CREATE LASTING IMPACT

Rotary

RI DISTRICT 3150

Rotary

Club of Secunderabad Sunrise

OCTOBER 2026

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Dist. Gov. : Rtn. Uday Pilani | *Editorial : Rajesh Pamnani*

Rtn. Manish Sharma
CLUB PRESIDENT (2026-27)

Rtn. Madhu Lingampally
CLUB SECRETARY (2026-27)

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Rotary
Club of Secunderabad Sunrise

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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	Oct 2026 - Total Dialysis 650
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

Rotary Membership Minute

October 2026

Ideas for strengthening membership



Strategies for understanding and growing membership
Having a robust membership base empowers Rotary and Rotaract clubs to make meaningful changes in their communities and beyond. With a diverse group of engaged members, you can amplify your efforts, grow your membership, and Create Lasting Impact.

Discover powerful strategies for sustainable growth in The State of Membership. This engaging slide presentation offers a snapshot of Rotary and Rotaract club membership as of 1 July, highlights important trends, and can easily be customized to fit your needs.

Nominating members for the Service Above Self Award

Rotary's Service Above Self Award honors Rotarians and Rotaractors who help others by volunteering their time and talents. Only district governors can nominate candidates for this prestigious award, and a maximum of 150 recipients are selected each year. If you know someone who has demonstrated exemplary service, encourage their governor to nominate them for the Service Above Self Award, Rotary International's highest honor, between 1 and 31 October.

Update your club details in My Rotary

As the end of the calendar year approaches, it's a great time to review your club's information in My Rotary. Is it accurate and complete? Be sure your club meeting time and location (and any details on alternate meeting times and locations) are up to date. Use the Notes field to include any information that would be helpful for prospective members or visiting members. Don't forget to check to make sure that all current club officers are reported.

Using insights from research to improve your membership experience

Understanding what your club's members and prospective members want is critical to offering a great club experience. Ask new and prospective members to take the member interest survey, and use the member satisfaction survey to gain insights into what your current members value, enjoy, or would like to change. You can also get comprehensive research findings on the Rotary Research page of My Rotary. Peruse reports from our annual surveys of current, former, and prospective members, all aimed at strengthening Rotary.

Convention breakout sessions

Do you have insights, knowledge, or skills that could help your fellow Rotary members? Breakout sessions give attendees practical tools, new ideas, and strategies they can use in their clubs, districts, and communities. Topics may include strengthening and growing membership, projects, fundraising, innovation, leadership development, and more. Help build a breakout program that reflects and celebrates Rotary's diversity! Submit your proposal online by 19 October. If you have any questions, write to conventionbreakouts@rotary.org.



A Rotary invitation becomes a turning point

A simple invitation marked a turning point in the life of a young widow. After she participated in a Rotary club service project, she realized that she had valuable contributions to make. Learn how Rita-Stella Nwojiji found healing and purpose in serving others.

A story that answers the question, "What is Rotary?"

Two Rotary club members who had never met and were more than a thousand miles apart were united by a common principle: Service Above Self. Discover how Rotary brought them together in a time of urgent need.



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

Where Friendship Sings and Adventure Roars

If September was about setting our plans in motion, October brought us two wonderful reminders of what makes Rotary life so special: the joy of friendship and the thrill of shared experiences. Our club enjoyed two memorable fellowship events—a melodious Ghazal Night and an exciting three-night getaway to Pench Tiger Reserve.

One celebrated the timeless magic of music; the other invited us into the fascinating world of nature and wildlife. Different experiences, yet united by the same Rotary spirit of togetherness!

The Ghazal Night was an evening to savour, as soulful melodies, evocative lyrics, and familiar tunes created an atmosphere of warmth and nostalgia. Music has a unique ability to touch the heart, transcend generations, and bring people closer without the need for words. For a while, the demands of our busy lives took a back seat as we immersed ourselves in the beauty of the ghazals and the pleasure of one another's company. Such evenings remind us that fellowship is not merely an item on the club calendar; it is the thread that binds members together and makes our Rotary family stronger.

From the gentle rhythm of ghazals, we moved to the exhilarating call of the wild with our three-night fellowship trip to Pench Tiger Reserve. The anticipation of a tiger safari, the beauty of the forest, and the excitement of exploring nature together made this an especially memorable getaway. Beyond the possibility of spotting the majestic tiger, the wilderness offered its own rewards—the stillness of the forest, the sounds of birds, the changing shades of the landscape, and the sheer wonder of being close to nature. Experiences like these deepen friendships, refresh the mind, and remind us of our collective responsibility to protect the environment and preserve wildlife for future generations.

These outings also reflect a growing trend in travel worldwide: people increasingly seek experiences that offer connection, discovery, and meaning rather than simply ticking destinations off a list. Whether through music, cultural exploration, or wildlife adventures, travel allows us to see the world differently and return with memories that enrich our lives. This is especially true of Rotary fellowship, where every journey becomes an opportunity to strengthen relationships and create stories that will be retold long after the trip ends.

October is also recognised by Rotary International as Economic and Community Development Month. Around the world, Rotarians work to strengthen local economies, support entrepreneurship, develop vocational skills, create employment opportunities, and help communities become more self-reliant. These efforts remind us that sustainable development is about more than financial progress; it is about giving people the skills, resources, and opportunities to build better lives.

As a club, we too must continue to look for ways to translate our collective professional experience and networks into meaningful community impact.

As we look ahead, let us carry forward the warmth of our fellowship and the spirit of exploration that October has brought us. May the friendships strengthened over music and travel inspire us to work together with even greater enthusiasm in our service initiatives.

After all, Rotary offers us the best of both worlds: the opportunity to make a difference and the privilege of enjoying the journey with wonderful people.

Because in Rotary, we do not merely serve together—we celebrate together, explore together, and grow together.

Rtn. Rajesh Pamnani
October 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 Guptha
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."

NOVEMBER

HAPPY BIRTHDAY

01/11 - Ann. Indra Sharma
03/11 - Rtn. Jitender Agarwal
11/11 - Ann. Dr. Mridula Verma
17/11 - Ann. Monika Agarwal
20/11 - Rtn. Shilpa Singh Gour
23/11 - Ann. Anitha Tholia Jain
25/11 - Rnn. Ashwani Nevatia

WEDDING ANNIVERSARIES

03/11 - Rtn. Ramayya & Sujata
04/11 - Rtn. Srinivas & Nagini Gumidelli
23/11 - Rtn. Anirudh & Varsha Gautam
23/11 - Rtn. Samir & Ritu Gupta
29/11 - Rtn. Ashwani Nevatia & Shalini
30/11 - Rtn. Alok & Sarika Ranasaria

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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.



December - Disease Prevention and Treatment
Area of Focus : Disease Prevention and Treatment Month.This month includes : World AIDS Day on the 1st and International Day of Disabled Persons on the 3rd of December.

- Organise Medical Camp - Health Awareness for Eye Care / Dental Care.
- Providing equipment such as Artificial Limbs, Wheel Chairs and Calipers to the Physically Challenged Peoples i.e. Polio Sufferers.
- Provide low-Income, underinsured or underinsured Persons with the knowledge, skills, an opportunities to improve their diet, physical activity and other life habits to prevent, delay, or control, chronic diseases.
- Initiate Actions to Prevent and control Diabetes, Heart Diseases, Obesity and Associated Risk Factors.

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Rtn Lokesh Jain



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First RCSS Fellowship Night on 4th October 2026
Venue : Arora Banquets, Suchitra, Hyderabad










First RCSS Fellowship Night on 4th October 2026
Venue : Arora Banquets, Suchitra, Hyderabad










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First RCSS Fellowship Night on 4th October 2026
Venue : Arora Banquets, Suchitra, Hyderabad










First RCSS Fellowship Night on 4th October 2026
Venue : Arora Banquets, Suchitra, Hyderabad










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First RCSS Fellowship Night on 4th October 2026
Venue : Arora Banquets, Suchitra, Hyderabad

RCSS Family Fellowship Ghazal Nite Report by Rtn Samir Gupta

Rotary Club of Secunderabad Sunrise hosted a soulful and memorable Family Fellowship – Ghazal Nite on at Arora Banquets, Kompally, Hyderabad on 4th Oct 2026 .

The evening was beautifully hosted by five couples who left no stone unturned to make it a grand success:
Rtn. Ajay & Ann Shweta, Rtn. Girish & Ann Sushma, Rtn. Praveen & Ann Rekha, Rtn. Mahesh & Ann Pooja and Rtn. Madhu & Ann Vaishnavi.

The fellowship commenced with engaging fun games for the early walk-ins, including an innovative Tambola with words used in Ghazals – a unique and much appreciated concept.

The highlight of the evening was the mesmerizing performance by Melodious Queen Ms. Purva ji and her 8-member troupe. For over 4 hours non-stop, they belted out soulful ghazals and melodies, holding the audience spellbound. It was a treat to see nearly 50% of members enjoying the show right till 11:45 pm. The entire crowd was mesmerized, with many tapping their feet and swaying on the dance floor. STUPENDOUS would be an understatement for her performance.

Adding to the high spirits of the evening, the hosts had arranged for all kinds of beverages – regular, cocktails and mocktails – served all through the night from 6:30 pm to 12:30 am, thus charging and recharging the spirit of the members present. The evening was complemented by delightfully tasty snacks and dinner served with great variety and excellent hospitality by Arora Banquets.

Attendance Statistics:
Total: 63
- Members: 28
- Anns: 20
- Guests: 4
- Other Guests (Musicians, Photographer etc.): 11

It was indeed a fabulous, musical and heartwarming fellowship. Kudos to the wonderful hosts and to RCSS for yet another memorable evening of togetherness!



Rtn. Samir Gupta
Director: Club Administration
Rotary Club of Secunderabad Sunrise

First RCSS Fellowship Night on 4th October 2026
Venue : Arora Banquets, Suchitra, Hyderabad

Feedback from Members

What an unforgettable Rotary fellowship night! Huge thanks to our amazing hosts for putting together such a beautiful evening. The ghazal singer was absolutely phenomenal, and the food, drinks, and laughter made it a night to remember. Cheers to great company and wonderful memories!
From - Rtn.Rajkumar kanodia

A big thank you to the club admin and the beautiful hosts for such a lovely evening! It was truly wonderful and memorable.❤✨
Regards
Ranjay & Anu
From -Rtn. Ranjay Goel

What a fabulous evening of friendship, music, and fellowship! ✨
A heartfelt thank you to our wonderful hosts for a beautifully curated evening. The soulful ghazals, delicious food, flowing drinks, and endless laughter made it truly special.

Nights like these remind us that Rotary is not just about service—it's also about the wonderful friendships and memories we create along the way.
Thank you admin rtn samir and all the hosts for your untiring efforts to make this evening a memorable one.
Here's to many more such magical evenings together!❤
From- Rtn. Sandeep jhawar and Mamta

It was truly a fantastic evening. Thank you hosts and Samir for such a wonderful evening. Enjoyed to the fullest.
From - Rtn. Gaurav and Seema

Oh what a treat to our ears
Three cheers to our wonderful hosts and not to forget Samir bhaiya , they took care of all the minute details
Thank u is not enough to this memorable and enjoyable evening !!!!

With the tick of clock , the evening got charged up peaking towards the end when almost all were on the floor . Amazing program. Thank you hosts and Samir for the wonderful musical night.
From- Vijay Rathi & Kavita

First RCSS Fellowship Night on 4th October 2026
Venue : Arora Banquets, Suchitra, Hyderabad

Feedback from Members

A big thank you to our wonderful Rotary Fellowship Hosts and Club Admin for an excellent Ghazal Night! The evening was beautifully planned, extremely well organised, and truly enjoyable. Your efforts and attention to detail made it a memorable evening for all of us. ✨
From -Alok Ranasaria

It was a lovely, fun filled evening, with soulful music, delicious food , laughter all put together by the hosts and Samir.
From -Keerthilatha Pissay

A big thank you to the wonderful hosts & Samir bhai for arranging such an amazing fellowship and Ghazal night! ✨
Thank you for your warmth, hospitality, and for bringing everyone together for such a lovely evening. Looking forward to many more such enjoyable fellowship evenings!❤️
Nishi & Alok gupta
From- Rtn.Alok Gupta

Wonderful evening, spent with fellowship Rotarians
From -Rtn. Sanjay Bajaj

Outstanding female singer thanks hosts & sam
From- Rtn. Lokesh Jain

Thank you so much to our wonderful hosts for a truly memorable evening!
We had an absolutely wonderful time - beautiful ambience, soulful music, great food, and most importantly, fantastic fellowship.

A very special thanks to Sameer for all the effort and warmth that went into making the evening so enjoyable.
Thank you to the entire host team for a lovely RCSS First Fellowship Night!
From -Rtn. Tarun Rungta

Big thank you to all the hosts for making fellowship happy and memorable.
From -Rtn. Ramayya

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 3rd part of the 12 part series.

Part 3 - The Food Trail-A Passport Through the Plate

"If you really want to know a country, don't just visit its monuments. Sit down and eat with its people."
I have crossed more than 65 countries.
I have seen palaces and pyramids, mountains and museums, ancient cities and modern skylines.
But ask me what I remember most vividly about many of those journeys, and surprisingly often, the answer is not a monument.
It is a taste.A breakfast eaten somewhere unfamiliar.



A spice I had never encountered before.
A piece of bread pulled fresh from an oven.
A bowl of something steaming in a street market.
A meal shared with people whose language I barely understood.
A cup of tea.A conversation.A laugh.A table.
Because food has a remarkable ability to transport us—not just from one place to another, but into the **heart of a culture.**
Food is the most delicious form of geography.



EVERY COUNTRY HAS A STORY ON ITS PLATE

You can learn a surprising amount about a country by looking at what its people eat.
Climate determines what grows.
Geography determines what can be transported.
History determines what ingredients arrived from elsewhere.
Religion influences what is eaten—and what is not.
Migration introduces new flavours.
Trade routes spread spices, cooking techniques and ideas.
Wars, empires and colonisation leave their fingerprints on the kitchen.
And families preserve traditions long after political boundaries have changed.



Food is therefore never merely food.
It is history that you can taste.

THE FIRST BITE IS OFTEN A CULTURAL LESSON

One of my favourite things about travelling is trying something I have never eaten before.
Sometimes I love it immediately.
Sometimes I need a second attempt.
Occasionally, I wonder why anyone ever thought this was a good idea!
But that is precisely the point.
Travel should challenge our assumptions.
We should not expect every destination to serve us the flavours we already know.

If we travel only looking for food that tastes like home, we have travelled a very long way
without really leaving home.
So I have developed a simple rule: (When travelling, try the local speciality at least once.)
You don't have to love it.
You simply have to experience it.

THE STREET IS OFTEN THE BEST RESTAURANT
Some of the most memorable food experiences happen far away from fine-dining restaurants.They happen on streets.In markets.At roadside stalls.Outside railway stations.In tiny bakeries.
At family-run establishments with plastic chairs and handwritten menus.



There is something wonderfully democratic about street food.You see the food being prepared.You smell it before you taste it.You watch people ordering.You see what locals are eating.
And sometimes you learn more about a city in fifteen minutes at a street stall than you might learn from an afternoon inside a museum.

My photographs from **Paranthe Wali Gali in Delhi**, for example, capture exactly this kind of experience: food as part of the rhythm and personality of a place.
The food is important.But so are the people around it.

A BANANA LEAF CAN TELL A STORY



A BANANA LEAF CAN TELL A STORY
Some culinary traditions are about much more than taste.
Take the South Indian meal served on a banana leaf.
The leaf itself becomes part of the experience.
The arrangement.
The order in which dishes arrive.
The combination of rice, vegetables, accompaniments and other preparations.
The way food is served.
The way it is eaten.
And, often, the sense of occasion surrounding the meal.

I photographed “Setting the South Indian Plate”, documenting the banana-leaf tradition across Andhra Pradesh, Telangana, Tamil Nadu, Karnataka and Kerala.
What looks like a meal is actually a small cultural performance.
It tells us about agriculture, tradition, hospitality, community and regional identity.

I am rarely interested only in the plate.
I am interested in **the story behind the plate.**



FOLLOW THE INGREDIENT

One of the best ways to explore a destination is to follow an ingredient.
Rice.Chilli.Tea.Coffee.Cocoa.Olives.Cheese.Bread.Spices.



Each ingredient can take you somewhere unexpected.
Where is it grown?Who harvests it?How is it transported?How is it preserved?Who cooks it?What festivals use it?What stories have been built around it?



Suddenly, what seemed like a simple meal becomes a journey through geography, agriculture, economics, migration and history. A single spice can tell the story of an entire trade route.

VISIT THE MARKET



If you want to understand what people actually eat, go to their market.
Markets are among my favourite places to photograph.
They are noisy, colourful, chaotic, fragrant and wonderfully human.
Look at the produce.

Look at the quantities.
Look at what is expensive.
Look at what is abundant.
Watch what people buy.
Watch what they don't buy.
Talk to the vendors.
Look at the baskets, knives, scales, carts and displays.
A market is a living textbook.
And unlike a textbook, it smells fantastic.

The modern traveller is rediscovering this too. Current travel trends show growing interest in local grocery stores, bakeries and small food businesses as windows into everyday life—not merely as places to buy something to eat. (American Express)

Sometimes the best souvenir is not something manufactured for tourists.
It is something people actually eat.

THE PEOPLE BEHIND THE PLATE

There is another reason food photography matters to me.
Behind every meal are people.
The farmer.The fisherman.The miller.The spice merchant.The baker.The cook.The waiter.The street vendor.The person washing the dishes.The family passing a recipe from one generation to another.
If we photograph only the finished dish, we miss most of the story.
I would rather photograph the hands preparing it.



The face behind the counter.The concentration of the cook.The old recipe.
The worn cooking vessel.The fire.The ingredients.The process.
Because food is not produced by menus.
It is produced by people.

FOOD CREATES EQUALITY



There is something wonderfully universal about sitting around a table.
Titles disappear.Professions disappear.Nationalities become less important.Someone passes the bread.Someone serves another helping.Someone laughs.Conversation begins.
Food creates an immediate sense of community.
This is particularly meaningful to me as a Rotarian.
One of Rotary's great strengths is its ability to bring people together across borders.
Food does exactly the same thing.
A shared meal can accomplish something remarkable: **(It makes strangers less strange.)**

THE MEAL YOU DIDN'T PLAN

Some of my favourite travel meals have not appeared anywhere on my itinerary.
They happened because someone recommended a place.
Or because I followed a smell.
Or because I noticed a crowded stall.
Or because I simply asked: **"Where do you eat?"**
That may be the best food question a traveller can ask.
Not:"Where do tourists eat?"
But:"Where do you eat?"
The answer can lead you somewhere wonderful.

FOOD IS ALSO MEMORY



Years after a journey, you may forget the name of the hotel.
You may forget the number of the train.You may even forget the exact date.But taste has an extraordinary memory.One bite can transport you decades backwards.
A particular spice.A familiar bread.A cup of tea prepared in a certain way.The smell of charcoal.Freshly baked bread.A particular sweet.
Suddenly you are back there.
Standing in that street.Sitting at that table.Talking to that person.
Food is therefore one of travel's most powerful souvenirs.
You cannot always photograph a taste.
But you can remember it.

EAT LOCALLY. TRAVEL DEEPLY.



There is also a growing reason to eat locally when we travel.
Choosing local food can mean supporting small producers, family businesses, farmers, markets and neighbourhood establishments.
It can reduce the distance between traveller and community.
And it can make the travel experience more authentic.

The 2026 food-travel research shows that supporting local businesses is one of the reasons travellers seek local foods, while current gastronomy research is placing increasing emphasis on authenticity, cultural connection and culinary heritage. (World Food Travel Association)

That is good news.
Because the best culinary experience is not necessarily the most expensive one.
It is the one that tells you something about where you are.

THE WORLD IS A TABLE
After travelling through more than 65 countries, I have come to believe that food is one of the world's great connectors.
Different languages.Different religions.Different traditions.Different climates.Different histories.
Yet everywhere, people gather around food.

They celebrate with it.
They mourn with it.
They welcome guests with it.
They express love through it.
They preserve memories through it.
They pass traditions to their children through it.
Food carries identity.
And when we are willing to taste another culture, we are taking a small step towards understanding it.

YOUR NEXT JOURNEY
So, on your next trip, don't just make a list of monuments.
Make a food map.
Find the local market
Try the street food.
Visit a bakery.
Buy something from a neighbourhood shop.
Ask a local what they grew up eating.
Try the regional speciality.
Learn the story behind one ingredient.
Eat with people.

And take photographs—not just of the food, but of the people who make it possible.
You may discover that the shortest route into another culture…
is through the stomach.

A PASSPORT THROUGH THE PLATE
A passport gives us permission to cross borders.
Food gives us permission to cross cultures.
So travel hungry.
Hungry not merely for food— but for stories.

For people. For traditions. For experiences. For understanding.
Because every plate has a story.
Every recipe has a history.
Every kitchen has a memory.
And every meal is an invitation.

Pull up a chair. The world is waiting to be tasted.



by Rtn. Rajesh Pamnani
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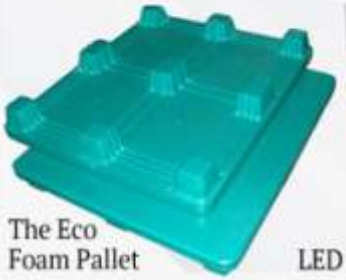

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"So what's your diagnosis Varkha?" I was asked.
"I don't know yet", said I.
"But didn't you say … this in our last session?"
"Yes, but I was wrong. I need more thought to review the condition so please allow me time to figure this and kindly discard my last opinion."

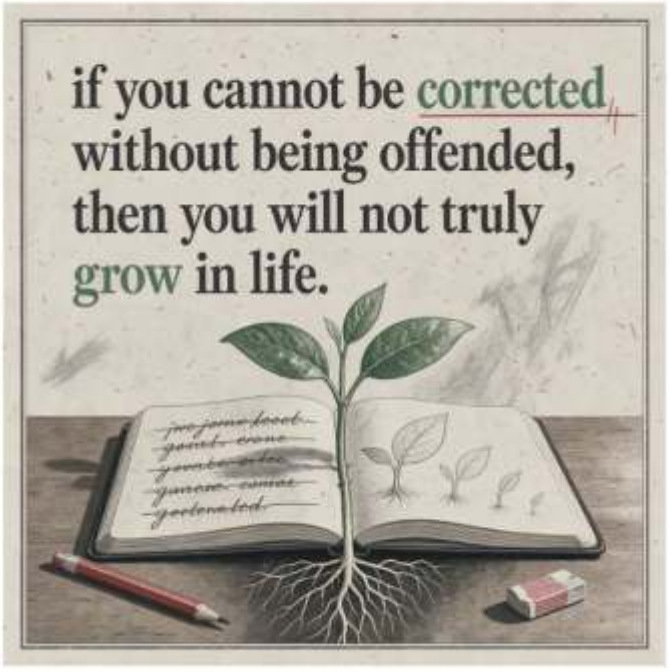
The person was taken aback by my response because there was no pretence of 'knowing', there was a genuine expression that I needed to think more, no shame in acknowledging that they needed to disregard what I had said before.

Self-correction plays an important role in honing ability. And someone who's open to being corrected by others, assuming those others know what they say, is another way of going forward in building skill.

How does one get into the habit of 'growing'?
Accepting that you can't know everything.
That new data presents itself as life goes along and an openness to see and accept it, will take you forward.
Not becoming 'ego' invested. YOU are not what you do or say. So there's no SELF to protect if you need to change your mind.

Offence comes to those who cling to an identity.
Reject 'self-esteem' and see how you grow!

VARKHA CHULANI



—Professor Richard Feynman



Varkha Chulani

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

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Varkha's Profile
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Youtube : https://www.youtube.com/@VarkhaChulani



Ann. Kanak Kabra

THE UNSUNG HEROES OF INDIA

"Each animal like each human is an individual and deserves our respect, our compassion. Animals are not things created for our own benefit." Jane Goodall

I have dedicated my articles this year to themes related to wildlife and nature conservation. The need of wildlife conservation arises when it faces visible threat in terms of survival. Humans have in the name of modernisation and development wiped out habitats for wildlife and made them inhospitable for animals to live and thrive.

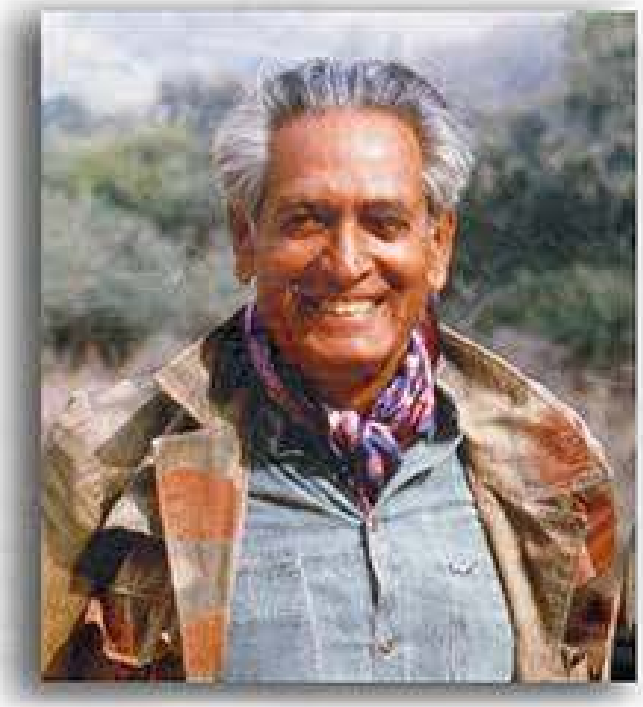
For the conservation efforts to become success stories, someone needs to take lead and become pioneer. This time in this article I examine such wildlife warriors whose relentless efforts have proven miraculous in restoring balance back in some of the critical cases.

While the successful efforts is the silver lining but it's not the whole story. There are dark areas which still need our attention and a collective effort from all of humanity is the need of the hour.

Long live the guardians of the forests!!

India is a land of diverse species in different ecosystems. Sadly, not an ecosystem left in our nation where ill effects of human intervention are not visible. Multiple species cry foul for their survival and a lot of them face threat of extinction and loss of habitat.
Hats off to the untiring efforts of conservationists, we have some success stories to be proud of which I share here happily.

1. Kailash Sankhla:



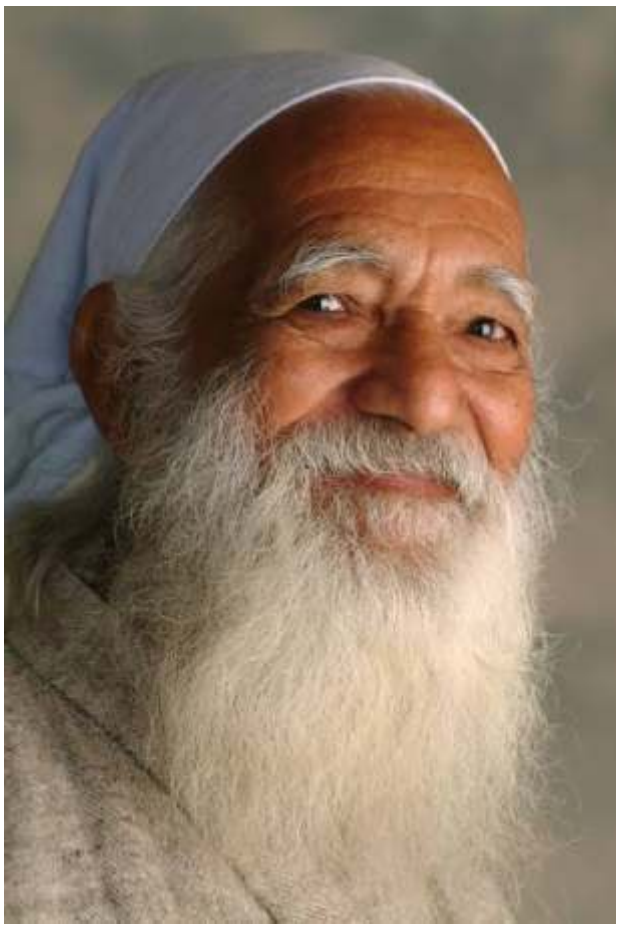
An Indian naturalist and conservationist, he started his journey with Indian Forest Services. In 1973 he was appointed as the first director of the "Project Tiger". He conducted extensive research in this field and raised an alarm about poaching and hunting. He later continued his conservation efforts for tiger by establishing the "Tiger Trust".

2. Valmik Thapar:

An Indian naturalist, conservationist and author, Valmik Thapar has produced several documentaries and authored a number of books. He was focussed on his work about conservation of tigers in Ranthambore National Park. He had the courage to question the bureaucratic ways of management of forests in India. His aggressive, courageous and action-oriented ways made him a hero who dedicated his life for conservation of tigers.



3. Sunderlal Bahuguna



He was an Indian environmentalist who is associated with conservation of forests and nature in the Himalayan region. He is famously associated with the legendary "Chipko Movement" and anti-Tehri Dam project.
Chipko Movement was an initiative of the 1970s to save trees from being cut in the Himalayan region. He was a leader and pioneer who led the spread of this movement far and wide. He is also famously associated with leading the protest against construction of the Tehri Dam in the 1980s.
He dedicated his entire life for causes associated with conservation of nature with actions based on non-violence.

While I have chosen to showcase these three conservationists, there are numerous in this field who have contributed in some way for conservation of wildlife and nature. As a part of humanity it's the role of every human to keep their selfish motives aside and keeping the preservation of nature and wildlife in the forefront.

There are ways, both direct and indirect which can enable us to contribute to the conservation of nature. Even a small step has a ripple effect.

Hope I kindle within you a sliver of hope to think positively on this front.



by Ann.Kanak Kabra.



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RCSS Outstation Fellowship Trip to Pench on 22nd Oct 2026





The area of the Pench Tiger Reserve and the surrounding area is the real story area of Rudyard Kipling's famous "The Jungle Book". The idea of Mongali is made from the pamphlet "An Account of Wolves's Nurturing Children in their Dens" by Sir William Henry Sliman. In 1831 there was a report of the arrest of a child who had grown up with wolves in village Satbavadi near Seoni. The place described in "The Jungle Book", the Vainganga River, its valley where Sher Khan was killed, the mountain ranges of village Kannivara and Sivani etc. are the actual places in the Seoni district. The forest areas of the Pench Tiger Reserve have a glorious history. Its natural beauty and richness is described in the Ain-i-Akbari and many other natural history books such as R.A. Strenthal's "Sivni, Camp life in the Satpura", James Forsyth "High Lands of Central India" and A. A Dunbar Brander "Wild Animals of Central India" etc. Pench Tiger Reserve was awarded to "Best Maintain Tourist Friendly National Park" Award under the National Tourism Prize 2006-07.





Flora & Fauna

The forests found in Pench Tiger Reserve are divided into three parts as follows: -

- Southern tropical wet deciduous forest
- Southern tropical dry deciduous teak forest
- Southern tropical dry deciduous mixed forest

Kahua (Arjuna), Jamuna, Guular and Saja are found along the banks of river streams. Trees of Mahua, Palash, Plum etc. are found scattered around the open forests of displaced areas of old villages. Teak forests are found in about one quarter area. There are about 82 types of grass species and Bamboo found in this forest area.

The major Carnivores are Tiger, leopard, wild cat, wild dog, hyena, jackal, fox, wolf, weasel among the vegetarian species, Gaur, Nilgai, Sambar, Chital, Chasinga, Chinkara, Wild Pig etc. are prominent. In this In the sunny areas of the Totladoh reservoir situated inside the park limits, there is a lot of migratory birds seen in the cold season.

Best Time to visit

The best time to visit the Reserve is 15 October to 30 June.

RCSS Outstation Fellowship Trip to Pench on 22nd Oct 2026

Itenary Details

22.10.2026 7am departure Secbad
22.10.2026 3pm arrival Nagpur
22.10.2026 6.30 arrival at resort

23.10.2026 optional paid safari/ programs/ activities at the resort.

24.10.2026 morning safari & programs/ activities at the resort.

25.10.2026 evening safari & programs/ activities at the resort.

26.10.2026 checkout and departure immediately after lunch.
After Visiting Ramtek Mandir or Jain Temple / Swaminarayan Mandir and dinner.....
board train at 11pm for Hyderabad.

22nd Oct 2026

Hi teas ----------6:30 PM
Trible Dance & Cocktail ---------- 7:30 PM
Dinner----------9:00 PM

23rd Oct 2026

Bird Watching ----------6:00 to 8:30 AM
Break fast----------8:30 AM
Pool Party----------11:00 to 2 PM
Lunch----------02:30 PM
Hi tea----------5:00 PM
Karaoke & Live singer--------7:30 PM
& Cocktail
Dinner----------9:00 PM

24th Oct 2026

Jungle Safari ----------5:30 to 8:00 AM
Break fast----------10:00 AM
Lunch----------1:30 AM
Lunch----------2:30 PM
Cricket----------2 to 5:00 PM
Hi tea----------5:00 PM
Wild life documentary------5:30 to 7:30 PM
DJ night & cocktails---------7:30 PM
Dinner----------9:00 PM

25th Oct 2026

Bird Watching ----------6:0 to 8:30 AM
Break fast----------8:30 AM
Pool Party----------11:00 to 2 PM
Lunch----------02:30 PM
Hi tea----------5:00 PM
Karaoke & Live singer--------7:30 PM
& Cocktail
Dinner----------9:00 PM

26th Oct 2026

Breakfast ----------8:00 AM
Check out----------10:30 AM
Lunch----------12:30 PM
Busses depart----------1:30 PM
Arrival at Ramtek----------3 to 4:30 PM
Ram Mandir
Swamy Narayan Temple-----6:30 to 7:30 PM
Dinner----------8:15 PM
Dep for railways station-----10:15 PM

RCSS Outstation Fellowship Trip to Pench on 22nd Oct 2026

About Accord Resort





Accord Wildlife Pench is a luxury-style jungle resort near Pench Tiger Reserve. It combines accommodation, dining and relaxation with access to wildlife experiences.
A stay at Accord can be combined with a safari in Pench Tiger Reserve. The resort's website lists the Turia Safari Gate at approximately 2.4 km, although distances may vary depending on the route and exact entry point. Tiger sightings are never guaranteed.





The resort lists four accommodation categories:
- Executive Room: A comfortable room with a king-size bed and private balcony.
- Premium Room: A room with a private balcony and garden, forest or pool-area views.
- Luxury 2-bedroom villa: Suitable for families or small groups.
- Luxury 4-bedroom villa: A larger option for families and groups travelling together.

Room features vary by category, so confirm the facilities included in your chosen room.

Facilities and experiences advertised by the resort include:
- Swimming pool
- On-site dining
- Nature trails and cycling
- Jeep safari experiences
- Wildlife photography hide
- Spaces for weddings, celebrations and group events

Check directly with the resort to confirm current availability and whether any activities are included in your booking.

RCSS Outstation Fellowship Trip to Pench on 22nd Oct 2026

Feedback from Members

A heartfelt thanks to Manish / the entire team for making our stay so special. We had an absolutely wonderful time and enjoyed every moment. The care, and effort you put into organizing everything made the experience truly memorable. We're leaving with beautiful memories and lots of happy moments to cherish. Thank you for your amazing hospitality and for making us feel so welcome! ❤❤
From Rtn. Satish Gaddam

A Big Thank You for a Wonderful Pench Trip!
A heartfelt thank you to Rtn. Manish, our President, and his wonderful team of Madhu, Anil, and Sameer for organising such a memorable Pench trip.

The stay was comfortable, the food was excellent, and the menu was thoughtfully curated. Every evening was filled with fun, music, dance, and great fellowship. It was truly a refreshing break from our daily routines!

Organising an event of this scale takes tremendous effort, planning, and dedication, much of which often goes unseen. Your hard work made the entire experience so enjoyable for everyone.
Hats off to the entire team for putting together such a fantastic trip!
Returning with beautiful memories, lots of laughter, and an even stronger bond of Rotary friendship.❤
Sandeep and Mamta jhawar
From Rtn. Sandeep Jhawar

What a wonderful trip to Pench !!
A big thank you to everyone who made this trip so memorable. The beautiful resort, excellent food, warm hospitality, and above all, the great company of such wonderful friends made it truly special.

Thoroughly enjoyed every moment, with lots of laughter, fun, and beautiful memories to cherish.
Alok & Nishi
From Rtn. Alok Gupta

An epic trip ; fantastic Pench experience with our fab Rotarians!
We are going to cherish this forever.
Through n thru' memories to last a lifetim
ps : Looking forward to more! Much love & Many Blessings
Gratitude
From Rtn. Shilpa Singh Gour

Truly a great and memorable trip
Great planning and impeacable work done by our super all rounder President Mr Manish Sharma and his tea Darshan at Ramtak was a cherry on the cake
Going back with loads of fun laughter n memories !!!!
From Rtn. Kavita Rathi

RCSS Outstation Fellowship Trip to Pench on 22nd Oct 2026

Feedback from Members

A heartfelt thank you to our President, Manish Bhai, IPP Anil Bhaia,VP Sameer Bhai, Treasurer Rathi Ji, our Secretary Madhu, and everyone who worked so hard behind the scenes to organise this amazing trip !! ❤

Thank you for giving us such a wonderful experience filled with fun, laughter, and loads of beautiful memories that we will cherish forever. Everything was so well organised, and your efforts truly made this trip special.
A special mention for the excellent choice and variety of menus for all the meals. Every meal was delicious, thoughtfully selected, and truly outstanding. The food added so much more enjoyment to the entire trip !!

Madhu, you were an absolute showstopper !! We could see Prabhudeva in you! What amazing performances and fantastic energy — you stole the show and made the trip even more memorable !!
Heartfelt thanks to each and every one of you for your time, dedication, and efforts in making this trip such a grand success.
Memories made, friendships strengthened, and happiness shared! ❤
Thank you once again, team !! ❤
From Rtn. Ranjay Goel

A huge thank you to the organising team for such an awesome Pench fellowship trip!
Every moment was seamlessly managed, from the endless fun and laughter to the incredible variety of delicious meals at every stop.
Grateful for the lifelong memories, and the even stronger bond of friendship.

Thank you all for making this such a grand success! ❤
From Rtn. Rajkumar Kanodia

Friends we left today for Nagpur
Really had good time.
Enjoyed
Sighting hoti toh aur bhi maza aata but still ok
Great efforts in organising everything
Thank you all
See you all in Hyderabad
From Rtn. Jyoti Surana

A journey which starts has to end ...Guys it was an amazing trip which was only and only possible by all of you who chose to travel on this pench trip ..I want to name each and everyone to make it a memorable one .
Thank you so much
Feedback from President Rtn. Manish Sharma

RCSS Outstation Fellowship Trip to Pench on 22nd Oct 2026

Feedback from Members

Guys, a special word of appreciation for our club admin. Even though he couldn't be with us on the trip, he was with us every step of the way through his planning, coordination, and constant follow-up. From the initial arrangements to checking on us until we reached Hyderabad safely, his commitment never wavered. Thank you for being such a dependable support and helping make this trip memorable. For Samir

Feedback from Rtn. Anil Ratan Goyal

















RCSS Outstation Fellowship Trip to Pench on 22nd Oct 2026













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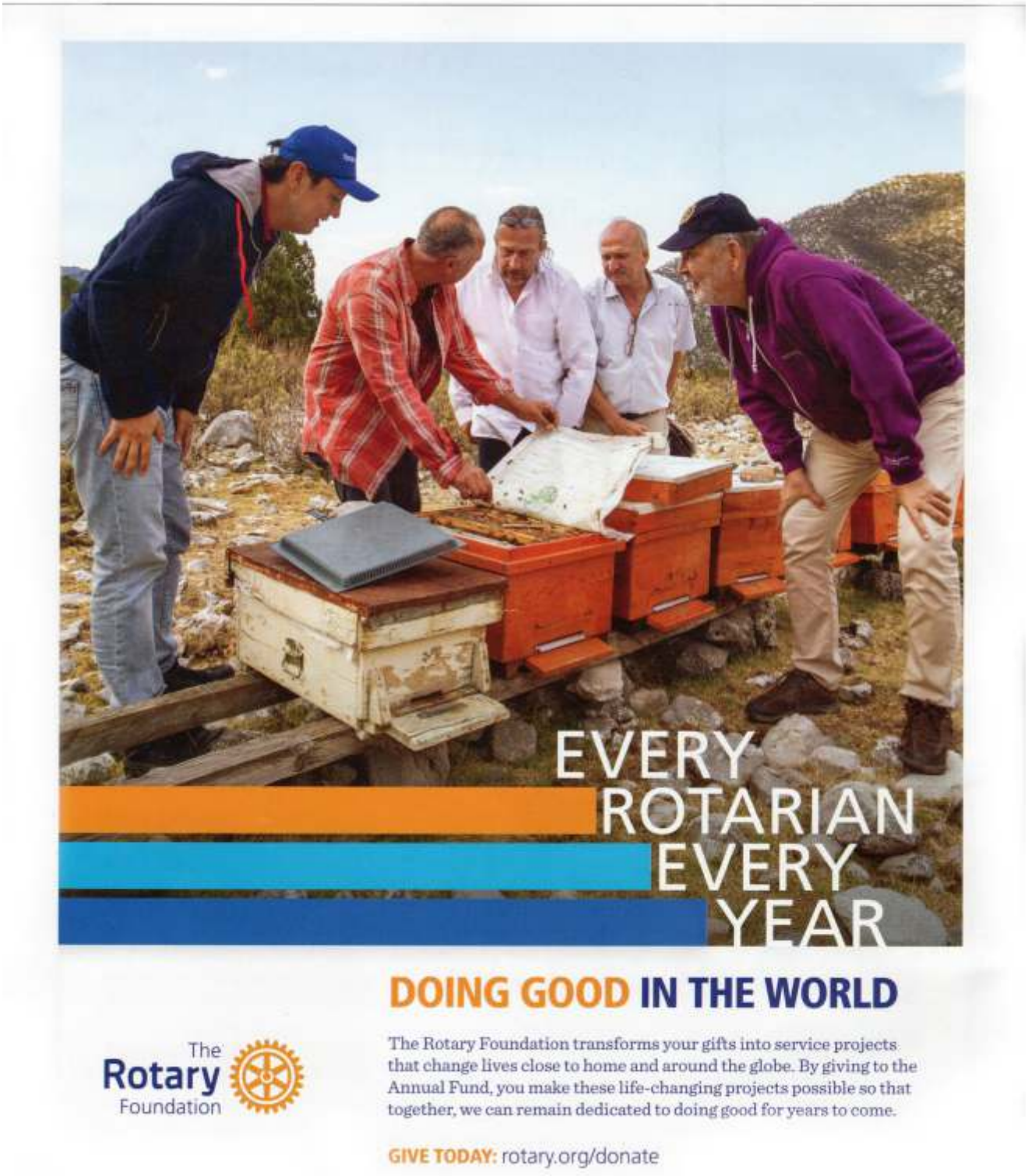
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