

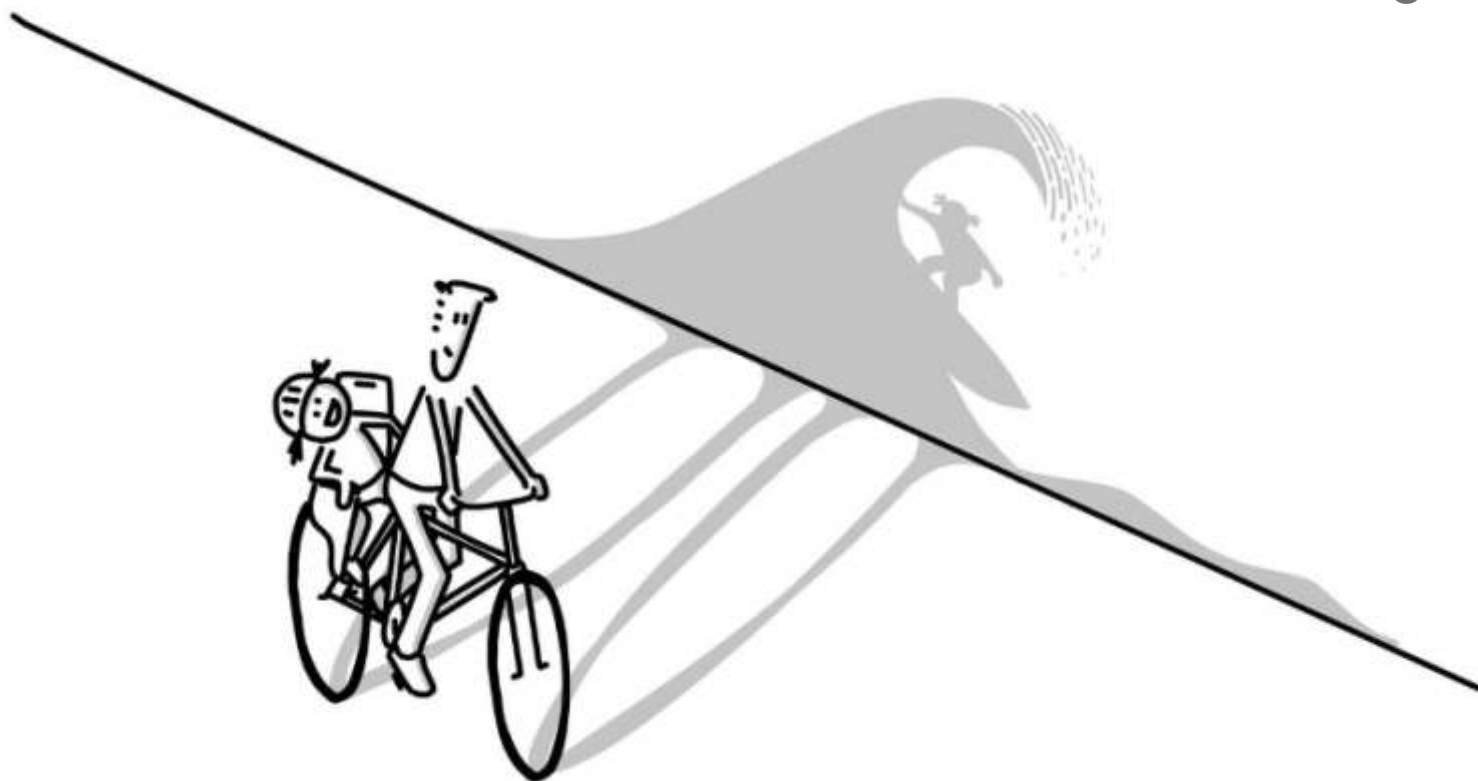


Rotary
Rotary Club of Secunderabad Sunrise



RI DISTRICT 3150

OCTOBER 2025



Pic@yo_runner

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Board of Directors (Year 2025-26)



Rtn. Ranjay Goel
Club President



Rtn. Rajhans Banka
Club Secretary



Rtn. Sanjay Kabra
Club Treasurer



Rtn. Anil Ratan Goyal
IPP



Rtn. Pawan Tibrewala
Club Trainer



Rtn. Samir Gupta
Vice President



Rtn. Alok Ranasaria
Sergeant at Arms



Rtn. Gaurav Nyati
Jt. Secretary



Rtn. Manish Sharma
President Elect



Rtn. Lokesh Jain
Club Admin



Rtn. Sandeep Jhawar
Foundation



Rtn. Srinivas Gummidelli
CSR



Rtn. Rajesh Pamnani
International Service



Rtn. K. A. Ramayya
Community Service



Rtn. Gaddam Satish
Vocational Services



Rtn. Tarun Rungta
Youth Services



Rtn. Aniruddh Gautam
Membership

Club Members in District Team

District Chairman Water & Sanitation
Rtn. K.A. Ramayya
9391132959
ramayya_ka@yahoo.com

District Chairman CSR
Rtn. Gumidelli Srinivas
9848005110

City Zone - 6 Service Projects
Rtn. Pawan Tibrewal
9000206633

City Zone 7 Special Aide
Rtn. Ravi Ladia
9985722713



Imagine experiencing the world as if it were the first time, the taste of a strawberry, the smell of the sea, the magic of the first kiss, the sensation of dreaming that you fly.
This is life during our first years, everything is exciting.

Dialysis Analysis from 2023-25

Jul 2023 - Total Dialysis 506
Aug 2023 - Total Dialysis 517
Sep 2023 - Total Dialysis 525
Oct 2023 - Total Dialysis 558
Nov 2023 - Total Dialysis 564
Dec 2023 - Total Dialysis 576
Jan 2024 - Total Dialysis 583
Feb 2024 - Total Dialysis 543
Mar 2024 - Total Dialysis 539
Apr 2024 - Total Dialysis 578
May 2024 - Total Dialysis 634
Jun 2024 - Total Dialysis 572

July 2024 - Total Dialysis 570
Aug 2024 - Total Dialysis 535
Sep 2024 - Total Dialysis 461
Oct 2024 - Total Dialysis 464
Nov 2024 - Total Dialysis 409
Dec 2024 - Total Dialysis 441
Jan 2025 - Total Dialysis 495
Feb 2025 - Total Dialysis 433
Mar 2025 - Total Dialysis 492
Apr 2025 - Total Dialysis 488
May 2025 - Total Dialysis 514
Jun 2025 - Total Dialysis 492

July 2025 - Total Dialysis 534
Aug 2025 - Total Dialysis 498
Sep 2025 - Total Dialysis 511
Oct 2025 - Total Dialysis 506

Membership Minute: Strategies for Boosting Membership



Nominating members for the Service Above Self Award

Rotary's Service Above Self Award honors Rotarians — and now also Rotaractors — who help others by volunteering their time and talents. Only district governors can nominate candidates for this prestigious award, and a maximum of 150 recipients are selected each year. If you know someone who has demonstrated exemplary service, encourage their governor to nominate them for the Service Above Self Award, one of Rotary International's highest distinctions in service, between 1 and 31 October.

Action Plan engagement, membership growth often go together

Some of the regions where membership is growing the most are Africa and the Middle East, India, and Central and Southeast Asia. Those are also some of the places where the Action Plan is being used the most, according to survey data.

Get your club in on the action. Explore the Action Plan through our new videos and discussion guides. Just pick a priority (impact, reach, engagement, or adapting), watch the video, and start a conversation using the guide. It's an easy, meaningful way to bring strategy to life, not to mention a handy backup when a speaker cancels or you need a last-minute meeting idea.

Nominating young leaders for Rotary People of Action Honors

Do you know a young leader who is putting their talents to use to make the future brighter? Consider nominating them for the 2025-26 Rotary People of Action Honors: Champions of Tomorrow! The Champions of Tomorrow are young people ages 13 to 30 who are leading dynamic projects to achieve positive change in their communities.



Rtn. Rajesh Pamnani
International Services (2025-26)
+91 9849013175

“Service Beyond Boundaries”

This month has been a remarkable reflection of our club’s spirit of service and fellowship. Each project we undertake reminds us of Rotary’s timeless motto — Service Above Self — and the power of collective goodwill to make a tangible difference in our community.

Our recent initiatives have been both impactful and heartwarming. The donation of five sewing machines has opened doors for self-reliance and livelihood for several women, empowering them to stitch new possibilities into their futures. Equally meaningful was the contribution of 50 cots to the Polytechnic student hostel, ensuring that young learners have a more comfortable and dignified space to rest and rejuvenate as they pursue education.

Adding to our sense of pride, our club received two prestigious awards at the Rotary India CSR Meet, recognizing our work in the Health and Environmental Protection categories. These honors are not just accolades but affirmations of our ongoing commitment to sustainable community welfare.

Beyond service, fellowship remains the glue that binds us as Rotarians. The five-day family trip to Vietnam was a memorable blend of camaraderie, laughter, and cultural exploration — strengthening friendships and reminding us that Rotary is, at its heart, a family of shared values and joyful togetherness.

Globally, Rotary continues to champion causes that unite nations and hearts — from the ongoing fight to eradicate polio to promoting peace, literacy, and clean water across continents. It is inspiring to see how our local efforts echo the global Rotary vision, weaving together small acts of kindness into a larger tapestry of hope.

As we look forward to the coming months, let us continue to serve with purpose, connect with compassion, and celebrate the spirit of Rotary in all we do.

Rajesh Pamnani
Editor, Club Bulletin

Our Editors (2025-2026)



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 Gaddam Rama
Rtn G Satish Manohar
I am the founder of Cremon Buds, a Montessori school in Tirumulghery, Hyderabad. I have been recognized with several awards, including the Stree Shakti Award (2018) and Mrs. Hyderabad Perfect 2017 (Runner-up).

CELEBRATING OUR ROTARY FAMILY

Wishing joy and blessings to those who make our club special.

"The more you celebrate life, the more there is in life to celebrate."

NOVEMBER



HAPPY BIRTHDAY

01/11 - Ann. Indra Sharma
03/11 - Rtn. Jitender Agarwal
11/11 - Ann. Dr. Mridula Verma
17/11 - Ann. Monika Agarwal
23/11 - Ann. Anitha Tholia Jain
25/11 - Rnn. Ashwani Nevatia



WEDDING ANNIVERSARIES

03/11 - Rtn. Ramayya & Sujata
04/11 - Rtn. Srinivas & Nagini Gumidelli
11/11 - Rtn. Alok & Sarika Ranasaria
23/11 - Rtn. Anirudh & Varsha Gautam
23/11 - Rtn. Samir & Ritu Gupta
29/11 - Rtn. Ashwani Nevatia & Shalini



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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.



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.

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RCSS members Successful Handover of 50 Cots at Gajwel Polytechnic on 14th Oct 2025



RCSS members Successful Handover of 50 Cots at Gajwel Polytechnic on 14th Oct 2025





RCSS members Successful Handover of 50 Cots at Gajwel Polytechnic on 14th Oct 2025

Report of Community Services Group for 25 October

In May 2025, RCSS donated an RO plant to the Polytechnic College at Gajwel to meet the need for safe drinking water for students and local residents. After expressing their gratitude, the college authorities requested 50 MS cots for the hostel, as students were experiencing inconvenience due to inadequate sleeping facilities.

Funds for the cots were raised entirely through donations from RCSS members. Eight Rotarians, led by RCSS President Ranjay Goel, travelled to the college on 14 October 2025 to hand over the cots. A meeting was organised at the college for this purpose.

Dr. Krishnarao welcomed the Rotarians and expressed gratitude to RCSS for the generous support.

Rtn. Srinivas, Director CSR and Secretary of the RSS Trust, addressed the gathering about Rotary International and its global service activities conducted through more than 36,000 clubs. He also highlighted the various service initiatives of RCSS, especially the donation of medical equipment worth several crores to government hospitals.

Rtn. K.A. Ramayya, Director Community Services, introduced the RCSS members present and spoke about their commitment of time, talent, and resources for the welfare of the underprivileged. He also outlined the sequence of events from the RO plant inauguration to the donation of the cots.

The cots were formally handed over by RCSS President Ranjay Goel to Dr. Krishnarao, Principal of the college. The college was assured of continued support for future requirements.

Rtn. Satish proposed the vote of thanks, expressing appreciation to all present and advising students to focus on their studies.

The meeting concluded with the national anthem. The Principal invited RCSS members to the hostel for lunch, where a delicious meal was served. After thanking the college authorities, the team returned to Hyderabad. The event was highly successful in every respect.



Rtn Lokesh Jain

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RCSS members Sewing Machine Handover Event on 26th Oct 2025



RCSS members Sewing Machine Handover Event on 26th Oct 2025





RCSS members Sewing Machine Handover Event on 26th Oct 2025

Report of Community Services Group on the Event Held on 26 October 2025

October is designated as the month for Community Development, focusing on supporting local community growth. As part of this initiative, RCSS decided to distribute sewing machines to underprivileged women with tailoring skills, helping them improve their income and quality of life. Six women were identified through Rotarians, Anns, and other respected members of society.

President Rtn. Ranjay procured the sewing machines at a very reasonable price within a short time. The formal handing-over event was held on 26 October 2025 at the residence of Rtn. Ranjay in Balkampet. Rotarians, Anns, referrers, and beneficiaries gathered at the venue, where the sewing machines were arranged.

Rtn. K. A. Ramayya welcomed the gathering and explained how the project was conceived, appreciating the prompt support from Rtn. Ranjay, Rtn. Anil Goel, the RCSS Board, and the RSS Trust. He also thanked Anns Rama and Beena for their support, and acknowledged the gracious presence of Mr. and Mrs. Ram Goel, who also arranged breakfast and made the venue available for the event.

The Director of Community Services advised the beneficiaries to make good use of the machines to support their families and earn respect through their efforts.

Each of the six beneficiaries was invited to the dais and introduced by Ann Beena, Ann Rama, or Rtn. Ramayya. The sewing machines were then formally handed over by six couples, one machine per beneficiary.

Rtn. Satish proposed the vote of thanks, and the event concluded with the singing of the National Anthem.



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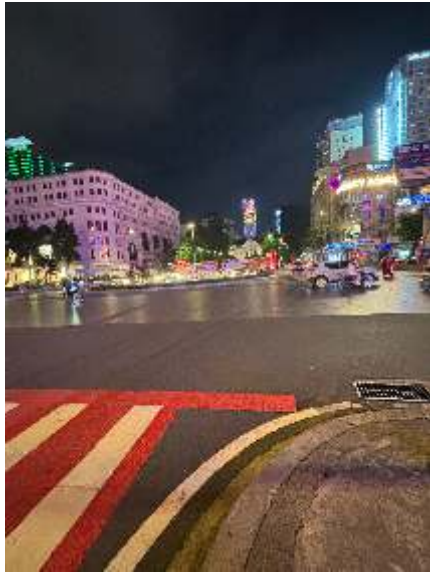
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RCSS Members' Fellowship Trip to Vietnam















RCSS International Fellowship: Trip to Vietnam

In the month of October (5th till 12th), an international fellowship was organised under the President ship of Mr. Ranjay Goel, by Rotary Club of Secunderabad Sunrise to Vietnam. An enthusiastic group of 34 participants (members, anns and kids included) embarked upon this fantastic trip on 5th of October from Hyderabad and returned on 12th of October after successfully completing a trip of 6 nights and 7 days.

The first destination was Hanoi which is where we landed from our flight from Hyderabad. Hanoi, the capital of Vietnam is a vibrant city with a rich history. The city is an eclectic mix of modern day vibe yet equally retaining its old world charm. Some of the things which we did in Hanoi was visiting the old quarters which has some of the most iconic restaurants and cafes, visiting a Buddhist Pagoda, Ho Chi Minh Mausoleum etc. A trip to Hanoi is incomplete without exploring the Vietnamese coffee. We were spoilt for choices like salted coffee, coconut coffee, egg coffee to name a few. On the gastronomic front some participants indulged in the street food like Pho broth, Bun cha, Banh bi to name a few.

Next visit was Ninh Binh, a town 100 kilo metres From Hanoi which is popular for its lush green landscapes, river and limestone mountains and caves. We were booked for a Sampan tour here which includes a boat ride which is unique in a way that it is manoeuvred by feet and not hands. It takes you through the river amidst the mountains, paddy fields, local villages and limestone caves making it a very surreal experience.

Our next destination was Phu Quoc island which is also known as “Pearl Island” because of the Pearl farming popular here. This Vietnamese island has beautiful sandy beaches. This island is now the main focus in terms of increasing the tourist influx and the local government is developing it to make it a hot tourist spot in near future. The places to visit includes Grand world, Vinwonders, Pearl Farm and local beaches to name a few.

The last destination we visited was Da Nang. It is a very modern and vibrant metropolitan city in Vietnam located at the coast with stretch of beach running through it across the main street. This one is famous for its various Pagodas, the lady Buddha atop the Marble mountain, lively night life and local massage parlours.

The first day was dedicated to the local sightseeing in Da Nang and a short visit to Hoi An. Hoi An is a quintessential town with a laid back vibes. The town is full of colors with great display of lanterns which comes to life as the sun sets. The main attraction here is the boat ride after sunset when the lanterns come alive illuminating the entire river and creating a lively and serene atmosphere. The town is also famous for the custom tailoring with the product delivered within a very short span of time at very affordable prices and high quality.

Any visit to Vietnam is not considered worthy and complete without the visit to the most iconic landmark of the country, the Golden Bridge and Bana Hills tour which is a day trip from Da Nang. The bridge is nestled in two hands made up of rock and is golden in colour. To reach the attraction one needs to take the cable car which passes through a scenic landscape which looks out of the world and the elevation changes so fast that one can literally sense the change in weather and temperature as the elevation changes. It was hot and sunny when we boarded the cable car and cold and misty as we reached top which was totally mesmerising. The restaurant on the top serves local Vietnamese food and it's worth a try. Ba Na Hills retains remnants of the past from the times when it was French Colony like the wine cellar and Le Jardin D' Armour.

This fellowship was special in a sense that it fostered new connections, reinforced existing ones and promoted sisterhood in a very unique sense. Tours apart, the highlight of the fellowship was Karwa Chauth celebrations, birthday celebrations, bonding over snacks and mukhwaas (Indian Mouth Freshners) which members carried from India; rejoicing in eating, drinking and dancing and forging a new level of camaraderie altogether. We all returned with memories to last the lifetime.

I would appreciate the efforts of everyone who contributed to the success of the trip. It definitely had been a very fantastic experience.



By: Ann Kanak Kabra



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I often find myself alone. Alone, in seeing aspects of situations, people, things. Ah, some will say because your 'job' is to read between the lines, to delve deeper, to not take things at face value, to sift.

I think it's the other way around. Because I had a tendency to be analytical and evaluative, maybe my 'job' beckoned and I saw things which others didn't?

This led many to label me 'negative'. And I would question myself and ask, are things so black and white? Are situations so simplistic? Is naïveté so prevalent? Are others blind? Is realism so hard?

And I've come to accept that surface level thinking is easier. To gloss over intricacies so easy. Superficialities more digestible. And lateral thinking difficult.

You need to review whether you get taken in by shimmer or are you able to discern? Do you fall for posturing and veneer or do you uncover the unapparent? Are you the 'crowd' or the oddball?

Freethinkers pay a price. But then would I prefer being a part of a flock? I don't think so! What do you prefer?



VARKHA CHULANI

"The vulgar crowd
always is taken by appearances
and the world consists
chiefly of the vulgar."

Niccolò Machiavelli.



Varkha Chulani

(Clinical Psychologist & Psychotherapist
at Lilavati Hospital, Mumbai, Tedx Speaker)

Contact Info

Varkha's Profile

[linkedin.com/in/varkha-chulani-aab92424](https://www.linkedin.com/in/varkha-chulani-aab92424)

Website : varkhachulani.com (Company)

Youtube : <https://www.youtube.com/@VarkhaChulani>



It is a great privilege that the Major CSR partner of our Club, M/s BHEL GE Gas Turbine Services has been awarded the prestigious CSR Award by Rotary Foundation India in the Health Category for the Spinal Endoscopy Equipment donated to Nizams Institute of Medical Sciences. A proud moment for Rotary Club of Secunderabad Sunrise.



Dr. Reddys Labs was awarded the CSR Award in Environment by Rotary Foundation India at Bengaluru. Presented the CSR Award and Certificate to Mr Randheer Singh, CSR Head at Dr. Reddys Labs on 22nd Oct 2025.

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Rotary Club of Secunderabad Sunrise

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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



Rtn. Anil Ratan Goyal
- 2024-2025



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2025-26

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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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