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TIMES

May 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. Ravi Ladia

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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



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Conserve Food - There are better use for it

From daily and weekly rotating menus to extravagant buffets, festivals & weddings generates more food waste than at any other time of year.

A major factor in the amount of food waste being produced is the mindset of diners, who expect nothing less than a tantalizing feast.

But much of this food goes uneaten. Around 25-50% of the food prepared in the festivities is wasted, according to the United Nations Environment Programme's 'The State of Food Waste in West Asia' 2021

A United Nations report released on Thursday, March 4, 2021 estimates 17% of the food produced globally each year is wasted. That amounts to 931 million tons of food, or about double what researchers believed was being wasted a decade ago.

Europe and North America are the biggest contributors, wasting far more food than other parts of the world — 95 kilograms (209 pounds) per capita each year or more in some cases — while consumers in South and Southeastern Asia and sub-Saharan Africa throw away only 6 to 11 kilograms (13 to 24 pounds) annually.

Points to ponder... can we help in any way to reduce this wastage?

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 Leader

ROTARY - INTERNATIONAL



Helping club and district leaders achieve success May 2022



New opportunities for Rotaract clubs

New opportunities for Rotaract clubs will help them to more effectively engage their members and serve their communities. Beginning in July, Rotaract clubs that have participated in Rotary Foundation grant projects can apply for global grants to support projects in their own communities and beyond. Rotary districts that apply for district grants can also include Rotaract club activities in their spending plans.

In addition, Rotaract clubs can now:

- Report to Rotary International their current and incoming secretaries, treasurers, and chairs of their Foundation, (in addition to club presidents), membership, public image, and service committees. Reporting these appointments helps clubs distribute responsibilities and ensures that they receive the latest news and resources. Club presidents can log in to My Rotary and go to the Club Administration section to update member data.
- Nominate Rotaractors for Rotary service awards including the Service Above Self Award, the Avenues of Service Award, and The Rotary Foundation District Service Award, Citation for Meritorious Service, and Distinguished Service Award. Maria Valentina Martinez Belo and Ignacio Gonzalez Mendez are the first Rotaractors to receive the Service Above Self Award. They are among 133 recipients who will be honored at the Rotary International Convention in Houston, Texas, USA.
- Use Rotary's online membership leads system to track Rotaract candidates who complete the Join form on Rotary.org. Prospective Rotaract members are referred to a district based on their preferred club location, and district officers or Rotaract club officers can add additional candidates directly to their leads list on My Rotary. Contact Membership Development for more information.

Rotary is also developing a process for collecting Rotaract club dues and is working to enhance the Rotaract experience on My Rotary and to include Rotaractors in more Rotary events, including regional training events.





GRANTS

Apply for the Programs of Scale grant starting in June

Apply for the Programs of Scale grant starting in June

Every year, The Rotary Foundation's Programs of Scale grant awards \$2 million to a well-developed, evidence-based program led by Rotary members in collaboration with experienced partner organizations. The 2022-23 Programs of Scale application will be available online by 10 June 2022, and clubs and districts have until 1 August to submit concept notes summarizing their project's results, partnerships, and goals.



Use these resources to learn more about applying for the grant and strengthening your club's local and international service projects:

- The Programs of Scale webpage, where you'll find the grant competition handbook, descriptions of the grant finalists from the first two years of the program, and links to resources such as a toolkit and Learning Center courses.
- The Programs of Scale: Competition Insights and Tips webinar, which will be presented on Tuesday, 24 May, in multiple languages. Register for one of these times: 08:30 Chicago time (UTC-5) for English, Spanish, French, and Portuguese, or 16:30 Chicago time (UTC-5) for English, Japanese, and Korean.
- Rotary International Convention breakout sessions, including Designing Results-Oriented Service Projects and Scaling Impact: Lessons from Programs of Scale.

The recipient of the 2021-22 Programs of Scale grant will be announced during the Rotary International Convention.

LEARNING CENTER

Strengthen your club with courses focused on diversity

Use these resources to learn more about applying for the grant and strengthening your club's local and international service projects:

- The Programs of Scale webpage, where you'll find the grant competition handbook, descriptions of the grant finalists from the first two years of the program, and links to resources such as a toolkit and Learning Center courses.
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How to talk about 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.

Vaccines are supported by decades of medical research. They work by preparing the body's own immune system to recognise and defend against a specific disease. The volume of information available about vaccination can be overwhelming, so it’s important to talk through the topic.

It’s normal to have questions about vaccines and want to make the right decision for you and your loved ones. If someone you know – a friend, family member or colleague – asks questions or expresses concern about vaccines, listen to them, acknowledge their feelings and offer correct information if you can. Be ready to suggest reputable sources of information if they want to learn more.

This article is focused on discussing COVID-19 vaccines but its core lessons are relevant to other vaccines.

How to have conversations about vaccination

1. Listen with empathy

Start by listening with empathy to those who have questions around vaccination. Don’t dismiss them, and acknowledge how they’re feeling (without necessarily agreeing, for example “it’s okay to have questions, or want more information before getting a vaccine”).



2. Ask open-ended questions

Ask open-ended questions, such as “What have you heard about the COVID vaccines?” or “Why do you feel that way?”. These questions elicit a response other than “yes” or “no” and can help you better understand their concerns, and might also assist the other person in working through their thoughts.



3. Share trusted information

When you don't know the answer or if you're unsure about how to address their concern, offer to help look for information. Asking for their permission might make them more willing to listen to you rather than feeling like you're pushing unwanted information on them.

You can visit the WHO website to find answers to common questions on vaccination, COVID-19 vaccines and COVID-19 vaccine safety. You can also check your local health department website or consult with other trusted and expert sources such as your doctor or nurse.



4. Explore reasons for wanting to get vaccinated

When discussing vaccination, nothing works as well as getting personal. Share your own reasons for wanting to get vaccinated and, if you're in a position to, your experience of vaccination.

Talk to them about how getting vaccinated against COVID-19 could offer a path back to normalcy. Explain the benefits of vaccination, whether it's being able to visit family and friends again, return to the office, get children back to school, spend time with classmates or other interactions and activities that have been strained because of COVID-19.

If you previously had concerns that you worked through, and ended up getting vaccinated against COVID-19, share what helped reassure you.

Describe how vaccination will help protect you, your family and your community and bring back the activities and pleasures of life that we've gone without.



How organizations and vaccinators can help boost vaccine confidence

A range of organizations within and beyond the health sector can play a vital role in sharing accurate information about vaccination and its benefits. Almost everyone can play their part by knowing the basics of vaccination and the reliable sources for more details, as well as by openly expressing their enthusiasm for getting vaccinated.

1. Lead by example

Organizations and employers can boost confidence by openly sharing their support for vaccination, or personal experience of getting vaccinated. This helps to promote vaccination acceptance as a social norm in the workplace.

2. Build trust

If you're helping to give vaccines, be supportive of anyone coming in for vaccination who has questions or asks for your advice. Listen to any concerns and communicate in a way that is respectful and builds trust.

Vaccines are safe, effective and an important part of the COVID-19 response – but stopping the spread of disease remains key. Remind people that they should keep taking other precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning hands, and coughing into a bent elbow or tissue.

3. Break down barriers

Getting vaccinated often depends on whether or not it's convenient to do so. To help make vaccination as easy as possible, employers can pay for childcare or the travel costs of getting to vaccination facilities, or offer paid time off for their employees to get vaccinated. It's important to give employees the time and flexibility they need to attend vaccination appointments, and even recover from vaccination.

Meanwhile, local civil society organizations and community groups can help people to make vaccination appointments, organize transport or offer any other assistance that might help make it easy for someone to get vaccinated.

Conversations go a long way in sustaining vaccine confidence

One of the best ways to address people's concerns about getting vaccinated is to refer them to someone they trust. Remember that these concerns can be emotional for people and touch on issues outside of science, such as their personal experiences and their perceptions of poor or unfair treatment in the past. Don't overwhelm people with facts and information. Instead, acknowledge their perspectives or experiences and speak to their motivations, not what you think they need to hear.

Vaccination will help keep you, your family and your community safe from COVID-19, and will bring us all closer to doing the things we love with the people we care about.

By having thoughtful and kind conversations with people about vaccines and vaccination, you're making a significant contribution to public health – thank you!





BIRTHDAYS & WEDDING ANNIVERSARIES - JUNE

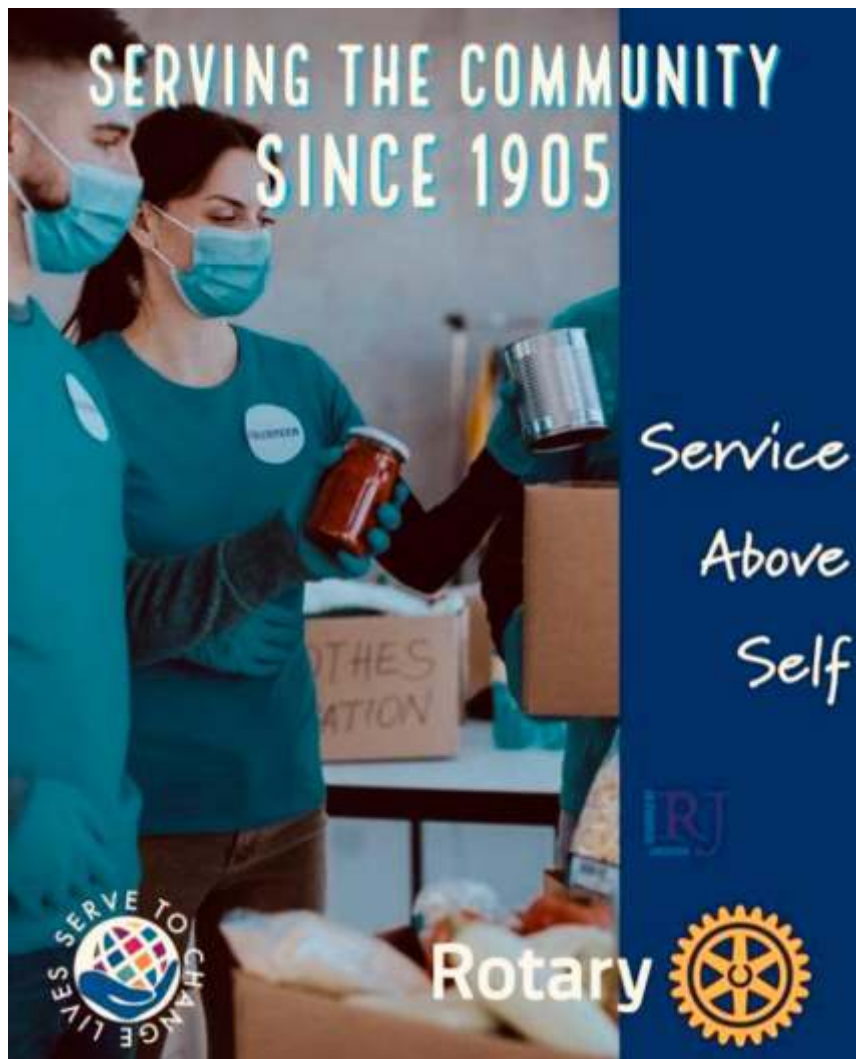


BIRTHDAY

01/06 - Rtn Madhu
Ann. Rekha Jain
05/06 - Ann. Sheetal Dhumale
05/06 - Ann Bijal Shah
05/06 - Ann. Asha Tribrewal
07/06 - Ann Manju Agarwal
14/06 - Rtn. Chandra Sekhar
14/06 - Ann. Lopa
16/06 - Ann. Kavita Rath

ANNIVERSARY

06/06 - Rtn. Suresh & Mridula Verma
18/06 - Rtn. Sanjay & Kanak Kbra
27/06 - Rtn. Vijay & Kavita Rathi
28/06 - Rtn. Shravan & Shreya Malani
28/06 - Rtn. Rajesh & Jyoti Surana





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DESIGNATED MONTH



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



June – Rotary Fellowship

Rotary Fellowships Month, Rotary clubs indulge in fellowship activities, thanks giving and like.

- Inter Club Meetings
- Circulate 'Rotary Fellowship' literature
- Promote RFE – Invite Speakers to share their experiences

RCSS - CLUB IN ACTION

DG's Visit





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INTRODUCING OUR MEMBERS



Rtn. Shyam Gupta

Name of Spouse : Ann Usha Gupta

Children Names : Anuj & Rajat

- 1. Name:** Rtn. Shyam Gupta
- 2. Educational Qualifications:** GOLD MEDALIST, NIT KURUKSHETRA, MECHANICAL
- 3. Profession/Business:** BUSINESS(MANUFACTURING SECTOR)
PLASTIC COMPONENTS via INJECTION MOLDING, VACUUM METALLIZING, PU PAINTING
- 4. Hobbies:** PAINTING, CHESS, POKER
- 5. Define yourself in 3 words:** TECHNOCRAT, SOCIAL, KEEN LEARNER
- 6. Based upon your life experiences what advice will you give to today's youth?**
PERSONAL : LIVE LIFE KING SIZE
PROFESSIONAL : LEARN – UNLEARN - RELEARN
- 7. How do you define leadership?**
ABILITY TO EMPOWER
- 8. What is the most valuable lesson life has taught you?**
THE EXPERIENCE ENCOUNTERED IF POSITIVE THEY ARE A BLESSING, IF NEGATIVE IT'S A LESSON.
LIFE GOES ON, ONE MUST NEVER GIVE UP.
- 9. A principle/philosophy/motto you live by.**
HAVE FAITH IN YOURSELF
- 10. What do you plan to do after you retire?**
TRAVEL
- 11. What is your biggest take away from the ongoing pandemic?**
HEALTH IS PARAMOUNT FOR A HAPPY LIFE
- 12. What is one thing you regret in life?**
NOTHING, GOD HAS BEEN KIND TO ME AND I AM BLESSED WITH WONDERFUL FAMILY AND GREAT FRIENDS



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INTRODUCING OUR MEMBERS



Rtn. and Rtr Madhu Lingampally

Name of Spouse : Ann

Children Names :

1. Name: Madhu Lingampally

2. Educational Qualifications: MBA – HR

3. Profession/Business: Working as a Senior HR (Accolite Digital Software India Pvt. Ltd)

4. Hobbies: Travelling

A full trek trip to Meghalaya is the most cherished one as I have trekked to the most difficult and one of the India's toughest and highest water fall.

5. Define yourself in 3 words: Precision, Perfection and Placid

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

I believe that it's not only good food that keeps you healthy but good vibes and positivity will also make sure you are stress free and healthy. It helps me a lot in avoiding stress in life.

7. How do you define leadership?

Leadership is not leading a pack; it is sculpting powerful leaders in your pack and being there for them in every aspect of their growth. Leadership according to me is growing together and learning together.

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

There's always a reason for anything that happens in your life, it's a lesson for you to learn. I learnt that life is all about learning.

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

- Sky Diving
- Marrying the love of my life
- Offer educational support as much as I can to the needy.

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

- Buy a small house far away from this urban jungle. May be somewhere close to nature.
- Open a home for all those who need shelter, food and a family.

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

Everybody talks about living in the moment, cherishing what you have as the take always during this pandemic. I believe in all of them however, my biggest takeaway is that personal hygiene and social distance is important not just for the body but also for the mind. Maintain hygiene in your mind by cleaning all the negative thoughts and fears. Maintain social distance from negativity.

12. If you are given a chance to change one thing in life what would it be?

As I already mentioned life is all about learning and if everything happens for a reason then I don't think I want to change anything in my life.





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INTRODUCING OUR MEMBERS



Rtn. Ramesh Notani

Name of Spouse : Ann Sonia Notani

Children Names : Mohit & Jatin Notani

1. Name: Rtn. Ramesh Notani

2. Educational Qualifications: B.Com.

3. Profession/Business: Financial Coach / AMFI Registered MFD / IRDA Holder /Dealing in all Financial Product available in Demand.

4. Hobbies: Listening to Music, Travel, Watching cricket.

I had travelled US, Dubai, Thailand overseas and in India Goa, Munnar, Mussorie, etc. My cherished vacation was US with family.

5. Define yourself in 3 words: Simple, Responsible, Truthful

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

Follow your dreams. Stick with your goal (professional and personal). Never give up in any situation; always have gratitude for everything around you.

7. How do you define leadership?

Leadership is the ability of an individual to influence and guide the team to achieve goal.

Leader is the one who stands with principles and policies, set example to follow similar path and become a role model.

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

Always be calm, be in gratitude then everything will be right. If you help others, you will be rewarded.

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

Holiday with friends, Holiday with family, Road trip to Leh, Uttarakhand

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

I don't know. My profession doesn't permit retirement, but if I do, I will probably keep roaming the world with Sonia.

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

I understood the value of family and friends. Priority in life is health.

12. If you are given a chance to change one thing in life what would it be?

Satguru has been very kind to me for more than I deserve. The one thing I would like to change in me now is to practice being happy all the time.



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INTRODUCING OUR MEMBERS



Rtn. Sandeep Munta

Name of Spouse : Swathi Munta

Children Names : Sanjog & Sai Samik

- 1. Name:** Sandeep Munta
- 2. Educational Qualifications:** MBA
- 3. Profession/Business:** IT Services
- 4. Hobbies:** Travelling and Movies
- 5. Define yourself in 3 words:** Practical, ambitious, hardworking
- 6. Based upon your life experiences what advice you would give to today's youth?**
Nothing is impossible
- 7. How do you define leadership?**
You need to be a good team player to be a leader
- 8. What is the most valuable lesson life has taught you?**
Success comes through hard work.
- 9. What is your biggest stress buster?**
Spending weekends with friends and family
- 10. What do you plan to do after you retire?**
Serve the needy
- 11. What is your biggest take away from the ongoing pandemic?**
Health is wealth
- 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)?**
Good company with music and wine





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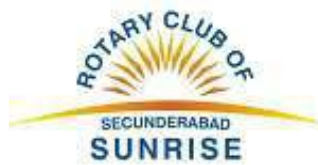
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ROTARY CLUB OF SECUNDERABAD SUNRISE

‘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.

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Results will be published in the June'2022 Magazine.



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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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