

Rotary Club of Secunderabad Sunrise . India

December 2022



HAPPY NEW YEAR!

WISHING YOU A HAPPY NEW YEAR
FULL OF JOY AND SERVICE!



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





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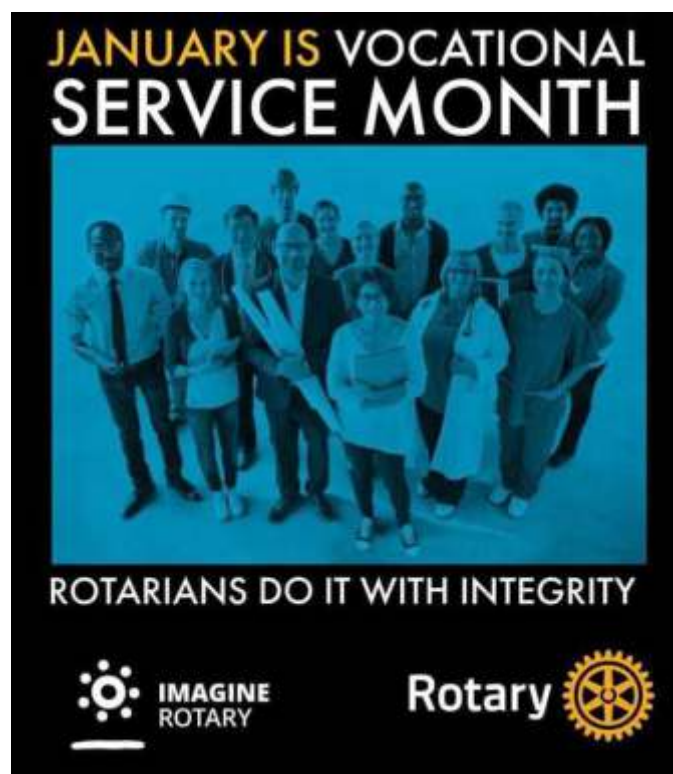
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Rtn. Rajesh Pamnani



Community Service Projects
Rtn. Praveen Lunawath

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EDITOR'S NOTE



Five Tips for Letting Go
...of Your Phone on Holiday.



“Most people are stuck in an endless loop of notifications and social media use.”

If you normally spend three hours a day on social media you’re not going to magically be able to decrease your usage to 30 minutes a day overnight.

A Reality check...Our phones are an extension of our “personality”- our online persona , available 24x7.

It's hard to imagine taking a trip to the bathroom without a device, much less a holiday—even one where the goal is to fully disconnect.

Checking these handheld computers all day long has become second nature, whether you're responding to one more email, scrolling endlessly through Instagram, or catching the highlights of last IPL match

So what do you do when it's time to unplug on a trip, whether it's because you want to truly be in the moment or because your friends and family have been begging for more face time with you?

1. Make up your mind to unplug

start with a mind shift, and setting expectations with those around you (like coworkers) about your plans for rest,

“Set an out of office message at work, tell your coworkers you’re doing an email-free vacation.

Remember: You have permission to take care of yourself and whatever happens when you’re gone, [you can] address it when you come back.”



2. What triggers your stress points - Identify them

Are you able to identify the stressors that make it difficult for us to relax is a key step in combatting them.?

Then, focus on the goals you have for your trip

. "What are those things that remind you of rest, peace, and joy?

Similarly, don't be afraid to put group chats that get dramatic on "Do Not Disturb mode"

3. Try being off the phone—before the vacation

If the goal of your trip is to relax, but every time you try to do that at home, you end up in a insta chat ,understand that changing your location won't immediately solve these problems.

Instead, practice taking breaks from your phone a few weeks before your vacation.

Taking a tech break means giving yourself timed one-minute breaks from a task every 60 minutes.

During this minute-long break, you can check your phone notifications, scroll down your timeline, whatever you want. When the minute is over, you put the phone down and continue doing what you were before.

"This shows your brain that you do not have to be constantly connected,"

4. Try Switching your phone screen to grayscale mode

Instagram influencers with stunning, vibrant feeds is not a coincidence.

Our brains are drawn to bold colors, music, and, thus, the content creators who present all of the above as their lifestyle.

That's why switching your phone to greyscale mode (pretend you're back in your Nokia brick-phone days) could make it easier to disconnect.

5. Set Realistic goal about device usage

Now smartphones have only gotten faster, offered more applications, and found ways to make our lives easier .

When it comes to setting new boundaries with your devices while traveling, it's important to be realistic. Before heading out, get an idea of which apps you use the most and how much time you spend on them.

Of those apps, decide which are absolutely necessary to get through the day (i.e. weather, navigation, or a translation app depending on where you're going) and which are not.

Then switch off the remaing apps for the trip period.

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 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.



Membership Minute:

Connect with prospective members



Connect with prospective members

Every January, we see a big increase in inquiries about joining Rotary. District and club leaders, remember to follow up with these prospective members to ensure that they have a positive experience. You can gain a better understanding of how to turn leads into members by taking the Online Membership Leads course. Use the Refer a new member form if you know someone who might be interested in joining. The updated form allows all Rotary members to refer a prospective member to their own club or to a different club.

Learn how to address your club's challenges

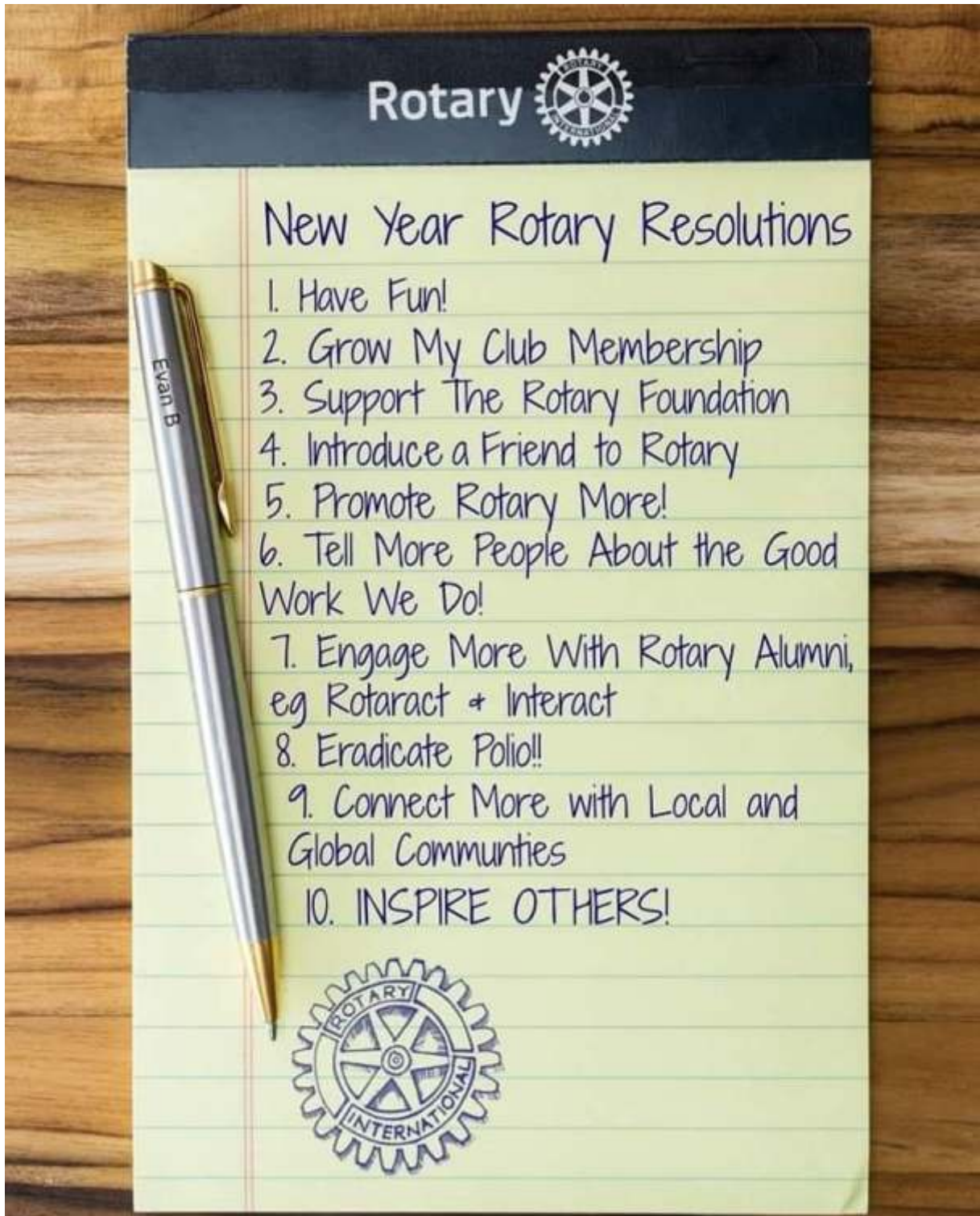
Many clubs face challenges related to three things: attracting new members, keeping members engaged, and finding meaningful ways to contribute to their communities. Use the Club Planning Assistant to get tailored advice for addressing your club's challenges. Club leaders, you'll receive an instant response with links to the resources we recommend to help you address your club's most pressing challenges. You can then build these suggested strategies into your club's membership plan.

Develop your storytelling skills

Being able to articulate and share your stories with others can be personally fulfilling. Whether it's a story of why you joined Rotary, an achievement you're proud of, or a struggle that made you grow in some way, we all have stories that can inspire and connect us with others. Storytelling is a skill that is useful in any setting, and the best part is, you're the expert on your stories. Through our alliance with Toastmasters, you can hone your skills by visiting a local Toastmasters club and getting feedback on your delivery. Here are some storytelling techniques from our friends at Toastmasters International. Take our Inspirational speech course to learn more.

Recognize exemplary service to The Rotary Foundation

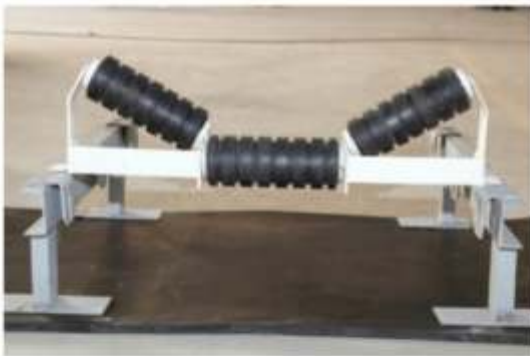
The Distinguished Service Award honors individual Rotarians and Rotaractors who have demonstrated exemplary service to the Foundation and who received the Citation for Meritorious Service at least four years previously. Do you know someone like that? Any Rotarian or Rotaractor can nominate a candidate. The nomination period is from 1 January to 28 February. If you have any questions, write to riawards@rotary.org.



Rtn. Rajhans Banka
President (2022-23).



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DESIGNATED MONTH



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, an 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.



January - Vocational Services

Vocational Service Month During this period, clubs highlight the importance of the business and professional life of each Rotarian. Special activities promote the vocational avenue of service.

- Distribute Four way Test
- Distribute Vocational Awards to outstanding individuals, Arrange Vocational Visits
- Awareness seminar on career guidance, Organise / Arrange in Plant Training
- Start Vocational Education / Skill Guidance Centre. Start Part Time Consultancy centre
- Helping Physically Challenged people to gets jobs

BIRTHDAYS & WEDDING ANNIVERSARIES - JANUARY



BIRTHDAY

02/01- Ann. Tanvi Pamnani
17/01 - Ann. Nagini Gumideli
21/01 - Rtn. Rajnish Pissay
27/01 - Rtn. Bimal Goradia
28/01 - Rtn. Pritti Khinvasara
29/01 - Rtn. Praveen Sharma

ANNIVERSARY

16/01 - Rtn. Ajay & Anita Jain
16/01 - Rtn. Mudit & Madhu
30/01 - Rtn. Vikram & Lopa

Dialysis Status for Dec 2022
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RCSS meeting with RIPN (24-25) Ms Stephanie Urchick from US
on 7th December 2022



Jai Gurudev



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India Goes on Alert Mode as Japan, US, Korea, Brazil & China witnessing Sudden Spurt COVID Cases



राजेश भूषण, आईएस
सचिव
RAJESH BHUSHAN, IAS
SECRETARY



75
आज़ादी का
अमृत महोत्सव

भारत सरकार
स्वास्थ्य एवं परिवार कल्याण विभाग
स्वास्थ्य एवं परिवार कल्याण मंत्रालय

Government of India
Department of Health and Family Welfare
Ministry of Health and Family Welfare
D.O No. Z.28015/182/2021-DMC/II
20th December 2022

Dear Colleague,

India with its focus on five-fold strategy of test-track-treat-vaccination and adherence to COVID Appropriate Behavior has been able to restrict the transmission of Covid-19 virus and is having around twelve hundred cases on a weekly basis. Public Health challenge of Covid-19 still persists around the world with around thirty-five lakh cases reported weekly.

2. The 'Operational Guidelines for Revised Surveillance Strategy in context of COVID-19' issued by Union Ministry of Health & Family Welfare in June, 2022 calls for early detection, isolation, testing, and timely management of suspected and confirmed cases to detect and contain outbreaks of new SARS-CoV-2 variants. Therefore, monitoring the trends of existing variants is of crucial importance.

3. In view of the sudden spurt of cases being witnessed in Japan, United States of America, Republic of Korea, Brazil and China, it is essential to gear up the whole genome sequencing of positive case samples to track the variants through Indian SARS-CoV-2 Genomics Consortium (INSACOG) network. Such an exercise will enable timely detection of newer variants, if any, circulating in the country and will facilitate undertaking of requisite public health measures for the same.

4. In this context, all states are requested to ensure that as far as possible samples of all positive cases, on a daily basis, are sent to the designated INSACOG Genome Sequencing Laboratories (IGSLs) that are mapped to the States and UTs.

5. Ministry of Health & Family Welfare commends the consistent hard work put in by all States/UTs and will continue to extend required support to all states in this regard.

Harm Regards.

Yours sincerely

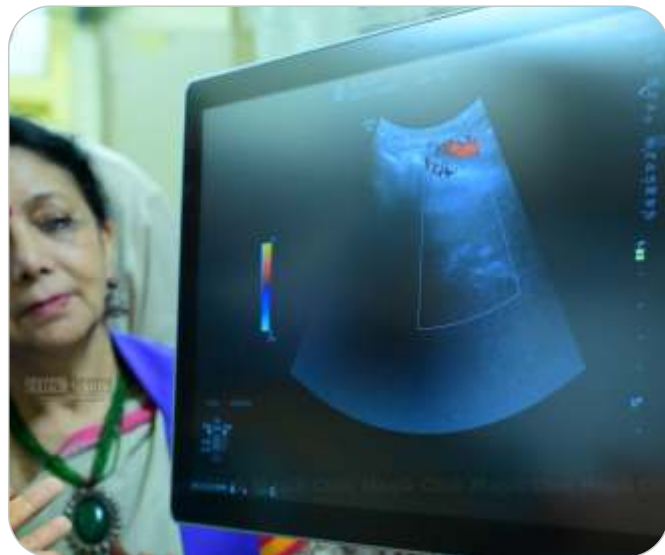
(Rajesh Bhushan)

Addl. Chief Secretary/Principal Secretary/Secretary (Health) of all States/UTs

Copy for information to:

- Secretary, DBT
- Secretary (DHR) & DG, ICMR
- DGHS/Director, NCDC

RCSS Donation of GE LOGIQ S8 Ultrasound Machine to MNJ Cancer Hospital on 26th December 2022



RCSS Donation of GE LOGIQ S8 Ultrasound Machine to MNJ Cancer Hospital on 26th December 2022



RCSS Donation of GE LOGIQ S8 Ultrasound Machine to MNJ Cancer Hospital on 26th December 2022





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- **Restricting a lender's exposure to a single borrower to a maximum of 50,000/-**

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- **Seeking predictive returns**
- **Willing to stay invested for 36 months [through minimum Investment horizon is 3 months] to benefit from the power of compounding**
- **Individuals (including NRI through NRO account), HUF, firms, LLP, and Companies can invest in P2P.**

To be continued...



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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 January 2023, Saturday - Makar Sankranti



Makar Sankranti is celebrated on the 14th of January every year. Unlike most Hindu festivals which are determined as per the altering positions of the Moon and are based on the Lunar Calendar, Makar Sankranti is based on the Solar Calendar. Every year, Makar Sankranti is celebrated to mark the movement of the Sun in the Capricorn or Makar sign. The word 'Sankranti' literally means 'movement'. Hence, the festival precisely denotes the movement of the Sun into Makar zodiac.

Holiday's & festivals in India January Month

20 January 2023, Friday - Guru Gobind Singh Jayanti



Guru Gobind Singh Jayanti is a day marked to honour the birth, achievements and influence of Guru Gobind Singh, the religious-warrior leader and the tenth Guru of Sikhs. He is revered as a Guru for his immense contribution to developing the Sikh ideology, creating the Khalsa Panth and upholding righteousness in life. On this pious day, formal religious customs such as congregations are carried out. Overall, prayers for the well-being and prosperity are offered. The date for the celebration of this day is determined by the Nanakshahi calendar.

23 January 2023, Monday - Netaji Subhash Chandra Bose Jayanti



Subhash Chandra Bose was one of those daring leaders who gained notoriety throughout India's war for independence and was well regarded by everybody. Subhas Chandra Bose, generally alluded to as "Netaji," contributed a lot to India's struggle for independence and Civil Disobedience Movement. He also belonged to the Indian National Congress and once went to Japan in 1943 where he laid the foundation of the Indian National Army there.

26 January 2023, Thursday - Republic Day



Republic Day of India - India Republic Day is celebrated on 26th January every year to mark the historic day when our country came into its own as a sovereign republic nation. After gaining independence on August 15, 1947, India did not gain complete independence until the adoption of its own constitution. Thus, the Indian Republic Day marks the successful attainment of the goal of 'Sampoorna Swaraj'. The Indian Constitution officially came into force on 26 January, 1950. As a republic, the constitution provides for an elected government and lays stress on political equality. Republic Day is celebrated on 26 January every year to mark the glorious event of India becoming a sovereign republic. Dr. Rajendra Prasad taking oath as the first President of free India is chronicled in the history of independent India.

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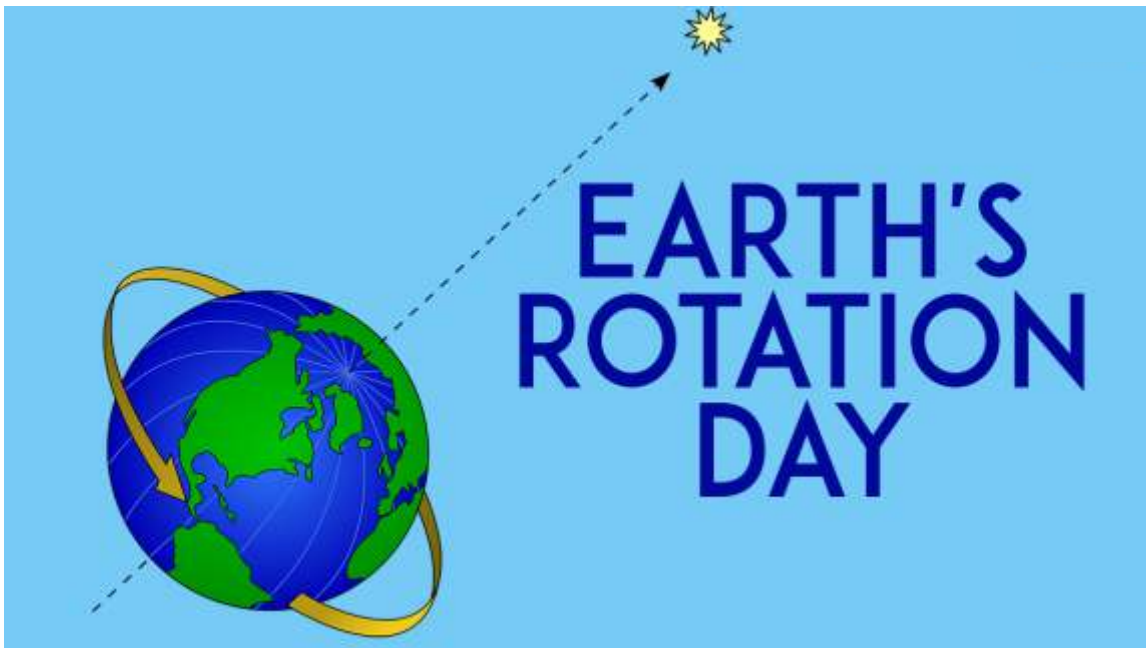
Courtesy : Rtn Srinivas Gumidelli @ 9848005110



4 January World Braille Day

Commemorates the birth of Louis Braille and to recognize his efforts

#WorldBrailleDay



8 January Earth's Rotation Day

On this day in 1851 Leon Foucault, a French physicist, first swung Foucault's Pendulum in his cellar. The actual date could have been on the 6th, 7th or 8th January 1851. ADDucation believes Earth's Rotation Day is an online social media fun day.

#EarthRotationDay

International Awareness Days 2023

International Awareness Days List 2023

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.

January 2023



1 January New Year, New Year's Day

New Years day is a national holiday in most countries which use the Gregorian calendar and often involves hangover remedies, family meals, TV and a walk. 1st January is not a national holiday in Israel, India, Bangladesh, China, Vietnam, Afghanistan, Ethiopia, Iran, Saudi Arabia etc. #NewYearsDay



2 January National Science Fiction Day

Celebrates the official birthday of Isaac Asimov who wrote the Three Laws of Robotics and has written hundreds of popular sci-fi books.

#ScienceFictionDay #NationalScienceFictionDay #SciFiDay



11 January National Human Trafficking Awareness Day

Launched by the US Senate to raise awareness and combat human trafficking and slavery. More people, mainly women and children, are enslaved than at any time in human history. Think child soldiers, sex slaves and migrant workers.

#HumanTraffickingAwarenessDay



11 January International Parity at Work Day

Raises awareness of ongoing inequality in the workplace with events to celebrate the strength of diversity at work.

#ParityAtWork



20 January Penguin Awareness Day

A day to campaign on behalf of penguins. Eight (of 18 species) of penguins live in the Antarctic and these charismatic birds are struggling with the impact of climate change. Adopt a penguin through the WWF. See also World Penguin Day on 25th April. #PenguinAwarenessDay



21 January National Hug Day / National Hugging Day / World Hug Day

Dreamed up by Kevin Zaborney to encourage everyone to hug friends and family more often. Hugs are scientifically shown to make us happier and relieve stress. Hugs show you care without the need for words. Celebrate with a Hug-athon (always ask first). #NationalHuggingDay #NationalHugDay #WorldHugDay



23 January National Handwriting Day

WIMA sponsors National Handwriting Day which celebrates on John Hancock's birthday. John was the first to sign the USA Declaration of Independence with his impressive signature. Celebrate by writing a handwritten note, journal entry, letter or poem using a pen or pencil. #NationalHandwritingDay



26 January International Customs Day

Commemorates the 1953 inaugural session of the Customs Cooperation Council (CCC) held in Brussels, Belgium attended by 17 European countries.

#InternationalCustomsDay



27 January International Holocaust Remembrance Day
Commemorates all holocaust victims including Jews, mentally and physically disabled people and homosexual men by the Nazis.
#HRD2022 #HolocaustRemembranceDay



27 January Family Literacy Day
Raises awareness of the importance of reading and literacy activities within families.
#FamilyLiteracyDay

28 January Data Privacy Day / Data Protection Day
Promote best practices for data protection and privacy.
#PrivacyAware



31 January International Street Children's Day

The first event was held in London 2011 to raise awareness of the millions of street children and their champions around the world.

#StreetChildren



I love to travel and I explore all kinds of tourism. My recent trip was a pilgrimage to the holy city of Benares considered as the oldest living city in the world. The ancient name of Benares is Kashi and the modern name is Varanasi. I did some research before visiting the city to get a hold on its history and to be able to relate to the city and its various landmarks better.

Benares is considered the city of light. It's a magnificent city rising from the western bank of the holy river Ganga. The rays of the early morning sun spread across the river and strike the face of the city, illuminates it in its resplendent golden hue hence called the "City of Light".



On my recent visit to the holy city of Benares it was dark when I landed and the city sleeps early. The shops and the bustling gullies were preparing to close for the day and the traffic and mob were thinning. At this hour with nothing to do, I decided to visit the "Dasaswamedha Ghat," one of the main Ghats of Benares and the spot for the famous "Ganga Aarti". The sight of the ghat at this hour was mesmerising. The water was still, colourful boats were anchored at the bank and there were very few people at the otherwise busy ghat. This is a strike contrast to what one may witness in the daylight hour at the same ghat where it's bustling with pilgrims and dwellers taking a dip in the Ganga, priests performing ceremonies and rituals, tourists taking boat rides and vendors selling lemon tea and savouries.

On my second day, the first half of the day was planned to cover the various temples and famous landmarks around the city. The second half of the day was dedicated to visit the temple of the presiding deity, the "Kashi Vishwanath".



The sightseeing started with the visit to the legendary “Benares Hindu University” founded by Dr. Madan Mohan Malviya. The main campus is spread over 1300 acres and the South campus is built over 2700 acres, housing six institutes, 14 streams and over 140 departments. There are over 30,000 students who studies here. The campus has a temple built by the Birlas housing the replica of the “Kashi Vishwanath”. The other temples covered during the sightseeing were the Sankat Mochan temple, Bharat Mata Mandir, Shringar Gauri temple, Durga Temple with the adjoining Durga Kund to name a few. The holy city is lined with temples dotting every street and it is said that every stone/pebble of Benares has essence of God in it (Kankad Kankad Shankar).



The famous “Kashi Vishwanath” temple sits on the Vishwanath Galli on the western banks of the river in the Gyanvapi area of Benares and is one amongst the twelve Jyotirlingas. This is one of the oldest temples of Shiva in Benares and the most sacred one. The original temple was destroyed in the 12th century by Munammed Ghor and Empress of Delhi Sultanat Razia Sultan built a mosque on its ruins. The temple was later shifted closer to Avimukteshwar. The second attack was by Sikandar Lodhi and the final attack was by Aurangzeb in 18th century. Aurangzeb built the Gyanvapi Mosque over its ruins and the temple was shifted close by where it currently is.

The current temple was built by Rani Ahilya Devi Holkar of Indore by generous contributions by the Mandwa royalty who contributed tonnes of gold to build the dome of the main sanctum of temple where it is housed currently. The current government has built a state of the art corridor connecting the western bank directly to the temple. The corridor has impressive artwork, huge conference halls with state-of-the-art technology and colossal architecture giving a magnificent look to the entire premises of the newly refurbished structure.

After the divine darshan of the deity we were taken for the Ganga Aarti which happens at the adjoining ghat, the Dasaswamedha Ghat. The pilgrims are taken on the opposite side of the ghat in a boat where they can see the Aarti right on the bank. Seven priests in coordinated clothes perform the Aarti in a practiced and choreographed sequence amidst the chants with the Damroos, nagada and bells ringing in the background. The whole atmosphere fills with divinity soaking your very core with the spiritual essence of Benares and is a sight to behold.



After the Aarti the same boat took us for the boat ride across the river front where various ghats are lined on its bank. The famous ones are Dasaswamedha Ghat, Manikarnika Ghat, Harishchandra Ghat, Panchganga Ghat, Tulsi Ghat, Kedar Ghat, Raj Ghat, Assi Ghat to name a few. Out of these Manikarnika and Harishchandra ghats are ghats where cremation of the dead is performed. It is believed that those who die in Benares and are cremated at one of these ghats attain “Moksha.” (Salvation). These ghats are unique in a sense that the cremation is permitted after sunset too. The ghats of Benares are significant in a sense that they provide the Benares its identity, is a symbol of the rich heritage and culture the city is known for and has facilitated the pilgrimage of millions of pilgrims so far since a very long time. Each ghat has unique artwork, and architecture, a theme and a unique purpose. In modern times they are a spot for various festivals and cultural programmes.

A visit to Benares is incomplete without savouring the local delicacies available on its streets. Benares is famous for its street food which is available either on street sold by small vendors or small shops in gullies which are few generations old. The famous ones are Shri Ram Chat Bhandar in the old by lanes or the Kashi Chat wala. The famous street foods are the chat delicacies like Subzi-Kachori, Paani Poori, Dahi Vada, Kachori, Aloo Tikki to name a few. The famous “Baati Chokha” is another delicacy which is the main course and is served in a thali as a complete meal. Malaiyyo is the winter delicacy which is fragrant milk foam prepared with lots of labour. Thandai, Lassi, Malai , Kulfi , Laung Lata are other sweet indulgences out of this world which are not to be missed.



The desi ginger-masala chai sold by vendors in tiny kulhads will steal your heart. At few places the chai is served with makhani-toast or malai-toast to go with it and it's a sinful combination. Laxmi chai wala is a must visit to experience the same. Every meal must be finished with the famous Benarasi Paan. Last but not the least the fabric and weaving industry of Benaras, a tradition started by Mughals needs to be mentioned as it has given the city an identity in the form of a GI tag. The famous weave threaded into opulent Katan Silk is a must in everyone's wardrobe. Each handmade piece has a tale to tell. A laborious task, an age old tradition which is passed on to next generation adds a mystical charm to the legacy the Benares.

After spending two fruitful amazing days I bid goodbye to the charming city with a promise to come back to immerse myself in the magic again which cannot be experienced fully in two days.



By : Kanak Kabra

New Year 2023 Celebrations

Member's Submission of images





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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 ?

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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