

Rotary Club of Secunderabad Sunrise . India

February 2023



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





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Community Service Projects
Rtn Praveen Lunawath

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February Month 2023 - Total Dialysis 281



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Rotary responds to earthquake that has devastated areas of Turkey and Syria



Turkey and Syria were struck by a devastating earthquake on 6 February that has killed tens of thousands of people, destroyed thousands of homes and other structures, and left people across the region without shelter in bitterly cold winter weather.

The Rotary world responded to this catastrophe immediately. RI President Jennifer Jones activated our disaster response efforts, communicated with the affected districts, and encouraged governors in those regions to apply for disaster response grants and share information about their relief efforts so that Rotary can amplify the calls for support.

The Rotary Foundation Trustees decided that all donations made, from now until 31 March, to the Turkey/Syria Disaster Response Fund will be used to aid earthquake relief projects through disaster response grants.

Here's how to have the greatest impact:

Give to Turkey/Syria Disaster Response Fund. Donations help clubs and districts provide aid and support rebuilding efforts where the need is greatest. The funds are distributed to affected communities through disaster response grants.

Support local initiatives. As we learn about local response efforts that are being led by clubs and districts, Rotary raises awareness about how to support them. People can then support these projects by working directly with Rotary members in the region. Contact us to share information about local response efforts.

Rotary's project partner ShelterBox's team is in Turkey, collaborating closely with Rotary district leaders to respond to provide people affected by the earthquake with tents and essential aid items they need. Visit ShelterBox's website for the most current updates on how we are collaborating to respond.

EDITOR'S NOTE



It is a spicy topic when it comes to breastfeeding in public. Many people say that breastfeeding in public should not be allowed because it “disturbs” or “distracts” other people around.

On the other hand, others support every mama breastfeeding their child in public because not only it is not a shame, a child comes before anything else!

Please do see the following article by Anne Kanak on the same subject.

Do send us your articles on subject of interest to cover in this magazine.

About the stamp illustrated above...The stamp was published in 1984. No one objected to the postal stamp then, which was widely used for postal services in an era when India was not as modern as it is now. The stamp promoted breastfeeding and nobody batted an eyelid at the portrayal of a mother and her exposed breast on which a baby is seen suckling.

India is not the only country that issued a postal stamp to promote breastfeeding; other countries like Greece, France, Iran, Myanmar, Poland and others, both modern and conservative, also issued postal stamps for the cause.

Rtn. Rajesh Pamnani
Editor (2022-2023).
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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.



President's Message



My dear Rotarians and Anns,

A very powerful earthquake and several after-shocks struck the region of Turkey and Syria. There was a huge devastation killing tens of thousands of people and destroying countless homes and other buildings. In this hour of crisis for the region, it becomes our paramount duty as Rotarians, to help our brethren to overcome their sufferings. People there are in urgent need of housing, medical care and other necessary basics. Many clubs from the twin cities have joined hands in sending relief material through the consulate of Turkey.

We started the month of February by attending the district conference held at Guntur. I once again thank our charter president Rotarian Narendra Gauri for registering as Golden patron and past president Rotarian KA Ramayya for registering as silver patron for the conference. I thank the other five members who registered for the conference and attended. It was a unique experience for the members to interact with the delegates of other clubs from the district.

With great pleasure and sense of satisfaction, I want to share with all of you that our club has donated a surgical microscope machine costing around 36 Lakhs to Pushpagiri eye Hospital and was inaugurated by our DG Rotarian Talla Raj Shekhar Reddy garu on 23rd of February. We are sure that this machine will go a long way in treating the patients for their eye surgeries specially for cataract treatment. I thank our CSR partners BHEL-GE for their generous contributions towards this.

We had a very lively and fun filled fellowship, last Sunday, organised at a resto bar- 75° West at Kokapet. The five member couples who hosted this fellowship left no stone unturned to keep all the members entertained. I thank the hosts-Rotarian Ranjay Goyal and Ann Anu, Rotarian Vikram Mehta and Ann Lopa, Rotarian Sanjay Kabra and Ann Kanak, Rotarian Sandeep Muntha and Ann Swati and Rotarian Sreedhar Raju and Ann Rama Devi ji.

The month of March starts with great possibilities as we partner with a Sunburn event. A DJ of international repute-Martin Garrix will be performing on fourth of March at GMR arena. This event, we are hopeful, shall generate some funds also for the club.

We have identified 15 schools where we plan to donate 745 dual desk, steel benches. This project shall cost us nearly 25 lakhs which would be totally funded again by our CSR partners, BHEL-GE.

In the month of March, we celebrate 8th of March as International women's day. We can commemorate this month for Gender Equality and Girl Child empowerment. Our work with empowering girls and women is much more than creating equity-sometimes it's about health or education. Other times it's about providing safety. Let's work together to empower women and girls to step into their full potential. Together we can address the needs and inequalities that girls throughout the world face daily. Let's join hands to make this world a better place to live in.

Thank you.

Rtn. Rajhans Banka

President (2022-23).

RI - Rotary Service and Engagement



Avenue of Service: Community

Help build more peaceful societies

Peace is a cornerstone of Rotary's mission. By carrying out service projects in this area of focus and supporting Rotary Peace Fellowships and scholarships, you become part of Rotary's effort to address the underlying causes of conflict, such as poverty, discrimination, ethnic tension, lack of access to



education, and unequal distribution of resources. During Peace building and Conflict Prevention Month in February, review Rotary's brochure about our peace efforts and find ways to get involved in building more stable, peaceful communities.

Increase your impact



Identify Rotary Peace Fellowship candidates

Applications are now open for the 2024 Rotary Peace Fellowship! Help us promote it and find the next cohort of global peacebuilders.

If you know any peace and development leaders in your community, encourage them to apply for a fully funded master's degree or professional development certificate at one of our Rotary Peace Centers around the world. You can also use the referral form to tell us about potential candidates.

Since 2002, more than 1,600 peace fellows have trained at Rotary Peace Centers and are working in peacebuilding, conflict prevention, and development roles in more than 140 countries. Follow the Rotary Peace Centers Facebook page to learn more or write to rotarypeacecenters@rotary.org.

Enhance Engagement

Explore the Rotary Voices podcast

If you have less time to read but still want to stay up to date with Rotary stories, opportunities, and projects, listen to Rotary magazine's official podcast. The Rotary Voices podcast (in English) has stories from the magazine and the Rotary Voices blog. A recent episode focuses on the first Programs of Scale award recipient, Partners for a Malaria-Free Zambia.



You'll find interviews with Rotarians who are working in their communities to combat malaria and information about the science involved in fighting malaria. Find the podcast on your favorite app like Apple Podcasts, Amazon Music, or Spotify.

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DESIGNATED MONTH



February - World Understanding Month

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.

- Organise 'MUNA' (Modal United Nations Assembly) at College Level
- Engage in reconciliation of broken families, restoring relationship
- Help How people can live in peace with their families and their neighbours
- Assist Young Single mothers who are victims of sexually abused through training them with self-help projects. e.g. Opening small business that may help them with their children



March - Water & Sanitation

Area of Focus: Water and Sanitation Month. This month also includes the World Rotaract Week from the 7th until 14th of March.

- Create awareness on water Conservation by Street play / Banners / Literature Distributions / Seminars at club level and for local community,
- Clean Drinking Water at Railway Stations, Bus Stations, Schools or Public Places, Re-user of waste Water
- Create Public Toilets Facilities, Create Awareness on Sanitation at Schools - Colleges - Economically Backward Areas
- Create Sewage / Concealed Drainage system, Bore Wells, Building Check dams
- Providing Carriers (Transportation Systems) to carry water pots

BIRTHDAYS & WEDDING ANNIVERSARIES - MARCH



BIRTHDAY

07/03- Rtn. Ajit Gandhi
10/03- Rtn. K.A. Ramayya
Ann. Shreya Malani
22/03- Ann. Ritu Gupta
24/03- Rtn. Ravi Ladia
29/03- Rtn. Raj Hans Banka

ANNIVERSARY

12/03 - Rtn. Bimal & Meera Goradia

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Attending District conference on 4th February 2023



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An Experiment that Failed

It was on December 12, 1911 that King George V decided to shift the British India's capital from Calcutta, now Kolkata, to Delhi, putting the city back on the world map after the fall of the Mughal Empire. Delhi was closer to the summer capital of Shimla that reminded the British officers of the cool climes of England and the 'Scottish Highlands'. The shift was successful and the Raisina Hill came to define Delhi. An earlier experiment had fallen flat. In 1327, Muhammad-bin-Tughluq moved his capital to Deogiri, renamed Daulatabad, and ordered all his subjects to move. A large number of people died in the 950-km-long journey. The painful experience ended up enriching our vocabulary, as now all grandiose ideas that are destined to fail are called 'Tughlaqi'.

The Capital Conundrum

Knowing the capitals of countries is a game that all children play. But what happens when what you knew suddenly becomes wrong. Countries and kingdoms have disappeared from maps and great cities across the world have been renamed: London was Londinium, Paris was Lutetia and Vienna was Vindobona to the Romans. What we call New York was originally named New Amsterdam and the city of Toronto was established as York by the British. After being renamed Petrograd and then Leningrad, St. Petersburg returned to its old nomenclature in 1991. Who can forget that 'aamchi Mumbai' was Bombay? Ho Chi Minh City was Saigon and Istanbul-called Byzantium before becoming Constantinople in 336 AD-got its name in 1930.

Breast Feeding in public



A 2018 report from UNICEF states that 95% of babies worldwide are breastfed; a statistic which reinforces the fact that breastfeeding has numerous health benefits for child as well as the mother and breast milk is and will continue to be the best food for babies.

Yet breastfeeding in public is still considered a taboo and there had been and still continues to be instances of public outrage on this.

World Health Organisation recommends breastfeeding of babies for at least 6 months and laws exist around the world to protect nursing mothers. Breastfeeding in public not illegal in any countries worldwide (except few gulf nations); still breastfeeding in public remains a controversial subject and has fairly less acceptance.

WHY THE CONTROVERSY:

According to critics, the controversy could be due to the fact that the functional aspects of breasts are generally neglected and breasts are considered primarily as objects of carnal pleasures. Hence, it is considered more appropriate to do so in privacy and not in public eye.

Also breastfeeding in public is equated with women's right to exercise a bold choice which goes against the generally acceptable norm around the same making some people uncomfortable around exercising this choice.

Also according to a study it is seen more inappropriate in situations when others do not have a choice to move away from the scene like someone breastfeeding next to you on a public transport or a restaurant.

The phenomenon has been seriously criticised worldwide and there is a huge outcry over this. Very often women breastfeeding in public is subjected to humiliation, shame and disapproval. There have been instances where women were asked to leave public places like theme parks, malls and restaurants etc., because they were breastfeeding their infants in public.

The argument in favour of this is that when an infant/child is dependent on breast milk for its sustenance then he/she may ask for it whenever hungry irrespective of whether the mother is inside the house or outside at a public place. As everybody else the infant has a right to have milk (like eating in case of adults) and curb hunger.

WHAT NEXT AND HOW TO ADDRESS THIS:

August 1st till 7th is observed as “World Breastfeeding Week”. Greater awareness is being created to normalise the act by aiming to protect, promote and support breastfeeding by making it less of a private moment and more of a biological function.

Awareness campaigns are necessary to create sensitisation around the subject so that there is greater acceptance for breastfeeding in public without it attracting the criticism. The same should be seen as a natural and biological function, rather a women’s tactic to garner attention.

Proper infrastructure should be created to make child care rooms at easy access so that women do not have to do so publicly. Although at times child care rooms are still not easily accessible/available and women may have to breastfeed a crying child in public. Women should support other women who do so in public to make it easier for her.

There is a greater need to bridge the gap between the understanding and perception of general public towards this. People need to understand that women are resorting to this not intentionally but to fulfil the demand of the crying or hungry baby in absence of safe and secure baby care rooms at public places. People should be sensitive to this and should extend their support to such mothers instead of crying foul.

Due to the stigma associated with it coupled with the lack of societal support women are sometimes in dilemma whether to breastfeed in public or not. There have been instances in the past where various celebrities were criticised for breastfeeding in public or at workplace and/or posting a picture of breastfeeding their infant on social media. Criticism apart, the bold act by the celebrities is a positive move to try to normalise the act of breastfeeding in public, it has also encourages other moms to do so in public without giving a heed to critics.

In India celebrities like Neha Dhupia, Kareena Kapoor Khan, Lisa Haydon and Evelyn Sharma has been strong advocate of breastfeeding, although not all have done so in public. Neha Dhupia is the brain behind the social media campaign #Freedomtofeed which is a community of parents to have normal conversation about the taboo topic and try to bring some normalcy to it.

Like every taboo topic this one too is going to remain so and change can only be brought about with awareness and proper education to the growing children who are the #GenNext. Those mothers who have faced this can become a support system for those who are facing this right now. Every effort counts and it’s time to break the barrier and bring about a lasting change.



By : Kanak Kabra



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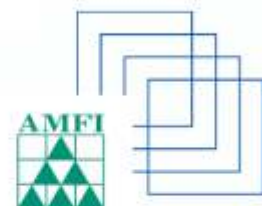
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Inauguration of Carl Zeiss Surgical Microscope machine by DG Rotarian Talla Rajshekhar Reddy and BHEL GE at Pushpagiri Eye Hospital on 23/02/2023



Inauguration of Carl Zeiss Surgical Microscope machine by DG Rotarian Talla Rajshekhar Reddy and BHEL GE at Pushpagiri Eye Hospital on 23/02/2023



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.

7 March 2023, Tuesday - Holika Dahan



What is the story behind Holika Dahan?

Image result for Holika Dahan

She is the sister of the asura-kings Hiranyakashipu and Hiranyaksha, and the aunt of Prahlada. The legend of Holika Dahan (Holika's burning) signifies the triumph of righteousness over sin. Holika is associated with the annual bonfire on the night before Holi, the festival of colours.

8 March 2023, Wednesday - Holi



The Holi Festival is celebrated as a way to welcome in spring, and also is seen as a new beginning where people can release all their inhibitions and start fresh. It is said that during the Holi Festival, the gods turn a blind eye, and it's one of the few times extremely devout Hindus allow themselves to let loose.

12 March, 2023, Sunday- Ranga Panchami



Rang Panchami is a Hindu festival celebrated on Phalguna Krushnapaksha Panchami, that is the fifth day of the second fortnight of the month of Phalguna. On the day of this festival, children in Maharashtra state play, Water fights using Water guns toys. In it they fill coloured water in it and soak each other.

Holiday's & festivals in India March Month

22 March, 2023, Wednesday - Chaitra Navratri, Ugadi, Gudi Padwa, Cheti Chand



It is observed during the lunar month of Chaitra (March–April). The festival is devoted to goddess Durga, whose nine forms are worshipped on nine days. The last day is also Rama Navami, the birthday of Rama. For this reason, it is also called Rama Navaratri by some people.

The Telugu and the Kannada New Year falls on the first day of the month of Chaitra (March–April). People in Andhra Pradesh and Karnataka states in the South of India believe that Lord Brahma began the creation of the universe on this auspicious day of Ugadi. People prepare for the new year by cleaning and washing their houses and buying new clothes. On the Ugadi day they decorate their houses with mango leaves and "rangoli" designs, and pray for a prosperous new year, and visit the temples to listen to the yearly calendar - "Panchangasravanam" as priests make predictions for the coming year. Ugadi is also an auspicious day to embark on any new endeavor.

In Maharashtra, the new year is celebrated as Gudhi Padwa - a festival that heralds the advent of spring (March–April). Early on the morning of the first day of the Chaitra month, people finish their ablutions, wear new clothes and decorate their houses with colorful "rangoli" patterns. A silk banner is raised and worshipped, and greetings and sweets are exchanged. People hang "gudhis" on their windows on this day to celebrate Mother Nature's bounty. A "gudi" is a decorated pole with a brass or a silver vessel placed on it.

The Sindhis celebrate Cheti Chand on their New Year day which coincides with Gudhi Padwa in Maharashtra and Ugadi in Karnataka and Andhra Pradesh. Cheti Chand falls on the first day of the month of Chaitra, also called 'Cheti' in Sindhi. This day is observed as the birthday of Jhulelal, the patron saint of the Sindhis. On this day, Sindhis worship Varuna, the water god and observe a number of rituals followed by feasts and devotional music, such as bhajans and aartis.

24 March, 2023, Friday- Gangaur (Gauri Puja)



Women who observe Mangala Gauri fast perform the puja vidhi after taking a bath. First, the idol or image of Mangala Gauri is placed on red cloth on a wooden plate. After that, nine planets made from rice and sixteen goddesses made from wheat are drawn on the plate, where a kalash is also placed

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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.

March 2023



1 March - Self-injury Awareness Day / Self-Harm Awareness Day

A day to educate people who do not self-injure and reach out to people who do. Raising awareness should lead to understanding and empathy reducing the number of people who suffer alone. Orange ribbons are worn by some supporters.

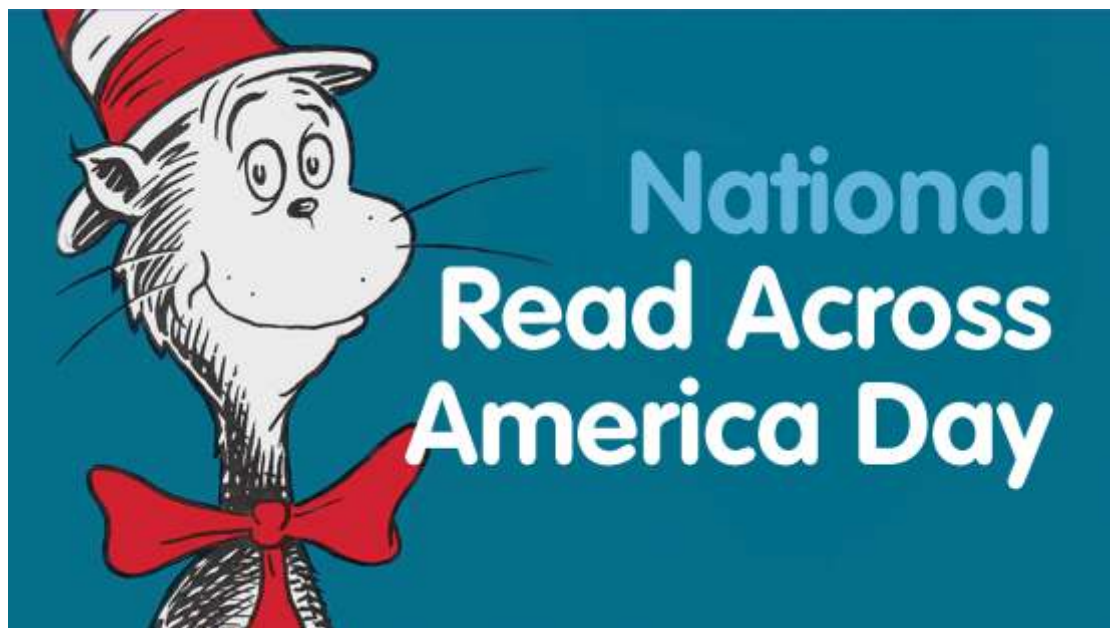
#SelfHarmAwarenessDay #TheOrangeEffect



1 March - World Civil Defence Day

A day to raise awareness of civil defense and the practical mechanisms that need to be put into place to prevent disasters across the world.

#WorldCivilDefenceDay



2 March - National Read Across America Day

Held on the birthday of American children's author Dr. Seuss who was born 2nd March 1904. Events are held across the USA in schools, libraries, and community centers to celebrate books and reading.

#ReadAcrossAmerica



3 March - World Wildlife Day

Raise awareness and celebrate wild flora and fauna. Campaign to raise awareness about wildlife protection online and get involved in local wildlife conservation projects. See also World Wildlife Conservation Day.

#WorldWildlifeDay #EndWildlifeTrafficking



8 March - International Women's Day

International Women's Day celebrates women's rights. It was declared a national holiday in Russia in 1917 following the Russian revolution and predominantly celebrated in communist countries and by socialist movements worldwide until it was adopted in 1975 by the United Nations.

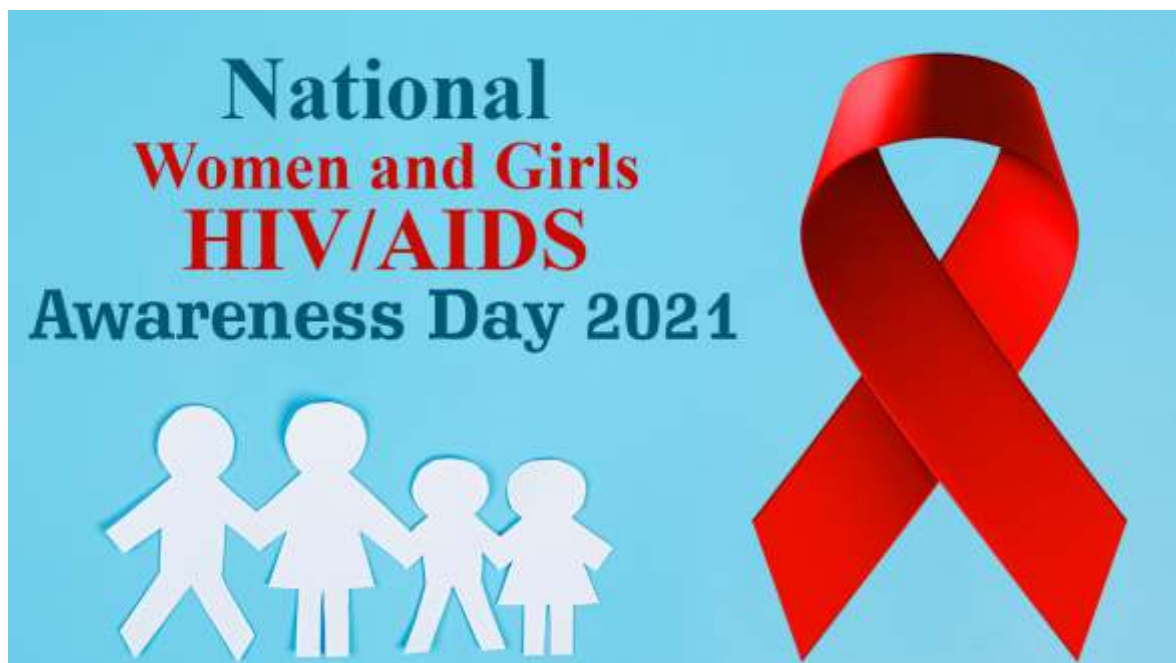
#WomensDay or add year #WomensDay2023 #InternationalWomensDay #IWD2023



9 March - International School Meals Day

A day to raise awareness of the importance of good nutrition at school and at home and foster healthy eating habits for all children whatever their circumstances.

#ISMD2023 #SchoolMeals



10 March - National Women and Girls HIV/AIDS Awareness Day

Today is a day for women and girls to think about and make good choices about sex to protect yourself and others from HIV and other STIs (sexually transmitted infections).

#NWGHAAD



14 March - White Day

One month after Valentines day men are expected to give white gifts (cookies, jewelry, white chocolate, marshmallows, white lingerie etc.) to women who bought them Valentines day gifts. The gifts are expected to be more expensive (sanbai gaeshi “triple the return”)!

#WhiteDay #WhiteDay2023



15 March - World Consumer Rights Day

On this day in 1962 USA President John F Kennedy formerly addressed the issue of consumer rights in the US Congress. Today is a day to recognize the importance of consumer rights and campaign to protect and improve consumer rights around the world.

#WorldConsumerRightsDay #WCRD or add year #WCRD2023



18 March - World Sleep Day

Raise awareness of the importance of sleep health and sleep disorders worldwide through education, research and setting best practice standards of patient care worldwide.

#WorldSleepDay or add year #WorldSleepDay2023



20 March - World Sparrow Day

A day to celebrate the long-standing affinity between humans and house sparrows and raise awareness that sparrows (and other small bird species) are disappearing fast and the need to conserve their habitats and maintain urban biodiversity.

#WorldSparrowDay



20 March - World Oral Health Day

Raise awareness of the importance of maintaining a healthy mouth to overall health and quality of life and the need of regular checkups.

#WOHD20 (change year) #SayAhh



20 March - French Language Day

A day to celebrate multilingualism and cultural diversity. French is one of the six official languages of the UN along with English (23rd April), Arabic (18th December), Chinese (20th April), Spanish (23rd April), Russian (6 June)

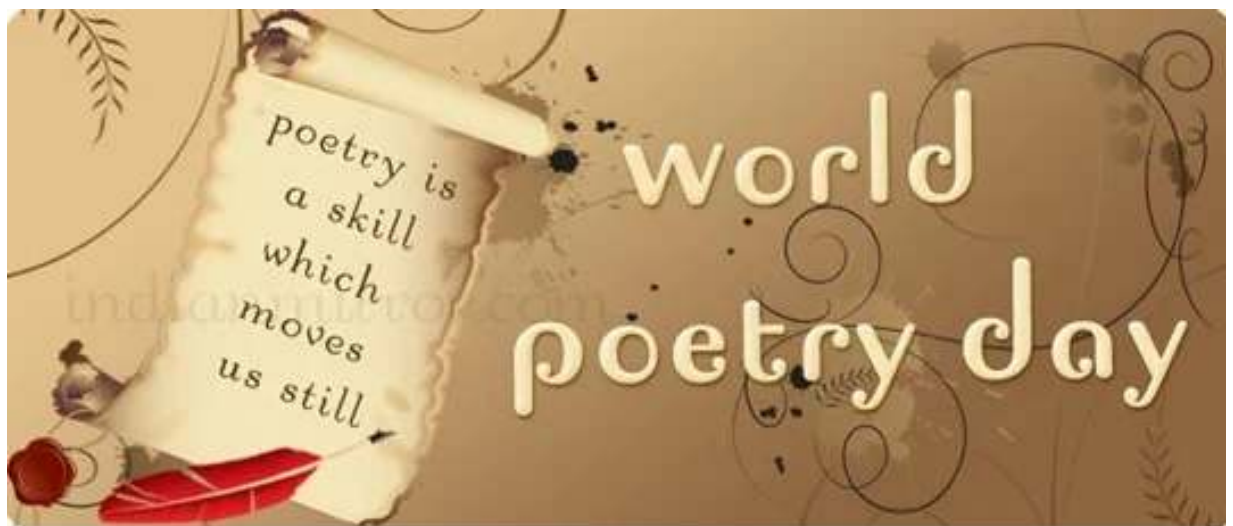
#FrenchLanguageDay #InternationalFrancophonieDay



20 March - International Day of Happiness

The United Nations invites everyone, every classroom, business and government to celebrate the importance of happiness in our lives. Read this years World Happiness Report.

#InternationalDayOfHappiness #WorldHappinessDay



21 March - World Poetry Day

Celebrate poetry as the oral tradition which communicates the creative spirit and values of diverse cultures throughout history. Raise awareness of the interactions between poetry, theater, dance, music and other arts.

#WorldPoetryDay



21 March - International Day of Forests / World Forestry Day / Forest Day

Events are organized worldwide, based on a different theme each year, to raise awareness of the importance trees and forests to us all including future generations.

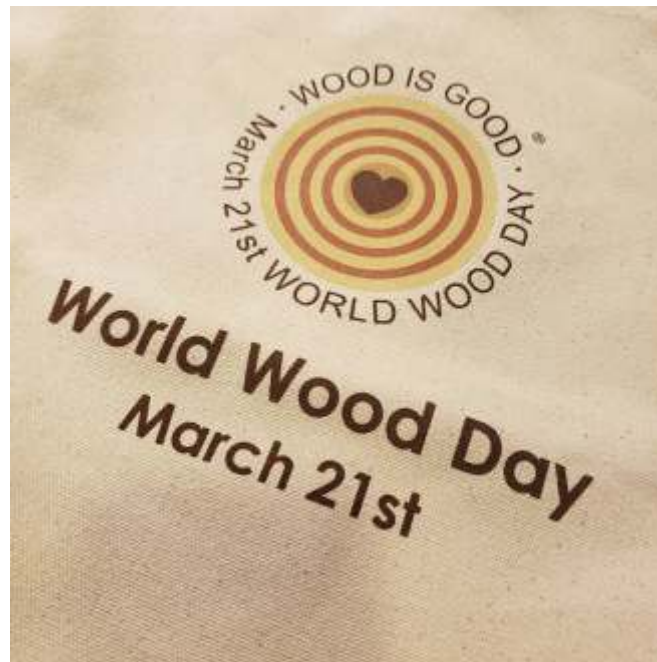
#IntForestDay #ForestsDay



21 March - International Colour Day

Celebrated on 21 because it's the equinox (equal day and night) which relates to the complementary nature of light and darkness/shadow expressed in all human cultures.

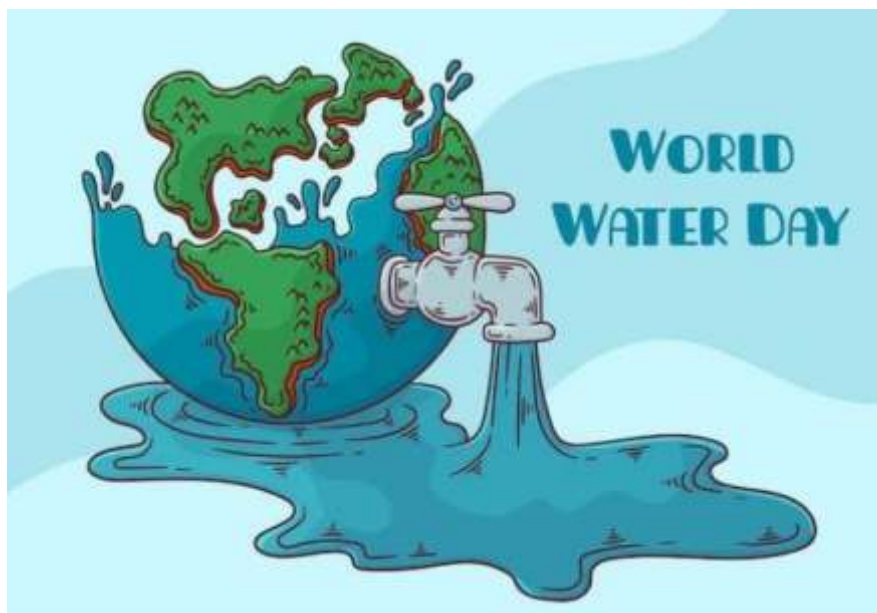
#InternationalColorDay



21 March - World Wood Day

Celebration of wood as an eco-friendly and renewable biomaterial and raise awareness on the role wood plays in a sustainable world through biodiversity and forest conservation.

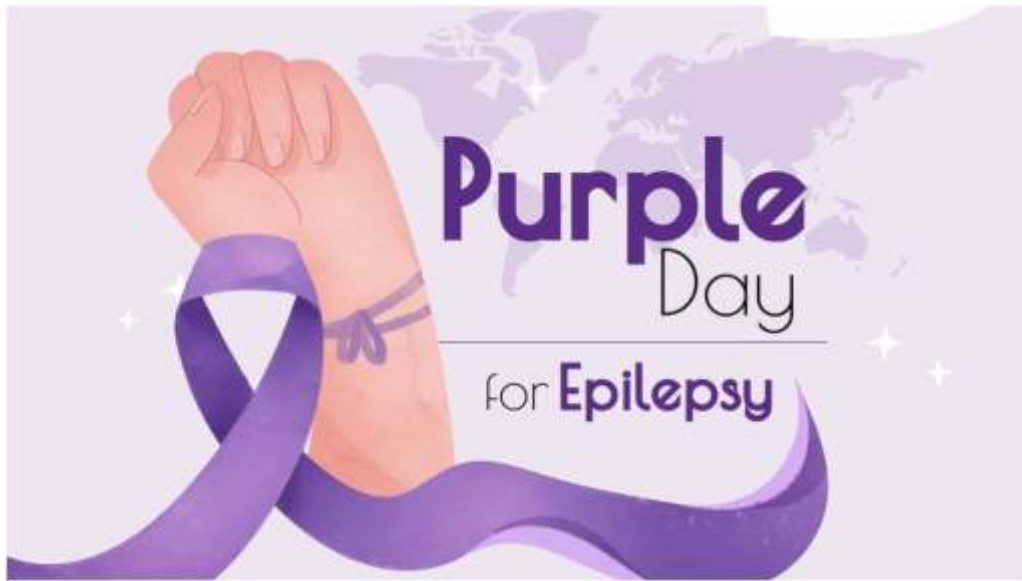
#WWD #WoodisGood #WoodCulture



22 March - World Water Day

Raise awareness of action to tackle the water crisis and the importance of freshwater around the globe.

#WorldWaterDay



26 March - Purple Day for Epilepsy

A day to raise awareness of epilepsy by wearing something purple. Lavender, the purple flower, is the international color for epilepsy.

#PurpleDay #PurpleDay2023 #EpilepsyAwareness



27 March - World Theatre Day

A day to go to the theater and celebrate the contribution theater makes to the arts and communities worldwide. Each year a World Theatre Day Message Author is invited to reflect on the theme of theater and a culture of peace.

#WorldTheatreDay



30 March - World Idli Day

Idli is a savory cake made from de-husked black lentils and rice. With no origin, sponsor or coverage outside the calendar sites we think it's fake news.

#WorldIdliDay



31 March - World Backup Day

We're creating more digital information than ever before. Ask yourself what would you do if you lost everything? If you haven't backed up your data and photos to protect your legacy take the pledge today – tomorrow could be too late!

#WorldBackupDay



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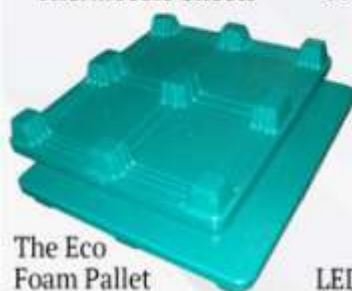
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RCSS Fellowship on 26th Feb 2023





RCSS Fellowship on 26th Feb 2023





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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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