

RCSS

Rotary



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TIMES

April 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

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- Rtn. Ajit Gandhi

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- Rtn. Dr. Surender

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- Rtn. Sandeep Gupta

New Projects

- Rtn. Sameer Gupta

Know your Member

- Rtn. Krishna Narella

Long term Projects

- Rtn. Praveen Lunawath



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What is Food Security ?

Being able to reliably obtain, consume and metabolise sufficient quantities of safe and nutritious and foods, is essential to human well-being. This building block explains the meaning of the food security concept.

What is the correlation between food security & Peace ?

Food security interventions can enhance social cohesion, address root causes or drivers of conflict, generate peace dividends and build the legitimacy of, and trust in, governments.

(-RI Peace Studies)

Our relationship with food keep evolving .

Do you agree ?

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 Anns

While the world watches, helplessly in utter disbelief, the 'war' between two countries, Russia and Ukraine – it strikingly exposes the shortcomings of the world forums like the United Nations – who were bestowed with the responsibility of maintaining of the world peace and unity! What could otherwise have been a typical tale of two hostile neighbours trying to overpower each other, this 'war' is more due to larger international, economic, and political calculations and considerations by the superpowers. But then in all these 'cross fires', who are the scapegoats? The suffering of the lakhs of innocent men, women, children, aged, etc., who are thrown into this conflict that is not of their choice or making, should shake the world's conscience! I have been reading about immense humanitarian efforts being taken by Rotary in the war torn Ukraine and feel proud as a Rotarian to be part of this movement.

Being a CA by profession, I have seen many people ask me "Why should we pay any taxes?" or "What is the Government doing for us as citizens?". If someone wants to really understand the answers to this question they should look at two recent examples in Global Politics. First, the hostile takeover of Afghanistan by Taliban and second, the Ukraine Russia War. One must understand that a Government gets its strength from money which it gets majorly from the taxes paid by its citizens (unless they have an alternate source of revenue like the Middle East). The strength of the economy coupled with good governance is the only thing that can keep a country and its citizens safe. India has historically been an economically strong and important participant in the global trade. Over the past few years the policies of the Government have started showing good results and it is now more than ever that the urge to participate in nation building shall be stronger than ever for all of us.

The month of April saw the prestigious Rotary Presidential Conference being hosted by Hyderabad which was well attended by a lot of RCSS members, who I am sure would have taken immense learnings from the same which will help them grow in their profession, as a person and for sure in service to humanity. The more we see people around us doing their bit to serve the needy the more inspired we become to do more for the society. It was heartening to see so many members attending the RIPC.

Hopefully we shall have a fabulous DG visit and more fun physical meetings away from the fear and realms of COVID in the months to come.

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

Rtn. Ravi Ladia
President (2021-2022).

ROTARY - INTERNATIONAL



Rotary Service and Engagement



Take action for Maternal and Child Health Month



According to the United Nations, the COVID-19 pandemic has halted or in some cases reversed progress in global health. It has also shortened life expectancies. It's more important than ever to provide quality health care and promote well-being for everyone, especially those who are most vulnerable, including mothers and children.

Rotary is working to provide communities with the help and training they need to improve health care for mothers and infants. Mobile prenatal clinics in Haiti, mobile cancer screening units in India, and support for home births in Nigeria are some of the ways our members are working to ensure that mothers and children have opportunities for a healthy future.


April is Maternal and Child Health Month in Rotary. This month, discover resources that can help you take action to support mothers and children:

- Contact the Rotary Action Group for Reproductive, Maternal, and Child Health, the Rotary Action Group for Clubfoot, or other health-focused action groups to connect with experts who can advise your club about projects. Action groups can help you plan and implement projects, find partners, and obtain resources for your project.
- Visit Rotary Showcase to learn how Rotary and Rotaract clubs are improving health care for mothers and children around the world, and to find inspiration for your next project.
- Find tips for organizing successful projects to support maternal and child health in Rotary's Areas of Focus guide.
- Read stories about maternal and child health projects on the Service in Action blog.







Rtn Lokesh Jain



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Side Effects 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.

COVID-19 vaccines are safe, and getting vaccinated will help protect you against developing severe COVID-19 disease and dying from COVID-19. You may experience some mild side effects after getting vaccinated, which are signs that your body is building protection.

Why it’s normal to have mild side effects from vaccines

Vaccines are designed to give you immunity without the dangers of getting the disease. It’s common to experience some mild-to-moderate side effects when receiving vaccinations. This is because your immune system is instructing your body to react in certain ways: it increases blood flow so more immune cells can circulate, and it raises your body temperature in order to kill the virus.

Mild-to-moderate side effects, like a low-grade fever or muscle aches, are normal and not a cause for alarm: they are signs that the body’s immune system is responding to the vaccine, specifically the antigen (a substance that triggers an immune response), and is gearing up to fight the virus. These side effects usually go away on their own after a few days.

Common and mild or moderate side effects are a good thing: they show us that the vaccine is working. Experiencing no side effects doesn’t mean the vaccine is ineffective. It means everybody responds differently.

Common side effects of COVID-19 vaccines

Like any vaccine, COVID-19 vaccines can cause side effects, most of which are mild or moderate and go away within a few days on their own. As shown in the results of clinical trials, more serious or long-lasting side effects are possible. Vaccines are continually monitored to detect adverse events.

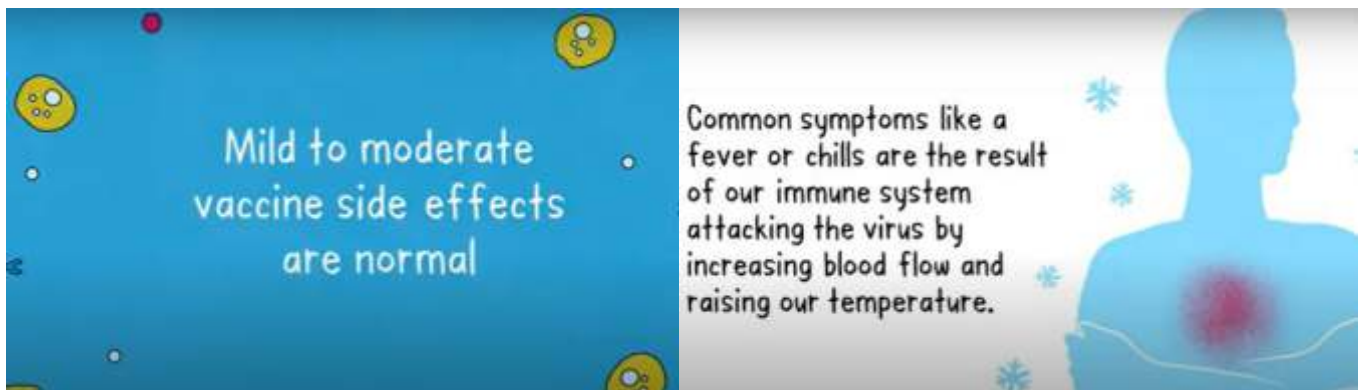
Reported side effects of COVID-19 vaccines have mostly been mild to moderate and have lasted no longer than a few days. Typical side effects include pain at the injection site, fever, fatigue, headache, muscle pain, chills and diarrhoea. The chances of any of these side effects occurring after vaccination differ according to the specific vaccine.

COVID-19 vaccines protect against the SARS-CoV-2 virus only, so it’s still important to keep yourself healthy and well.

Less common side effects

Upon receiving the vaccine, a person should be requested to stay for 15–30 minutes at the vaccination site so health workers are available in case of any immediate reactions. Individuals should alert their local health providers following vaccination if they experience any unexpected side effects or other health events – such as side effects lasting more than three days. Less common side effects reported for some COVID-19 vaccines have included severe allergic reactions such as anaphylaxis; however, this reaction is extremely rare.

National authorities and international bodies, including WHO, are closely monitoring for any unexpected side effects following COVID-19 vaccine use.



Long-term side effects

Side effects usually occur within the first few days of getting a vaccine. Since the first mass vaccination programme started in early December 2020, hundreds of millions of vaccine doses have been administered.

There have been concerns about COVID-19 vaccines making people sick with COVID-19. But none of the approved vaccines contain the live virus that causes COVID-19, which means that COVID-19 vaccines cannot make you sick with COVID-19.

After vaccination, it usually takes a few weeks for the body to build immunity against SARS-CoV-2, the virus that causes COVID-19. So it's possible a person could be infected with SARS-CoV-2 just before or after vaccination and still get sick with COVID-19. This is because the vaccine has not yet had enough time to provide protection.

Experiencing side effects after getting vaccinated means the vaccine is working and your immune system is responding as it should. Vaccines are safe, and getting vaccinated will help protect you against COVID-19.

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 - MAY



BIRTHDAY

09/05- Rtn. Ravindranth
11/05- Ann. Seema Nyati
17/05- Rtn. Mehul Shah
Ann. Kanchan Dolwani
21/05- Ann. Mamta Jhawar
22/05- Rtn. Ramesh Notani
25/05- Ann. Anita Banka

ANNIVERSARY

15/05 - Rtn. Ranjay & Anuradha Goel
17/05 - Rtn. Pawan K. & Asha Tibrewala
19/05 - Rtn. Sandip N & Rachna Gupta
26/05 - Rtn. Krishna & Srivani Nerella



DESIGNATED MONTH



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



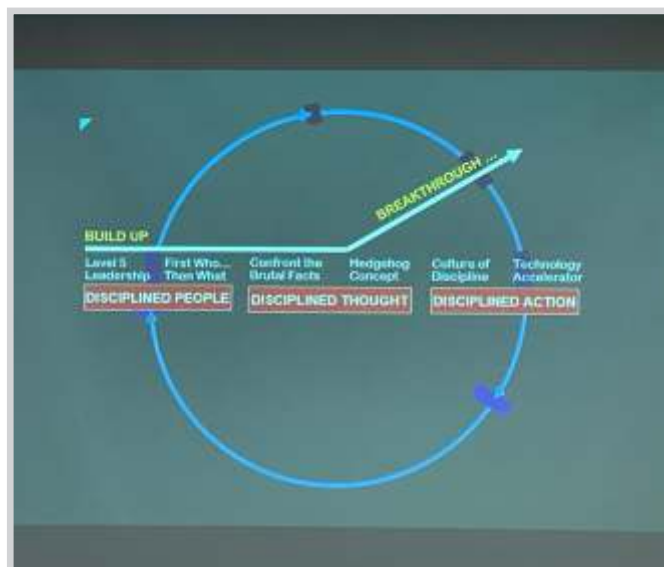
May - Youth Service Month

Youth Service Month, Rotary clubs of the world give special emphasis to the many Rotary-sponsored programs which serve children and young people.

- Sponsor New Interact / Rotaract Club
- Organise Drawing / Painting / Elocution competition in schools
- Awareness campaign about problems & need for survival of Future Generations

RCSS - CLUB IN ACTION

RCSS Speaker Meeting on 10th April 2022, Speaker : Mr.Sai Kumar



RCSS - CLUB IN ACTION

Formal Dialysis at our new Center in Quthbullapur near Suchitra will commence from Monday 11th April 2022 @ 11.0 AM.



RCSS - CLUB IN ACTION

Rotary International Presidential Conference (Hyderabad) from
29th April 2022 to 1st May 2022



RCSS - CLUB IN ACTION

Rotary International Presidential Conference (Hyderabad) from
29th April 2022 to 1st May 2022



RCSS rocks at the Rotary International Presidential Conference (RIPC 2022) held at Novotel HICC Hyderabad by registering 17 members. RCSS stood in the top 3 clubs in terms of registrations. The conference was hosted by our District 3150 and it was par excellence and can be compared with any International Conference. The conference gave us an opportunity to witness Excellent Speakers, Thought provoking panel discussions, World class entertainment, Awesome ambience and the Bahubali Service project wherein benches, bicycles, sewing machines, wash stations were distributed to the poor and needy. The following members have represented RCSS :

- | | |
|---------------------------|------------------------|
| 1. Rtn Verma | 10. Rtn Sandeep Jhawar |
| 2. Rtn Ramiah | 11. Rtn sandeep Munta |
| 3. Rtn Vineet Giria | 12. Rtn Ramesh Notani |
| 4. Rtn Rajhans Banka | 13. Rtn Dr Surender |
| 5. Rtn Pawan Tibrewala | 14. Rtn Ranjay Goel |
| 6. Rtn Srinivas Gumidelli | 15. Rtn Sandip Gupta |
| 7. Rtn Chandra Sekhar | 16. Rtn Sanjay Kabra |
| 8. Rtn Lokesh Jain | 17. Rtn Ravi Ladia |

9. Rtn Narendra Gauri
All in All a memorable experience

Report by
Rtn Vineet Giriya

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INTRODUCING OUR MEMBERS



Rtn. Manish Sharma

Name of Spouse : Ann Indira Sharma

Children Names : Aishwarya, Ridhi & Ishan Sharma

1. Name: Rtn. Manish Sharma

2. Educational Qualifications: MBA

3. Profession/Business: Plywood trading

4. Hobbies: Cricket (watching & playing) & Cooking

5. Define yourself in 3 words: Assertive, Fierce, Low-key

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

Look high in the sky, but do not forget your roots. Educate yourself as much as you can. Your perspective for life must be that of only learning, the rest shall follow.

7. How do you define leadership?

Leadership is best utilized, only when expanded.

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

Your biggest asset is your family.

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

Time is the best healer, of any wound. No joy, no sorrow is permanent, whatever is, shall pass.

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

Explore new nations, traditions, cuisines etc.

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

I redefined the meaning of happiness of myself and my family.

12. What is one thing you regret in life?

Yet, none.





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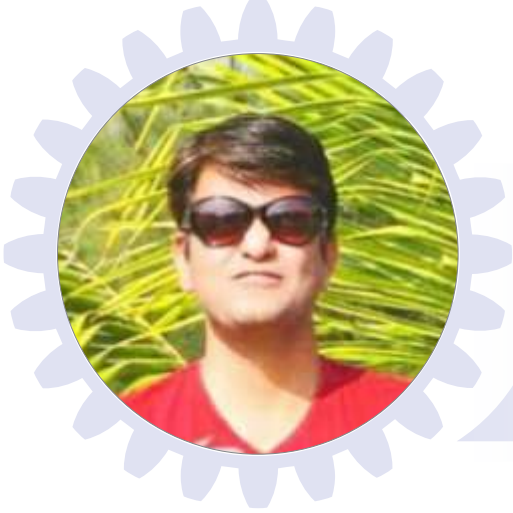
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INTRODUCING OUR MEMBERS



Rtn. Sudhir Kumar Agarwal

Name of Spouse : Ann Manjulata Agarwala

Children Names : Rohit & Bharat Agarwal

1. Name: Rtn. Sudhir Kumar Agarwal

2. Educational Qualifications: B.A.

3. Profession/Business: Business

4. Hobbies: Watching movies

5. Define yourself in 3 words: Loyal, Hard-working and Professional

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

7. How do you define leadership?
Leadership is the art of motivating a group of people to act towards achieving a common goal.

8. What is the most valuable lesson life has taught you?
Live and Let live

9. A principle/philosophy/motto you live by.
Live and let live.

10. What do you plan to do after you retire?
Nothing

11. What is your biggest take away from the ongoing pandemic?
Spending time with loved ones.

12. If you get a chance to change one thing in life what would it be?
My age





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INTRODUCING OUR MEMBERS



Rtn. Vikram Mehta

Name of Spouse : Ann Lopa Mehta

Children Names : Pranali Mehta

1. Name: Rtn. Vikram Mehta

2. Educational Qualifications: MBA

3. Profession/Business: Security Automation, Consult, Design& Build.

4. Hobbies: Travelling, reading, listening to music

Most cherished vacation : Chandrashila Trek, Uttarakhand. An experience of a lifetime.

Places in Bucket List: Mansarovar/mTsho Mapham/ English Countryside.

My Favourite book: Kane and Abel

One is the son of a millionaire, the other a penniless Polish immigrant. Both, born on the same day, on opposite sides of the world, destined to cross in their struggle to build a fortune.

Both powerful men linked by hatred, brought together by fate to save—and finally destroy—each other.

Take Aways from the Book

- What we give makes a difference
- There Is a right way to do things
- There are consequences to our actions
- You have the power to do the right thing

5. Define yourself in 3 words: Patient, Peaceful & Persevering

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

Follow your passion and give your best, the rest (success as a result) will follow

7. How do you define leadership?

A good leader leads by example and is one who works with the people and for the people

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

Que sera sera, whatever will be

So, why worry! just chill

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

Persistence, perseverance and hard work always pay off

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

To spend my WEALTH with WINE and my WOMAN

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

Health, family and friends are Prime.

12. What percentage of your turnover from mobile Lopa gets for shopping?

Leave it to her, she can spend it all



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ASK 06 Hundi Roller
Manual Key with Dual Locking



Vasthu
Manual Key with Dual Locking



ASK 03
Manual Key with Dual Locking



ACR 2535 N
Electronic



ACR 3642 N
Electronic



ASK 04 Bio
Biometric + Electronic



ASK 02
Manual Key with Dual Locking



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4 MP AHD



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INTRODUCING OUR MEMBERS



Rtn. Samir Gupta

Name of Spouse : Ann Ritu Gupta

Children Names : Rishil Gupta

1. Name: Rtn. Samir Gupta

2. Educational Qualifications: B.Com., CFA.

3. Profession/Business: (a) Industrialist – Manufacturing Precast RCC Products.

(b) Foreign Education – Consulting students for education abroad.

(c) Trading – Pumps, Commercial Kitchen Appliances & Diesel Generators

4. Hobbies:

(a) Playing sports

(b) Watching sports on TV

(c) Love spending time with friends and family

(d) Travelling – Both by road or otherwise. One of my favourite trips with RCSS friends was to Bali. My bucket list is now to try keep travelling with family & friends to various parts of the world and enjoy life.

5. Define yourself in 3 words: Sincere – Disciplined – Straight Forward.

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

What we have seen, the youth today shall never see or feel as both are born in different eras. Let it be technology, business, socialising, family values, human touch, vision, focus or overall development. The youth should take the best of both and apply it with a futuristic approach for developing personally along with the society. I would say – LEARN TO BE HAPPY – then they could spread this happiness to everyone around them.

7. How do you define leadership?

Leadership is when a person leads a group. I believe that a successful leader is one when anyone grows personally but does so along with the growth of the people around him.....so as to create smaller leaders and imbibe the same spread of leadership in the people they touch base with.

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

One has to learn to live life on one's own terms – for which – one needs to believe on one's own capabilities.....have a close knit circle of real friends and relatives who one can rely on anytime.....hear everyone.....trust only yourself but work for the good of everyone.

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

Live life king size.....Live and let live.

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

Why should one retire.....one can reduce his pace of work as the years progress.....but with every passing year.....everyone only becomes more experienced and knowledgeable..... to identify his priorities and live life on his own terms.

Anyways I plan to give time to myself, my family (& friends) and most importantly travel.

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

It has made everyone realize the importance of simple living.....wasteful expenditures.....importance of home cooked food most importantly the value of your immediate family and friends.

12. How do you control Ritu after 10 when she is high?

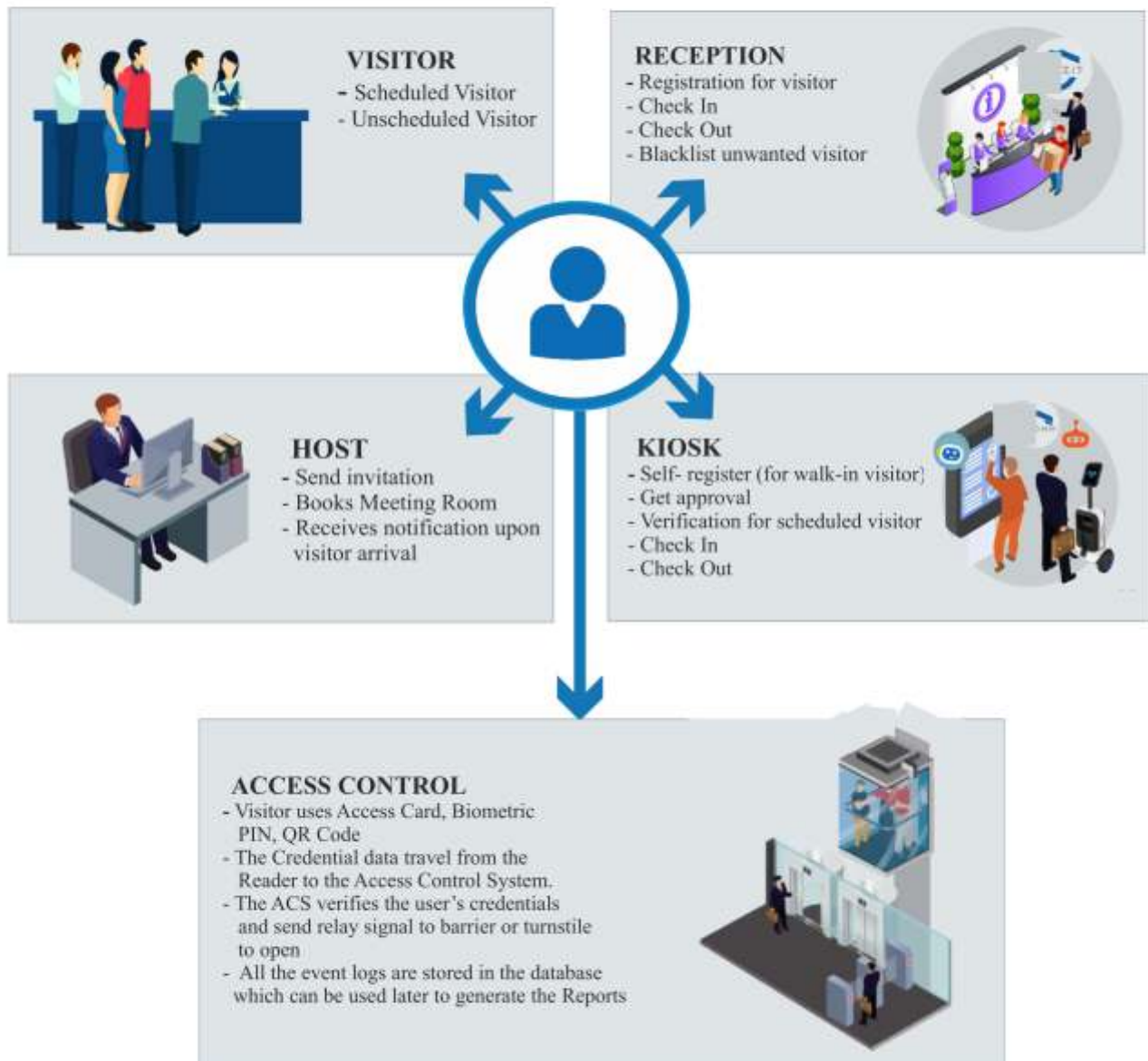
Hehehe..... This most certainly is not a question from you, dear editor Kanak....and I certainly know where it originated from.

Anyways.....

Firstly I do not think that she needs to be controlled at all..... cause she is the person who is in control. People take intoxications to be on a high and have fun..... whereas she is having fun and livening up the people around her (without a drop of intoxication).....I am sure all around people (especially me) enjoy her company even more. So I feel that it is the people around her who are kept in mirth.....in her absolute awe and control.....which I am very proud of.



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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.



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

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