

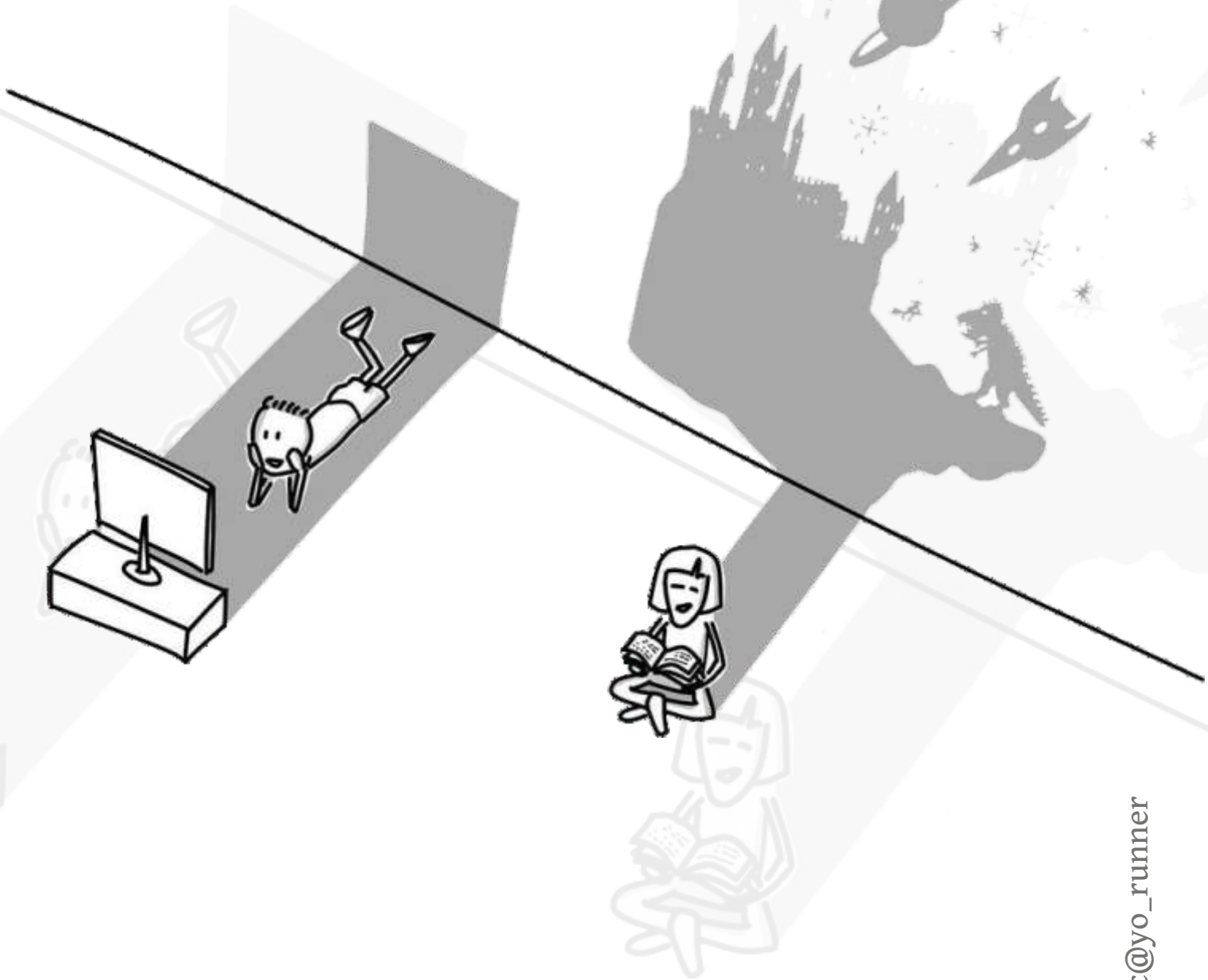


Rotary Club of Secunderabad Sunrise
RI DISTRICT 3150



March 2025

www.rcss.in



Pic@yo_runner

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



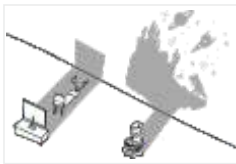
Club Members in the District 3150 Team for 2024-25

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



A Child's Psychological Development: Reading vs. Screen Time
 Pic@yo_runner

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	Mar 2025 - Total Dialysis 492
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	



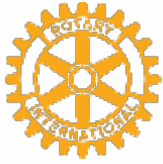
Rtn. Rajesh Pamnani
International Services (2024-25)



“Reflections on the Present and the Future”

Current Affairs and Rotary's Role

In today's rapidly evolving world, global conflicts, climate change, and economic instability continue to shape our collective future. The ongoing humanitarian crisis in war-affected regions, the unpredictable shifts in global markets, and the intensifying environmental challenges demand proactive engagement. Rotary International, with its commitment to service and community impact, stands at the forefront of these issues. Whether through disaster relief, polio eradication efforts, or initiatives promoting peace and education, Rotarians worldwide continue to play a vital role in addressing these pressing concerns. As we navigate these complexities, it becomes imperative for us, as thought leaders and community builders, to reinforce Rotary's core values—service, fellowship, diversity, integrity, and leadership—to create lasting change.



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

Firstly, I would sincerely like to thank the following RCSS members from the bottom of my heart..... for their invaluable contribution in utilizing their contacts and resources by motivating companies to use Rotary Sunrise Service Trust for channelling their CSR funds in the past year:

1. Rtn Soma Pradyumna
2. Rtn Srinivas Gumidelli
3. Rtn Ankit Goyal
4. Rtn Anil Ratan Goyal
5. Rtn Ravi Ladia

Secondly, I would also like to thank fellow Rotarians for readily coming forward.....opening their purses and donating personally to the trust for the project: The renovation of the Histopathological Lab at MNJ Cancer Hospital.

1. Rtn Sarvesh Gupta
2. Rtn Srinivas Gumidelli
3. Rtn Anil Ratan Goyal
4. Rtn Samir Gupta
5. Rtn Lokesh Jain
6. Rtn Ranjay Goel
7. Rtn Ajay Jain
8. Rtn Sandeep Munta
9. Rtn Alok Ranasaria
10. Rtn Sanjay Kabra
11. Rtn Siddharth
12. Rtn Vikram Mehta
13. Rtn Dr. L R Surender
14. Rtn Rajesh Pamnani
15. Rtn Keerti Chilukuri

This past month of March 2025 again had four official meetings and various sub committee meetings.

* On 1st of March we had an awareness session in Know your Rotarian at the office of our lone lady member, Rtn. Hema Manghnani's office. We got to know about how she started her professional career, the places where she had offices in the last 25 years, and the hold of her partner in the business, etc. Her knowledge and hold in the travel and tourism fields was top notch.

* On the 4th of March, 2025..... we had a very important Board meeting of RCSS. This was followed by the AGM of our trust. Both the meetings had discussions and decisions on some very important matters including the new board of the Trust. We would like to thank our honorary Rtn. S K Verma ji for hosting the same.

* This was followed by a long club assembly on 15th of March..... in which a lot of matters were finalized and cemented.

* Then on 21st of March 2025..... we had the inauguration of the Spinal Endoscopy Machine at NIMS, Hyderabad which was done in the presence of RI Director Daniel C Himelspach and District Governor Sharath Choudhary.

* On 22nd and 23rd we had the RI 3150 District Conference where we had 10 of our members/ann attending the same. DG Sharath Choudhary was kind enough to let us launch our hosting of the District Awards Night on 26th June 2025. Rtn Rajhans Banka addressed the conference on behalf of the club and launched it. We were also given a counter for spot registrations.

We want to continue having events to the liking of our members for continued attendance. For the month of April 2025 we should be tentatively having the following meetings:

1. Inauguration of the School Project: dining hall at Dundigal.
2. Inauguration of the medical equipment at NIMS, Hyderabad
3. A Vocational visit
4. A speaker meet.

Dates, timing and venues will be shared with members nearer to the dates finalised, please.

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



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



April - Maternal & Child Health

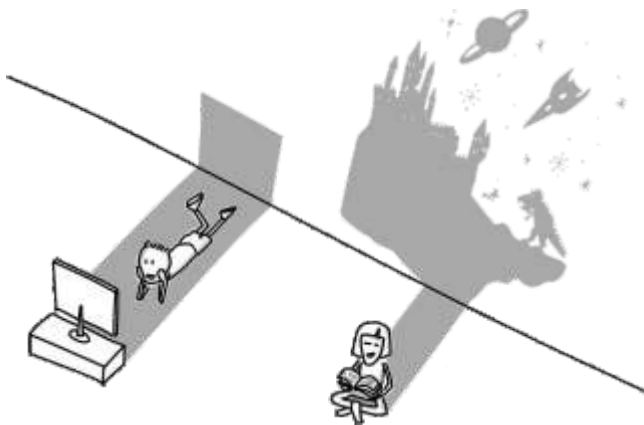
Area of Focus: Maternal and Child Health Month. This month also includes the Birthday of Paul Harris on the 19th of April.

- 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



A Child's Psychological Development: Reading vs. Screen Time

The way children interact with information significantly impacts their cognitive, emotional, and social development. While both reading and screen-based learning have their place in a child's world, the differences in their effects are profound.

Reading fosters deep cognitive engagement. It requires children to actively construct mental images, exercise imagination, and enhance comprehension skills. The process of reading stimulates brain regions associated with language processing, memory, and critical thinking. Moreover, books encourage sustained attention, patience, and empathy—qualities crucial for emotional intelligence. When children read, they enter an immersive experience where they relate to characters, develop perspectives, and cultivate their own ideas.

On the other hand, screen-based content—whether television, digital apps, or online videos—offers a more passive form of engagement. While certain educational programs can be beneficial, excessive screen exposure often leads to reduced attention spans, diminished creativity, and overstimulation. Unlike books, which encourage reflective thought, screens provide instant gratification, limiting a child's ability to engage in deep, uninterrupted focus. Additionally, excessive screen time has been linked to disrupted sleep patterns and increased anxiety due to the rapid pace and overstimulating nature of digital content.

From a social development perspective, reading encourages dialogue, as children often discuss books with parents and teachers, enhancing communication skills. In contrast, screen time can be isolating, as it rarely requires interpersonal interaction. While some digital content is designed for learning, the challenge lies in balancing passive consumption with active thinking.

In essence, while both mediums contribute to learning, reading nurtures cognitive depth and emotional richness, while screen time, if unregulated, may lead to superficial engagement and overstimulation. For a well-rounded development, it is essential to strike a balance—promoting reading as a fundamental habit while ensuring that screen exposure is intentional, educational, and limited. As we shape the future generation, it is our responsibility to guide children toward intellectual curiosity and meaningful learning experiences.



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BIRTHDAYS & WEDDING ANNIVERSARIES - APRIL



BIRTHDAY

03/04 - Rtn. Pankaj Agarwal
11/04 - Rtn. Rajesh Pamnani
13/04 - Ann. Sanju Giria
15/04 - Rtn. Shravan Malani
19/04 - Rtn. Mukesh Kumar Agarwal
22/04 - Rtn. Praveen Lunawath

ANNIVERSARY

19/04 - Rtn. Mukesh Kumar & Archana Agarwal
24/04 - Rtn. Naveen & Archana Goyal

PROGRAMME

1. Inauguration of the School Project: dining hall at Dundigal.
 2. Inauguration of the medical equipment at NIMS, Hyderabad
 3. A Vocational visit
 4. A speaker meet.
- Dates, timing and venues will be shared with members nearer to the dates finalised



Attend AGLS (Assistant Governors Learners Seminar) at Munnar as Faculty for skilling AG's (2025-26) on CSR



Rotary Club of Secunderabad Sunrise



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

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Rotary Club of Secunderabad Sunrise



Rotary Leader

Helping club and district leaders achieve success
March 2025



Rotary Youth Exchange at 50

This year, we celebrate the 50th anniversary of Rotary Youth Exchange as an official program of Rotary International. For five decades, we've enabled students to experience new cultures, develop lasting friendships, and become global citizens. We're grateful for the dedication of the Rotary members and host families who make the program possible.

If you've worked on Rotary Youth Exchange in your club or district, you've likely noticed that it takes a tremendous effort to prepare students and volunteers for an exchange and support them during it. Creating a valuable, positive experience for students hosted abroad requires time and planning by both the students and the volunteers.

What does that mean on a global scale? Since 2018, on average, we've sent and hosted 7,500 exchange students each year, and it has taken 25,000 volunteers to make it happen. When we discuss Rotary Youth Exchange, we often think only about the students' experience, but both their home and their host communities are enriched by an exchange, too. Connections and understanding are built between cultures. And the massive effort volunteers have made through the decades is part of what we celebrate this year. Read more about 50 years of service in Rotary Youth Exchange.

FOR CLUBS

Enhance your club experience with videos

A convenient way to boost club meetings is to show videos from Rotary's Brand Center. The improved Brand Center has more than 90 high-quality videos that can be used to supplement club and district meeting agendas and inspire members. Remind your clubs' leaders that they can use the Brand Center's filters to search for campaigns, causes, keywords, and regions. Explore our video selection at rotary.org/brandcenter.



Rotary Club of Secunderabad Sunrise



Rotary Leader

Helping club and district leaders achieve success

March 2025

Why goal setting is critical

In 2021, the Rotary Club of Batavia, Illinois, USA, decided to use Club Health Check to kickstart the goal-setting process. The club's officers asked dozens of new members for their opinions and used what they learned to set goals, create a strategy, and develop an action plan. They also started holding an assembly each quarter to discuss club progress with members. The club's officers discovered that planning for several years at a time builds continuity. They also realized that goals need to be quantified. "There is a big difference between saying, 'This year, let's do some social events,' and 'This year, we are going to do six social events,'" notes Tony Winter, a past president of the club. Read more about the Batavia club's use of goal setting.

Rotary Club Central makes setting and tracking goals easy for Rotary and Rotaract clubs. Club leaders can now set annual goals for up to three years and record their club's accomplishments. All members can view the club's progress, and future leaders can use past goals to make informed decisions about their club's direction. It's never too late to start planning for your club's future. Visit Rotary Club Central and get started.

GRANTS

2026 Programs of Scale grant application now open

The application process for the next Programs of Scale grant has started. If your club or district is involved in an evidence-based program that is ready to scale over three to five years, consider applying for the US\$2 million award. Qualified districts, Rotary clubs, and Rotaract clubs are eligible. The first step is to submit a concept note by 1 August 2025.

The Programs of Scale materials have been updated for the 2026 competition. They include details about the selection process and an explanation of the requirement that applicants collect cash contributions of at least US\$500,000 from external partners. Learn more about the Programs of Scale application process and past recipients and finalists.

WHAT'S NEW

Connect with Rotary on WhatsApp

Rotary now has a WhatsApp channel! It has updates on Rotary projects, useful news, and plenty of fun. The channel is in English only for now. Our first updates include a story about the Blind Football Uganda league, advice on recycling electronic devices, and a list of our favorite blog posts of 2024. Go to the channel. Then choose Follow in the upper-right corner. (To read the channel in the future, select Updates or Channels in the WhatsApp menu bar.)

Introducing Rotary 360

We've given our blog in English a new name and a fresh look. Rotary 360 replaces Rotary Voices and will capture the Rotary experience from every angle. You'll find inspiring stories from Rotary members as well as thoughtful, conversation-starting pieces from our partner organizations and experts in various fields. Explore our new blog and share it with other members and people in your community. If you have a story to tell, send it to us at blog@rotary.org.



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World Health Day 2025

Healthy beginnings, hopeful futures



World Health Day, celebrated on 7 April 2025, will kick off a year-long campaign on maternal and newborn health. The campaign, titled Healthy beginnings, hopeful futures, will urge governments and the health community to ramp up efforts to end preventable maternal and newborn deaths, and to prioritize women's longer-term health and well-being.

WHO and partners will also share useful information to support healthy pregnancies and births, and better postnatal health.

Helping every woman and baby survive and thrive

This task is critical. Tragically, based on currently published estimates, close to 300 000 women lose their life due to pregnancy or childbirth each year, while over 2 million babies die in their first month of life and around 2 million more are stillborn. That's roughly 1 preventable death every 7 seconds.

Based on current trends, a staggering 4 out of 5 countries are off track to meet targets for improving maternal survival by 2030. 1 in 3 will fail to meet targets for reducing newborn deaths.

Listening to women and supporting families

Women and families everywhere need high quality care that supports them physically and emotionally, before, during and after birth.

Health systems must evolve to manage the many health issues that impact maternal and newborn health. These not only include direct obstetric complications but also mental health conditions, noncommunicable diseases and family planning.



World Chagas Disease Day



14 April is World Chagas Disease

Chagas disease, also known as "silent or silenced disease", affects mainly poor people without access to health care or people without a political voice. The disease progresses slowly and often shows an asymptomatic clinical course. Without treatment, Chagas disease can lead to severe cardiac and digestive alterations and become fatal. Raising awareness of the disease is essential to improve the rates of early treatment and cure, together with the interruption of its transmission.

The World Chagas Disease Day was celebrated for the first time in 2020.

In 2024 we are shining a spotlight on Chagas disease, the suffering it causes and are calling for equitable access to health care and services for everyone affected by the disease.

The theme for 2024 is Tackling Chagas disease: detect early and care for life, to increase public awareness of Chagas disease and secure greater funding and support for early diagnosis and life-long, comprehensive follow-up care initiatives.

Chagas disease is prevalent among poor populations of continental Latin America but is increasingly being detected in other countries and continents.

It is often termed as a "silent and silenced disease" as the infected majority have no symptoms or extremely mild symptom. There are approximately 6-7 million people infected with Chagas disease worldwide, with 12,000 deaths, every year.



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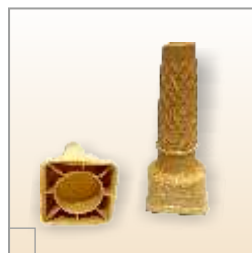
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Rotary Club of Secunderabad Sunrise



RCSS 2024-25 held at Trip Tonic, Ramkote, Hyderabad on 01.03.2025.
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Rotary Club of Secunderabad Sunrise



RCSS Club Assembly at Capitol Hall, Hotel Taj Tristar, SD Road, Secunderabad on 15.03.2025





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Rotary Club of Secunderabad Sunrise

Inauguration of Spinal Endoscopy Machine at NIMS on 21.03.2025





Rotary Club of Secunderabad Sunrise

Inauguration of Spinal Endoscopy Machine at NIMS on 21.03.2025





Rotary Club of Secunderabad Sunrise



District Conference - Launch of District Awards Night 22/23 March
at SNP Pushpa Convention Center, Hyderabad





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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