

Rotary Club of Secunderabad Sunrise . India

May 2023



Strength
Determination
Endurance
Inspiration

1st Double Above-Knee Amputee to climb over 8000m

Pic credit by : Rtn. Lakhphuti Sherpa

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





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Rtn. Rajhans Banka



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Membership
Rtn. Sanjay Kabra



Youth Services
Rtn. Praveen Sharma



Public Image
Rtn. Rajesh Pamnani



Community Service Projects
Rtn. Praveen Lunawath

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Cover Page

Rtn .Lakhphuti Sherpa (past president of RC Durbarmarg, Nepal)
Huge congratulations to Hari Budamagar for your historic and successful achievement. I am at a loss for words to express my admiration for your determination and the successful results. I am thrilled to have known you for over 8 years and have had numerous conversations through chats. My heart swells with pride to learn that you have successfully summited the world's highest peak, Mount Everest, standing at 8,848.86 meters. I would also like to express my gratitude a thousand times to all the climbing supporters who contributed to your success.

I am aware that great teamwork lies behind every success...
Once again, a huge congratulations to you, Hari Budamagar.



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EDITOR'S NOTE



How to find time for your hobby ?

“We’re wired as humans to be curious and open, but in a very burned-out world, we forget that ...don’t we ?

Challenging, fun, and engaging hobbies have the power to make us happier and healthier. Such pursuits help us grow in creative, physical, or intellectual ways, and can boost self-esteem. Plus, they often foster connection with others. It is suggested that hobbies lead to better physical health, more sleep, lower stress, greater life satisfaction, a larger social network, and improved work performance.

Hobbies present an escape—they can help us get out of our head and calm down, The vital connection between leisure and well-being.

Asking yourself how you want an activity to make you feel: Mentally engaged? Distracted? Relaxed? Socially connected?

It can also be helpful to consider what your life is missing, like creativity or physical activity, and allow that to guide your choices.

“Give yourself permission to do something that you like”

Think of discovering new hobbies as an adventure that will add fulfilling new dimensions to your life, and enjoy the process.

Happy Holidays !

Rtn. Rajesh Pamnani
Editor (2022-2023).
+91 9849013175

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 Leader - Helping club and district leaders achieve success



Create a meaningful club experience

We know from Rotary's research that members' overall satisfaction is closely related to their club experience.

Being open to change can be challenging, especially if your club has enjoyed success without making many big adjustments. It can be difficult to reconsider what you do and how you do it, but you'll build a more robust club if you accept input from your members and respond to their feedback. One way to do this is by getting to know your prospective and new members early on using the Member Interest Survey. You can also share the Member Satisfaction Survey with everyone in your club to identify ways to improve and then take steps to enhance the club experience.

Members are more likely to remain active when they feel welcomed and included, when they find opportunities for personal growth and leadership development, when they make meaningful connections, and when they contribute to service. Get more ideas from the Membership courses in the Learning Center.

ACTION PLAN

Expanding our reach

Why is diversity, equity, and inclusion (DEI) so crucial to Rotary expanding its reach? Let Katey Halliday tell you. Halliday is a member of the Rotary Club of Adelaide Light, Australia, and a charter member of the Rotaract Club of Adelaide City. Halliday serves on Rotary's Diversity, Equity, and Inclusion Task Force. Learn more about what Halliday believes are the benefits of DEI for clubs.



Helping club and district leaders achieve success

GRANTS

Apply for the Programs of Scale grant

The application process for the 2023-24 Programs of Scale award opens 1 June!

If your club or district service project has been successful and is ready to expand, consider preparing an application for the 2023-24 Programs of Scale grant. Through a competitive process, The Rotary Foundation awards US\$2 million each year to a well-developed, evidence-based program led by Rotary members in collaboration with experienced partners.

Concept notes from qualified Rotary and Rotaract clubs and districts will be accepted from 1 June until 1 August. The note should describe your program that has had an impact and explain how it's ready to expand.

Use these resources to learn more about applying for the award and strengthen your local and international service projects:

The Programs of Scale webpage has a reference section with links to the Grant Competition Handbook, an FAQ, and Concept Note Template.

The Increase Your Impact learning plan in the Learning Center features guidance from experts about how you can make a bigger difference by implementing successful activities on a larger scale and designing projects that achieve results.

The recipient of the 2022-23 Programs of Scale award will be announced at the Rotary International Convention in Melbourne, Australia. You can also learn about recent finalists.

LEARNING

Webinar series helps you cultivate effective projects

Join us for an exciting webinar series designed to support you as you cultivate effective and sustainable projects. These five sessions offer tools and strategies to help you plan, implement, and evaluate your projects, including youth service initiatives.

The first four parts of the series are now available on demand. You can also register for the final webinar, Expanding Reach: Partner With Youth in Service, being held Thursday, 18 May, at 18:00 Chicago time (UTC-5).

KEY DATES & NOTICES

Report your club officers by 30 June

Don't forget to report your club's officers in My Rotary by 30 June. This will ensure that your incoming officers have access to all the tools and resources they need to succeed. Make sure that your club membership is up to date, too.

In May, club and district leaders will receive an email survey. Please take a moment to respond and tell us what you enjoy about your role, what challenges you've faced, and how Rotary International can further support future generations of Rotary leaders.

Other key dates include:

15 May: Applications close for the 2024-25 Rotary Peace Fellowship. Learn more.

30 June: This is the last day to report in Rotary Club Central what goals you achieved toward the Rotary Citation for Rotary Clubs. Download a copy of the citation goals and instructions for Rotary clubs and learn more about the Rotary Citation. Note that separate forms and instructions are available for Rotaract and Interact clubs with a due date of 15 August.

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ASK 02
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DESIGNATED MONTH



May - Youth Service Month

Youth Service Month, Rotary clubs of the world give special emphasis to the many Rotary-sponsored programs which serve children and young people.

- Sponsor New Interact / Rotaract Club
- Organise Drawing / Painting / Elocution competition in schools
- Awareness campaign about problems & need for survival of Future Generations



June – Rotary Fellowship

Rotary Fellowships Month, Rotary clubs indulge in fellowship activities, thanks giving and like.

- Inter Club Meetings
- Circulate 'Rotary Fellowship' literature
- Promote RFE – Invite Speakers to share their experiences

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Dialysis Analysis from Start

April 2022 (15 days)

Total Dialysis 80

Nov 2022

Total Dialysis 329

May 2022

Total Dialysis 184

Dec 2022

Total Dialysis 341

June 2022

Total Dialysis 234

Jan 2023

Total Dialysis 391

July 2022

Total Dialysis 281

Feb 2023

Total Dialysis 421

Aug 2022

Total Dialysis 297

March 2023

Total Dialysis 527

Sep 2022

Total Dialysis 295

April 2023

Total Dialysis 467

Oct 2022

Total Dialysis 303

May 2023

Total Dialysis 500

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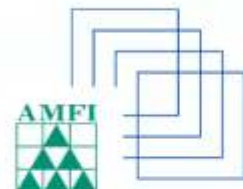
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BIRTHDAYS & WEDDING ANNIVERSARIES - JUNE

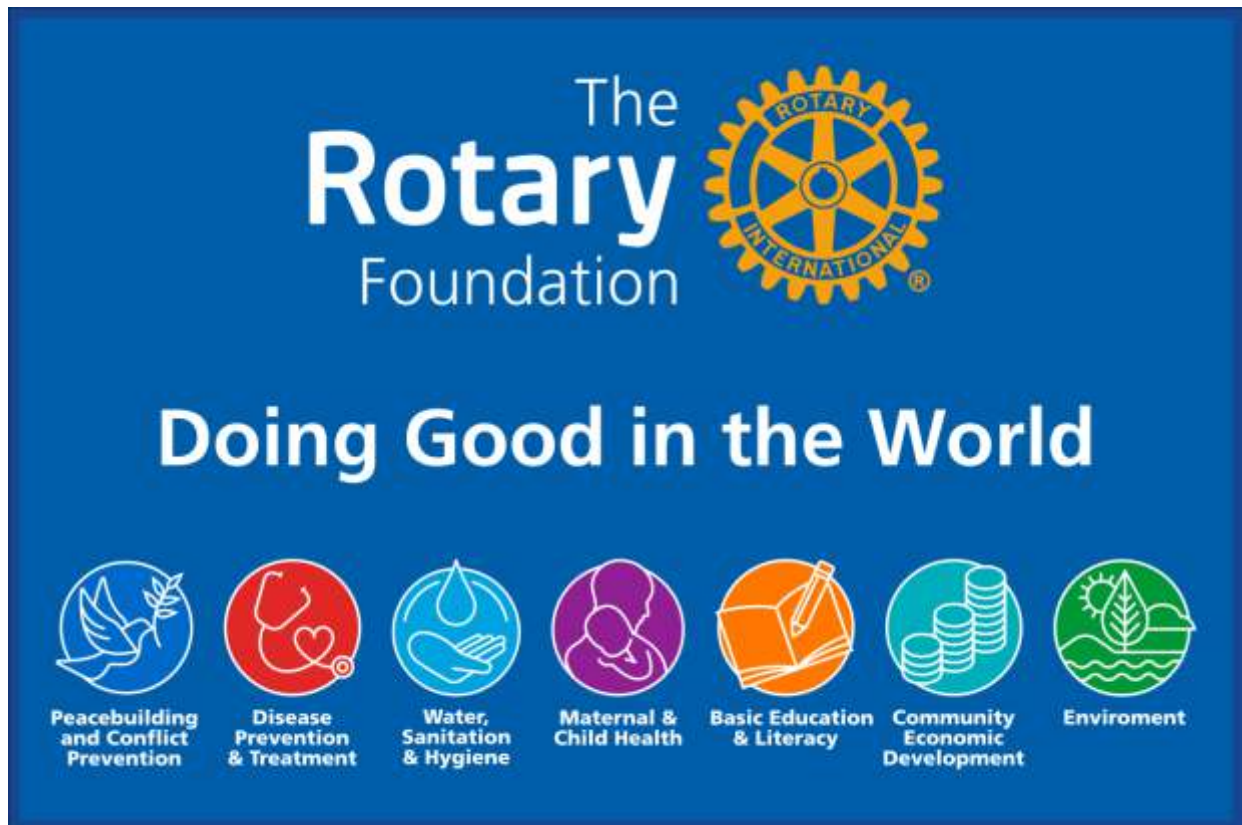


BIRTHDAY

01/06 - Rtn Madhu
Ann. Rekha Lunawath
04/06 - Rtn. Soma & Rajini Pradyumna
05/06 - Ann. Sheetal Dhumale
05/06 - Ann Bijal Shah
05/06 - Ann. Asha Tribrewal
07/06 - Ann Manju Agarwal
14/06 - Rtn. Chandra Sekhar Musthalia
14/06 - Ann. Lopa Mehta
14/06 - Rtn. Ravinder Dhanturi
16/06 - Ann. Kavita Rathi
22/06 - Ann. Geetanjali Rungta
25/06 - Ann. Shalini Nevatia

ANNIVERSARY

06/06 - Rtn. Suresh & Mridula Verma
18/06 - Rtn. Sanjay & Kanak Kabra
27/06 - Rtn. Vijay & Kavita Rathi
28/06 - Rtn. Shravan & Shreya Malani
28/06 - Rtn. Rajesh & Jyoti Surana





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Holiday's & festivals in India June Month

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.

20 June, 2023, Tuesday - Jagannath Rath Yatra



The Ratha Yatra of Puri, also rendered as the Ratha Jatra is an annual Hindu chariot festival celebrated on the bright half of the lunar month of Ashadh. The festival is associated with the deity Jagannath held at the city of Puri in the state of Odisha, India.

29 June, 2023, Thursday - Devshayani Ekadashi and Eid-UI-Adha



Devshayani Ekadashi is celebrated all over India with great enthusiasm and strong belief. Eid-ul-Adha, or the Feast of the Sacrifice, is the holiest and second most important festival for Islam. It is observed on the tenth day of the last month according to the Islamic calendar, and the festival lasts for four days.

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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.

June 2023



1 June - Global Day of Parents

The Global Day of Parents is a day to celebrate the key role parents play in the full and harmonious development of children for the well-being of families and wider society.

#GlobalDayofParents

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1 June - World Milk Day

Celebrates the contributions of the dairy sector to sustainability, economic development, livelihoods and nutrition.

.#WorldMilkDay



5 June - World Environment Day

A day to connect with nature and understand environmental issues in order to move towards sustainable consumption. Each year this global awareness raising event is held in a different country with a different theme.

#WorldEnvironmentDay #WithNature

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8 June - World Oceans Day

A day to celebrate oceans and get involved with conservation action to find better solutions to plastic pollution, marine litter, sustainable management of ocean resources towards healthier oceans which will benefit us all.

#WorldOceansDay



12 June - World Day Against Child Labour

A day to bring attention to the international efforts being made to end child labour in any of its forms worldwide.

#NOChildLabour #WDACL or add year #WDACL2023 #WorldDayAgainstChildLabor



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14 June - World Blood Donor Day

Raise awareness of the need for safe blood and blood products and to thank blood donors for their voluntary, life-saving, donations.

#WBDD #WorldBloodDonorDay



14 June - Cupcake Day

Dementia is the number one cause of death in England and Wales and there's no cure. Host a Cupcake Day or get involved online and support the fight against dementia.

#CupcakeDay

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15 June - Global Wind Day

A day to celebrate wind energy and how it has reshaped the energy generation marketplace and debate. Wind energy decarbonizes economies and creates jobs.

#GlobalWindDay



20 June - World Refugee Day

A day to show support for refugees and urge governments to do their fair share to help refugees and their families.

#WithRefugees #WorldRefugeeDay



Rtn Lokesh Jain



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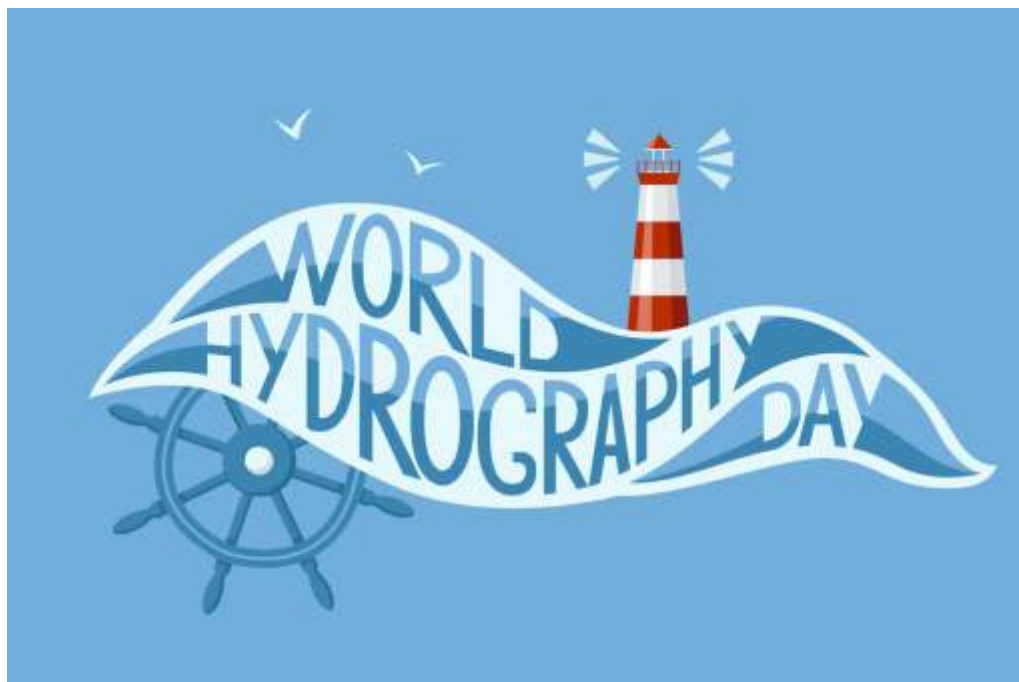
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21 June - World Music Day

Annual summer solstice music celebration of music. All musicians are encouraged to perform on the streets and organize free concerts.

#FeteMusique #FDLM or add year #FDLM2023



21 June - World Hydrography Day

A day to raise awareness of the importance of hydrography (surveys and charts of oceans, seas, coastal areas, lakes and rivers) and celebrate the work of hydrographers who facilitate safe navigation maps along with scientific, security and environmental information.

#HydrographyDay

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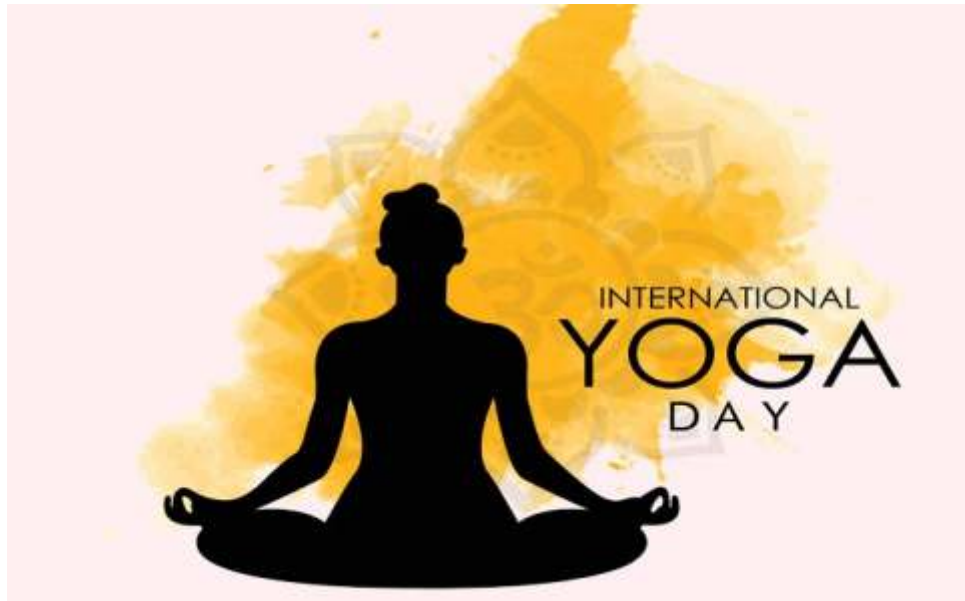


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21 June - International Day of Yoga / Yoga Day

A day to raise awareness of the health benefits of practicing yoga and celebrate the physical, mental and spiritual practice of Yoga that originated in India.

#InternationalDayofYoga #YogaDay



21 June - National Selfie Day

Selfie day has attracted media coverage from ABC News and BBC News and has gone viral. To participate share your selfies via social media.

#NationalSelfieDay #SelfieDay

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23 June - United Nations Public Service Day

UNESCO (United Nations Economic and Social Council) bestows UN Public Service Awards on UN Public Service Day for contributions made to the cause of enhancing the role, prestige, and visibility of public service. #UNPublicServiceDay #UNPSD or add year #UNPSD2023 #PublicServiceDay



23 June - International Widows Day

Widows in many societies have few, if any, rights to inheritance or land ownership and find themselves dependent on the charity of their husbands' relatives. International Widows Day was established by The Loomba Foundation. On this day in 1954 Shrimati Pushpa Wati Loomba, mother of Lord Loomba, the foundation's founder, became a widow.

#InternationalWidowsDay #WidowsDay



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26 June- International Day in Support of Victims of Torture

A day to support victims of torture and all the people being tortured around the world today. Under international law torture is a crime which cannot be justified under any circumstances.

#SupportLifeAfterTorture



29 June- International Day of the Tropics

A day to acknowledge the diversity and potential of the region and highlight the challenges facing the world's tropical zone and the need for countries in the tropics to play their role towards the UN's sustainable development goals.

#WeAreTheTropics #TropicsDay



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30 June- International Asteroid Day

Held annually on the anniversary of the 1908 Tunguska asteroid impact in Siberia to raise awareness of the impact threat of an asteroid striking the earth and the preparations you can take to help protect our planet, your families and future generations.

#AsteroidDay

COVID-19 is no longer a Public Health Emergency of International Concern.

At a meeting of the International Health Regulations Emergency Committee on 4 May, 2023, WHO's Director-General agreed with committee members that COVID-19 is now an established and ongoing health issue, and should no longer be considered a public health emergency of international concern (PHEIC).

During the meeting, committee members highlighted the high levels of population immunity to SARS-CoV-2, as well as the decrease in COVID-19 related deaths, hospitalizations, and intensive care unit admissions.

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Hyderabad Hair Donation

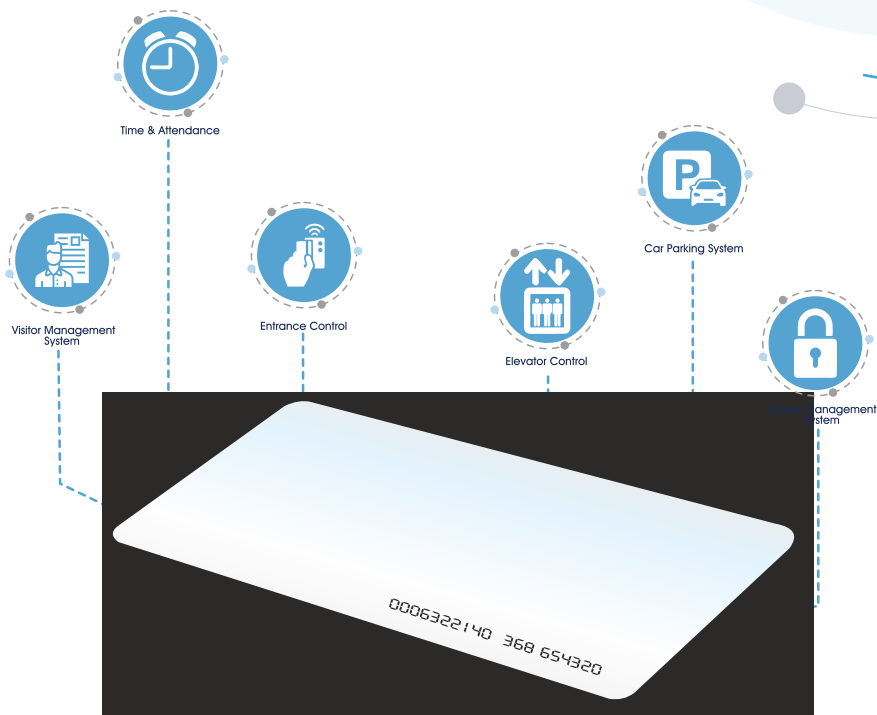
 <https://www.instagram.com/hyderabadhairdonation/>

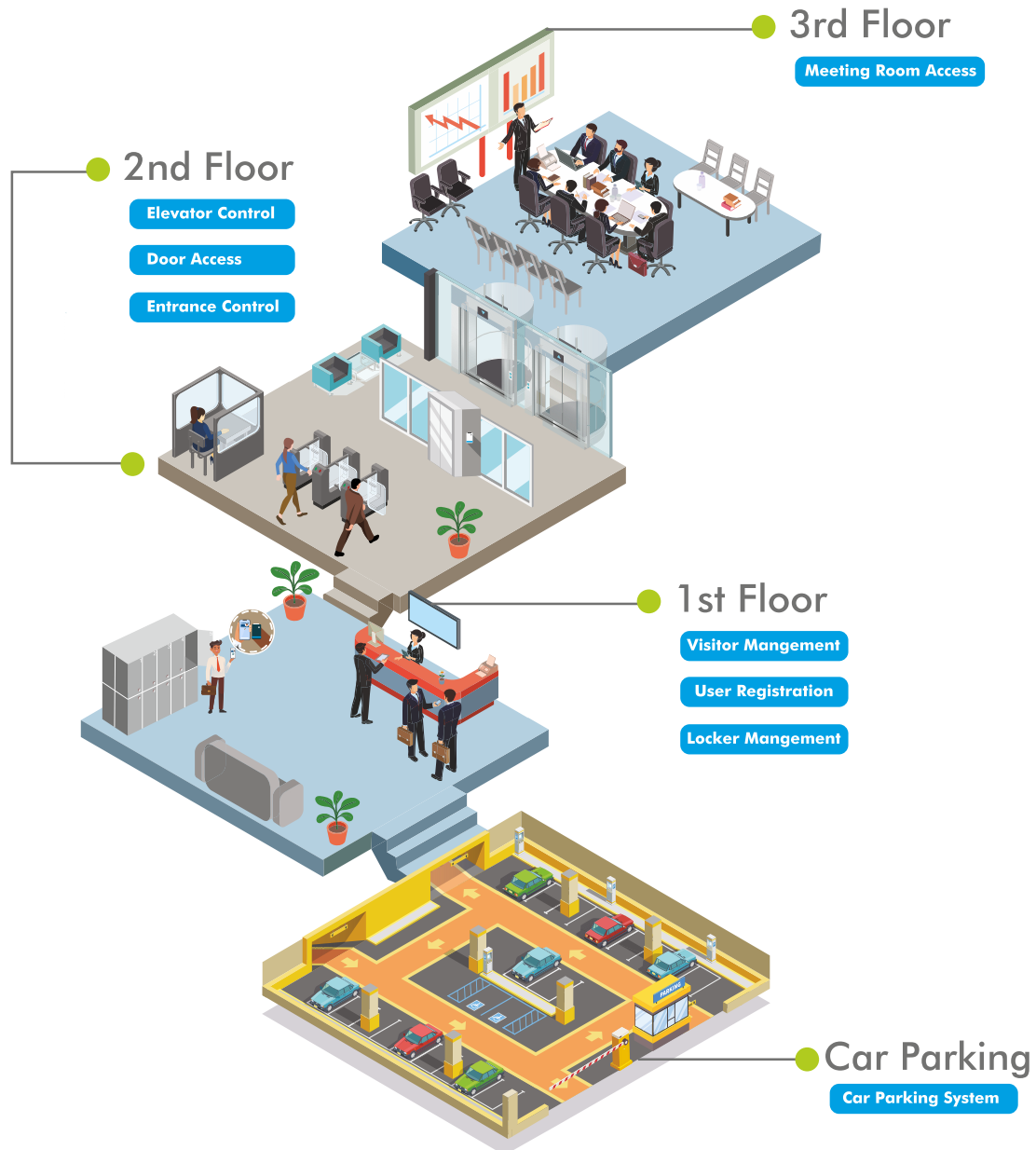


“Beauty is not in the face; Beauty is a light of the heart!!!” You look cute in your new look and you are really a BALD BEAUTY. We sincerely appreciate your efforts in coming forward and donating your hair for bringing awareness and also the hair can be helpful in making wigs for the cancer fighters.

Thank you for being part of our initiative and as always keep supporting us.

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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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