

RCSS

Rotary



SERVE TO
CHANGE LIVES



TIMES

March 2022

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

(This Magazine is for Private Circulation Only.)



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- Rtn. Mehul Shah

ebulletin & Website

- Rtn. Rajesh Pamnani

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- Rtn. Krishna Narella

New Member

- Rtn. Gaurav Niyati

Vocational Training

- Rtn. Gaddam Sathish Manohar

Speaker Meeting

- Rtn. Ajit Gandhi

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Polio

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Finance

- Rtn. Sandeep Gupta

New Projects

- Rtn. Sameer Gupta

Know your Member

- Rtn. Krishna Narella

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- Rtn. Praveen Lunawath

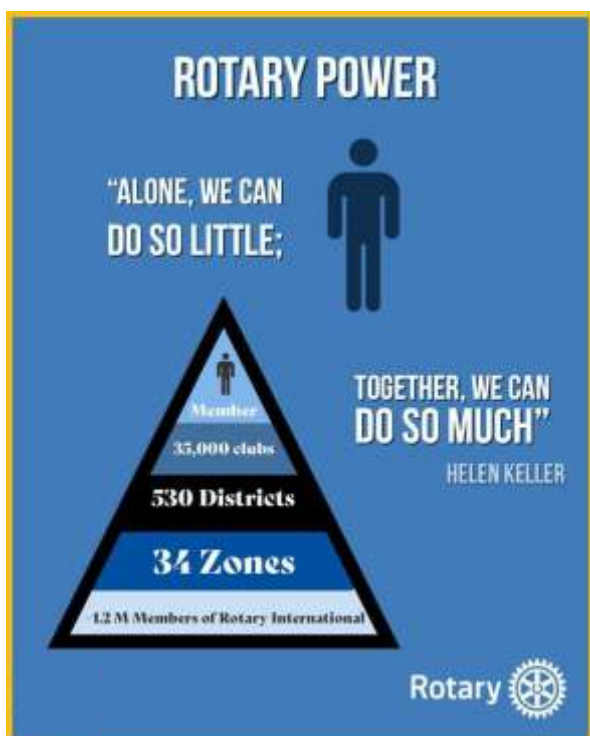


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FROM THE EDITOR'S DESK



Travel in 2021 felt very much like a game — any plans had to align with COVID-19 infection rates and travel restrictions so as not to risk cancellation.

Some of us were fortunate enough to have travelled domestically and even internationally: returning home, visiting loved ones, or checking off a bucket list trip.

Others, less fortunate, have a lifetime of stories detailing cancellations, quarantines, and restrictions.

Regardless, 2022 provides a fresh start to re-imagine what travel can mean during this time. The monotony of working and staying at home certainly has us all seeking new experiences—experiences that serve to rekindle our curiosity about the world.

Technology provides us with so many conveniences, but most people would agree that after two years of connecting virtually, nothing will replace in-person connection: learning from strangers, experiencing a new culture, and sharing a meal together.

Travel fuels our intellectual curiosity disconnects us from the day-to-day and replenishes our sense of well-being.

Some of the top priorities for people looking to travel in 2022 were safety, cleanliness, access to stillness and quiet spaces, and nature.

Reflecting on these past two years has certainly given us much food for thought. Given our experiences during the pandemic, we are all exploring our own journey into staying well.

Travel will be part of that journey.

With the focus on the environment, on learning about other cultures, and on self-care, the industry is adapting to our new travel values.

The demand for experiences that heighten our senses will continue, as will our demand for better health and environmental standards.

We are all seeking new experiences whether as a solo traveler, with friends, or with our families. Innovations, whether new or returning to old, will help us reimagine travel in 2022 and beyond.

Rajesh Pamnani
Editor (2021-2022).

“You might not die, but you might not go back to living the life that you planned to live.”

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

I am thrilled and jovial as I write this column. For we have realized a long cherished dream. A dialysis centre established by our club and trust which will serve and save lives of thousands in the years to come is surely as big a feather in our cap as any.

“Serve to change lives” is the theme of rotary this year and it could not be more appropriate as this center would serve as a life changer for many under privileged people who will get dialysis at an affordable cost. There cannot be a more satisfying moment for us as Rotarians.

We must thank BHEL GE and Bhagwan Mahaveer Foundation both of whom have been instrumental in helping us complete this gigantic project. It would have been difficult to achieve this project in such a short span of time without the help of both these organizations. The endless hours put in by all of us in terms of planning and execution of this project has finally yielded us with some great result.

Also, this month we have been successfully able to complete the toilet block as well as the rain water drainage project of the Old Age home at Miyapur and I hope that in the years to come we can do more for the elderly and the under privileged. BHEL GE, our CSR Partner has been instrumental with funding of this project too.

In the times, when a war between Russia and Ukraine is threatening to polarize and disturb the world peace, I feel that Rotary shall have a huge role to play in the coming months. There can be efforts both to re-establish humanity in the war torn Ukraine and to advocate peace all around the globe unless the world leaders decide to put an end to this massacre.

This month will see the unfolding of one of India’s greatest festival, the IPL. The craze, frenzy and mind boggling numbers generated by the league, off late is unreal. It marks an important evolution of India into a Sporting super power. Hopefully, the money can also be channelized into the development of other sports too. Sports give the youth a platform to showcase their talents. It is an untapped area of service and those who find joy in cheering for medals from our athletes must try to see how we can give our young athletes, better infrastructure to enable them to show their talent on an international platform.

With normalcy returning to the country, in terms of pandemic, a lot of us are now eagerly waiting for fellowships and physical meetings and we can be rest assured of a full dose of the same in the months to follow. A lot of activities in terms of family outings, fellowships and meetings are being planned and it’s time to meet and greet one and all once again.

Looking forward to creating exciting memories with everyone in the months to come.

Thank You
Rtn. Ravi Ladia
President (2021-2022).

ROTARY - INTERNATIONAL



Rotary Club Kyiv - Ukraine - helping in the war efforts



“The Kyiv RK Club purchased 130,000 hryvnias worth of medicines and drugs and transferred them to the Kyiv Hospital for current needs. Thanks to the donors and everyone who joins!
Glory to Ukraine and to the brave children!

We are taking packages with socks, underwear and outerwear allotted specially to Kyiv.

The nights in Ukraine are frosty now.

To warm up the fighters and provide them with hot food, 30 fire heaters were ordered and manufactured in the Frankivsk region, and delivered to the checkpoints of the territorial defense of Kyiv.”

....FB / Rotary Club Kyiv (19th March 2022)





Dear RCSS Members

As Rotarians, we are all set to grow and take up higher responsibilities in serving the society, it is important we also connect with other clubs to know their involvement in the world of Rotary.

We have two very good platforms to be involved and learn from:

1. Rotary International Presidential Conference@ Hyderabad which will chaired by Rtn Shekhar Mehta, RI president 2021-22.

Dates: 29th April to 1st May 2022

Location : HICC

Look up at this link for more info and registering.

<https://ripc2022.com>

2. Rotary District Conference (Jalsa) hosted by Rotary club of Hyderabad Deccan

Date: 26th & 27th March 2022 .

Register for Dist Conference- JALSA

<https://www.instamojo.com/RID3150/jalsa/>

Let's register for these two events and show our Sunrise presence and strength

Rtn. Narendra Gauri

Charter President (2001-02)





Getting the COVID-19 Vaccine

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.

Vaccines are a critical tool in the battle against COVID-19, and getting vaccinated is one of the best ways to protect yourself and others from COVID-19.

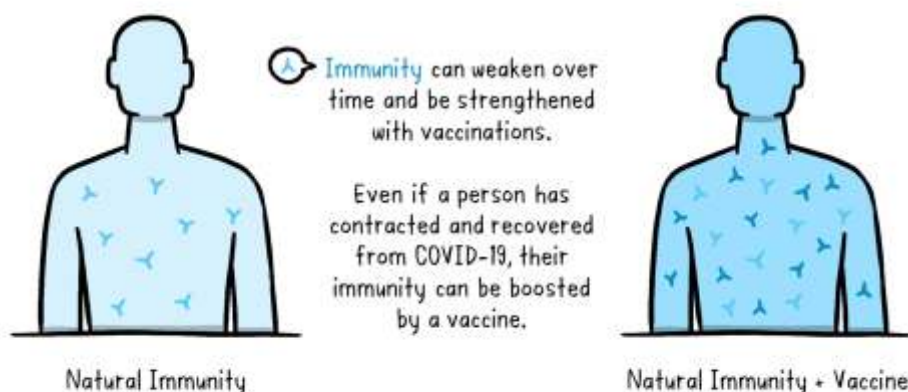
Getting vaccinated is safer than getting infected

Vaccines train our immune system to recognize the targeted virus and create antibodies to fight off the disease without getting the disease itself. After vaccination, the body is ready to fight the virus if it is later exposed to it, thereby preventing illness.

Most people who are infected with SARS-CoV-2, the virus that causes COVID-19, develop an immune response within the first few weeks, but we are still learning how strong and lasting that immune response is, and how it varies between different people.

People who have already been infected with SARS-CoV-2 should still get vaccinated unless told otherwise by their health care provider. Even if you’ve had a previous infection, the vaccine acts as a booster that strengthens the immune response. There have also been some instances of people infected with SARS-CoV-2 a second time, which makes getting vaccinated even more important.

Do people who’ve already had the virus still need to be vaccinated?



What to expect during vaccination

Medical professionals can best advise individuals on whether or not, and when, they should receive a vaccine. A health worker will administer the vaccine, and the person receiving it will be asked to wait for 15–30 minutes before leaving the vaccination site. This is so that health workers can observe individuals for any unexpected reactions following vaccination.

Like any vaccine, COVID-19 vaccines can cause mild-to-moderate side effects, such as a low-grade fever or pain or redness at the injection site. These should go away on their own within a few days. See WHO's Safety of COVID-19 Vaccines explainer and Vaccines Safety Q&A to learn more about common side effects and find out who should consult with a doctor before vaccination.

What to expect when getting a vaccine



Vaccine doses

For some COVID-19 vaccines, two doses are required. It's important to get the second dose if the vaccine requires two doses.

For vaccines that require two doses, the first dose presents antigens – proteins that stimulate the production of antibodies – to the immune system for the first time. Scientists call this priming the immune response. The second dose acts as a booster, ensuring the immune system develops a memory response to fight off the virus if it encounters it again.

Because of the urgent need for a COVID-19 vaccine, initial clinical trials of vaccine candidates were performed with the shortest possible duration between doses. Therefore an interval of 21–28 days (3–4 weeks) between doses is recommended by WHO. Depending on the vaccine, the interval may be extended for up to 42 days – or even up to 12 weeks for some vaccines – on the basis of current evidence.

There are many COVID-19 vaccines being developed and produced by different manufacturers around the world. WHO recommends that a vaccine from the same manufacturer be used for both doses if you require two doses. This recommendation may be updated as further information becomes available.



Safety against infection and transmission after vaccination

Available clinical trials have shown COVID-19 vaccines to be safe and highly effective at preventing severe disease. Given how new COVID-19 is, researchers are still looking into how long a vaccinated person is likely to be protected from infection, and whether vaccinated people can still transmit the virus to others. As the vaccine rollout expands, WHO will continue to monitor the data alongside regulatory authorities.



Safe and effective vaccines are making a significant contribution to preventing severe disease and death from COVID-19. As vaccines are rolling out and immunity is building, it is important to continue to follow all of the recommended measures that reduce the spread of SARS-CoV-2. This includes physically distancing yourself from others; wearing a mask, especially in crowded and poorly ventilated settings; cleaning your hands frequently; covering any cough or sneeze in your bent elbow; and opening windows when indoors.



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BIRTHDAYS & WEDDING ANNIVERSARIES -

APRIL



BIRTHDAY

02/04 - Rtn. Mudit Kumar
03/04 - Rtn. Pankaj Agarwal
09/04 - Ann Madhu
11/04 - Rtn. Rajesh Pamnani
13/04 - Ann Sanju Giria
15/04 - Rtn. Shravan Malani
22/04 - Rtn. Praveen Jain

ANNIVERSARY





ROTARY CLUB OF SECUNDERABAD SUNRISE

‘My Family - My Pride’ Contest - Competition No. 5



A family is the best team you can ever have.

Today's beautiful family moments are tomorrow's treasured memories.

Do share your best family picture with us with a few lines (up to 50 words) and make your family proud.

Do not miss out on the chance to win a prize for the family you love.

Please send your entries to

Lopa - 9949621010

Beena - 9246371966

Kanak - 9885089031

by whatsapp

with a short writeup with your Name / Age / How you enjoyed your summer vacation.

Entries accepted till 31st May 2022

Results will be published in the June'2022 Magazine.





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DESIGNATED MONTH



March - Water & Sanitation

Area of Focus: Water and Sanitation Month. This month also includes the World Rotaract Week from the 7th until 14th of March.

- Create awareness on water Conservation by Street play / Banners / Literature Distributions / Seminars at club level and for local community,
- Clean Drinking Water at Railway Stations, Bus Stations, Schools or Public Places, Re-user of waste Water
- Create Public Toilets Facilities, Create Awareness on Sanitation at Schools - Colleges - Economically Backward Areas
- Create Sewage / Concealed Drainage system, Bore Wells, Building Check dams
- Providing Carriers (Transportation Systems) to carry water pots



April - Maternal & Child Health

Area of Focus: Maternal and Child Health Month. This month also includes the Birthday of Paul Harris on the 19th of April.

- Address the issue of Mal nutrition's in Children and Pregnant Women
- Develop a Hygiene Education program for school going children
- Conduct Awareness Seminars
- Provide Low-income, Underinsured women with the knowledge, skills and opportunities to improve their diet, physical activity, and other life habits to prevent, delay, or control chronic diseases
- Promote School Health
- Promote the adoption of physical activity in early child care centres, schools and work sites

The Dialysis Centre

Inaugurated Bhagwan Mahavir Dialysis Centre (A unit of Bhagwan Mahavir Jain Relief Foundation Trust) at Krishnakunj Garden, Quthbullapur, Secunderabad on Monday, 28th March 2022



The Dialysis Centre







డయాలసిస్ కేంద్రం ప్రారంభం

పేదపీరిరావణ, న్యూగిడు: సురుపేదలకు ఆతి తక్కువ వరకు దయాలసనీ అందించాలనే ఉద్దేశ్యంతో మహానీర్ దయాలసనీ కేంద్రాన్ని ఏర్పాటు చేస్తున్నట్లు లోబీ శ్రవ్ నీకేంద్రాబాద్ ప్రతినిధులు లిఖిత సంక్లావి. వీన ప్రాణాలు తెలిపారు. ఉత్పల్లవహర వ్యవస్థాపకలో ఏర్పాటు చేసిన దయాలసనీ కేంద్రాన్ని సోపానం వారు తెలపబడించారు. లోబీ శ్రవ్ నీకేంద్రాబాద్ వారు లోబీ సన రైజ్ ట్రస్ట్ ఆధ్వర్యంలో దీన్ని ఏర్పాటు చేశారు. దీనివలనమరి సంస్థ నీవినీఆర్ పండ్లో బాగుగా లోబీ సనరైజ్ ట్రస్టుకు రూ.లొడ విరాళంగా అందజేశారు. ఒకసారి దయాలసనీకు లోగుల వద్ద మంచి రూ.300 మాత్రమే దయాల సన్యాసుని చెప్పారు. ఏడా స్థానికంగా సుమారు 24,000 దయాలసనీకు చేయాలని లక్ష్యంగా కేంద్రాన్ని ఏర్పాటు చేసినట్లు నిర్వాహకులు తెలిపారు.



ప్రారంభోత్సవంలో క్లబ్ ప్రతినిధులు
లలిత్ సంగ్రాని, ఏసీ ప్రకాష్

Date : 29/03/2022 EditionName : TELANGANA(HYDERABAD) PageNo : 11

हिन्दी मिलाप

[illegible]

Small Mailbox Edition
May 15, 2022 Page 80
Forwarded by : ed@ia6a.com

हिन्दी मिलाप

भगवान महावीर डायलिसिस सेंटर आरंभ

हैदराबाद, 30 मार्च - (मिलाप न्यूज़) भेल जीई गैस टर्बाइन सर्विस, रोटरी क्लब ऑफ सिकंदराबाद सनराइज एंड रोटरी सनराइज सर्विस द्वारा भगवान महावीर जैन रिलीफ फाउंडेशन ट्रस्ट के सहयोग से कुतबुल्लाहापुर के कृष्णकुंज गाईड नं 12 बिसररी वाले भगवान महावीर इयॉलिमिस सेंटर का शुभारम्भ किया गया।

आज यहाँ जारी प्रेस विज्ञप्ति के अनुसार, बीएचईएल जीई गैस टर्बाइन सर्विस, रोटरी क्लब ऑफ सिनैदराबाद सनराइज एंड रोटरी सनैड्राज सर्विस ट्रस्ट में भगवान महावीर जैन रिलीफ फाउंडेशन ट्रस्ट के साथ सेवा में भागीदार के रूप में करार किया। निजी स्वास्थ्य केंद्रों पर लगभग 1,500 से 2,000 रुपये के शुल्क को बचाया 300 रुपये के

डायलिसिस की पेशकश करते हुए कुतुबुल्लापुर में केंद्र स्थापित करने के लिए वित्तीय भागीदारी की गयी है। इस केंद्र को आगामी वर्ष में 23-वें तक विस्तारित किया जाएगा।

परियोजना का कुल व्यय 2 करोड़ रुपये है, जिसमें से 1 करोड़ रुपये के बॉन्डों से टबाईज सर्विस द्वारा और शेष 1 करोड़ रुपये रोटरी क्लब ऑफ सिकंदराबाद सम्राट्ज द्वारा दिया गया है। केंद्र का उद्घाटन बेल जॉर्डेई टबाईज सर्विसेज के प्रबंध निदेशक ललित संक्रन्गी और भगवान महावीर जी रिलीफ फाउंडेशन ट्रस्ट के अध्यक्ष पी.सी. पारख ने किया। अवसर पर पी.सी. पारख ने कहा कि वर्तमान में भगवान महावीर जैन रिलीफ फाउंडेशन ट्रस्ट के नौ केंद्र हैं, जिनमें नवउद्घाटित डायलिसिस सेंटर भी

शामिल है। ट्रस्ट के पास लगभग 205 डाइपॉजिटर्स मशीनें हैं, जिनका उपयोग कर प्रांतिपद 520 डाइपॉजिटर्स के लिए किया जाता है। ट्रस्ट द्वारा लगायी गयी मशीनों से अब तक लोगों के करोड़ों रुपये बचे हैं। निजी अस्पतालों में डाइपॉजिटर्स कारखाने के लिए करीब 3000 रुपये देने पड़ते हैं, लेकिन ट्रस्ट द्वारा डाइपॉजिटर्स मशीन लगाने के बाद मात्र 300 रुपये में डाइपॉजिटर्स किया जा रहा है। इस प्रकार अब तक करोड़ों रुपये की सेवा लोगों को मिली है। अन्होंने कहा कि मध्यम वर्ग के परिवारों के लिए डाइपॉजिटर्स कारखाना बहुत ही कठिन हो जाता है। कई बार कर्ज नाला पड़ जाता है। अब ऐसे परिवारों राहत पहुँच रही है।

रोटरी क्लब के जिला मैनर के प्रभाव ने कहा कि रोटरी क्लब ऑफ

सिखेंदराबाद सनराइज ने जिस परिवोजना को शुरू किया है, वह न केवल मरीजों के उपचार को किफायती बनाएगी, बल्कि कर्मों की जाल में फंसे परिवारों को भी बचायेगी। क्योंकि निजी अस्पतालों में डायलिसिस काफी खर्चीला है। भगवान महाश्वर डायलिसिस सेंटर में मात्र 300 रुपये में डायलिसिस करवाने से परिवार का आर्थिक बोझ बहुत ही कम होगा। रियायतों कीमत पर डायलिसिस करवाने के लिए फोन नम्बर 040-24781100 या 9052255444 पर कॉल कर सकते हैं। सेंटर में डायलिसिस मशीन का उपप्लान्ट डीएन.एस.शुक्लता देवी गोपाल की स्मृति में रेखा प्रवीण लुणावत, लोकेश गौरी, नरेन्द्र गौरी, एस.चन्द्रशेखर, गुनिदेवी श्रीविद्या, व राजेश पम्पननी द्वारा किया गया।

New 12-bed facility to offer dialysis at ₹300

STAFF REPORTER
HYDERABAD

Mahavir Dialysis Centre has opened a 12-bed facility at Krishnakunj Garden, Qutbullapur.

It would be expanded to a 23-bed facility in a year.

A cycle of dialysis will be offered at £300 rather than around £1,500 to £2,000 charged at private health centres.

The total outlay of the project was ₹2 crore, out of which ₹1 crore was contributed by BHEL GE Gas Turbine Service and the rest

contributed by Rotary Club
of Secunderabad Sunrise.

The centre was inaugurated by Lalit Sankrani, MD, BHEL GE Gas Turbine Services, and PC Parakh, chairman of Bhagwan Mahavir Jain Relief Foundation Trust.

With the new facility, the trust now has 205 dialysis machines which offer 520 dialyses a day.

Those who are willing to use dialysis at this new facility at subsidised prices may call on 040-24761100 or 9052255444.



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INTRODUCING OUR MEMBERS



Rtn. Vinayak Dhumale

Name of Spouse : Ann Sheetal Dhumale

Children Names :

1. Name: Rtn. Vinayak Dhumale

2. Educational Qualifications: MBA

3. Profession/Business: Manufacturing of Irrigation Equipments

4. Hobbies: Cycling, Watching movies and hanging out with loved once . One of favorite places so far has been Germany because of its uniqueness and the German architecture

5. Define yourself in 3 words: Happy, Hard-working and Inquisitive

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

Life is short, live each day to the fullest! Be excited to learn something new every single day!

7. How do you define leadership?

Leadership is to help and support your people grow and recognize their areas of strength & areas of development! Motivate them each day to be a better version of themselves while you have their back if they ever fall.

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

It made me realize that life doesn't go as planned, you never know what's in store for you tomorrow....so take one day at a time!

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

Travelling

10. What are three things in your bucket list right now

- A. Go on a Jungle safari
- B. Northern Lights
- C. Go on along bike ride

11. What is one rule/motto/principle you live by?

Slowly Is the Fastest Way to Get to Where You Want to Be

12. Given a chance to change a decision of your life what would it be?

I don't really think I would like to change anything in my life and I regret nothing, but if I could then maybe go back and complete a professional course specific to my area of work.



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INTRODUCING OUR MEMBERS



Rtn. Soma Pradyumna

Name of Spouse : Ann Soma Ranjini

Children Names : Ananya & Advait

1. Name: Rtn. Soma Pradyumna

2. Educational Qualifications: B.E, MBA

3. Profession/Business: Business

4. Hobbies: Yachting : Started sailing at an age of 9. Won National level events and also represented India in the Asian Regatta. Into admin roles now ; Love to Swim too.

Not a voracious reader, but love to read books from ISHA Foundation and some General books.

5. Define yourself in 3 words:

Optimistic | Considerate | Persistent | Emotional

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

There is no one formula that suits all. Every individual has his distinct strengths and weakness and when life throws challenges and opportunities, what you make of it will determine your future. There is immense opportunity in every field, take up something to which you can relate. Having an open mind to learn new things, positive attitude, perseverance, ethical values are some qualities that will help in the long run. Have a active social life and stay connected with your family.

7. How do you define leadership?

Leadership in any walk of life is to have a clarity of purpose, keeping the team aligned and motivated, taking the lead and ensuring that the job on hand is done. Conducting yourself in such a manner that people around trust and respect you !!

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

a) Tough times will not last forever. A sense of responsibility at an individual level helps the entire society tide over the crisis.

b) You can have a Joyful life even with a simple Life Style !!!

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

Don't even want to think of retirement now, that is a long way to go .. But whenever it happens, would want to have some action that keeps me mentally and physically active.

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

a) Holidays with family and friends.

b) Some Spiritual places to be ticked off.

11. Share a funny incident from the days of your college?

Numerous incidents with friends pulling each other's leg.

12. If you are stranded on a remote island away from civilization who you think should be one person you have to give you company. Why?

WIFE : The answer cannot be anything else on such a public forum





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INTRODUCING OUR MEMBERS



Rtn. Rajesh Surana

Name of Spouse : Ann Jyoti Surana

Children Names : Saloni & Armaan Surana

1. Name: Rtn. Rajesh Surana

2. Educational Qualifications: Bcom

3. Profession/Business: Turnkey Execution of all kind of Tower Projects for Telecom and Transmission from - Design, Build, Test and Deploy for Telecom, TV/FM Applications, Antenna & Radars for Defence and Overseas Communications, Structural Steel, Railway Sleepers, Girded Bridges and Microwave & Transmission Links, Trenching, Engineering & Deploying long distance Optic fiber lines etc.

4. Hobbies: Horse Riding, Farming, Travelling.

5. Define yourself in 3 words: Kalbhi, Aajbhi, Raj-ke-saath.

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

Today's youth needs to invest in acquiring skills and doing specialization. They need to have innovative ideas.

7. How do you define leadership?

Leadership is the ability of an individual to influence and guide followers towards a goal. A successful leader sets example and motivates others to follow similar path and becomes a role model.

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

Pandemic helped human kind to find alternative ways and innovate. More importantly we had time to pause, rethink, introspect and derive methodology to adopt a more meaningful lifestyle.

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

An active mind helps to lead a long and healthy life. So no plans to retire. Would like to explore and travel before the retirement of life creeps in. Would also love to be active and support the community in all possible ways.

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

A luxury Yacht, A Chartered Flight, A Caravan. Not to own them but to travel in it.

11. What is one rule/motto/principle you live by?

Never Stop Learning and Working On Yourself

12. Given a chance to change a decision of your life what would it be? Given a chance it would have been on 31 Dec 2001.

Absolutely nothing. God has been very kind to me for more than I deserve. Yes the one thing I would like to bring in a change in me now is to practice to be more patient, loving and to be happy all the time.



॥ सर्वे भवन्तु धनिनः ॥



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INTRODUCING OUR MEMBERS



Rtn. K. Ramnarayan

Name of Spouse : Ann Beena Ramnarayan

Children Names : Aparna & Nandita

- 1. Name:** Rtn. K. Ramnarayan
- 2. Educational Qualifications:** Post Graduate
- 3. Profession/Business:** Business
- 4. Hobbies:** Watching movies, Trying different cuisines & Travelling
- 5. Define yourself in 3 words:** Simple, Humble & Practical
- 6. Based upon your life experiences what advice will you give to today's youth?**
Fix long term goals. Be passionate about your dreams and persevere it.
- 7. How do you define leadership?**
Leaders are born...not made
- 8. What is your biggest take away from the pandemic?**
Life is unpredictable. Enjoy every moment.
- 9. What do you plan to do after you retire?**
Would love to travel, spend time with family & friends.
- 10. What are three things in your bucket list right now?**
 1. Take my business to the next level
 2. Visit Northeast (7 sisters)
 3. Travel to Vietnam & Bhutan
- 11. What is one rule/motto/principle you live by?**
Be practical in life
- 12. What do you do when Beena goes out of town?**
Enjoy with my guy friends and party till dawn





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ROTARY CLUB OF SECUNDERABAD SUNRISE

Competition No. 4 - Kitchen Gardening



Vandana Bali - Age : 50 years



Anita Menon - Age : 52 years



Simran Sanghavi - Age : 25 years



Smriti



Rashmi lakhyani



Home grown greens
Rachana Singh - Age : 45 years



Awaiting bottle gourd lauki
Swati Sanghani - Age : 28 years

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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.

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