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LASTING
IMPACT**



RI DISTRICT 3150

Rotary

Club of Secunderabad Sunrise



SEPTEMBER 2026

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Dist. Gov. : Rtn. Uday Pilani

Rtn. Manish Sharma

CLUB PRESIDENT (2026-27)

Editorial : Rajesh Pamnani

Rtn. Madhu Lingampally

CLUB SECRETARY (2026-27)

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Board of Directors (Year 2026-27)



Rtn. Manish Sharma
Club President



Rtn. Madhu Lingampally
Club Secretary



Rtn. Vijay Rathi
Club Treasurer



Rtn. Anil Ratan Goyal
Vice President



Rtn. Ranjay Goel
IPP



Rtn. Ravi Ladia
Club Trainer



Rtn. K A Ramayya
District Coordinator



Rtn. Shilpa Singh Gour
Seargent at Arms



Rtn. Mukesh Agarwal
Community Services



Rtn. Sanjay Kabra
Youth Services



Rtn. Anirudh Gautam
Membership



Rtn. Srinivas Gummidelli
CSR



Rtn. Rajesh Pamnani
Public Image/ International/
Web-site/ Editor



Rtn. Samir Gupta
Club Admin



Rtn. Sandeep Jhawar
Foundation



Rtn. Vikram Mehta
Vocational Services



Rtn. Dr. Surender
Health Services/ Polio

Club Members in District Team



District Secretary
Rtn. K.A. Ramayya
9391132959



Regional chairman media
relations Golconda
Rtn. Rajhans Banka
9391015562



District Chairman Disease
prevention and treatment.
Rtn. Gumidelli Srinivas
98480 05110



District chairman
friendship exchange
Rtn. Rajesh Pamnani
9849013175



Submitted by : @Ann. Mamta Jhawar

Dialysis Analysis from 2024 -26

July 2024 - Total Dialysis 570	July 2025 - Total Dialysis 534	July 2026 - Total Dialysis 588
Aug 2024 - Total Dialysis 535	Aug 2025 - Total Dialysis 498	Aug 2026 - Total Dialysis 575
Sep 2024 - Total Dialysis 461	Sep 2025 - Total Dialysis 511	Sep 2026 - Total Dialysis 636
Oct 2024 - Total Dialysis 464	Oct 2025 - Total Dialysis 506	
Nov 2024 - Total Dialysis 409	Nov 2025 - Total Dialysis 491	
Dec 2024 - Total Dialysis 441	Dec 2025 - Total Dialysis 535	
Jan 2025 - Total Dialysis 495	Jan 2026 - Total Dialysis 553	
Feb 2025 - Total Dialysis 433	Feb 2026 - Total Dialysis 484	
Mar 2025 - Total Dialysis 492	Mar 2026 - Total Dialysis 543	
Apr 2025 - Total Dialysis 488	Apr 2026 - Total Dialysis 543	
May 2025 - Total Dialysis 514	May 2026 - Total Dialysis 562	
Jun 2025 - Total Dialysis 492	Jun 2026 - Total Dialysis 541	

Frist shift 6am to 10am
2nd shift 10.30 to 2.30pm
3rd shift 3pm to 7pm

Happy to share that 1st time since inception the 3rd shift started from 20th Sep.2026 because number of dialysis patients increased to 61

Report : Rtn. Srinivas Gumidelli



Take action for peace, 21 September

The United Nations will observe International Day of Peace on 21 September with this year's theme "Invest in Peace - For Everyone, Everywhere, Every Day." Rotary members do invest in peace every day. It's one of our areas of focus, and since 2002, Rotary Peace Centers have trained more than 1,900 fellows in peace studies and sustainable development.

Another way districts can mark the day is to designate Rotary Peace Fellowships subcommittee chairs for 2026-27 if they haven't already. These leaders promote peace fellows' work, as well as recruiting and guiding candidates for Rotary Peace Fellowships. Since 2002, Rotary Peace Centers have trained more than 1,900 fellows in peace studies and sustainable development.

Clubs and districts can support Rotary's commitment to peace in many ways:

Download and share International Day of Peace graphics, available in several languages.

Promote peace in clubs and communities with images, videos, and other materials from the Brand Center.

Learn how Rotary members and peace fellows are building peace all over the world.

Follow the Rotary Peace Centers Facebook page for updates on the program and stories about peace fellows during and after their studies.

Become a Global Peacebuilder District by contributing US\$25,000 in District Designated Funds (DDF) or district cash to support Rotary Peace Centers or the peacebuilding and conflict prevention area of focus.

POLIO

How will your club participate in World Polio Day?

World Polio Day is 24 October, so start planning your club's event now. Visit the Rotary Brand Center for polio-related resources, including new World Polio Day graphics, to support your fundraising and awareness-building efforts. Check back often for more resources in September and October. And don't forget to register your club's events!

FOR DISTRICTS

Where partnerships begin

Project fairs help build international relationships that can lead to strong community-led service projects. Learn how Rotary leaders can support connections, improve project quality, and encourage collaboration before, during, and after a project fair. Explore the updated Rotary Project Fairs guide and discover why trust and relationships are the foundations of successful service partnerships. Read more on the Rotary Service in Action blog about how project fairs are more than events.

AWARDS

Nominate a member for the Service Above Self Award

Rotary's Service Above Self Award honors Rotary and Rotaract club members who volunteer their time and talents to help others. Up to 150 recipients are selected each year for the award, Rotary International's highest honor. If you know someone who has demonstrated exemplary service, encourage their governor to nominate them by completing the online nomination form anytime in October.

CONVENTION

Call for proposals for convention breakout sessions

Do you have insights, knowledge, or skills that can help other Rotary members? Apply to lead a breakout session at the Rotary International Convention in Barcelona, Spain, 26-30 June 2027. Breakout sessions offer practical tools, new ideas, and proven strategies that attendees can take back to their clubs, districts, and communities. Topics may include membership, projects, fundraising, innovation, leadership, diversity, and more. Submit your proposal online by Monday, 19 October. Write to us with questions.

VISIT US

Take a tour of Rotary International headquarters

Do you want to visit Rotary International World Headquarters in Evanston, Illinois, USA? Explore our inspiring lobby exhibit and take a guided tour that highlights Rotary's history, global impact, and future. Plan your tour at least three days in advance at rotary.org/visit.



ROTARY INTERNATIONAL CONVENTION

BARCELONA

26-30 JUNE 2027

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17-21 SEPTEMBER 2026 ONLY**



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ONE ROTARY.
ENDLESS IMPACT.**

Registration Categories	Special Discount 17-21 Sep 2026	22 Sep-31 Mar 2027	1 Apr-30 Jun 2027
Club member, nonmember, or guest, age 31 or over	US\$595	US\$795	US\$895
Club member, nonmember, or guest, age 30 or under	US\$250	US\$350	US\$400
Guest age 5-18	US\$20	US\$30	US\$40
Guest age under 5	FREE	FREE	FREE
Saturday, House of Friendship only	US\$60	US\$60	US\$100

All prices are in U.S. dollars (US\$) inclusive of 21% VAT (where applicable).



LET'S MEET IN BARCELONA!
EXPERIENCE FRIENDSHIP BEYOND BORDERS



KP Nagesh
RI Director 2025-2027
Zone 4 & 7



PDG Jeetendra Aneja
ARRFC - Zone 07 2026-27
RI Convention BARCELONA 2027
Promotion Chair - Zone 7





Rtn. Rajesh Pamnani
International Services (2026-27)
+91 9849013175

From Intent to Impact

September has been an especially meaningful month for our club, as the enthusiasm of the new Rotary year has begun translating into purposeful action. What began with planning and direction is now taking shape through initiatives that touch service, health, peace, membership, and fellowship. It is heartening to see our Board and members moving forward with a clear sense of purpose and renewed energy.

On 5 September, our Trust Meet brought together the key thoughts and directions for the year ahead. The discussions around our service projects, membership and fundraising provided an important foundation for converting our plans into sustainable action. A Rotary year is built not merely on a calendar of events, but on the strength of ideas, resources, participation and, above all, commitment.

Our Maternal & Child Health initiative at the Anganwadi School on 13 September brought us close to one of Rotary's most important areas of service. Improving the health and well-being of mothers and children is an investment in the future of our communities. Rotary International continues to emphasize access to quality healthcare, training and community-led solutions for vulnerable mothers and children. Our own initiative is a wonderful reminder that meaningful service begins where we live and work.

The 20 September visit to Kanha Shanti Vanam, marking World Peace Day, offered a different but equally important dimension to our Rotary journey. Peace is not simply an international ideal; it begins with understanding, dialogue, friendship and harmony in our everyday lives. It was an opportunity to pause from our busy schedules and reflect on the values that connect us as Rotarians and as human beings.

The wider Rotary world has also provided some inspiring stories this month. Rotary International's September coverage showcases clubs turning local ideas into sustainable community impact—from a medical outreach in Uganda that served 772 people, to a student innovation competition in Taiwan addressing the needs of an ageing population, and environmental work in California involving Rotarians and Interactors in removing invasive plants threatening waterways and increasing wildfire risks. These stories reinforce an important lesson: there is no single definition of a Rotary project. What matters is identifying a genuine need and bringing people together to address it.

September also brought significant news for Indian Rotary. Dr. Bharat Pandya of the Rotary Club of Borivali, Mumbai, has been confirmed as Rotary International President-Nominee for 2028–29. He will be the sixth Indian to serve as RI President, following Nitish C. Laharry, Rajendra K. Saboo, Kalyan Banerjee, Shekhar Mehta and others in Rotary's long history of Indian leadership. Rotary notes that Dr. Pandya's priorities will include continuing the fight to end polio while strengthening leadership, connections and long-term community impact.

There is also much to look forward to globally. Rotary is already looking towards the 2027 International Convention in Barcelona, where members from around the world will once again come together to learn, connect and celebrate the power of Rotary friendships.

For our club, September has therefore been a month of purposeful beginnings. From planning around the boardroom table to serving children in the community, and from reflecting on peace to strengthening our club's future, the message is clear: the year is moving from intention to impact.

As the months ahead unfold, may we continue to participate with enthusiasm, serve with compassion and build friendships that make our Rotary journey memorable.

Plans give us direction. Participation gives them life. And service gives them meaning.

Rtn. Rajesh Pamnani
September 2026



Our Editors (2026-2027)



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
Masters in Computers
Consultant in Numerology, Vastu &
Crystal Healer.



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."

OCTOBER



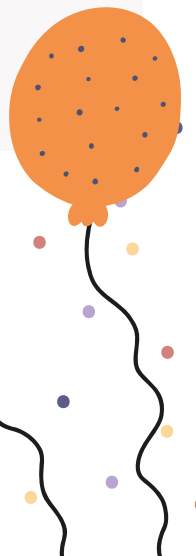
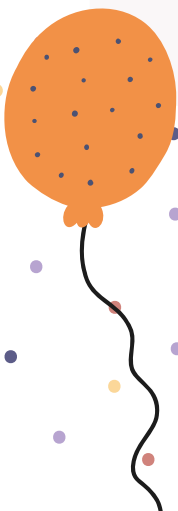
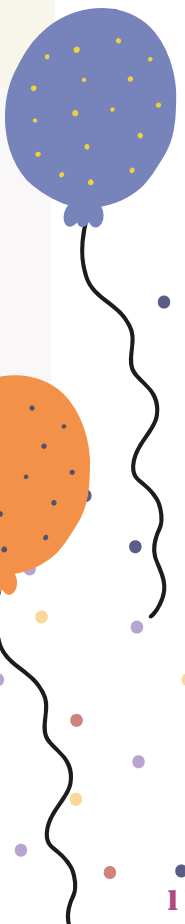
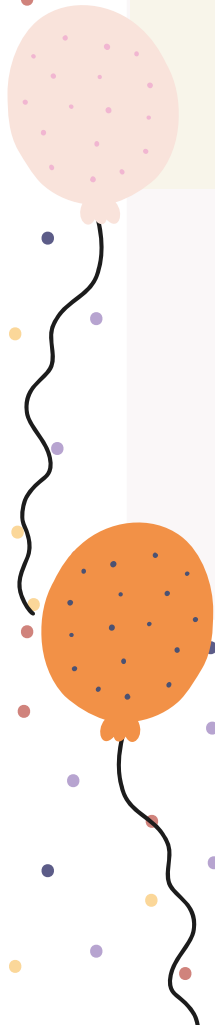
HAPPY BIRTHDAY

05/10 - Rtn. Vineet Giria
06/10 - Ann. Beena Ramnarayan
07/10 - Ann. E. Nithya Dwarakanath
08/10 - Ann. Kirthi Chilukuri
12/10 - Ann. Anuradha Goel
12/10 - Ann. Srinivas Veeranatham Singh
18/10 - Ann. Vijayalaxmi Musthalia
23/10 - Rtn. Srinivas Gumidelli
23/10 - Ann. Rama Devi
30/10 - Ann. Sujata Ramayya
31/10 - Rtn. Dr Surendra



WEDDING ANNIVERSARIES

30/10 - Rtn. Ramnarayan & Beena



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

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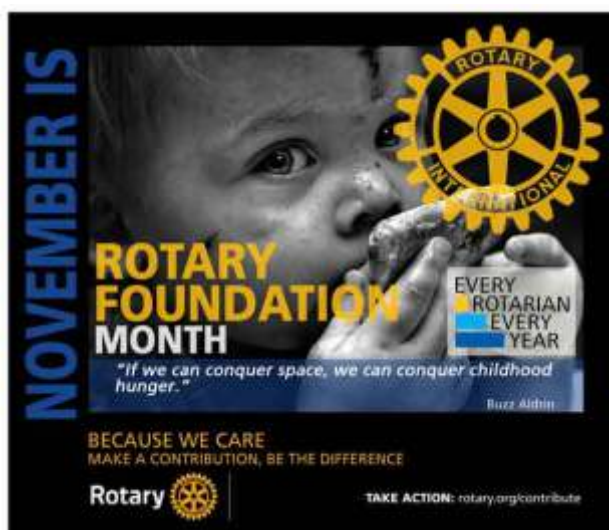
Web : www.rndwafers.com



October - Economic and Community development

Area of Focus : Economic and Community Development Month. This month also includes : International Day for the Eradication of Poverty on the 17th and World Polio Day on the 24th of October.

- Develop Micro Credit system
- Organise Awareness Seminar on Self-Employment at Colleges/Universities
- Organise Trade Exhibitions
- Organise Buyers-Sellers meet
- Take up Entrepreneurship Development Program
- Organise Consumer Forum, a Public Meeting



November - Rotary Foundation Month.

Clubs and Districts call attention to the programs of The Rotary Foundation and frequently cultivate additional financial support for the Foundation by promoting contributions for Paul Harris Fellows and Sustaining Members.



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Rtn Lokesh Jain

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*The World Beckons
12 Journeys that Enrich Life, Expand Minds and Inspire Service*



By Rtn Rajesh Pamnani
Global Wanderer | 65+ Countries and Counting

- Part 1 - The Curious Traveller-Rediscover Wonder
- Part 2 - Travelling Slow-Less Places. More Memories.**
- Part 3 - The Food Trail-A Passport Through the Plate
- Part 4 - Walking Through History-Where Civilizations Still Whisper
- Part 5 - Nature's Greatest Classroom-Mountains, Oceans & Wilderness
- Part 6 - Solo But Never Alone-Finding Yourself Across the World
- Part 7 - Journeys Together-The Joy of Family & Friends
- Part 8 - The Giving Traveller-Leave Places Better Than You Found Them
- Part 9 - Hidden Worlds-Beyond the Bucket List
- Part 10 - Adventure Awaits-Stepping Beyond Comfort
- Part 11 - Cities That Never Stop Teaching-Learning from Urban Cultures
- Part 12 - The Journey Never Ends-How Travel Changes the Traveller

This article is the 2nd part of the 12 part series.



Part 2 - Travelling Slow-Less Places. More Memories

Why slow travel is replacing checklist tourism. Staying longer, connecting deeper and experiencing destinations like locals.

"The fastest way to miss a place is to rush through it."

There was a time when I believed that a good holiday meant seeing as much as possible.

Three cities in four days.
Five countries in ten.
A checklist of monuments.
A photograph at every famous landmark.

And then, inevitably, the question at the end:
"Did you see everything?"

Today, after travelling through more than 65 countries, I would ask a very different question:
"Did you experience anything?"

Because the more I travel, the more convinced I become that travel is not a race.
The world does not become richer because we see more places.
It becomes richer because we see more deeply.
That is the essence of slow travel.



SLOW DOES NOT MEAN BORING

Let's clear up one misconception.

Slow travel does not mean sitting in a hotel for a week and doing nothing.

It does not mean abandoning adventure.

And it certainly does not mean travelling only to nearby places.

Slow travel simply means giving yourself enough time to notice.

Instead of asking, "How many sights can I cover today?", ask:

"What can I discover today?"

Walk instead of taking a taxi when practical.

Take a local train.

Eat where the locals eat.

Spend an afternoon in a market.

Return to the same street tomorrow.

Watch the light change on an old building.

Have the second cup of coffee.

Talk to someone.

And don't be afraid of an empty hour in your itinerary.

Sometimes the empty hour becomes the best part of the journey.





THE MAGIC OF STAYING LONGER

My photography has taught me something that guidebooks rarely mention:
The first photograph is rarely the best photograph.
You arrive somewhere.
You look.
You take a picture.
Then you wait.
The light changes.
People begin to move differently.
A street becomes busier.
A shopkeeper relaxes.
A child notices your camera.
A cloud moves across the landscape.
Suddenly, the place you thought you had already seen reveals another face.
This is exactly what happens when we travel slowly.



The first day shows us the destination.
The second day begins to show us its personality.
By the third or fourth day, we start recognising people, streets and rhythms.
And eventually, we stop feeling like visitors.
We begin to feel like temporary residents.



MY LONGEST JOURNEYS HAVE NOT ALWAYS BEEN THE LONGEST DISTANCES

One of my most meaningful photographic journeys has been much closer to home. I have been visiting Pochampally since the 1980s. Over the years, I watched the village, its people and its famous Ikat weaving tradition evolve. What initially attracted me as a student, bird watcher and budding photographer gradually became something much deeper.

Repeated visits changed what I saw.
At first, I saw colour.
Then I saw patterns.
Then I began noticing the hands.
The looms.
The concentration.
The family members involved in different stages of the process.
The relationship between tradition and change.
Eventually, I understood something that a single hurried visit could never have taught me:
A place reveals itself slowly.
That is the gift of returning.



GO BACK

We are often obsessed with discovering somewhere new.
But there is enormous pleasure in going back.
The first visit gives you impressions.
The second gives you familiarity.
The third gives you comparisons.
And eventually, returning becomes a conversation between the place and your own memories.
The old restaurant may have changed.
The shopkeeper may recognise you.
The road may look different.
A building may have disappeared.
A new neighbourhood may have emerged.
And suddenly you are not merely visiting a destination.
You are witnessing its story.
Travel, then, becomes a form of time travel.



THE JOURNEY BETWEEN DESTINATIONS

There is another part of slow travel that we often overlook: the journey itself.



Air travel has made the world wonderfully accessible, but some of my strongest memories have been made between destinations.

On trains.

On roads.

On ferries.

Looking through a window.

Watching landscapes gradually change.

Seeing villages, farms and towns pass by.

Watching people board and leave.

Listening to conversations in languages I don't understand.

There is something wonderfully democratic about a train window.

It gives you the privilege of watching a country without asking it to perform for tourists.

You see ordinary life.

And ordinary life is often extraordinary.

THE ART OF GETTING LOST

GPS has solved one of travel's oldest problems: getting lost.

I'm not sure it has solved the right problem.

Sometimes getting slightly lost is precisely what we need.

A wrong turn can lead to a market.

A market can lead to a conversation.

A conversation can lead to a recommendation.

And that recommendation can lead to an experience that no algorithm would have planned.

Of course, there is a difference between being adventurous and being reckless.

Safety comes first.

But within that boundary, leave a little room for spontaneity.

Don't make every minute accountable.

Leave some white space on the map.





SLOW TRAVEL IS ALSO ABOUT PEOPLE

The most valuable thing you can bring home from a journey cannot be bought in a souvenir shop.

It is a relationship. A conversation. A shared meal. A smile. A story. A moment of kindness.

When we rush from attraction to attraction, people become background scenery.

When we slow down, they become part of the journey.

This is especially meaningful for a Rotarian.

Rotary's work across borders is built on fellowship, understanding and goodwill. Slow travel creates the conditions for precisely that kind of human connection.

You don't need to speak the same language to share a laugh.

You don't need the same passport to share a meal.

And you certainly don't need the same culture to become friends.



LOOK AT THE SMALL THINGS

Slow travel changes your eyes.

You begin noticing details.

The hands of a craftsman.

A baker preparing bread. A fisherman waiting patiently. A woman arranging flowers. A child walking home from school. A market opening at dawn.

Rain on an old street.

A bird sitting quietly on a wire.

These categories tell me something important about your travel philosophy.

You don't merely photograph places.

You photograph life.

And life cannot be rushed.



A WORLD THAT IS LEARNING TO SLOW DOWN

Interestingly, what experienced travellers have often discovered intuitively is now becoming a significant travel trend.

Current 2026 research shows travellers increasingly valuing fewer, more memorable experiences, deeper connections with local culture and nature, and time away from digital distractions. (Dertour Group)

Other 2026 travel research points to the same broader movement: people are increasingly choosing travel for emotional reasons—rest, reconnection and meaningful experiences—rather than simply collecting destinations. (Hilton Stories)

Even the industry language is changing.

From bucket lists to meaningful experiences.

From “How much can I see?” to “What will I remember?”

From ticking boxes to telling stories.

Perhaps travel is finally catching up with what experienced travellers already know.

TRY A DIFFERENT KIND OF ITINERARY

The next time you plan a holiday, try this experiment.

Instead of planning ten attractions, choose three.

Instead of changing hotels every night, stay longer.

Instead of photographing everything, photograph what moves you.

Instead of asking a search engine where to eat, ask a local.

Instead of filling every evening, leave one free.

Instead of rushing to the next destination, enjoy the road between them.

And most importantly: *Don't be afraid to do nothing for a while.*

Sit. Watch. Listen.

The world is remarkably interesting when you give it your full attention.





THE BEST SOUVENIR IS A MEMORY



We return from holidays with photographs, magnets, handicrafts, postcards and shopping bags.
But years later, what remains?
Usually not the shopping.
It is the smell of a street after rain.
The sound of a train.
A conversation with someone whose name you never properly learned.
The taste of something you had never eaten before.
The sudden beauty of a sunset.
The laughter around a table.
The feeling of standing somewhere and thinking:
"I am very lucky to be here."
Those are the souvenirs that don't take up space in our luggage.
And they become more precious with time.



LESS PLACES. MORE MEMORIES.

After 65-plus countries, I have no desire to race towards a number.
There will always be another country.
Another city. Another mountain. Another island. Another road.

The list will never end.
And perhaps that is exactly how it should be.
Because travel is not about finishing the world.
It is about discovering it.
One road. One conversation. One meal. One sunrise.
One photograph. One unexpected moment at a time.

So the next time you plan a journey, resist the temptation to ask: *"How much can I fit in?"*
Ask instead: *"How deeply can I experience it?"*
Slow down. Stay a little longer. Look a little closer. Listen a little more. Let the destination come to you.
Because sometimes, when we stop rushing through the world...
the world finally has time to speak to us.





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RI DISTRICT 3150

100% EREY STATUS

A Remarkable Achievement!

★ **The Only District in Rotary History** ★
to have achieved 100% EREY status!
in RY 2026-27



Uday Pilani
District Governor
RI District 3150



Hanmanth Reddy
District Rotary Foundation Chair
RI District 3150

Congratulations

to DG Uday Pilani and DRFC Hanmanth Reddy
*for your visionary leadership, unwavering commitment
and inspiring support for The Rotary Foundation.*

*Together we
make a difference*

The Rotary Foundation
Doing Good in the World



RCSS Trust Meeting on 5th Sep 2026





Ann. Kanak Kabra

The theme of the RI for the year **“CREATE LASTING IMPACT”** resonates with me in multiple ways. While this could be interpreted in different parlance for each one of us, a **“LASTING IMPACT”** is definitely a thing of optimism in every sense.

For a nature and wild life lover the approach is wholesome which includes habitats and animals from everywhere. This time I am considering to examine the conservation stories of marine world.

My love for the marine world dates back to two decades ago when I experienced my first dive. The colourful world of corals and the beautiful marine species living around it mesmerised me completely. The beauty down under the seas have to be seen to be believed.

Sadly, the marine ecosystem is under threat, too. From global warming, to increasing pollution to excessive fishing, the balance of the sensitive ecosystem is tilting towards endangerment.

The conservationists are trying to make a positive impact on the depleting quality of marine ecosystem and some of the success stories are worth examining. The resilience has paid off and balance has been restored at a lot of places.

Hope this article helps in raising the curiosity and awareness the marine conservation deserves.

“Protect the ocean like your life depends on it, because it does.” -- Sylvia Earle

Tiny marine plants called phytoplankton generate 50-80% of oxygen in the atmosphere.

Ocean absorbs 30% of the carbon dioxide and 90% of the atmospheric heat.

Millions depend upon sea for food, livelihood and survival.

There are millions of creatures which call ocean home.

Life was first created in the sea and then moved over earth.

The statements above emphasises the fact that how important oceans are for our survival. Now lets us examine the following statements.

The amount of plastic that enters the ocean every year is 18 million pounds.

The number of marine animals that die of plastic waste every year is 100 million.

37.7% of global fish stocks are overfished.

There are over 500 oceanic dead zones where ocean life cannot survive.

Over 84% of the coral reefs have been impacted by global coral bleaching due to rising water temperature.

If we compare the first set of statistics vis-à-vis the second ones, we can assess the amount of damage the ocean has already suffered. While the statistics look scary, the silver lining is that conservationists around the globe have undertaken efforts which have turned successful and are rewriting the stories around the threat which the ocean is facing. I have included few successful stories here.

1. Hawkbill turtle nesting site:

Listed as endangered since 2007, the “Nicaraguan Hawksbill Project” was started in 2010 with participation of local communities, government institutes and various NGOs. The locals serve as allies and this project has turned rewarding. The population is saved from the brink of extinction.

“Protect the ocean like your life depends on it, because it does.” -- Sylvia Earle

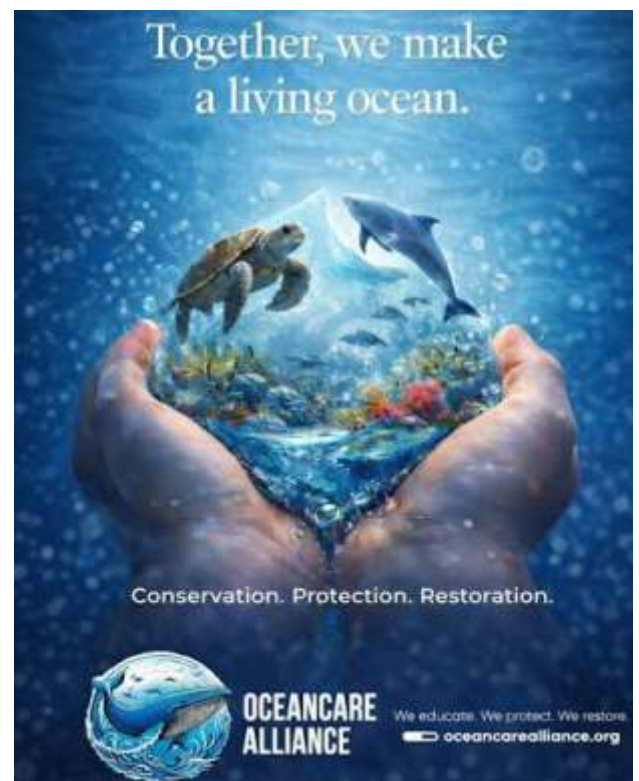
2. Saving the corals the novel way:

The coral reefs are bleaching due to rising ocean temperature due to global warming which is difficult to arrest. Scientists have found an alternate to this problem. They grew corals which can sustain higher temperatures to survive and in turn can increase the heat tolerance of corals. This is still true at experimental level. The true success can only be assessed after its implementation in the ocean. Nonetheless it's a step closer to saving the corals

3. Mangrove restoration project:

Mangrove shelters our shores and supports an incredible biodiversity. Unfortunately, half the mangrove population has disappeared from the world since 1980 due to commercial logging and conversion of shores into farm lands. To restore the mangroves, serious projects are underway.

The “Mangrove Action Plan” promotes and teaches best practices to restore mangroves. The local community is being trained in restoration and success has been achieved in Thailand and Indonesia.



“Protect the ocean like your life depends on it, because it does.” -- Sylvia Earle

4. Palau national Marine Sanctuary:

Over fishing and mining had destroyed the fish population to near extinction. The government and local leaders stepped in and created safe zones for sharks, tuna and pristine coral reefs. The efforts are paid off and the population is bouncing back.

Scientists believe that ocean ecosystem is very resilient and given a chance it can bounce back very easily and restore itself. Humans need to be sensitive to the oceans which support our survival in a critical way. It's not only for the marine world but us too, as we largely depend upon oceans for our own survival.

Hope this article and the spirit behind it stirs something in your heart and inspires you to make a positive contribution in this direction.



by Ann.Kanak Kabra.



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RCSS visited on 13th Sep. 2026 to an Anganwadi Centre for Maternal & Child Care donating nutritious food to support malnourished children and mothers, under the guidance of Ann. Dr. Mridula Verma.



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THE FIRST SIX YEARS: THE YEARS THAT SHAPE A LIFETIME

Why the little years are not “just childhood” — they are the foundation of the person a child will become.

By Rama Gaddam • Educator



There is something extraordinary about the first years of human life.

A baby arrives knowing very little about the world, yet within just a few years that same child learns to walk, speak, communicate, solve problems, form relationships, express emotions, explore, imagine and begin to understand who they are.

As an educator and a mother, I have watched this transformation countless times. I have seen children enter a classroom uncertain and quiet, and then, little by little, discover their voice, their hands, their choices and their confidence. It is one of the most remarkable journeys we get to witness.

The years from birth to six are not merely a preparation for “real learning” later. They are learning itself — perhaps the most fundamental learning of a lifetime.

The child who is three today is not simply preparing to become a six-year-old. The three-year-old is building the foundation upon which the six-year-old, teenager and eventually adult will continue to grow.

That is why the early years deserve something more than hurried instruction. They deserve attention, patience, protection, meaningful experiences and the freedom to explore.

The years that shape a lifetime

A brain being built, connection by connection

Between two and four, children enter an exciting stage of independence. Suddenly, everything becomes a question: Why? What is this? Can I do it? Why can't I? What happens if...?

We may sometimes experience the endless questions as tiring. But behind every "why" is a mind trying to understand the world. Behind every "Can I do it?" is a child discovering independence. And behind every "Let me try" is a personality beginning to take shape.



A child's concentration can look very ordinary to an adult — until we understand what is happening beneath the surface.

Play becomes an important laboratory for the developing mind. A child building a tower, sorting objects, making a pretend meal or repeatedly trying to complete a puzzle is exploring cause and effect, practising concentration, making decisions and learning to solve problems.

So when a tower falls down, we do not always need to rebuild it for the child. Sometimes the most valuable response is simply: "Try again."

In that small moment, the child is learning a lesson that reaches far beyond the classroom: I can make a mistake. I can think about it. I can try again.

That attitude — the willingness to keep trying — is one of the quiet foundations of resilience.

The little things are actually very big things

A child pouring water, arranging objects, putting away toys, helping in the kitchen, watering a plant or trying to dress independently is developing much more than a practical skill. They are developing coordination, concentration, sequencing, responsibility and confidence.

When we give a child the chance to complete a task independently, we are quietly communicating something powerful: "I believe you can do this."

That message can stay with a child long after the activity itself is forgotten.

The emergence of the confident learner

By four, five and six, children are becoming increasingly capable of thinking, communicating and participating independently. Their vocabulary grows. Their imagination becomes richer. They begin to reason about numbers, patterns and relationships. They start to understand that other people may think and feel differently from them.

But perhaps one of the most important developments is the child's emerging answer to a powerful question: "What do I believe about myself?"

Do I think I am capable?

Do I believe adults will listen to me?

Do I feel comfortable asking questions?

Can I work independently?

Am I afraid of making mistakes?

Do I enjoy learning?

These questions may never appear in a school syllabus, but they influence the way a child approaches learning and challenges in the years ahead. This is why early education should not be reduced to teaching children how to read, write and count as quickly as possible.

Of course, academic skills matter. But alongside asking, "How much does my child know?", I believe we should also ask, "Does my child love learning?"



A Montessori environment gives children opportunities to work with their hands, concentrate, make choices, repeat activities, experience natural consequences and gradually become independent. These are not separate from learning; they are part of learning.

The objective is not to make childhood into an examination. It is to help children become capable human beings.

The years that shape a lifetime

What happens in these years can echo for decades

Early experiences do not determine a person's entire future. Human beings remain capable of learning and changing throughout life. But the foundation matters.

A child needs food — but also conversation. A child needs protection — but also freedom to explore safely. A child needs boundaries — but also opportunities to make choices. A child needs adults who correct them — but also adults who listen. A child needs learning — but also play.

And above all, a child needs to experience the feeling: “I am loved. I am safe. I matter. I can try.”



Parents are the first teachers

Parents do not need to create extraordinary experiences every day. Some of the most powerful learning happens in ordinary moments: a conversation at breakfast, a bedtime story, a walk in the park, sorting vegetables, watering plants, singing a song, building with blocks or allowing a child to put away their own things.

These moments teach language, responsibility, relationships and independence. They also tell a child that the ordinary world is worth noticing.

Sometimes, in our desire to give children everything, we forget what they need most: our presence. A child does not need a perfect parent. A child does not need a perfect teacher. A child needs adults who are willing to notice them, listen to them, talk to them, encourage them and give them room to discover.

In today's world, childhood can easily become crowded — classes, activities, screens, homework, competition and expectations. Yet some of the most important moments are wonderfully simple. When a child says, “Mama, watch me,” we can watch. When they say, “Look what I made,” we can look. And when they ask, “Can I try?”, we can, whenever it is safe, let them try.

The years that shape a lifetime



The responsibility belongs to all of us

The responsibility for these early years cannot belong to schools alone. Parents are a child's first teachers, and teachers become important partners in extending that learning environment.

As educators, we have a special responsibility because every child who walks into our classroom is different. Some speak loudly; some observe quietly. Some learn quickly; some need more time. Some are confident; others need encouragement. Our responsibility is not to make children identical. It is to help each child discover their own abilities.

When a child is allowed to work with their hands, make choices, concentrate, repeat an activity, correct a mistake and gradually become independent, we are not simply teaching a lesson. We are preparing that child for life.

We are telling them: “You can think. You can choose. You can try. You can make a mistake and try again.”

This is also why early childhood is a community responsibility. Schools, families and the wider community all contribute to the environment in which children grow. When we invest in children's early years, we are investing not only in individual children, but in the kind of adults and communities they will eventually help create.

Perhaps the greatest investment is our attention. Not perfection. Not constant achievement. Attention.

A child who is listened to may learn to listen to others. A child who is trusted with responsibility may grow into someone who takes responsibility. A child who is encouraged to ask questions may become an adult who remains curious. A child who is allowed to make mistakes without shame may become someone who is willing to begin again.

These are not small outcomes. They are foundations for life.

The years that shape a lifetime



The little years create the big foundations

The first six years pass incredibly quickly. One day, we are holding a child's tiny hand as they take their first steps. Soon they are writing their name. Then they are leaving for secondary school, university and eventually adulthood.

We cannot hold on to those early years. But we can shape the experiences that fill them.

The confidence built when a four-year-old is trusted to do something independently may become courage at eighteen. The curiosity encouraged at five may become a lifelong love of learning. The ability to name emotions at four may help a teenager communicate instead of withdrawing. The experience of being listened to may teach an adult how to listen to others.

And the feeling of being loved unconditionally may become the foundation from which a person faces an uncertain world with resilience.

So perhaps the most important question is not, “How much can my child learn before the age of six?” It is: “What kind of person is my child becoming while they are learning?”

Because childhood is not a waiting room for adulthood. Childhood is where the foundations of adulthood are being built.

Every conversation, every hug, every story, every opportunity to explore, every mistake that is met with patience, and every moment a child is encouraged to say “I can try” becomes a small part of that foundation.

As a mother and educator, I have learned that we cannot measure every important thing a child is learning. Some of the most meaningful growth is invisible. It is in the confidence with which a child reaches for something new. It is in the patience with which they try again. It is in the moment they help another child. It is in the courage to ask a question. It is in the quiet knowledge that they are safe, valued and capable.

Let us therefore give children roots — roots of love, security, values and belonging. And let us give them wings — wings of curiosity, confidence, independence and courage.

Our goal is not simply to raise children who perform well. It is to help raise capable, compassionate and confident human beings.

The first six years may be small in number — but they are enormous in significance.

Research & reading: World Health Organization (WHO) • UNICEF • Harvard Center on the Developing Child
A Cremon Buds early-childhood feature.

WRITTEN BY

Gaddam Rama

Educator • Founder, Cremon Buds





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Trying too hard versus effortless action!

This applies in all facets of life. Sexual pleasuring, playing professional sport, public speaking, anything actually that you wish to achieve.

“The mind is its own place, and makes heaven out of hell and hell out of heaven”, said Milton.

Between the ears plays a bigger part in sexual satisfaction than between the legs. Because how we ‘think’ leads to physiological changes by tensing the body. So whether it’s the tightening of the pelvic muscles, the grip of a bat/racket, or the speech motor muscles, success lies in what goes on in your mind.

Surrendering, which in psychological parlance means, not focusing on how we do but rather than in what we do, is one way to ‘easen’ up.

Heard the adage, ‘easy does it’? Try it and see.

 **VARKHA CHULANI**



The more a man tries to demonstrate his sexual potency
or a woman her ability to experience orgasm,
the less they are able to succeed.

Viktor Frankl



Varkha Chulani

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

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

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20 benches to primary and 15 benches for high school Total 35 benches

Mandal primary school Uppalwai, Total 50 benches delivered

ZPHS UPPALWAI MANDAL RAMAREDDY



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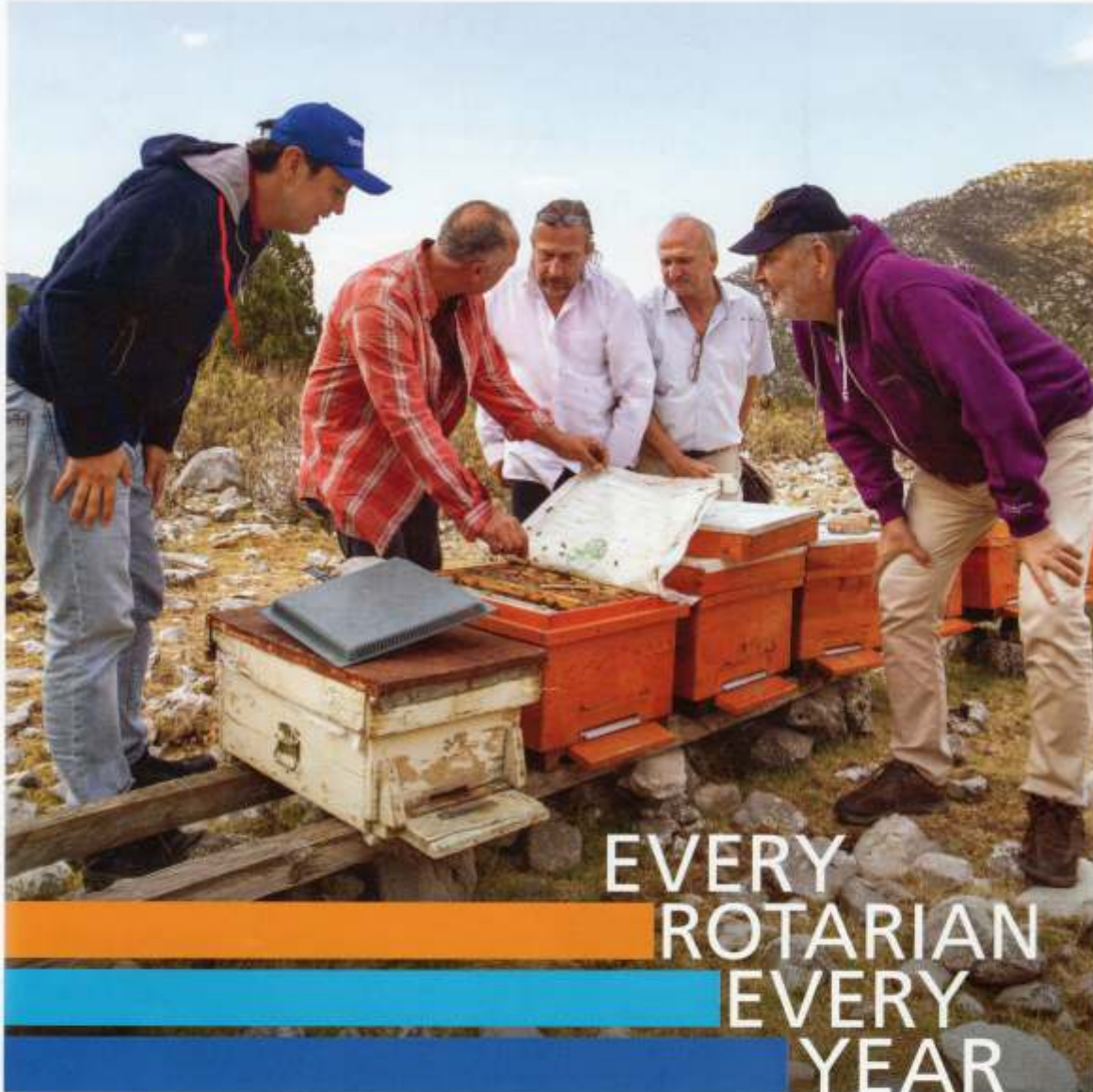


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