



THE SUNRISE TIMES



Bulletin of Rotary Club of Secunderabad Sunrise

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Rtn. John Kenny
RI President

Rtn. C. Suresh
Dist. Governor

Rtn. M. Chandrasekhar
President

Rtn. Lt. Col. Joseph George
Secretary

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Editorial :

Hi Rotarians,

I am thrilled to release this issue of "Sunrise Times" because I am getting another opportunity to share the thumping SUCCESS of our club. All of us are aware that Success is not easy and too many factors, tangible and intangible, play a part in the making of anyone or anything. Everything has to be in sync to cause success and even if one factor is not in sync, it can cause failure. Without the interesting speaker meetings, success would not have been achieved. Without the exciting fellowships, success would not have been achieved. Without the teamwork, without the contribution towards Rotary Foundation, without the community service, without the International Rotary Exchange Programs, without our IFCR group, without the "Sunrise Times", without the Sunday Volley Ball, and many more tangible and intangible factors to add to this list - which one factor can you isolate ? This is Rotary Club of Secunderabad Sunrise for you.



I am proud to be the member and editor of this vibrant and ever enthusiastic club and I am fortunate to present all the activities of our club in this colorful bulletin aptly named "The Sunrise Times"

Happy Reading.

- Rtn. Srinivas Gumidelli

President's Message :



Dear Rotarians,

I feel proud to say that, we have successfully complete 10 months of the Rotary Year 2010 and will be completing the 9 years of RCSS and we were able to present a new Club to this district 3150 in the form of Rotary Club of Secunderabad Spectrum, which was possible only by the support of our members. Still 2 months and planning to keep the tempo going. I would like to thank the editor for getting all the issues on time with your support. I wish a very spectacular summer holidays for all the RCSS families.

- Rtn. Chandrasekhar M

Fellowship@Hill Ridge Springs



A Family Fellowship was held at the beautiful club house of Hill Ridge Springs, Gachibowli on 23rd jan 2010. The theme for the fellowship was "Go Green". The venue was decorated with posters spreading the message of environment friendliness, controlling pollution and global warming. The hosts Rtn Uday, Rtn Pawan and Rtn Sridhar Raju along with their families had organized interesting games promoting the concept of "Go Green". The evening was made lively and colorful with the presence of RFE team from Canada, the GSE team from US, members from Rotary Club of Gachibowli apart from the bubbly members of our own club. The total gathering of more than 140 have had a ball with Lavish Dinner and Cocktails.

Our Club meets every Saturday at Hotel Marriott over Breakfast at 8.30 a.m.

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Fellowship @ Eat Street

The Valentine's Day (14th Feb) was celebrated with lot of pomp and gaiety at the picturesque Eat Street over breakfast. All the members were dressed-to-kill in bright reds and our group was the center of attraction at the most happening place in the city. The best dressed Red family award was given a gift by our President.



Fellowship@Lokesh House Warming



The one-and-only fellowship chairman of Rotary Club of Secunderabad Sunrise, Rtn Lokesh Jain played the perfect host for the fellowship organized at his beautiful new house in conjunction with the House Warming Ceremony. About 30 families of our club have attended the fellowship and almost everybody have appreciated the new house. Sumptuous Dinner coupled with the scintillating Hindi songs have mesmerized the guests. An evening which would be remembered by one and all.

BRAIN TEASERS

1. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?
2. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?
4. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
5. This is an unusual paragraph. I'm curious how quickly you can find out what is so unusual about it? It looks so plain you would think nothing was wrong with it! In fact, nothing is wrong with it! It is unusual though. Study it, and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out! Try to do so without any coaching!



Answers on page No. 4

- Ann. Nagini Gumidelli

Life is like a bank account, you only get back what you put in. Experience is the interest

CONDUCTOR PUZZLE

NUTS

Once there was a bus conductor, who was very rude to his passengers.

One day a beautiful young girl, of around 18 years, tried to board the bus, but he didn't stop the bus.

Unfortunately the beautiful young girl came under the bus and died on the spot. Angry passengers took the conductor to the police station, who in turn took him to the court.

The judge was not at all impressed with him and gave him capital punishment.

He was taken to the electrocution chamber. There was a single chair in the center of the room and a single banana peel at one corner of the room. The conductor was strapped to the chair and high voltage current was given to him. But to everyone's amazement, he survived. The judge decided to set him free, and he returned to his profession.

After a few months, this time, a good looking middle aged woman tried to board the bus but the conductor didn't stop the bus. Unfortunately, this time also, the good looking middle aged woman came under the bus and died on the spot.

Again angry passengers took him to the police station, who in turn took him to the court. The judge took one look at the conductor and gave him capital punishment. The Bus conductor was taken to the same electrocution chamber where there

was a single chair in the center of the room and a single banana peel at one corner of the room. He was strapped to the chair and high voltage current was given to him. This time also to everyone's amazement, he survived. The judge decided to set him free, and he returned to his profession.

A couple of months later, an elderly gentleman tried to board the bus. This time the Bus conductor, remembering his earlier experiences, stopped the bus. Unfortunately the elderly gentleman slipped and died due to his injuries. The conductor was taken to the police station and then to the court, to the same judge. Though he hadn't done anything wrong, but considering his past record the judge decided to set an example and gave him capital punishment. The Bus conductor was again taken to the same electrocution chamber where there was a single chair in the center of the room and a single banana peel at one corner of the room. He was strapped to the chair and high voltage current was given to him. This time he died instantly !

The question is why didn't he die on the first two occasions, but died instantly the third time??

Try to solve it yourselves. This is rather interesting and answer is perfectly logical. If necessary read the puzzle once again.

- Rtn. Samir

- Subject : Humour Good one
- A driver is stuck in a traffic jam on the motor way.
- Nothing has moved for half an hour when suddenly a man knocks on the window.
- The driver rolls down his window and asks, "What's going on?"
- "Terrorists down the road have kidnapped few POLITICANS.
- They're asking for a Rs 100 Crores ransom or they're going to douse them with petrol and set them on fire.
- We're going from car to car, taking up a collection."
- The driver asks, "How much is everyone giving, on average?"
- "Most people are giving about a litre"

- Rtn. Bimal Garodia

COLORED KIDS



When I born, I black
When I grow up, I black
When I go in Sun, I black
When I scared, I black
When I sick, I black
And when I die, I still black

And you white fellow
When you born, you pink
When you grow up, you white
When you go in sun, you red
When you cold, you blue
When you scared, you yellow
When you sick, you green
And when you die, you gray
And you calling me colored?

- Rtn. Samir

Answer on Page No. 4

Reading without thinking is like eating without digesting

6th World Rotary Cricket Festival in South Africa



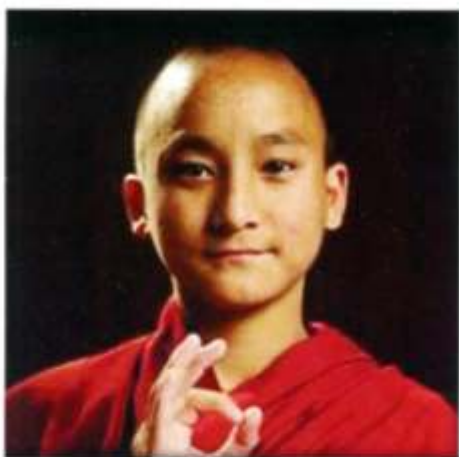
The 6th World Rotary Cricket Festival was held in Durban South Africa under the auspices of IFCR South Africa from 7th March to 12th March 2010.

7 teams from IFCR INDIA, totaling around 125 Rotarians from 7 RI Districts in India, participated in the festival making it the largest group ever from India to participate in a Rotary Cricket festival. The Indian Rotarians were more than 50% of the total participants from 7 different countries (Australia, Great Britain, Newzealand, Srilanka , Pakistan, India and hosts South Africa).

A strong contingent of 19 participants represented "Deccan Dynamos" the team from RI 3150 comprising of cricketing Rotarians from RC Sunrise, RC Ameerpet, RC Hyderabad North, and RC Hyderabad Gacchibowli. Out of the four games played "Deccan Dynamos" were victorious in three (one each played against Australia and Pakistan and a three cornered contest involving Australia and South Africa)

Rotarians Shravan Malani (with his spouse Shreya), KRP Sarathy, Manish Sharma, Sreedhar Raju, Pankaj Agarwal, Phanendrakumar, Sandeep Jhawar and Joseph George from RC Sunrise were part of the above team. It was six days of wonderful fellowship and bonding amongst the Rotarians from across the world which the passionate game of cricket could contribute fulfilling the ideals of IFCR (International Fellowship Of Cricket Loving Rotarians). The next festival (7th WRC) will be held in India at Vapi, Gujarat, RI 3060, the home club of RIPN Kalyan Bannerjee, in Feb 2012 during his tenure as RI President (only the third nominee from India in 100 & odd years of Rotary history).

- Rtn. KRP Sarathy



Let us Change the World

A millionaire who was bothered by severe eye pain consulted so many physicians and was getting his treatment done. He consumed heavy loads of drugs and underwent hundreds of injections. But the ache persisted with great vigor. At last, a monk who was supposed to be an expert in treating such patients was called by the millionaire. The monk understood his problem and said that for some time he should concentrate only on green colors and not to fall his eyes on any other colors. The millionaire got a group of painters and purchased barrels of green color and directed that every object his eye was likely to fall to be painted in green color. When the monk came to visit him, the millionaire's servants ran with buckets of green paints and poured on him since he was in

red dress, lest their master not sees any other color and his eye ache would comeback. The monk laughed and said "If only you had purchased a pair of green spectacles, worth just a few rupees, you could have saved these walls, trees, pots and all other articles and also could have saved a large share of his fortune. You cannot paint the world green.

Let us change our vision and the world will appear accordingly. It is foolish to shape the world, let us shape ourselves first. Lets change our vision...!! Think simple, Live simple.

- Rtn. Bimal Garodia

BRAIN TEASERS ANSWERS

1. The third. Lions that haven't eaten in three years are dead.
2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.
3. The answer is Charcoal. In Homer Simpson's words: "hmmmm...Barbecue."
4. Sure you can: Yesterday, Today, and Tomorrow!
5. The letter "e", which is the most common letter in the English language, does not appear once in the long paragraph.

ANSWER FOR CONDUCTOR PUZZLE

During the first two times, the conductor was a Bad Conductor, therefore electricity didn't pass through him. But during the third time, he was a good conductor, so electricity passed through him freely and he died !!!!!!!

Ha ha ha ha !!!!!!! Obviously you've gotta revise your science chapter on Electricity ???

Help the weak if you are strong, Love the old if you are young, Own a fault if you are wrong, forgive the other if he is wrong.

PARADOX OF LIFE

The paradox of our time in history is that we have taller buildings but shorter tempers, wider Freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less. These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete... Remember, spend some time with your loved ones, because they are not going to be around forever. Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say 'I love you' to your partner and your loved ones, but most of all mean it. An embrace will mind hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak! And give time to share the precious thoughts in your mind.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

-Rtn. Amarnath

Birthdays from 1st April - 30th June

Birthday of	Date	Member Name
Pracheta (Daughter)	1st Apr	Rtn. Pawan K. Tibrewala
Rtn. Mudit Kumar	2nd April	Rtn. Mudit Kumar
Asha (Spouse)	2nd Apr	Rtn. Subhas Dhandhanania
Dhir (son)	2nd April	Jatinder Pritam Vasandani
Pankaj Aggarwal	3rd April	Pankaj Aggarwal
R Vani(Spouse)	3rd April	R Srinivas Raju
R Rohan Verma (Son)	8th April	R Srinivas Raju
Madhu (Spouse)	9th April	Rtn. Mudit Kumar
Vasanth (Spouse)	9th April	Rtn. K. Amarnath
Rtn. Rajesh Pamnani	11th Apr	Rtn. Rajesh Pamnani
Amarnath Gupta (Spouse)	14th April	Rtn. Dr. Kailash Gupta
Rtn. Shravan Malani	15th April	Rtn. Shravan Malani
B.Rama (Spouse)	15th April	Rtn. S.B. Uday Kumar
Rajat (Son)	24th Apr	Rtn. Shyam Gupta
Tanay Gupta (Son)	27th April	Rtn. Mudit Kumar
Tumul Rath	1st May	Tumul Rath
Himanshu Verma (Son)	8th May	Rtn. Suresh Kumar Verma
Sneha (Daughter)	8th May	Ashwini Nevatia
R Srinivas Raju	9th May	R Srinivas Raju
Soma Sree Harsha	10th May	Soma Sree Harsha
Dr. Ajay Seth	12th May	Dr. Ajay Seth
Urmil Dharia	13th May	Urmil Dharia
G.Alekhy (Daughter)	14th May	Rtn. Srinivas Gumidelli
Seema Goyal (spouse)	14th May	Rtn. Anil Ratan Goyal
Kiah Srivastav (Daughter)	14th May	Rtn. Vishal Srivastav
Kanchan (spouse)	17th May	Rtn. Sanjay Dolwani
Mamta Jhanwar (Spouse)	21st May	Rtn. Sandeep Jhawar
Ritu (Spouse)	30th May	Rtn. Shri Kant Rath
Suesha Gauri (Daughter)	31st May	Rtn. Narendra Gauri
Abhijeet (son)	31st May	S.S.Murthy
Vidhi (Daughter)	4th June	Urmil Dharia
Abhilasha (Daughter)	5th Jun	Ashwini Nevatia
Ishan Sharma (Son)	5th Jun	Rtn. Manish Sharma
Asha (Spouse)	5th Jun	Rtn. Pawan K. Tibrewala
B.R.Abhija (Daughter)	7th June	Rtn. B.S.Ravindranath
Rtn. Anupveer P.	12th June	Rtn. Anupveer P.
Rtn. M. Chandra Shekhar	14th Jun	Rtn. M. Chandra Shekhar
Kavita (Spouse)	16th June	Rtn. Vijay Rath
Puja (Daughter)	20th June	Rtn. Urmil Dharia
B.R.Manojna (Daughter)	22nd June	Rtn. B.S.Ravindranath
Rtn. Madhu Suresh	25th Jun	Rtn. Madhu Suresh
Shalini (Spouse)	25th Jun	Ashwini Nevatia
Avani Jain (Daughter)	27th Jun	Rtn. Lokesh Jain

Wedding Anniversaries from 1st April - 30th June

Member's Name	Spouse Name	Date
Rtn. Pawan K. Tibrewala	Asha (Spouse)	17th May
Rtn. Shri Kant Rath	Ritu (Spouse)	19th April
Lt. Col. Joseph P. George	Ammu Joseph(Spouse)	29th May
Rtn. Suresh Kumar Verma	Dr. Mridula Verma (Spouse)	6th Jun
Rtn. Vijay Rath	Kavita (Spouse)	27th Jun
Rtn. Madhu Suresh	C.Suresh (Spouse)	28th Jun
Rtn. Shravan Malani	Shreya (Spouse)	28th Jun

Praise a friend in public, criticize in private.

CELL PHONE ETIQUETTES

We all have been annoyed, disturbed or irritated with them. You know? Those crazy cell phone users who trounce around talking into their cell phone thinking that the world is their private conference room. Whether it be at a restaurant, movie theatre, or in a library, no place is safe from their babbling. If there is a cell phone signal you can expect to find them. The frightening thing is that most don't even realize how annoying they actually are. Thus, this article will cover some basic cell phone etiquettes that every cell phone user should know.



contact with someone across from you who is not talking to you.

Avoid Talking With Someone When On the Cell

Avoid talking on the cell phone when you know you are going to be talking with someone, such as at a restaurant. Nodding and hand signalling to the waiter while on the phone is extremely rude, it suggests that you are too busy to even be bothered with acknowledging their the presence. In doing so you open yourself to retaliation...food poisoning?

Text Message More

If you have to communicate with another person while at a public area, than try to use one of the many instant messaging clients available on today's cell phones. Not only is text messaging less rude, it saves all off us from hearing your conversation, it is also very efficient. You are more inclined to get straight to the point via text messaging than talking.

Use Voice Mail Feature More

There is nothing wrong in turning off a cell phone or missing a call. If a call is really important then the caller is more inclined to leave back a voice message. Many sensible people understand that not all people can be reached 24/7, after all you are not a receptionist or customer service rep.

-Rtn. Lokesh Jain

Some of the Best Moments in Life

- * To fall in love.
- * To find mails by the thousands when you return from a vacation.
- * To go for a vacation to some pretty place.
- * To listen to your favorite song in the radio.
- * To go to bed and to listen while it rains outside.
- * To leave the shower and find that the towel is warm.
- * To clear your last exam.
- * To receive a call from someone, you don't see a lot, but you want to.
- * To find money in a trouser that you haven't used since last year.
- * To laugh at yourself looking in the mirror, making faces. :-)
- * To laugh without a reason.
- * To accidentally hear somebody say something good about you.
- * To wake up and realize it is still possible to sleep for a couple of hours.
- * To hear a song that makes you remember a special person.
- * To be part of a team.
- * To watch the sunset from the hill top.
- * To make new friends.
- * To feel butterflies in the stomach every time that you see that person.
- * To use a sweater of the person that you like and find that it still smells of their perfume.
- * To take an evening walk along the beach.
- * To have somebody tell you that he/she loves you.
- * To laughlaugh.and laugh remembering stupid things done with stupid friends.

These are the best moments of life.... Let US cherish them.

-Ann. Seema Jain

SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE

Habit 1 - Be proactive

This is the ability to control one's environment, rather than have it control you, as is so often the case. Self determination, choice, and the power to decide response to stimulus, conditions and circumstances

Habit 2 - Begin with the end in mind

This the habit of personal leadership - leading oneself that is, towards what you consider your aims. By developing the habit of concentrating on relevant activities you will build a platform to avoid distractions and become more productive and successful.

Habit 3 - Put first things first

This the habit of personal management. This is about organizing and implementing activities in line with the aims established in habit 2. Habit 2 is the first or mental creation; habit 3 is the second or physical creation. (See the section on time management.)

Habit 4 - Think win-win

This the habit of interpersonal leadership, necessary because achievements are largely dependent on co-operative efforts with others. Win-win is based on the assumption that there is plenty for everyone, and that success follows a co-operative approach more naturally than the confrontation of win-or-lose.

Habit 5 - Seek first to understand and then to be understood

One of the great maxims of the modern age. This is habit of communication, and it's extremely powerful. It can be explained in simple analogy 'diagnose before you prescribe'. Simple and effect,

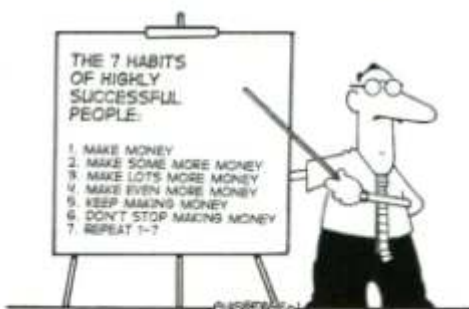
and essential for developing and maintaining positive relationships in all aspects of life. (See the associated sections on Empathy, Transactional Analysis, and the Johari Window.)

Habit 6 - Synergize

This is the habit of creative co-operative - the principle that the whole is greater than the sum of its parts, which implicitly lays down the challenge to see the good and potential in the other person's contribution.

Habit 7 - Sharpen the saw

This is the habit of self renewal, and it necessarily surrounds all the other habits, enabling and encouraging them to happen and grow. The Self can be interpreted into four parts: the spiritual, mental, physical and the social / emotional, which all need feeding and developing.



- Rtn. Srinivas Gumidelli



Rtn. Srinivas Gumidelli
receiving Channel World Premier 100
Award for innovative Business Techniques

SHARK AND FISH

Here is an interesting story:-

"The Japanese have always loved fresh fish. But the waters close to Japan have not held many fish for decades. So to feed the Japanese population, fishing boats got bigger and went farther than ever.

The farther the fishermen went, the longer it took to bring in the fish. If the return trip took more than a few days, the fish were not fresh. The Japanese did not like the taste. To solve this problem, fishing companies installed freezers on their boats. They would catch the fish and freeze them at sea. Freezers allowed the boats to go farther and stay longer. However, the Japanese could taste the difference between fresh and frozen and they did not like frozen fish. The frozen fish brought a lower price.

So fishing companies installed fish tanks. They would catch the fish and stuff them in the tanks, fin to fin. After a little thrashing around, the fish stopped moving. They were tired and dull, but alive.

Unfortunately, the Japanese could still taste the difference. Because the fish did not move for days, they lost their fresh-fish taste. The Japanese preferred the lively taste of fresh fish, not sluggish fish. So how did Japanese fishing companies solve this problem? How do they get fresh-tasting fish to Japan?

To keep the fish tasting fresh, the Japanese fishing companies (still) put the fish in the tanks. But now they add a small shark to each tank. The shark eats a few fish, but most of the fish arrive in a very lively state."

Like the Japanese fish - "Man thrives, oddly enough, only in the presence of a challenging environment." - L. Ron Hubbard Challenges are what keeps us FRESH!

Instead of avoiding challenges, jump into them. Beat the heck out of them.

Enjoy the game. If your challenges are too large or too numerous, reorganize the challenge, team up, be resourceful and do not give up. Failing makes you tired. If you have met your goals, set some bigger goals. Once you meet your personal or family needs, move onto goals for your group, the society, even mankind. Don't create success & lie in it. You have skills, resources & abilities to make a difference. Put a shark in your tank and see how far you can really go!

- Rtn. Ravindranath

RCSS AT A GLANCE

US consulate General - What's in it for you

A Joint meeting between our club, Rotary club of Sec bad Cantonment, Rotary club of Silverline was organized at Marriott on 9th



Jan 2010. The topic was US consulate General - what's in it for you and the the speaker was Ms Juliet Wurr, an official from the US consulate itself. The Speaker was very experienced, knowledgeable and pretty humorous. She explained in detail the DO's and DONT's to be considered while applying for the US Visa. There was a Q&A session after the talk wherein the speaker has clarified almost all the queries raised by the participants.

RVM

A Joint Speaker Meeting between Rotary Club of Secunderabad Sunrise and Rotary club of Gachibowli was organized at Marriott on 19th Feb 2010. The speaker was RVM, a positivelife philosopher, an author, speaker, motivator and much moreHe was one of the earliest successful Indian retailers who transformed the way retailing was done in India through his stores - Kidskemp and Kemp fort. After achieving success after success, he realized that there was more to life from that of a successful business man to that of a philosopher. He took a very interactive session filled with topics like NMA, PMA, controlling stress and temper, etc., His presentation skills were very creative and interesting. Truly it was a very informative and effective session, his concepts and techniques to convert NMA to PMA will be remembered through his PMA cards, which were distributed freely to all the members.



Face to Face with Waheeda Rehman

A joint meet with Rotary club of Secunderabad Cantonment and Hyderabad East was organized at



Hotel Taj Tristar on 2nd March 2010. The chief guest for the meeting was Ms Waheeda Rehman, one of the greatest actresses that Indian cinema has ever seen. Apart from acting, she was a classic beauty and a renowned classical dancer. The hall was jam packed with hardly any seat to spare. Such was the attraction of this charismatic lady at an age of 72 years. She leads the life as a philanthropist and social worker helping and serving the poor apart from occasional acting. She shared her experiences right

from the starting of her career till date, citing lot of interesting incidents in her long journey. The meeting was very nostalgic and all the members were pleased and excited for having a chat with her in person.

Yoga - a way of life

A speaker cum demonstration program on Yoga was organized at Marriott on 13th march 2010. Mr Kumar, who is



an authority on Yoga explained "What is Yoga", "Benefits of Yoga", "Different Asanas of Yoga and their impact on the Body". The highlight of the meeting was the live demonstration of Yoga by the speaker Mr.Kumar himself. It was amazing to witness the total body control and flexibility. All the members were perplexed by the skills and talent possessed by Mr Kumar.

District Meetings

Leadership and Vocational Service @ Moksh



A District Seminar on Leadership and Vocational Service was held on 3rd Jan 2010 at Hotel Moksh. A galaxy of speakers with international reputes comprising of Mr Nehruji, Mr Veerendranath Y, Mr Harinder Singh and Ms Karuna Gopal have spellbound the gathering with there powerful oratory and stimulating speeches. A seminar worth remembering for a very long time to come. Kudos to our District Governor Rtn C Suresh for this wonderful seminar. A sizeable number of Rotarians of our club have attended the seminar.



District Conference @ ShilpakalaVedika

The District Conference - Sangamam was held on 5th and 6th February at ShilpakalaVedika and JalaVihar. The host for this conference was Rotary Club of Secunderabad and the project chairman was PP Rtn DN Gauri. The conference was addressed by eloquent speakers, dynamic Rotary leaders and Management gurus. The conference was culminated on the 6th February at Jalavihar with a cultural program performed by the Rotarian families of the District. Our club was represented in good numbers.



This Issue sponsored by

Rtn. Chandrashekar & Rtn. Phani