



Rotary Club of Secunderabad Sunrise RI DISTRICT : 3150



**CREATE HOPE
in the WORLD**

April - 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



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Background theme Fellowship on 28.04.2024
Pic © Rajesh Pamnani



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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

Rtn. Ramaiah

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Zone 5 Chairman - Friendship Exchange

Rtn. Rajhans Banka

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District Chairman -

Vocational Training Teams

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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

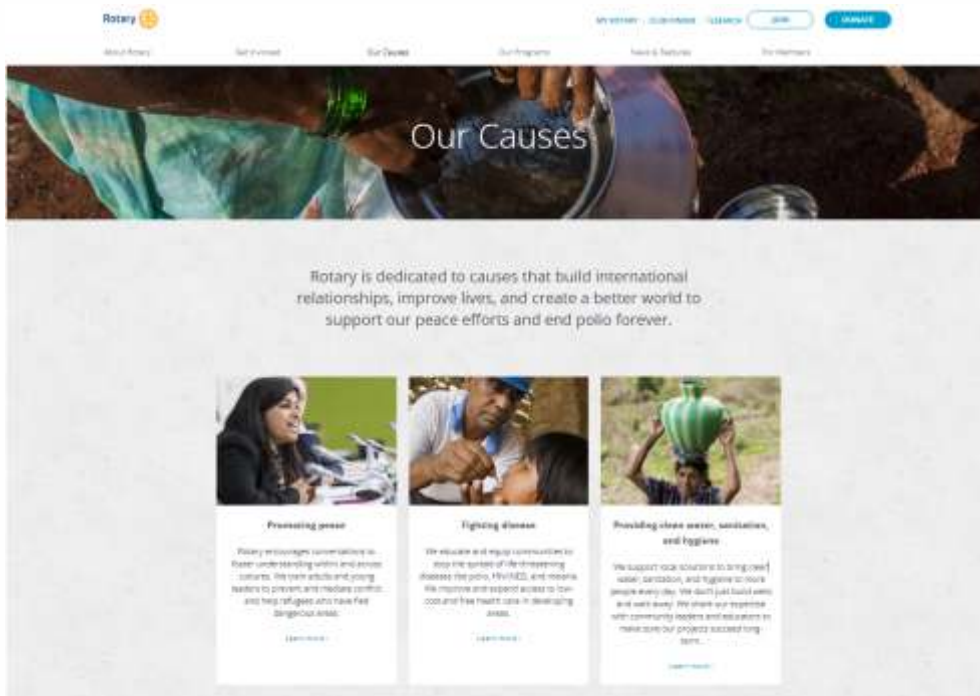
April 2022 - Total Dialysis 80 (15 days)	Jan 2023 - Total Dialysis 391	Jan 2024 - Total Dialysis 583
May 2022 - Total Dialysis 184	Feb 2023 - Total Dialysis 421	Feb 2024 - Total Dialysis 543
June 2022 - Total Dialysis 234	Mar 2023 - Total Dialysis 527	Mar 2024 - Total Dialysis 539
July 2022 - Total Dialysis 281	April 2023 - Total Dialysis 467	Apr 2024 - Total Dialysis 578
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	

We have completed 2 years of Successful Dialysis at our Centre and the Cumulative Dialysis count is 10630. We should pat ourselves for this achievement



Rotary Club of Secunderabad Sunrise

FROM THE EDITOR'S DESK



"Welcome to the April 2024 edition of our Rotary magazine! As we dive into this month's issue, we celebrate the impactful work of Rotary clubs worldwide in tackling pressing global issues and fostering positive change in communities. From environmental sustainability to youth leadership and healthcare innovation, join us in exploring on RI international website the inspiring stories and initiatives that exemplify Rotary's commitment to service above self."

1. "Sustainable Solutions: How Rotary Clubs Are Leading Environmental Initiatives"
2. "Rotary's Global Impact: Spotlight on Humanitarian Projects Across Continents"
3. "Empowering Communities Through Education: Rotary's Role in Promoting Literacy"
4. "Rotary Youth Leadership: Nurturing the Leaders of Tomorrow"
5. "Healthcare Innovation: Rotary's Contributions to Medical Advancements Worldwide"
6. "Building Bridges: Rotary's Efforts in Promoting Peace and Conflict Resolution"
7. "Rotary's Digital Transformation: Harnessing Technology for Social Good"
8. "Celebrating Diversity: Highlighting Rotary's Inclusive Practices and Initiatives"
9. "Rotary's Response to Global Challenges: Lessons Learned and Future Strategies"
10. "Inspirational Stories: Individuals Making a Difference Through Rotary's Service Projects"

"we extend our gratitude to all Rotarians for their unwavering dedication to making a difference in the world. Let's continue to uphold the values of Rotary and work together to build a brighter future for generations to come. Until next time, keep serving with passion and purpose!"

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 (Late)
W/o Rtn. Lokesh Jain
Qualification Mcom from Rajasthan university & Home maker.

Ann Mamta Jhawar
W/o Rtn. Sandeep Jhawar
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.





World Immunization Week, Accelerating the fight against malaria

Global immunization efforts have saved at least 154 million lives over the past 50 years

The global vaccine drives of the second half of the 20th century are one of humanity's greatest achievements. Immunization campaigns have enabled us to eradicate smallpox, nearly defeat polio, and ensure more children survive and thrive than ever before.



This year, during World Immunization Week, we celebrated 50 years of the Expanded Programme on Immunization (EPI), recognizing our collective efforts to save and improve countless lives from vaccine-preventable diseases and calling on countries to ramp up investments in immunization programmes to protect the next generations. In just 5 decades, we went from a world where the death of a child was something many parents feared to a world where every child, if vaccinated, has a chance to survive and thrive.



Malaria disproportionately affects those in situations of greatest poverty and vulnerability

The global vaccine drives of the second half of the 20th century are one of humanity's greatest achievements. Immunization campaigns have enabled us to eradicate smallpox, nearly defeat polio, and ensure more children survive and thrive than ever before.


608 000
malaria deaths
in 2022


249 million
new cases of malaria
in 2022


94%
of all malaria cases
are in WHO African Region

"Accelerating the fight against malaria for a more equitable world"

In recent years, progress in reducing malaria has ground to a standstill. Not only does malaria continue to directly endanger health and cost lives, but it also perpetuates a vicious cycle of inequity. People living in the most vulnerable situations, including pregnant women, infants, children under 5 years of age, refugees, migrants, internally displaced people, and Indigenous Peoples, continue to be disproportionately impacted.



The WHO African Region shoulders the heaviest burden of the disease, accounting, in 2022, for 94% and 95% of malaria case and deaths. Rural populations in the African region living in situations of poverty and with less access to education are the most impacted.



Rotary Club of Secunderabad Sunrise DESIGNATED MONTH



April - Maternal & Child Health

Area of Focus: Maternal and Child Health Month. This month also includes the Birthday of Paul Harris on the 19th of April.

- Address the issue of Mal nutrition's in Children and Pregnant Women
- Develop a Hygiene Education program for school going children
- Conduct Awareness Seminars
- Provide Low-income, Underinsured women with the knowledge, skills and opportunities to improve their diet, physical activity, and other life habits to
- prevent, delay, or control chronic diseases
- Promote School Health
- Promote the adoption of physical activity in early child care centres, schools and work sites



May - Youth Service Month

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

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



Rotary Club of Secunderabad Sunrise



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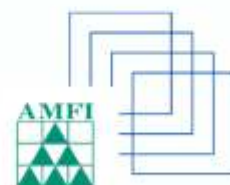


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Rotary Club of Secunderabad Sunrise



Dear Rajesh,

This World Immunization Week, we're grateful to Rotary Foundation supporters like you who help keep communities healthy. We know that vaccines work. Rotary members around the world use them to fight vaccine-preventable diseases such as malaria, COVID-19, HPV, and hepatitis. And we have been using them successfully for decades in our work to end polio.

Rotary and our partners have reduced the number of polio cases worldwide by more than 99.9% since 1988, with Rotary clubs and members everywhere amplifying their efforts to create a polio-free world, one initiative at a time. The future of polio eradication is surveillance to detect the virus, and wastewater-based epidemiology will be a key tool in those monitoring efforts. Before we can celebrate the end of polio, we must remain vigilant and continue our work to immunize up to 400 million children each year.

The success Rotary members have achieved in preventing and treating disease would not be possible without our partners — or without donors like you, Rajesh. During World Immunization Week, 24-30 April, you can support these efforts by:

Sharing our video about ending polio

Fundraising on Raise for Rotary

Donating online or by mail

With your support, we can continue to keep communities healthy and strong by preventing and treating diseases. Together, let's continue the fight against disease this World Immunization Week.

Sincerely,

The Rotary Foundation



Rotary Club of Secunderabad Sunrise RCSS/Archives / 2011...





Rotary Club of Secunderabad Sunrise



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Rtn Lokesh Jain

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Rotary Club of Secunderabad Sunrise



Rotary District 3150



District Seminar on **POSITIVE HEALTH** & **STOP NCD**

Host:
**ROTARY CLUB OF
CHANDANAGAR RC PURAM**



Registration Fee:

Rs.500/-

04 MAY 2024



SATURDAY

05.00PM – 10.00PM



HOTEL THE PLAZA

Begumpet, Hyderabad

(Fee include: Hi-Tea | Drinks | Dinner | Program content)

Dr. B. Shankar Reddy
District Governor

PDG Dr.Sharat Babu
Program Convenor

Rtn. Gopi Krishna
Host Club President

Rtn. Ranjith Reddy
Host Club Secretary

The Registration fee is a nominal of Rs.500 only, please use the below link to Register for the Seminar.

<https://weblink.rotaryindia.org/eventpay.aspx?ID=89Feel>



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.

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Edible chocolate coated wafer cup



Chaat cup



Dessert cup



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Attending SPELL (Secretary & President Elects' Learning League).....
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Rotary Club of Secunderabad Sunrise



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



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. AfrikaBurn – Tankwa, South Africa



AfrikaBurn stands as South Africa's rendition of Nevada's renowned Burning Man festival, ranking among the must-experience global festivals! Held annually from late April to early May, AfrikaBurn unfolds on a remote expanse in Tankwa, situated 400 kilometres from Cape Town in South Africa's Northern Cape. Inaugurated in 2007, the festival has burgeoned into a colossal annual gathering, magnetizing a vibrant community of music aficionados, culture enthusiasts, creators, artists, and trendsetters from across the globe. At AfrikaBurn, attendees are encouraged to immerse themselves in active participation, contributing to the creation of a dynamic city teeming with art, themed camps, music, performances, and elaborate costumes. Throughout the week, monumental wooden structures and sculptures are meticulously erected, culminating in them all being burnt akin to the ritual at Burning Man, marking the festival's culmination.



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



2. BaliSpirit Festival – Ubud, Bali



The annual BaliSpirit Festival, nestled in Ubud, Bali, stands as the ultimate haven for those seeking to enrich their health and wellness journey. Boasting a plethora of over 300 workshops and music sessions encompassing yoga, dance, healing practices, breathwork, martial arts, sound therapy, and more, the festival offers a holistic sanctuary for both the mind and body.

When organizing your trip to the BaliSpirit Festival, it's advisable to allocate additional time beyond the festival week to fully immerse yourself in Bali's offerings. Pre-festival events set the tone for the experience, while post-festival retreats and training programs extend and deepen the transformative journey.

With its remarkable diversity of programs set against the backdrop of Bali's spiritual and picturesque natural landscape, the BaliSpirit Festival promises an indelible and soul-stirring experience.

3. Bergen International Festival – Bergen, Norway





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



The Bergen International Festival is held annually in Bergen, Norway and is firmly established in the northern European arts scene, attracting over 100,000 visitors each year. 400 events are hosted at over 70 different venues and present art in all its guises including music, theatre, dance, opera and visual art. Bergen International Festival is Scandinavia's largest and most important festival. The festival programme is created with something for every taste and occasion, and the events are organised under the three terms Festivities, Foundations and Friction.

4. Cannes International Film Festival – Cannes, France



The annual Cannes Film Festival spans 12 days, showcasing films and documentaries worldwide. It's an essential destination for film enthusiasts and those intrigued by diverse cultures.

The famed opening ceremony features a star-studded red carpet, offering glimpses of beloved celebrities.

Chopard Dinner And Party – Famed for its exquisite jewelry and watches, Chopard hosts extraordinary soirées. Tickets: From £5,000 per person

AmFAR Cinema Against AIDS Party – A glamorous affair featuring a glittering guest list and a vital fundraising auction for AIDS research. Tickets: From £13,000 to £500,000 per person

For an opportunity to mingle with Hollywood's elite (and if budget permits), the Cannes Film Festival is a must-attend event. It is considered to be one of the best top 10 festivals around the world.



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



5. Electric Daisy Carnival (EDC) – Las Vegas, USA



The Electric Daisy Carnival (EDC) is held annually in Las Vegas and is a globally renowned dance music festival. It is the largest dance music festival in North America and the EDC also takes place in Mexico, Florida, and Japan as well.

Under the Electric Sky, fans come together to celebrate life, love, art, and music at this unique multi-day festival. Elements mix to ignite the senses and inspire the imagination. The foundation upon which the festival was built is one of unity, love, self-expression, and respect for one another.

6. Hamamatsu Festival– Hamamatsu, Japan





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



The Hamamatsu Festival is held annually in early May in Hamamatsu, Japan during Golden Week. The festival consists of 2 different aspects: the parade of floats and the huge kite flying festival. Each evening at 6:30pm (sunset) there is a procession through the streets of large ornate floats, each one representing a district of Hamamatsu. Some of the more traditional looking floats are beautifully decorated with ornate wood carvings. The floats carry children playing traditional Japanese instruments, whilst the adults carrying lanterns and flags, make noise, cheer and pull the floats along the road.

7. Hay Festival of Literature and Arts – Hay-on-Wye, Brecon Beacons National Park, South Wales



There is a quaint market town called Hay-on-Wye in Brecon Beacons National Park in South Wales that is known as the 'book town' of Wales. Every May this book town hosts The Hay Festival of Literature and Arts.

Fondly known as the 'Woodstock of the Minds', bookworms, authors and professors flock here to listen to speakers, get news on book releases, buy book-themed tote bags and of course drink the ink! Lasting for 10 days, attendees to this festival can enjoy the events, exhibitions, keynote speakers, book releases and all things literary in one of the world's biggest Literature festivals. Entry to the festival is free but you must pay for tickets to some events and workshops. There's also musicians, comedians, food trucks for the taking and the festival is very family-friendly.



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



8. Madeira Island Flower Festival – Funchal, Madeira, Portugal



If you are looking for a beautiful festival to attend in Europe in May, take a look at the Madeira Flower Festival (Festa da Flor). Madeira Island is a small Portuguese island in the Atlantic, often called the Island of Eternal Spring, or, the Garden of the Atlantic. That's why it is here, in the island's capital Funchal – where you will have a chance to participate in colourful flower celebrations.

The 2022 edition will last over three weeks; it is scheduled to start on the 5th of May, and last until the 29th of May. Every year during the festival, Funchal's city centre will be beautifully decorated with flowers and flower exhibitions and all sorts of flower-related concerts, markets, shows and competitions will be held.

9. New Orleans Jazz and Heritage Festival – New Orleans, USA



We have added the New Orleans Jazz and Heritage Festival in New Orleans to our post on the 'Best Festivals in April' as this is when it begins. However, this festival can be enjoyed in both April and May each year.



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



10. Passport DC Festival – Washington D.C., USA



Can you imagine traveling to 15 countries in an afternoon? Well, you can with at the Passport DC Festival in Washington, D.C! Each May, dozens of embassies and ambassador residences are opened to the public on a few select weekends. It's an incredible international festival of culture, art, and good food. Each embassy or residence can decide how they would like to observe the day. At the embassy for the Republic of Korea, there was K-Pop music playing, beautiful displays of art, and some food to try.

11. Tulip Festival – Amsterdam, Netherlands



If you plan to visit Amsterdam in March, April or May, a day trip to Keukenhof (also known as the Garden of Europe) has to make it to your itinerary. It is the largest flower park in the world. More than 7 million flowers are in bloom during this time.



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



12. VIVID Sydney – Sydney, Australia



VIVID Sydney ranks among the globe's foremost festivals, boasting grandeur and innovation. Annually, this winter extravaganza celebrates the convergence of technology, creativity, and ingenuity, transmuting Sydney's heart into a tapestry of VIVID Light, Music, and Ideas.

By nightfall, the city centre metamorphoses into a mesmerizing open-air gallery, bedecking its iconic landmarks and edifices with captivating works by esteemed light artists. Prime spots for witnessing the VIVID Light spectacle include the Sydney Opera House, The Rocks, Bradfield Park, and Darling Harbour, aglow between 6pm and 11pm nightly.

VIVID Music showcases a diverse line-up of local and international musical talents, while VIVID Ideas hosts stimulating talks by eminent thinkers from around the globe.





Rotary Club of Secunderabad Sunrise



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Rotary Club of Secunderabad Sunrise RCSS Fellowship on 28.04.2024



*Bollywood Retro Night
Extravaganza
Venue: Farzi Cafe*





Rotary Club of Secunderabad Sunrise RCSS Fellowship on 28.04.2024





Rotary Club of Secunderabad Sunrise RCSS Fellowship on 28.04.2024





Rotary Club of Secunderabad Sunrise

MOVERS AND SHAKERS: PARKINSON'S AT A GLANCE



Parkinson's, a progressive neurodegenerative disorder is second most common mental disorder after Alzheimer's. It is a brain condition which occurs due to loss of nerve cells in a particular area of the brain associated with production of dopamine. This condition is categorised by a range of symptoms which aggravates as the disease progresses. An estimated 10 million people worldwide is known to be suffering from Parkinson's with China leading the tally. In India, the occurrence is approximately 76 to 1,00,000 (one of the least worldwide). Approximately 90,000 people are diagnosed with it every year in the USA alone.

The typical symptoms include:

1. **Tremors:** Shaking of the limbs especially hands is one of the early characteristic symptoms of the disease. This may cause problems in holding things, to be able to write and to eat by own hands.
2. **Slow movements (bradykinesia):** The muscles become stiff and painful causing slow voluntary movements like steps becoming shorter, dragging feet as you walk, difficulty in sitting and getting up, bad posture causing a stoop, difficulty in chewing and swallowing to name a few.
3. **Loss of involuntary movements:** Once the disease progresses, patient may suffer loss of involuntary movements like not being able to blink or smile; swinging of arms when walking; control of bladder or bowel.
4. **Loss of balance:** Due to swelling of accumulation of fluid in the lower brain, loss of balance is one of the most common symptoms associated with the disease.
5. **Mental symptoms:** Depression, anxiety, insecurity, irritability, dementia are some of the mental symptoms which could also be present in some patients.
6. **Speech:** The speech could become slurry and voice may become slow or unclear.

Diagnosis: There is no specific lab test or diagnostic technique to determine the occurrence of the disease. The diagnosis is largely based upon the symptoms and medical examination of the condition in addition to brain scans, if needed.

Men are more pre-disposed to the disease than women. The age group likely to suffer is beyond the age of 60. Certain environmental factors could be associated with the occurrence like exposure pesticides, chemicals in mining industries etc.,

Although there is no cure of the disease, it is managed with medication to give symptomatic relief in addition to certain therapies if needed like Deep Brain Stimulation, Focussed Ultrasound, yoga and tai-chi.

Source: Internet



Ann Kanak Kabra



Rotary Club of Secunderabad Sunrise



CREATE HOPE
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Benches Distribution...



Rotary Club of Secunderabad Sunrise is gifting 933 Dual Desks to 25 Government Schools (within 100 kms from Hyderabad) worth around Rs. 35 lakhs under CSR from BHEL.



Rotary Club of Secunderabad Sunrise



CREATE HOPE
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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 Jhawar
- 2015-2016



Rtn. Srinivas Gumidelli
- 2016-2017



Rtn. Samir Gupta
- 2017-2018



Rtn. Praveen Sharma
- 2018-2019



Rtn. Pawan Kumar Tibrewala
- 2019-2020



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Rotary Club of Secunderabad Sunrise



**CREATE HOPE
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2023-24

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