



RI DISTRICT 3150

DECEMBER 2025

In the afternoons, what would you most like to do?

Theatre, football, judo, dance, music...



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



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)

2025

Stronger
Together
Milestones
That
Mattered



World Health
Organization



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.



Victories for disease control

Maldives achieved "triple elimination" of mother-to-child transmission of HIV, syphilis and hepatitis B

Niger became the first African country to eliminate river blindness

Georgia, Suriname and Timor-Leste were certified malaria-free

Brazil eliminated mother-to-child transmission of HIV

Guinea and Kenya eliminated sleeping sickness

Burundi, Egypt and Fiji eliminated trachoma



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



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



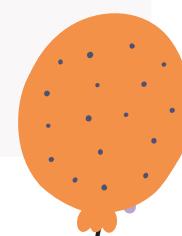
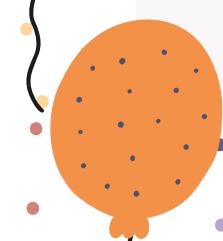
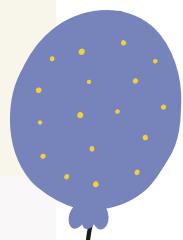
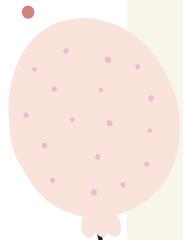
HAPPY BIRTHDAY

- 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





R & D Engineers

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New products to extend your portfolio to include these products...

Monaka Wafer



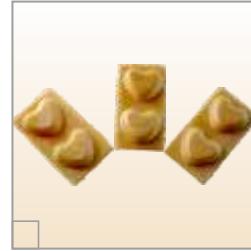
RW Series

Wafer Products



RS-TT Series

Wafer Biscuits



SW/AW Series

Edible Cups



Za (C) & Zaw Series

Moulded Cones



Zaw Series

To find out more about how we can help you to start a new product
Take a image of this page check box your interest and send by...



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 who are 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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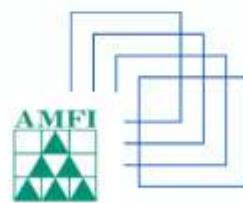
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9 9 8 9 2 4 4 8 5 9



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

BLDC FAN - 29W



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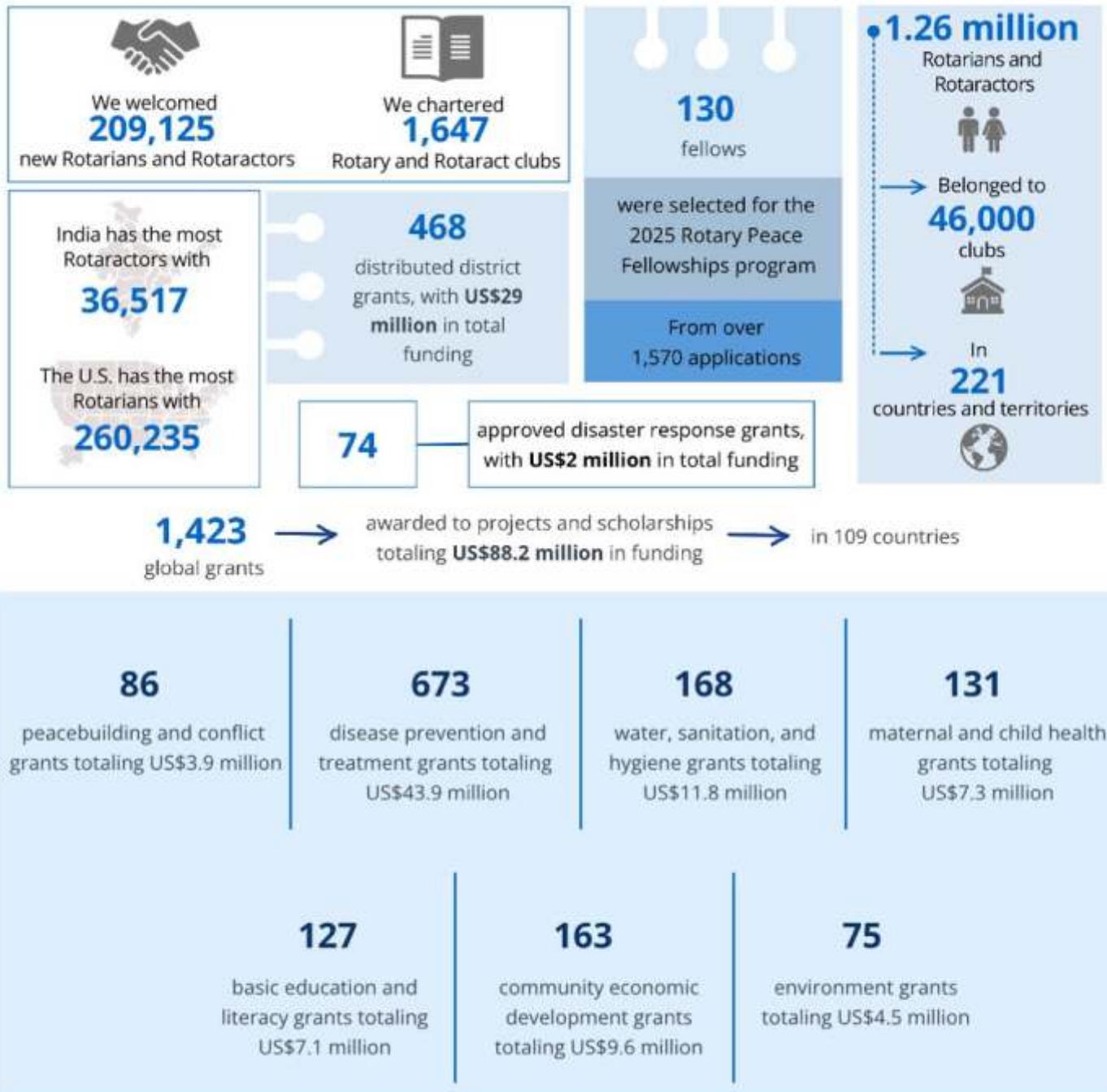
14, SVCIE. Phase 1 Ext. Balanagar, Hyderabad-500 037. INDIA. website: www.patnyfan.com
Landline No.: 040 23772412

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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Ceiling Fan Tray



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The Eco
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* 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 work 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

Luxuro.com

State of the art fashion technology report, Mckinsey and Company



**202/203, Chenoy Trade Centre, 2nd Floor, 116, Parklane,
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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 (Company)
 Youtube : <https://www.youtube.com/@VarkhaChulani>



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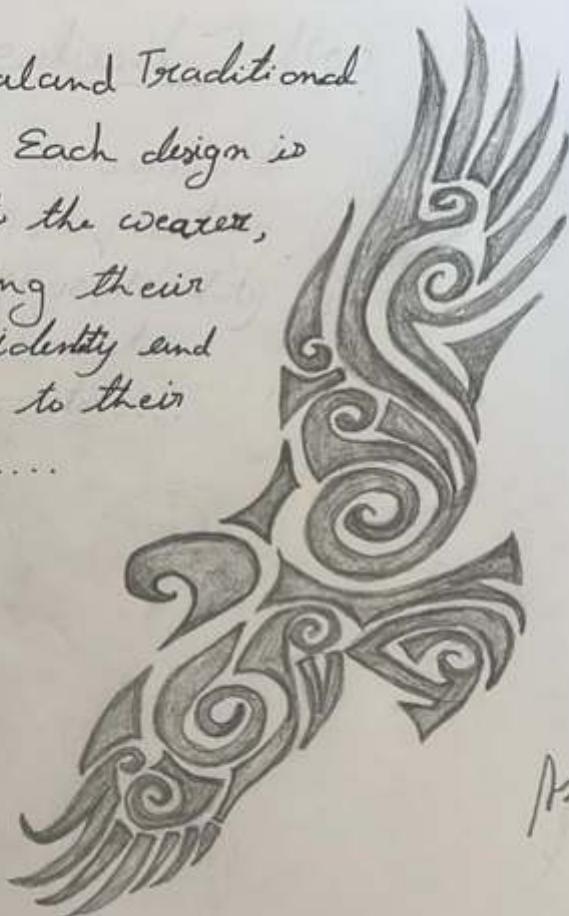
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New Zealand Traditional
Tattoo Each design is
unique to the wearer,
reflecting their
lineage, identity and
connection to their
ancestors....



New Zealand tattoo designs, particularly Ta moko from Maori culture, are deeply symbolic and narrative-based. Rather than decorative art, Ta 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 maniai act as spiritual guardians. Traditional patterns – including Pakati (symbolizing warrior strength and courage) and Unaunahi (fish scales representing abundance & prosperity)...



By : Ann. Anu Goel



Rotary Club of Secunderabad Sunrise

OURS PAST PRESIDENTS



Rtn. Narendra 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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Rotary Club of Secunderabad Sunrise



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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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