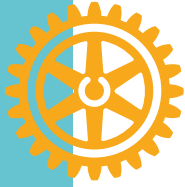


# Rotary



## THE MAGIC OF ROTARY

### RI DISTRICT 3150

December 2024



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*Editorial : Rajesh Pamnani*

**Rtn. Anil Ratan Goyal**

CLUB PRESIDENT (2024-25)

**Rtn. Samir Gupta**

CLUB SECRETARY (2024-25)



# CONTENTS

3	Board of Directors (Year 2024-25)
4	Club Members in District Team
5	Editor-Speak
6	Our Editors (2024-2025)
7	Secretary Report
08	Designated Month
10	Birthdays & Anniversaries
14	Give the gift of Rotary
15	World Leprosy Day
18	RCSS know your Rotarian
22	DG visits at the Dailysis Center
23	The Annual District Governor's Visit
27	Our Past Presidents



# 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



San Marino is a mountainous microstate surrounded by north-central Italy. Among the world's oldest republics, it retains much of its historic architecture. On the slopes of Monte Titano sits the capital, also called San Marino, known for its medieval walled old town and narrow cobblestone streets. The Three Towers, castlelike citadels dating to the 11th century, sit atop Titano's neighboring peaks.

### Dialysis Analysis from Start

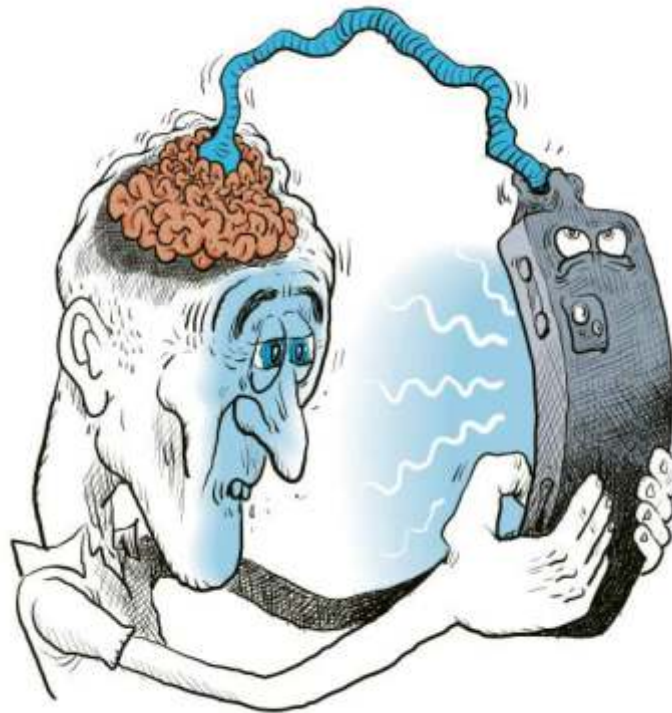
April 2022 - Total Dialysis 80 (15 days)	Jan 2023 - Total Dialysis 391	Jan 2024 - Total Dialysis 583
May 2022 - Total Dialysis 184	Feb 2023 - Total Dialysis 421	Feb 2024 - Total Dialysis 543
June 2022 - Total Dialysis 234	Mar 2023 - Total Dialysis 527	Mar 2024 - Total Dialysis 539
July 2022 - Total Dialysis 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	Jun 2024 - Total Dialysis 572
Oct 2022 - Total Dialysis 303	50 Patients	July 2024 - Total Dialysis 570
Nov 2022 - Total Dialysis 329	July 2023 - Total Dialysis 506	Aug 2024 - Total Dialysis 535
Dec 2022 - Total Dialysis 341	August - Total Dialysis 517	Sep 2024 - Total Dialysis 461
	September - Total Dialysis 525	Oct 2024 - Total Dialysis 464
	October - Total Dialysis 558	Nov 2024 - Total Dialysis 409
	November - Total Dialysis 564	Dec 2024 - Total Dialysis 441
	December - Total Dialysis 576	



Rtn. Rajesh Pamnani  
International Services (2024-25)



## “Brain Rot: A New Year’s Call to Mental Renewal”



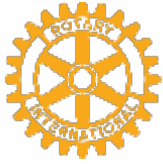
As the new year approaches, let us pause to reflect on the toll of modern living on our minds. The term “brain rot” might sound harsh, but it aptly describes the erosion of focus, creativity, and clarity caused by an overload of distractions. Social media, endless notifications, and the relentless pace of life have left us mentally drained.

The new year offers an opportunity to renew our mental vitality. Let us embrace habits that nurture our minds: reading thoughtfully, engaging in meaningful conversations, and dedicating time to serve others. Just as Rotary thrives on purposeful action, so can our minds find clarity and strength through intentional living.

By addressing brain rot, we not only enhance our personal lives but also become more effective agents of change.

Let’s commit to a year of mindful action and clear thinking, ensuring our mental clarity aligns with our mission of Service Above Self.





## Rotary Club of Secunderabad Sunrise

### Our Editors (2024-2025)



#### **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 Guptha**

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 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 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.



Dear Members,

"A very effective 6 months" ..... is what I believe have gone by..... and.... obviously expecting the same for the next 6 months as well.

We have completed in the current year -

5 fellowships,  
5 speaker meets,  
2 club assemblies,  
3 board meetings,  
5 trust meets,  
attended 5 district events,  
2 know your Rotarian meets,  
1 joint meet with other Clubs,  
1 Polio program,  
6 regular monthly e-bulletins  
and

greeting all members on their birthdays and anniversaries.

We shall be having a Vocational visit, Vocational Awards, CSR meet and a family fellowship of night kite flying at Begam Bazar in the immediate future.

DG's interaction with the board and later with RCSS members included his appreciation of various areas where we as a club have reached and to take inspiration to drive further. He gave a pat on the back to guiding two Interact clubs, which are self sustaining and paying their club dues themselves. He said we are the only club in the whole district to have 22 CSR donors which support our projects. On inspection of our last few projects, during the day, he ascertained the fact that the machinery that we have supplied/ donated in the last year or two had actually reduced the time frame from 15 / 21 days to 1 to 4 days. Thus enabling to identify if a patient is suffering from the type of cancer and start treatment asap. He was clear that we are the leaders in the CSR field in the district. But wanted us to get recognised for the work that we are doing under CSR by routing the funds through Rotary. We need to pay an extra 5% for the same, but a certification can be provided from Rotary, where as currently nothing is being given to the donors. The donors can use the mileage from such certifications in their businesses. He emphasized the need of getting some of these projects under Global Grants as well, this utilizing the funds even better.

The DG literally said that the club had preformed way above par in the areas of:

Community service/ CSR projects (1.1 cr worth projects with 22 donors),  
Membership (12 members or 26.67% increase),  
Foundation (100% EREY, 16 PHF, 4 PHS, 12000\$ approx funds),  
International & Public Image (Monthly e-bulletins reaching 5 continents) and  
The fantastic family Fellowships that we organise.

Taking inspiration from all the above areas, all of RCSS members have to continue the good work and keep striving to achieving greater heights than already achieved. We also need to heed DG's good advice of one of club member's to become a District Governor in next few years.

Kudos to each and every member of the club. But we cannot rest on the laurels that we have achieved ..... cause ..... THERE ARE MILES TO GO..... AND PLACES TO REACH!!!!!!

Samir Gupta  
Secretary  
Rotary Club of Secunderabad Sunrise.



Rtn. Samir Gupta  
Secretary (2024-25)  
+91 9391044747



## Rotary Club of Secunderabad Sunrise DESIGNATED MONTH



### 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



### 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 mothors whoare victims of sexually abused through training them with self-help projects. e.g. Opening small business that may help them with their children





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## BIRTHDAYS & WEDDING ANNIVERSARIES - JANUARY



### BIRTHDAY

02/01 - Ann. Tanvi Pamnani  
05/01 - Rtn. Rajrani Agarwal  
17/01 - Ann. Nagini Gumideli  
21/01 - Rtn. Rajnish Pissay  
27/01 - Rtn. Bimal Garodia  
28/01 - Ann. Pritti Khinvasara  
29/01 - Rtn. Praveen Sharma

### ANNIVERSARY

16/01 - Rtn. Ajay & Anita Jain Tholia  
16/01 - Rtn. Mudit & Madhu Gangal  
23/01 - Rtn. Ambuprakash Agarwal & Rajrani  
30/01 - Rtn. Vikram & Lopa Mehta

### PROGRAMME

14/01 - Family Fellowship - Night Kite Flying  
@ Begam Bazar, Hyderabad



At Rotary foundation seminar today at Guntur on 15th Dec 2024



Rotary Club of Secunderabad Sunrise



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Rotary Club of Secunderabad Sunrise



Dear Rajesh,

Thank you for being a member of the Rotary Club of Secunderabad Sunrise. Communities around the world are stronger because of members like you who take action and make a difference.

Did you know that a gift of any size to The Rotary Foundation can make a big impact? A gift of US\$15 can protect up to five children from polio for a lifetime. Donating US\$50 means people can get a biosand filter that provides clean water for drinking and cooking. A contribution of US\$100 can support people with developmental disabilities as they prepare for employment.



## Rotary Club of Secunderabad Sunrise



Reducing the incidence of polio by transporting and providing vaccines.



Decreasing the incidence of waterborne disease by providing households water filters.



Empowering communities by providing job-training opportunities for people with disabilities.

**Do you want to make an even bigger impact?** A donation of US\$200 can replace livestock lost after natural disasters to help a family business recover. A contribution of US\$500 can help train teachers. And a gift of US\$1,000 can provide vital medical equipment for newborns who need intensive care.



Developing opportunities for productive work by replacing livestock for people impacted by wildfires



Increasing literacy rates among children by providing teacher professional development.



Reducing neonatal and newborn mortality rates by providing medical equipment

Please consider giving the gift of Rotary today, and join us in helping communities around the world.

Sincerely,  
The Rotary Foundation







Rotary Club of Secunderabad Sunrise



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## 30 January is World Leprosy Day

World Leprosy Day is observed every year on the last Sunday of January. In India, it is observed on 30 January every year, coinciding with the death anniversary of Mahatma Gandhi.

Leprosy is a neglected tropical disease (NTD) which still occurs in more than 120 countries, with more than 200 000 new cases reported every year.

The aim of observing the World Leprosy Day is to create awareness against the stigma attached to the disease, by making the general community aware that it is a disease spread by a type of bacteria and it can be easily cured.

### Overview

Leprosy, also known as Hansen's disease, is a chronic infectious disease caused by *Mycobacterium leprae*. The disease affects the skin, the peripheral nerves, mucosal surfaces of the upper respiratory tract and the eyes. Leprosy is known to occur at all ages ranging from early childhood to old age. Leprosy is curable and treatment during early stages can prevent disability.

Leprosy is transmitted via droplets, from the nose and mouth, during close and frequent contact with untreated cases.

### Symptoms

Symptoms may occur within one year but can also take as long as 20 years or even more to occur.

The disease manifests commonly through skin lesion and peripheral nerve involvement. Leprosy is diagnosed by finding at least one of the following cardinal signs: (1) definite loss of sensation in a pale (hypopigmented) or reddish skin patch; (2) thickened or enlarged peripheral nerve, with loss of sensation and/or weakness of the muscles supplied by that nerve; (3) presence of acid-fast bacilli in a slit-skin smear.

Skin lesion has usually a different pigmentation than the surrounding normal skin (less pigmented, reddish or copper-coloured) and may have various aspects (flat, raised or nodules). Skin lesion can be single or multiple with a definite loss of sensation.

Source : <https://www.who.int/campaigns/world-leprosy-day>



Skin lesion has usually a different pigmentation than the surrounding normal skin (less pigmented, reddish or copper-coloured) and may have various aspects (flat, raised or nodules). Skin lesion can be single or multiple with a definite loss of sensation.

Leprosy is a highly variable disease, affecting different people in different ways, according to their immune response. Those at one end of the spectrum, with a high level of immunity, harbour a low number of bacilli and are referred to as patients with PB leprosy. Those with many bacilli in the body are referred to as patients with MB leprosy.

**Paucibacillary (PB) case:** a case of leprosy with 1 to 5 skin lesions, without demonstrated presence of bacilli in a skin smear.

**Multibacillary (MB) case:** a case of leprosy with more than five skin lesions; or with nerve involvement (pure neuritis, or any number of skin lesions and neuritis); or with the demonstrated presence of bacilli in a slit-skin smear, irrespective of the number of skin lesions.

### Treatment

Early diagnosis and complete treatment with multidrug therapy (MDT) remain the key strategies for reducing the disease burden of leprosy.

The 2018 Guidelines for the diagnosis, treatment and prevention of leprosy published by WHO, recommends the same 3-drug regimen with rifampicin, dapsone and clofazimine for all leprosy patients, with a duration of treatment of 6 months for PB leprosy and of 12 months for MB leprosy.

Source : <https://www.who.int/campaigns/world-leprosy-day>





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## Rotary Club of Secunderabad Sunrise

RCSS Know your Rotarian for the current Rotary year 2024-25  
on 14.12.2024 @ BMD Industrial Steels Pvt Ltd., B7 TIE Balanagar







## Rotary Club of Secunderabad Sunrise

**RCSS Know your Rotarian for the current Rotary year 2024-25  
on 14.12.2024 @ BMD Industrial Steels Pvt Ltd., B7 TIE Balanagar**



This 'Know your Rotarian' meet was to get our members know our incoming President Ranjay Goel even better than we already know him.

We were greeted by the Goel's - Rtn. Ranjay and Ann Anuradha with great warmth. All of us were first treated to a yummy breakfast by the duo which was capped by the famous rajasthani gajak.

Ranjay then took us to a tour to his premises. He showed us why he is one of the leaders in supply of specific alloy steel in Hyderabad. He actually had stocks in this premises alone of 80000 tones in different kinds of alloy steels. He also explained how they maintain the different kind of stocks, even going into the detailing of where it had been procured from. This is because they need to maintain that .....once supplied to their customers, it should not fail once it is processed and hardened. If any such failure occurs, then the same needs to be replaced to the customer.

He has 2 automatic and 4 semi automatic cutting machines which do the cutting as per the requirement of his clients. He also shared some unique stories that he was able to satisfy his customers requirements due to the sheer size and quality of work which can be undertaken by him. He has stocks from 15mm round to about 600mm dia that he can process. All of us were kind of mesmerised with the sheer weight that they handle along with what all were the specific requirements of various engineering companies.

We then sat down for some questions which Ranjay and Anuradha were more than welcome to answer.



## Rotary Club of Secunderabad Sunrise



**RCSS Know your Rotarian for the current Rotary year 2024-25  
on 14.12.2024 @ BMD Industrial Steels Pvt Ltd., B7 TIE Balanagar**

Apart from this alloy steel business what other businesses was he into - He replied that he has just taken up a stake in an marriage/ event convention center, which will be shortly launched in the next 2 to 4 months..... And he does invest in real estate as and when he can spare some money.

When did you start your businesses - He said that it was his father who was in partnership with one of his uncle that started the business. When is uncle could not continue with the same..... he father took over. When he had completed his 12th, his father offered him either to get into the business or continue studies. He chose to get into business but enrolled into college to get train ticket discounts. He never completed his degree even in 7 years, as he used to utilize his admission in the degree college to gain student's benefits in travel, etc. Business had always been running in his blood and under the able guidance of his father his business acumen only grew better and better.

His children - Two.....one son...Garvit.... had just competed his bachelor's degree and is in the process of applying for his MBA. And his daughter Geet who is pursuing her intermediate.

Joining Rotary and his experience - He is throughly enjoying it as he has developed good friends in different fields. He joined RCSS in 2017.

On his oncoming President post that he going to take up- He said he both excited and nervous..... as he understands the responsibilities that come it. All members gave him confidence of leading our prestigious club.

A sneak into what to expect in the next Rotary year- He said that they were planning an outstation ( abroad) visit, but plans are still not concrete..... apart from regular Rotary meetings.

Anuradha....Anu... as we fondly call her.... gave insight into what it was to be Mrs. Goel. She said it had been absolutely awesome from every angle except one..... she says that Ranjay gives time to everyone but her. She confirms that Ranjay's nature is so good and that he helps everyone who is need, but she would be better if she was given more time by Ranjay. She completed her bachelor's degree and got married to Ranjay. Eversince has enjoyed every bit of married life.

We wish the President elect Rtn. Ranjay Goel and his better half Ann Anu all the very best in all their endeavors!!!

Samir Gupta  
Secretary  
Rotary Club of Secunderabad Sunrise.



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# Rotary Club of Secunderabad Sunrise

DG visits at the Dailysis Center and MNJ Cancer Hospital







# Rotary Club of Secunderabad Sunrise

The Annual District Governor's Visit, @ Ballroom, The Secunderabad Club







# Rotary Club of Secunderabad Sunrise

The Annual District Governor's Visit, @ Ballroom, The Secunderabad Club







## Rotary Club of Secunderabad Sunrise

The Annual District Governor's Visit, @ Ballroom, The Secunderabad Club





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# 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 Rath**  
- 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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