



Rotary Club of Secunderabad Sunrise

RI DISTRICT : 3150



**CREATE HOPE
in the WORLD**



Recognizing there has been protracted suffering in the long history of conflict between Israel and Palestinians in Gaza, Rotary International urges all parties to seek avenues to peace.

At the same time, we unequivocally condemn the horrific attack by Hamas on Israeli civilians and are appalled at the number of people who have been injured, killed and kidnapped.

November - 2023

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

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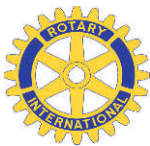
Palestinians inspect the damage of destroyed buildings caused by the ongoing Israeli airstrikes on Gaza City



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Rotary Club of Secunderabad Sunrise

Board of Directors (Year 2023-24)



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Rtn. Rajesh Pamnani
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



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Secunderabad Sunrise

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District Chairman - C S R Committee

Rtn. Srinivas Gumidelli

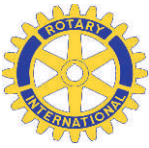
Secunderabad Sunrise

9848005110

gumidelli.srinivas@gmail.com

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		50 Patients
Dec 2022	- Total Dialysis 341	July 2023	- Total Dialysis 506
		August	- Total Dialysis 517
		September	- Total Dialysis 525
		October	- Total Dialysis 558
		November	- Total Dialysis 564



Rotary Club of Secunderabad Sunrise

FROM THE EDITOR'S DESK



Breakfast Industry "Business" when you travel

Breakfast while travelling can vary based on where you are and your preferences. Some enjoy sampling local dishes, while others stick to familiar options like continental breakfasts offered at hotels. Quick and portable choices like granola bars, fruit, or yogurt can also be convenient for early starts or on-the-go mornings.

One common myth is that breakfast is an absolute must for everyone. While it's often touted as the most important meal of the day, some people naturally don't feel hungry in the morning or prefer to delay eating until later.

Myth I

It is that a hearty breakfast guarantees weight loss. While a nutritious breakfast can support a healthy metabolism, simply eating a big breakfast doesn't guarantee weight loss; it's about overall balanced eating habits.

Myth II

As the shift from rural to urban migration accelerated so did the need for "breakfast on the go" evolve.





Rotary Club of Secunderabad Sunrise

FROM THE EDITOR'S DESK



Wholesome cereal, and refreshing orange juice you enjoyed this morning?
They became breakfast staples thanks to some deft marketing over the past century.



Clever advertising and public relations campaigns run over decades transformed simple farm foods into "essential" morning meals.

In Indian breakfast habits, one common misconception is that heavy, oily dishes are the only traditional options.

Myth III

Another habit is skipping breakfast due to time constraints, which can lead to overeating later.

Opting for a diverse range of whole grains, proteins, and fruits/vegetables can significantly enhance the nutritional value of your breakfast.

What's your usual go-to breakfast when you're on the road?

Do share images or write a note.



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

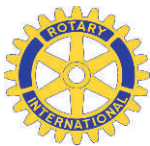
I am an educator by profession and a people's person by heart. I enjoy my work and make sure to do my best each time.

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



Rotary statement on the conflict in Israel and Gaza

Recognizing there has been protracted suffering in the long history of conflict between Israel and Palestinians in Gaza, Rotary International urges all parties to seek avenues to peace.

At the same time, we unequivocally condemn the horrific attack by Hamas on Israeli civilians and are appalled at the number of people who have been injured, killed, and kidnapped.

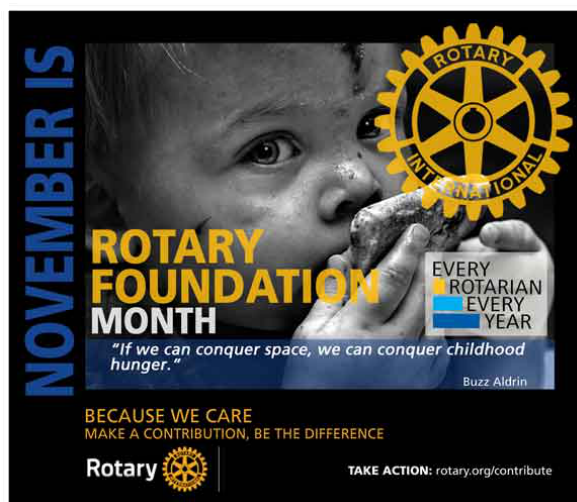
As the war between Israel and Hamas intensifies, we remain deeply concerned about the potential for further escalation as well as the loss of life and the humanitarian crisis that is occurring in Gaza. We denounce the violence against innocent civilians and support upholding international humanitarian law.

Peacebuilding is both a cornerstone of Rotary's mission and one of our areas of focus. At our core, Rotary is a common ground for people to come together – across nationalities and religions, cultures and histories – and connect around their shared belief in a better tomorrow. That connection is what humanizes us in times of conflict and builds a foundation for lasting peace.

Rotary remains committed to working with our members, partners, and communities to find long-term, sustainable solutions that support peace and development in the region and elsewhere.



Rotary Club of Secunderabad Sunrise DESIGNATED MONTH



November - Rotary Foundation Month.

Clubs and Districts call attention to the programs of The Rotary Foundation and frequently cultivate additional financial support for the Foundation by promoting contributions for Paul Harris Fellows and Sustaining Members.



December - Disease Prevention and Treatment

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

- Organise Medical Camp - Health Awareness for Eye Care / Dental Care.
- Providing equipment such as Artificial Limbs, Wheel Chairs and Calipers to the Physically Challenged Peoples i.e. Polio Sufferers.
- Provide low-Income, underinsured or underinsured Persons with the knowledge, skills, 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.



Rotary Club of Secunderabad Sunrise



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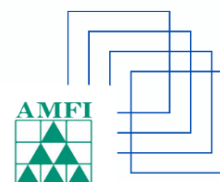
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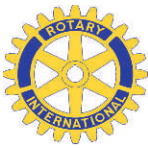


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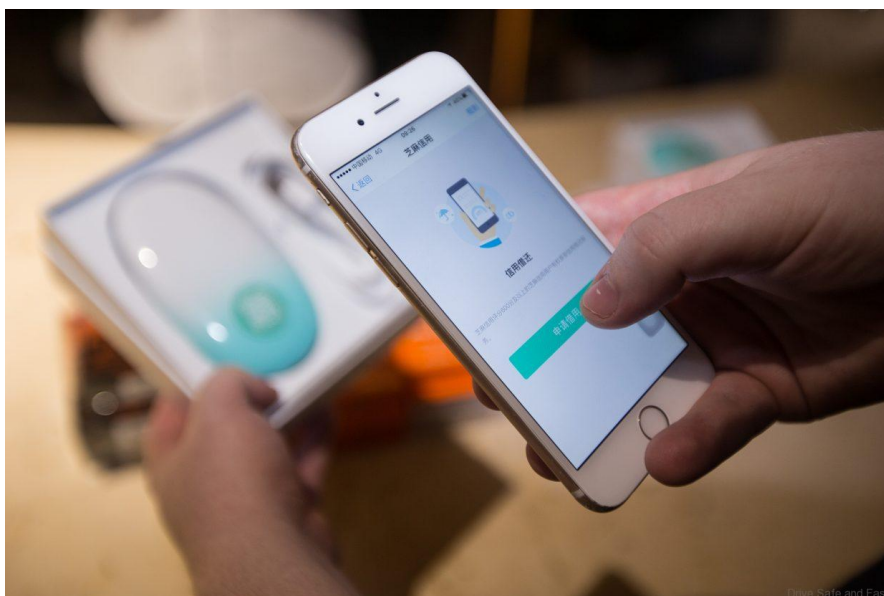
Rotary Club of Secunderabad Sunrise RCSS/Archives / 2006...





Rotary Club of Secunderabad Sunrise

Interesting viewpoint Worth pondering over!



Cashless Economy

Imagine if disaster hits your country & power supply is cut & If you do not have cash in hand & rely totally on electronic payment, then you are in trouble.

Think about it.

The cashless society is difficult to face during war & disaster.

Japan's strong earthquake in Hokkaido triggered a large-scale power outage & Sapporo City instantly became the dark capital.

During this period, 1.95 million residents flocked to supermarkets & convenience stores to buy life supplies.

However, some of the victims who usually only use mobile phones have lost their ability to pay & can't buy what they need.

On September 6th, an anonymous discussion on the anonymous forum of the Japan Forum showed an article about crazy electronic payment.

In Sapporo those who only use electronic payment are finished!" The article said:

"I usually used Apple Pay, go out without a wallet, and with very little cash."

In the early hours of the morning, after the strong earthquake, Sapporo suffered a large power outage.

He checked the refrigerator in his home & found that only milk & mayonnaise remained.

He rushed to the supermarket to buy living materials.

When he arrived at the supermarket, he found that he had no cash at all.

He took the iPhone with only 62% of the battery & looked at the Apple Pay screen on his mobile phone. He felt uneasy!

When the queue came around, the clerk told him that he could not use electronic paying.

He can't use it anywhere else.



Rotary Club of Secunderabad Sunrise

Interesting viewpoint Worth pondering over!



At seven o'clock that night, he sat alone at home, hungry.

Since cash cannot be taken as the power has not yet recovered, there is a feeling that everything is finished.

In February of this year, the Swedish Central Bank Governor Stefan Ingves warned.

He said that the cashless society is unrestrained in the face of war or natural disasters & the huge social & financial system will collapse in an instant.

Payment function" is one of the four functions that money needs to have.

Cashless payment is just a supplement to the "payment function" because it can not be replaced by specific basic conditions (electricity, network, base station, etc.)

Sapporo is still fortunate. The earthquake gave everyone a lesson & they can correctly understand cash payments & cashless payments.

If a large-scale war breaks out & there is a long-term disconnection or power outage, the encounter will be even more serious.

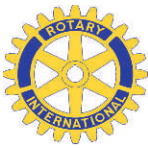
A cashless society would rely on a complex network of digital systems, which would be vulnerable to cyberattacks. If these systems were hacked, it could have a devastating impact on the economy. Privacy is the third challenge raised. Cash can be exchanged anonymously, leaving no digital trail

When disaster strikes in the 'cashless' era, there's no substitute for old-fashioned money

Ref. <https://www.dsf.my/2018/10/cashless-system-will-not-work-when-there-is-no-power/>
<https://www.swissre.com/institute/research/sonar/sonar2023/digital-payments-risks-cashless-economy.html>



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Rotary Club of Secunderabad Sunrise G Srinivas with Dist.Governor at the CSR workshop





Rotary Club of Secunderabad Sunrise

CSR report by Rtn Srinivas Gumidelli



How do a club get CSR funding from Corporates. A step by step guide

As a leader of your Rotary Club with ideas for impactful service projects, approaching companies for Corporate Social Responsibility (CSR) funding requires a strategic and well-prepared approach.

Here's a step-by-step guide:

* **Research and Target Companies:**

- * Explore local businesses and corporations that have a history of supporting community initiatives.

- * Look for companies with a commitment to social responsibility and whose values align with the mission and goals of Rotary.

* **Understand the Company's CSR Focus:**

- * Conduct a thorough analysis of the company's CSR initiatives, annual reports, and public statements.

- * Identify key themes and priorities within their CSR strategy to tailor your project proposal accordingly.

* **Prepare a Compelling Project Proposal:**

- * Craft a detailed project proposal that includes a clear project overview, objectives, expected outcomes, and a budget breakdown.

- * Use data and compelling stories to illustrate the positive impact your Rotary Club's project will have on the community.

* **Highlight Collaboration Opportunities:**

- * Emphasise the potential for collaboration between the company and your Rotary Club. This could include employee volunteer opportunities, joint events, or shared marketing efforts.

- * Showcase the mutual benefits of a collaborative partnership.

* **Create a Strong Business Case:**

- * Outline the business benefits for the company, such as enhanced corporate reputation, positive brand association, and increased employee morale.

- * Demonstrate how the project aligns with the company's values and contributes to its broader corporate goals.

* **Offer Recognition and Visibility:**

- * Propose various ways to recognise the company's support, such as featuring their logo on promotional materials, acknowledging them in press releases, and inviting company representatives to project-related events.

- * Highlight the potential for positive media coverage.

* **Demonstrate Accountability and Transparency:**

- * Provide a detailed budget, clearly outlining how funds will be allocated and spent.

- * Assure the company of your commitment to transparency and accountability, and offer regular updates and reports on project progress.



Rotary Club of Secunderabad Sunrise

CSR report by Rtn. Srinivas Gumidelli



* **Build Personal Relationships:**

* Establish personal connections with key individuals in the company. Attend industry events, networking functions, or seek introductions through mutual contacts.

* Personal relationships can help build trust and increase the chances of successful collaboration.

* **Customize Your Approach:**

* Tailor your communication to each company's unique characteristics and priorities.

* Incorporate specific language and examples that resonate with the company's culture and values.

* **Schedule a Meeting:**

* Request a meeting with the company's CSR or community relations team to present your project proposal in person.

* Use the meeting as an opportunity to address any questions, provide additional context, and build a stronger rapport.

* **Follow-Up and Persistence:**

* Follow up after the initial contact to express continued interest and answer any additional questions the company may have.

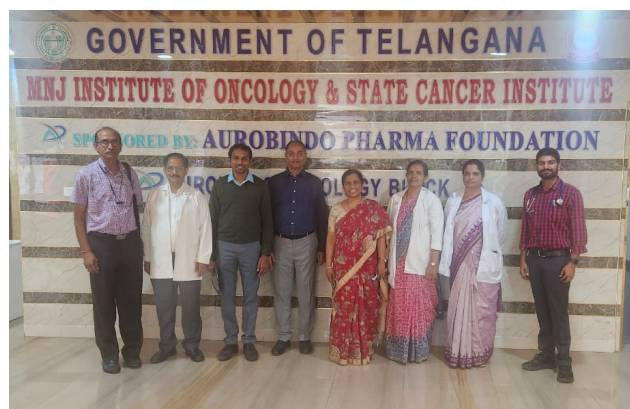
* Persistence is important, but be respectful and avoid being overly aggressive in your follow-up efforts.

* **Express Gratitude:**

* Regardless of the outcome, express gratitude for the company's time and consideration.

* Maintain a positive and professional relationship for potential future collaborations or partnerships.

By following these elaborated steps, you can approach companies for CSR funding in a thoughtful and strategic manner, increasing the likelihood of building successful partnerships for your Rotary Club's service projects.



Rtn. Srinivas Gumidelli



Rotary Club of Secunderabad Sunrise



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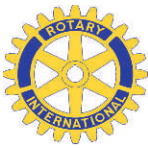
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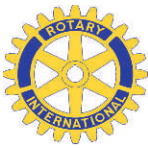
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Rotary Club of Secunderabad Sunrise

Service Project - (Distributing Sewing machine and wheel chair)





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Rotary Club of Secunderabad Sunrise Top Festivals around the world - December



2. Dickens Festival – Deventer, Netherlands

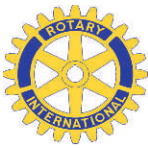


The Dickens Festival is held in Deventer. Deventer is a city in the East of the Netherlands. Each year in December on the weekend before Christmas the Bergkwartier area (medieval part of the city) is turned into a 19th Century English town from Dickens. For 2 days you can feel like you're part of the books of Charles Dickens.

People from the whole country and neighbouring countries flock to this festival, since it's perfect to get into the festive Christmas spirit. The actors do their performances well and stay in character the whole time.

3. Dwijing Festival of Chirang – Chirang, Assam, India





Rotary Club of Secunderabad Sunrise Top Festivals around the world - December



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. Amsterdam Light Festival – Amsterdam, Netherlands



The Amsterdam Light Festival takes place annually in the Dutch capital from December to January. With the drop of temperatures and the shorter, darker days, the Amsterdam Light Festival is a great way to still get out and about and enjoy Amsterdam, the beautiful capital city of the Netherlands.



Rotary Club of Secunderabad Sunrise Top Festivals around the world - December



Organised by Assam and Bodoland tourism departments, the Dwijing Festival of Chirang is an annual river festival that is celebrated on the banks of River Aie near Hagrama Bridge in Assam state of India. Dwijing means riverbank and Aie means mother in Bodo language. Started in 2016, the Dwijing Festival is conducted every year during the last week of December and first week of January.

The festival brings out the best and importance of Assamese culture and traditions, especially that of the Bodo people. It is a 12-day celebration that has music, dance, art and handicraft exhibitions, and food.

4. Feria de Cali (Cali Fair) – Cali, Colombia



From the 25th December to the 30th of December in Cali, Colombia you can find one of the biggest and most anticipated Salsa festivals in the world. This is a festival that has been running since December 1957 and is one of the best things to do in Cali for anyone who is interested in arts and culture.

La Feria de Cali usually attracts more than 2 million visitors who travel from all corners of the globe to get involved in the festive party atmosphere. For example, the Salsadrome is usually the opening act to start off the rest of the events throughout the week. So it is on the 25th where you'll see the liveliest dancers, colourful costumes, and some of Colombia's best salsa dancers, many of whom dance the well-known Caleño Style salsa which most salsa aficionados visit Cali for.



Rotary Club of Secunderabad Sunrise Top Festivals around the world - December



5. Harbin Ice and Snow Festival – China



The Harbin International Ice and Snow Festival is one of the most impressive festivals we have witnessed in all our travels. This superlative festival consists of giant ice buildings and intricate sculptures of animals, people and mythical creatures. By night, lights shine through the ice to produce an array of colours creating a surreal winter wonderland. The ice festival often includes fun activities such as ice slides and skating rings.

The Harbin Ice Festival is testament to the commitment, determination and collaboration of the Chinese community. As soon as the Songhua River freezes over, work begins constructing the biggest and most impressive ice sculptures in the world. Engineers and artists work side by side to carve giant blocks of ice which are then sculptured and assembled into the 3D work of art.

6. Hogmanay – Edinburgh, Scotland





Rotary Club of Secunderabad Sunrise Top Festivals around the world - December



Hogmanay is the Scottish name for the last day of the old year and is synonymous with the celebration of the New Year. Its origins date back to the celebration of the winter solstice among the Vikings with wild parties in late December.

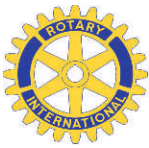
On this day, the Scottish observe many traditions, but the most famous of these is first footing which stems back to Viking times. The first footer is the first person to cross over your threshold after midnight and is seen to bring good luck in the coming year.

7. Lightopia Festival – London, England



Generally, most countries celebrate New Year's Eve at evening parties where there is lots of dancing, drinking, music, eating, and fireworks bring in the New Year. These celebrations generally go on past midnight into the early hours of New Year's Day, the 1st January.

Interestingly, different countries in the world have very creative and culturally unique ways of welcoming the New Year. Here are some examples I bet you didn't know!



Rotary Club of Secunderabad Sunrise Top Festivals around the world - December

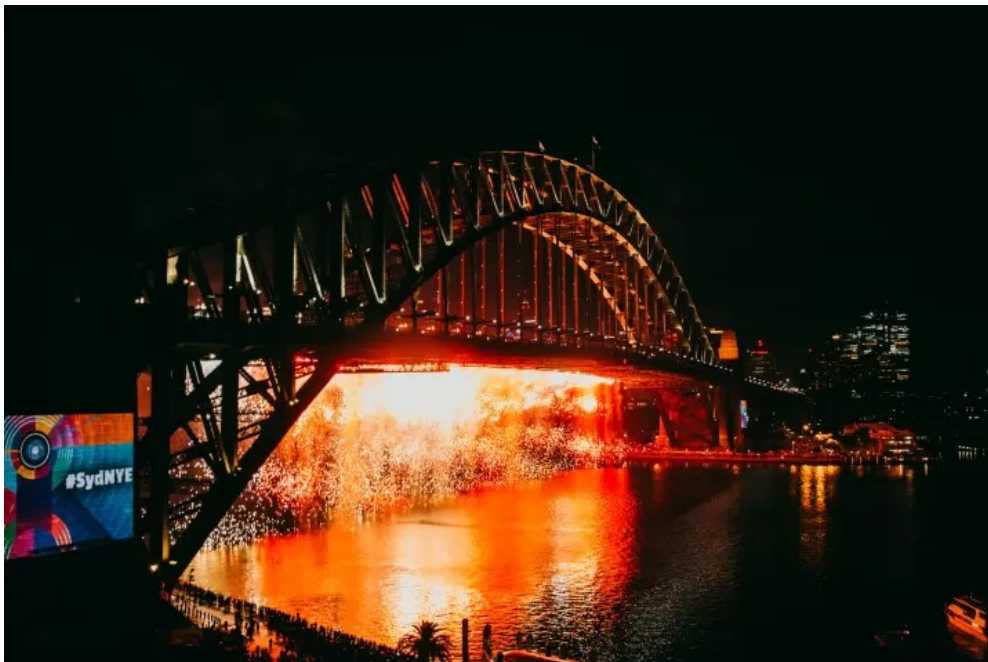


8. Rann Utsav– Kutch, Gujarat, India



We have added Rann Utsav to our post on the 'Best Festivals in January' as it is said the best time to visit this festival is in January. However, this festival can also be enjoyed from November through to February each year.

9. Sydney New Year's Eve – Worldwide





Rotary Club of Secunderabad Sunrise Top Festivals around the world - December



Sydney New Year's Eve festival is held in Sydney Harbour each year and consists of many events throughout the course of the day. Bands play at various locations around the harbour, but the main events are the two firework displays: the 9pm Family Fireworks and the Midnight Fireworks.

The Midnight Fireworks display is centred on the Sydney Harbour Bridge and has a different theme each year set to music. This fireworks display is televised internationally to more than one billion people worldwide and symbolises the start of global New Year festivities.

10. Whirling Dervishes in Mevlana Festival – Konya, Turkey



Most people are probably familiar with the visual spectacle of the Whirling Dervishes, men dressed completely in white and spinning with their arms spread wide as if in a trance. The tradition dates back over 700 years, but today two of the most important remaining Mevlevihanesi (the real name of the Whirling Dervishes) that perform the Whirling Dervish Ceremony are the ones in Konya and the Galata Mevlevihanesi in Istanbul.

The Whirling Dervishes Ceremony / ritual is performed each year on the anniversary of Rumi's death. Large crowds (expect in excess of 1 million tourists and pilgrims at Konya) from all over the world come to watch displays of the Whirling Prayer Ceremony.

The Whirling Dervishes Ceremony is the inspiration of Rumi, as well as a part of the Turkish custom, history, beliefs and culture. The Sema ceremony represents a mystical journey of man's spiritual ascent through mind and love to perfection. The ritual consists of seven parts, each having its own meaning.



Rotary Club of Secunderabad Sunrise Top Festivals around the world - December



11. Winter Festival of Lights – Niagara Falls, Ontario, Canada



We have added the Winter Festival of Lights to our post on the 'Best Festivals in November' as it begins in the month of November. However, this festival can also be enjoyed from November through to February each year.

12. Christmas



Christmas falls on December 25th, one of the world's most important December global holidays. And it is a major celebration in the Christian calendar. The day marks the birth of Jesus Christ of Nazareth, whom Christians believe to be the last true prophet sent by God to save humanity. For many, Christmas is a series of religious events, like attending Church services on Christmas day. But it is celebrated for non-religious reasons too, such as decorating trees, social get-togethers, presents, and the Christmas feast.



Rotary Club of Secunderabad Sunrise



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Rotary Club of Secunderabad Sunrise

OURS PAST PRESIDENTS



Rtn. Narender Gauri
- 2001-2002



Rtn. Vaman Rao
- 2002-2003



Rtn. Ajit Gandhi
- 2003-2004



Rtn. Lokesh Jain
- 2004-2005



Rtn. S.K. Verma
- 2005-2006



Rtn. Rajesh Pamnani
- 2006-2007



Rtn. B.S. Ravindranth
- 2007-2008



Rtn. K. A. Ramayya
- 2008-2009



Rtn. M. Chandra Sekhar
- 2009-2010



Rtn. Dr.LR Surender
- 2010-2011



Rtn. Shravan Malani
- 2011-2012



Rtn. K. Amarnath
- 2012-2013



Rtn. Phanindra Kumar
- 2013-2014



Rtn. Bimal V Goradia
- 2014-2015



Rtn. Sandeep Jhavar
- 2015-2016



Rtn. Srinivas Gumidelli
- 2016-2017



Rtn. Samir Gupta
- 2017-2018



Rtn. Praveen Sharma
- 2018-2019



Rtn. Pawan Kumar Tibrewala
- 2019-2020



Rtn. Vijay Rathi
- 2020-2021



Rtn. Ravi Ladia
- 2021-2022



Rtn. Rajhans Banka
- 2022-2023



Rotary Club of Secunderabad Sunrise



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2023-24

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Designed by Lija Das