



RI DISTRICT 3150

DECEMBER 2025



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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



Free time to play, spend time with family, or for whatever. Often, the inability to balance work and family life is the problem.

## Dialysis Analysis from 2023-25

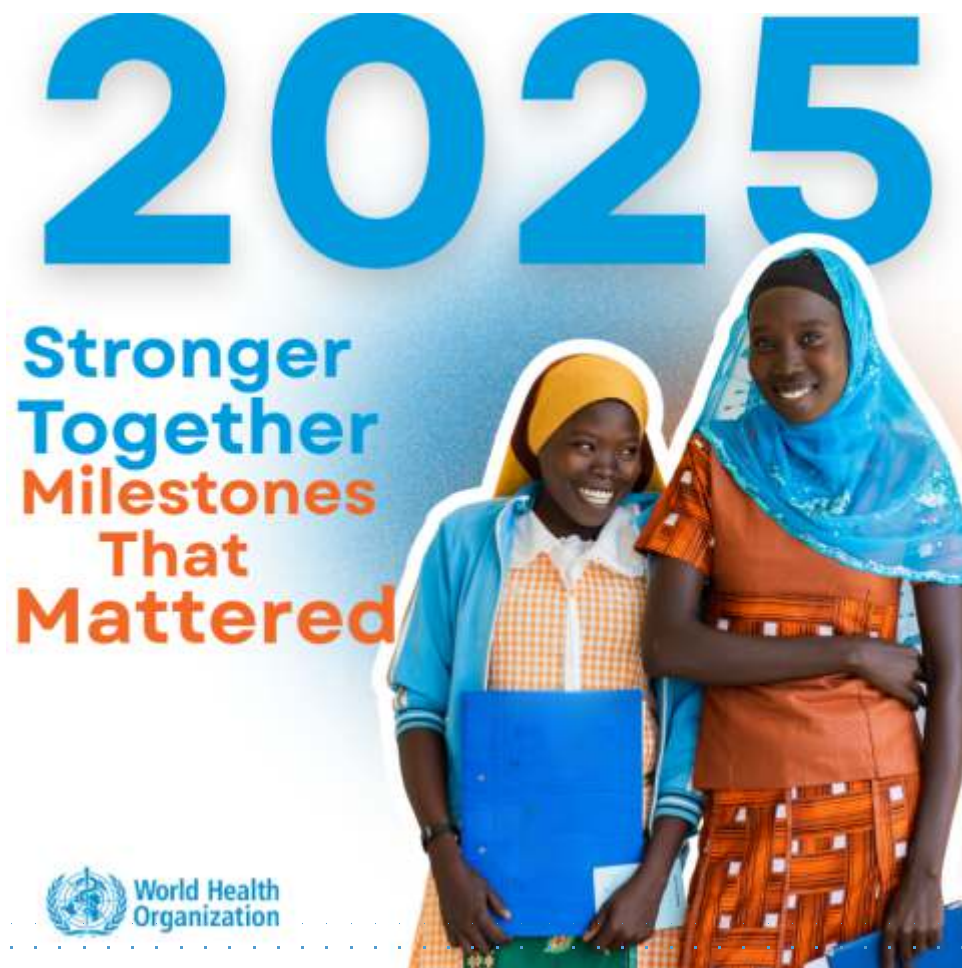
Jul 2023 - Total Dialysis 506  
Aug 2023 - Total Dialysis 517  
Sep 2023 - Total Dialysis 525  
Oct 2023 - Total Dialysis 558  
Nov 2023 - Total Dialysis 564  
Dec 2023 - Total Dialysis 576  
Jan 2024 - Total Dialysis 583  
Feb 2024 - Total Dialysis 543  
Mar 2024 - Total Dialysis 539  
Apr 2024 - Total 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  
Dec 2025 - Total Dialysis 535



Turning Points in Public Health: Our Year in Review (2025)



Looking back on 2025, the year has been marked by immense achievements and profound challenges for global health. In the face of major funding cuts and increasing threats to science and solidarity, WHO continued to lead and champion global efforts to confront the biggest health challenges of our time.

From governments adopting the world's first Pandemic Agreement and expanding access to life-saving medicines, to tackling climate-related health risks, WHO reaffirmed both the central role of evidence in health and our enduring relevance to the health of all people, everywhere.





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

As we step into a new year, I find myself looking back with quiet gratitude at the one we have just completed.

December, Rotary's Disease Prevention and Treatment Month, reminded us that some of the most meaningful service is often the least visible — the work that protects health, preserves dignity, and supports life long before a crisis becomes a headline. Around the world, Rotary clubs spent the month strengthening immunization efforts, maternal and child health programs, sanitation initiatives, and access to basic medical care. It was Rotary at its most human.

Closer to home, our final month of the year was shaped by reflection, learning, and connection. Our Speaker Meet brought voices that challenged our thinking and helped us see familiar issues with fresh clarity. Our Club Assembly gave us space to pause, review our journey, and realign our priorities — not just as a club, but as individuals in service.

We were also privileged to host the District Governor's visit, a moment that reminded us that we are part of something larger than ourselves. It was an opportunity to listen, to learn, and to strengthen our sense of shared purpose.

As the year wound down, I found myself reflecting on the work that doesn't always appear in reports or recognition: the conversations that shaped better decisions, the care taken in balancing people, purpose, and progress, and the steady service that continues long after applause fades.

This year taught me that leadership is not always about being visible — it is about holding space between people, priorities, and expectations with intention and respect. It is about knowing when to step back and let others lead, without lowering the bar. And it is about learning that showing up fully matters more than showing up all the time.

I am deeply grateful for a Rotary community that serves with heart, wisdom, and humility.

As we begin this new year, I wish each of you a gentle transition into what lies ahead — and a meaningful beginning filled with purpose, connection, and hope.

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."*

## JANUARY



### HAPPY BIRTHDAY

02/01 - Ann.Tanvi Pamnani  
08/01 - Rtn. Ankit Goyal  
15/01 - Rtn. Ajay Agarwal  
17/01 - Ann. Nagini Gumidelli  
21/01 - Rtn. Rajnish Pissay  
27/01 - Rtn. Bimal Garodia  
28/01- Ann. Pritti Khinvasara



### WEDDING ANNIVERSARIES

16/01 - Rtn. Ajay & Anita Jain Tholia  
30/01 - Rtn. Vikram & Lopa Mehta



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### 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



DG 26-27

**Rotary**  
District 3150

**WELCOME ABOARD**



**Rtn. K.A. Ramayya**

**District Secretary– Appointments**

**Rotary Year 2026–2027**



At NIMS. Received appreciation certificate and due diligence done for the requested equipment. Dr Vamshi Krishna and his team of doctors along with Mr Ravi Peri from BHEL GE had a discussion with RCSS team.

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**District Governor's Official Visit 2025-26 & 25th Charter Nite on 26th Dec 2025**



**District Governor's Official Visit 2025-26 & 25th Charter Nite on 26th Dec 2025**





**Rtn Lokesh Jain**

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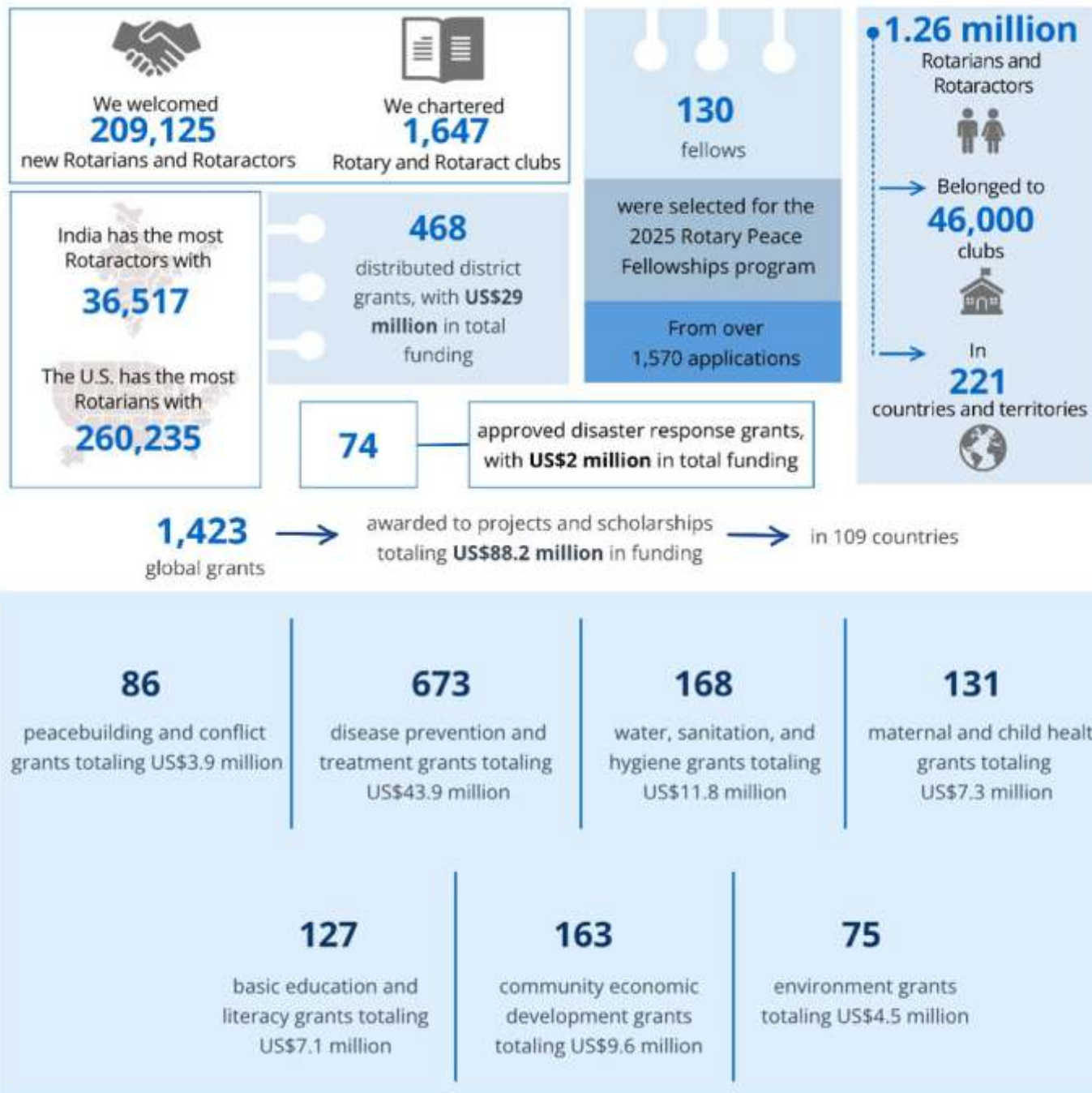
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DG visit to Dialysis Centre on 26th Dec 2025



## 2024 - 25 Fast Facts





## Rituu's Crystal Wellness - Numerologist, Crystal Healer and Vastu Consultant

### How Small Energies Create Big Life Shifts

I was born in a land where crystals were not rare or mystical objects kept behind glass shelves. They were part of the earth, dug out with care, respected for their natural intelligence, and understood as silent carriers of energy. Long before I gave words like crystal healing, numerology, or Vastu a professional meaning, there was already a quiet calling—one that kept nudging me back to the idea that everything in life is energy, and energy responds to alignment.

Over the years, I explored multiple paths, studied different systems, and worked closely with people from varied walks of life. What became very clear to me is this: no single tool can ever work in isolation. True transformation happens only when we look at life holistically.

People often ask me, “Can a small crystal really change my life?” My answer is always honest—a crystal alone is not magic. But when used consciously, with the right understanding and alignment, it can become a powerful catalyst.

Crystals work like amplifiers. They don’t replace effort, intention, or self-awareness—but they enhance what already exists. Through numerology, I study a person’s birth chart, name vibrations, and life patterns. This helps identify strengths that can be enhanced and weaker areas that need support. Crystals then act as energetic tools that gently strengthen those areas—whether it is confidence, clarity, stability, abundance, or emotional balance.

Think of it as tending to a flame. Numerology helps you understand where the fire already burns strong and where it flickers. Crystals help sustain and nourish that flame so it grows steady and luminous rather than chaotic or weak. Together, they work in harmony—subtle yet effective.

But there is another layer many people overlook: space.

A crystal does not exist in isolation. Your body is a space. Your home is a space. Your workplace is a space. Over the years, while working with clients, I felt repeatedly drawn to visit and understand the environments they lived and worked in. Often, people would do everything “right”—change name spellings, wear the recommended crystals, follow remedies diligently—yet progress would feel slow or blocked.

That’s where Vastu comes in.

If the space holding your energy is misaligned, it can quietly dilute even the strongest intentions. A crystal placed in a harmonious space works very differently from one placed in a stressed or imbalanced environment. When Vastu corrections, numerology guidance, and crystal healing come together, the shift becomes more tangible, more sustainable.

Today, I firmly believe that well-being is multidimensional. No single approach—whether it is crystals, numbers, or space—can fully support a person on its own. But when these tools are used together, consciously and ethically, they don't just improve situations—they transform the way a person experiences life.

At Rituu's Crystal Wellness, my work is not about quick fixes. It is about alignment—of self, space, and soul. Crystals are small, yes—but when placed with intention, supported by numerology, and grounded in the right environment, they can quietly change the rhythm of your life.

Rituu Guptha Numerologist,  
Crystal Healer and Vastu Consultant  
rgindiarg@gmail.com  
6301126206  
Rituu's Crystal Wellness





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## Smart Food Safety Habits Simple Actions for Healthier Meals



### From Shopping to Serving Safely



#### Shop Safely

- Choose fresh, undamaged produce
- Keep raw meat away from other groceries
- Check expiration dates before buying



#### Store Wisely

- Organize fridge, raw meat on the bottom shelf
- Keep dry goods in airtight containers
- Freeze perishable items if not used within 2 days



#### Prep with Care

- Wash cutting boards with hot soapy water
- Wear gloves if you have cuts on your hands
- Never prepare food when feeling sick



#### Defrost Safely

- Thaw in the fridge, not on the counter
- Use cold water or microwave if needed quickly
- Cook immediately after defrosting



### Quick Food Safety Tips



Label leftovers  
with the date  
before storing.



Clean your  
refrigerator  
monthly.



Avoid overpacking  
your fridge to  
maintain airflow.



Always use clean  
dishcloths and  
sponges.





Ann. Kanak Kabra

It gives me pleasure to share with you that starting this month we will publish a 6-article series based upon the theme “**Tech and Society**” wherein a series of 6 articles will be published in the next six editions of our magazine. This is a collaborative project by **Rtn. Rajesh Pamnani**, chief editor of the magazine and **Ann Kanak Kabra** to give shape to this idea. This series will be based upon articles covering some crucial aspects and areas of our day to day life wherein tech has/or will change the way we relate to things and we function in general. We have tried to keep the articles relatable to our audience who is diverse and from a very wide age gap.

The first article in the series is **AI the way: Fashion and Beauty** where we have examined the way AI is showing its growing presence in the beauty and fashion world and how it will be bringing real and efficient transformation in time to come. The penetration of AI in today’s world is very visible and Fashion and Beauty industry is something where a large chunk of population will get an opportunity to interact, understand and experience it, if not already.

We have tried to verify the facts and figures from reliable sources. However any opinions expressed or any personal experiences shared (if any) are of the author alone.

We hope that you will enjoy this series. We will look forward to your feedback.

“Advanced data sets, hyper-personalisation and revamped infrastructure will be what it takes for the industry to scale and embrace AI’s future.”  
Nateisa Scott, beauty editor at Vogue Business.

How magical it may feel to be able to get assistance and suggestions from a tool which can interact like a human!! And you may wonder how this one knows so much about me!!

Ever wondered how AI is changing the way we shop? From personalized styling to predicting the next big trend, AI is transforming the fashion and beauty world at a faster pace than ever in last century.

According to the “State-of-the-fashion-technology” report by McKinsey and Co., in 2021 fashion companies invested 1.6 to 1.8 percent of their revenue in technology, on an average. It is estimated that by 2030 this spend could go up to between 3 and 3.5 percent.



With growing penetration of AI in every segment, fashion and beauty industry is embracing AI based technology and tools widely for a number of functions and revolutionising the trends and experiences like never before.

Hyper personalisation, trend forecasting, marketing the new trends and making it reach deeper and wider are some of the broad functions where AI is increasingly used. It also is radically changing the way a customer shops, styles and makes decisions. Improving customer satisfaction by changing the way they interact, experiment and engage with products and services is something we all aspire for.

With a human-like assistant enhancing my overall experience of shopping and helping me with making better decisions in terms of picking the products will be something I will always look forward too.



AI is changing the fashion game and leveraging the fashion industry by accelerating its growth in terms of revenue. It is estimated that those businesses who have adopted AI and AI based tools will see an increase in the cash flow by 118 per cent by the end of 2030.

AI powered assistants are helping consumer discover new styles and brands tailor-made in tune with their preferences and requirements. It can also analyse the best fits and styles by using the algorithm (a complex matrix of data available on virtual space at interplay) based on their body type, complexion and ethnicity. The hyper personalisation is the best feature AI has embedded in terms of fashion and beauty. Stitch Fix and The Yes are some platforms who have explored the potential of hyper personalisation and have paved the way for a more fulfilling shopping experience.

Customers expect brands to provide them personalised experiences tailored especially for them. AI is used extensively in creating immersive experiences using high-tech advanced tools which use Virtual Reality and Augmented Reality for better understanding the utility, connect and purpose. Gucci, Dior, Balenciaga, are some of the pioneers in this field.

The good news is that AI is not limited to luxury brands alone. Most brands are integrating it and soon AI based personalisation will become a mainstream thing.



Imagine getting beauty recommendations tailored just for you - that's what AI is doing in the beauty world. It looks at what you've browsed, what you've bought, and what you like, and suggests products that works for you perfectly. How amazing!!

AI tools are also creating diagnosis based solutions based upon skin conditions, age, gender and geographical location for real-time solutions co-relating with the product recommendations. This is a revolutionary technology which will change the way the end user take decision to shop. Interactive virtual assistants much advanced than Chat bot can offer much in-depth and more reliable and relatable beauty solutions.

Ulta Beauty is a pioneer in using this technology and many brands are following suit already.



As AI continues to evolve, we can expect even more innovative applications in fashion and beauty. Imagine virtual fashion assistants that can style you for any occasion or AI-powered beauty advisors that can recommend products based on your skin type and tone.

The possibilities are endless, and one thing is clear: AI is transforming the way we approach personal style, making it more personalized, accessible, and enjoyable.

Written, edited and compiled by Kanak Kabra.



Resources:

[research.aimultiple.com](https://research.aimultiple.com)

[Luxuro.com](https://luxuro.com)

State of the art fashion technology report, Mckinsey and Company



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Leave the old and start the new?  
 Take lessons from the old to not repeat patterns into the new?  
 Retain what worked and discard what didn't in the new?  
 My mind is full of questions. And I keep going in circles.

So I simply decided on no resolutions.  
 And instead decided to enjoy the unravelling of every day. Making the most of each one that's gifted to me.  
 By structuring it in a manner where I give myself all that I would love my day to have.  
 Some work, some play, some leisure but most importantly enough thanksgiving that I am able to do all of what I wish.

So let's wish ourselves what we want so that we get the year we desire!

Nothing supercedes health and contentment.  
 Cheers to a healthy and satisfying 2026!



**"You are never too old  
 to set another goal  
 or to dream a new dream."  
 - C.S. Lewis**



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](http://varkhachulani.com) (Company)

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

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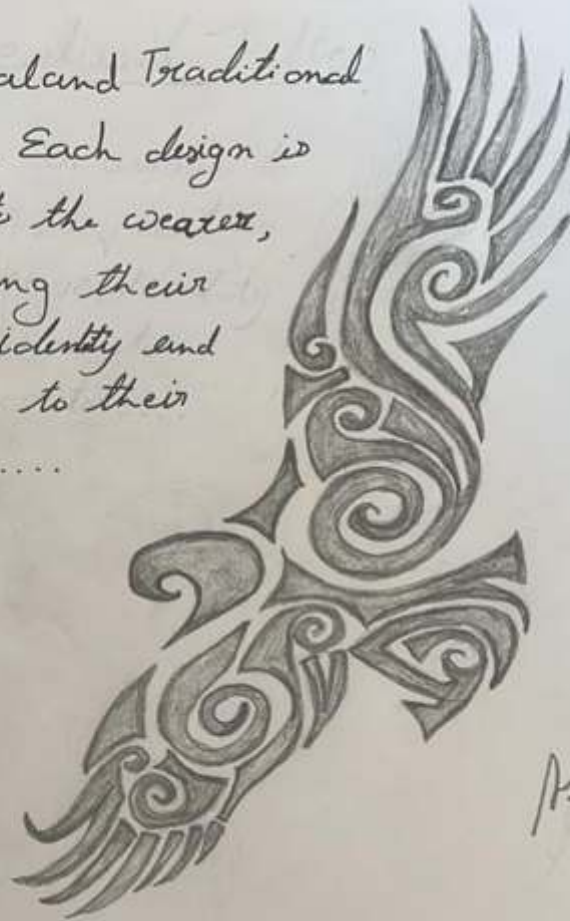
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New Zealand Traditional  
Tattoo .... Each design is  
unique to the wearer,  
reflecting their  
lineage, identity and  
connection to their  
ancestors ....



New Zealand tattoo designs. Particularly Tā moko  
from Māori culture, are deeply symbolic and  
narrative-based. Rather than decorative art,  
Tā moko tells personal stories of genealogy, social  
status, achievements, and an individual's life  
journey. Motifs such as the spiraled koru represent new  
life, growth, and renewal, while figures like the manāia  
act as spiritual guardians. Traditional patterns –  
including Pakati (symbolizing warrior strength and courage) and  
Uraunahi (fish scales representing abundance & prosperity) ...



By : Ann. Anu Goel



# 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



**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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