

Rotary Club of Secunderabad Sunrise . India

October 2022



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Cover Page

The Below Pictures were taken during our Photowalk at Village called " Bodakonda" which is located near Ibrahimpatnam Hyderabad, this village is known for the Lambada community who resides in this village, one will find the elderly ladies in this beautiful attire which is their tradition.

Pic credit by : Rtn. Rajesh Pamnani

EDITOR'S NOTE



What is sustainable living?

Sustainable living is described as a lifestyle that attempts to reduce the use of Earth's natural resources by an individual or society. It is often called "earth harmony living" or "net zero living". Its practitioners often attempt to reduce their ecological footprint (including their carbon footprint) by altering their home designs and methods of transportation, energy consumption and diet. Its proponents aim to conduct their lives in ways that are consistent with sustainability, naturally balanced, and respectful of humanity's symbiotic relationship with the Earth's natural ecology. The practice and general philosophy of ecological living closely follows the overall principles of sustainable development. "Sustainable," "eco-friendly," "upcycled"—these words are touted across the retail space as companies strive to tap into today's sustainably-focused consumers' interests. More people are aware about the needs & importance that they would be willing to pay more for sustainable products or services.

So how can you, as a consumer, make more informed decisions when it comes to buying sustainable products?

It starts with educating yourself on what the word actually means. Sustainability is the balance between the environment, equity, and the economy.

Beyond the product itself, what it comes in is just as important. With anywhere from 4 to 12 million metric tons of plastic entering the ocean each year, buying items that are made from, and packaged in, recyclable materials is more important than ever.

Understand the lingo

Arguably the most confusing aspect of shopping sustainably is understanding all of the different terms used to describe the product or brand.

“The terms ‘sustainable’ and ‘eco-friendly’ are not regulated and often have different meanings to each brand that uses them.

To help guide you, here are some of the most widely used eco-terms and what they mean, ensuring you don’t end up greenwashed as you try to shop for your next trip.

- * **Carbon footprint:** This refers to the total amount of greenhouse gasses, like CO₂ and methane, emitted by an individual or business’s actions. The fashion industry, for example, accounts for nearly 10 percent of the world’s greenhouse gas emissions and the travel industry emits between 8 to 11 percent.

- * **Cruelty-free:** Used to define beauty products that have been manufactured and developed without animal testing.

- * **Greenwashing:** When a brand makes false or misleading claims about how their product is more environmentally sound

- * **Upcycle:** The act of giving an old product a ‘second life’ by turning it into something new

- * **Organic:** Something that’s made without pesticides or other harmful man-made chemicals, and is GMO-free

- * **Zero-waste lifestyle:** The zero-waste movement defines this as a lifestyle that is entirely focused on the elimination of all waste so that nothing consumed ends up in a landfill or ocean

What are sustainable practices at home?

10 Simple Sustainability Practices You Can Do At Home

- * Make Use of Natural Light.
- * Eliminate Useless Energy Waste.
- * Stop Food Waste.
- * Reuse Your Containers and Jars.
- * Install Rainwater Tanks.
- * Start Composting.
- * Use Natural Cleaning Products.
- * Choose Cloth Over Paper.

Grow Your Veggies

Make Use of Solar Power

Do you have any idea’s or suggestions

Do share them with us

Rtn. Rajesh Pamnani

Editor (2022-2023).

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Introducing our Editors (2022-2023)



Ann Seema Jain

W/o Rtn. Lokesh Jain

Qualification Mcom from Rajasthan university & Home maker.

Ann Mamta Jhavar

W/o Rtn. Sandeep Jhavar

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.



Register now to save on the 2023 Rotary International Convention



Imagine What's Next in Melbourne, Australia

Take advantage of the reduced rate by registering now for the 2023 Rotary International Convention, 27-31 May in Melbourne, Australia.

The convention promises to be an inspirational event, with distinguished speakers, energizing breakout sessions, and abundant opportunities to brainstorm ideas for Doing Good in the World with Rotary and Rotaract members from around the globe.

Join us in Melbourne, the cultural capital of Australia, to Imagine What's Next as we form and strengthen connections and learn from one another.

Register now! The reduced rate expires 15 December.

Register Today

President's Message



My dear Rotarians and Anns, November month is the month for foundation. The Rotary foundation transforms your gifts into service projects that change lives both close to home and around the world.

Our mission:

The Rotary foundation helps Rotary members to advance world understanding, goodwill and peace by improving health, providing quality education, improving the environment and alleviating poverty.

Rotary has been working to eradicate polio for more than 35 years. Though we are trying our best to achieve our goal of ridding the world of this disease, disturbing news has emerged that The polio virus is raising its ugly head again and it has been detected in places where it hasn't been found for years. We can help in this war against polio by contributing as little as Rs.2000 towards the Rotary foundation which could be used to fight this deadly disease. With all your support we were able to conduct the following programmes during the month of October:

1. A speaker meeting, where we invited the Anns along with the members. The speaker Mr Kumar Bahirwani stressed on how to avoid procrastination as we may lose some opportunities because of that.

As part of a district designated activity we organised a talk for students of class IX and X on career guidance at zilla Parishad high school Boiguda. The above talk was given by Mr TV Reddy, Director Saint Peters engineering College. It was well attended by more than 125 students.

We have some very good programs lined up for the month of November: We have a seminar coming up on the 6th November, Sunday on vocational Excellence. On 13th November, we plan to have our club fellowship where the hosts have invited a very renowned Ghazal singer to enthrall the audience.

On 20th of November we plan to have a speaker meeting, again with the Anns. Friends, as I sign off for this month, I request all the members and Anns to actively participate in all the above programs and make them successful.

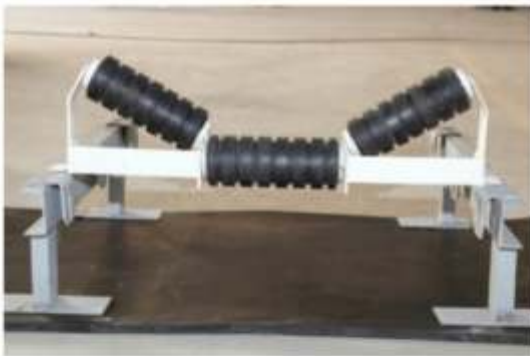
Thank you.

Rtn. Rajhans Banka

President (2022-23).



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BIRTHDAYS & WEDDING ANNIVERSARIES - NOVEMBER



BIRTHDAY

01/11 - Rtn. Indra Sharma
03/11 - Rtn. Jitender Agarwal
11/11 - Rtn. Mridula Verma
17/11 - Rtn. Monika Agarwal
19/11 - Rtn. Naveen Goyal
22/11 - Ann. Ashu Gauri
23/11 - Ann. Anita Tholia Jain
25/11 - Ann. Ashwani Nevatia
29/11 - Rtn. Sandip Gupta

ANNIVERSARY

03/11 - Rtn. Ramiaya & Sujata
04/11 - Rtn. Srinivas & Nagini Gumidelli
04/11 - Rtn. Ravinder & Vasavi Dhanturi
21/11 - Rtn. Praveen & Preeti Sharma
23/11 - Rtn. Sameer & Ritu Gupta
23/11 - Rtn. Ashwani Nevatia & Shalini

PROGRAMME

06/11 - Rotary District 3150 Seminar
13/11 - RCSS Fellowship

RCSS Dialysis Report
BMDC SUCHITRA.
10/2022, BMDC - 303 + ESI - 811 =TOTAL - 1114

Simple ideas for creating international connections



An international student marks her home country on the map during a picnic organized by the Rotary Club of Lincoln, Nebraska, USA.
<https://blog.rotary.org/2022/>

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RCSS Speaker Meeting on Sunday, 09th October 2022
at Hotel Inner Circle, Rajbhavan Road, Hyderabad
Speaker : Mr. Kumar Bahirwani



Jai Gurudev



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District Designated Program on 19.10.2022 (Career counselling program at ZPHS Bhoiguda)





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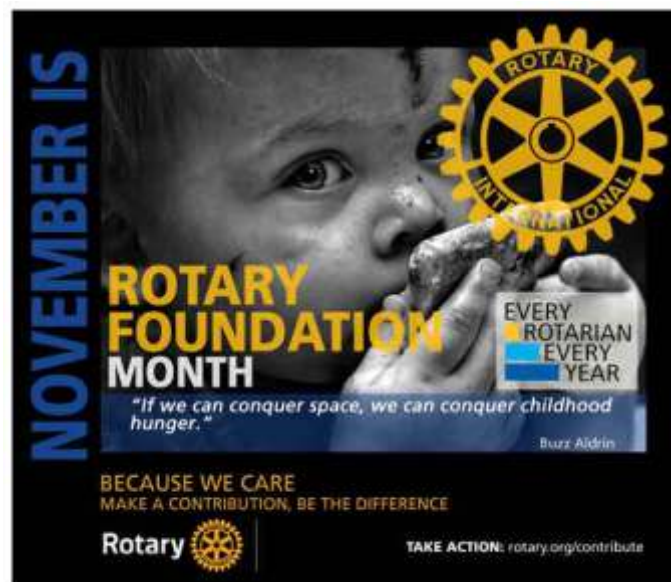
DESIGNATED MONTH



October - Economic and Community development

Area of Focus : Economic and Community Development Month. This month also includes : International Day for the Eradication of Poverty on the 17th and World Polio Day on the 24th of October.

- Develop Micro Credit system
- Organise Awareness Seminar on Self-Employment at Colleges/Universities
- Organise Trade Exhibitions
- Organise Buyers-Sellers meet
- Take up Entrepreneurship Development Program
- Organise Consumer Forum, a Public Meeting



November - Rotary Foundation Month.

Clubs and Districts call attention to the programs of The Rotary Foundation and frequently cultivate additional financial support for the Foundation by promoting contributions for Paul Harris Fellows and Sustaining Members.



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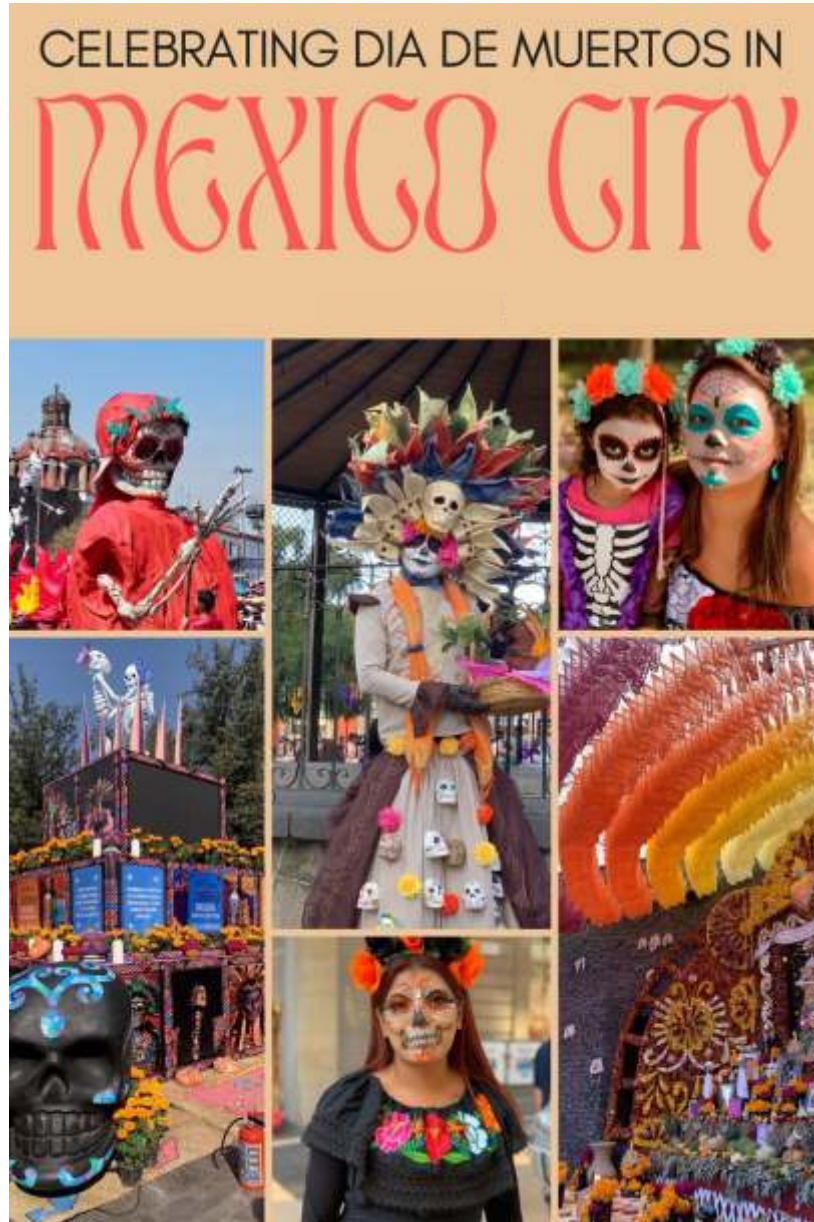
India is a country with diverse religions where the people a lot of festivals. The country celebrates each and every festival with zeal and enthusiasm.

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.

14 November 2022, Monday, Thursday - Children's Day



Children's Day is a commemorative date celebrated annually in honor of children, whose date of observance varies by country. In 1925, International Children's Day was first proclaimed in Geneva during the World Conference on Child Welfare. Since 1950, it is celebrated on June 1 in most Communist and post-Communist countries. World Children's Day is celebrated on the 20th November to commemorate the Declaration of the Rights of the Child by the UN General Assembly on 20 November.



Day of the Dead in Mexico City

What is Dia de los Muertos?

The roots of the Day of the Dead go back some 3,000 years, to the rituals honoring the dead in pre-hispanic Mesoamerica. The Aztecs held a cyclical view of the universe, and saw death as an integral, ever-present part of life.

Day of the Dead is not a somber affair in Mexico — since the Aztec era, it has always been a lively celebration to honor the deceased. Today, Dia de Muertos is a blend of Mesoamerican ritual, European religion and Spanish culture. It's definitely not the "Mexican version of Halloween."

The holiday was even added to UNESCO's list of Intangible Cultural Heritage as "a defining aspect of Mexican culture." It's become one of the biggest Mexican holidays and celebrated with fervor all over the country.

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To be continued...



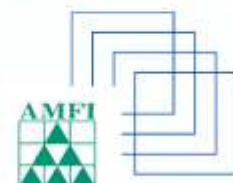
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Disclaimer

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.

November 2022



1 November

World Vegan Day

The Vegan Society UK Vegetarianism, Food day, Food awareness day.

A day the vegan-curious can explore the benefits of veganism and a vegan lifestyle living free from animal products for the benefit of people, animals and the environment.

#WorldVeganDay



2 November

International Day to End Impunity for Crimes against Journalists

Commemorates the assassination of two French journalists in Mali on this day in 2013. Campaigns for an end to violence against journalists and media workers by working with states to ensure a safe environment for journalists to operate and bring perpetrators to justice.

#IDEI (or add year:) #IDEI #EndImpunity #JournoSafe #MyFightAgainstImpunity



5 November

World Tsunami Awareness Day

A day to raise awareness of Tsunamis and risk reduction measures. Campaign for better international cooperation to help coastal communities in affected areas based on the Sendai framework.

#TsunamiDay or #TsunamiDay2022



6 November

International Day for Preventing the Exploitation of the Environment in War and Armed Conflict

A day to educate people that the damage to the Environment day, caused by war and armed conflict, may extend beyond man made borders to affect future generations.

#EnvConflictDay



8 November

International Day of Radiology

On this day in 1985 Wilhelm Conrad Rontgen, a German scientist, discovered X-rays which led to radiology and the benefits of medical imaging in healthcare today. #IDoR or

#IDoR2022

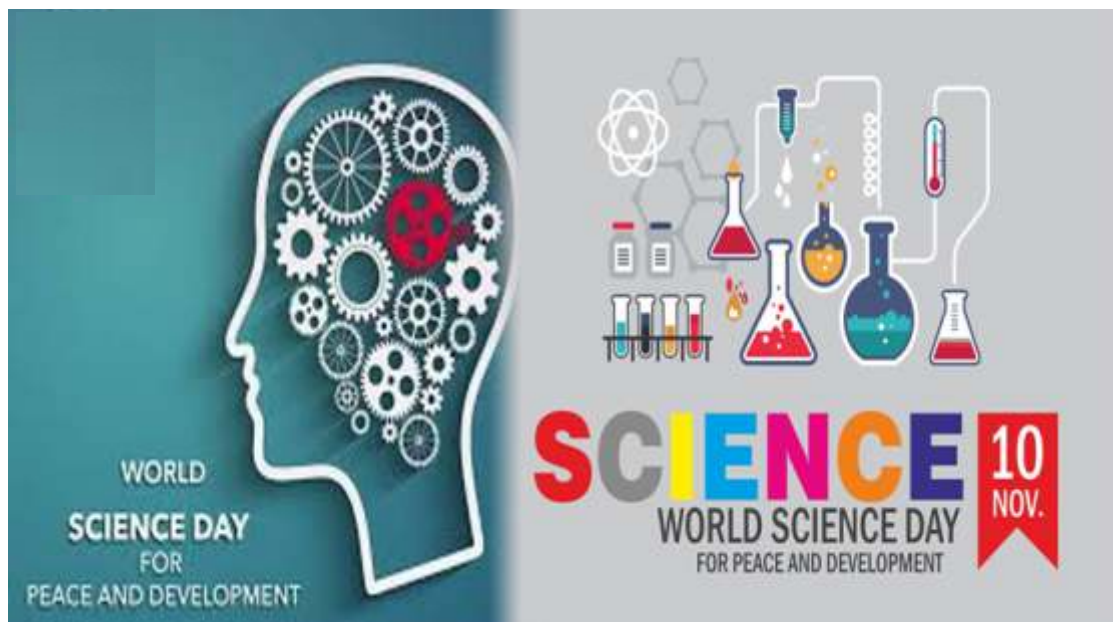


9 November

World Freedom Day

Commemorates the fall of the Berlin Wall in 1989 which led to the end of communist rule across Central and Eastern Europe. The day marks the start of Freedom Week, which includes Veterans Day. Other countries have their own World Freedom Day.

#WorldFreedomDay



10 November

World Science Day for Peace and Development / World Science Day

A day to raise awareness of emerging scientific issues and encourage wider public engagement to highlight the relevance, importance and benefits of science in society and in our daily lives.

#WSDPD or #WSDPD2022



11 November

Singles Day

11th November (11/11) was chosen because the number 1 represents an individual, aka “bare sticks holiday”. Originally celebrated as “Bachelors’ Day” by men it’s now widely celebrated by men and women with “Blind date” parties and retail events.

#SinglesDay



12 November

World Pneumonia Day

Pneumonia is the leading infectious killer of children under 5 years old and needs action to raise awareness, prevent and treat pneumonia and spread best practices.

#WorldPneumoniaDay

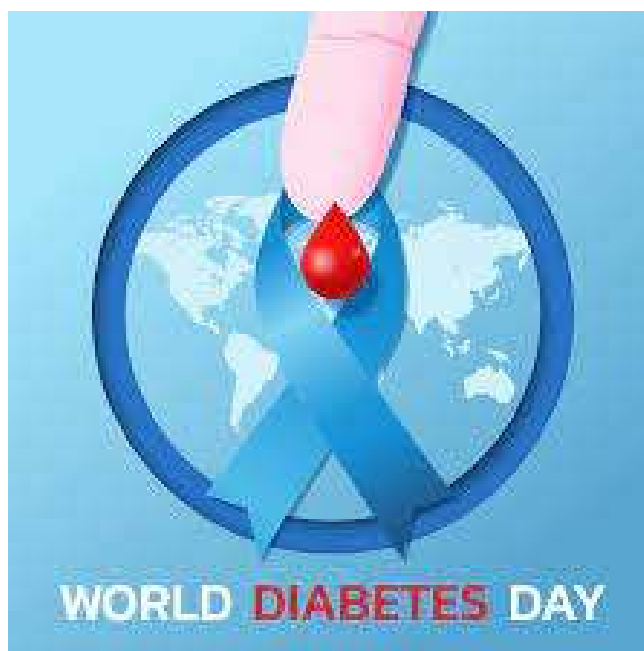


13 November

World Kindness Day / Random Acts of Kindness Day

Perform a random act of kindness today or organize an event to help your local community. Various national organizations participate on the World Kindness Movement. As the Dalai Lama said "When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace".

#WorldKindnessDay



14 November

World Diabetes Day

Raise awareness of the need for co-ordinated healthcare and health education. Aims to prevent, treat and care for people as the percentage of people living with diabetes has almost doubled since 1980 largely as a result of obesity.

#WDD or #WDD2022 #WorldDiabetesDay



16 November

International Day for Tolerance

A day to urge tolerance and nurture tolerance in ourselves and our everyday lives and rejoice in the diversity that makes us strong and the values that bring us together. The winner of the bi-annual UNESCO-Madanjeet Singh Prize for tolerance and non-violence is awarded on this day.

#ToleranceDay



17 November

International Students Day

A day to celebrate the multiculturalism of students at universities worldwide. Held on the anniversary of the storming of Czech universities by Nazis in 1939.

#InternationalStudentsDay



19 November

International Men's Day

Aims to improve gender equality, highlight male role models, celebrate male contributions to community, family, marriage and child care and promote basic humanitarian values.

#InternationalMensDay or add year: #InternationalMensDay2022



19 November

World Toilet Day

The World Toilet Organization campaigns to raise awareness of sanitation issues worldwide and draw attention to the global sanitation crisis.

#WorldToiletDay



20 November

Universal Children's Day

Celebrated on the anniversary of the date the UN adopted the declaration and convention on children's rights. Promotes togetherness between children around the world. Celebrated on different days in some countries. #ChildrensDay #KidsTakeOver

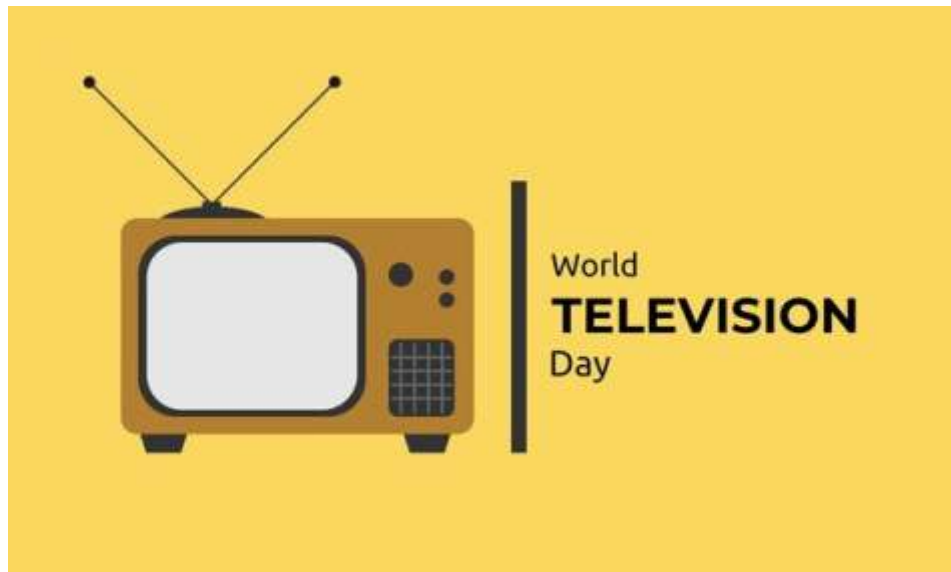


20 November

Transgender Day of Remembrance

Founded by transgender woman, Gwendolyn Ann Smith. Day of action to remember those who lost their lives as a result of transphobia and raise awareness of ongoing violence endured by the transgender community.

#TDOR #TransDayofRemembrance



21 November

World Television Day

Commemorates the date of the first World Television Forum in 1996.

#WorldTVDay

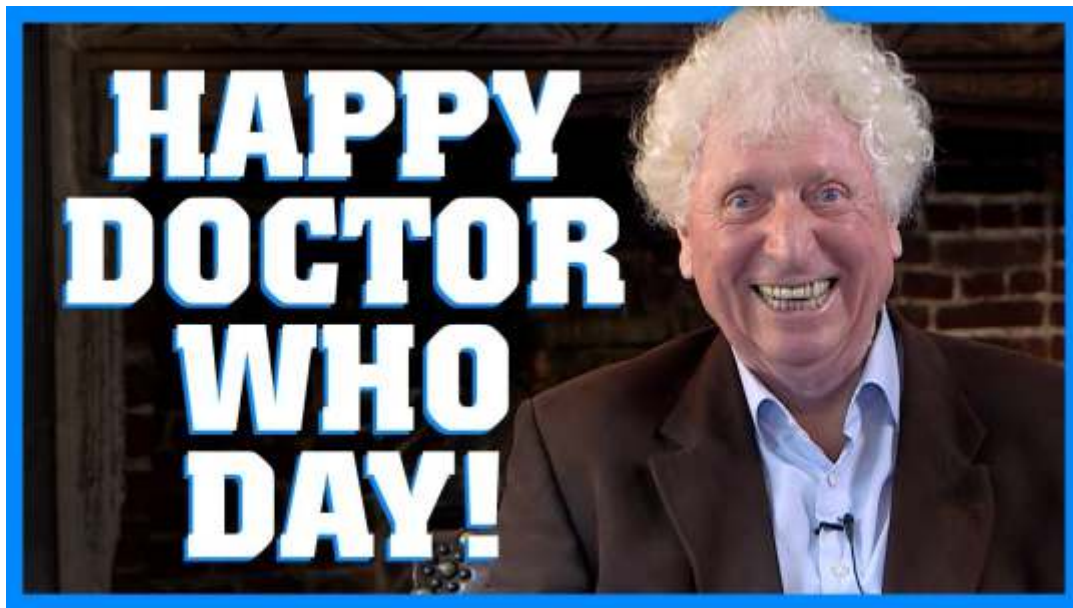


21 November

World Hello Day

A day to say "Hello" to the world online or in person by greeting ten or more people to emphasize the importance of verbal communication in preserving peace.

#WorldHelloDay



23 November

Doctor Who Day

On this day in 1963 the first episode "An Unearthly Child" of the popular Doctor Who sci-fi TV series was broadcast in the UK.

#DoctorWhoDay #TardisDay



25 November

International Day for the Elimination of Violence against Women

Commemorating the date of the assassination, in 1960, of the three Mirabal sisters who were political activists in the Dominican Republic killed by dictator Rafael Trujillo.

#OrangeTheWorld #MeToo #ViolenceAgainstWomen



26 November

Anti Obesity Day

A day to raise awareness of the health risks associated with obesity and participate in health camps and healthy activities.

#WorldAntiObesityDay #AntiObesityDay



30 November

Cities for Life Day

A day cities around the world campaign for the abolition of the death penalty organized by the World Coalition Against the Death Penalty.

#CitiesForLife

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WHO says another omicron subvariant, which may be more resistant to antibodies, spread to 26 countries in latest week



CORONAVIRUS UPDATE

Another omicron subvariant was determined to have spread to more countries in the week through Oct. 16 from the previous week, and it may be even more resistant to antibodies than other versions of the virus, according to the World Health Organization. In its latest weekly epidemiological update, the agency said XBB, a BA.2.10.1 and BA.2.75 recombinant with 14 additional mutations in the BA.2 spike protein, was reported in 26 countries.

“Available preliminary laboratory-based evidence suggests that XBB is the most antibody-evasive SARS-CoV-2 variant identified to date,” said the agency, adding that for now, it does not appear to create more severe illness than other variants. The WHO will continue to track XBB and other subvariants to determine whether they are more infectious or more likely to make people very sick than previous variants.

In the U.S., the Centers for Disease Control and Prevention is more focused on two other omicron subvariants that are spreading fast, especially in New York area. Dubbed BQ.1 and BQ.1.1, the two accounted for 11.5% and 8% of new cases, respectively, that were recorded in the week ending Oct. 15, up from 4.1% and 1.9% two weeks earlier.

Combined, they accounted for 11.4% of overall U.S. cases in the same week. Before last Friday’s data release, they were included in BA.5 variant data, as the numbers were too small to break out. BQ.1 was first identified by researchers in early September and has been found in the U.K. and Germany, among other places. The CDC is updating the numbers every Friday. Anthony Fauci, President Joe Biden’s chief medical adviser, has described the two as “troublesome” ahead of an expected winter wave of cases.

WHO says another omicron subvariant, which may be more resistant to antibodies, spread to 26 countries in latest week



The WHO update found that the trend of declining global COVID cases and fatalities continued, with the global tally of cases down 6% from the previous week, while the number of fatalities fell 17%.

U.S. known cases of COVID, meanwhile, are continuing to ease and now stand at their lowest level since mid-April, although the true tally is likely higher given how many people overall are testing at home, where data are not being collected.

The daily average for new cases stood at 37,999 on Wednesday, according to a New York Times tracker, down 12% from two weeks ago. The daily average for hospitalizations was down 2% to 26.629, while the daily average for deaths was down 6% to 366.

There was grim news Wednesday in a new government report that found that COVID drove a dramatic increase in the number of women who died of pregnancy or childbirth complications in the U.S. last year, the Associated Press reported. The crisis hit Black and Hispanic women especially hard, the report found.

Pregnancy-related deaths have spiked nearly 80% since 2018, and COVID was a factor in a quarter of the 1,178 deaths counted last year.

The percentage of preterm and low birthweight babies also went up last year, after holding steady for years. And more pregnant or postpartum women are reporting symptoms of depression.

"We were already in the middle of a crisis with maternal mortality in our country," Karen Tabb Dina, a maternal-health researcher at the University of Illinois at Urbana-Champaign, told the AP. "This really shows that COVID-19 has exacerbated that crisis to rates that we, as a country, are not able to handle."

Mental-health issues likely contributed to the increase in pregnancy-related deaths, Tabb Dina said. Many women who experience depression and anxiety during or after their pregnancy struggle to get the care they need.

Pregnancy-related deaths for every 100,000 births climbed from 44 in 2019 to 68.9 last year among Black women. White women had death rates of 26.1 last year, a jump from 17.9 in 2019.

Death rates among Hispanic women had been on the decline but swelled during the pandemic, from 12.6 per 100,000 in 2019 to 27.5 last year.

The maternal death rate in the U.S. is higher than in many other developed nations and had been on the rise in the years leading up to the pandemic. COVID exacerbated the situation.

Other COVID-19 news you should know about:

- Abbott Laboratories said Wednesday it expects sales of COVID-19 tests to drop off amid speculation about when SARS-CoV-2 will become endemic, meaning the virus is no longer as disruptive to the health system and to daily life, MarketWatch's Jaimy Lee reported.
- Moderna has won authorization in the European Union for its COVID-19 vaccine for use in children under 6, Dow Jones Newswires reported. Preliminary efficacy analysis on PCR-confirmed COVID-19 cases during the omicron wave showed a two-dose series of Spikevax has similar levels of efficacy in adults and children under 5 years old, Moderna

WHO says another omicron subvariant, which may be more resistant to antibodies, spread to 26 countries in latest week

said. Pfizer Inc. and BioNTech SE said they received EU marketing authorization for a COVID-19 vaccine as a three-dose series for children under 5 years old.

COVID-19 shots are likely to be offered on an annual basis, similar to flu shots, according to Anthony Fauci. He said the shots would likely be matched to the circulating strain of a given year. Photo: Amir Hamja for The Wall Street Journal

- Novavax said its protein-based COVID-19 vaccine booster was granted emergency-use authorization (EUA) for adults in the U.S., MarketWatch's Tomi Kilgore reported. The booster shot is approved for people at least 18 years old who have completed primary vaccinations. The company said in trials, any local and systemic reactions from the booster had a median duration of about two days. The Novavax vaccine is a conventional protein-based shot and does not use the mRNA technology used by the Pfizer/BioNTech and Moderna vaccines.

- Staffers at the WHO's Syria office have alleged that their boss mismanaged millions of dollars, plied government officials with gifts — including computers, gold coins and cars — and acted frivolously as COVID swept the country, the AP reported. More than 100 confidential documents, messages and other materials obtained by the Associated Press show WHO officials told investigators that the agency's Syria representative, Akjemal Magtymova, engaged in abusive behavior, pressured WHO staff to sign contracts with high-ranking Syrian government politicians and consistently misspent WHO and donor funds.

Here's what the numbers say:

The global tally of confirmed cases of COVID-19 topped 626.4 million on Thursday, while the death toll rose above 6.57 million, according to data aggregated by Johns Hopkins University.

The U.S. leads the world with 97 million cases and 1,066,600 fatalities.

The Centers for Disease Control and Prevention's tracker shows that 226.2 million people living in the U.S., equal to 68.1% of the total population, are fully vaccinated, meaning they have had their primary shots. Just 110.8 million have had a booster, equal to 49% of the vaccinated population, and 25.6 million of those who are eligible for a second booster have had one, equal to 39% of those who received a first booster.

The CDC reports that some 14.8 million people have had a dose of the updated bivalent booster that targets omicron and its subvariants along with the original virus.

White House press secretary Karine Jean-Pierre told reporters on Thursday that there was progress this week in persuading Americans to get the updated vaccine.

Some 4.5 million people got their updated shot in the past week, marking the biggest weekly increase since the start of the fall vaccination launch, up roughly 40% from the previous week. The boosts the total to about 20 million people, she said, numbers not yet reflected on the CDC website.

"This is really important progress, but it's not enough. We need everyone to step up and get their updated vaccine as soon as possible," she said.

RCSS FELLOWSHIP

Save the Date

13TH NOVEMBER, 2022
SUNDAY

*Ghazal Night
with Adnan Salem*



HOSTS

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- RAMESH & SONIA NOTANI
- DR SURINDER & SUREKHA
- GAURAV & SEEMA NYATI
- NARENDER & ASHU GAURI

“As Sat-Yuga is the best of Yugas, as Vedas are the best among scriptures, as Ganga is best of rivers, Karthik is best of months, the most dear to Lord Krishna” ---Skanda Purana

Kartik Maasam (month) is considered the holiest of the month, the most religious and sacred. People engage in lot of religious and spiritual activities during this month. This month is celebrated with great dedication and devotion towards worship, charity and holy activities.

This is eighth month as per the Hindu Calendar, the fourth and the last among the Chaturmaas as per the Hindu Calendar.

The most devoted religious activity taken up during the month is “Karthik Snan” which involves waking up during Brahma Muhurat everyday, taking bath and worshipping Goddess Tulsi. People try to take bath in holy rivers or ponds if they have access to. Goddess Tulsi is worshipped with great dedication during the month, with the month finally culminating with “Tulsi Vivah”.

After the Karthin Snan, devotees visit the temple for the First Aarti of the day ‘the Mangala Aarti’ followed by recitation of “Karthik Mahathmaya” (story of relevance of Karthik month).

This month is also considered auspicious for fasting and format of multiple types of fasting exists during this month which is thematic. People do “Deep Dana” during this month where they light diyas (Oil lamps) in temples and near the banks of holy rivers. People visit holy places and plan pilgrimages. Visiting Mathura is of special importance during this month on “Bhai dooj” as it is customary to take dip in the holy Yamuna with your sibling. As per a mythological story Yam and Yamuna, who are siblings took the holy dip together on “Bhai Dooj” and set the tradition.

There are many festivals celebrated during this month like Karwa Chauth, Ahoi Asthami, Rama Ekadasi, Dhanteras, Narak Chaturdasi, Deepavali, Goverdhan Pooja, Bhai Dooj, Chhath Pooja, Gopa asthami, Devutthani Ekadasi, Tulsi Vivah, Karthik Poornima to name a few, all holding religious and spiritual significance. This is also a month to celebrate “Annakuta Utsav” where Lord Vishnu or Krishna is offered Chhapan Bhog (a feast of 56 delicacies), a tradition followed after the mythological significance of Lord Krishna lifting the “Goverdhan Parvat” in Braj on his little finger to save the Brajvaasis from the wrath of Lord Indra.

By : Kanak Kabra





International Fellowship of
Rotarian Photographers



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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 ?

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Do drop a line at

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