take way from the pandemic?

Health is wealth. Always be with your family.

11. What is the most relevant lesson life has taught you?

Be focused on your goals and perform your roles, responsibilities & duties irrespective of what others think.

12. Please share a funny incident from your life.

During my college days, we used to have a canteen which displayed the daily menu items on the black board. One day, without being noticed I added the word "FREE" in front of one of the menu items due to which the whole college swamped the canteen and the staff was suprised and shocked.

I still smile when I remember this incident.





INTRODUCING OUR MEMBERS

Rtn. Pawan Kumar Tibrewala

Name of Spouse : Ann Asha Tibrewala

Children Names : Pracheta, Praneet & Vedika

- 1. Name:** Rtn. Pawan Kumar Tibrewala
- 2. Educational Qualifications:** M.Sc (Mathematics)
- 3. Profession/Business:** Business (Manufacturing)
- 4. Hobbies:** Travel to pilgrimage as it gives me peace and I feel energetic. Yoga, pranayama and morning walks.
- 5. Define yourself in 3 words:** Helpful, hardworking and encouraging.
- 6. Based upon your life experiences what advice will you give to today's youth?**
 - A) Early to bed early to rise makes you healthy wealthy and wise, be disciplined.
 - B) When you start earning, first think of saving then spending.
- 7. How do you define leadership?**

A good leader takes everybody along with him.
- 8. Name a person whom you idolise and why?**

Ram Dev baba because he is "KARAMATH" with strong will power and does selfless service to mankind.
- 9. What do you plan to do after you retire?**

I don't want to retire. Retirement is for old people.
- 10. What is your biggest take away from the pandemic?**

Never give up.
- 11. What is the most relevant lesson life has taught you?**

Help everybody in whatever way I can help.
- 12. Do you have any regrets in life?**

No regrets



INTRODUCING OUR MEMBERS



Rtn. Suresh Kumar Verma

Name of Spouse : Ann Dr. Mridula Verma

Children Names : Himanshu & Pallavi Verma

1. Name: Rtn. Suresh Kumar Verma

2. Educational Qualifications: B.E.(Hons.) (Mech) ,M.E.(Design& Production)

3. Profession/Business: Engineer

4. Hobbies: Travel. My most cherished vacation so far was trip to Tanzania where I saw wild animals in natural habitats. Serengeti National Park was most interesting in entire Tanzania.

5. Define yourself in 3 words: Age-just number.

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

Follow the cycle Plan-Do-Check-Act (PDCA). Planning is most important part of success.

7. How do you define leadership?

It's the ability to inspire people of my organisation to work towards achieving the objectives of the organisation.

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

I may retire from any organisation but not from work.

I have retired from BHEL(VRS)

Retired from ESCI

Retired from Quality Council of India (I am retiring this month end as Director and Advisor TQM) after 3 years. However I will continue to work for 'Y Point Analytics India'.

9. What is your biggest take away from the pandemic?

There is a way

10. What is your biggest stress buster?

Swimming

11. What is that one habit from your childhood which you still have?

I can sleep any time anywhere

12. Do you have any regrets?

No





INTRODUCING OUR MEMBERS

Rtn. Jitender Agarwal

Name of Spouse : Ann Monika Agarwal

Children Names : Eshika & Sanskar

- 1. Name:** Rtn. Jitender Agarwal
- 2. Educational Qualifications:** B.E (Hons) Mechanical from BITS, Pilani
- 3. Profession/Business:** All India wholesale distributor for D'decor (World's biggest curtain & upholstery weaving mill). We supply to over 1500 furnishing stores all over India. I have to be ahead of trends in the home fashion industry & hence the need to travel worldwide. Luckily me and my family love travelling and exploring places.
- 4. Hobbies:** Adventure travel, Listening books, Singing , Badminton , Swimming Memorable ones are: Alaska, South Africa jungle safaris and living out in tents with wild animals around in the open, bungee jumping, swimming in a cage with sharks, parasailing etc. in New Zealand & South Africa. I try out all kinds of local food in every possible place I visited visit. Really helps you understand and appreciate the place better.
- 5. Define yourself in 3 words:** Hardworking, Explorer, Passionate
- 6. Based upon your life experiences what advice will you give to today's youth?**
Follow your passion, work really hard and leave a positive impact in this world before your time is up. It's never too late to start.
- 7. How do you define leadership?**
To have a vision to do something great and create other visionaries who will carry on your legacy and good work. At least attempt for greatness and it doesn't matter if you fail. At least your next generation will learn what to do and what not to do to some extent.
- 8. What do you plan to do after you retire?**
I don't plan to retire as of now. Great businesses are built over generations. I want the next generation to take the work we are doing to much greater heights.
- 9. What are 3 things you don't leave your home without?**
 - a) Some homework or preparation/ thought process for the day in line with a 20 year plan.
 - b) Phone
 - c) Anything which will help achieve the goal for the day/ over prepare rather than be under prepared.
- 10. What is your biggest take away from the pandemic?**
It was a great time to improve your skills / some major aspect of your life like health , knowledge about your work so that you emerge smarter & fitter after the pandemic ends.
- 11. If you are lost on an isolated island how would you kill your time until help arrives?**
Check out the island fully and see how to make it a better place and make some device or boat or method to reach out to the rest of the world
- 12. Being in the business of home furnishings do you think the fashion trend in this business influences the fashion trends in garment industry or vice versa?**
New fashion always comes first to the garment business and then comes to the home furnishings business . One needs to travel a lot to grasp the changing nuances early. A genuine love for travel and learning about different cultures is one of the keys to create and understand fashion.



JAI GURUDEV



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Dal Bati

FROM MY KITCHEN

Ingredients for Dal:

50 gms toor dal
 50 gms split green gram dal
 50 gms chana dal
 1 bay leaf
 3-4 cardamoms
 3-4 peppercorns
 1 tsp jeera
 1tsp mustard seeds
 A few curry leaves 5-6 red chillies
 Juice of 1 lime
 1/2 tsp dhania powder
 1tsp red chilli powder
 1/2 tsp turmeric powder
 1 bunch coriander leaves chopped
 Salt to taste
 Ghee for cooking
 Water for cooking



by Ann.Anitha Banka

Ingredients for Bati:

250 gms coarsely ground
 wheat flour
 1/4 tsp of soda bicarb
 3-4 tbsps ghee
 1/2 tsp salt
 1/2 tsp ajwain

Method for Dal:

Cook all the three dals together in a pressure cooker.heat some ghee in a pan and add jeera, mustard seeds,curry leaves and all the other spices.add cooked dals,salt, turmeric powder,red chilli powder,dhania powder along with lemon juice.garnish with coriander leaves and keep aside.

Method For Batti:

Mix all the ingredients to make a semi soft dough with water.make small balls and press them between your index finger and thumb.Bake them by placing them in the tandoor or OTG. till golden colour.Now dip them in hot ghee.While serving,pick them from hot ghee and serve with dal.

Kitchen Measurements (approx.)

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



Servings



Preparation Time

Sindhi Kadhi

FROM MY KITCHEN

Kadhi Chaawal or “Kadhi Chaawaran” as it is called, is among the most cherished dishes by Sindhis. It’s a tangy gram flour based curry with lots of assorted vegetables and is loved by one and all.

Sharing one of my secret and most favourite recipes with all you fellow Rotarians.

To begin with, keep the following ingredients ready:

- 4 tablespoons vegetable oil
- 2 teaspoons cumin seeds
- ¼ teaspoon fenugreek seeds
- ¼ teaspoon asafetida (hing)
- 2 teaspoons finely chopped ginger
- 2 teaspoons finely chopped green chill peppers
- 10-12 curry Leaves
- ½ cup chickpea flour (besan)
- ½ cup grated fresh tomatoes
- 6 cups boiling water
- ½ teaspoon turmeric powder
- 1 teaspoon Kashmir red chilli powder
- Salt to taste
- 2 cups mixed vegetables (1 used a mix of potato, carrots, drumsticks, pumpkins, okra and brinjal.)
- 2 teaspoons tamarind paste (or soak 2 small lime sized seedless tamarind balls in ½ cup water for 30 minutes, Squeeze, discard the pulp and use the water.)
- 1 teaspoon crushed jaggery
- 1 tablespoon chopped cilantro (coriander)



by Ann. Kanchan Dolwani

Let’s start cooking:

Heat vegetable oil in a skillet over medium high heat.

Once the oil is hot, add cumin seeds, fenugreek seeds, asafetida, finely chopped ginger, finely chopped green chili peppers, and curry leaves and let them crackle for 4-5 seconds. Reduce the heat to low and chickpea flour in small increments. Keep stirring continuously while adding the flour to avoid the formation of lumps. Fry until the flour turns golden brown in colour. Keep stirring continuously while frying. It will take 4-5 minutes.

Add tomatoes and cook for a minute.

Take the pan off the heat and slowly add in boiling water while stirring continuously using a wire whisk from your other hand. Mix to form a lump-free mixture.

Put the pan back on low heat and stir in turmeric powder, Kashmiri red chilli powder, salt and chopped vegetables.

Cover the pan and cook for 8-10 minutes or until the vegetables are tender

Add tamarind paste and crushed jaggery and mix well.

Cook on medium heat until the curry thickens (4-5 minutes). Garnish with chopped cilantro and serve hot with rice.

Kitchen Measurements (approx.)

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



Servings



Preparation Time

Capsicum Curry with rice

FROM MY KITCHEN

Ingredients:

Dry Masala Paste
 2 Tsp Cumin Seeds
 1 Tbsp Dry Coconut
 2 Tbsp Sesame Seeds
 2 Tbsp Coriander Seeds
 3 Tbsp Peanuts
 3 Red Chillis
 ½ Cup Water

Curry:

3 Green Capsicums
 2 Onions
 ½ Cup Tamarind Pulp
 1 Tbsp Ginger garlic Paste
 ½ Cup Coriander Leaves
 1 Tsp Turmeric Powder
 1 Bay Leaf
 3 Cloves
 2 Cardamom
 2Tbsp Vegetable Oil
 Salt and Chilli Powder as per Taste



by Ann. Gaddam Rama

Preparation:

To make the Dry Masala Paste:

1. Dry Roast all the ingredients mentioned.
2. Grind them into a smooth paste adding water in it.

To Make the Curry:

1. Add oil into a hot pan
2. Put Bay leaves, cloves and cardamom
3. Then add finely chopped onions and let them fry until they change the color.
4. Add Ginger garlic paste and let it cool.
5. Add finely chopped capsicum, turmeric powder and salt as per taste.
6. Mix them all together
7. Cover the pan with a lid and let it cook for 10 minutes on a low flame
8. After 10 minutes open the lid, mix and add tamarind pulp.
9. Let it cook for 5 more minutes.
10. Add the masala paste into the curry
11. Mix well and add chill powder as per taste, let it cook for 5 minutes on medium flame.
12. Switch off the gas and add coriander leaves.
13. Serve with a bowl of hot rice and ghee.



Kitchen Measurements (approx.)


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



Servings




Preparation Time



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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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