



**THE MAGIC
OF ROTARY**

September 2024



RI DISTRICT 3150



Scan our QR code &
Visit our Magazines

Dist. Gov. : Rtn. Sharath Choudari

Editorial : Rajesh Pamnani

Rtn. Anil Ratan Goyal

Rtn. Samir Gupta

CLUB PRESIDENT (2024-25)

CLUB SECRETARY (2024-25)



CONTENTS

3	Board of Directors (Year 2024-25)
4	Club Members in District Team
5	Editor-Speak
7	Our Editors (2024-2025)
8	President Message
9	Designated Month
11	Birthdays & Anniversaries
13	The Sun's Hidden Cost
15	Rcss Speaker Meeting 14th September
19	Family Fellowship 22nd September
23	World Mental Health Day
24	Out station Fellowship to Ayodhya/Varanasi
26	International Lead Poisoning Prevention Week
29	District Meet- Zonal Membership Conclave



Rotary Club of Secunderabad Sunrise Board of Directors (Year 2024-25)



Rtn. Anil Goyal
Club President



Rtn. Samir Gupta
Club Secretary



Rtn. Pawan Tiberewala
Club Treasurer



Rtn. Krishna Narella
IPP



Rtn. Ajit Gandhi
Executive Secretary



Rtn. Ramesh Notani
Sergeant at Arms



Rtn. Rajhans Banka
Club Trainer



Rtn. Manish Sharma
Vice President



Rtn. Sanjay Kabra
Community Service



Rtn. Praveen Sharma
Youth Services



Rtn. Rajesh Pamnani
Public Image, International
& Magazine



Rtn. Ranjay Goel
Membership



Rtn. Lokesh Jain
Director Club Admin



Rtn. Sandeep Jhavar
Foundation



Rtn. K. A. Ramayya
Dist. Co ordinator



Rtn. Srinivas Gummidelli
Director CSR



Rtn. M. Chandrashekar
Vocational Services



Rtn. LR Surrender
Vocational Services



Rotary Club of Secunderabad Sunrise

Club Members in District Team



Club Members in the District 3150 Team for 2024-25

RI Club Excellence/ District Awards - (District Co Chairman & City)

Rtn. K.A. Ramayya

9391132959

ramayya_ka@yahoo.com

Secunderabad Sunrise

Sports District Chairman

Rtn. Shravan Malani

Secunderabad Sunrise

Assistant Governor

Rtn. Rajhans Banka

Secunderabad Sunrise

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	May 2023 - Total Dialysis 500	May 2024 - Total Dialysis 634
Sep 2022 - Total Dialysis 295	June 2023 - Total Dialysis 491	June 2024 - Total Dialysis 572
Oct 2022 - Total Dialysis 303	July 2023 - Total Dialysis 506	July 2024 - Total Dialysis 570
Nov 2022 - Total Dialysis 329	August - Total Dialysis 517	Aug 2024 - Total Dialysis 535
Dec 2022 - Total Dialysis 341	September - Total Dialysis 525	September - Total Dialysis 461
	October - Total Dialysis 558	
	November - Total Dialysis 564	
	December - Total Dialysis 576	

Effect of New centre opened by Mahavir at Karkhana. I believe some patients are shifted because they are staying near to Karkhana.



Rtn. Rajesh Pamnani
International Services (2024-25)



The Illusion of Ease: Why Photography Isn't Getting Better—Despite the Tools

As a serious iPhone photographer, I have witnessed an unprecedented shift in the world of photography. There's no denying it—phone cameras have democratized the art.

Today, anyone with a phone in their hand can capture a moment, edit it, and post it online in seconds. The ease, speed, and simplicity of phone photography have removed countless barriers, allowing millions to engage with the craft.

But here's the uncomfortable truth: just because photography has become more accessible doesn't mean it's getting better.

When I scroll through social media, I see a flood of images—some creative, some compelling, but many are, sadly, lacking in substance. We've fallen into the trap of equating the camera we hold with the quality of the photograph we produce. The widespread belief is that a better phone camera will lead to better photography. But it doesn't work that way. The quality of the image starts and ends with the photographer, not the device.

The reality is, better photography comes from learning to be a better photographer—not just owning the latest and greatest phone.

I've been doing this for decades, from the days of film to the digital revolution, and now, mostly using phone cameras.



What I've learned is that great photography isn't something you can purchase. It has to be learned, practiced, and refined over time.

You can't shortcut the fundamentals—composition, lighting, storytelling, emotion—by buying a new phone. You still have to put in the work.

I love that phone cameras have given everyone the opportunity to engage with photography. It's amazing to see how easy it is to snap a photo, edit it on the spot, and share it with the world. But what I don't love is how we've devalued these moments.

With every casual snap, we lose a little of the weight and meaning behind the photograph. When you can take 100 photos in a minute and discard 99 of them without a second thought, the act of creating an image becomes less intentional, less meaningful, less important, less significant.

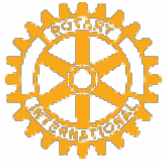
As phone cameras get more advanced, it's tempting to think that these tools will make us better photographers. But better tools only take us so far. The rest is up to our discipline, our vision, and our effort.

The true magic of photography lies in the ability to connect with a moment, to see something others might miss, and to translate that feeling into a frame. That doesn't come from the latest technology—it comes from within the photographer.

I'm not saying we should stop using phone cameras. Quite the opposite, I'm a passionate advocate for them. But we need to resist the urge to rely solely on the technology to make us better. Instead, we need to focus on learning and growing as photographers, respecting the craft, and giving our images the weight and care they deserve.

In a world where it's never been easier to take a photo, it's also never been more important to remember that great photography has to be earned, not bought.





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 Rituu 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.

Professional consultant for Vastu, Crystal Healer and Numerologist.



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 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.

All the members and their families expressed their overall bonding, satisfaction and bonhomie in the complete trip - including

- * the stay,
- * the local cuisines (including chaat and paans),
- * the vehicles used for transportation,
- * the overall communication,
- * the exclusive evening/night get-togethers,
- * the fun filled bus rides to various destinations &
- * THE RCSS SPIRIT

Thank you



Rtn. Anil Goyal
President (2024-25)
+91 9396238400



Rotary Club of Secunderabad Sunrise DESIGNATED MONTH



October - Economic and Community development

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

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



November - Rotary Foundation Month.

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



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



BIRTHDAYS & WEDDING ANNIVERSARIES - OCTOBER



BIRTHDAY

- 05/10 - Rtn. Vineet Giria
- 06/10 - Ann. Beena Ramnarayan
- 08/10 - Rtn. Kirthi Chilukuri
- 12/10 - Ann. Anuradha Goel
- 18/10 - Ann. Vijayalaxmi Musthalia
- 23/10 - Rtn. Srinivas Gumidelli
- 23/10 - Ann. Rama Devi
- 30/10 - Ann. Sujata Ramayaa
- 31/10 - Rtn. Dr Surendra

ANNIVERSARY

- 30/10 - Rtn. Ramnarayan & Beena

PROGRAMME

- 05/10 - Visit to Dialysis Centre
- 26/10 - Know your members at Kirti place





CERTIFIED ISO 9001

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



The Sun's Hidden Cost: The Toxic Truth Behind Solar Power.

The average lifespan of a solar panel is 25-30 years, and between 2030 and 2060, 9.8 million metric tons of solar panel waste is expected.

"A study found that solar panels create 300 times more toxic waste per unit of energy than nuclear power plants."



The Dark Side of Solar Power

The stark contrast between the promise of solar power and its environmental consequences raises profound questions. Are we sacrificing long-term sustainability for short-term gains? Can we truly afford to ignore the hidden costs of our energy choices? The answer lies in a concerted effort to develop innovative recycling technologies and implement robust waste management strategies. By investing in research and development, we can ensure that the sun's energy continues to shine brightly, without casting a shadow of toxic waste.

The future of solar power depends on our ability to address this growing challenge. It is time to recognize that even the cleanest energy sources can have unintended consequences. Let us commit to a sustainable future where the sun's energy is harnessed responsibly, leaving no toxic legacy behind.

The implications of this toxic waste crisis are far-reaching. Improper disposal can contaminate soil and water, posing a serious threat to human health and ecosystems. Recycling solar panels is still in its infancy, with limited infrastructure and technology available to recover valuable materials. As a result, a significant portion of solar panel waste may end up in landfills, where it will leach toxic substances into the environment for decades to come.

The implications of this toxic waste crisis are far-reaching. Improper disposal can contaminate soil and water, posing a serious threat to human health and ecosystems. Recycling solar panels is still in its infancy, with limited infrastructure and technology available to recover valuable materials. As a result, a significant portion of solar panel waste may end up in landfills, where it will leach toxic substances into the environment for decades to come.

The stark contrast between the promise of solar power and its environmental consequences raises profound questions. Are we sacrificing long-term sustainability for short-term gains? Can we truly afford to ignore the hidden costs of our energy choices? The answer lies in a concerted effort to develop innovative recycling technologies and implement robust waste management strategies. By investing in research and development, we can ensure that the sun's energy continues to shine brightly, without casting a shadow of toxic waste.

The future of solar power depends on our ability to address this growing challenge. It is time to recognize that even the cleanest energy sources can have unintended consequences. Let us commit to a sustainable future where the sun's energy is harnessed responsibly, leaving no toxic legacy behind.



R & D Engineers

Profitable Ideas for Cones & Wafers Biscuits

New products to extent your portfolio to include these products...

Monaka Wafer



RW Series

Wafer Products



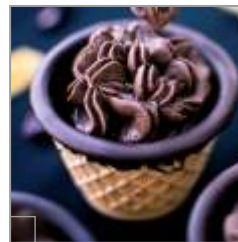
RS-TT Series

Wafer Biscuits



SW/AW Series

Edible Cups



Za (C) & Zaw Series

Minature Cones



Zaw Series

To find out more about how we can help you to start a new product
Take a image of this page check box your interest and send by...

Whatsapp : +91 9959000380

Mail : info@rndwafers.com

Web : www.rndwafers.com

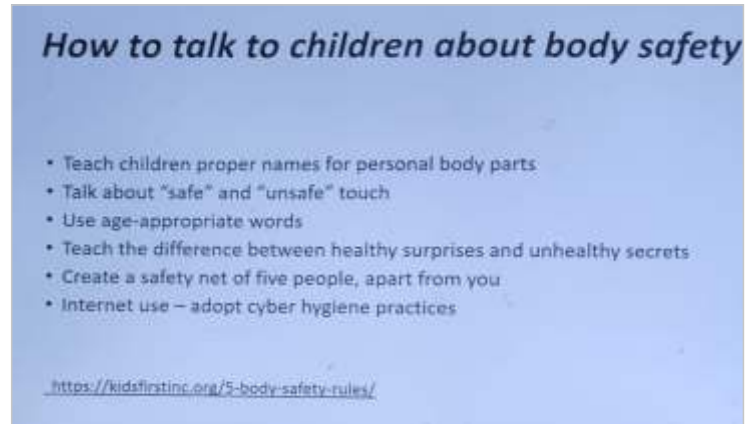
R & D Engineers

A-41, IDA Kukatpally, Phase II, Road No.4, Via I.E. Gandhi Nagar, Hyderabad-500 037. India.



Rotary Club of Secunderabad Sunrise

RCSS Speaker Meeting 14th Sep 2024, Speaker : Mrs. Sailaja Pillutla,
Topic: Child Sexual Abuse - Awareness & Prevention



The subject was very intense and was supported by data & real life incidents. Our children are our greatest treasure. They are our future. Those who abuse them tear at the fabric of our society & weaken our nation.

Child sexual abuse(CSA) is a state of emotional, physical, economic and sexual maltreatment meted out to a person below the age of 18 and is a globally prevalent phenomenon. Child sexual abuse describes any incident when an adult engages a minor in a sexual act or exposes the minor to inappropriate sexual material.

In India, as in many other countries, there has been no understanding of the extent, magnitude & trends of the problem. The growing complexities of life & the dramatic changes brought about by socioeconomic transitions have played a major role in increasing the vulnerability of child abuse.

The statistics are scary and it is not just a girl child who is a victim of sexual abuse, boys are also targeted by their predators. The prey are mostly innocent children between the age of 3 & 17. The predators are mostly either from within the family or known to the family in some way or the other. The effects of child abuse are guilt, impaired development, poor physical health, psychological issues, relationship issues, substance abuse, behavioural issues and abusive to others to name a few.

How to prevent CSA:

As per Ms. Shailaja

- * Parents need to teach their children about body safety.
- * Children need to be taught about good touch & bad touch from the age of 3. And this keeps changing as they grow older.
- * Parents or guardians need to be more understanding and open towards their child's emotional needs.
- * They need to be alert in recognising the signs of abuse in their children.
- * They can also use the help of educational programs, support from professionals & counsellors from the field.

In conclusion "A child that is being abused sexually, physically or emotionally does not stop loving. But it stops loving itself".



Rotary Club of Secunderabad Sunrise

RCSS Speaker Meeting 14th Sep 2024, Speaker : Mrs. Sailaja Pillutla,
Topic: Child Sexual Abuse - Awareness & Prevention





HOW TO FREE YOUR MIND: COGNITIVE DISTORTIONS

*When your brain is lying to you,
become aware and adjust!*

OVER GENERALIZING You see a constant, negative pattern based on one event.

The fix: Ask yourself, "how do I know this? What's the real-life experience to prove this? Is this proof truly sufficient?"

BLAMING/DENYING You blame others or yourself instead of thinking of what you could do to make "it" right.

Example: "I can't concentrate with that noise, so now i can't finish!"

The fix: Take responsibility for what you are blaming and claim the ability to be bigger than it. "I can be mindful of all sounds and still work through them."

SELF-COMPARISONS Measure yourself against others with constant superior or inferiority judgements.

The fix: You can wish the best for others, and mirror the same wish for yourself.

MAGICAL THINKING You are always thinking "Everything will be better when..."

The fix: Be gracious. Appreciate the present. Work with what you have, now.

MIND READING You make assumptions of what others are thinking.

The fix: Communicate directly with others and let them tell you how they feel. Don't worry unless they tell you there is a problem.



DISCLAIMER: Health Tips are designed for educational purpose only and are not intended to serve as medical advice. The information provided should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or suspect you may have a health problem, you should consult your health care provider.



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 | pawanelt1978@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

Family Fellowship on 22nd Sep 2024

hosted by Meera-Bimal, Preeti-Praveen, Indira-Manish, Vishakha-Harsh & Rituu-Samir.





Rotary Club of Secunderabad Sunrise

Family Fellowship on 22nd Sep 2024

hosted by Meera-Bimal, Preeti-Praveen, Indira-Manish, Vishakha-Harsh & Rituu-Samir.





Rotary Club of Secunderabad Sunrise

Family Fellowship on 22nd Sep 2024

hosted by Meera-Bimal, Preeti-Praveen, Indira-Manish, Vishakha-Harsh & Rituu-Samir.





Rotary Club of Secunderabad Sunrise



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

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

www.jaishree.com



World Mental Health Day, 10 October 2024
“Mental Health at Work”

This World Mental Health Day, WHO is uniting with partners to highlight the vital connection between mental health and work. Safe, healthy working environments can act as a protective factor for mental health. Unhealthy conditions including stigma, discrimination, and exposure to risks like harassment and other poor working conditions, can pose significant risks, affecting mental health, overall quality of life and consequently participation or productivity at work. With 60% of the global population in work, urgent action is needed to ensure work prevents risks to mental health and protects and supports mental health at work.

It is essential for governments, employers, the organizations which represent workers and employers, and other stakeholders responsible for workers' health and safety to work together to improve mental health at work. Action to address mental health at work should be done with the meaningful involvement of workers and their representatives, and persons with lived experience of mental health conditions. By investing efforts and resources in evidence-based approaches and interventions at work, we can ensure that everyone has the opportunity to thrive at work and in life. Let's take action today for a healthier future.



Rotary Club of Secunderabad Sunrise Out station Fellowship to Ayodhya/Varanasi on 27th Sep 2024





Rotary Club of Secunderabad Sunrise Out station Fellowship to Ayodhya/Varanasi on 27th Sep 2024





International Lead Poisoning Prevention Week 2024 - Bright futures begin lead free

The focus of this year's campaign "Bright Futures begin Lead Free" reminds governments, civil society organizations, health partners, industry and others of the unacceptable risks of lead exposure and the need for action to protect children's health. The campaign builds on the success in outlawing the use of lead in petrol and the progress achieved by many countries in establishing laws that limit the use of lead in paint, particularly those paints to which children are exposed in their homes, schools and playgrounds.

This webpage provides advocacy materials and technical guidance to support campaigners in organizing events during the week of action and an events registration page where campaigners can showcase their events during the week.



About the campaign

International Lead Poisoning Prevention Week (ILPPW) takes place every year during the third week of October. In 2024, ILPPW celebrates 12 years of concerted action to eliminate lead paint.

The aims of ILPPW are to:

- raise awareness about the health effects of lead exposure;
- highlight the efforts of countries and partners to prevent lead exposure, particularly in children; and
- urge the completion of action to eliminate lead paint through regulatory action at country level.

Governments, civil society organizations, health partners and others are encouraged to organize campaigns during ILPPW. A range of materials to support campaign activities are made available through the campaign website. We invite campaign organizers to register their activities on WHO's webpage to spread awareness of events happening across different countries, cities and other regions.



Event

The registration of events by organizers is an important part of campaigning for International Lead Poisoning Prevention Week and enables WHO and others to get an idea of the number and nature of events taking place around the world. An online form [Events registration form - International Lead Poisoning Prevention Week 2024](#) is available for event organizers to share key details about events being organized. Following validation by the WHO team, information about these events will be published on this website.



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.



✉ info@saverapipes.com ☎ +91 8454253433

📱 @savera.champion 🌐 champion.saverapipes 🌐 www.saveraind.com



Rotary Club of Secunderabad Sunrise



District Meet- Zonal Membership Conclave on 28th & 29th Sep 2024





HYPEX 2024

Reg No 105/1969

THE HYDERABAD PHILATELIC AND HOBBIES SOCIETY

STAMPS, COINS & CURRENCY DEALERS' MEET

15th, 16th & 17th November 2024

Friday, Saturday & Sunday

10:00 AM to 06:00 PM



B.K. NAGPAL - President 9885031013

SAGI SRINIVAS RAJU - Secretary 9849302830

S. SRIKANTH - 9290744447 - Joint Secretary



Venue :



Federation of Telangana Chambers of Commerce and Industry (FTCCI)

Pragati Printers Lane, Red Hills, Hyderabad - 500 004.

Free Entry

Free Entry

Free Entry

Rights of Admission Reserved



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 Jhawar
- 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



Rtn. Krishna Narella
- 2023-2024



Rotary Club of Secunderabad Sunrise



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