

Rotary



Rotary Club of Secunderabad Sunrise
RI DISTRICT 3150



THE MAGIC
OF ROTARY

February 2025



www.rcss.in

Pic@Rajesh Pamnani

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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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

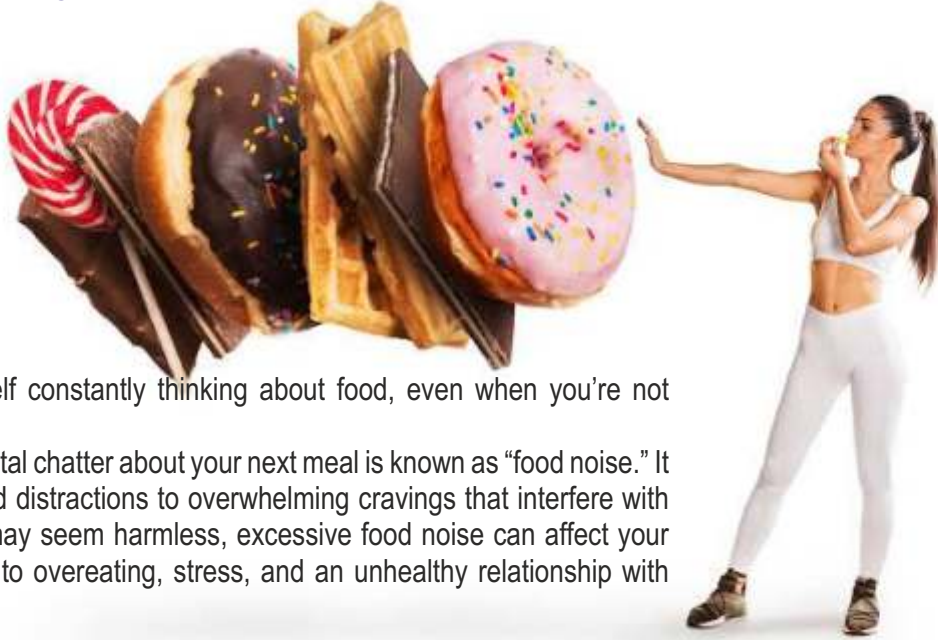
April 2022 - Total Dialysis 80 (15 days)		
May 2022 - Total Dialysis 184		
June 2022- Total Dialysis 234		
July 2022 - Total Dialysis 281	Jul 2023 - Total Dialysis 506	July 2024 - Total Dialysis 570
Aug 2022 - Total Dialysis 297	Aug 2023 - Total Dialysis 517	Aug 2024 - Total Dialysis 535
Sep 2022 - Total Dialysis 295	Sep 2023 - Total Dialysis 525	Sep 2024 - Total Dialysis 461
Oct 2022 - Total Dialysis 303	Oct 2023 - Total Dialysis 558	Oct 2024 - Total Dialysis 464
Nov 2022 - Total Dialysis 329	Nov 2023 - Total Dialysis 564	Nov 2024 - Total Dialysis 409
Dec 2022 - Total Dialysis 341	Dec 2023 - Total Dialysis 576	Dec 2024 - Total Dialysis 441
Jan 2023 - Total Dialysis 391	Jan 2024 - Total Dialysis 583	Jan 2025 - Total Dialysis 495
Feb 2023 - Total Dialysis 421	Feb 2024 - Total Dialysis 543	Feb 2025 - Total Dialysis 433
Mar 2023 - Total Dialysis 527	Mar 2024 - Total Dialysis 539	
Apr 2023 - Total Dialysis 467	Apr 2024 - Total Dialysis 578	
May 2023 - Total Dialysis 500	May 2024 - Total Dialysis 634	
Jun 2023 - Total Dialysis 491 50 Patients	Jun 2024 - Total Dialysis 572	



Rtn. Rajesh Pamnani
International Services (2024-25)



Can't Stop Thinking About Your Next Meal? That's 'Food Noise'—Here's How to Stop It



Do you find yourself constantly thinking about food, even when you're not hungry?

That persistent mental chatter about your next meal is known as "food noise." It can range from mild distractions to overwhelming cravings that interfere with daily life. While it may seem harmless, excessive food noise can affect your well-being, leading to overeating, stress, and an unhealthy relationship with food.

What Causes Food Noise?

Food noise is often driven by biological and psychological factors. Unbalanced meals, restrictive dieting, and emotional triggers can all contribute. When your body lacks essential nutrients or energy, it signals hunger—even if you've recently eaten. Meanwhile, stress, boredom, and habit can make food thoughts more frequent. Marketing, social media, and the easy availability of processed foods further amplify these cravings.

How to Quiet Food Noise

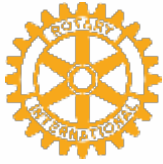
1. Eat Balanced Meals – Ensure your diet includes protein, healthy fats, fiber, and complex carbohydrates. Well-rounded meals keep blood sugar stable, reducing hunger pangs and unnecessary food thoughts.
2. Stay Hydrated – Dehydration can mimic hunger. Drinking enough water throughout the day helps distinguish true hunger from cravings.
3. Practice Mindful Eating – Slow down and focus on your meals. Avoid distractions like screens, and appreciate the flavors and textures of your food. This fosters satisfaction and reduces the urge to snack mindlessly.
4. Identify Emotional Triggers – If you reach for food out of stress, boredom, or sadness, try alternative coping strategies such as deep breathing, walking, or engaging in a hobby.
5. Get Enough Sleep – Lack of sleep disrupts hunger hormones, making you more susceptible to cravings. Aim for seven to eight hours of quality sleep per night.
6. Limit Processed Foods – Ultra-processed foods are designed to be addictive. Opt for whole, nutrient-dense foods that nourish your body and keep you full longer.

Finding Food Freedom

Reducing food noise isn't about eliminating the joy of eating—it's about achieving a balanced mindset where food serves as nourishment rather than an obsession. By making mindful choices and understanding your body's signals, you can reclaim control and enjoy meals without the constant mental chatter.

Rotarians strive for balance in service and life—why not in nutrition too?

A thoughtful approach to eating can enhance both well-being and productivity, ensuring we stay energized for the work that truly matters.



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 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,

We had another action packed month in Feb 2025 with 4 meetings:

* A Zoom session on the annual budget presented by Finance Minister Nirmala Sitararam in the parliament. Rtn. Ravi Ladia gave his crisp insights on direct and indirect taxes, effects on corporates & businesses. Much appreciated by all who attended.

* We had a cricket fellowship match with a team from District 3150 at the Secunderabad Club cricket ground.

* We had one of the most important meetings for the year - CSR Meet. Our members hobnobbed with the elite business magnets. We recognised and awarded about 14 companies MDs, CFOs and other business heads for their philanthropic works. We also thanked and recognised our existing CSR donors. We made those present know how professionally we have identified, completed due diligence and executed projects for the past 7 years under the CSR for companies..... thus seeding thoughts for new companies to join us with their CSR funds for even bigger projects.

* Lastly we had a different kind of Fellowship at the Horse Racing Course @ The Hyderabad Race Club, Malakpet. This was a paid event and 20 families enjoyed the entire 5 hours of bonding with lunch, hi tea and drinks.

We want to continue having events to the liking of our members for continued attendance. For the month of March 2025 we have the following schedule:

1st March : Know your Rotarian

15th March : Club Assembly

22/23rd March : District Conference

Kudos to all RCSS members..... keep enjoying!!!



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



March - Water & Sanitation

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

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



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



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BIRTHDAYS & WEDDING ANNIVERSARIES - MARCH



BIRTHDAY

01/03- Rtn. Vinay Kumar Nahata
07/03 - Rtn. Ajit Gandhi
10/03 - Rtn. K.A.Ramayya
10/03 - Ann. Shreya Malani
10/03 - Ann. Vishakha Agarwal
22/03 - Ann. Ritu Gupta
24/03 - Rtn. Ravi Ladia
29/03 - Rtn. Rajhans Banka

ANNIVERSARY

07/03 - Rtn. Rajkumar & Rakhee Kanodia
12/03 - Rtn. Bimal & Meera Garodia
27/03 - Rtn. Kirthi & Anusah Chilukuri

Tentative scheduling of meetings for March 2025

01/03 - Know Your Rotarian
15/03 - RCSS Club Assembly
22/23 - 3150 Dist Conference





Rotary Club of Secunderabad Sunrise



**202/203, Cheney Trade Centre, 2nd Floor, 116, Parklane,
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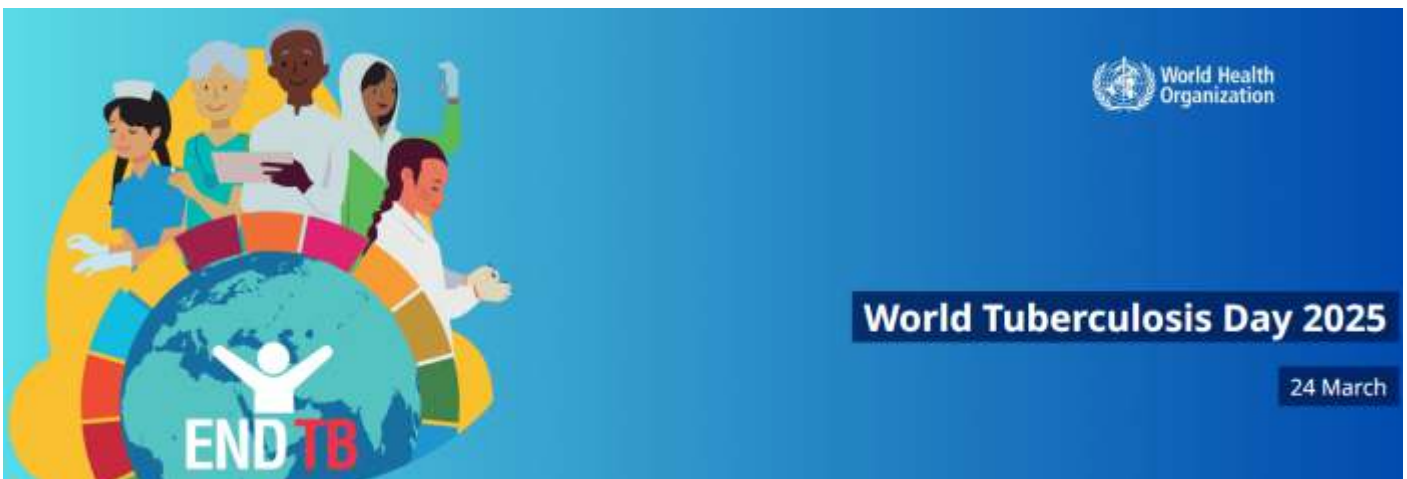
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Each year we commemorate World TB Day to raise public awareness about the devastating health, social and economic consequences of tuberculosis (TB) and to step up efforts to end the global TB epidemic.

The date marks the day in 1882 when Dr. Robert Koch announced that he had discovered the bacterium that causes TB, which opened the way towards diagnosing and curing this disease.



World TB Day observed annually on March 24, amplifies the urgency of ending tuberculosis—the world’s deadliest infectious disease. TB continues to devastate millions globally, inflicting severe health, social, and economic consequences. This year’s theme, Yes! We Can End TB: Commit, Invest, Deliver, is a bold call for hope, urgency, and accountability.



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Rtn Lokesh Jain

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Rotary's response to the U.S.'s plan to withdraw from the WHO, USAID funding freeze

Rotary notes the recent announcement that the United States intends to withdraw from the World Health Organization (WHO), a partner in the Global Polio Eradication Initiative (GPEI). We remain resolute in our mission to eradicate polio. As a founding partner of the GPEI, Rotary has for decades worked closely with all the GPEI partners, the U.S. government, and other governments to end polio worldwide. This effort has reduced the number of children paralyzed by polio by 99.9% since 1988. The global effort to eradicate polio has innovated many times over the years to come close to protecting every last child.

Although this decision creates new challenges, Rotary remains dedicated to ensuring that every child is protected from this preventable disease. We are confident that the GPEI will continue to adapt, to innovate, and to implement effective strategies to keep polio vaccines available for every child in the United States and around the world, especially those in the most challenging and remote regions. The most important decisions leading to a polio-free world are made every day by parents who present their children for vaccination.

We remain committed to working with all GPEI partners to fulfill the promise of a polio-free world. Together, we have ended smallpox, and together, we can ensure that polio becomes the second human disease to be eradicated from the planet.

Rotary, USAID projects

Rotary has collaborated with the United States Agency for International Development (USAID) since 2009 on different types of programs. Our current programmatic efforts and communications with USAID personnel and leadership are on hold due to the stop-work order issued by USAID. Rotary International has already notified members whose projects are directly impacted by this order and is working to continue to support them in their impactful work.

We are navigating the implications of the recent stop-work order issued for Hearts of Europe projects that are part of a partnership with USAID. All projects that are currently in an implementation phase have been notified and given information about what actions need to be taken while the stop-work order is in effect. We are working directly with those projects that are not yet being implemented to determine alternative funding for their important work.

Source : <https://www.rotary.org/en/rotary-response-us-withdraw-who>



Measuring Inequality

Measuring the welfare of countries using GDP per capita an average figure tells us nothing about the distribution of income within that country. In 2018, for example, Equatorial Guinea generated a GDP per capita of US\$20,181, by far the highest in Africa, but most of the income generated from oil and gas remains in the hands of a corrupt elite leaving the vast majority of the population in dire poverty earning a living from subsistence farming. In all other respects – life expectancy, infant mortality, educational attainment etc., the country scores poorly compared with many other of its African neighbours albeit with far lower levels of GDP per capita.

The distribution of income in an economy matters and can be measured on a country by country basis by a Gini Coefficient which varies from a value of 0 – a completely egalitarian society- to 100 – all of the income of a country is in the hands of one person or one household depending upon the unit of measurement.

The combination of GDP per capita with the Gini coefficient is a useful gauge of the extent to which an economy's inhabitants find mass market goods and services affordable and provides valuable information to portfolio investors and to development agencies. Although it is generally the case that developed economies are more equal than emerging markets, especially those where corruption leads to rent capture, there is not an automatic relationship between GDP per capita and the degree of inequality. For example, South Africa had a GDP per capita of US\$13,324 in 2020 not far above the level of Indonesia at US\$11,867 in Purchasing Power Parity terms, but with a Gini coefficient of 65.4 compared to 37.3, the distribution of income in South Africa is far more unequally distributed.

Global Inequality Data

This report analyses international inequality data from the World Bank, UN University and WID.world using published Gini coefficients for 155+ countries analysed by World Economics. In some cases data is not available for every year in a sequence and or is years out of date.

The Gini coefficient can vary between 0 and 1, but in economic data it does not approach the two extremes. In the datasets analysed the coefficient varies from the most equal the Slovak Republic with a value of 23.2 in 2020 to the most unequal Eswatini with a value of 66.6 in 2019.

The median value of the data set is 43.5, Georgia and most European countries bunch in the range 20 to 36, although some countries lie outside this range as does the United States with a Gini coefficient of 41.5 and Saudi Arabia with a value of 54.4.

Inequality of income is prevalent in sub-Saharan Africa with 32 countries lying in the final 2 quintiles ranging from 46.7 in Chad to 66.7 in Eswatini. It is also high among countries in Latin America and the Caribbean with Colombia registering a value of 54.1 and Brazil a value of 55.9.

Inequality Over Time

Time series data on the Gini coefficient can also be used to track trends in the distribution of income over time, by country, by region and globally. A Gini studies showed that global income inequality has been increasing over the long-term with the aggregate Gini coefficient rising steadily by 2002 then peaking before declining to 0.59 by 2019.



Another later World Bank study for a shorter period demonstrates a continuous decline as a result of globalisation raising incomes in China and India.

A study by UNICEF in 2011 confirmed the findings of this paper that there are significant regional variations in income inequality across the world. Data from 2008, showed that Latin America and the Caribbean region had the highest net income Gini index in the world at 48.3, on unweighted average basis in 2008. The next highest regional averages were: sub-Saharan Africa (44.2), Asia (40.4), the Middle East and North Africa (39.2), Eastern Europe and Central Asia (35.4), and High-income Countries (30.9). South Africa recorded the highest income Gini index score of 67.8.

Conclusion

The Gini coefficient is not perfect. Countries with relatively low numbers such as Belgium (27.2) and Sweden (29.3) do indicate relatively equal distributions with average high GDP per capita. In contrast, others such as the former Soviet or communist controlled countries such as the Slovak Republic (26.4), Moldova (35.1), or the Belarus, with lower levels of GDP per capita suggest a instead a more equal distribution of relative poverty compared with other more developed European nations. In these nations, benefits that are difficult to value such as subsidised housing, medical care, education or other such services are difficult to value and are not measured adequately by a Gini coefficient.

The Gini coefficient shows higher levels of income equality in many emerging economies in Latin America, Africa and Asia, but in subsistence-driven and informal economies recording problems bias the coefficient upwards. The value and distribution of the incomes from informal or underground economy is difficult to quantify and different assumptions and quantifications of these incomes will produce different Gini coefficients.

Finally, in affluent countries with higher relative GDP per capita, the Gini coefficient measures income and not net worth. Most of a country's wealth may be concentrated in the hands of a small number of people even if income distribution is relatively equal. Large holdings of corporate or sovereign debt, which pays low interest in the current environment, could give an individual a low income but a high net worth. Nevertheless, investors in a country are more interested in the propensity to consume of the average household rather than the savings habits of a rich minority, so the Gini coefficient is still useful.

World Economics Inequality Index

The World Economics Inequality Index is based on the Gini Coefficient data from multiple respected sources including the World Bank, UN University, and [WID.world](http://wid.world) (using Top 10% Income Inequality data). The coefficient for the latest available year is analysed on a country-by-country basis, and in cases where there is multiple data for the same year that varies in value, a simple average is calculated from the sources.

The resulting data is then scaled from 0 to 100 using the standard deviation of the dataset. A score of 0 indicates the most unequal country in the world, while a score of 100 denotes the most equal. Moreover, the data is further categorised into quintiles labelled as grades A-E. Grade A corresponds to "Very low inequality," whereas grade E implies "very high levels of inequality".



Country	Global Rank	World Economics Inequality Index (0-100)	World Economics Inequality Grade: A-E
Pakistan	12	67.8	B
Indonesia	13	66.2	B
Philippines	14	60.9	B
Malaysia	15	60.7	C
Afghanistan	16	59.0	C
Nepal	17	57.9	C
Bangladesh	18	55.8	C
China	19	54.6	C
Mongolia	20	54.6	C
Myanmar	21	54.6	C
Laos	22	53.6	C
Japan	23	51.6	C
Cambodia	24	48.9	C
Papua New Guinea	25	46.9	D
Hong Kong	26	42.5	D
Sri Lanka	27	40.7	D
Lebanon	28	28.7	E
India	29	21.9	E
Yemen, Rep.	30	19.5	E

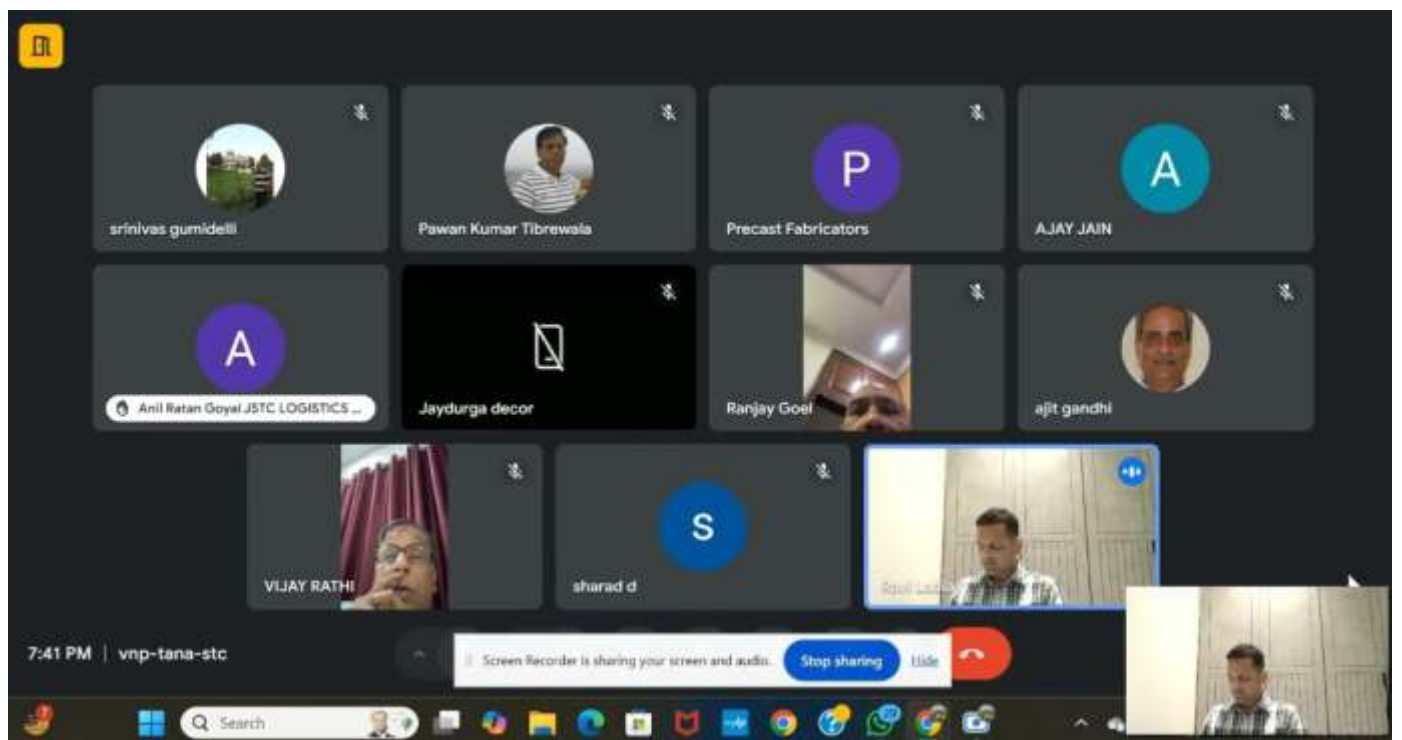
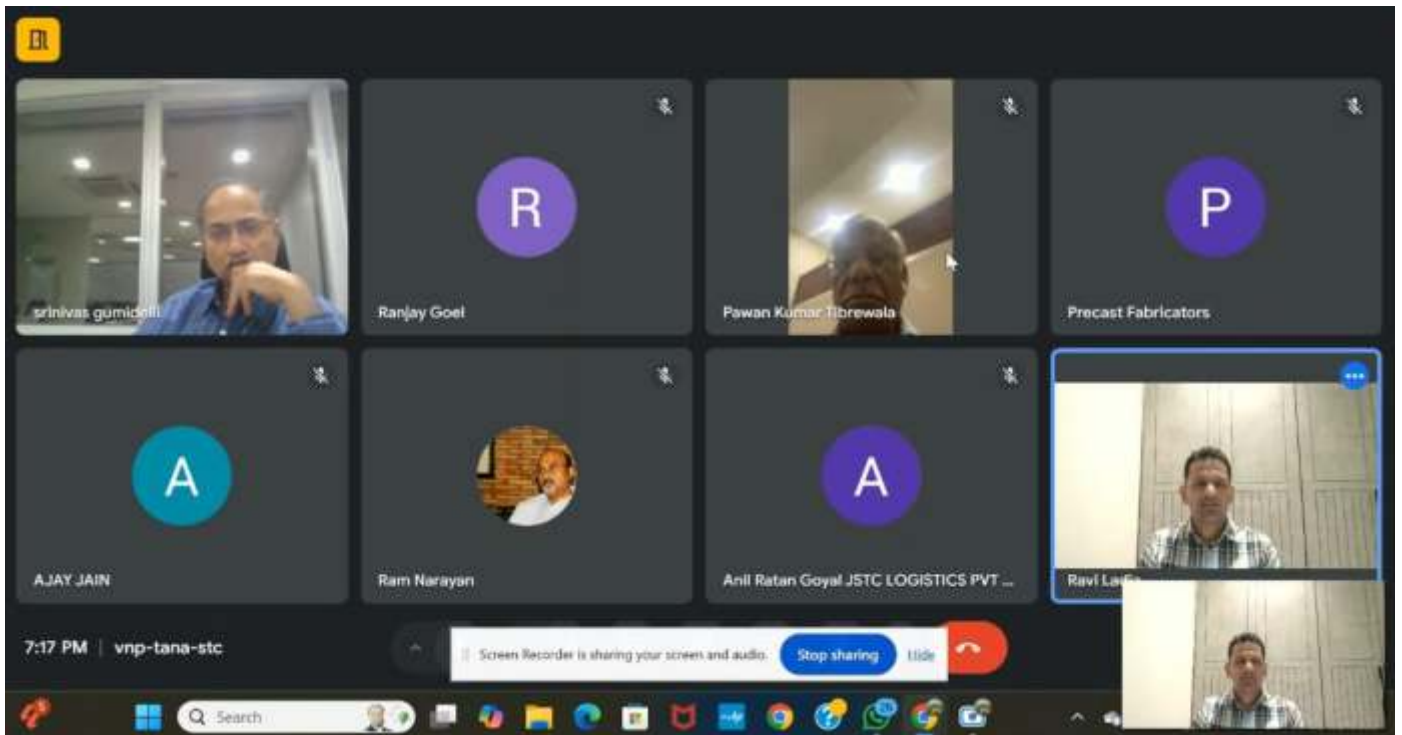
source :<https://www.worldeconomics.com/Concepts/Inequality/>



Rotary Club of Secunderabad Sunrise



Zoom Meeting on Budget Analysis on 08.02.2025 @ 7 p.m





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Coffee Cup

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Rotary Club of Secunderabad Sunrise



RCSS Cricket Fellowship meet at Secunderabad Club on 9th Feb 2025





RCSS Cricket Fellowship meet at Secunderabad Club on 9th Feb 2025





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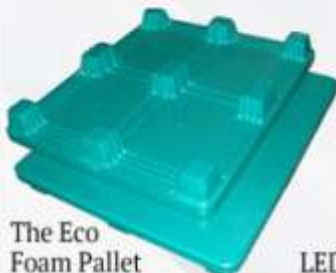
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EPS Pipe



EPS Fish Box



The Eco Foam Pallet



LED TV Packing Buffer



Fruit Box 5KG



Electronic Buffer Packing



Granite Tile Box

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Rotary Club of Secunderabad Sunrise

CSR meet at Sailing Annexe, Tank Bund on 15th Feb 2025





Rotary Club of Secunderabad Sunrise

CSR meet at Sailing Annexe, Tank Bund on 15th Feb 2025





Rotary Club of Secunderabad Sunrise

CSR meet at Sailing Annexe, Tank Bund on 15th Feb 2025





Rotary Club of Secunderabad Sunrise

CSR meet at Sailing Annexe, Tank Bund on 15th Feb 2025





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CSR meet at Sailing Annexe, Tank Bund on 15th Feb 2025





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Rotary Club of Secunderabad Sunrise



Family Fellowship meeting @ Hyderabad Race Club, Malakpet on 23.02.2025





Family Fellowship meeting @ Hyderabad Race Club, Malakpet on 23.02.2025



Our Rotary fellowship event at the Hyderabad Race Course was an incredible experience. I had the opportunity to learn how to bet on horses and understand the excitement of horse racing firsthand. The event was not just about racing but also about bonding with fellow Rotary members over great conversations, delicious food, and refreshing drinks, making it a perfect mix of learning and fun. The thrill of the races, the lively atmosphere, and the overall camaraderie made the day truly memorable. I sincerely thank the Rotary Club for organizing such a unique and enriching experience, and I look forward to more such events in the future.

Message by Ann Geetanjali Rungta



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.

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