

# Rotary Club of Secunderabad Sunrise . India

November 2022



## Rotary, Ukraine Friends deliver ambulances

Rotary and Ukraine Friends have joined together to provide a convoy of 40 ambulances for Ukrainian officials to help deliver life-saving aid to those injured by the war. The \$600,000 initiative, \$300,000 of which came from a Rotary Foundation disaster response grant, was the first joint project between the two organizations after a July agreement to collaborate. Rotary members are also working with Ukraine Friends to rehabilitate two schools in the Bucha region damaged by shelling. [Read more about this initiative](#) and the ongoing partnership to help the people of Ukraine.

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

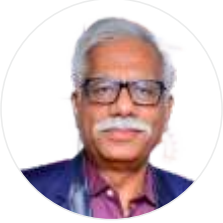




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Community Service Projects  
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Congratulations Rt Srinivas Gumidili for being nominated as District Chairman CSR.

Rtn Srinivas has Tremendous potential to lead the Rotary at all India level

“Feeling proud that during my tenure as President of RCSS in 2020-21 , I had created a post of Chairman-CSR in our Club looking at the huge potential of CSR Funding . Now the same Post has been recognised by the district . Icing on the cake is that same Rotarian has been recognised as the District Chairman“.



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Rotary Sunrise Service Trust - Dialysis  
centre report  
BMDC SUCHITRA. 30/11/2022

BMDC TOTAL : 329  
ESI Total : 834  
GRAND TOTAL :1163

PT DROP :-01  
PT ADD :-0  
TOTAL PATIENTS :-35  
Total ESI PATIENTS :70

## EDITOR'S NOTE



### Looking for Growth Take up a hobby

Hobbies provide us with something fun, interesting and challenging to do in our leisure time and help give us a sense of purpose outside of work. The many benefits of partaking in hobbies include: Stress Relief – Hobbies engage us in something we enjoy, meaning we will forget everyday stresses



After a long day at work, your drained-out self may not want to commit to any other activity.

However, indulging in a hobby that interests you may elevate your mood and leave you refreshed. Sharing reading as the one hobby that helped her grow personally, Ann Beena says it helped her improve upon on her language skills, nudged her out of her comfort zone, and made her more empathetic.

For Member Praveen, bike trips help with gaining clarity on important matters while member Shravan finds the game of volleyball once a week energising.

About Myself I enjoy photography & philately in my spare time...

What about you ?

Do share your passions

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 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.



## Rotary leaders meet the President of India



A delegation of Rotary senior leaders including past RI presidents Rajendra Saboo and Kalyan Banerjee, past RI director Ashok Mahajan, India National PolioPlus Committee chair Deepak Kapur and PDG D N Padhi (RID 3262), along with Rajashree Birla, chairperson, Aditya Birla Centre for Community Initiatives and Rural Development, met the President of India Droupadi Murmu at the Rashtrapati Bhavan in Delhi on Oct 31.



President of India Droupadi Murmu presenting Rotary's recognition to Rajashree Birla, chairperson, Aditya Birla Centre for Community Initiatives and Rural Development, in the presence of (from L) INPPC chair Deepak Kapur, PRIP Rajendra Saboo, PDG D N Padhi, PRID Ashok Mahajan and PRIP Kalyan Banerjee at the Rashtrapati Bhavan, New Delhi.

The President handed over Rotary's recognition honouring Rajashree for her large contribution of over \$13 million over the years to TRF for the polio eradication drive. The President appreciated her generosity and complimented the delegates for executing large humanitarian projects that are transforming communities across the country and the world.



My dear Rotarians and Anns,

Generous gifts to the Rotary foundation, helps create lasting change in communities both nearby and around the world. In honour of Rotary foundation month in November, we thank our club members who have made generous donations to the cause. I would like to mention here our charter president Rotarian Narendra Gauri and past president Rotarian Srinivas Gumidelli, who have been contributing to the Rotary foundation year after year. I also thank you all of our members who have donated to the Rotary foundation through EREY.

When we think about giving how can we forget all our members who have donated generously towards establishing our dialysis centre at Quthbullapur. I thank Rotarian Lokesh Jain, Rotarian Srinivas Gumidelli, Rotarian Chandra Shekhar for their recent generous contributions of Rs.1,00,000 each towards the dialysis centre. Our club intends to enhance the capacity of the dialysis Centre from 12 to 23 beds. We would be needing support from all of our esteemed members towards this. Our club attended imagine Rotary seminar on 6 November. It was attended by our PST and Rotarian Ramayya.

A very lovely fellowship was organised on 13th of November. Where the hosts invited an eminent Ghazal singer Mr Adnan Saleem who enthralled the audience with his lovely singing. We thank all the five hosts Rajesh Surana, Ramesh Notani, Dr LR Surender, Gaurav Nyati and our charter, president Narendra Gauri for hosting this fellowship. On 27th November, a seminar was organised on the subject of Rotary foundation, which was attended by us.

Our club congratulates Rotarian Srinivas Gumidelli for being appointed District Chairman CSR for the Rotary year 23-24. Friends, December month has been designated as Health and Disease prevention month by the district. Our club has decided to organise a health checkup camp at MajidPur village near Shamirpet on 11th December Sunday. This camp is being led by Dr LR Surender and we intend to do check ups of more than 500 villagers. A cancer screening bus shall be stationed there for the duration of the camp. We thank Shri DN Gauri for giving his consent for the bus.

I am happy to share that the ultra sound colour Doppler machine which we intend to donate to MNJ Cancer Hospital is ready for inauguration. I thank our CSR partners BHEL-GE for their generous donations for this cause. I also thank Rotarian Srinivas Gumidelli for his untiring efforts in coordinating with BHEL-GE towards service to humanity.

Friends, our club got charter on 26 December 2001. Every year we celebrate our charter night with all the members and Anns. This year our DG Rotarian Talla Rajasekhar Reddy has confirmed his official visit to our club on that day. I request all the members and Anns to come in good numbers in the program. Not too long ago, Rotary members were expected to perform their acts of service quietly. The thought behind that was humility, which is a wonderful trait, but as they say: "people will forget what you said. People will forget what you did. But people will never forget how you meet them feel." so come, let us share our Rotary moments. Let us meet more often. Let us create something extraordinary.

Thank you.

Rtn. Rajhans Banka  
President (2022-23).



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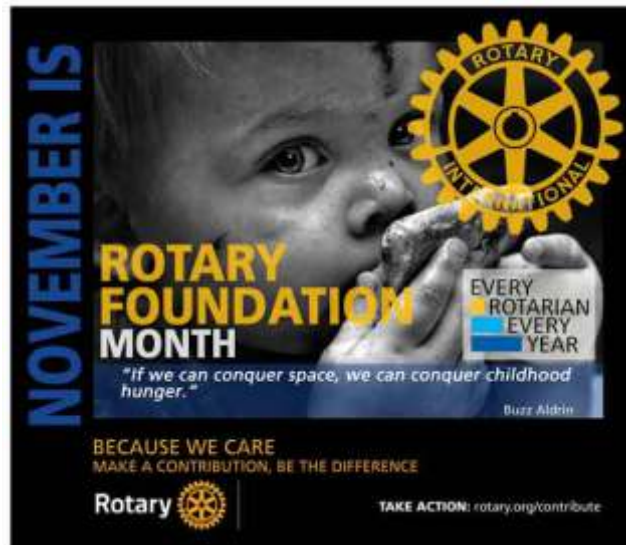
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## **November** - Rotary Foundation Month.

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.



## **December** - Disease Prevention and Treatment

Area of Focus : Disease Prevention and Treatment Month. This month includes : World AIDS Day on the 1st and International Day of Disabled Persons on the 3rd of December.

- Organise Medical Camp - Health Awareness for Eye Care / Dental Care.
- Providing equipment such as Artificial Limbs, Wheel Chairs and Calipers to the Physically Challenged Peoples i.e. Polio Sufferers.
- Provide low-income, underinsured or underinsured Persons with the knowledge, skills, and opportunities to improve their diet, physical activity and other life habits to prevent, delay, or control, chronic diseases.
- Initiate Actions to Prevent and control Diabetes, Heart Diseases, Obesity and Associated Risk Factors.

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- Individuals (including NRI through NRO account), HUF, firms, LLP, and Companies can invest in P2P.

**To be continued...**



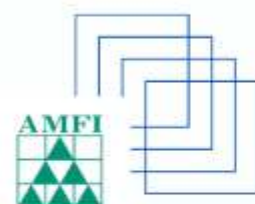
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# Food Allergy

is an immune system response to a particular food that the body mistakenly recognizes as harmful.

## What are the warning signs and symptoms of food allergy reactions?



skin hives, redness,  
tingling



swelling  
(face, lips, tongue)



nausea, cramps,  
vomiting, diarrhoea



breathing  
difficulty

## Eight food items account for 90 percent of all food allergy reactions

groundnuts



seafood



fish



milk



eggs



tree nuts



soy



wheat

## How to prevent food allergy?

- Keep constant vigil on a daily basis to manage a food allergy.
- Read every label, even if it is a product you have consumed before.
- Always communicate about your allergy needs and comfort levels with others around you.



**Remember that  
any food allergy has the potential  
to be life-threatening.**



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## BIRTHDAYS & WEDDING ANNIVERSARIES - DECEMBER



### BIRTHDAY

01/12 - Ann. Meera Garodia  
03/12 - Rtn. Sidhharth Khinvasara  
04/12 - Ann. Jyoti Surana  
08/12 - Ann. Keerti Pissay  
17/12 - Rtn. Sandeep Jhawar  
19/12 - Rtn. Archana Goyal  
24/12 - Rtn. Soma Pradyumna  
25/12 - Rtn. Sundeep Munta  
31/12 - Rtn. Rajesh Surana  
31/12 - Rtn. Vikram Mehta

### ANNIVERSARY

02/12 - Rtn. Praveen & Rekha Lunawath  
02/12 - Rtn. Pankaj & Kavita Agarwal  
04/12 - Rtn. Sidhharth & Pritti Khinvasara  
07/12 - Rtn. Sudhir & Manju Agarwal  
07/12 - Rtn. Tarun & Geetanjali Rungta  
08/12 - Rtn. Ajit & Shilpa Gandhi  
08/12 - Rtn. Mehul & Bijal Shah  
10/12 - Rtn. Jitender & Monica Agarwal  
10/12 - Rtn. Gaurav & Seema Nyati  
11/12 - Rtn. Sandeep & Mamta Jhawar  
15/12 - Rtn. Sundeep & Swathi Munta  
27/12 - Rtn. Lokesh & Seema Jain  
28/12 - Rtn. Rajesh & Tanvi Pamnani  
28/12 - Rtn. Chandrashekar & Vijaylaxmi



Attended District event on 6th Nov 2022



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# RCSS Fellowship on 13th Nov 2022 Sunday (Ghazal night with Adnan Salem)





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## RCSS Fellowship on 13th Nov 2022 Sunday (Ghazal night with Adnan Salem)





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# Attended Distt. Rotary Foundation Seminar on 27th Nov 2022



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.

25 December 2022, Sunday - Christmas



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## 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.

## December 2022



### 1 December World AIDS Day

Red ribbons worn to remember those who died of AIDS and raise awareness of the AIDS pandemic and spread of HIV infection. Observed by governments, health officials, NGOs and individuals with education on AIDS prevention and control.

#WorldAIDSDay #LetsEndIt (2020 campaign) #WAD #WAD2022



### 2 December International Day for the Abolition of Slavery

Raise awareness that, according to the International Labour Organisation (ILO), over 40 million people around the world are victims of “modern slavery” . This includes forced labor, debt bondage, forced marriage, and human trafficking. 1 in 10 children are also subject to child labor.

#SlaveTradeAbolition #EndSlavery

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3 December International Day of Persons with Disabilities

Raising awareness and working together for full and equal participation of persons with disabilities in an inclusive and sustainable world that embraces humanity in all its diversity.

#IDPD or add year #IDPD2022 #IDPwD #InternationalDisabilityDay



4 December World Wildlife Conservation Day

A day to spread awareness that wildlife isn't manufactured, once it's gone that's it. Illegal poaching is stealing wildlife from future generations. Contribute to help protect endangered species and be a responsible consumer. See also World Wildlife Day.

#WorldWildlifeConservationDay





5 December International Volunteer Day

Every day thousands of people volunteer, contributing to peace and help shape the UN's sustainable development agenda.

#IVD or add year#IVD2022 #VolunteersActFirst #VolunteerDay



5 December World Soil Day

Raise awareness of issues affecting soils, including climate change, antimicrobial resistance, soil-borne diseases, contamination, nutrition and human health.

#WorldSoilDay



7 December International Civil Aviation Day

A day to recognize the role aviation, specifically international air travel, plays in economic and social development worldwide.

#CivilAviationDay #InternationalCivilAviationDay



9 December International Anti-Corruption Day

Raise awareness that corruption is a serious crime which undermines social and economic development and threatens the UN's Sustainable Development Goals (SDGs) for a peaceful, prosperous and healthy planet.

#AnticorruptionDay #WorldAntiCorruptionDay



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10 December Human Rights Day

A day commemorating the adoption of the Universal Declaration of Human Rights (UDHR) on 10th December 1948

#HumanRightsDay #StandUp4HumanRights



11 December International Mountain Day

Recognize and encourage sustainable development in mountain areas focusing on a different theme each year. (Not connected to student celebrations in USA where classes are cancelled and everyone heads to the mountains nor to the Mountain Day national holiday in Japan)

#InternationalMountainDay #MountainsMatter #MountainDay



12 December International Day of Neutrality

Events to raise public awareness of the value of neutrality in international relations are held on this day worldwide.

#InternationalDayofNeutrality



15 December International Tea Day

Celebrated in tea producing countries to draw global attention to the needs of tea trade workers and calls for Fair Trade practices.

#InternationalTeaDay



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18 December International Migrants Day

"On this International Migrants Day, I call on the international community to act on the global compact on safe, regular and orderly migration as an important contribution to building a world of peace, prosperity, dignity and opportunity for all.

"#InternationalMigrantsDay #MigrantsContribute #MigrantsDay



20 December International Human Solidarity Day

Human Solidarity Day is a day to celebrate unity in diversity, remind governments of their commitments, and raise awareness of the UN's Sustainable Development Goals (SDGs).

#HumanSolidarityDay



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24 December      Christmas Eve

Christmas Eve refers to the entire day before Christmas Day. Christmas Eve is an important celebration in the Christian calendar

.#ChristmasEve



25 December      Christmas Day

Christmas Day is widely celebrated worldwide with some exceptions. In the Christian calendar Christmas commemorates the birth of Jesus Christ. Children may visit Father Christmas (Santa Claus, Saint Nicholas, Christkind etc.) and receive a gift. Traditions include card and gift giving, a Christmas meal usually with family, Christmas music, carol singing, Christmas decorations including a Christmas tree, Christmas lights, nativity plays, kissing under the mistletoe.

#ChristmasDay



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26 December      Boxing Day

Boxing day traditions vary widely often involving family, meals and walks. Historically on Boxing day servants and tradesmen were given a “Christmas box” gift from employers, masters and customers.

#BoxingDay



27 December      National Fruitcake Day

More nutty news but we haven’t got any better December awareness days for today and we like fruit cake so this made the cut.

#NationalFruitcakeDay

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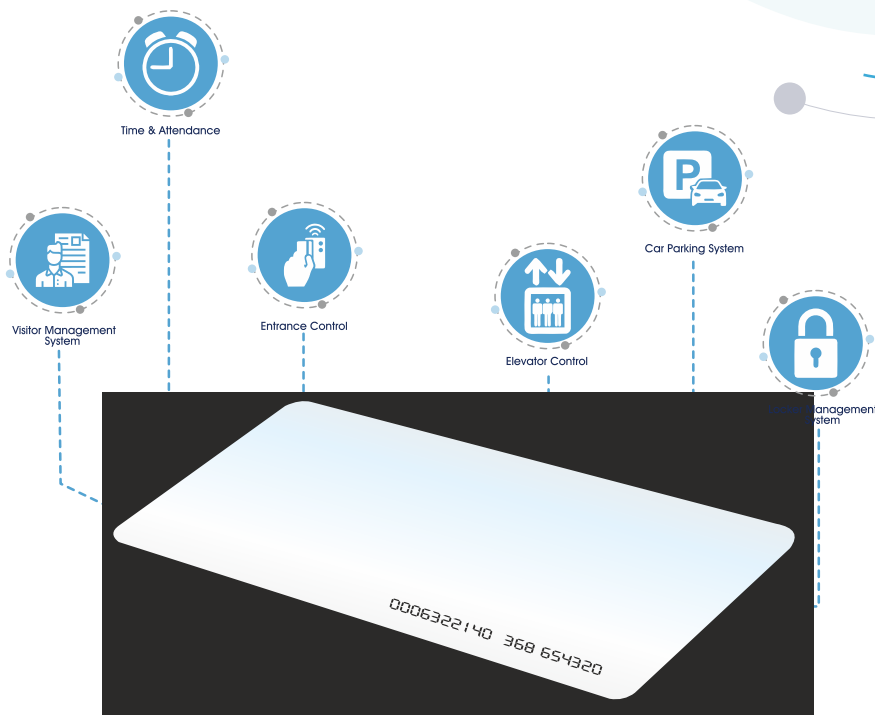


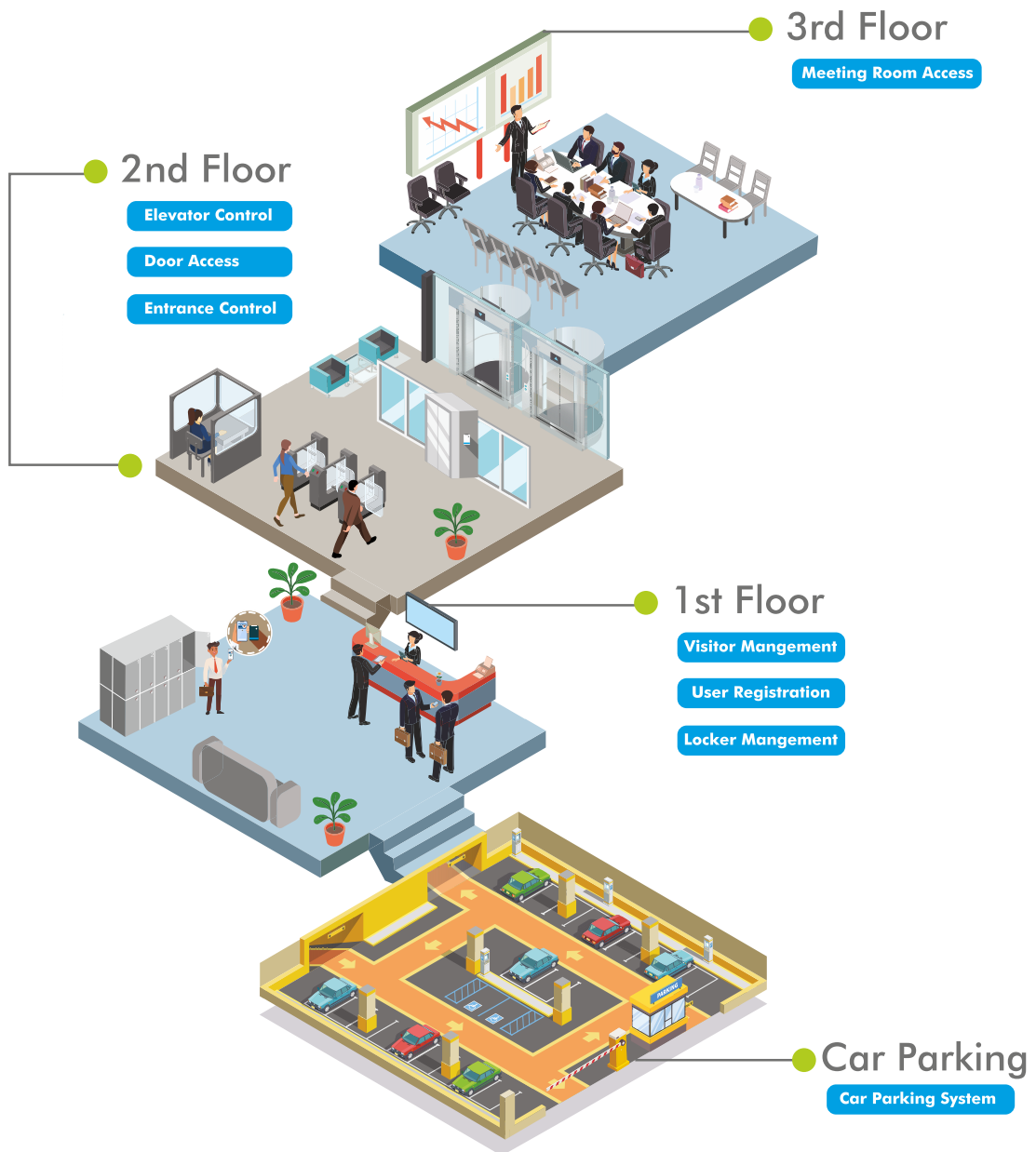
31 December      New Year's Eve

In many countries New Years Eve is celebrated with organized parties and fireworks or privately with friends and family.

#NewYearsEve #NewYears

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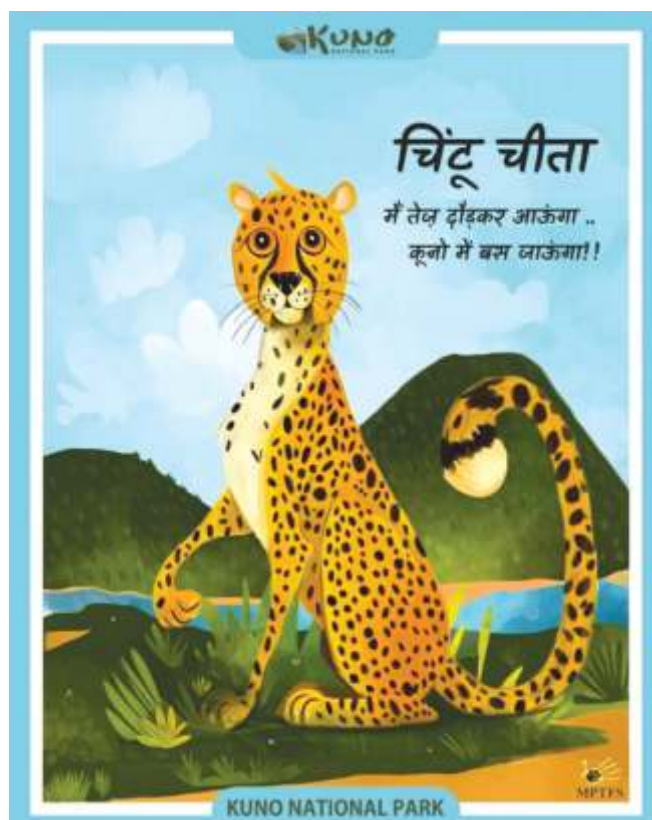


Project Cheetah aims at relocating the African cheetah to India in a collaborative effort of Government of India and Namibia's Cheetah Conservation Foundation (CCF). Cheetah is the only extinct of all the big cats found in India, which completely got extinct in 1952 due to over-hunting. India has embarked on this ambitious project to restore its lost living heritage in the form of African Cheetah.

When the project was considered, Kuno National Park (KNP) in Madhya Pradesh was considered the best site for bringing in the cheetahs. It was rated and ranked high for a number of reasons like:

1. The forest area comprises of open woodlands, open grasslands, dry deciduous forests and evergreen riverine forest, making it suitable for the cheetahs of Africa by having them the similar habitat they move in from.
2. KNP is spread over the area of 784 sq. kms and is part of larger Sheopur-Shivpuri dry deciduous forest which is very huge.
3. According to the survey and research, given the resources in the park it has potential to support 21 cheetahs.
4. Prey base is good. It has in abundance, a variety of antelopes like chital, sambhar, nilgai, Chinkara and blackbuck to name a few.
5. The climatic conditions are similar to that of Africa considering the hot summers, adequate rains and cool winters.
6. There is historical evidence that cheetahs once existed in this forest in the past hence could survive and sustain again.
7. Right now this park is only having leopards amongst big cats. There was a tiger that strayed from Ranthambore National Park but it has returned back. So there is enough ground for establishing territories for cheetahs without conflict from other cats.
8. There is no human settlements/interference in the park as against many other parks in the country.





A total of eight fully vaccinated cheetahs were relocated and moved in on 17<sup>th</sup> of September'22 giving shape to this iconic and ambitious project of great ecological importance. The cheetahs are fitted with satellite collars and are constantly monitored by a capable team of veterinary doctors, naturalists, zoologists and locals. The project is headed by zoologist Laurie Marker from CCF of Namibia. They are kept quarantined in a small enclosure initially to check their suitability for the new habitat, for monitoring signs of infections or any other medical conditions and for acclimatisation. Recently 2 male cheetahs were released in larger enclosure as a second step and the suit will follow gradually for all the cheetahs based upon the success of the two already released. The first kill by the two was a celebrated event across nation making headlines and receiving grand applause.

It is a giant step to undertake a project of this enormity which involves huge financial costs, the success of which could not be predicted soon. The success of the project depends on multiple factors and is difficult to predict now. Researchers say that it is only by the end of five years from now that the success/failure could be judged. Based upon the success of this project there are plans to replicate the same at other locations in India. **Until then let's stay hopeful for a new era to dawn, a new star to shine and a new hope to emerge.**

By : Kanak Kabra







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