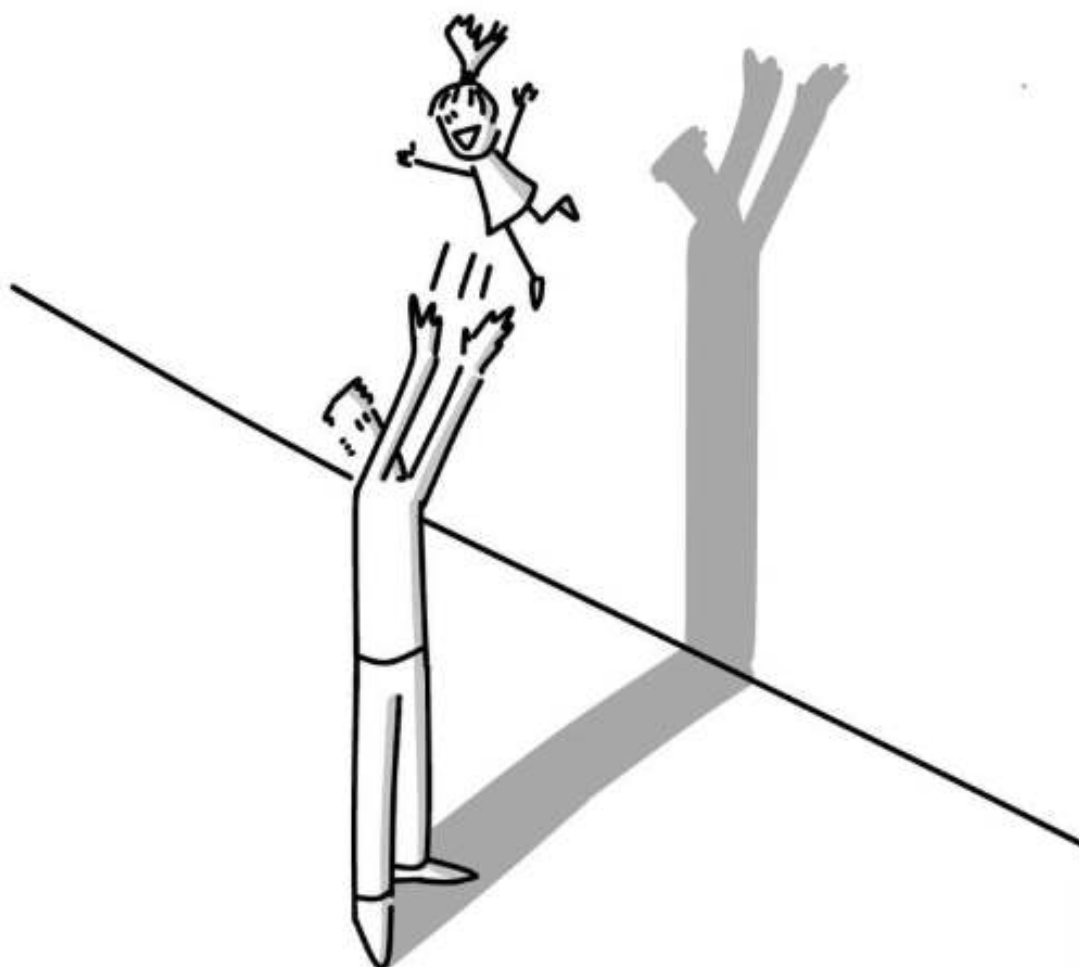




RI DISTRICT 3150

NOVEMBER 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

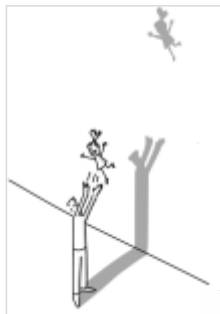
Club Members in District Team

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



What seems like a small gesture to you, for them...

Any new experience is amazing for little ones. They're full of excitement.

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
Nov 2025 - Total Dialysis 491



Reasons to celebrate during Rotary Foundation Month

There are many reasons to celebrate as we observe Rotary Foundation Month in November. We surpassed not only our comprehensive fundraising goal of US\$500 million in 2024-25 but also our ambitious goal to raise US\$2.025 billion by 2025 for our Endowment Fund. These accomplishments reflect the dedication of members and supporters like you. Your generosity is building a stronger, more sustainable Foundation.

We invite club and district leaders to express gratitude to donors and reflect on the positive impact their generosity has made possible. Share this video with members. You can further support Rotary's ability to continue Doing Good in the World by doing these things:

- Make a special gift to the Foundation on Giving Tuesday, 2 December. The top clubs in fundraising, donor participation, and online giving will be featured on My Rotary. Read about last year's top Giving Tuesday clubs.
- Make a gift to the Foundation at any time to help people in need
- Organize fundraisers using Raise for Rotary, our online peer-to-peer fundraising tool. People have used it to create more than 3,700 fundraising pages, collecting more than US\$3 million for the Foundation.

FOR CLUBS

The secret to a flourishing club

Successful clubs set goals effectively. When club leaders plan for the future, they give the club a sense of direction. Whether you aim to welcome more members, complete more service projects, or improve the experience that your club offers, setting goals motivates members to work toward a common purpose.

Rotary Club Central makes it easy for Rotary and Rotaract clubs to set their goals and track their progress. Club leaders can set yearly goals for up to three years and record the club's accomplishment, and all members can view the club's progress. Plus, new club leaders can use previous goals to make informed decisions about the club's direction.



Rotary Leader - Helping club and district leaders achieve success November 2025

- It's never too late to start planning for your club's future. To get inspired, read this Rotary magazine story about clubs that benefited from using Rotary Club Central to set goals. Then visit Rotary Club Central to get started.

AWARDS

Congratulations to District Excellence Award recipients

Rotary's prestigious District Excellence Award is presented to districts where half or more of the Rotary clubs earned the Club Excellence Award. Last Rotary year, 123 districts earned the District Excellence Award. All of the clubs in five districts (2032, 2050, 2820, 3522, and 4355) earned the Club Excellence Award. Get a list of the recipients of the District Excellence Award.

The Club Excellence Award recognizes the hard work clubs do throughout the year. To earn the award, clubs must:

- Set goals in Rotary Club Central
- Report that they've achieved more than half of their goals
- Pay club invoices within 60 days

Club leaders have until 30 June 2026 to set, achieve, and report on their goals to be eligible for the 2025-26 Club Excellence Award.

SERVICE

Project fairs foster collaboration

Rotary project fairs offer a unique chance to connect with potential partners for international service, learn about community priorities, and form new friendships. Ligia Corredor, a member of the Rotary Club of Miramar-Pines, Florida, USA, has attended 25 project fairs in Central America and Colombia. On Rotary's Service in Action blog, she describes how she has learned about new initiatives and built strong relationships with Rotarians all over the world. Get a list of upcoming project fairs.

WHAT'S NEW

Service Project Center offers enhanced resources

Showcase your club's achievements on the updated Service Project Center, Rotary's central destination for all your service project needs. Record and track projects, collaborate with partners, and share your successes with members and your community.

New features include:

- A streamlined Resources page with project planning tools
- An Impact page supporting Rotary's Action Plan that debuts with a quiz game to expand your knowledge about how to measure impact
- A refreshed, mobile-friendly Grant Center dashboard, now fully integrated into the Service Project Center

Visit the Service Project Center today and keep coming back as we continue to enhance your experience.

EVENTS

Celebrating the 80th anniversary of the United Nations

Rotary International and Rotary districts in Northern California, USA, are organizing a collaborative event to highlight Rotary's historic and ongoing relationship with the United Nations. The half-day event will take place on 11 December in San Francisco, the birthplace of the UN Charter, in the building where the charter was signed in 1945. The event will focus on innovation, shared responsibility, and renewed partnerships to advance the cause of global peace and development. Find out more about Rotary's UN event. 3,700 fundraising pages, collecting more than US\$3 million for the Foundation.



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

December in Rotary is Disease Prevention and Treatment Month—a reminder that health is the cornerstone of human development and that Rotary’s mission begins where suffering ends. As we reflect on November, The Rotary Foundation Month, I am deeply inspired by the power of collective giving. Across the world, millions of lives are touched each year by Foundation-supported projects: from polio immunization drives and maternal health programs to clean water initiatives and peace fellowships. Last month was a celebration of generosity—and a reminder that every contribution we make fuels hope somewhere in the world.

Here in our club, the spirit of service and learning continued through thoughtful and engaging programs. We hosted a Speaker Meet, our own member Rtn Ravi Ladia on making a personal will ; inviting voices that broadened our perspective and challenged us to think beyond boundaries. We also held our Club Assembly, where we reviewed our progress, aligned on future priorities, and reaffirmed our commitment to transparent leadership and meaningful impact.

December also brought a moment of pride as we received CSR recognition and awards, honouring our efforts to partner with corporate allies to deliver sustainable and large-scale community development. These collaborations expand our reach and reflect the trust that society places in Rotary’s integrity and efficiency.

Looking ahead, our preparations are underway for an important milestone—the District Governor’s visit. This visit is not simply a formality; it is an opportunity to showcase our achievements, reflect on our journey, and strengthen our roadmap for the months ahead. I encourage every member to participate wholeheartedly, for it is unity that powers progress.

As we step into a season of reflection and celebration, let us carry forward the message that RI President Francesco Arezzo continues to remind us: “There is always room for one more at our table.” Whether it is a new member joining our fold, a partner supporting our mission, or a voice adding perspective, every contribution enriches our family of service.

December invites us to cherish fellowship, honor our shared purpose, and renew our inspiration for the new year.

Together, we continue to build healthier communities, stronger partnerships, and a brighter future.

Wishing all our members and their families a peaceful and joyful festive season.

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."

DECEMBER



HAPPY 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 - Rnn. Sandeep Jhavar
24/12 - Rnn. Soma Pradyumn
25/12 - Rnn. Sundeep Munta
25/12 - Ann. Reena Agarwal
31/12 - Rnn. Rajesh Surana
31/12 - Rnn. Vikram Mehta



WEDDING ANNIVERSARIES

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 Nyati
11/12 - Rtn. Sandeep & Mamta Jhavar
15/12 - Rtn. Sundeep & Swathi Munta
27/12 - Rtn. Lokesh & Seema Jain
28/12 - Rtn. Rajesh & Tanvi Pamnani
28/12 - Rtn. Chandrasekhar & Vijayalaxmi



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Wafer Products



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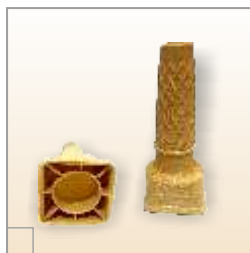
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Edible Cups



Za (C) & Zaw Series

Moulded Cones



Zaw Series

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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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9989244859



RCSS Speaker Meeting on 22nd Nov 2025 at Hotel Marigold



RCSS Speaker Meeting on 22nd Nov 2025 at Hotel Marigold



It was an insightful and enriching session on understanding and executing a Will.
Heartfelt gratitude @Ravi Ladia RCSS.





Rtn Lokesh Jain

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Presented the CSR Award Certificate along with the Appreciation Plaque of NIMS to the MD, JMD of BHEL GE Gas Turbine Services P Ltd at their office premises.





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Attend The Rotary Foundation Seminar on 30th Nov 2025





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I worry about how facets that led to becoming adept and skilled at a craft and which were givens, are now overlooked, scoffed at, and relegated as ancient practices. Yes, there's a rush to mastery, to proficiency, to expertise.

Everyone wants to soar. No one wants to invest in the habits that require one to take off.

So what are those habits?

Specificity. No one can do 'everything'. Pick one thing.

Process. Acquisition comes in natural progression. One step at a time.

Immersion. Full heartedness. Become part of the story.

Continuation. Keep at it. Stick.

However, when short-cuts, aversion to exert, repulsion to struggle are a part of your being how will adeptness develop?

Instantaneous versus brewed. And I am not referring to coffee!

 **VARKHA CHULANI**



**He who would learn to fly one day
must first learn to stand and walk
and run
and climb and dance;
one cannot fly into flying.**

Friedrich Nietzsche



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>

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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 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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