



ROTARY SHARES

For PRIVATE Circulation only



A 100% Paul Harris Fellow Club

## SUNRISE TIMES

Monthly Bulletin of Rotary Club of Secunderabad Sunrise



Club No. 57064 R.I. Dist. 3150  
Chartered in Dec 2001

Volume : V Issue No. 2  
Month / Year : 08/2007

Wilfrid J. Wilkinson  
RI President

Dr. Vijendra  
Dist. Governor

B.S. Ravindranath  
President

K.A. Ramayya  
Secretary

[www.rcss.in](http://www.rcss.in)

### PULSE POLIO ON 19.08.2007



Rotarians lead by Rtn. Ravindranath, President met at Taj Mahal Hotel for breakfast session and proceeded to Addagutta, PHC. We had intensive interaction with Dr.



Kiran Kumar of PHC for making arrangements to ensure smooth operations. Polio drops were administered by all the Rotarians to the children. To encourage the staff associated with PHC, refreshments were arranged.

The following Rotarians have participated in Pulse Polio camp.

1. Rtn.B.S.Ravindranath, President.
2. Rtn.K.A.Ramayya, Secretary.
3. Rtn.Dr.Surender, Director Polio Services
4. Rtn.Mudit Kumar, Director Club Services
5. Rtn.K.Amarnath, Director Community Services.

### SPEAKER MEETING ON 18.08.2007



Mrs.Raji Ajwani and Mr. Sridhar of YES Bank made the presentation on Wealth Management. They have covered all aspects of investments for different levels of investments. Interactive session followed after presentation was very lively and purposeful. Rotarians felt that it was very useful interactive session from practical utility point of view as well as to enrich the knowledge in field the of wealth management.

**FUNCTION HELD AT YADAGIRIPALLI ZPHS ON 15.08.2007  
FOR HANDING OVER 35 BENCHES / DESKS**



Rotarians of RCSS proceed to Yadagiripalli near Yadagirigutta for formally handing over 35 benches cum desks to the zilla parishad high school authorities. The team was lead by Rtn.Samba Siva Rao, IPDG and the following are the participants.



1. Rtn.Kailash Gupta  
Vice President.
2. Rtn. Rajesh,  
Immediate Past President &  
Mrs.Tanvi.
3. Rtn.K.A.Ramayya,  
Secretary.
4. Rtn. Ajit Gandhi, PP.
5. Rtn. K. Amamath,  
Director  
Community Services.



The benches were procured from the funds received from Rotary club of PUZHAN PUSZCZYKKOWO of

Poland and matching funds of RCSS.35 benches were placed in 3 class rooms. The 1<sup>st</sup> room was cut opened by Rtn.Samba Siva Rao.The 2<sup>nd</sup> room was cut opened by Rtn.Rajesh .The 3<sup>rd</sup> room was inaugurated by Rtn.Kailash Gupta.

Later on function was held in the school campus which was participated by political leaders of the area including Sarpanch of Yadagiripalli.Mr.Mallesham, Head Master presided over the function and all the leaders addressed. The leaders requested for additional help viz.Water purification plant, Plates & Glass for taking noon meals and Medical camp to have check up for 470 students.

Rtn.Samba Siva Rao has advised the children to work hard and become self sufficient & proud citizens.

Rtn.K.A.Ramayya responded to fulfill the demand for Plates & Glasses for taking noon meals and for conducting Medical camp. Further he agreed to consider the Water purification plant. He agreed to visit the village again along with President and Director Community Services to have thorough discussion regarding water purification plant.

Mr. Mallesham and other local leaders profusely thanked the Rotarians for their generosity and for service mindedness to the poor.



## PLANTATION PROGRAM AT VASAVI ENCLAVE, PEDDASHAHAPUR

Rotarians of RCSS lead by Rtn.Ravindranath, President of RCSS met at old Taj mahal hotel, Secunderabad for breakfast session. Later we proceeded to Vasavi Enclave located at Peddashedahapur on Bangalore high way near international airport for planting trees. Rtn.Vaman Rao, Rtn.K.P.Sarathy, Rtn.K.A.Ramayya, Rtn.Mudit participated in the program. Ann.Ravinbranth and Ann.Sarathy also participated to make the event more colorful and fulfilling. Shamiyana was erected at Vasavi Enclave and all the arrangements were made for plantation program .About 50 trees were planted by all the Rotarians and Anns. The experience is unique and memorable.



## FIRST BOARD MEETING OF RCSS 2007-08 HELD

The 1<sup>st</sup> Meeting of the board for the year 2007-2008 was held at Hotel Taj Tri Star at 8:30 AM on 04.08.2007 which was attended by

1. Rtn. B.S. Ravindranath, President
2. Rtn. K.A. Ramayya, Secretary
3. Rtn. Rajesh Panmani, Immediate Past President.
4. Rtn. Ajit Gandhi, Past President.
5. Rtn. Kailash Gupta, Vice President.
6. Rtn. K. Amarnath, Director Community Services.
7. Rtn. Sreedharaju, Director PR.
8. Rtn. Lt. Col. Joseph P. George, Director-Vocation Services.

During this House discussed about the activities like Fund Raiser Programme, WCS Projects, Vocational Services, Community Services, Public Relations, Fellowship, Community project etc. were discussed.

## HOW TO SLEEP WELL

- ★ Get up about the same time every day.
- ★ Go to bed only when sleepy. Create an environment conducive to sleep.
- ★ Avoid noise, light and vigorous exercise which may disturb sleep onset or sleep maintenance.
- ★ Exercise regularly. Confine vigorous exercise to at least six hours before bedtime and do simple exercises such as stretching or walking four hours prior to bedtime.
- ★ Follow a regular schedule for meals, medications, chores and other activities.
- ★ Develop relaxing pre-sleep rituals such as having a warm bath and a light bedtime snack, listening to soft music or 10 minutes of reading.
- ★ Avoid seeing adventure movies, having arguments and smoking close to bedtime.
- ★ Have food containing typtophan (wheat germ, cottage cheese, milk, eggs, almonds, avocado) which increase the level of serotonin and promote sleep.
- ★ Avoid ingestion of caffeine within six hours of bed time.
- ★ Don't drink alcohol, especially when sleepy. Even a small dose of alcohol can have a potent effect on a person who is tired.
- ★ Avoid sleeping pills. Most doctors avoid prescribing them for periods longer than three weeks.

## JOINT SPEAKER MEETING ON 13TH AUGUST



All the Rotary Clubs of the Twin Cities celebrated pre-independence meet as is the practise celebrate Independence Day every year by having a Joint meeting of the all Clubs. This year being the 60th anniversary of our Independence, all the Rotarian's felt what better way to celebrate the Independence Day by calling General Officer Commanding -54th Infantry Division, Maj. Gen. Anil Chait VSM. to address the August Gathering.

We had an excellent fellowship with nearly 180 Rotarians participating. Dist. Governor Dr. Vijendra Rao was kind enough to grace the occasion as Guest of Honour. Maj. Gen. Anil Chait spoke briefly about the Defence Forces. The Maj. Gen. was kind enough to invite all Rotarians to come and watch the games."

## *A Medical Treat ....*

### **IMPORTANCE OF HAVING BREAKFAST**

**Breakfast** can help prevent strokes, heart attack and sudden death. Advice on not to skip breakfast!

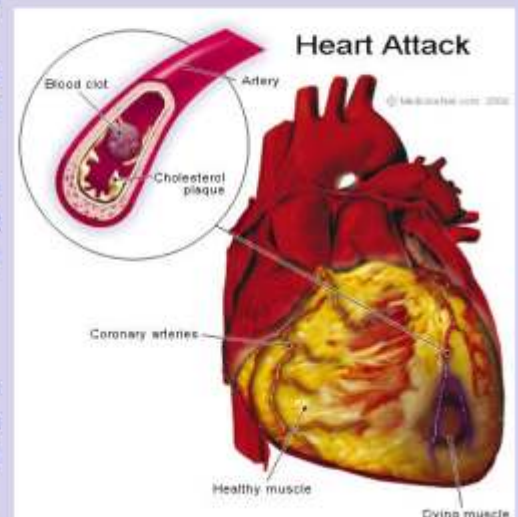
**Healthy living** : For those who always skip breakfast, you should stop that habit now! You've heard many times that "Breakfast is the most important meal of the day." Now, recent research confirms that one of the worst practices you can develop may be avoiding breakfast.

**Why ?** Because the frequency of heart attack, sudden death, and stroke peaks between 6:00 a.m. and noon, with the highest incidence being between 8:00 a.m. and 10:00 a.m. What mechanism within the body could account for this significant jump in sudden death in the early morning hours?

### **We may have an Answer.**

Platelet, tiny elements in the blood that keep us from bleeding to Death if we get a cut, can clump together inside our arteries due to cholesterol or laque buildup in the artery lining. It is in the morning hours that platelets become the most activated and tend to form these internal blood clots at the greatest frequency.

However, eating even a very light breakfast prevents the morning platelet activation that is associated with heart attacks and strokes. Studies performed at Memorial University in St.Johns, Newfoundland found that eating a light, very low-fat breakfast was critical in modifying the morning platelet activation. Subjects in the study consumed either low-fat or fat-free yogurt, orange juice, fruit, and a source of protein coming from yogurt or fat-free milk. So if you skip breakfast, it's important that you change this practice immediately in light of this research. Develop a simple plan to eat **cereal**, such as oatmeal or **Bran Flakes**, along with six ounces of **grape juice** or **orange juice**, and perhaps a piece of fruit. This simple plan will keep your platelets from sticking together, keep blood clots from forming, and perhaps head off a potential **Heart Attack** or **stroke**. **So never ever skip breakfast.**



### **BIRTHDAYS**

- 4-Sep Gunjan Gauri D/o. Rtn. Narender Gauri
- 4-Sep Arushi D/o. Rtn. Sandeep Jhawar
- 9-Sep Vedika D/o. Rtn. Pawan K. Tibrewala
- 12-Sep Rohini W/o. Rtn. P. Vaman Rao
- 16-Sep Pooja D/o. Rtn. Subhas Dhandhaniala
- 18-Sep LR Surekha W/o. Rtn. Dr. LR Surender
- 27-Sep Rtn G V N Sreedhar Raju

### **WEDDING ANNIVERSARY**

- 15-Sep Rtn. E. Satish Manohar
- 22-Sep Rtn. Suresh Kumar Verma

### **CALENDAR FOR SEPTEMBER 2007**

- 2nd - Fellowship at Golconda Resorts
- 9th - Pulse polio at Addagutta
- 10th - Felicitation to Rtn. Ravi Vadlamani
- 16th - Presentation on Water Harvesting by foundation for futuristic cities.
- 22nd - Club Assembly.
- 29th - Talk on Upbringing of children successfully by K S Sharma, Life Skills (Tentative).