



Rotary Club of Secunderabad Sunrise  
RI DISTRICT : 3150



CREATE HOPE  
in the WORLD

December - 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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# Rotary Club of Secunderabad Sunrise

## Board of Directors (Year 2023-24)



**Rtn. Krishna Narella**  
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



**Rtn. KA Rammaya**  
Director Community Service



**Rtn. Samir Gupta**  
Sergeant at Arms



**Rtn. Satish Gaddam**  
Director Vocational Services



**Rtn. M. Chandrashekar**  
Director Membership



**Rtn. LR Surrender**  
Chairman Polio



**Rtn. Madhu Lingampally**  
Director Youth Services



**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



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**

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District Chairman - C S R Committee

**Rtn. Srinivas Gumidelli**

Secunderabad Sunrise

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### 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	- Total Dialysis 506
Dec 2022	- Total Dialysis 341	August	- Total Dialysis 517
		September	- Total Dialysis 525
		October	- Total Dialysis 558
		November	- Total Dialysis 564
		December	- Total Dialysis 576





# Rotary Club of Secunderabad Sunrise

FROM THE EDITOR'S DESK



Processed foods often get a bad rap because many contain high levels of added sugars, unhealthy fats, and excessive amounts of salt. Additionally, the refining and processing of ingredients can strip away nutrients, making them less healthy compared to whole, unprocessed foods.

Processed foods undergo various alterations, such as refining, cooking, or adding preservatives, to extend shelf life or enhance taste and texture. While not all processed foods are inherently bad, certain aspects contribute to their negative reputation:

1. **\*Nutrient Loss:\*** Processing can strip away essential nutrients like fiber, vitamins, and minerals. For instance, refined grains lose much of their fiber and nutrients during processing, leaving behind mainly simple carbohydrates.
2. **\*Additives and Preservatives:\*** Many processed foods contain additives like preservatives, colorants, and flavor enhancers. Some of these additives might have negative health effects, triggering allergies or causing health issues in sensitive individuals.
3. **\*High Levels of Sugar, Salt, and Unhealthy Fats:\*** To improve taste and increase shelf life, processed foods often contain high amounts of added sugars, sodium, and unhealthy fats. Excessive consumption of these components can lead to health problems such as obesity, heart disease, and high blood pressure.
4. **\*Caloric Density:\*** Processed foods can be calorie-dense without offering much nutritional value. This can contribute to overconsumption and weight gain.
5. **\*Potential Health Risks:\*** Some studies suggest a link between long-term consumption of heavily processed foods and an increased risk of chronic diseases like type 2 diabetes, certain cancers, and cardiovascular issues.

However, not all processed foods are unhealthy. Some undergo minimal processing or have nutritious additives like fortified cereals or canned vegetables that retain their nutritional value. Moderation and attention to ingredient lists can help individuals make healthier choices within the realm of processed foods.

Rtn. Rajesh Pamnani  
Editor & Director of  
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# Rotary Club of Secunderabad Sunrise

2024: A YEAR TO SPARK SIGNIFICANCE



First, I wish all of you a very Happy New Year! A New Year is a time of appreciation, reflection and inspiration. I take this opportunity to thank you for your support and to share some thoughts on how to achieve the SPARK that will help you graduate from Success to Significance in 2024.

Just like the new year, every morning can be seen as a new beginning - the start of a new day, as well as a potential fresh start to your life. The first few waking hours have the power to shape the rest of your day, so here are seven powerful ways to assure best results:

**1. Top 3 List** - The night before, decide on the 3 most important business priorities and 3 most important personal priorities and break these down into tasks that you would like to accomplish that day. Keep in mind that even If you were to do 100 things that day, but not complete your top 3 tasks, your day will not be as productive. However, if you finish these tasks, you will take great strides towards who you want to become in 2024.

**2. Schedule Tasks** - Determine when you will tackle your tasks. By tending to them first thing in the morning, you allow for the rest of your day to be that much more productive. Brian Tracy, my co-author on "What you Seek is Seeking You" has a famous saying, "Eat the frog first thing in the morning". The "frog" being a metaphor for the difficult, yet important things.

**3. First Class First Hour** - Make the first hour of your day first class by investing in your body, mind and soul. This investment will significantly enhance the next 23 hours of your day - you will be more dynamic, energetic, fulfilled, and more importantly, balanced and centred to tackle whatever comes your way.

**4. Love & Gratitude** - Say, "I love you and thank you" to your loved ones - partner, spouse, children, parents, et al. Love and cherish them the way they are; not the way you want them to be!

**5. Dress to Dazzle** - Put on your best everyday and top it off with a beaming smile - a potent combo that conveys the message, "I mean business". Then, follow it up with a humble but confident attitude that says, "I walk, talk and breathe success & significance!".



## Rotary Club of Secunderabad Sunrise

2024: A YEAR TO SPARK SIGNIFICANCE



**6. Motivating Mantra** - Your mental and physical health are closely intertwined. Mantras support, guide, and rewire your thought patterns to point straight at your goals. Here's one I created for you that you can recite loudly, but feel free to modify and/or customize it for your needs:

"Today will be the best day ever! I will be more alive, alert, and most grateful. I will make today the happiest and most impactful day of my life.

I am grateful for everything that has happened to me in my life - the good, the bad, the indifferent - all of these experiences collectively have made me richer in some way.

I know that I am not perfect today nor will I ever be. Perfection is not what I am seeking. However doing great work, not just good work, as well as being grateful and balanced is what I am seeking.

Thank you for giving me the opportunity to start afresh, for yesterday has passed and tomorrow may never come. But I have today and that is all that counts. Today well-lived makes yesterday a good dream and tomorrow full of hope and confidence."

**7. Daily Journal** - Keep a log of how you perform each day on the above six activities. Then, reflect and learn from the key takeaways as you move forward on your path to achieving your short and long term goals.

The above rituals should take you no more than 90 minutes a day. In return, you will be more focused, positive and happier in your day's journey toward your life's pursuits. To make the mornings easier, try sleeping 90 minutes earlier than normal so you can wake up vibrant and ready to start your day - the Corporate Sufi Way!

In closing, I wish you material abundance blended with a deep sense of purpose, passion, and happiness for the coming year and beyond.

Looking forward to 2024 being a SPARK year that elevates you from Success to Significance!

Best,

Azim Jamal, Founder  
Corporate Sufi Worldwide







# 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

## RI News

### Rotary Service and Engagement



## Fight Preventable Diseases

Disease prevention is important. The probability of dying is twice as high for children under age five as for children and youths ages five to 24, which is why Rotary and its partners have been delivering vaccines globally for 40 years, seeking to ensure that all children grow up safe from preventable diseases. Help us fight disease. During December, Rotary's Disease Prevention and Treatment Month, you can take action to fight disease in your community:

- Support health education programs that explain how diseases spread and how to reduce the risk of transmission.
- Partner with medical institutions or ministries of health to immunize people against infectious diseases.
- Support training and continuing education for health workers through scholarships or stipends or simply by recognizing existing training efforts.
- Improve and expand access to affordable health care in underserved areas.

Find ideas for projects on Rotary Showcase. This platform can also help you find project partners. Watch the video above to see how Rotary is helping children grow up protected against preventable diseases.



# Rotary Club of Secunderabad Sunrise

## RI News

### Rotary Service and Engagement



#### Increase your impact

## Get help from Rotary Action Groups

Rotary Action Groups help clubs develop sustainable, effective service projects that strengthen communities. These groups can advise your club on planning and implementing projects and help you find partners, funding, and resources. Learn more about the Rotary Action Groups that focus on disease prevention and treatment, and contact them for assistance with your new or ongoing projects.

- [Addiction Prevention](#) advises clubs and districts about how to tackle substance abuse and addiction in a long-term, structural way.
- [Alzheimer's/Dementia](#) supports Rotary members who have family with Alzheimer's or other types of dementia and assists with projects centered on dementia.
- [Blindness Prevention](#) promotes eye health and better vision worldwide.
- [Blood Donation](#) supports blood drives and community blood centers.
- [Diabetes](#) works toward awareness, prevention, treatment, and management of that disease.
- [Family Health and AIDS Prevention](#) works across Africa and South Asia to provide quality health resources to people in need.
- [Health Education and Wellness](#) promotes wellness through healthy lifestyle choices and disease prevention.
- [Hearing](#) helps clubs and districts with projects to help people with hearing loss.
- [Hepatitis Eradication](#) helps clubs and districts with hepatitis testing campaigns.
- [Malaria](#) works to end that disease by lowering transmission rates and scaling up treatment.
- [Mental Health Initiatives](#) offers practical toolkits that any club can use as part of a project or advocacy campaign.
- [Multiple Sclerosis](#) promotes awareness of MS and encourages clubs to work with MS societies on projects related to the disease.



# Rotary Club of Secunderabad Sunrise

## Rotary Service and Engagement

RI News



### Avenue of Service: Vocational Service

## Use your professional expertise for service

January is Vocational Service Month. This is an opportunity to think about how your club and district do vocational service. In bringing together people from diverse professions and backgrounds, Rotary recognizes the importance of all occupations and skills. In Rotary, your professional life and vocational service can work together. Members have a responsibility to represent their occupations within their club and to exemplify the ideals of Rotary in their workplace. Read the Vocational Service in Action handbook to learn more and to discover ways to share your knowledge through Rotary, advance ethical standards in your workplace, and help others develop professionally.



### Rotary news

## How ending polio helps fight malaria

The legacy of our work to eradicate polio won't be just the elimination of the disease. Our legacy will also be how the tools we created and the lessons we learned are used to save lives from other preventable diseases. In Zambia, the tools and lessons from the work to end polio are already being used in the fight against malaria.





## Rotary Club of Secunderabad Sunrise DESIGNATED MONTH



### **December** - Disease Prevention and Treatment

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

- Organise Medical Camp - Health Awareness for Eye Care / Dental Care.
- Providing equipment such as Artificial Limbs, Wheel Chairs and Calipers to the Physically Challenged Peoples i.e. Polio Sufferers.
- Provide low-income, underinsured or underinsured Persons with the knowledge, skills, and opportunities to improve their diet, physical activity and other life habits to prevent, delay, or control, chronic diseases.
- Initiate Actions to Prevent and control Diabetes, Heart Diseases, Obesity and Associated Risk Factors.



### **January** - Vocational Services

- Vocational Service Month During this period, clubs highlight the importance of the business and professional life of each Rotarian. Special activities promote the vocational avenue of service.
- Distribute Four way Test
- Distribute Vocational Awards to outstanding individuals, Arrange Vocational Visits
- Awareness seminar on career guidance, Organise / Arrange in Plant Training Start Vocational Education / Skill Guidance Centre. Start Part Time Consultancy centre
- Helping Physically Challenged people to get jobs



## Rotary Club of Secunderabad Sunrise



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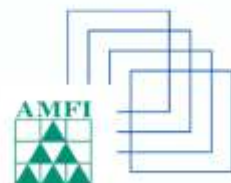
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## Rotary Club of Secunderabad Sunrise



**Rtn Lokesh Jain**

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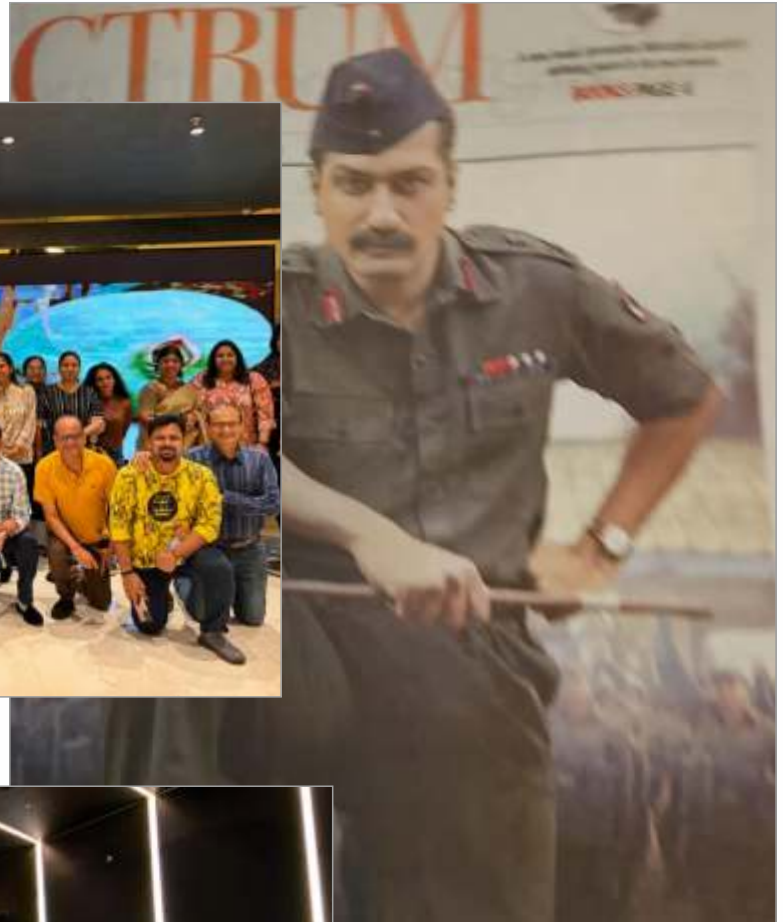
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# Rotary Club of Secunderabad Sunrise Movie Fellowship, 3rd December 2023







## Rotary Club of Secunderabad Sunrise



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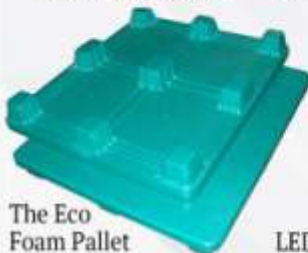
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## Rotary Club of Secunderabad Sunrise Top Festivals around the world - January



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



We have added Amsterdam Light Festival to our post on the 'Best Festivals in December' as it begins in December. However, this festival can also be enjoyed from December to January each year.



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



### 2. Dwijing Festival of Chirang – Chirang, Assam, India



We have added Dwijing Festival of Chirang to our post on the 'Best Festivals in December' as it begins in December. However, this festival can also be enjoyed from late December to early January each year.

### 3. Festival of Sydney – Sydney, Australia





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



The Festival of Sydney is a huge cultural event in Australia that draws hundreds of thousands of visitors to the harbour side city each year. Sydney's performance venues, parks and public spaces come to life with indoor and outdoor events. Pop-up venues appear around the city to host more than 130 free and paid events featuring music, art, and cutting edge theatre. The annual Sydney Festival is held from 6 – 30 January and showcases Australia's best performers alongside international artists.

### 4. Harbin Ice Festival – China



The Harbin Ice Festival is officially called the Harbin International Ice and Snow Sculpture Festival and is held annually in Harbin, Heilongjiang province. The festival is held from just before Christmas day through to late February, but the opening ceremony takes place in January. The Harbin Ice Festival is considered to be one of the best festivals around the world!

The opening ceremony, combined with the popularity of the festival, winter vacation in China and Chinese Spring Festival make mid-January to mid-February an extremely popular time to visit, so book your tickets, transport and accommodation well in advance.





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



### 5. Ice Magic Festival – Lake Louise, Canada



Ice Magic is an annual festival in Lake Louise that brings together some of the world's best ice carvers, for a series of challenging and gruelling icy escapades. The snowy hamlet of Lake Louise, in the heart of the Canadian Rockies, transforms into a winter wonderland for 2 weeks at the end of January each year.

Hosted within the grounds of the majestic Fairmont Chateau Lake Louise Hotel, Ice Magic is a festival truly befitting of its name. The competition sees competitors from around the globe embark on a number of snowy tasks throughout the week, before culminating in a gripping 34-hour challenge that requires teams of two ice-carvers to create a piece of art out of an imposing 300lb (136 kilogram) block of ice.

### 6. International Kite Festival – Ahmedabad, Gujarat, India





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



The Festival of Sydney is a huge cultural event in Australia that draws hundreds of thousands of visitors to the harbour side city each year. Sydney's performance venues, parks and public spaces come to life with indoor and outdoor events. Pop-up venues appear around the city to host more than 130 free and paid events featuring music, art, and cutting edge theatre. The annual Sydney Festival is held from 6 – 30 January and showcases Australia's best performers alongside international artists.

The festival attracts thousands of kite lovers, flyers and expert kite-makers from over 40 countries to Ahmedabad in Gujarat where millions of brightly coloured kites can be seen all over the sky from the moment the sun rises until it sets.

### 7. Lightopia Festival – London, England



We have added Lightopia Festival to our post on the 'Best Festivals in November' as it begins in the middle of November. However, this festival can also be enjoyed from November through to early January each year.



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



### 8. Ouidah Voodoo Festival – Ouidah, Benin, West Africa



We have added Dwijing Festival of Chirang to our post on the 'Best Festivals in December' as it begins in December. However, this festival can also be enjoyed from late December to early January each year.

The government of Benin declared the 10th of January 'National Voodoo Day' back in 1996. Voodoo is practiced by more than 60% of Benin's population of over 10 million. For millions of Beninese, voodoo is an integral part of everyday life, however, it does also have its dark side. On National Voodoo Day, followers of the various voodoo cults gather at the 'Door of No Return', an arch on the beach in Ouidah, the spiritual capital of the Voodoo religion, and once a major slave trading post.

### 9. Rann Utsav– Kutch, Gujarat, India

One of the largest salt deserts in the world, The Great Rann of Kutch in Gujarat, India is where the desert festival, Rann Utsav, is celebrated. It can be visited only during the winter season in November to February, however, the best time is January to February.

Giving you the 'feels' of the Bolivian salt pans, it is best visited on a full moon day to experience the magic of moonlight reflecting off the salt. The endless white expanse is worth all the travel. The best time to visit these salt pans is in the morning or evening, and you can take the best photos at sunrise or sunset.





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



### 10. Sundance Film Festival – Utah, USA



The Sundance Film Festival is the largest independent film festival in America and is held annually in January and organized by the Sundance Institute. This well respected and prestigious film festival takes place in Park City, Salt Lake City and the Sundance Mountain Resort in Utah. It is said to be one of the best festivals in the US for film lovers!

The goal of the festival is to showcase new films from American and international filmmakers, as well as highlighting the importance of independent films. The festival is well known for jump-starting the careers of some of the biggest American independent filmmakers such as Quentin Tarantino, Steve Soderbergh and the Coen brothers.





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



### 11. Thaipusam Festival – Batu Caves, Kuala Lumpur, Malaysia



Thaipusam is a colourful Hindu festival that takes place on the Pournami Tithi (Full Moon Day) in January. The festival is observed in India, Indonesia and Sri Lanka, but one of the best places to celebrate it is in Malaysia.

The festival is held in a sacred Hindu shrine called the Batu Caves, just outside of the capital city Kuala Lumpur. The event usually lasts about 3-4 days and celebrates the victory of good over evil, whilst showing appreciation to the God, Lord Murugan, a son of Shiva.

### 12. The Abel Festival – La Paz, Abra, Philippines





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



The Municipality of La Paz, Abra celebrates 'The Abel Festival' in honor of the town's Patron Saint, Nuestra Señora de La Paz, the Queen of Peace, annually on 24th January. The Abel Festival lasts three days.

La Paz takes pride in its Loom Weaving Industry and the fiesta showcases the colourful and intricate loom woven fabrics from the Loom Weaving Village of Bulbulala. The various colourful Abel costume designs of the participating barangays are highlighted during the street dance and ground show performances as the Lapazeños dance around the towns' streets in the Abel colours of their tribe.

### 13. Up Helly Aa – Shetland Islands, Scotland



Considered to be in the top 5 of the best January world events, Up Helly Aa should be added to your bucket list! Every year between January and March, 11 communities across the Shetland Islands come together for a series of spectacular fire festivals known as Up Helly Aa. Celebrating the end of the Christmas season, the majority of the Up Helly Aa festivals are held throughout the month of January. The largest is held in Lerwick on the last Tuesday in January where a year's worth of preparations are put on display.

The festivities vary from town to town in the Shetlands, but each Up Helly Aa is marked with a torch-lit procession through the streets, the symbolic burning of a Viking longship, and then on to a night of feasting, dancing and fun.





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



### 14. Winter Festival of Lights – Niagara Falls, Ontario, Canada



The Winter Festival of Lights is, as the name says, a winter festival that takes place annually in Niagara Falls, Ontario, Canada. The festival celebrates the Christmas season and features a number of illuminated displays and attractions.

The festival features over 3 million lights on display and is one of the most popular events in the city. It consists of various light displays and events that are open to the public from November through to February. Best of all, admission is free, although it is suggested you leave a donation.

Some of the highlights of this family friendly festival include live entertainment, free hot chocolate, a Christmas parade, light shows at the Falls, fireworks, and a tree lighting ceremony. You can experience the displays up close by walking the Niagara Parkway and within Queen Victoria Park, Defferin Islands, an illuminated 8 kilometre route.







## Rotary Club of Secunderabad Sunrise



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# Rotary Club of Secunderabad Sunrise



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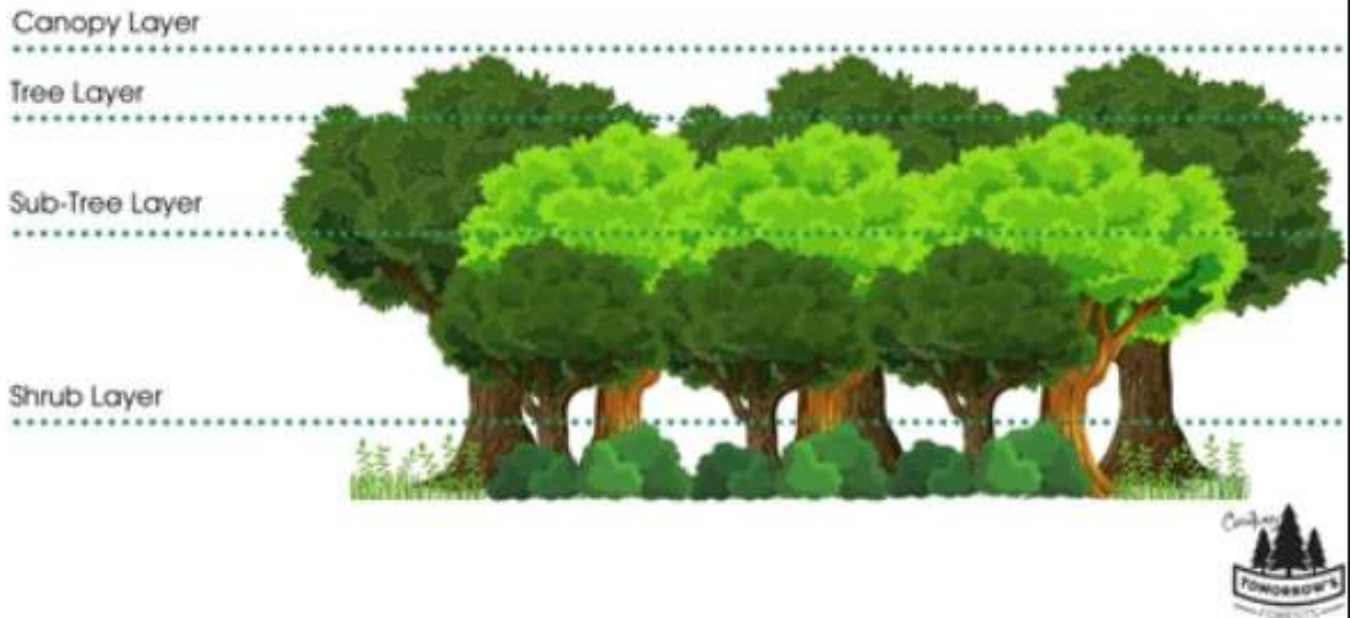
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## MIYAWAKI: CREATING URBAN MINI FORESTS

### Miyawaki Forest Layers



The Miyawaki method is the most effective afforestation method successful especially in the urban landscape. It creates fast forest cover on degraded land which has previously been used for either agriculture or construction or any other modern living purposes like dump yard etc. This method has revolutionised the concept of urban forestation by turning small pieces of land into mini forests in shortest possible time.

This method was originally developed by Japanese ecologist Akira Miyawaki in the early 1970s. Later it gained popularity and was adopted by many Japanese corporations for domestic and international projects.

This method involves planting trees (the native varieties) as close as possible so that the saplings support each other and block sunlight reaching the ground thus discouraging the growth of weeds. These saplings become self-sustaining and maintenance free after 3 years. This method ensures that the plant growth is ten times faster and the plantation is thirty times thicker. The forest cover includes plants of all varieties like shrubs, sub trees, trees and canopy. Extra nutrition and bio mass is added to the soil to improve its quality and permeability. The ground is covered with a thick layer of mulch.

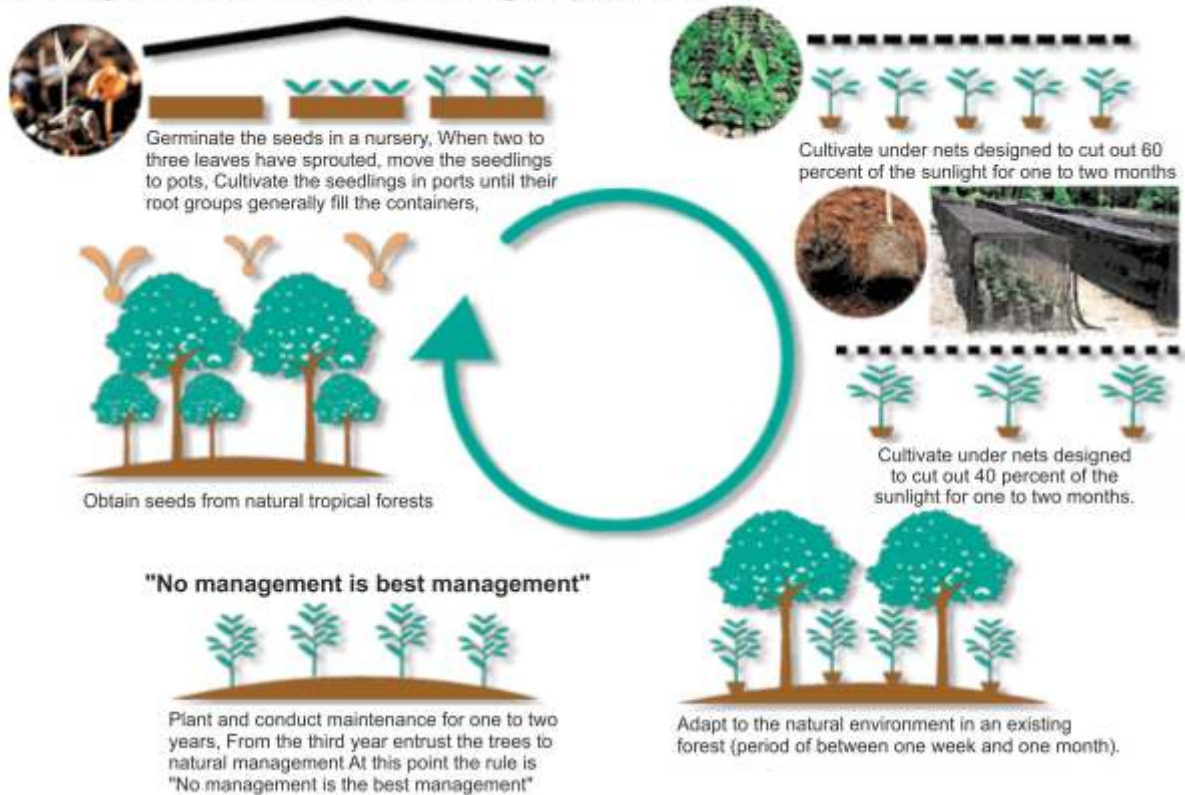
The Miyawaki method has been successfully used for over 3000 projects worldwide. It is ideal for an urban landscape as there are constraints related to space. The forest created by this method absorbs more Carbon dioxide from the atmosphere due to its density. Besides a fast growing low maintenance forest cover is ideal for urban spaces.





## MIYAWAKI: CREATING URBAN MINI FORESTS

### The Miyawaki method for restoring tropical forests



However during the recent times few ecologists have raised eyebrows over the success of the same on the following grounds.

1. The forests have a monotonous look although a generous and healthy mix of flora is created maintaining the biodiversity.
2. The forest cover lacks medicinal plants and cannot attract rain as the mix of plants is decided by humans and is not a natural selection.
3. It is an expensive method of afforestation as it requires more plants per square inch area and needs maintenance for over 2 years.
4. It is more focussed on the commercial aspect of the afforestation rather the natural ones. Such stretches are being converted into resorts, camping sites, bird watching spots and creating jungle trails for nature lovers.

It is a good way to kick start the process to build forests in concrete jungles to create green covers and lung spaces but in long run it is best to focus on preserving the existing forests which have been in existence since time immemorial and which has a blueprint of evolution intact.

**Ann Kanak Kabra**  
Editor (2023-24)





# Rotary Club of Secunderabad Sunrise



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Designed by Lija Das