

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.)



Rajesh Pamnani

Team Rotary Club of Secunderabad Sunrise for 2021-22

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Secretary - Rtn. Vineet Giria
Treasurer - Rtn. Vikram Mehta

Club Trainer - Rtn. Sandeep Jhawar

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Director

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International Service - Rtn. Kappana Ramnarayan CSR - Rtn. Srinivas Gumidelli 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 Trainning - 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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Please block your date: Our installation ceremony has been

decided for 16th July, Saturday.

Venue: Hotel Hyatt Place, Banjara Hills.

Time 6.30 pm onwards.

All the Rotarians and Anns are cordially invited.

Cover page credit -IceLand (B&W) - 2017 One of the in-nuumerous waterfalls of IceLand Rajesh Pamnani www.pamnani.info



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FROM THE EDITOR'S DESK



Inspire. Awaken. Motivate... Serve to change Lives!

My hope is that with every issue of the "RCSS Times";

We can carve out a space online where the Rotarians & Ann's can tell their stories, get inspired, raise awareness, and find opportunities to better themselves and their communities.

I believe that there is something for everyone in this issue and hope you enjoy the read! Remember, this is a digital magazine so be sure to tweet, pin, share and recommend any articles that you like.

Our Magazine Editorial team are enthusiasts, who plan, manage and produce magazines for readers.

They create editorial calendars, develop story ideas, manage writers, edit content and manage the production process by the effective delegation of tasks. All are honorary & voluntary posts.

Thanks to our writers for bearing in with us; through all up and downs—and to you, our readers, for making it all real.

Our journey of one year is coming to an end in June.

Hope that a new editor would take charge of the team and take this e-magazine to newer heights.

Rajesh Pamnani Editor (2021-2022).





Cuba (2018)

For Our Challenge of May 2022





Ice Land (2017)

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.





BIRTHDAYS & WEDDING ANNIVERSARIES -





BIRTHDAY

ANNIVERSARY

02/07- Rtn. Vijay Rathi

05/07- Rtn. Anil Ratan Goyal

Ann. Preeti Sharma

09/07- Ann. Swati Ladia

12/07- Rtn. Sudhir Agarwal

17/07- Rtn. Shyam Gupta

Rtn. Pawan k. Tiberwala

20/07- Rtn. B.S. Ravindranth

27/07- Ann. Usha Gupta

28/07- Rtn. Sanjay Kabra

30/07- Rtn. Ravi Datla

01/07- Rtn. Narender & Ashu Gauri

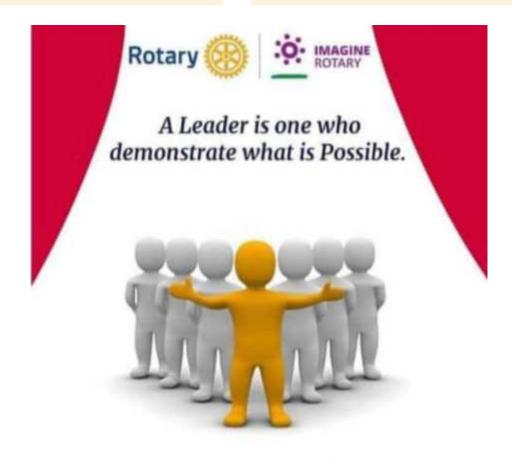
05/07- Rtn. Sanjay & Kanchan Dolwani

08/07- Rtn. Raj Hans & Anita Banka

13/07- Rtn. Vineet Kumar & Sanju Giria

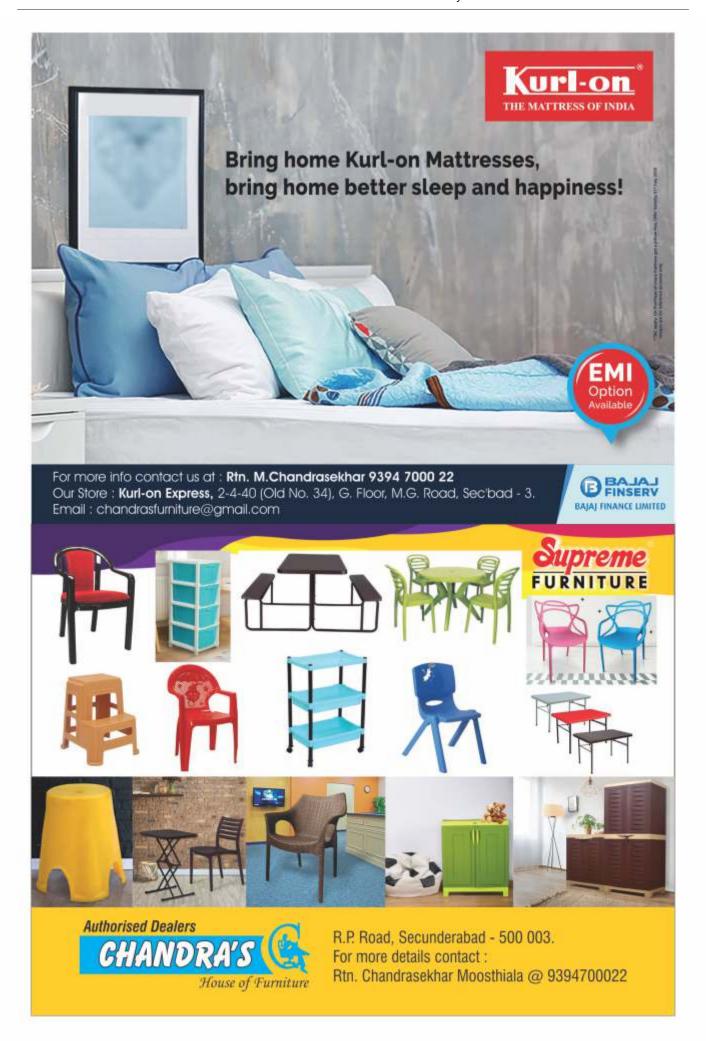
25/07- Rtn. B.S. Ravindranth &

B.R.Devika



Develop Leadership and

IMAGINE ROTARY



THE PRESIDENT SPEAKS





My dear Rotarians and Anns

"Don't be dismayed at goodbyes. A farewell is necessary before you can meet again. And meeting again after moments or lifetimes is certain for those who are friends."—Richard Barch It's that time of the year, when the RCSS calendar reminds us that nothing in this world is permanent. We all are visitors and the journey has to progress to its destination slowly but firmly. It's the time of change of guard at the RCSS. The time where the President needs to start noting down his experiences as the President and hand over his term ending report to the incoming team with all his suggestions. The time to take the back seat and to hand over the driver's seat to your successor. Now is the time to enjoy the journey further as a passenger. As a driver of the vehicle, your eyesight is always on the road ahead and in the process, one tends to miss out on various beautiful visuals which are also there the sideways. Now is the time to start experiencing those visuals as you hand over the steering wheel to another capable person.

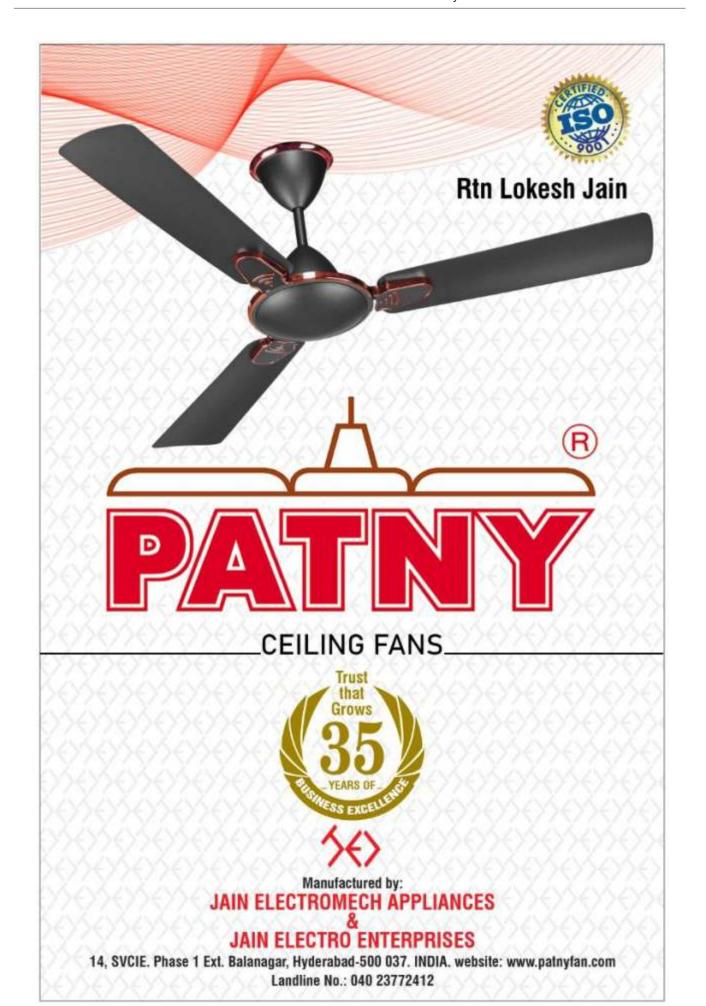
I would like to humbly thank the entire board and all members of RCSS who have been a pillar of support throughout this year. Each and every member have done an immense contribution to make this a successful and joyous year for us. This year has been a journey for me which started with butterflies in my stomach and has come to an end with a lot of enriching experiences.

As I write this article, the country suddenly and unexpectedly finds itself in a tight corner internationally on the aspect of religious tolerance / intolerance, on account of utterances by an individual. In the larger context, historically, this aspect is as old as the doyen of the modern human civilisation. Is not it a paradox that when it is claimed that each religion, ultimately, propagates peace and tolerance, innumerable wars and crusades are fought in the name of religion, arising on account of religious intolerance? Is it not also strange that even after thousands of years, with all - around phenomenal developments, this aspect still remains burning; in fact, burning brightly? Surely, this can be regarded as one of the greatest mysteries of human civilisation that the Creator must be wondering about! One can simply hope that sanity would prevail and merciless killings and fruitless agitations can come to an end.

I wish Rtn Rajhans Banka all the very best and I hope that he will lead the team to greater heights in the year to come. With his capabilities, I have absolutely no doubt that he shall be able to ensure that RCSS stands for its service motto and at the same time solves the present leadership vaccum that the club has had for some time.

I thank all the members for giving me this opportunity to talk through this column every month and express my views on so many issues. I also thank everyone once again for the faith reposed in me to carry the baton of the club through the last year.

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



The universal language of photography: Rotary Magazine's Photography Awards 2022

ROTARY - INTERNATIONAL

By Wen Huang

Rotary magazine's annual photo awards recognize and celebrate the best photography produced and shared by Rotary members around the globe

If Service Above Self is the vision that unites Rotary's 1.4 million members around the globe, photography is the language that expresses that vision without need for translation or interpretation. A great photo — such as one that captures Rotaractors planting trees in Uganda or freezes in time a man bicycling through rainwater near a Taiwanese landmark — transcends geographical and cultural barriers. It narrates a story and depicts a way of life in one part of the vast Rotary world. A language that is universally understood, photography can amuse, educate, and inspire, all in the same instant.

It is for this reason that Rotary magazine devotes much of this issue to the works of Rotary members who have distinguished themselves with the images they submitted for our annual photo awards.

The magazine received more than 600 entries from across the family of Rotary. Bekah Raleigh, who leads the Visual Media team at Rotary International, began by looking at the images and discussing them with other RI photographers. Among other things, they checked each photo's technical specifications — to ensure the pictures would hold up to reproduction on the printed page — and carefully weighed a crucial requirement: consent.

"Beautiful photography requires the subject's consent," says Raleigh. "At Rotary, we manage this issue through a series of releases. I know that not every amateur photographer is walking around with photo releases in their back pocket, but when taking photographs of people that you don't know, it's important to make sure that they're comfortable with it."

Finally, Raleigh and her team evaluated the photos' aesthetics — things such as color, composition, and subject matter — that subtly shape an image's impact. The team then forwarded about 10 percent of the 600-plus submissions to the selection committee, which consisted of the magazine's staff and other members of Rotary's communications team. The committee deliberated for hours before making its final choices.

This year's winning entries represent a wide range of subjects and regions: silhouettes of children playing in Tondo, a poverty-stricken municipal district of Manila, Philippines; a Vietnamese artisan drying magenta-tipped incense sticks near Hue, the country's spiritual capital; a fisherman casting his net into a river in Benin; and the glowing tents of a climbers' base camp in the snowy peaks of Nepal. Collectively, all these photographs endow us with a rich, varied, and humbling view of our planet and its people.

Each photo also contains a powerful visual narrative that sparks our curiosity. In some instances, we marvel at the photographer's ability to find beauty in our everyday lives and, through their lens, to capture things that we might otherwise have overlooked. In other cases, while the color and composition move us emotionally, the exotic landscapes evoke a spirit of adventure and exploration.

These photos are our eyes on the world.

The universal language of photography: Rotary Magazine's Photography Awards 2022

ROTARY - INTERNATIONAL

By Wen Huang

Winner
Photographer: Heinz-Gerd Dreehsen
Rotary Club of Oberhausen, Germany



Winner: People of action Photographer: Derrick Kabuye Rotaract Club of Kampala South and Rotary Club of Chicago Citywide Service



Honorable mentions



Photographer: Hansruedi Frutiger -Rotary Club of Gombak, Kuala Lumpur, Malaysia



Photographer: Luc Warreyn -Rotary Club of Nieuwpoort-Westhoek, Belgium



Photographer: InHyuk Song -Rotary Club of Daegu-Dongshin, Korea



Photographer: Luke Stango -Rotary Club of Jackson, New Jersey

The universal language of photography: Rotary Magazine's Photography Awards 2022

ROTARY - INTERNATIONAL

By Wen Huang



Photographer: Bri Erger - Rotary Club of Denver Lodo



Photographer: Snezana Suput Gulin -Rotary Club of Ljubljana Julija, Slovenia



Photographer: Edward Uhalla -Rotary Club of Ikate, Nigeria



Photographer: Wang Chiende-te - Spouse of Su-Chen Lin, Rotary E-Club of New Taipei Inter-Industry



Photographer: Josh Gates -Rotary Club of Jasper, Alabama

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.



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Vaccine efficacy, effectiveness and protection

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.

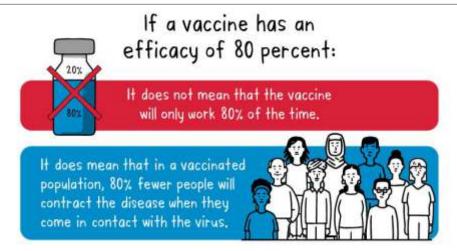
COVID-19 vaccines have proven to be safe, effective and life-saving. Like all vaccines, they do not fully protect everyone who is vaccinated, and we do not yet know how well they can prevent people from transmitting the virus to others. So as well as getting vaccinated, we must also continue with other measures to fight the pandemic.

Vaccine efficacy and effectiveness

All COVID-19 vaccines approved by WHO for emergency use listing have been through randomized clinical trials to test their quality, safety and efficacy. To be approved, vaccines are required to have a high efficacy rate of 50% or above. After approval, they continue to be monitored for ongoing safety and effectiveness. But what is the difference between efficacy and effectiveness?

A vaccine's efficacy is measured in a controlled clinical trial and is based on how many people who got vaccinated developed the 'outcome of interest' (usually disease) compared with how many people who got the placebo (dummy vaccine) developed the same outcome. Once the study is complete, the numbers of sick people in each group are compared, in order to calculate the relative risk of getting sick depending on whether or not the subjects received the vaccine. From this we get the efficacy – a measure of how much the vaccine lowered the risk of getting sick. If a vaccine has high efficacy, a lot fewer people in the group who received the vaccine got sick than the people in the group who received the placebo.

So, for example, let's imagine a vaccine with a proven efficacy of 80%. This means that – out of the people in the clinical trial – those who received the vaccine were at a 80% lower risk of developing disease than the group who received the placebo. This is calculated by comparing the number of cases of disease in the vaccinated group versus the placebo group. An efficacy of 80% does not mean that 20% of the vaccinated group will become ill.



Vaccine effectiveness is a measure of how well vaccines work in the real world. Clinical trials include a wide range of people – a broad age range, both sexes, different ethnicities and those with known medical conditions – but they cannot be a perfect representation of the whole population. The efficacy seen in clinical trials applies to specific outcomes in a clinical trial. Effectiveness is measured by observing how well the vaccines work to protect communities as a whole. Effectiveness in the real world can differ from the efficacy measured in a trial, because we can't predict exactly how effective vaccination will be for a much bigger and more variable population getting vaccinated in more real life conditions.

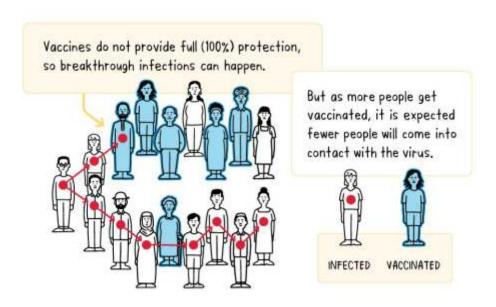
Vaccine protection and timing

Vaccines offer strong protection, but that protection takes time to build. People must take all the required doses of a vaccine to build full immunity. For two-dose vaccines, vaccines only give partial protection after the first dose, and the second dose increases that protection. It takes time before protection reaches its maximum level a few weeks after the second dose. For a one-dose vaccine, people will have built maximum immunity against COVID-19 a few weeks after getting vaccinated.

Vaccine protection and infection

Vaccines can stop most people from getting sick with COVID-19, but not everyone.

Even after someone takes all of the recommended doses and waits a few weeks for immunity to build up, there is still a chance that they can get infected. Vaccines do not provide full (100%) protection, so 'breakthrough infections' – where people get the virus, despite having been fully vaccinated – will occur.



If vaccinated people do get sick, they are likely to have milder symptoms, in general 'It is very rare for someone vaccinated to experience severe illness or die.

Vaccine protection and transmission

COVID-19 vaccines are crucial tools in the pandemic response and protect against severe disease and death. Vaccines provide at least some protection from infection and transmission, but not as much as the protection they provide against serious illness and death. More evidence is needed to determine exactly how well they stop infection and transmission.

After being vaccinated, individuals should continue taking simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning hands, and coughing into a bent elbow or tissue. Get tested if you are sick, even if you've been vaccinated. Check local advice where you live and work. Do it all!



Vaccine protection and variants

When cases increase and transmission accelerates, it's more likely that new dangerous and more transmissible variants emerge, which can spread more easily or cause more severe illness.

Based on what we know so far, vaccines are proving effective against existing variants, especially at preventing severe disease, hospitalization and death. However, some variants are having a slight impact on the ability of vaccines to guard against mild disease and infection.

Vaccines are likely staying effective against variants because of the broad immune response they cause, which means that virus changes or mutations are unlikely to make vaccines completely ineffective.

WHO continues to constantly review the evidence and will update its guidance as we find out more. For the latest updates on what we know about the COVID-19 variants, read our latest weekly epidemiological updates and our explainer on 'the effects of virus variants on COVID-19 vaccines'.

One of the best ways of guarding against new variants is to continue applying tried-and-tested public health measures and rolling out vaccines. All COVID-19 vaccines approved for emergency use listing by WHO have been thoroughly tested and proven to provide a high degree of protection against serious illness and death. As stronger virus variants emerge, it's important to take your vaccine when it's your turn.





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DESIGNATED MONTH





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





July - New Leadership Month

Start of new Rotary officers' year of service.

- Tree Plantation
- Reduce, Re-Use, Re-Cycle Waste



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RCSS - CLUB IN ACTION Club Assembly on 11th June 2022







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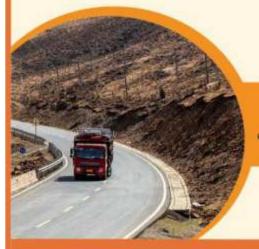
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Courtesy: Rtn Srinivas Gumidelli @ 9848005110



INTRODUCING OUR MEMBERS

Rtn. Rajesh Pamnani

Name of Spouse : Ann Tanvi Pamnani Children Names : Rohan & Sonali Pamnani

1. Name: Rtn. Rajesh Pamnani

- **2. Educational Qualifications:** B.Com., Cert. Baking & Food Preservation/Cert. Shop Floor Management.
- **3. Profession/Business:** Manufacturer & Exporter of Baking machine for Wafer biscuit & Ice Cream Cones, Currently exporting to over 80 countries in all four continents.

4. Hobbies: Photography, Philately & Travelling

Favourite trip: Iceland Trip - Iceland is often called the Land of Ice and Fire, a land where volcanoes and geothermal heat have made their mark on the landscape, along with the many glaciers and glacier lagoons, a land of pristine and unspoiled nature.

A place in your bucket list which you wish to visit and why

Machu Pichu - Deciding on a Machu Picchu trip to explore this ancient wonder.

Your most cherished vacation so far and why?

An unfinished trip even after reaching Cusco, Peru

Your favourite book: "The Secret"

5. Define yourself in 3words: Organized, patient and helpful.

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

Think before you act. The simple but effective precess of thought will help you avoid making critical mistakes that could cost you your freedom, education or your life "Thinking ability will safeguard you." - Proverbs.

7. How do you define leadership?

Leaders help themselves and others to do the right things. They set direction, build an inspiring vision and create something new. Leadership is about mapping out where you need to go to "win" as team or an organization; and it is dynamic, exciting and inspiring.

8. What makes you happy?

Being with framily, friends & my pet dog.

9. What are the three things you do not leave your house without?

Cash, Mobile Phone & Face-Mask.

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

Travel the world...complete my bucket list.

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

Health Care & Hygiene. "Wash your hands thoroughly frequently".

12. You are an award winning ace photographer. Did you ever get a chance to shoot a model? If so what were your feelings?

"The 27 emotions: admiration, adoration, aesthetic appreciation, amusement, anger, anxiety, awe, awkwardness, boredom, calmness, confusion, craving, disgust, empathic pain, entrancement, excitement, fear, horror, interest, joy, nostalgia, relief, romance, sadness, satisfaction, sexual desire, surprise."









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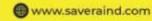


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INTRODUCING OUR MEMBERS

Rtn. Lokesh Jain

Name of Spouse : Ann Seema Jain Children Names : Avani Jain

1. Name: Rtn. Lokesh Jain

2. Educational Qualifications: B E electrical (Gold medallist)

- **3. Profession/Business:** Manufacturing of ceiling fans for 35 years
- **4. Hobbies:** Singing, Watching movies, listening to music, organising events
- **5. Define yourself in 3words:** Straight-forward, Honest, Kind
- 6. Based upon your life experiences what advice will you give to today's youth? Gather knowledge through media and friends and be aware of the changing times. Adapt yourselves to changes, have a stable and strong mind and will power to face the tough challenges ahead. Be confident to face the world as sometimes our own known friends can ditch us or maybe they are selfish.

7. How do you define leadership?

A Leader IS ONE who takes the opinion of majority and plans the activities accordingly. He should get the pulse of people as, what they need

8. What makes you happy?

To sit and play with true friends.

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

Life should be smooth (stay healthy)

Build up the reputation further

See daughter, son- in- law and grand children healthy and happy.

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

There's no retirement as we are more matured to understand life. Lets enjoy life and give advice to the younger generation.

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

Family is very important.

12. If the world is coming to an end and God gives you an option to stay alive with one Rotarian/Ann (not your spouse) then who would it be and why?

It's a hypothetical question. Am I so lucky to be alive when the world is coming to an end? Anyhow, I would meditate since world is coming to an end, so any lucky Rotarian or Ann is fine.

13. Please share the best or most memorable moment of your life.

In the year 1997 I was made the convention director (incharge). I took responsibility of hosting the National Convention for 4 days with 2000 delegates. I made arrangements from the scratch like raising funds, food arrangements, accommodation etc., This experience made me a strong personality.





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INTRODUCING OUR MEMBERS

Rtn. Sanjay Kabra

Name of Spouse : Ann Kanak Kabra Children Names : Kriti & Sanskriti

1. Name: Rtn. Sanjay Kabra

2. Educational Qualifications: B. E. (Mechanical)

3. Profession/Business: Designing and manufacturing of conveyors and structural fabrication.

- **4. Hobbies:** Watching movies and travelling. Switzerland is my favourite destination because it is very beautiful and relaxing.
- **5. Define yourself in 3words:** Hardworking, Practical and Stubborn.
- **6.** Based upon your life experiences what advice will you give to today's youth? Work hard and enjoy the beautiful moments of life
- 7. How do you define leadership?

Leadership to me is the capability of an individual or a group of individuals to influence and guide the colleagues/employees to achieve a goal by providing direction and motivation.

8. What is your biggest stress buster?

Watching movies and taking a vacation.

9. What are the three things you do not leave your house without?

Wallet, phone and car keys

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

Explore the world

11. What is one lesson the pandemic has taught you?

Family bonding is very important.

12. Imagine you got once in a lifetime opportunity of a trip to Bangkok with friends without your wife and kids. As soon as you reach airport you listen to the announcement that the flight is cancelled and there is no availability till next three days. What would be your reaction?

Being a positive person I will not lose heart but instead try to find solutions. The best solution here seems is to fly to another destination and from there take the flight to Bangkok.

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INTRODUCING OUR MEMBERS

Rtn. Sandeep Jhanwar

Name of Spouse : Ann Mamta Jhanwar Children Names : Arushi & Vidushi Jhanwar

- 1. Name: Rtn. Sandeep Jhanwar
- **2. Educational Qualifications:** Bcom Hons' in Accounts from Calcutta University.
- **3. Profession/Business:** Director at Sanchem Sophin pvt.ltd. (Family business of Chemicals, Solvents, Drug intermediates and API'S)
- 4. Hobbies: Snooker, Volleyball, Cricket, Music, Singing and Flirting
- 5. Define yourself in 3words: Main hoon na
- **6. Based upon your life experiences what advice will you give to today's youth?** Connect with people and expand your network. Have fun but save your health for second innings of your life.
- 7. How do you define leadership?

Leadership is showing the path, taking a step back and letting the youth take over and Motivating them along the way to reach a common goal.

8. What is your biggest stress buster?

Music and dance takes away my stress and of course playing snooker.

- **9. What are the three things you do not leave your house without?** Smile Comb and Water.
- 10. What do you plan to do after you retire?

Settle down in the mountains and work from there.

11. What is one lesson the pandemic has taught you?

Nothing Stays for too long so keep it cool, good times are always ahead.





VISITOR MANAGEMENT SYSTEM



VISITOR

- Scheduled Visitor
- Unscheduled Visitor

RECEPTION

- Registration for visitor
- Check In
- Check Out
- Blacklist unwanted visitor





HOST

- Send invitation
- Books Meeting Room
- Receives notification upon visitor arrival

KIOSK

- Self- register (for walk-in visitor)
- Get approval
- Verification for scheduled visitor
- Check In
- Check Out



ACCESS CONTROL

- Visitor uses Access Card, Biometric PIN, QR Code
- The Credential data travel from the Reader to the Access Control System.
- The ACS verifies the user's credentials and send relay signal to barrier or turnstile to open
- All the event logs are stored in the database which can be used later to generate the Reports



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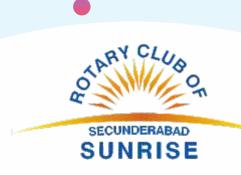
Your opinion matters.

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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