



Rotary Club of Secunderabad Sunrise RI DISTRICT : 3150



**CREATE HOPE
in the WORLD**



Image Credit - Rajesh Pamnani

February - 2024

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
Dialysis Analysis from Start		
Editor's Note	-	5
Our Editors	-	6
RI News	-	7
Designated Month	-	12
RCSS Archives 2009	-	14
The Claws of Cancer (part 1 to 3)	-	21
DG Visit	-	30
Attending AGTS	-	33
Top Festivals around the world - March	-	34



Scan our QR code &
Visit our Website



Scan our QR code &
Visit our Magazines



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

Rtn. Ramaiah

Secunderabad Sunrise

9391132959

ramayya_ka@yahoo.com

Zone 5 Chairman - Friendship Exchange

Rtn. Rajhans Banka

Secunderabad Sunrise

9391015562

rajhansbanka@yahoo.co.in

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

9848005110

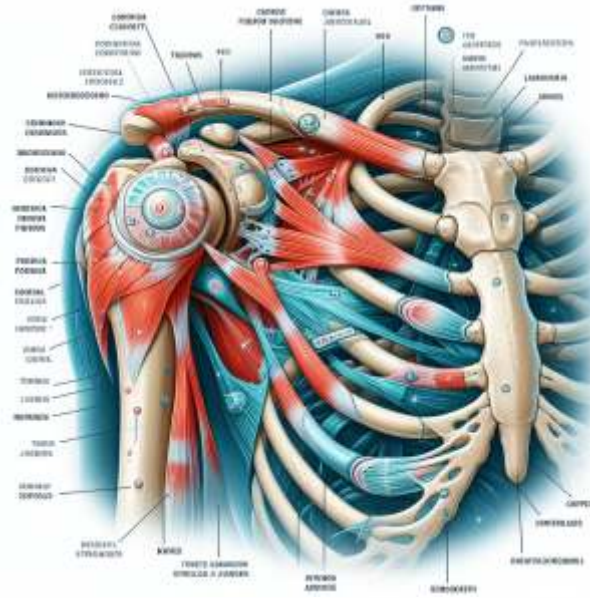
gumidelli.srinivas@gmail.com

Dialysis Analysis from Start

April 2022 - Total Dialysis 80 (15 days)	Jan 2023 - Total Dialysis 391	Jan 2024 - Total Dialysis 583
May 2022 - Total Dialysis 184	Feb 2023 - Total Dialysis 421	Feb 2024 - Total Dialysis 543
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	
	December - Total Dialysis 576	



FROM THE EDITOR'S DESK



Frozen Shoulder - Part 2?

I'm not a doctor, but some common remedies for frozen shoulder include gentle exercises, physical therapy, and pain management. It's important to consult with a healthcare professional for personalized advice based on your specific situation.

1. ***Consult a Healthcare Professional:** * Seek guidance from a doctor or physical therapist to accurately diagnose and tailor a treatment plan.
2. ***Medication for Pain Relief:** * Over-the-counter or prescription medications may help manage pain and inflammation.
3. ***Physical Therapy:** * Engage in prescribed exercises to improve range of motion and strengthen shoulder muscles.
4. ***Heat and Ice Therapy:** * Alternate between heat and ice packs to reduce inflammation and ease discomfort.
5. ***Rest and Avoid Overuse:** * Give your shoulder sufficient rest and avoid activities that worsen the condition.
6. ***Stretching Exercises:** * Incorporate gentle stretching exercises to enhance flexibility and prevent stiffness.
7. ***Gradual Progression:** * Gradually increase exercise intensity to prevent further strain and promote healing.
8. ***Posture Awareness:** * Maintain good posture to alleviate stress on the shoulders and support recovery.
9. ***Joint Distension:** * In some cases, a doctor may recommend joint distension to stretch the capsule and improve range of motion.
10. ***Consistent Follow-Up:** * Regularly follow up with your healthcare provider to assess progress and adjust the treatment plan as needed.

(Images & Editorial collected from the internet).

Rtn. Rajesh Pamnani
Editor & Director of International
Services (2023-24)
+91 9849013175





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.





Giving & Grants: Supporting mental health through Rotary scholarships



Rotary Scholars take a global approach to mental health

RI President R. Gordon R. McNally believes that, although talking about mental health may be difficult, it's important to do so for the well-being of our global community. Learn about four global grant scholars who are talking about global mental health and using their grants to study the social trends, cultural practices, and political and economic contexts that affect our emotional wellness.

Prioritizing mental health

GIVING UPDATES

Foundation results from World Polio Day and Giving Tuesday

Donors around the world contributed nearly US\$2.4 million in observance of World Polio Day. Together, we can eliminate polio and ensure a healthier future for generations to come. Learn more at endpolio.org.

With help from our leaders and generous donors, The Rotary Foundation received more than US\$1.3 million in response to our Giving Tuesday fundraising campaign. Thank you to everyone who participated in this global day of giving so that we can keep Doing Good in the World together.





Rotary Club of Secunderabad Sunrise RI News



Leaders in giving: The Paul Harris Society

Donations from Paul Harris Society members made up nearly 22% of all contributions to the Annual Fund last year. The society is composed of dedicated Rotary supporters who have expressed their intent to give at least US\$1,000 each year to the Annual Fund, PolioPlus, or approved Rotary Foundation grants. Subscribe to the quarterly Paul Harris Society Resource to learn more about these leaders in giving.



GRANT UPDATES

Help desk: Returning unused grant funds

Have you ever completed a grant-funded activity and had funds remaining? You can spend amounts under US\$1,000 on eligible expenses rather than returning them. Contact your regional grants officer if you have questions about what expenses are eligible.

However, if funds still remain after that or you don't wish to use them for eligible expenses, they need to be returned to the Foundation. Here are some tips to make the process easier:

- Specify that you're returning unspent funds and include the grant number.
- If the funds earned any interest, send the remaining funds and interest in one payment.
- Don't send cash. You can return funds by check or by wire or bank transfer.
- If you use a check, make it payable to The Rotary Foundation.
- If you use a wire or bank transfer, contact the appropriate Rotary office, regional office, or fiscal agent for instructions.
- Unused grant funds cannot be returned to the Foundation through online giving or redirected to another fund.
- Don't combine unused funds from multiple grants into one return payment.



Rotary Club of Secunderabad Sunrise

RI News



Programs of Scale updates

Donations from Paul Harris Society members made up nearly 22% of all contributions to the Annual Fund last year. The society is composed of dedicated Rotary supporters who have expressed their intent to give at least US\$1,000 each year to the Annual Fund, PolioPlus, or approved Rotary Foundation grants. Subscribe to the quarterly Paul Harris Society Resource to learn more about these leaders in giving.



Programs of Scale updates

It's not too early for clubs and districts to start working on their Programs of Scale concept notes for the 2025 competition, which are due 1 August.

A new element of the 2025 competition is that applicants need to secure at least US\$500,000 in external funding. A total of that amount in cash contributions from one or more program partners outside Rotary will be required.



To learn about partnership strategies, especially how to develop external funding partnerships, potential applicants can register for Creating Partnerships for Success, a one-hour webinar on 23 February:

- 08:00 Chicago time (UTC-6) in English, French, Portuguese, and Spanish
- 16:00 Chicago time (UTC-6) in English, Japanese, Korean, and Mandarin

To understand our Programs of Scale competition, potential applicants can register for Programs of Scale Competition: Insights and Tips for Applying, a one-hour webinar on 21 March:

- 08:00 Chicago time (UTC-5) in English, French, Portuguese, and Spanish
- 16:00 Chicago time (UTC-5) in English, Japanese, Korean, and Mandarin

You can find more information about past winners and download the Programs of Scale Handbook and the concept note template on our Programs of Scale Application Process page.

Required courses for district Rotary Foundation chairs

The Learning Center offers courses about The Rotary Foundation that are especially useful in helping district Rotary Foundation chairs understand their role and succeed in it.

All district Rotary Foundation chairs for 2024-25 need to complete these learning plans by 1 July:





- **District Committee Basics** — These courses discuss our Action Plan, protecting personal data, managing a committee, leading change, and more.
- **District Rotary Foundation Committee Intermediate** — These courses discuss various aspects of the role, including managing grants and fundraising.
- **Grant Management Seminar** — These courses offer essential details for taking part in global grants. You and other district leaders can decide if your clubs will need to complete these courses as part of their qualification process.

RESOURCES & REFERENCE

If you missed it: Webinars on designing effective education technology projects

A recent webinar series presented by RI and the Basic Education and Literacy Rotary Action Group focused on using learning technology effectively, collaboratively, and sustainably in our projects. This three-part series can help all project organizers plan and implement projects that measurably improve academic outcomes, no matter how much experience they have with education.

Find the recordings on the Rotary Membership Webinars channel on YouTube. Select the gear-shaped settings button on each recording to find captions in your preferred language.



Video encourages members who are planning projects to connect with the Cadre

A new video highlights The Rotary Foundation Cadre of Technical Advisers and how its experts around the world can improve grant applications and help members develop more effective and sustainable projects to create lasting change. It's available with subtitles in 10 languages.

Download the video from the Cadre's webpage and show it at your club, district, or regional meetings or other events to inspire members to connect with the Cadre. Use the video in newsletters or on social media or club and district websites.





Grant Model Evaluation Year 4 Report

Rotary's Research and Evaluation staff has released its Grant Model Evaluation Year 4 Findings (in English only). The report examines how Rotary grants align with the Foundation's priorities and areas of focus, engage members, and deepen their connection to Rotary. The report found that:

- Participation in global grants is high and valued by our members.
- Global grant sponsors value sustainable projects that address community-identified issues.
- Most data collected by global grant sponsors involves outputs, or short-term change.

Help us find Rotary Peace Fellowship candidates

Applications are open for the 2025 Rotary Peace Fellowship. Help promote this opportunity and find the next cohort of global peacebuilders. Encourage peace and development leaders in your community to apply for a fully funded master's degree or professional development certificate at one of our Rotary Peace Centers, including the newest center, in Istanbul, Turkey. Use the referral form to tell us about potential candidates and follow the Rotary Peace Centers Facebook page to learn more.



Write to rotarypeacecenters@rotary.org if you have questions.





Rotary Club of Secunderabad Sunrise

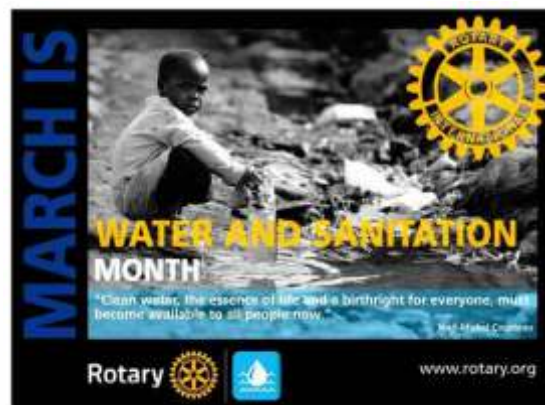
DESIGNATED MONTH



February - World Understanding Month

Vocational Service Month During this period, clubs highlight the importance of the business and professional life of each Rotarian. Special activities promote the vocational avenue of service.

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



March - Water & Sanitation

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

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



Rotary Club of Secunderabad Sunrise



We provide financial services
as per your financial needs



Connecting your Investment need

FUND INSIGHTS
INVESTMENT

16+ years in Personal Finance **FUND INSIGHTS INVESTMENT** offers a unique approach to helping individuals / Families / Business Owners to reach financial success. Your economic growth is the most critical aspect of the business.

We specialise in **spouse retirement solutions** to satisfy the customer's needs to attain the financial goal in a very mannered effort. He assures faith, trustfulness, and dedication toward the customer's needs.

Retirement solutions are tailored plans to secure your financial future. Our expert advisors work closely with you to create a customized retirement strategy, considering your goals, risk tolerance, and timeline. We provide a range of investment options, tax-efficient strategies, and retirement income planning to ensure a comfortable retirement. With our guidance, you can navigate through the complexities of retirement planning, so you can enjoy your golden years with confidence and financial stability. Start building your retirement nest egg today for a brighter tomorrow.

We offer a wide range of investment products available in the financial market.

To know more, book your appointment



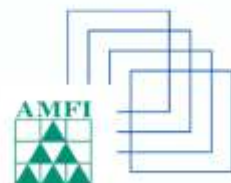
www.myfundinsights.com



contact@myfundinsights.com



9989244859



Disclaimer



Rotary Club of Secunderabad Sunrise RCSS/Archives / 2009...



WEEKLY MEETINGS FROM JULY 2009-10

JULY	NOVEMBER	MARCH
AUGUST	DECEMBER	APRIL
SEPTEMBER	JANUARY	MAY
OCTOBER	FEBRUARY	JUNE

Rtn. Chandra Sekhar M. (President 09-10)
Rtn. Lt. Col. Joseph P. George (Secretary 09-10)

RCSS - Year	2002-03	2003-04	2004-05	2005-06	2006-07	2007-08	2008-09	2009-10	2010-11	
	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20	2020-21

Weekly Meetings Details From July-2009-10

Date	Subject	Avenue Of Service	Speaker/Guest/Location
5th July (Tuesday)	Installation Nite	Club Service	Mr. MLC Dr. Nageshwar Dist Governor Rtn C Suresh Hotel Fortune Select Manohar
9th July (Thursday)	Intercity Rotary Club Meeting	Club Service	Rt Director - Rtn Ravindran,
18th July (Saturday)	Club Assembly	Club Service	Hotel Marriott
25th July (Saturday)	RTI-Right To Informatin	Club Service	Mr. Karira Hotel Marriot
30th July (Thursday)	Board Meeting	Club Service	Hotel Raj Comfort Inn

Weekly Meetings Details From August-2009.

Date	Subject	Avenue Of Service	Speaker/Guest/Location
1st August (Saturday)	Club Assembly		
8th August (Saturday)	Speaker Meeting		Ms Kavita Jain Hotel Marriot
13th August (Thursday)	Joint Independence Day Celebrations		
14 Aug	Trip To Chennai	Fellowship	
15th August (Saturday)	Flag Holsting Ceremony AT Picket Govt School		Picket Govt School
22th August (Saturday)	Board Meeting	Club Service	Director & Chairman brief and discuss about current years goals & ways to implement



Rotary Club of Secunderabad Sunrise



Rtn Lokesh Jain

BLDC FAN - 29W

PATNY[®]

CEILING FANS



Trust that Grows
36
YEARS OF
BUSINESS EXCELLENCE



Manufactured by:
**JAIN ELECTROMECH APPLIANCES
&
JAIN ELECTRO ENTERPRISES**

14, SVCIE, Phase 1 Ext. Balanagar, Hyderabad-500 037, INDIA. website: www.patnyfan.com
Landline No.: 040 23772412



Rotary Club of Secunderabad Sunrise



In the late 19th and early 20th centuries in the United States, there was a peculiar practice of sending babies through the mail. This practice, though seemingly unbelievable now, occurred when postal regulations were more lenient and packages could be mailed at relatively low rates based on weight.

The most famous instance involved a baby named Mailing a Child. In 1913, a mother named Jessie Beagle from rural Ohio couldn't afford train fare to visit her parents. She decided to send her 8-month-old son by parcel post to her parents' house, paying just 15 cents for postage. The child traveled in the company of a postal worker and made the journey safely, arriving at his grandparents' home, albeit raising concerns about the safety of such a method.

This incident led to changes in postal regulations to explicitly prohibit sending humans through the mail. It also highlighted the need for stricter rules and oversight concerning what could be sent through the postal service, leading to the development of more stringent guidelines for mailing packages.



Rotary Club of Secunderabad Sunrise



**PAWAN
ELECTRICALS**

Leading Aluminium DieCasting Manufactures
Your Trusted Partner Since 1978

Rtn Pawan Kumar Tibrewala
+91 9849094697



Ceiling Fan End Shield



Ceiling Fan
Ring Rotor



Ceiling Fan
Star Rotor



Irrigation Sprinkler

Manufactured at Sy.No.858/Part, Adj. to IE, Medchal, Hyderabad - 501401 | pawane1978@gmail.com



**Andhra Expanded
Polystyrene Pvt. Ltd.**



**Southern Expanded
Polystyrene Pvt. Ltd.**



Leading Expanded Polystyrene (Thermocole) Manufacture
Your Trusted Partner Since 1995



Thermocole Sheets



Ceiling Fan Tray



Vaccine Box



EPS Pipe



EPS Fish Box



The Eco
Foam Pallet



LED TV Packing Buffer



Fruit Box 5KG



Electronic Buffer Packing



Granite
Tile Box

Sy. No.807, Adj. to IE, Medchal, Hyderabad - 501401 | www.andhraexpanded.com | sales@andhraexpanded.com





Rotary Club of Secunderabad Sunrise



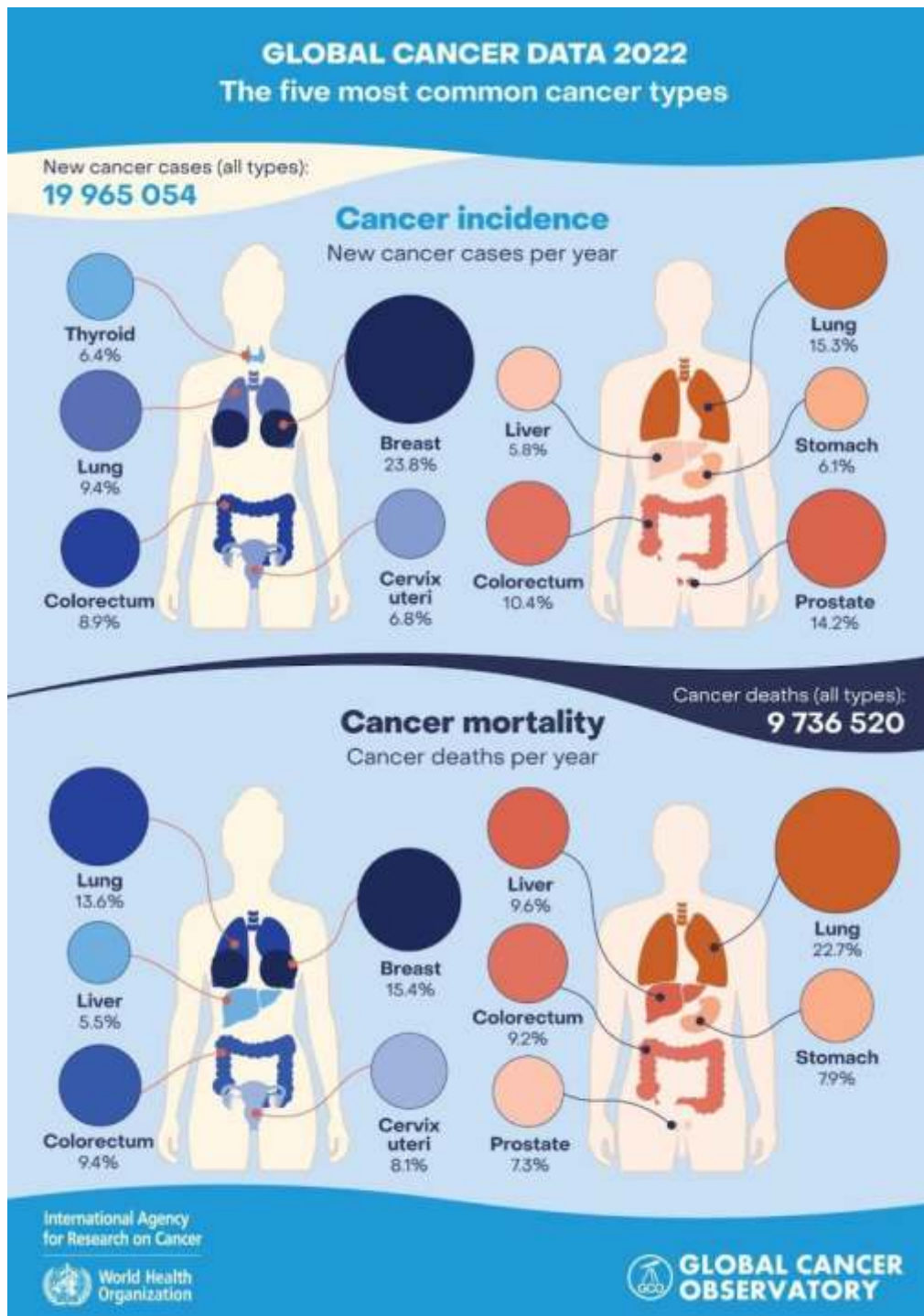
CREATE HOPE
in the WORLD



**202/203, Chenoy Trade Centre, 2nd Floor, 116, Parklane,
Secunderabad-500 003**

Ph. : 040-66325407, 66325408, Fax : 66325400

www.jaishree.com



The main drivers of the cancer burden are both aging population and growth, as well as tobacco, alcohol, obesity, and air pollution. The growing need for medical services is evident, yet many countries are struggling to provide and finance essential cancer care. Awareness is the first step towards change.



The Claws of Cancer (Part One)

Dr.Sajikumar. J*

Cancer or malignant neoplasm is a wide group of diseases all involving unregulated cell growth with a capacity to spread to more distant parts of the body through the lymphatic system or bloodstream. Per year approximately 12.7 million cancers are diagnosed and 7.6 million succumb to the disease.



Cancer as a group account for approximately 13% of all deaths each year with the most common being lung cancer, stomach cancer and liver cancer.

The oldest report of cancer can be found in the **Edwin Smith Papyrus** which is the ancient Egyptian textbook on trauma surgery. It describes tumors of the breast that were treated by cauterization with a tool called the fire drill. The writing about the disease says, "There is no treatment."



Hippocrates (460 -370 BC) used the term carcinoma to describe ulcer-forming tumors. In Greek the word *karcino* means crab. This name comes from the

appearance of the cut surface of a solid malignant tumour, with "the veins stretched on all sides as the crab has its feet". **Galen** (130-200 AD), a Roman physician, used the word 'oncos', which means swelling, to describe tumors.



The universally recognized symbol for cancer, the crab, is the most common motif that appears on anticancer stamps. In the Austrian stamp the crab is personified into a dreadful human face.



More than 100 countries have issued anticancer stamps. In most of these stamps the crab is seen being attacked with a variety of tools.

Oncophilately

It is universally accepted that postage stamps can be used to create awareness and to raise funds for cancer treatment and research.

In 1928 Sweden issued the first postage stamps in the fight against cancer. The Swedish stamps in five

*MBBS, DCH, DNB
Consultant Pediatrician
Parabrahma Specialty Hospital, Oachira
Ph; 9847266807, email; drsaji@gmail.com



Rotary Club of Secunderabad Sunrise



values were issued to commemorate the 75th birthday of King Gustave V. The total sale of this issue generated \$42,000 which was donated for cancer control.



In 1929 Denmark followed with three stamps featuring the Danish crown and the staff of Aesculapius. Approximately \$25,000 was raised for their National Cancer Research Fund.

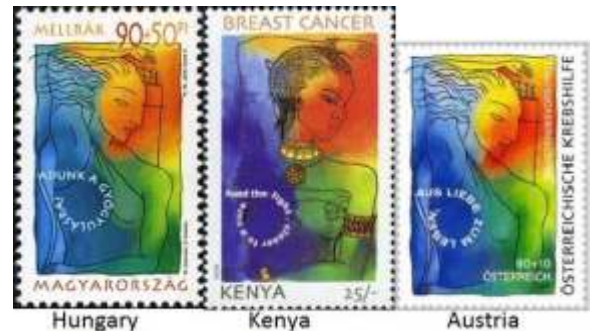


Starting from 1939 for the next 10 years Panama issued a series of postal tax stamps featuring physicists Pierre and Marie Curie to aid in the fight against cancer. From 1954 the Dominican Republic issued compulsory tax stamps depicting a snake tangled around a sword piercing a crab.

The first Croatian anti-cancer postal tax stamp was issued on November 4, 1992. This 15-dinar stamp depicts the epic battle between St. George and the dragon. The stamp was obligatory in all mail sent during November 4-11, 1992.



The USA Breast Cancer Research semi-postal was issued on July 29, 1998, at a first day ceremony held in the White House. It was the first semi-postal in U.S. history. To date, the stamp has raised nearly \$80 million for breast cancer research. The stamp depicts Diana, the huntress and goddess of fertility, reaching behind her



head to pull an arrow from her quiver to fend off an enemy, in this case, breast cancer. The image reflects the same position that a woman assumes for a breast self-exam. Similar stamps were issued by a few other countries also.

The Aland stamp depicts a female warrior without her right breast which is replaced by a tattoo with many different symbols representing important issues to consider when going through cancer treatment. The earnings from the sale of this stamp were awarded in full to the Aland Cancer Society.



Early Contributors



Rudolf Virchow



Rotary Club of Secunderabad Sunrise



The 19th century saw the birth of scientific oncology with use of the modern microscope in studying diseased tissues. **Rudolf Virchow** (1821-1902), the founder of cellular pathology, provided the scientific basis for the modern pathologic study of cancer. Body tissues removed by the surgeon could now be examined and a precise diagnosis could be made. Virchow was the first to recognize leukemic cells.



Karl Rokitansky (1804-1878), the founder of the Pathology School of Vienna, who in a period of 40 years performed more than 30,000 autopsies and described many tumors. He was criticized by Virchow as being not objective and mainly based on the humoral theory of diseases. **Henri Becquerel** (1852–1908) discovered that certain substances have the capacity to generate spontaneous emissions which was later identified as radioactivity by the Curies. The principle is used in radiotherapy today. **Moritz Kaposi** (1837 - 1902) Hungarian dermatologist who discovered the skin tumor 'multiple pigmented sarcoma' that received his name (Kaposi's sarcoma).



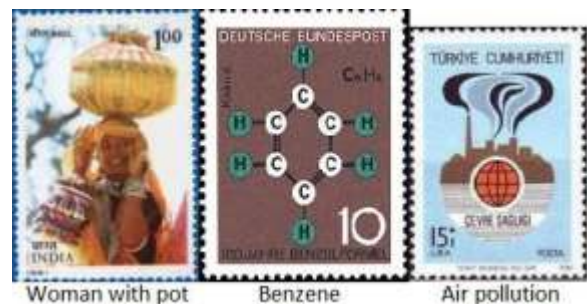
The invention of X Rays by Wilhem Rontgen (1845-1923) in 1895 revolutionized the field of diagnostic imaging. **Antoine Béchère** (1856--1939), was a pioneer in radiology. He is regarded as the founder of medical radioimaging and radiotherapy.

Epidemiology of cancer

Epidemiologists continue to search for factors that cause cancer. In 1775, Percival Pott described an occupational cancer in chimney sweeps, cancer of the scrotum, which was caused by soot collecting in the skin folds of the scrotum. This research led to many

more studies that identified a number of carcinogenic exposures. Lord Shaftesbury, the campaigner for improved working conditions of chimney sweeps

is honoured by a British stamp which depicts the brush of a chimney sweep.



Kangri cancer is a heat-induced skin carcinoma associated with the use of the Kangri which is a traditional fire pot. It is found only in Kashmir in the northwest of the Indian subcontinent. Chemical exposure and cancer date back several thousand years. Benzene has been shown to be a carcinogenic agent causing leukemias, lymphomas, and other hematological cancers. Other chemicals, such as chlorinated hydrocarbons, asbestos, and hexavalent chromium and many others have been shown to be carcinogenic. Researchers continue to find that exposure to certain air pollutants can cause cancer.



Many of the cancers are caused by environmental factors and of these; 30–40% of cancers are directly linked to the diet. The primary dietary factors that increase risk are obesity and alcohol consumption; with a diet low in fruits and vegetables and high in red meat being implicated but not confirmed.

(To be continued...)



The Claws of Cancer (Part Two)

Dr.Sajikumar. J*

(Continued...)



Smoking & Lung Cancer

Smoking is by far the most important preventable cause of cancer in the world. Cigarette smoke contains over 60 known carcinogens. Smoking causes more than four in five cases of lung cancer. Lung cancer has one of the lowest survival rates of all cancers, and is the most common cause of cancer



Lung cancer

death. Smoking also increases the risk of over a dozen other cancers including cancers of the mouth, larynx pharynx, nose and sinuses, oesophagus, liver, pancreas, stomach, kidney, bladder, cervix and bowel, and some types of leukemia.

Alcohol is associated with an increased risk of cancers. 3.6% of all cancer cases and 3.5% of cancer deaths worldwide are attributable to consumption of alcohol. Alcohol increases the risk of cancers of the



Alcohol

Hepatitis B

Radiation

mouth, esophagus, pharynx and larynx, breast, colon, liver and stomach. In some people, the hepatitis B virus can also cause chronic hepatitis that can later develop into cirrhosis of the liver or liver cancer. Up to 10% of invasive cancers especially leukemia are related to radiation exposure.



Otto Hahn

The Sun

Otto Hahn, (1879–1968) German chemist and Nobel laureate, a pioneer in the fields of radioactivity and radiochemistry. He is regarded as "the father of nuclear chemistry". He was a passionate campaigner against the health hazards of radiation, cancer being one of them. Prolonged exposure to ultraviolet radiation from the sun can lead to melanoma and other skin malignancies.



AIDS-related cancers are certain cancer types that are more likely to occur in people who are infected with the HIV. The most common types are Kaposi sarcoma and non-Hodgkin lymphoma. Other AIDS-related cancers include Hodgkin disease and cancers of the lung, mouth, cervix, and digestive system.

*MBBS, DCH, DNB
Consultant Pediatrician
Parabrahma Specialty Hospital, Oachira
Ph; 9847266807, email; drsaji@gmail.com



Rotary Club of Secunderabad Sunrise



Common types of cancers



Breast Cancer

Breast cancer is the most common invasive cancer in females worldwide. It accounts for 16% of all female cancers and 22.9% of invasive cancers in women. 18.2% of all cancer deaths worldwide are from breast cancer.



Breast Cancer

Prognosis and survival rates for breast cancer vary greatly depending on the cancer type, stage, treatment, and geographical location of the patient. Survival rates in the Western world are high; more than 8 out of 10 women survive for at least 5 years. In developing countries, however, survival rates are much poorer.



Lung cancer

Uterine cancer

Prostate cancer

Lung cancer is the leading cause of cancer death and the second most diagnosed cancer in both men and women. 14% of all cancer diagnoses and 28% of all cancer deaths are due to lung cancer. Lung cancer rates are decreasing paralleling decreases in cigarette smoking. **Cancer of the uterus** is the most common cancer of the female reproductive organs. It is the fourth most common cancer and fortunately it's also one of the most curable cancers. **Prostate cancer** is diagnosed in 80% of men who reach age 80.



Cervical cancer is second most common and the fifth deadliest cancer in women. It affects about 16 per 100,000 women per year and kills about 9 per 100,000 per year. Cervical cancer is highly preventable because screening tests and a vaccine to prevent HPV

infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.

Detection of Cancer



Breast Self Examination

Breast self examination is a check-up a woman does at home to look for changes or problems in the breast tissue. Many women feel that doing this is important to their health. However, experts do not agree about the benefits of breast self exams in finding breast cancer or saving lives.



George Papanicolaou

Georgios Papanicolaou (1883 -1962) was a Greek pioneer in cytopathology and early cancer detection, and inventor of the "Pap smear" which is a screening test used to detect pre-cancerous and cancerous processes in the endocervical canal of the female reproductive system. Since the introduction of the Pap test after 1950, the death rate from cervical cancer has decreased by nearly 70 percent, in countries where effective use of the test has been accomplished. It is without doubt the most effective secondary preventive medical strategy ever devised.



Rotary Club of Secunderabad Sunrise



X-Ray

Histopathology

An **X-ray** is one of the oldest forms of medical imaging, and despite all the newer, more sophisticated forms of scanning, an x-ray is still useful for finding and monitoring some types of tumors. A surgical biopsy sample of tissue is examined under a microscope to determine the cellular components and structure, or histology of the cancer. Knowing the **histology** of a cancer is important for determining the type of cancer and the best treatment plan.



Ultrasound scan

Electron microscopy

Ultrasound scan is an extremely versatile tool in the diagnosis of cancer. The uses for conventional (B-mode or real-time) techniques are well established. Newer adaptations like color Doppler, intraoperative, and endoluminal scanning provide incremental advantages in the imaging armamentarium of modern cancer medicine. The high degree of magnification of an **electron microscope** helps to find very tiny details of the structure of cancer cells and provide clues to the exact type of the cancer.



Computed Tomography

Magnetic Resonance Imaging

A **computed tomography** scanner uses X-rays to produce cross-sectional images of the body. When the image slices are reassembled by computer, the result is a very detailed, 3D view of the body's interior. CT scans are investigations that can be used to help to make a cancer diagnosis or assess the

effects of cancer treatment. **MRI** provides good contrast between the different soft tissues of the body, which makes it especially useful in the diagnosis of soft tissue cancers compared to computed tomography. Unlike CT scans or X-rays, MRI does not use ionizing radiation.

The **GI endoscopy** is a procedure used to visually examine the digestive system with a tiny camera on the end of a long, flexible tube. Endoscopy procedures are an integral part of the diagnosis, treatment, and management of gastrointestinal cancer patients.

Modern endoscopic options have improved the diagnosis, staging, treatment and palliation of gastrointestinal cancer patients.



Mammography is the process of using low-energy X-rays to examine the breast and is used as a diagnostic and a screening tool. Mammography helps in the early detection of breast cancer, typically through detection of characteristic masses or microcalcifications.



Pillcam Capsule Endoscopy

CT scan image

Pillcam Capsule Endoscopy is used to examine areas of the small intestine that cannot be seen by other types of endoscopy. The capsule is the size and shape of a pill and contains a tiny camera. After a patient swallows the capsule, it takes pictures of the inside of the gastrointestinal tract. The CT image in a British stamp shows a pancreatic cyst.

(to be continued...)



The Claws of Cancer (Part Three)

Dr.Sajikumar. J*

Treatment of Cancer.

Cancer can be treated by surgery, chemotherapy, radiation therapy, immunotherapy, and monoclonal antibody therapy. The choice of therapy depends upon the location and



Cancer treatments



Cancer treatments

grade of the tumor and the stage of the disease, as well as the general state of the patient. A number of experimental cancer treatments are also under development.

Bangladesh has issued a beautiful stamp depicting the picture of a crab being attacked with these different modes of treatment



Stamps on Chemotherapy

Chemotherapy has proven useful in a number of different cancer types including: breast cancer, colorectal cancer, pancreatic cancer, osteogenic sarcoma, testicular cancer, ovarian cancer, and

certain lung cancers. The effectiveness of chemotherapy is often limited by toxicity to other tissues in the body. A number of cancer chemotherapeutic drugs have been obtained from plants.



Tabebuia

Taxus baccata

Vinca Rosea

Lapachol the antitumour drug is derived from the plants of *Tabebuia* species. **Paclitaxel (Taxol)** was isolated in 1971 from the bark of the Western yew, *Taxus Nut (Taxaceae)*, and was found to have antitumor and antileukemic activity. Anticancer drugs **Vincristine** and **Vinblastine** are derived from the periwinkle plant, *Catharanthus roseus* commonly known as *Vinca rosea*.



Surgery is the primary method of treatment of most isolated solid cancers and may play a role in palliation and prolongation of survival. It is an important part of making the definitive diagnosis and staging the tumor as biopsies are usually required. For some types of cancer surgery is all that is needed to eliminate the cancer.

*MBBS, DCH, DNB
Consultant Pediatrician
Parabrahma Specialty Hospital, Oachira
Ph; 9847266807, email; drsaji@gmail.com



Rotary Club of Secunderabad Sunrise



Billroth Halsted Eiselsberg

THEODOR BILLROTH & WILLIAM HALSTED's work led to cancer operations designed to remove the entire tumor along with the lymph nodes in the region where the tumor was located. Halsted developed the radical mastectomy during the last decade of the 19th century. **Anton von Eiselsberg** was one of the founders of neurosurgery & co-founder of the Austrian Cancer Society in 1910.



PIERRE CURIE & MARIE CURIE

When **MARIE CURIE** (1867-1934) & **PIERRE CURIE** (1859-1906) discovered radioactive Polonium & Radium in 1898 they stumbled upon the first effective non-surgical cancer treatment. With radiation also came the first signs of multi-disciplinary approaches to cancer treatment. The surgeon was no longer operating in isolation, but worked together with radiologists to help patients.



MARIE CURIE

Marie Curie jointly got Nobel Prize in physics in 1903 and alone for chemistry in 1911. Only instance of getting Nobel Prize twice on different subjects. She died of aplastic anemia, almost certainly contracted from exposure to radiation.



RADIOTHERAPY UNITS

Radiation therapy involves the use of ionizing radiation to either cure or improve the symptoms of cancer. It is used in about half of all cases and the radiation can be from either internal sources in the form of brachytherapy or external sources.



Radiation is typically used in addition to surgery and or chemotherapy but for certain types of cancer such as early head and neck cancer may be used alone.



COBALT-BEAM THERAPY

Cobalt-Beam Therapy. Treatment involving the use of gamma radiation from a cobalt-60 source mounted in a cobalt bomb.



G. J. F. Köhler

César Milstein

Georges J. F. Köhler shared the 1984 Nobel Prize in Medicine with **César Milstein** for the discovery of **Monoclonal antibodies** which are used in diagnostic



Rotary Club of Secunderabad Sunrise



testing, for the development of drugs, vaccines and hormones, and for cancer therapy.



Palliative Care

Palliative care refers to treatment which attempts to make the patient feel better and may or may not be combined with an attempt to attack the cancer. Palliative care includes action to reduce the physical, emotional, spiritual, and psycho-social distress experienced by people with cancer.

Prevention of cancer



Physical activity

Nutrition

Physical activity may lower the risk of cancer by preventing obesity, reducing inflammation and hormone levels, and immune system function. The best **diet** for preventing or fighting cancer is a predominantly plant-based diet that includes a variety of vegetables, fruits, and whole grains.



Allium sativum

Artocarpus

Carica papaya

Several population studies show an association between increased intake of *Allium sativum* (Garlic) and reduced risk of cancers of the stomach, colon, esophagus and pancreas. Methanolic extracts of *Artocarpus heterophyllus* plant (Jack fruit) extract exhibited significant anti cancer potential. *Papaya Carica* (Papaya) contains Annonacin, a monotetrahydrofuran acetogenin, shown to arrest cancer cells at the G1 phase.



Smoking

Alcohol

Pollution

Smoking is the most important preventable cause of cancer in the world. The risk of cancer can be reduced by having less **alcohol**. Should have no more than 2 drinks per day for men and 1 drink a day for women. **Avoiding air pollution.** USSR stamp shows a factory emitting smoke pollution which then rains onto a rose and turning it black.

Cancer Congresses



Stamps on Cancer Congresses

The objective of the World Cancer Congresses is to equip delegates with the tools and implements needed to effectively apply knowledge, take action at all levels and address priorities in cancer care efficiently.

Cancer Awareness



The message that should reach everybody is that cancer will be defeated – sooner or later – as is beautifully demonstrated in a 1970 French stamp picturing a smiling lady cured of cancer overcoming the threat of death displayed underneath.



Rotary Club of Secunderabad Sunrise

DG Visit Executive DG Board Meeting & Fellowship at Samanthik Hall Secunderabad Club





Rotary Club of Secunderabad Sunrise

DG Visit Executive DG Board Meeting & Fellowship at Samanthik Hall Secunderabad Club





Rotary Club of Secunderabad Sunrise

DG Visit Executive DG Board Meeting & Fellowship at Samanthik Hall Secunderabad Club





Rotary Club of Secunderabad Sunrise

Attending AGTS



Rajhans Banka
Nominated AG for 2024-25 by incoming DG Sharat Choudhary



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



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. Sydney Gay and Lesbian Mardi Gras, Australia



Starting off with an absolute BOMB (of glitter and neon paints of course) we have the Sydney Gay and Lesbian Mardi Gras! Hoist up your pride flags, wave them sky-high, and show the world just exactly what you're made of, you'll always be accepted here. Whether you're a member of the community or a supportive ally, all are welcome to the "longest-running LGBTQIA+ party in the Southern Hemisphere". If you're dying to go to this, you can book with us on our 'City to Surf in Sydney' trip which conveniently makes a stop at Sydney pride. Live performances, musical events, parades, drag shows, and non-profit initiatives take over Sydney in a colourful and free expression of love and life! (Technically this doesn't start in March, we're just giving you a head-start.)



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



2. Food and Fun Festival, Iceland



Are you bored of the same old microwaveable meal? Not ready to say goodbye to the cold yet? Follow the rumbling of your belly and bring all your hoodies to a land of brand new flavours at the Food and Fun Festival in Reykjavik! This is the ultimate foodie rendez-vous you do not want to miss. Chefs from far and wide gather here and work with locally sourced ingredients to create an absolute circus of aromas and textures. It's fresh, it's fun, it's lip-smackingly delicious. Your taste buds will thank you.

3. Mendoza Grape Harvest Festival, Argentina



Dating all the way back to 1936, the Grape Harvest Festival is an annual event steeped in rich Argentinian history. Tenders of the vine – that's a fancy way of saying winemakers and winegrowers – are introduced and celebrated in this weekend of culture and drink. The weekend is a great example of the beauty of preserved tradition as the whole community comes together to take part. Festivities include the Blessing of the Fruit, and a pageant-parade of chosen princesses and queens, all culminating in the Election, a majestic live show in the evening that is sure to delight.



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



4. Holi, India



Holi is the very popular and dazzling Hindu festival, also known as the Festival of Colours. It takes place every year in March and stems from religious mythology and stories passed down generation to generation. Holi is a day of triumph, when good overcomes evil, and a day of love when the eternal and divine Rhadha Krishna is celebrated across the country. The festival comes to a head in one of the most fantastical displays of joy when coloured powders are launched into the air and coat everyone in attendance. Prepare to be fully immersed during these festivities and welcome light and positivity into your life this spring.

5. SXSW Festival, USA



The South by Southwest film festival is one of the most highly anticipated destinations for the film buffs of the world. Everything is bigger in Texas, and you best believe this top tier film festival is huge! SXSW is a film festival, music festival, and comedy festival all in one! Not only that, but it's also host to a variety of tech panels and exhibitions. Get ready to present your truest and nerdiest self and meet other cool pop-culture obsessed peeps. Definitely a place for the artsy and the brainy to get lost in, this will satisfy all your industry curiosity and maybe even awaken some new passions. Bonus, you may even get the chance to brush up against the sparkle of celebrity. Who can resist that?

This isn't the only film festival to hit up in March though – the Sofia International Film Fest in Bulgaria is a great way to catch some indie films that might otherwise fly under your radar!



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



6. Starkbierzeit Festival, Germany



Welcome to Starkbierzeit Festival, Oktoberfest's younger, but just as hip and trendy, sibling that promises the same levels of entertainment with smaller crowds. Coined as "the secret beer festival locals love" we're inviting you all to chug a pint of Germany's strongest beer on offer. That's right, Starkbierzeit translates to 'strong beer time' and it sure doesn't disappoint. Stronger not only in alcohol content but in nutrients as well, Starkbierzeit was originally started as a way for Monks to get around fasting during Lent. Who knew Monks just want to have fun? Fly, sail, drive, do whatever you have to do to get to Munich and down some of that malty goodness. You'll be cheering and dancing on tabletops like you just don't care!

7. Las Fallas, Spain





Rotary Club of Secunderabad Sunrise

Top Festivals around the world - March



One for the art lovers and art haters alike, flock to Valencia to witness Las Fallas, the annual burning of giant sculptures on St. Joseph's day. This tradition dates all the way back to the Middle Ages and celebrates the patron saints of carpenters. Throughout the year artists and craftsmen create ninots, these huge and colourful papier-mâché sculptures which represent well-known personalities and usually adhere to a satirical theme. At midnight on March 19th they are set ablaze. Have a plateful of paella, this region's specialty, and watch what is probably one of the most unique art shows you'll ever attend.

8. St. Patrick's Day, Ireland



Bet you've been waiting for this one, the one and only, the infamous St. Patrick's Day. This religious celebration has been part of Irish tradition for 392 years and marks the death date of Saint Patrick, the patron saint of Ireland. Despite its hallowed origins, the holiday has spiralled into a colossal celebration that embraces the best of Irish culture. Revellers can be found all over Ireland enjoying many parades, traditional food and song, and of course each other's company. You don't necessarily even need to travel to Ireland for this one though as St. Patrick's Day celebrations take place all over the globe, especially in various American cities with high Irish populations, like Chicago and Boston. Chicago has even been known to dye their river green in the lead up to March 17th...



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



9. Narvik Winter Festival, Norway



Pack your snow boots and warmest flannels in preparation for Vinterfestuka! Established just after World War II, Vinterfestuka is the annual festival in which the town of Narvik pays homage to the rail-workers who built the Ofoten iron-ore railroad, which brought prosperity to the region. Once a year Narvik bursts into life under the midnight sun. Vinterfestuka has grown into a festival of art, music, culture, and theatre, with over 200 unique events and over 50,000 visitors from all corners of the world. The locals put their heart and souls into this to create a warm community that gets visitors coming back year after year.

10. Spring Equinox, Mexico





Rotary Club of Secunderabad Sunrise

Top Festivals around the world - March



Pack your snow boots and warmest flannels in preparation for Vinterfestuka! Established just after World War II, Vinterfestuka is the annual festival in which the town of Narvik pays homage to the rail-workers who built the Ofoten iron-ore railroad, which brought prosperity to the region. Once a year Narvik bursts into life under the midnight sun. Vinterfestuka has grown into a festival of art, music, culture, and theatre, with over 200 unique events and over 50,000 visitors from all corners of the world. The locals put their heart and souls into this to create a warm community that gets visitors coming back year after year.

11. Nyepi Day, Bali



This is a 3-day Indonesian celebration of the New Year, which includes Nyepi day, and vibrant celebrations in the lead up to and after. Nyepi day is a Balinese public holiday observed as a day of silence, fasting, and meditation with the ultimate goal of self-reflection. These rituals begin at 6am and end at 6am the following day, and on this day Bali is very, very quiet. Streets are void of people, noise, food, and smells. It's almost eerie. Although this is a Hindu holiday, non-Hindu residents and tourists are not exempt from these rules. You may be wondering why this is being promoted on a list about festivals? In the days leading up to Nyepi you can expect many colourful processions ferrying offerings to the temples, and vivid straw effigies depicting demons burning in cemeteries to ward off bad spirits. The day after Nyepi is celebrated as New Year's Day and a day of rebirth in many ways. There is a return to normal with music, feasts, and even a Kissing Ritual.



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



12. Opening of Keukenhof Gardens, Netherlands



You've heard of the lavender fields in Provence, those endless rows of lilac flowers, buzzing with bees. But what's better than a monochromatic field? A multi-coloured dream, rows and rows (it does go on) of blooming tulips, dotted with classic wooden windmills, and a whole garden of wonders beyond it. Keukenhof is a spring park established in 1949 and 2023 will be its 74th opening. The garden is 79 acres large and each year it is home to the blooming of over 7 million flowers, including over 800 species of tulips. If you're craving a bit of history and a bit of cheese, be sure to pop over between the 31st of March and the 2nd of April for Holland Heritage weekend in Keukenhof surrounded by the best of what the Netherlands have to offer.





World Health
Organization

Vector-borne neglected tropical diseases:

(transmitted to humans by vectors such as flies,
mosquitoes, snails, bugs, crustaceans)

Chagas disease, dengue and chikungunya,
food-borne trematodiasis, Guinea worm disease,
leishmaniasis, lymphatic filariasis, onchocerciasis,
sleeping sickness, schistosomiasis, trachoma



Can be prevented by:



Spraying insecticides where
vectors gather, breed or rest



Removing standing water
where mosquitoes breed



Sleeping under
bednets



Seeking treatment to
reduce risk of infection
and onward transmission

Transmitted by mosquitoes, flies, and other vectors, these diseases are preventable with a few small actions: clear out mosquito hotspots, sleep safely under bed nets, and seek treatment if you're feeling unwell and could be exposed to these. With 1.62 billion people counting on us, every little bit helps.



EDIBLE CUPS



Coffee Cup

These wafer cups can be chocolate coated for drinks like coffee and milkshakes.

Plain baked wafers are ready to fill with sweet or savory ingredients — try hummus, chaat, pudding, dips, tiramisu and other bite size desserts or fresh fruit — the possibilities are limitless.

It can be also used as service cups for sauces and jams at breakfast table.

Edible chocolate coated wafer cup



Chaat cup



Dessert cup



Horeca use

Soon available in multiple sizes starting from 8mL upto 275mL.

Whole sale packs are available on direct supply and retail packs from your favourite e-commerce marketplaces and retailers near you



Edco-India, Hyderabad

M : +91 7093510007
E : pamnani.rohan@gmail.com
W : www.edco-india.com

Retail packs available on

1. Raplap.com
2. Karachi Bakery
3. Q Mart
4. Balaji Grand Bazar



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



CREATE HOPE
In the WORLD

SAVERA
CHAMPION
PVC PIPES • TUBES • FITTINGS



**CHOOSE RIGHT
CHOOSE CHAMPION**

OUR PRODUCT RANGE

- Garden Hoses
- Steel Wire Reinforced Hoses
- RR Couplers
- Level Pipes
- UPVC Irrigation Pipes & Fittings
- Electrical Conduit Pipes
- Sleeves
- Suction Hoses
- HDPE Pipes & Fittings
- Braided Hoses
- Corrugated Pipes
- PVC-U Drainage Pipes & Fittings
- Suction Hoses
- Lay Flat Tubes



Savera Pipes Pvt. Ltd.,
Lakshmi Nagar Colony,
Suraram Village, Suraram,
Hyderabad, Telangana-500055.

25 Years of
CHAMPION
TRUST

✉ info@saverapipes.com ☎ +91 8454253433

📷 [savera.champion](https://www.instagram.com/savera.champion)

📘 [champion.saverapipes](https://www.facebook.com/champion.saverapipes)

🌐 www.saveraind.com



Rotary Club of Secunderabad Sunrise



**CREATE HOPE
in the WORLD**

2023-24

Disclaimer

All have been attributed to the rightful authors, to the best of our knowledge. If we have omitted something please contact us. The views and opinions expressed in the articles are those of the author(s) and do not necessarily reflect the views or opinions of the editors.

For Private Circulation Only