

# Rotary Club of Secunderabad Sunrise . India

August 2022



Dist. Gov. : Rtn. Rajasekhar Reddy Talla | President : Rtn. Rajhans Banka | Secretary : Rtn. Ranjay Goel | Editor : Rajesh Pamnani





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**Rtn. Sanjay Kabra**



Youth Services  
**Rtn. Praveen Sharma**



Public Image  
**Rtn. Rajesh Pamnani**



Community Service Projects  
**Rtn. Praveen Lunawath**

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## EDITOR'S NOTE

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We are now trying to present a different style of content for the magazine for better readability and encouraging sharing of thoughts and views.

1. International awareness days (from UN)

This primarily covers all important issues faced by the world.

2. Festivals in India

Each month has numerous event that are festive in India.

We shall try to cover a few that are of importance (also for travel).

We hope you like these articles.

Await your feedback on my personal window at Whatsapp.

Rtn. Rajesh Pamnani

Editor (2022-2023).

+91 9849013175



## Introducing our Editors (2022-2023)



### **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.





Stephanie A. Urchick, a member of the #Rotary Club of McMurray, Pennsylvania, USA, has been selected to become Rotary International President for 2024-25. Meet the president-nominee: [on.rotary.org/pn2425](https://on.rotary.org/pn2425).

## President's Message



My dear Rotarians and Anns,

We have now completed one full month of this Rotary year. We celebrated Aazaadi Ka Amrit mahotsav marking 75 years of independence from British rule by participating in the Independence Day programme at Mahindra Hills Shanti Niketan colony. We planted 15 tree saplings in the colony With tree guards and tried to do our bit to make the planet-earth, less polluted and more liveable.

The multi-club joint Speaker meeting-hosted by Rotary Sampraday was a great experience, as the speaker-Major General Ravi Ravada ( retd )touched many facets of the defence forces' lives and how the defence personnel put their lives at risk to defend our motherland.

As we move forward, we have identified three major areas where our club needs to pitch in for community service:

We have been requested by MNJ Cancer Hospital for an ultrasound colour Doppler machine,

2) A captive oxygen plant at Ramdeo Hospital and

3) Around 2000 dual desks at various government schools in and around the twin city.

All these projects need huge funding. We are looking at corporates for CSR funding to execute the projects.

It is rightly said-"in order to live in the kind of society you want you have to help build it."

This year we plan to raise funds for our club through a mega fundraiser. We are in discussions with a few teams for such programmes. I shall be able to give a more definite detail about it in the next issue of our club magazine.

DEI-diversity, equity and inclusion are not corporate buzzwords. They are important reminders that we need to understand and embrace our differences, provide equitable opportunities for success and welcome one another exactly as we are. For Rotary DEI means ensuring that our clubs, Meetings and events or places where participants can speak openly and respectfully and where everyone feels welcome. It's about removing barriers to entry and success and opening doors to inclusion.

Friends it was nice to talk to all of you through this column of our in-house magazine. Let's pledge to make this world a better place to live in.

Thank you.

Rtn. Rajhans Banka  
President (2022-23).





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# BIRTHDAYS & WEDDING ANNIVERSARIES - SEPTEMBER



## BIRTHDAY

04/09 - Rtn. Ranjay Goel  
 08/09 - Ann. Rachna Gupta  
 W/o Rtn. Sandip N Gupta  
 12/09 - Rtn Sarvesh Gupta  
 Rtn. Ajay Jain  
 Ann Rohini W/o Rtn.Vaman Rao  
 14/09 - Ann Srivani  
 W/o Krishna Nerella  
 15/09 - Rtn. Krishna Nerella  
 18/09 - Rtn. B.Srinivas  
 Dr Surekha W/o Rnt. LR Surender  
 22/09 - Rtn. Suresh Verma  
 24/09 - Ann Rama W/o Rtn. Satish  
 27/09 - Rtn. Sreedhar Raju  
 Ann Kavita Agarwal  
 W/o Rtn. Pankaj Aggarwal

## ANNIVERSARY

15/09 - Rtn. Satish & Rama Manohar

## PROGRAMME

10/09 - Speaker Meeting at Hotel Marigold,  
 Begumpet.  
 18/09 - Fellowship



Club Awards (2021-22)



A Lady asks: "How much do you sell your eggs for?"

The old vendor replies: "0.50 ¢ an egg, madam" .

The Lady says: "I'll take 6 eggs for 2.50¢ or I'm leaving".

The old salesman replies: "Buy them at the price you want, Madam. This is a good start for me because I haven't sold a single egg today and I need this to live.

She bought her eggs at a bargain price and left with the feeling that she had won.

She got into her fancy car and went to a fancy restaurant with her friend. She and her friend ordered what they wanted. They ate a little and left a lot of what they had asked for. So they paid the bill, which was \$400. The ladies gave \$500 and told the fancy restaurant owner to keep the change as a tip...

This story might seem quite normal to the owner of the fancy restaurant, but very unfair to the egg seller...

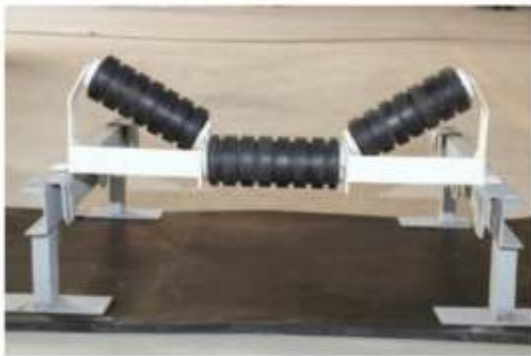
The question it raises is: Why do we always need to show that we have power when we buy from the needy? And why are we generous to those who don't even need our generosity?

Try to buy goods from poor people and give them an extra tip. "It's charity wrapped in dignity."

If you like, share this message - it's an attempt of "humanisation" - it will go one step further... in the right direction...

Author: unknown

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Tree plantations on 15th August at Shanti Niketan Colony,  
Mahendra Hills, Secunderabad





Tree plantations on 15th August at Shanti Niketan Colony,  
Mahendra Hills, Secunderabad





Tree plantations on 15th August at Shanti Niketan Colony,  
Mahendra Hills, Secunderabad





Jai Gurudev



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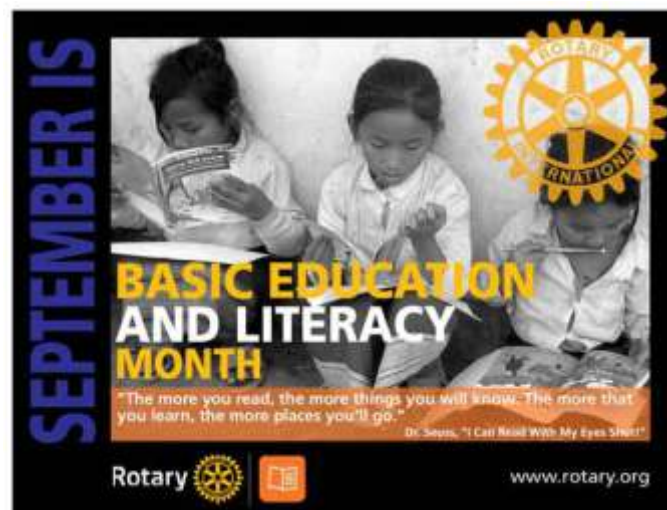
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## DESIGNATED MONTH



**August** - Membership & Extension Month Membership and New Club Development Month, a time to focus on Rotary's continuing need for growth, to seek new members and form new clubs.

- Update your classifications list and circulate amongst members and accordingly fill up the Vacancies
- Educate members about membership Procedure
- Induct New Members
- Invite Retractors to join Rotary
- Consider inviting Local Personalities to be Inducted as Honorary Members
- Organise Seminar on Club level & a Public meeting inviting non rotary friends and Rotary Alumni to emphasis Advantages of Joining Rotary



**September** - Basic Education & Literacy

Area of Focus : Basic Education and Literacy Month, Promote Literacy and It's a time when Rotary clubs and districts highlight Rotaract by joining in projects with their Rotaract clubs.

- Initiate Adult Education class
- Involve Youngsters / College Students as Teachers
- Initiate E-Learning / Happy School Projects
- Distribute Libraries
- Develop Traffic park for Children
- Arrange Traffic Awareness Lectures in Schools & Colleges



## Club Assembly on 20th August 2022 at Hotel Marigold, Begumpet, Hyderabad





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Whatsapp : +91 7995957007





April 2022 (15 days) - Total Dialysis 80

May 2022 -Total Dialysis 184

June 2022-Total Dialysis 234

July 2022-Total Dialysis 281

Aug 2022-Total Dialysis 297

We have added 6 New Dialysis machines in our centre exclusively for ESI patients on 10th August. 55 patients from ESI are registered and a total of 641 dialysis have been completed from 10th Aug to 31st Aug.

In Aug a total of  $297+641 = 938$  Dialysis have been completed.

Bhagwan Mahaveer Dialysis Trust have added the 6 new Dialysis Machines.

Report by :

Rtn Srinivas Gumidelli

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India is a country with diverse religions where the people a lot of festivals. The country celebrates each and every festival with zeal and enthusiasm.

The Indian calendar, which is the Shaka Calendar, is based on the luni-solar system and has local variation. Indian calendar follows the 12 months and 365 days rule but the names of the month are different from the English calendar. The first month of Indian calendar is known as Chaitra while the last one is called Phalguna.

8 September 2022, Thursday - Onam/Thiruvonam



Onam is an annual Malayali harvest festival, in the Indian state of Kerala. A major annual event for Keralites, it is the official festival of the state and includes a spectrum of cultural events. Drawing from Hindu tradition, Onam commemorates King Mahabali and Vamana.

9 September 2022, Friday - Anant Chaturdashi



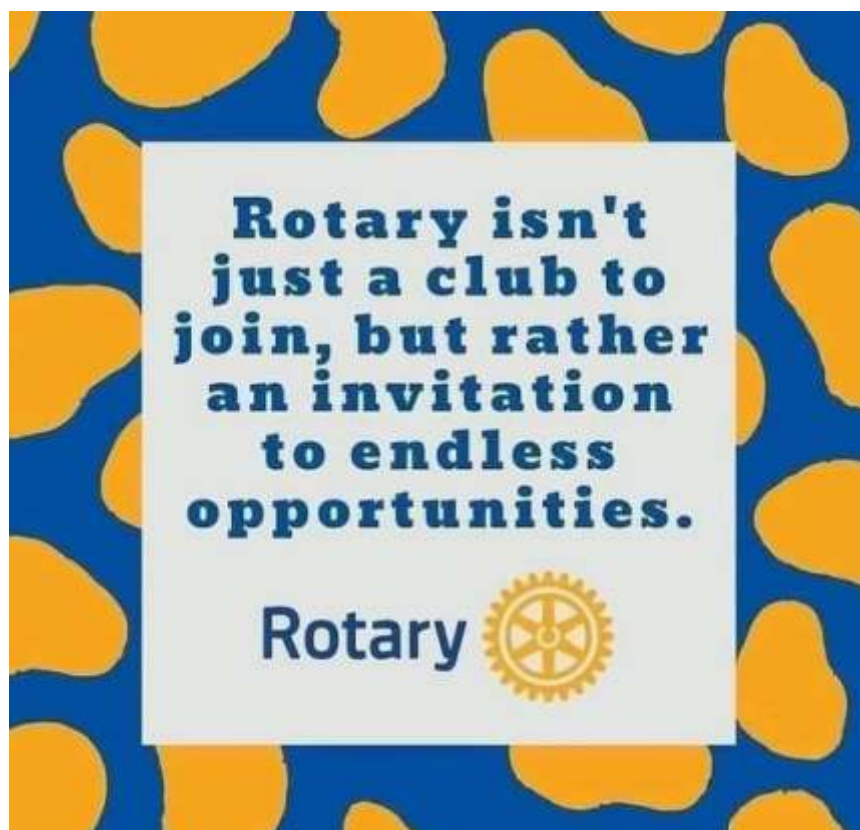
Anant Chaturdashi / Ganesh Visarjan is a festival observed and celebrated by Hindus and Jains. Anant Chaturdashi is the last day of the ten-day-long Ganeshotsav or Ganesh Chaturthi festival and is also called Ganesh Chaudas when devotees bid adieu to the deity Ganesha by immersing (visarjana) his idols in water on Anant Chaturdashi. Chaturdashi is the 14th day of the lunar fortnight. In the normal course, Anant Chaturdashi falls 10 days after Ganesh Chaturthi..

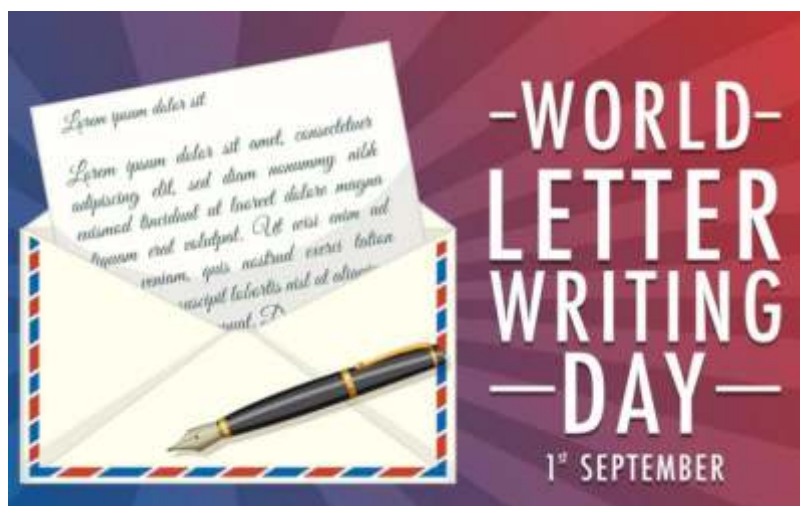
## Holiday's & festivals in India September Month

26 September 2022, Monday- Sharad Navratri



Navaratri[a] is a biannual and one of the most revered Hindu festivals observed in the honour of goddess Mahadevi. It spans over nine nights (and ten days), first in the month of Chaitra (March/April of the Gregorian calendar) and again in the month of Sharada. It is observed for different reasons and celebrated differently in various parts of the Hindu Indian cultural sphere.[2][3] Theoretically, there are four seasonal Navaratri. However, in practice, it is the post-monsoon autumn festival called Sharada Navaratri. The festival is celebrated in the bright half of the Hindu calendar month Ashvin, which typically falls in the Gregorian months of September and October.





## WORLD LETTER WRITING DAY

Every year on September 1st, World Letter Writing Day encourages people worldwide to pick up a pen, grab a piece of paper, and write a letter. It's also a day to learn about the art of letter writing.

In this digital age of text and e-mail, it's almost unheard of to sit down and compose a letter. However, according to research, there are good reasons not to abandon letter-writing altogether.

Here are some great reasons to write a letter:

It's a thoughtful way to communicate with those you love.

The receiver may treasure your letter for years to come.

People who write letters of gratitude feel happier and more satisfied with life.

It's a great way to strengthen a friendship, marriage, or other meaningful relationship.

It can help someone better understand your perspective or position on a certain topic.

Your older friends and relatives will cherish this traditional form of communication.

If you have beautiful handwriting, it's a way to show off your penmanship skills.

One more reason to write a letter instead of a text or e-mail is that it forces you to really think about what you're writing. Far too often, we hurriedly send texts and e-mails without really thinking about the impact our words have on the receiver. With a handwritten letter, you are forced to be more careful with the words you choose.





# International Awareness Days 2022

International Awareness Days List 2022

Social Media #Hashtag Calendar

Our international awareness days list.

It includes all the fixed UN observance days and all the fixed international awareness days that could be found.

We believe every day should be special, of global interest and a few fun days.

## September 2022



5 September

International Day of Charity IDC

Celebrated from 2013 - Worldwide.

This is included in the UN International Days.

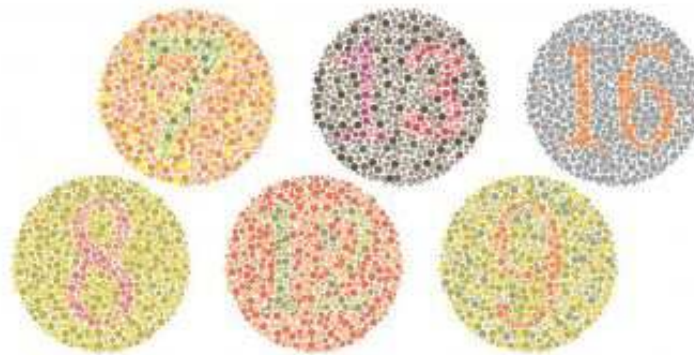
Giving day, Charity day.

This day commemorates the anniversary of the death of Mother Teresa.

It encourages countries, organizations and individuals to take public action and support charitable work worldwide to alleviate poverty and suffering.

#InternationalDayofCharity

## COLOUR BLINDNESS TEST



6 September

International Colour Blindness Awareness Day

2016 Europe and worldwide. UN, UNESCO, UEFA (Union of European Football Associations) TheFA (The Football Association) and CAFE (Centre for Access to Football in Europe).

Discrimination awareness day, Health day, Health awareness day.

A day to raise awareness of color blindness, remove the stigma surrounding color blindness and campaign for organizations to choose colors which are more visible to people with color vision defects (CVDs).

#Iam1in12 (males) #Iam1in200 (females) #kickthestigma

#kickingthestigma #ColourBlindAwarenessDay



8 September International Literacy Day

1966 Worldwide.

UN, UNESCO. Cultural day, Cultural awareness day, Literacy awareness day.

UNESCO hosts their International Literacy Prizes ceremony to highlight the importance of literacy to individuals, communities and societies. Literacy rates are improving worldwide but one in five adults are still not literate.

#LiteracyDay

# International Awareness Days 2022



8 September World Cleanup Day

2008 150 countries worldwide.

UNEP, LetsDoItWorld.org

Environment day, Environmental awareness day. Start or join a local Let's Do It!

Team to help clean up the world.

#WorldCleanUpDay



10 September World Suicide Prevention Day

2003 Worldwide.

UN, WHO, IASP (International Association for Suicide Prevention)

Mental health day, Mental health awareness day. A day to remember victims of suicide and raise awareness of suicide. It's OK not to be OK. Why not take a minute out of your day to ask if someone is OK ? It could lift someone out of a suicidal crisis.

#WSPD or add year WSPD2022 #WorldSuicidePreventionDay





15 September International Day of Democracy

2008 Worldwide.

UN and UNESCO. Civil rights day, Civil rights awareness day.

Recognize that democracy is a work in progress but an important UN goal to spread the values of freedom, human rights and genuine elections worldwide.

#DemocracyDay



16 September International Day for the Preservation of the Ozone Layer

1995 Worldwide.

UN, UNEP, EPA (United States Environmental Protection Agency), WMO (World Meteorological Organization), NASA, BAS (British Antarctic Survey), NOAA (National Oceanic and Atmospheric Administration) and ESRL (Earth System Research Laboratory). Environment day, Environmental awareness day.

The Ozone Layer protects the Earth from the harmful portion of the sun's rays. We can all take action to protect it.

#InternationalOzoneDay

# International Awareness Days 2022



18 September      World Water Monitoring Day / EarthEcho Water Challenge

WWMD      2003   143 countries worldwide.

EarthEcho International, ACWF (America's Clean Water Foundation), WEF (Water Environment Federation) and IWA (International Water Association).

Environment day, Environmental awareness day.

Global educational outreach program which builds public awareness and participation in protecting water resources around the world by empowering citizens to carry out basic tests on their local water bodies and upload the results to a world map.

#MonitorWater



21 September      International Day of Peace / World Peace Day

1982   Worldwide.

UN and UNHCR (UN Refugee Agency).

War and Peace awareness day.

A day to reflect upon the cruel price of war and call for a global ceasefire in all combat zones.

#PeaceDay



21 September      Zero Emissions Day / ZeDay

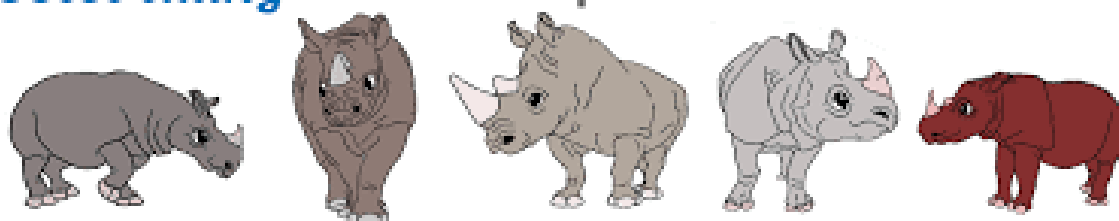
Worldwide. Sealevel.ca

Environment day, Environmental awareness day.

Give the planet a day off by not burning coal, oil or gas and minimize any electricity generated by fossil fuels for 24 hours. ZeDay is the perfect day to switch to a green energy provider or carbon offset your fossil fuel use.

#ZeroEmissionsDay #ZeDay #GoGreen

## WORLD RHINO DAY 22 September Celebrating the FIVE species of rhinoceros



22 September      World Rhino Day

2011 Worldwide. WWF-South Africa.

Animal day, Wildlife conservation day.

A day to raise awareness about Rhinos and the need to protect their habitats. Get involved by debunking the myths that rhino horn contains curative properties to lower the demand for Rhino horn.

#WorldRhinoDay





22 September      World Rose Day

Canada, India, worldwide.

CARF (Cancer Aid and Research Foundation).

Health day, Health awareness day.

A day to recognize the physical, emotional, social and financial burdens faced by cancer survivors and their care givers. Give roses and gifts to cancer patients and campaign for cancer charities.

#WorldRoseDay



25 September      World Dream Day

WDD 2012

USA and worldwide.

BurnBright International.

Self improvement day, Mental health awareness day.      A day to transform yourself and the world one dream at a time! Set your dreams in motion for yourself, your family, local community and the world.

#WorldDreamDay



26 September      International Day for the Total Elimination of Nuclear Weapons  
2014   Worldwide.  
UN.

War and Peace, Disarmament day, Global politics awareness day.

A day to call on all countries to get rid of their nuclear weapons to achieve a world free of nuclear weapons.

#InternationalOzoneDay #OzoneHeroes #GoodbyeNukes



26 September      World Environmental Health Day  
WEHD

2011   Worldwide.

IFEH (International Federation Of Environmental Health).

Environment day, Environmental health day.

A day to raise awareness of environmental factors that can affect health including physical, chemical and biological factors to help prevent disease and promote healthy environments worldwide.

#WEHD or add year #WEHD2022

## World Contraception Day - 26 September



26 September      World Contraception Day

WCD 2007 Worldwide.

UN, Women Deliver, Population Council, EngenderHealth, Pathfinder International, 120 Under 40, APCOC (Asia Pacific Council On Contraception), CELSAM, MSI (Marie Stopes International), IPPF (International Planned Parenthood Federation), PSI (Population Services International), USAID (U.S. Agency for International Development), ESC (European Society Of Contraception And Reproductive Health), DSW, FIGIJ, FP2020 (Family Planning 2020) and EWEC (Every Woman Every Child).

Family planning, Birth control, Health day, Health awareness day.

A day to raise awareness about safe sex and contraception. Each new generation of adults needs to make informed decisions until all pregnancies are planned.

#WorldContraceptionDay #WCD2022



27 September      World Tourism Day

WTD 1980 Worldwide.

UN and UNWTO.

Sustainable development, Environment day, Environmental awareness day.

A day to acknowledge the role responsible tourism plays worldwide and learn how tourism affects cultural, social, political and economic values worldwide.

#TravelEnjoyRespect #WorldTourismDay



## International Awareness Days 2022



28 September World Rabies Day

2007 Worldwide.

UN, WHO and GARC (Global Alliance for Rabies Control).

Environment day, Environmental awareness day

On the anniversary of the death of French chemist Louis Pasteur in 1895, who developed the first rabies vaccine, the WHO urges to raise awareness of rabies prevention and campaign to end human deaths from dog-transmitted rabies by 2030.

Was held on 8th September in 2007

#WorldRabiesDay #TogetherAgainstRabies



28 September International Right to Know Day

RTKD 2002 Worldwide.

FOIA (Freedom of Information Advocates).

Rights day, Rights awareness day

A day to campaign for the right to information to be written into laws in accordance with international standards. The right to information is a vital human right for transparent and accountable government. Without access to information other human rights can be denied.

#RightToKnowDay #RTK2022

# International Awareness Days 2022



28 September      International Day for Universal Access to Information  
IDUAI 2016   Worldwide.

UN, UNESCO and APAI (African Platform on Access to Information).

Rights day, Rights awareness day.

A day to campaign for more information transparency and access to information held by all organizations.

#IDUAI or add year: #IDUAI2022



29 September      World Heart Day

WHD 2000   Worldwide.

(WHF) World Heart Federation.

Health day, Health awareness day

A day to raise awareness that stroke and heart disease are the world's leading causes of death and to encourage everyone to participate in activities to improve their heart health and that of others.

#WorldHeartDay



29 September International Day of Awareness of Food Loss and Waste

Stop Food Loss and waste, for the people, for the planet

Reducing food losses and waste is essential in a world where the number of people affected by hunger has been slowly on the rise since 2014, and tons and tons of edible food are lost and/or wasted every day.



30 September International Podcast Day

IPD 2015 40+ countries worldwide.

InternationalPodcastDay.com Culture day, Culture day, Cultural awareness day, Online day, Media day, Awareness day.

A day to raising awareness of the power of podcasting and promote digital media worldwide. #InternationalPodcastDay

International  
Blasphemy Rights Day  
is  
September 30



30 September International Blasphemy Day

2009

CFI (Center for Inquiry). freedom of worship, Cultural freedom day, freedom of speech.

A day to express solidarity with those who challenge social prohibitions and oppressive laws against freedom of expression. Support the right to challenge prevailing religious beliefs without fear of arrest, violence or persecution.

#BlasphemyDay



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**WE ARE STILL LIVING  
WITH COVID-19.  
IT IS NOT OVER.**

**NOT ALL** people  
with COVID-19  
show symptoms.

COVID-19 vaccines  
**GREATLY REDUCE YOUR RISK**  
of getting seriously ill or dying.

**YOUR RISK OF  
COVID-19 CAN  
CHANGE AT ANY TIME.**  
Don't wait until cases are  
on the rise again before  
getting vaccinated.

**YOUR HEALTH IS PRECIOUS. PROTECT YOURSELF.**



VACCINE



KEEP A SAFE  
DISTANCE



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Foam Pallet



LED TV Packing Buffer



Fruit Box 5KG



Electronic Buffer Packing



Granite  
Tile Box

Sy. No.807, Adj. to IE, Medchal, Hyderabad - 501401 | www.andhraexpanded.com | sales@andhraexpanded.com





On this 75th Independence Day,  
I recall the pledge we used to take while in school every day in the morning!  
It was inspiring then and much more so today!!  
India is my country  
All Indians are my brothers and sisters.  
I love my country,  
and I am proud of its rich and varied heritage.  
I shall always strive to be worthy of it.  
I shall give respect to my parents, teachers, and all elders.  
and treat everyone with courtesy.  
To my country and my people.  
I pledge my devotion.  
In their wellbeing and prosperity alone, lies my happiness  
Jai Hind.

We value your suggestion



Your opinion matters.

Like anything in this world, Rotary Club of Secunderabad Sunrise needs to remain agile and adapt to the changing needs of our tribe and community. How can we expect to continue doing 'good' in a World we can't properly understand or relate to ?

For this reason, we'd love to hear your suggestions on how we could make our club better and/or help guide Rotary International in a more modern direction.

Do drop a line at

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**ROTARY CLUB OF SECUNDERABAD SUNRISE**  
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