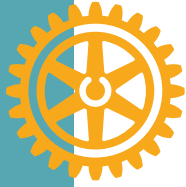


Rotary



THE MAGIC OF ROTARY

RI DISTRICT 3150



November 2024



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Dist. Gov. : Rtn. Sharath Choudari

Editorial : Rajesh Pamnani

Rtn. Anil Ratan Goyal

Rtn. Samir Gupta

CLUB PRESIDENT (2024-25)

CLUB SECRETARY (2024-25)



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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



Winter Holiday
India - State of Sikkim



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	Sep 2024 - Total Dialysis 461
	October - Total Dialysis 558	Oct 2024 - Total Dialysis 464
	November - Total Dialysis 564	Nov 2024 - Total Dialysis 409
	December - Total Dialysis 576	



Rtn. Rajesh Pamnani
International Services (2024-25)



2024 - A Year to Embrace Global Citizenship

As we step into the last month of 2024, it is time to reflect on the events that shaped this year and reminded us of the interconnected world we live in. The events of each month were more than just milestones; they were reminders of why we must embody the spirit of global citizenship and strengthen the fabric of unity that binds us all.

January: The Australian Open Tennis Tournament

The year began with one of the most prestigious sporting events in Melbourne, bringing athletes and fans from around the world together. It highlighted how sports transcend borders, fostering camaraderie, and mutual respect. A global citizen embraces such unity in diversity and strives to build bridges across divides.

February: The Winter Olympics in Milan-Cortina, Italy

Athletes defied physical limits and represented their nations with pride, but the Winter Olympics were more than a competition—they were a celebration of humanity's shared dreams. As global citizens, we must similarly unite, setting aside differences to work toward common goals.

March: International Women's Day (March 8)

This month focused on gender equality and empowering women worldwide. It was a clarion call for global citizens to champion inclusivity and ensure no one is left behind in our collective journey toward progress.

April: Earth Day (April 22)

April's global spotlight was on climate action. The environmental challenges we face are borderless, emphasizing the need for a unified approach. A global citizen takes responsibility for the planet, knowing their actions impact communities near and far.

May: Cannes Film Festival, France

The Cannes Film Festival celebrated creative excellence from all corners of the globe. Through the art of storytelling, it reminded us that we are all part of a shared human experience, bound by emotions and aspirations. Global citizens value and protect this cultural exchange.

June: UN World Refugee Day (June 20)

This month brought attention to the millions displaced by conflict and crises. It underscored the necessity for empathy, compassion, and collective action—qualities inherent in a global citizen.

July: Tour de France

Cyclists from across the globe raced through breathtaking terrains, demonstrating determination and resilience. Their journey reflects the path global citizens take—overcoming obstacles together to achieve a common destination.



August: World Humanitarian Day (August 19)

August honored humanitarian workers who risk their lives to serve others in need. It is a reminder that each of us has a role in alleviating suffering and spreading kindness—a hallmark of global citizenship.

September: UN General Assembly

The annual assembly served as a platform for leaders to discuss pressing global challenges. As global citizens, we must participate in these conversations, whether through advocacy, volunteerism, or education, to create a better future for all.

October: Nobel Prize Announcements

The Nobel Prizes celebrated contributions to peace, science, and the arts that transformed lives worldwide. They remind us that innovation and collaboration can drive meaningful change, a core belief of global citizens.

November: Diwali - Festival of Lights

While rooted in India, Diwali is celebrated across the globe, symbolizing the triumph of light over darkness. Global citizens illuminate the world by fostering hope and positivity in the face of adversity.

December: COP29 - Climate Summit

As the year concludes, world leaders and activists gather to address climate change. It is a reminder that unity is critical in solving challenges that affect us all. Global citizens understand that only collective action can secure our shared future.

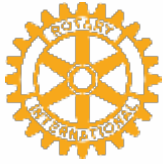
The Call for Global Citizenship

Each of these events demonstrates the interconnectedness of our lives. In an era where challenges like climate change, inequality, and conflict transcend borders, the need for global citizenship is more urgent than ever. Being a global citizen means embracing empathy, valuing diversity, and contributing to the well-being of humanity at large.

Let 2024 inspire us to weave a stronger fabric of unity—one where every thread represents a global citizen committed to a world of peace, progress, and prosperity. Let us rise to the occasion, not just as individuals from nations but as custodians of our shared destiny.

— Editorial Team





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.



December - Disease Prevention and Treatment

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

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



January - Vocational Services

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



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BIRTHDAYS & WEDDING ANNIVERSARIES - DECEMBER



BIRTHDAY

01/12 - ANN. MEERA GARODIA
03/12 - RTN. SIDDHARTH KHINVASARA
04/12 - ANN. JYOTI SURANA
08/12 - ANN. DR. KEERTI PISSAY
09/12 - RTN. GAURAV NYATI
16/12 - ANN.VARSH GAUTAM
17/12 - RTN. SANDEEP JHAWAR
19/12 - ANN. ARCHANA GOYAL
24/12 - RTN.SOMA PRADYUMNA
25/12 - RTN.SUNDEEP MUNTA
25/12 - ANN.REENA AGARWAL
31/12 - RTN. RAJESH SURANA
31/12 - RTN.VIKRAM MEHTA

ANNIVERSARY

02/12 - RTN. PRAVEEN & REKHA LUNAWATH
02/12 - RTN. PANKAJ & KAVITA AGARWAL
04/12 - RTN. SIDHHARTH & PRITTI KHINVASARA
07/12 - RTN. TARUN & GEETANJALI RUNGTA
07/12 - RTN. SUDHIR & MANJU AGARWAL
08/12 - RTN. AJIT & SHILPA GANDHI
08/12 - RTN. MEHUL & BIJAL SHAH
10/12 - RTN. JITENDER & MONIKA AGARWAL
10/12 - RTN. GAURAV & SEEMA NYATIL
11/12 - RTN. SANDEEP & MAMTA JHAWAR
15/12 - RTN. SUNDEEP & SWATHI MUNTA
28/12 - RTN. RAJESH & TANVI PAMNANI
28/12 - RTN. CHANDRASEKHAR & VIJAYALAXMI

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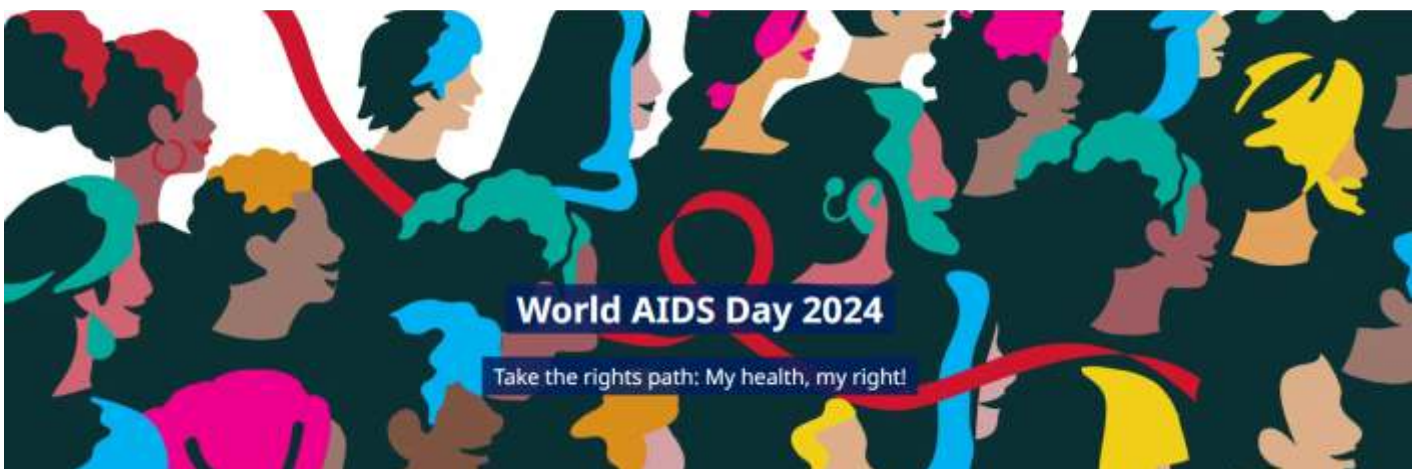
1 December is World AIDS Day

World AIDS Day brings together people from around the world to raise awareness about HIV/AIDS and demonstrate international solidarity in the face of the pandemic.

The day is an opportunity for public and private partners to spread awareness about the status of the pandemic and encourage progress in HIV/AIDS prevention, treatment and care around the world. It has become one of the most widely recognized international health days and a key opportunity to raise awareness, commemorate those who have died, and celebrate victories such as increased access to treatment and prevention services.

The world can end AIDS – if everyone’s rights are protected. With human rights at the centre, with communities in the lead, the world can end AIDS as a public health threat by 2030.

On 1 December WHO joins partners and communities to commemorate World AIDS Day 2024. Under the theme “Take the rights path: My health, my right!”, WHO is calling on global leaders and citizens to champion the right to health by addressing the inequalities that hinder progress in ending AIDS.





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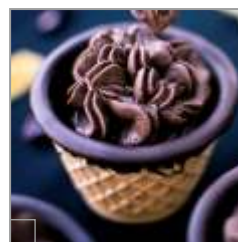
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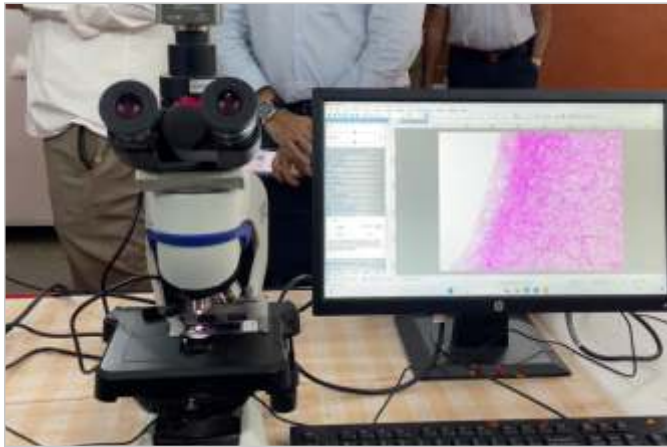
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Rotary Club of Secunderabad Sunrise



Inauguration of medical equipments on 5th Nov 2024 at MNJ Cancer Hospital





Rotary Club of Secunderabad Sunrise



Inauguration of medical equipments on 5th Nov 2024 at MNJ Cancer Hospital





Inauguration of medical equipments on 5th Nov 2024 at MNJ Cancer Hospital





Rotary Club of Secunderabad Sunrise



Rtn. Stephanie A. Urchick
RI President



Rotary International District -3150



Rtn. K. Sharath Choudary
Dist. Governor

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Rotary District 3150



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Rotary Club of Secunderabad Sunrise

RCSS Non-Stop Diwali Party Fellowship on 16th Nov 2024





Rotary Club of Secunderabad Sunrise

RCSS Non-Stop Diwali Party Fellowship on 16th Nov 2024





Rotary Club of Secunderabad Sunrise

RCSS Non-Stop Diwali Party Fellowship on 16th Nov 2024





Rotary Club of Secunderabad Sunrise

RCSS Non-Stop Diwali Party Fellowship on 16th Nov 2024



Family Fellowship held on 16.11.2024.

Hosts:

1. Srinivas - Nagini
2. Rajnish - Keerthilata
3. Mukesh - Archana
4. Pradyumna - Ranjini
5. Satish - Rama

Thanks to the hosts for putting in great effort for a successful Diwali fellowship.

HIGHLIGHTS:

- * Organizing 4 couple games keeping everyone busy from the start
- * Engrossing casino (the Goa feel everyone crowding towards tables , drinks & snacks)
- * Rummy tournament by Shekar ,
- * Lively music
- * Delicious snacks & sumptuous buffet.
- * The venue was very well decorated with flowers etc a feel of more than 5 star banquet
- * Diya decorating
- * Fire Cracker show
- * Above all : Members participation & involvement.

Aptly coined:

RCSS Diwali Party @ Gumidelli Towers *SKY Party Zone”



Rotary Club of Secunderabad Sunrise



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Rotary Club of Secunderabad Sunrise



RCSS Speaker Meeting on 23.11.2024 at Marriott Hotel , Tank Bund
Speaker: Dr. Samathall Tulla, Topic: Anti-Aging and Longevity





Rotary Club of Secunderabad Sunrise



RCSS Speaker Meeting on 23.11.2024 at Marriott Hotel , Tank Bund
Speaker: Dr. Samathall Tulla, Topic: Anti-Aging and Longevity



The speaker Dr. Samatha Tulla is an Internal Medicine physician specializing in longevity and personalised medicine.

She talked about how the choices we make in affect our health (Epigenetics). The importance of nutrition, eating fresh food and avoiding processed food and including 40% veggies in our diet. The talk was very interesting and informative. The speaker was to the point and clarified the doubts of Rotarians and Anns.



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Rotary Club of Secunderabad Sunrise

Speaker Meet: Talk by Dr. Samatha Tulla on “Reverse Aging”



RCSS organised a speaker meet on 23rd November'24 for Members and Anns of the club. The speaker to grace the occasion was Dr. Samatha Tulla, an Internal Medicine Physician specialising in longevity and personalised medicine. She is the co-founder and clinical head of PMX Health.

The talk was enlightening and enriching as it gave simple insights into how to take charge of our health by following simple tips. The speaker herself was an epitome of grace and poise and indeed a reflection of what she preaches and practices. Her small talk was very practical and relatable. Some of the takeaways from her talk are summarised here.

1. Consumption of carbohydrates should be reduced, but not to be eliminated completely. We should try to consume complex carbohydrates instead of simple ones. Sources of simple carbohydrates are ultra processed food like fast food, high fructose corn syrup, processed sugar and items made from it which should be avoided at any cost. Sources of complex carbohydrates include grains with fibre, lentils, vegetables, whole fruits etc.

2. Proteins are building blocks required for building and repairing muscles and other tissues and organs. Non-vegetarian sources of protein score higher in terms its bio-availability and providing with full spectrum of essential amino acids. Non-vegetarian sources include eggs, chicken, fish, mutton etc. Some of the vegetarian sources are lentils, legumes which are not complete protein but when mixed with other grains can provide complete protein.

3. Dairy is inflammatory as the source is contaminated in today's time. The milk today is laden with pesticides and hormones and is affecting us negatively by causing inflammation in our body leading to a number of diseases. It should only be consumed if the source could be trusted. Nut milk is a better option over regular dairy in case it is made at home.

4. Whey protein powders are not as good as they are promoted to be. Plant based protein powders like sattu, pea protein etc., are a better alternative.

5. Cold pressed oils need to be introduced back into our cooking. Refined oils are inflammatory and are responsible for a number of health conditions.

6. Sleep is essential and we should never compromise on quality sleep.

7. We should bring back slow cooking methods back into our kitchen.

I am in awe of the simplicity coupled with profound knowledge with which the speaker presented her talk and rekindled in all of us the need to go back to our roots when it comes to nutrition and good health.

I truly appreciate the choice of speaker by RCSS as the session was truly insightful and we all have gained immensely from it. Hope to see more such session being planned in the future.



Ann Kanak Kabra



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Rotary Club of Secunderabad Sunrise

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- 2002-2003



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- 2003-2004



Rtn. Lokesh Jain
- 2004-2005



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- 2005-2006



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- 2006-2007



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- 2007-2008



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- 2008-2009



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- 2009-2010



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- 2010-2011



Rtn. Shravan Malani
- 2011-2012



Rtn. K. Amarnath
- 2012-2013



Rtn. Phanindra Kumar
- 2013-2014



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- 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



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