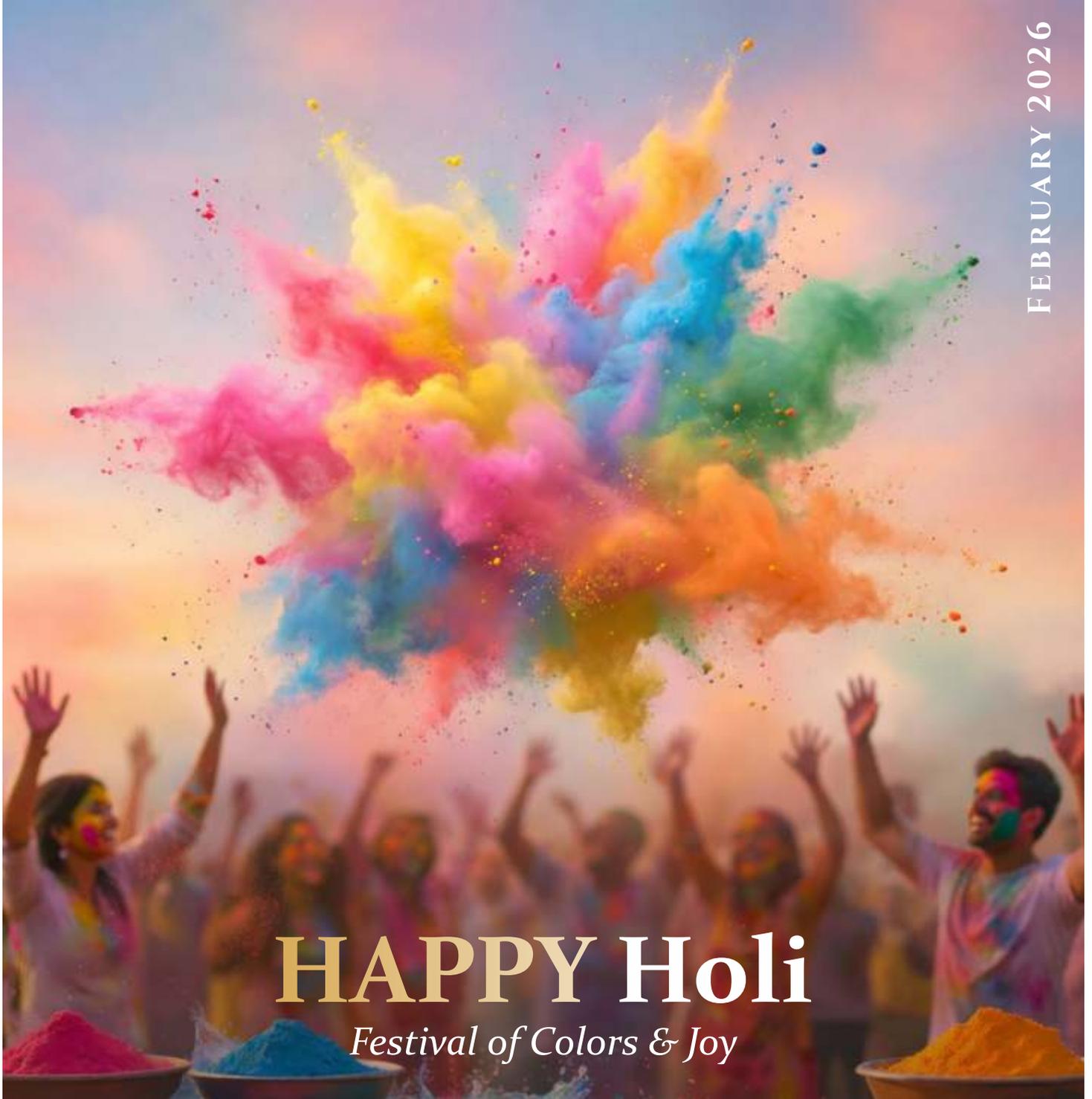




RI DISTRICT 3150



FEBRUARY 2026

HAPPY Holi

Festival of Colors & Joy

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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

Dialysis Analysis from 2023-25

Jul 2023 - Total Dialysis 506	July 2024 - Total Dialysis 570	July 2025 - Total Dialysis 534
Aug 2023 - Total Dialysis 517	Aug 2024 - Total Dialysis 535	Aug 2025 - Total Dialysis 498
Sep 2023 - Total Dialysis 525	Sep 2024 - Total Dialysis 461	Sep 2025 - Total Dialysis 511
Oct 2023 - Total Dialysis 558	Oct 2024 - Total Dialysis 464	Oct 2025 - Total Dialysis 506
Nov 2023 - Total Dialysis 564	Nov 2024 - Total Dialysis 409	Nov 2025 - Total Dialysis 491
Dec 2023 - Total Dialysis 576	Dec 2024 - Total Dialysis 441	Dec 2025 - Total Dialysis 535
Jan 2024 - Total Dialysis 583	Jan 2025 - Total Dialysis 495	Jan 2026 - Total Dialysis 553
Feb 2024 - Total Dialysis 543	Feb 2025 - Total Dialysis 433	Feb 2026 - Total Dialysis 484
Mar 2024 - Total Dialysis 539	Mar 2025 - Total Dialysis 492	
Apr 2024 - Total Dialysis 578	Apr 2025 - Total Dialysis 488	
May 2024 - Total Dialysis 634	May 2025 - Total Dialysis 514	
Jun 2024 - Total Dialysis 572	Jun 2025 - Total Dialysis 492	

In Lithuania, 'befrienders' ease loneliness

How a nation more than halved its suicide rate with helplines and other community-based approaches

By Marylou Costa

Taking phone calls from strangers wanting to share their life stories is not part of the typical job description for a nonprofit founder. But for Marius Čiuželis, it's all in a day's work. In 2016, he and his wife, Kristina, started Sidabrinė Linija, or Silver Line, an organization that offers free support to isolated older adults in Lithuania through regular phone calls with a "befriender" matched to their interests.

"On the first day we spoke for 10 minutes. The next time we spoke for nearly an hour, and she shared a lot about her life," recalls Čiuželis, a member of the Rotary Club of Vilnius Lituanica International from 2019 to 2023. "Her husband of 50 years died about six years ago, and she has no children. She is completely alone and in poor health. A social worker visits twice a week, but otherwise she's basically locked in her house because she can't move."

Čiuželis says they discussed what bread she likes to eat and what kind of dessert he could bring if he visited. "She's an extremely lonely woman who just wanted someone to talk to, like many elderly people, who don't necessarily want to talk about big philosophies, just day-to-day things, rather than listen to the radio or watch TV all day."



Marius Čiuželis co-founded the Sidabrinė Linija nonprofit with his wife, Kristina.

Image credit: Courtesy of Marius Čiuželis



Sidabrinė Linija, which has befriended 6,000 older adults since its inception, has been just one of the many pieces of the puzzle to reduce Lithuania's suicide rate, which is particularly high among older people due to a combination of isolation and a culture of keeping mental health issues bottled up. Older adults, according to Čiuželis, account for more than 39 percent of all deaths by suicide.

In Lithuania, Čiuželis explains, asking for mental health support is still viewed with shame, particularly for older citizens who experienced Lithuania's Soviet rule from the 1940s to 1990. Economic and political instability followed, which caused high levels of unemployment, inflation, and poverty.

“Many of those people are afraid that if they see a psychologist, especially if they live in a small, rural area, everyone will know their personal problems,” says Čiuželis. “The alternative is they are given a prescription for medicine, but it's not what they need. We feel it's important to encourage them to open up and talk — and once we build trust, we can refer someone to professional support, if needed.”

Sidabrinė Linija has received funding from the Lithuanian government as part of mounting efforts over the past 20 years to recognize the drivers behind the country's high suicide rate and move away from a culture of hiding problems toward one where it's considered OK to talk about them openly.

When Lithuania joined the European Union in 2004, it recorded a suicide rate of around 44 per 100,000 residents, one of the highest in the region. Since then, it has worked to reduce its suicide rate, which is now at about 19 people per 100,000.

In 2007, the Lithuanian government published its first National Mental Health Strategy, followed by the launch of its Suicide Prevention Bureau in 2015 and a Suicide Prevention Action Plan in 2016 with an emphasis on providing more community-based services and shifting away from an overly medicalized approach.

A national suicide prevention algorithm was launched in 2018 across all medical and social services to more easily identify at-risk individuals and offer specialist support. Last year, this algorithm led to 600 people receiving a full package of mental health support services and 1,200 undergoing comprehensive assessments, which is not insignificant in a country of just 2.9 million people.

Another cornerstone of Lithuania's campaign has been its mental health ambassador program. Launched in 2022, this initiative has deployed 100 ambassadors across the country who share their stories of seeking help for thoughts of suicide, to change attitudes and behaviors around mental health.



A view of Vilnius, Lithuania's capital.
Image credit: Getty images

More generally, accessible mental health support is also expanding nationwide. Since 2020, free psychological well-being services have been available at centers in every one of Lithuania's 60 municipalities, providing drop-in access without a doctor's referral. These centers serve over 30,000 people annually, addressing issues such as stress, depression, and anxiety, with the aim of offering support early, before someone's mental health issues escalate into suicidal thoughts.

Beyond direct mental health interventions, stricter alcohol control laws have played a part. Tackling this has been crucial as alcohol use disorders correlate strongly with the highest-risk groups for suicide in Lithuania: middle-aged and older men in rural areas.

“We do have a lot of mental health problems compared with other countries, so we need unique solutions to solve them,” says Ignas Rubikas, head of the Lithuanian government’s mental health division.

“We have now destigmatized mental health so much that our specialists are becoming overworked,” Rubikas adds. “But I think that’s a good sign that we’re acknowledging and accepting the problems, and that we have taken the first step towards solving them at a systemic level.”

Another of those first steps is government-funded suicide prevention and intervention training for people to become “gatekeepers” who can more readily recognize and help someone who may have suicidal thoughts.

Nearly 1,400 of these gatekeepers, drawn from local first responders, medical staff, teachers, and other community leaders, were trained through a project by Lithuanian Rotarians. Supported by a \$91,700 Rotary Foundation global grant, the project took place in nine communities from 2018 to 2020 and included the creation of local suicide prevention groups and additional psychological evaluations for at-risk individuals.



Sidabrinė Linija volunteers gather in a park. The nonprofit has befriended 6,000 older adults since its inception almost a decade ago.

Throughout the country, around 10,000 people have become gatekeepers, half of whom have a mental health professional background. Among them is clinical psychologist Mantas Jeršovas, who has taken two free training programs — Safe Talk, a community-based program, and ASIST, or Applied Suicide Intervention Skills Training, a more advanced two-day course on how to engage in deeper conversations with someone who is having suicidal thoughts. He is now a trainer himself, delivering free programs several times a year.

Challenges continue. The Lithuanian government has committed to support the influx of around 42,000 Ukrainian refugees since the Russian invasion in 2022, offering counseling and group therapy services.

And Sidabrinė Linija’s Čiuželis wants to be sure the country’s older people are not being left behind amid an emphasis on digital services and online communication campaigns and what he perceives as an overall government mindset to prioritize the young at the expense of the old.



Rtn. Rajesh Pamnani
International Services (2025-26)
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Building Peace, Expanding Horizons

February in Rotary is a deeply meaningful month. Recognized across the Rotary world as Peacebuilding and Conflict Prevention Month, it calls upon us to look inward and outward—strengthening harmony within our communities while contributing to a more understanding world.

This February, our club beautifully reflected that spirit of growth and engagement through two significant initiatives: a remarkable Vocational Visit to a Stent Manufacturing Facility and a purposeful Club Assembly.

Our vocational visit was nothing short of inspiring. After quite some time, RCSS experienced the power of vocational learning firsthand—and what a comeback it was! The visit proved to be immensely educational for all who attended. The manufacturing facilities were truly of international standards, showcasing precision, innovation, and excellence at every stage. Witnessing how life-saving medical devices are engineered with such meticulous care was both enlightening and humbling.

We extend our heartfelt gratitude to Mr. Naveen Rajpal, the owner of the factory, for granting us this valuable opportunity and for being an exceptionally gracious host throughout the day. His openness in sharing insights and operational details enriched our understanding of the medical manufacturing ecosystem.

Special appreciation goes to Rtn. Lokesh Jain, the driving force behind arranging this outstanding visit. Our sincere thanks also to Rtn. Satish (Vocational Director), Rtn. Ranjay Goel (President), and Rtn. Rajhans (Secretary) for their seamless coordination and leadership in making the program a grand success. This visit was a true reminder that Rotary's Vocational Service is not merely a pillar—it is a bridge between professional excellence and community understanding.



Equally important was our Club Assembly, a forum that strengthened our internal alignment and collective vision. Assemblies provide us the opportunity to pause, reflect on our goals, evaluate our projects, and recalibrate where necessary. The transparent discussions, thoughtful suggestions, and enthusiastic participation demonstrated that our club thrives not just on service projects, but on shared ownership and teamwork. When members speak openly and plan collectively, the club moves forward with clarity and confidence.

Globally, Rotary continues its mission of fostering peace in tangible ways. Through Rotary Peace Centers across continents, scholarships for Peace Fellows, humanitarian grants in conflict-affected regions, and sustained efforts toward polio eradication, Rotary's presence is felt wherever hope needs reinforcement. Peacebuilding today includes promoting health, education, economic stability, and ethical leadership—values that align closely with our vocational initiatives and community outreach.

February reminds us that peace is built through knowledge, dialogue, professionalism, and compassion. Our vocational visit symbolized progress and innovation that save lives. Our assembly symbolized unity and purpose. Together, they represent Rotary in action.

As we move ahead, may we continue to learn from industries that change the world, engage in conversations that strengthen our club, and participate in initiatives that bring lasting impact. Let us carry forward February's message—not only as a theme, but as a responsibility.

Service above Self remains our guiding light, and Peace our enduring promise.

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."

MARCH



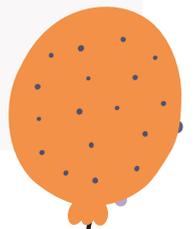
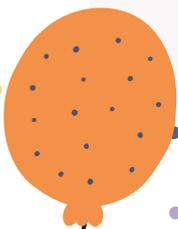
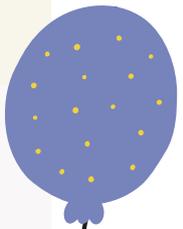
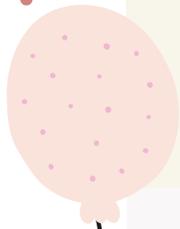
HAPPY BIRTHDAY

06/03 - Rtn. Manoj Loya
07/03 - Rtn. Ajit Gandhi
10/03 - Rtn. K.A.Ramayya
10/03 - Ann. Vishakha Agarwal
22/03 - Ann. Ritu Gupta
24/03 - Rtn. Ravi Ladia
29/03 - Rtn. Rajhans Banka



WEDDING ANNIVERSARIES

07/03 - Rtn. Rajkumar & Rakhee Kanodia
12/03 - Rtn. Bimal & Meera Garodia
27/03 - Rtn. Kirthi & Anusha Chilukuri





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Rotary Peace Center at Symbiosis International University will train peace and development professionals from across Asia

By Etelka Lehoczky

Leaders of Rotary International and Symbiosis International University gathered in Pune, India, to inaugurate a new Rotary Peace Center at the university. Supported through The Rotary Foundation, the center will provide experienced peacebuilders from across Asia with one-year professional development certificate fellowships to study subjects such as conflict transformation, sustainable development, and social change.

“With India’s rich diversity and complex social landscape, the peace center will offer unique opportunities for cultivating leaders who can navigate conflict with empathy and innovation,” says Bharat S. Pandya, a trustee of The Rotary Foundation and member of the Rotary Club of Borivli, Maharashtra, India. “This center will nurture a new generation of leaders in Asia who are dedicated to strengthening dialogue, understanding, and sustainable peace.”

The new center will host up to 40 Rotary Peace Fellows per year to earn a postgraduate diploma in peace and development studies. The program is designed for midcareer professionals with experience working in peace and development fields, including within governments, non-governmental and community organizations, educational institutions, media outlets, and international agencies.

Symbiosis International University’s motto, Vasudhaiva Kutumbakam, or The World Is One Family, reflects a commitment to internationalism and cultural understanding that dates to its founding. Established in 1971 as a cultural exchange center for students from other countries (particularly Africa) who were experiencing discrimination, Symbiosis today has more than 55,000 students from at least 85 nations.



The Lavale campus of Symbiosis International University, the site of the new Rotary Peace Center, in Pune, India



“The university has been focused on nurturing global citizens through quality education and cross-cultural sensitization as well as empowering thoughtful leaders — essentials for creating a harmonious world,” says Anita Patankar, director of the Symbiosis Centre for International Education and executive director of the university’s campus in Dubai, United Arab Emirates. “The Rotary Peace Center, with its unique academic program, joins the Symbiosis family in extending this vision.”

Symbiosis already has a history of collaborating with nearby Rotary Districts 3131 and 3141, which will jointly welcome and support peace fellows during their time in India. The university hosts annual Rotary Youth Leadership Awards, and Rotary members organize professional development opportunities for teachers. The Rotary Foundation recently awarded a global grant for a project at the university hospital, which provides free medical services to the community.

“Symbiosis has consistently sought to build meaningful alliances that enrich learning and foster inclusive, knowledge-driven, and sustainable progress,” says Vice Chancellor Ramakrishnan Raman. “Our collaboration with Rotary further reinforces this commitment, enabling new opportunities for scholarship, peacebuilding, and human development.”

The peace center will be housed at the university’s hilltop Lavale campus. Highlighting issues relevant to Asian countries, the curriculum will include many opportunities for the fellows to gain real-world experience through field visits outside of Pune as well as locally. Symbiosis has close relationships with more than 35 nearby villages, whose residents use its legal aid clinic and vocational training programs. The fellows will work with faculty members, other students, and village residents to learn about the villages, propose strategies for their development, and meet with local leaders for feedback.

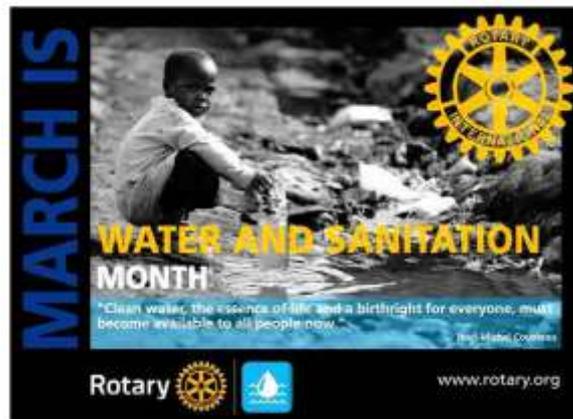
This kind of practical learning is possible thanks to the ethic of social responsibility that Symbiosis and Rotary share, says Laura Descher, the Rotary Peace Centers program director.

“The university’s commitment to the advancement and well-being of not only their own students, but all people in their community and beyond, strongly aligns with Rotary’s mission to do good in the world,” she says. “Peace can only be achieved when dignity, integrity, and inclusion are prioritized across society.”

With the opening of the new peace center, Rotary’s eighth, The Rotary Foundation will be able to award up to 170 fully funded peace fellowships each year. More than 1,800 fellows have completed Rotary Peace Center programs around the world since 2002, going on to leadership roles in government agencies, NGOs, educational institutions, and international organizations. The first applications to attend the Symbiosis peace center are being accepted through 15 May 2026, and it will welcome its first group of fellows in early 2027.

By training leaders in the strategies and practices of peacebuilding, Rotary Peace Centers have a wide-ranging impact on the world that will be felt for years to come, says Rotary International President Francesco Arezzo.

“In this interconnected world, peace can no longer be viewed as an abstract ideal. It must be cultivated through institutions that combine knowledge, ethical leadership, and action,” Arezzo says. “The Rotary Peace Center at Symbiosis International University reflects Rotary’s commitment to nurturing leaders who understand and act with integrity toward a cause. The center will contribute not only to regional peacebuilding in Asia, but to a stronger global framework for shared responsibility.”



March - Water & Sanitation

Area of Focus: Water and Sanitation Month. This month also includes the World Rotaract Week from the 7th until 14th of March.

- Create awareness on water Conservation by Street play / Banners / Literature Distributions / Seminars at club level and for local community,
- Clean Drinking Water at Railway Stations, Bus Stations, Schools or Public Places, Re-user of waste Water
- Create Public Toilets Facilities, Create Awareness on Sanitation at Schools - Colleges - Economically Backward Areas
- Create Sewage / Concealed Drainage system, Bore Wells, Building Check dams
- Providing Carriers (Transportation Systems) to carry water pots



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



BASIC YOGA MOVEMENTS



Mountain Pose

Standing upright movement with hands at the sides.



Warrior Pose

One foot in front, knee bent, arms extended.



Downward-Facing Dog

Inverted V-shape, hands and feet on the floor.



Virabhadrasana Pose

One foot in front, knees bent, arms raised upwards.



Triangle Pose

Feet apart, one hand touching the feet, the other hand on top.



Tree Pose

Stand on one foot, the other foot resting inside the thigh.

**Speaker meeting 7th February, 2026 at Hotel Marigold
Topic: Utility of AI at work places.**





Ann. Kanak Kabra

In continuation of the series “**Tech and Society**” this time I have addressed the topic of wearable tech. Technology has touched upon every area of our life. With the advent of various wearable tech devices, medical diagnostics and monitoring of health parameters, entertainment, communication etc have undergone a paradigm shift.

In the article this time, I have briefly examined the pros and cons, shared some statistics and expressed my opinions on the same.

Hope you will enjoy reading it!!

The rise of wearable tech: Is it a game-changer?

Your health parameters revealed instantly on a fitness tracker, your heart health being monitored and recorded at a remote location using wearable sensors, your communication becoming seamless in real time using smart watches, diving into gaming, movies and virtual travelling sitting in comfort of one's space may have sounded an impossible reality 50 years ago, a distant dream 20 years ago and a reality we all are living now. Welcome to the era of smart wearable tech!!

Wearable technology is any kind of electronic device worn on the human body which can store, transmit, analyse data and reveal and deliver desired results or perform requisite functions.



This can be anything from gadgets like smart watches and smart glasses embedded devices or sensors fixed on skin, clothing or accessories. These are sophisticated devices which involves processing, computing and delivering.

Will wearable tech be a game-changer? The following numbers tell a story.

- Today 56% of Americans own some kind of wearable tech.
- 88% physicians want patients to monitor their health at home
- Wearable tech could reduce medical costs up to 16% in the next 5 years
- More than half the users of wearable tech believe that their life and health has improved using wearable devices.

The biggest advantage of wearable tech is to be seamlessly integrating tech in our day to day life and make our life easier or better.

Wearable tech is gaining popularity because it's easy to use, can be carried everywhere and tracked and monitored from anywhere.

I've seen people using wearable sugar monitoring sensors, and they're a game-changer. No more finger pricks, and you get advanced features like data storage and alerts. Smart watches have become a necessity, and it's hard to imagine life without them.

Such gadgets have shown tremendous success in monitoring significant health parameters and are hence used widely now.

While the use of wearable tech is on the rise, I must say it has its downside.

Wearable tech can be expensive and with evolving technology they become redundant very soon and require upgrade.

It would be great if fitness bands could...



Some gadgets can be bulky or uncomfortable to wear or may cut or pinch into your skin in long run.

While they might not be so accurate but can prove a great distraction as we are tempted to check notifications or reading often, without any real need for it in the moment.

Replacing the device with changing technology is expensive. There is a risk of the device breaking easily and very often requiring replacement.

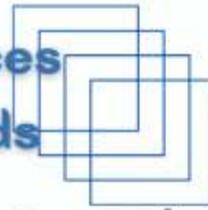
So to conclude there is a significant improvement in the quality of life in every aspect with wearable tech, yet one needs to understand the true requirement first before getting dependent upon such devices. Tech is for enhancement of quality of life but it can never replace human judgement and intelligence.

Sources:
Emedcert.com



by Kanak Kabra.

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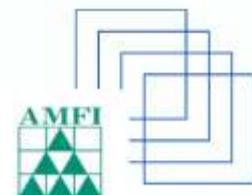
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Valentines Fellowship on 13th February 2026

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February 13th, 2026

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HOSTED BY:

Kirti & Anusha Chilukuri | Ankit & Reena Goyal
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Valentines Fellowship on 13th February 2026





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Irillic floresense Imaging System for non invasive breast cancer detection costing around 30 lakhs delivered and installed at MNJ Cancer Hospital today. This was sponsored by BHEL GE Gas Turbine Services Ltd under CSR.



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Vaccine Box



EPS Pipe



EPS Fish Box



The Eco
Foam Pallet



LED TV Packing Buffer



Fruit Box 5KG



Electronic Buffer Packing



Granite
Tile Box

Sy. No.807, Adj. to IE, Medchal, Hyderabad - 501401 | www.andhraexpanded.com | sales@andhraexpanded.com

The Hidden Vastu

Is Your Home Blocking Your Success? The Hidden Vastu Imbalances You Might Be Ignoring

As a Vastu consultant, I have observed one powerful truth over the years: space influences destiny more than we realise.

Vastu is not a superstition. It is the ancient science of space and directional energy. Just as the human body functions through balanced systems, a home functions through balanced elements earth, water, fire, air, and space. When these elements are aligned correctly within a structure, life flows with greater ease. When they are disturbed, subtle resistance begins to show up.

I have seen extremely happy, capable, financially stable families move into homes with severe Vastu imbalances and within months, experience emotional strain, delayed income, misunderstandings, and unexplained stagnation. Nothing else had changed in their lives except the space they were living in.

On the other hand, I have also witnessed families who were disconnected, struggling financially, or emotionally unsettled move into a well-aligned Vastu home and gradually transform. Communication improves. Stability returns. Opportunities open. The same people, the same efforts but a different spatial alignment.

That is the power of Vastu.

Many people today focus on personal growth numerology, chakra healing, crystal alignment, meditation. All of these are powerful tools. But even when a person is energetically strong, if they are living in a space that contradicts their energy, progress can slow down. Income may get delayed. Clarity may feel blocked. Relationships may feel heavier than usual.



The Hidden Vastu

Energy must align at both levels the individual and the environment.

In today's fast-paced world, people often choose homes based on affordability, aesthetics, or convenience especially rental spaces. "It's only temporary," they say. But even living in a space for three to six months can significantly impact prosperity, health, and emotional harmony.

Temporary spaces still hold permanent energetic effects.

Some of the most common hidden imbalances I encounter include:

- A disturbed North-East affecting clarity and growth
- Improper weight distribution weakening stability
- Fire elements placed incorrectly impacting health and finances
- Blocked entrances restricting opportunities

The good news is that Vastu corrections do not always require structural demolition. With proper guidance, energy balancing, elemental corrections, and directional adjustments, a home can be realigned.

Your home is not just a building. It is an energy field that constantly interacts with you.

When your space supports you, life moves with far less friction. When your space resists you, even your best efforts can feel delayed.

Before blaming destiny, it is worth asking is my space aligned with my growth?

Because when space aligns, life begins to align.



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If only we were taught to live life as an experiment!

Don't you think we would take more risks by exploring, innovating, creating, and bringing to life original ideas, views, perspectives?

Instead we are admonished for attempting. Our own scoff at us and ask us what we are thinking when we try stepping towards a different path. We are dismissed and told that we are shooting above our abilities. That we better remain 'grounded' and not get carried away.

So, many of us pull ourselves back because having a slightly higher need for approval we are too afraid to try without support. And with hindrance and the undermining we are too afraid to take the leap of faith.

If you want to be experimental try this:

- 1) Do not disclose what you wish to do to anyone.
- 2) Attempt in baby steps.
- 3) See failings as methods that didn't work and go back to the drawing board.
- 4) Do not be afraid of retrying over and over again.
- 5) Most important - you do NOT equal what you do. So when you set forth and falter it's not about YOU at all. It only means that a new experiment is in order.

Go attempt! If you don't try you can't succeed!



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Industrial Visit – Relisys Medical Devices Limited | 28th February 2026

Relisys Medical Devices Limited is an Indian medical technology company engaged in the manufacturing of interventional cardiac devices, serving markets worldwide (excluding China).

Relisys develops and manufactures devices used in minimally invasive heart procedures, particularly in interventional cardiology. Their product portfolio includes.

- * Coronary Stents
- * PTCA Balloon Catheters
- * Guide Wires
- * Other Cardiac Intervention Accessories

These devices play a vital role in treating blocked or narrowed coronary arteries without the need for open-heart surgery.

The company is established in India during 2007–2008 with a dedicated team of 40 professionals, which has grown significantly and today has a strength of over 600 professionals with a global presence in more than 40 countries (excluding China).

Relisys is focused on:

- * Affordable cardiac care solutions
- * High-quality manufacturing standards
- * Advanced technology in coronary intervention



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