

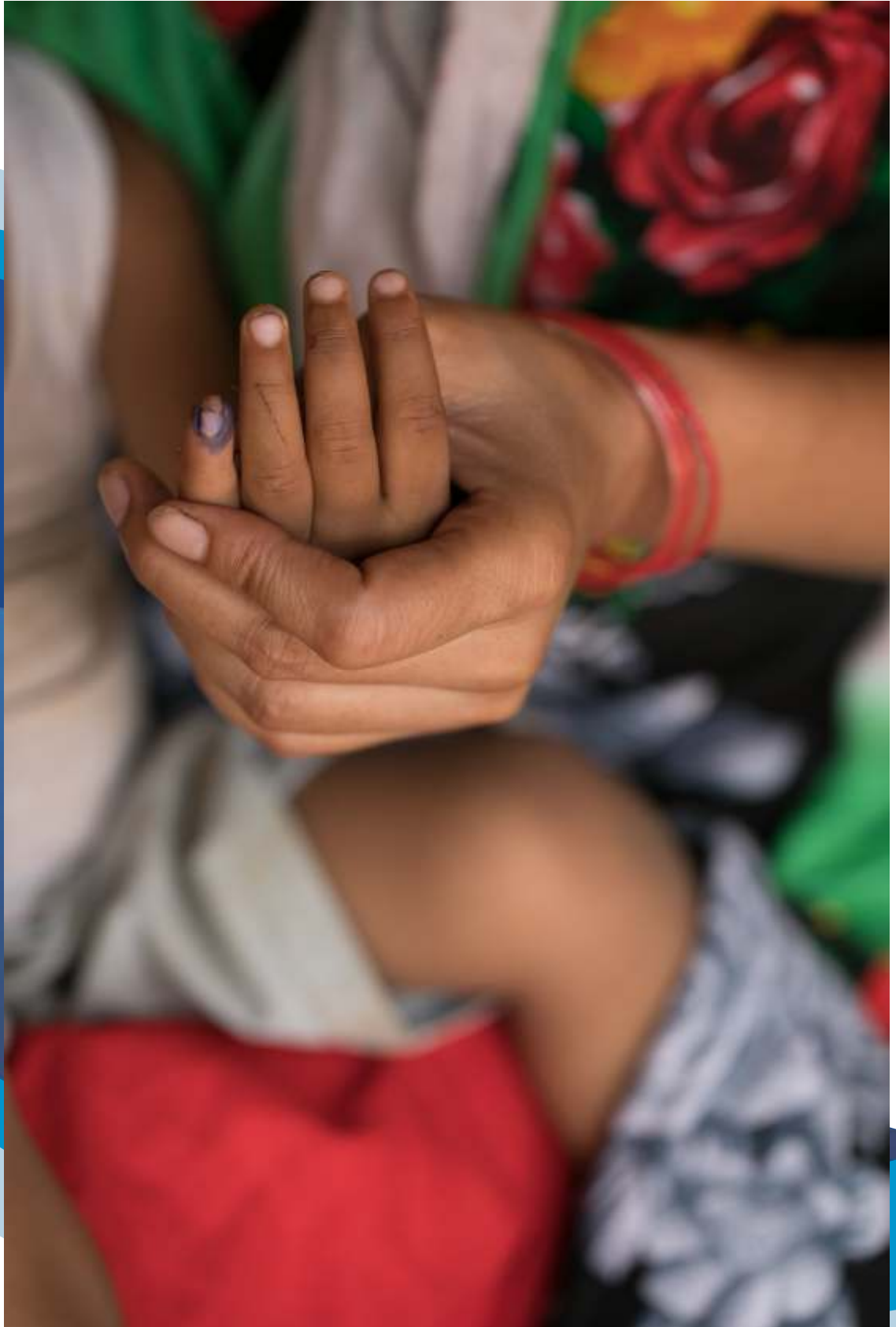


# Rotary Club of Secunderabad Sunrise

RI DISTRICT : 3150



September - 2023



CREATE HOPE  
in the WORLD

Dist. Gov. : Rtn.Dr. Busireddy Shankar Reddy

Editorial : Rajesh Pamnani

Rtn. Krishna Narela

CLUB PRESIDENT (2023-24)

Rtn. Vikram Mehta

CLUB SECRETARY (2023-24)



# Rotary Club of Secunderabad Sunrise

## Index



### Details

### Page

Board of Directors	-	3
Club members in District Team	-	4
Editor's Note	-	5
Our Editors	-	6
Support education and inspire learning with Rotary	-	7
World Polio day	-	8
Rotary & Polio	-	9
Designated Month	-	11
RCSS Archives 2004	-	13
Speaker Meeting	-	14
Dialysis Analysis from Start	-	16
Top Festivals around the world - October	-	18
The Third Gender: Sub or Super	-	29
(Article by- Ann. Kanak Kabra)	-	30
Ours Past Presidents		



Health workers go door to door in search of children who need to be immunized during the Subnational Immunization Days in Sindhauli, Uttar Pradesh, India. 24 June 2019.



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# Rotary Club of Secunderabad Sunrise

## Board of Directors (Year 2023-24)



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Club President



**Rtn. Vikram Mehta**  
Club Secretary



**Rtn. Pankaj Agarwal**  
Club Treasurer



**Rtn. Anil Goyal**  
President Elect



**Rtn. Sandeep Jhanwar**  
Club Trainer



**Rtn. Lokesh Jain**  
Director Club Admin



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Director Rotary International  
& Magazine



**Rtn. Srinivas Gummidelli**  
Director CSR



**Rtn. Ramesh Notani**  
Director Rotary Foundation



**Rtn. Pavan Tibrewal**  
District Coordinator



## Rotary Club of Secunderabad Sunrise

### Club Members in District Team



Zone 5 Chairman - Club Administration

**Rtn. Pawan Tibrewala**

Secunderabad Sunrise

District Chairman - RI Presidential Citation

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District Chairman -

Vocational Training Teams

**Rtn. Rajesh Pamnani**

Secunderabad Sunrise

rajesh\_pamnani@hotmail.com

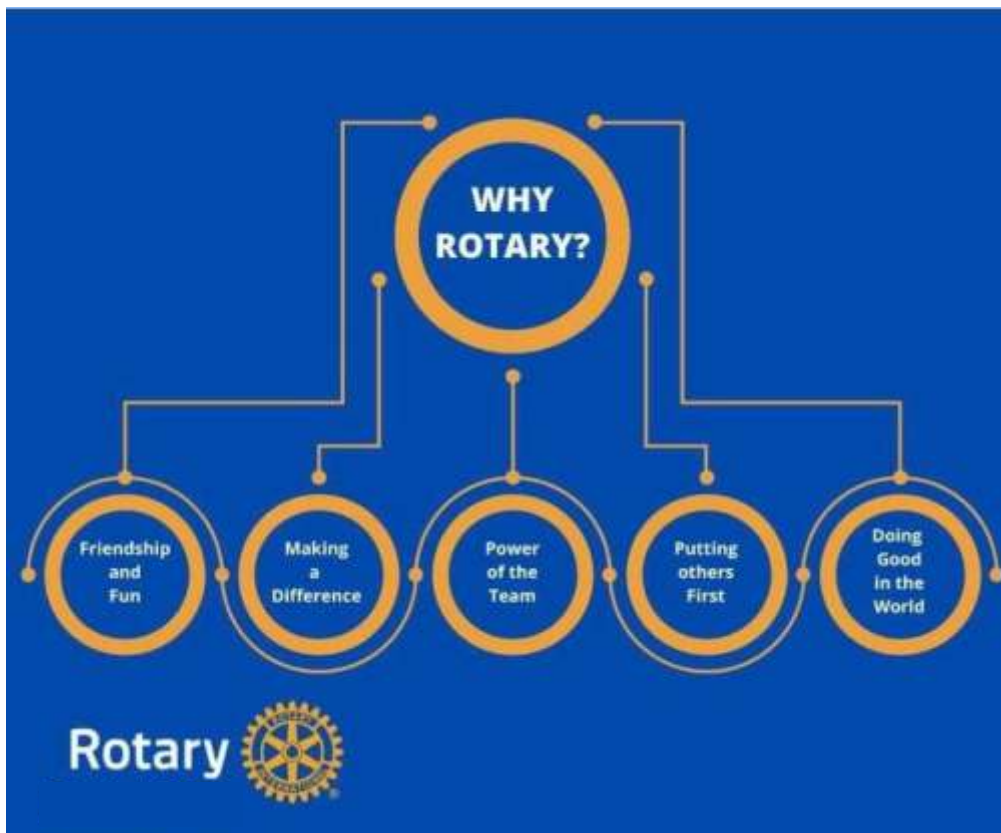
District Chairman - C S R Committee

**Rtn. Srinivas Gumidelli**

Secunderabad Sunrise

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# Rotary Club of Secunderabad Sunrise

## FROM THE EDITOR'S DESK



Owning a pet can have positive effects on your overall well-being, and many people find happiness and improved health as a result of their pet ownership.

However, it's important to note that the impact of pet ownership can vary from person to person, depending on individual preferences, circumstances, and the type of pet.

Here are some potential ways in which owning a pet can contribute to happiness and improved health:

- **Companionship and Emotional Support:** Pets, such as dogs and cats, can provide companionship and emotional support. The bond between a pet and its owner can be a source of comfort, reducing feelings of loneliness and depression.
  - **Physical Activity:** Owning a dog, in particular, can encourage physical activity through activities like walking and playing. Regular exercise can contribute to better physical health and mental well-being.
  - **Stress Reduction:** Interacting with pets has been shown to reduce stress levels and lower blood pressure. The act of petting a dog or cat, for example, can release feel-good hormones like oxytocin and reduce the production of stress-related hormones.
  - **Social Interaction:** Owning a pet can also increase social interaction. People often engage in conversations with other pet owners while out walking their dogs or visiting pet-related events, which can help build a sense of community and reduce social isolation.
  - **Sense of Purpose:** Taking care of a pet can provide a sense of purpose and routine in one's life, which can be especially beneficial for those who may be feeling aimless or lacking structure.
  - **Unconditional Love:** Many people find comfort in the unconditional love and loyalty of their pets. Knowing that your pet loves you regardless of your flaws or imperfections can boost self-esteem and overall happiness.
  - **Reduced Feelings of Anxiety:** Some individuals with anxiety disorders or post-traumatic stress disorder (PTSD) benefit from the calming presence of a service animal or emotional support animal.
- However, it's essential to acknowledge that pet ownership also comes with responsibilities and potential challenges, including financial costs, time commitment, and the need for proper care and training. Not everyone may experience the same level of happiness and health benefits from owning a pet, and some individuals may have allergies, phobias, or other reasons that make pet ownership less suitable for them.

In summary, owning a pet can contribute to happiness and improved health for many people, but the extent of these benefits can vary widely from person to person.

If you're considering getting a pet, it's crucial to research the specific needs of the type of pet you're interested in and ensure that you are prepared for the responsibilities that come with pet ownership.

Rtn. Rajesh Pamnani  
Editor & Director of International Services (2023-24)  
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# Rotary Club of Secunderabad Sunrise

## Our Editors (2023-2024)



### **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 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.

### **Ann Shreya**

W/o Rtn. Shravan Malani

I am Graduate, Diploma in Travel & Tourism. Also interested Cooking , Travelling, Shopping , Fitness & Nutrition watching comedy shows & movies.





## Rotary Club of Secunderabad Sunrise

Support education and inspire learning with Rotary



Dear Rajesh,

Rotary members and donors like you make it possible for people of all ages to learn in ways that change their lives.

Whether it's a project organized by Secunderabad Sunrise or by a club on the other side of the world, these efforts are connected through Rotary and our dedication to Doing Good in the World.

Together, we can establish schools, support educators, teach adults to read, and make sure children are healthy and ready to learn.

But for all this to be possible, we need your support. With your help, The Rotary Foundation can fund programs that let communities do more to provide basic education and promote literacy. Right now, clubs around the world are working on projects like these:

In Taiwan, clubs are collaborating with elementary schools to offer science and technology training for teachers.

In Mexico, clubs are supporting teachers in working with deaf children.

And in Panama, a digital classroom project is introducing new technology and innovative teaching methods to better engage and motivate students.

Take action on International Literacy Day

Consider making a gift to The Rotary Foundation in honor of International Literacy Day on 8 September. Your donation will help communities near you and farther away address education challenges so that students can focus on the most important thing — learning!

Thank you for your service and support.

Sincerely,  
The Rotary Foundation





# Rotary Club of Secunderabad Sunrise

## World Polio day



Helping club and district leaders achieve success  
September 2023





## Rotary Club of Secunderabad Sunrise

### Rotary & Polio



#### **Polio**

Poliomyelitis, or polio, is a paralyzing and potentially fatal disease that still threatens children in some parts of the world. Poliovirus invades the nervous system and can cause total paralysis in hours. It can strike people of any age but mainly affects children under five. Polio can be prevented by vaccines, but it is not curable. Unlike most diseases, polio can be eradicated.

#### **PolioPlus**

For more than 30 years, Rotary and our partners have driven the effort to eradicate polio worldwide. Our [PolioPlus](#) program was the first initiative to tackle global polio eradication by vaccinating children on a massive scale. As a core partner in the [Global Polio Eradication Initiative](#), Rotary focuses on advocacy, fundraising, volunteer recruitment, and awareness-building.

Rotary members have contributed more than \$2.1 billion and countless volunteer hours to protect more than 2.5 billion children in 122 countries from this paralyzing disease. Rotary's advocacy efforts have played a role in decisions by governments to contribute more than \$10 billion to the effort.

#### **Polio Today**

When Rotary and its partners formed the GPEI in 1988, there were 350,000 cases of polio in 125 countries every year. Today, we have reduced polio cases by 99.9 percent, and just two countries continue to report cases of wild poliovirus: Afghanistan and Pakistan. Because of the efforts of Rotary and its partners, nearly 19 million people who would otherwise have been paralyzed are walking, and more than 1.5 million people are alive who would otherwise have died. The infrastructure we helped build to end polio is also being used to treat and prevent other diseases (including COVID-19) and create lasting impact in other areas of public health.

#### **Challenges**

Rotary and our partners have made tremendous progress against polio, but eliminating all cases is going to take even more progress and perseverance. Afghanistan and Pakistan face unique challenges, including political insecurity, highly mobile populations, difficult terrain, and, in some instances, vaccine refusal and misinformation. With sufficient resources, the commitment of national governments, and innovations that improve access to remote areas, we are optimistic that we can eliminate polio.



## Rotary Club of Secunderabad Sunrise Rotary & Polio



### Ensuring Success

Rotary has committed to raising \$50 million per year for polio eradication. The [Bill & Melinda Gates Foundation](#) has pledged to match that 2-to-1, for a total commitment of \$150 million each year. These funds provide much-needed operational support, medical workers, laboratory equipment, and educational materials. Governments, corporations, and private donors all play a crucial role in funding.

### Rotary in Action

More than 1 million Rotary members have donated their time and money to eradicate polio, and every year, hundreds of member's work with health workers to vaccinate children in countries affected by polio. Rotary members work with [UNICEF](#) and other partners to prepare and distribute informational materials for people in areas that are isolated by conflict, geography, or poverty. They also mobilize to recruit fellow volunteers, assist in transporting the vaccine, and provide other logistical support.

### Celebrity Support

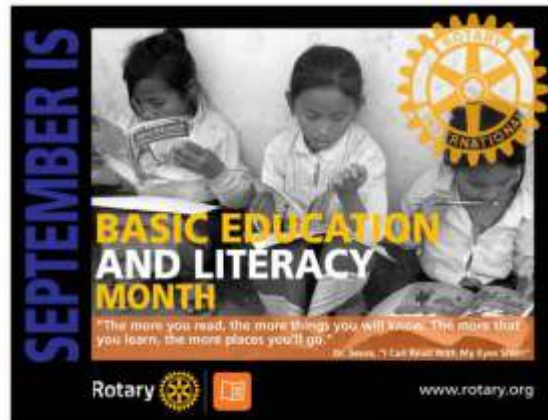
Rotary has a growing list of public figures and celebrities who support our fight against polio, including Bill Gates, co-chair of the Bill & Melinda Gates Foundation; actresses Kristen Bell and Archie Panjabi; actor and wrestling superstar John Cena; supermodel Isabeli Fontana; Nobel Peace Prize laureate Archbishop Emeritus Desmond Tutu; action-movie star Jackie Chan; actor Donald Sutherland; boxing great Manny Pacquiao; pop star Psy; golf legend Jack Nicklaus; conservationist Jane Goodall; premier violinist Itzhak Perlman; Grammy Award winners A.R. Rahman, Angélique Kidjo, and Ziggy Marley; and peace advocate Queen Noor of Jordan. These ambassadors help Rotary educate the public about the disease and the fight to end polio for good.





# Rotary Club of Secunderabad Sunrise

## DESIGNATED MONTH



### **September** - Basic Education & Literacy

Area of Focus : Basic Education and Literacy Month, Promote Literacy and

It's a time when Rotary clubs and districts highlight Rotaract by joining in projects with their Rotaract clubs.

- Initiate Adult Education class
- Involve Youngsters / College Students as Teachers
- Initiate E-Learning / Happy School Projects
- Distribute Libraries
- Develop Traffic park for Children
- Arrange Traffic Awareness Lectures in Schools & Colleges



### **October** - Economic and Community development

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

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





## Rotary Club of Secunderabad Sunrise



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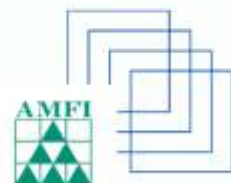
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## Rotary Club of Secunderabad Sunrise RCSS/Archives / 2004...







## Rotary Club of Secunderabad Sunrise Speaker Meeting on Saturday, 9th September 2023







# Rotary Club of Secunderabad Sunrise



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# Rotary Club of Secunderabad Sunrise



## WHY JOIN A ROTARY CLUB?

Syndicated columnist David Brooks says, *"We all think we choose what path we take in life, who we socialize and mix with, what views we hold. But those decisions are actually shaped by networks of people."* Regardless of gender, generation, or ethnicity, networking with Rotarians will help shape a person's future.

Contrary to the conventional wisdom of many Rotary past, present, and potential leaders, it is not the purpose of Rotary International to do good in the world. Its purpose is to charter and support Rotary clubs. It is not the purpose of Rotary clubs to do good in their community or the world. Their purpose is to create and support Rotarians who embed the ideal of service in their personal, business, and community lives so they will do good in their personal lives, their professions, their community, and the world. That is why individually and collectively . . .

**Rotarians Make the World Better,  
One Community at the Time.**

# Rotary



### Dialysis Analysis from Start

April 2022 (15 days)	- Total Dialysis 80	Jan 2023	- Total Dialysis 391
May 2022	- Total Dialysis 184	Feb 2023	- Total Dialysis 421
June 2022	- Total Dialysis 234	Mar 2023	- Total Dialysis 527
July 2022	- Total Dialysis 281	April 2023	- Total Dialysis 467
Aug 2022	- Total Dialysis 297	Aug 2022	- Total Dialysis 297
Sep 2022	- Total Dialysis 295	May 2023	- Total Dialysis 500
Oct 2022	- Total Dialysis 303	June 2023	- Total Dialysis 491
Nov 2022	- Total Dialysis 329	July 2023	50 Patients
Dec 2022	- Total Dialysis 341	August	- Total Dialysis 506
		September	- Total Dialysis 517
			- Total Dialysis 525





## Rotary Club of Secunderabad Sunrise



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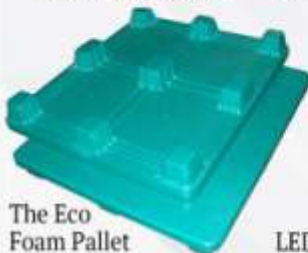
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## Rotary Club of Secunderabad Sunrise Top Festivals around the world - October



New Feature in this year

"Festivals Around The World."

Whether celebrating life or death, wildlife, religious deities, rowing, or even ice sculpting, festivals add another dimension to your travels. Streets thrum with music and kaleidoscopic parades, you might see traditional rituals that aren't performed at any other time, and you're fully embraced in local life as everyone joins in with the celebrations.

we shall share our pick of festivals around the globe that we feel are worth experiencing as part of a wider trip.

### 1. Oktoberfest – Munich, Germany



The actual Oktoberfest in Munich is celebrated a month earlier, thanks to the cold weather. You can read all about the original Oktoberfest in my post on the best September festivals, or in my post about that year I went to Munich Oktoberfest.



## Rotary Club of Secunderabad Sunrise Top Festivals around the world - October



### 2. Dusshera, India (and worldwide)



One of the most important Hindu festivals in October is Dusshera, with its roots deep in Hindu mythology. The festivities around India pay tribute to the Hindu God Rama, and his victory over the Demon King Ravana. Apart from the usual food and fun, there are also several traditions! These include burning a tall dummy of the demon king, lighting baked clay lamps and releasing crackers everywhere.

If you can't travel to India for this festival during this time, other countries that celebrate this festival in October include Nepal, Bangladesh and Sri Lanka.

### 3. Hachiman Matsuri, Japan

Autumn is always celebrated season in Japan, not in the least because of the gorgeous maples across the country. In the beautiful Gifu Prefecture lies Takayama City, home to talented craftsmen with generational businesses.

Hachiman Matsuri, aka the Autumn Takayama Matsuri, is a chance for you to see these crafts in person. To pay tribute to the guardian deity of Sakurayama Hachimangu shrine, 11 splendid floats are paraded around the city. If the golden phoenixes, carvings, embroidery and precise construction don't impress you, then the accompanying festival offerings and night festivals definitely will.





## Rotary Club of Secunderabad Sunrise Top Festivals around the world - October



### 4. Concurs de Castells, Spain

Catalonia's annual competition and festival Concurs de Castells will have your jaws dropping every October..Tracing back to the 18th century, back to when traditional Valencian dances decided to challenge conventional human form; this art of human towers have reached new heights. 32 tower teams pit against each other to create columns as high as 9 stories – with the crowning rider (always a child) at the very top! It's definitely one of the most impressive and unusual October celebrations around the world. Never seen human construction and connection quite like this before.

While you're there, take in as much Catalan culture as possible. Parades, street performances, music and food stalls all contribute to the festive mood.







## Rotary Club of Secunderabad Sunrise Top Festivals around the world - October



### 5. The Albuquerque International Balloon Fiesta, USA



Albuquerque International Balloon Fiesta is all about wowing the public with hot air balloons. This is one of the biggest hot air balloon festivals in the world.

For 9 days, the skies of New Mexico host a colourful mass of over 500 bobbing balloons. It's amazing to see, especially when they're all different shapes and sizes. Even if you don't dare step into one yourself, the event offers mind-blowing visuals. This is one October festival I'm super keen to get to!

### 6. Rubber Duck Race, Germany

At the Tübingen Duck Race there are 7000 yellow ducks floating down River Neckar every year. But how does this race work?

Anyone with a rubber duck simply needs to fish it out of their bathtub, stick their name and number on it, and cheer as they race down the designated stretch! With a monetary prize on the line, you know everyone takes it seriously.





## Rotary Club of Secunderabad Sunrise Top Festivals around the world - October



### 7. Círio de Nazaré, Brazil

Another annual Brazilian festival as celebrated as the Rio Carnival, but lesser known out of the country is Círio de Nazaré. This October festival is religious in its origins; local communities and pilgrims from across the country gather in tribute of 'Our Lady of Nazareth'. A huge procession – literally hundreds of boats crossing the Amazon River – carries the small statue from Belem to Icoaraci and back. Celebrations actually begin as early as August, but cumulate in mid-October. It's an awe-inspiring occasion, featuring Amazonian culture and cuisine. If you're a boat lover, you'll be stunned by the scale of the on-water procession!







## Rotary Club of Secunderabad Sunrise Top Festivals around the world - October



### 8. New York City's Village Halloween Parade, USA

The last day of October welcomes one of the best festivals – for humans and the supernatural. The Halloween Parade in New York City's Greenwich Village is a fine example of how this festival is celebrated worldwide. Bring out your masks, face paints, outrageous costumes and gnarly roars. There's no hiding from the scary faces on this night; people can be whoever they want to be. Of course, there's no missing the puppeteering either.



### 9. MassKara Festival, Philippines

Bacolod, known as the City of Smiles, hosts one of the most significant festivals in Philippines: MassKara Festival. While the name translates into 'many faces', expressed through the countless smiling masks and elaborate costumes, the backstory is not so happy.

Born out of a crisis, the festival was created in hopes of lifting people's spirits during the 1980s. Facing an economic crisis and a tragic ferry accident where many prominent families lost their members, the local community rallied together to pull through the challenges. The colourful beaded masks, vibrant hats and outlandish costumes all tell a story of resilience.





## Rotary Club of Secunderabad Sunrise Top Festivals around the world - October



### 10. Barcolana Regatta, Italy



Crowding the Gulf of Trieste is Italy's historic Barcolana regatta, an international sailing race held every second Sunday of October. It's an infinitely impressive sight, with over 2000 boats and 16,000 sailors! Of course, as many major gatherings do, it turns into a full-blown festival. Other water sports, night concerts, vintage vessel parades and even a temporary village set-up calls to visitors. If you like to skim freely over the waves, you've got to be there.



## Rotary Club of Secunderabad Sunrise Top Festivals around the world - October



### 11. Inle Lake Pagoda Festival, Myanmar



The date varies from year to year, falling on the 7th month of the Burmese lunar calendar – but the traditional festival itself? It never ceases to inspire. The Phaung Daw Oo Pagoda Festival takes place around the stilted villages of Inle Lake, one of Myanmar's largest Buddhist celebrations. While visitors are drawn in by the loud notes of traditional music and rhythmic dances, it's the on-water procession that keeps their attention. Four Buddha statues are rotated through each village for blessings, ferried by a golden barge shaped like a mythical bird.

### 12. Berlin Festival of Lights

Taking place every year in German capital, the Berlin Festival of Lights usually happens in September or October. It lasts for about a week or so, where the city transforms into a dazzling display of light art. Many of Berlin's most famous landmarks, cultural monuments, historic buildings, streets, and other locations are illuminated with brilliant light installations, projections, and laser shows.

The festival attracts artists from around the world to participate, where Berlin becomes like a canvas for their work. And of course, there's lots of tourists that come every year to see the city in a new light, quite literally!







## Rotary Club of Secunderabad Sunrise Top Festivals around the world - October



### 13. Amsterdam Dance Event in the Netherlands

This may be one of the biggest electronic music events in October and throughout the year generally. Spanning five days (and nights) in mid-October, ADE attracts over 400,000 festival-goers every year. Since its inception in the mid-1990s, the event has grown exponentially and now boasts over 1,000 events across 200 different venues.







## Rotary Club of Secunderabad Sunrise



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# Rotary Club of Secunderabad Sunrise

By- Kanak Kabra



## THE THIRD GENDER: SUB OR SUPER

Transgender have been a part of the society since ancient times. There are historical evidences in the ancient texts and epics to validate the same. Shikhandi and Brihanlala, who were transgender has mention in the epic Mahabharata. In the pre-colonial era they were given respectful positions in the court as advisors and were made the guardian of the harems. They were considered intellectual and loyal. But in 18<sup>th</sup> Century the British criminalised the transgender community and their civil rights were abolished making their survival difficult and challenging.

They are still not socially accepted and are not considered a part of the mainstream society. They face humiliation, abuse, sexual exploitation and assault on regular basis. This discrimination makes it difficult for them to exercise the basic human rights of education and employment. They face biases and are ridiculed which makes it difficult for them to live a life claiming their true identity with dignity and self respect. They are in a sense considered **sub-human** and are ostracised forcing them to take up begging and prostitution for survival.

India in the recent past has made statutory changes consequent to the long fight by some prominent members of the community. They were given recognition as "the third gender" in the year 2014 making it possible for them to be recognised as the citizens of the country thus claiming their rights. This was a landmark judgement of the Supreme Court which was applauded in the entire community as their long battle to claim their true identity was finally won.

A few members of the transgender community have defied all odds and fought a difficult battle for the welfare of the entire community. Their fight has been a struggle but they have emerged victorious and they have set benchmark for others to follow suit. The noteworthy efforts of Laxmi Narayan Tripathi, Shreegauri Sawant, Manabi Bandhopadhyay etc., have paved way for others in the community claim their rightful identity and subsequently their right to a dignified life.

Laxmi Narayan Tripathi is a LGBTQ activist and motivational speaker. She is the first transgender to represent Asia Pacific at the UN. When she came out as transgender surprisingly she had the support and acceptance of her parents. She is the founder of the NGO "Astitva" which works for raising the voices of people belonging to sexual minorities. She completed her education from Mithibai College, Mumbai and later pursued Masters in Bharat Natyam. She has spoken about the community on various eminent platforms and has brought greater acceptance and recognition to the community.



# Rotary Club of Secunderabad Sunrise

By- Kanak Kabra



## THE THIRD GENDER: SUB OR SUPER

Shreegauri Sawant was born a male named Ganesh Sawant. But very early in life she realised that she is different. Her journey is an inspiring tale of courage and determination and she played an instrumental role in getting the trans-community being recognised as "the third gender". They can now claim various rights as citizens of India. She is an activist who runs an NGO called "Sakhi Char Chowgli Trust" which promotes safe sex and provides counselling to transgender people. She also runs a shelter for abandoned girls and had also adopted a daughter. She was the first transgender to file a petition to get adoption rights for transgender. Her story of struggle and triumph was made into a movie recently where Sushmita Sen played her role.

Manabi Bandhopadhyay was born Somnath. As soon as she realised her true orientation and identity her life became a challenge. With her grit and determination, despite several challenges, she completed her post graduation in Bengali Literature from Jadavpur University and later also pursued her doctorate from another University. She is the first transgender college Principal of India. With her challenging journey which she describes in great detail in her biography, she has stood the test of time in not only claiming her own identity but also inspiring others from her community to do the same. She, in her biography has insisted that one thing which can change the life of the people from her community is education. She truly is an epitome of courage and perseverance.

The list of famous transgender is long one and each one has an inspiring story to tell. They are making their presence felt in every profession and industry like courtrooms, fashion industry, media, academics, and politics to name a few. With the tireless efforts of the members of the community, their future looks bright and positive although the road is still bumpy and full of hurdles. The kind of courage this community is exhibiting, time is not far that from being known as **Sub-human** they will soon become to be recognised as **Super-human**.



Laxmi Narayan Tripathi



Shreegauri Sawant



Manabi Bandhopadhyay





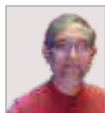
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