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Carl.Wilhelm Stenhammar  
RI President

D.Goutham  
Dist.Governor

Suresh K Verma  
President

Vijay Rathi  
Secretary

From the Desk of The Assistant Governor, RI Dist. 3150  
Vaman Rao, Past President, RC Secunderabad Sunrise

My role is to assist the District Governor with the administration of the Rotary Clubs that have been assigned to me. By performing this critical function at the club level, effectiveness of each club is improved and this in turn increases district effectiveness resulting in Vibrant, active and effective clubs. The functions include



- Sustaining and increasing their membership base.
- Implementing successful projects that address the needs of their communities.
- Supporting the Rotary Foundation through both program participation and Financial contributions.
- Developing leaders capable of serving Rotary beyond the club level.

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Mega IOL Surgery Project Completed !

The importance of eye as one of the most essential sense organ of our human body is felt by us only when we lose sight of it, Yes literally, imagine finding your way around your house or in a crowded marketplace blindfolded. The travails and trauma of such an experience will not only make us fully alive to the cruel realities of the life, which hundreds of our fellow blind brethren lead but also ensure to rededicate ourselves as Rotarians to "Lend a helping hand" to the needy to preserve one of the greatest gifts the almighty has give us, SIGHT.

Rotary Club of Secunderabad Sunrise ( with support from RI Dist 3150 ) has taken up the wonderful project of helping the poor and needy by conducting the eye camps for IOL surgeries at the villages bordering the outskirts of the twin cities. Screening was done on more than 600 patients and 100 patients detected with cataract were implanted with IOL. The patients were mainly from interior places of Nalgonda dist - Peddagandhakur, Medchal, Shameerpet, Chinagan-dhakur, Kacharam, Mallapuram, Yadagiripally and kallakal.

This laudable community service project taken up by our club during the current year 2005-06 in liaison with wonderful support extended by Sadhura Eye Hospital, was ably led by Rtn. Dr. Kailash Gupta (Director - Community Service ) with unstinted support from fellow rotarians notably Rtn. Ravindranath, Rtn. KRP Sarathy,

Rtn. Ramayya, Rtn. Chandrasekhar, Rtn. Narender and Rtn. Vaman. Rtn. Kailash Gupta worked relentlessly through the year with active support of Mr. A. N. Gupta (MD), Mr. Sudhakar and the staff of their company M/s Premier Explosives and Premier Mushroom Farms particularly when the camps were conducted in the villages in close proximity to these companies.

Rtn Ravindernath and Rtn Chandrasekhar also chipped in by conducting camps at several villages with the help of their local work force. Thus working with full enthusiasm and zeal the Team Sunrise has reached the target of 100 IOL surgeries by April 2006, which is very creditable achievement indeed, of course with Lion hearted support from Sadhura Eye Hospital.



The sarpanches of the respective villages have cooperated fully in making the camps a grand success. Now there is a demand from the adjoining villages for Rotary Service. Let us continue this good work by conducting these camps in more villages and helping many more people with the surgeries.

The gratitude the patients have expressed has really touched our hearts. During such moments you feel proud to be a Rotarian "Lending your hand" to the needy.

Congratulations to Our Fellow Member



FAPCCI 88th Annual Awards  
Best Technology Development  
in  
R&D Award  
Premier Explosive Ltd. Hyderabad.



Assistant governors work with the governor-elect and other members of the district leadership team to establish district goals with club leadership teams to establish club goals. District goals are developed at the district team-training seminar, where assistant governors and district committee members work with the governor-elect. My own personal experience as Past President of the club will help me work with clubs to establish meaningful goals that will challenge a club to new levels of service.

**My responsibilities during the year in office include:**

- Visiting each club regularly to meet with the club president and the board to discuss the business of the club.
- Assisting in scheduling and planning the Governor's official visit.
- Attending each club assembly associated with the governor's official visit.
- Keeping the District Governor updated on club activities including redressal of any problems.
- Monitoring each club's progress towards its annual goals for membership, club administration, service projects and support to the Rotary Foundation

I have been assigned five clubs to monitor including my home club and all the clubs have performed admirably in most of the avenues of service if not in all. Meaningful interactions with the leadership of my assigned clubs has been a motivating and enriching experience leading to not only a better understanding of club performance but also throwing up challenges which the clubs have effectively overcome. The initial hesitation of having an Assistant Governor visit the club, supposedly to monitor the club, has given way to free and frank discussions to achieve club and Rotary goals.

A lot more, however, is required to be done to expand the effectiveness of the Assistant Governor's role. Club leadership must be encouraged to

- Unhesitatingly invite and discuss the club's goal for the year.
- Communicate regularly with the Assistant Governor on performance.
- Seek the support of the Assistant Governor in liaising with the District administration in respect of service and matching grant projects.
- Seek the help of the Assistant Governor in revamping and improving club administration to make clubs more effective.

As I now look back on my term as the Assistant Governor of five active clubs, I realize that a lot more could have been achieved had there been more interactions.

Our Charter Secretary Rtn.Madhu Suresh caught up with Dr.Kailash Gupta on a warm Friday afternoon for a lovely conversation. Here goes .....



"MY PROFESSION IS MY HOBBY" ..... Rtn. Dr. Kailash Gupta

**Madhu** -You are viewed as a very committed Rotarian. Who is your inspiration?

**Dr. Kailash** - The trait of helping people in some way or the other comes naturally to me. In fact this is a trait that runs in our family. As early as 1950, my grandfather started a School in Chandigarh for Girls. Even today, the Motiram Arya Girls High School is well known and is being run by the family trust. My father Late Dr.C.K.Gupta is my biggest source of inspiration. He was a man who believed in simple living and high thinking, ever willing to lend a helping hand to those in need.

**Madhu** - What triggered your interest in taking up the course on Maternal health and family welfare?

**Dr. Kailash** - I could not pursue my MD because my husband's profession involved a lot of travel both within and outside India. I always believed that age was no barrier to acquiring knowledge or increasing one's level of awareness. The course is very useful in my practice as I come across young parents who are eager to learn the nuances of parenthood and family health in general.

**Madhu** - Please tell us something about the IOL and Bone density camps conducted by the Rotary Club of Secunderabad Sunrise?

**Dr. Kailash** - Well, the IOL and Bone density camps have been one of the most satisfying experiences in my life. We conducted around seven health camps and more than a hundred people were treated. We have covered all the details of our health camps in our club bulletin for the benefit of our members. The happiness and joy on the faces of the beneficiaries have to be seen to be believed!

**Madhu** - You are into personal counseling. Have there been instances of people having benefitted from counseling?

**Dr. Kailash** - Of course! In fact I have the satisfaction of having saved a few people from committing suicide. Counseling helps people overcome their apprehensions, have faith in themselves and gives them the courage and confidence to face life and its challenges.

**Madhu** - What is the role of your family in your endeavors?

**Dr. Kailash** - My family is my strength. My husband and daughter have been very supportive of all my ideas and they have constantly encouraged me to involve myself in my profession as well as service projects because they believe that only a happy mother can ensure a happy family. I owe a lot to my family.

**Madhu** - What are your hobbies and interests?

**Dr. Kailash** - Well, my profession is also my hobby because I love my job as much as I love my other hobbies, which include reading, walking and meeting people. I also conduct awareness lectures in Army MI Rooms for general health and family planning.

## Rotarians at the Polio Plus program



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**Madhu** - What is your advice to ladies in particular?

**Dr. Kailash** - Every homemaker should be healthy and happy because she is the pillar of her family. She needs to take care of her health, diet and take adequate rest. She should also take time for her hobbies and interests. Last but not the least every woman has some talent or the other. I urge them to use their talent not just for their family but to achieve self actualization and benefit the society at large.

Members and their families chilling out at the 10 Downing Street fellowship hosted by Rtn. Manish Sharma, Sanjay Dolwani and VishalSrivastav



## The New STOCK MARKET Terminology

**STOCK:** A magical piece of paper that is worth Rs 1000 until the moment you buy it. It will then be worth Rs 200.

**BOND:** What you had with your spouse until invested in the stock market

**BROKER:** The person you trust to help you make major financial decisions. Please note the first five letters of this word spell Broke.

**BEAR:** What your trade account and wallet will be when you take a flyer on that hot stock tip your friend gave you.

**BULL:** What your broker uses to explain why your mutual funds tanked during the last quarter.

**MARGIN:** Where you scribble the latest quotes when you're supposed to be listening to your manager's presentation.

**SHORT POSITION:** A type of trade where, in theory, a person sells stock she doesn't actually own. Since this also only ever works in theory, a short position is what a person usually ends up being in (i.e. "In debt, sir? Hahaha, well, I'm a little short this month.").

**COMMISSION:** The only reliable way to make money on the stock market, which is why your broker charges you one.

## Feed Back

First of all I congratulate you Rtn Shraavan for being instrumental in reviving our magazine Sun Rise Times. I request you to include service activities conducted by our club viz. Eye camps, Health Camps, Dental camp, Drinking water project of our club and jointly with other city clubs, Donations of computer, Rice etc. We may also highlight various lecture programs conducted. Our social get together and highlights with sponsors names will be useful. As there are many non Rotarians worked behind the scene particularly IOL project it will be worth recognizing them. Again congratulations to Rtn Shraavan editor of the bulletin for giving excellent getup for the magazine

- Rtn. S K Verma

Congrats for the team of Sunrise Times -Keep it up. Hope we can have better communication and interaction with new members with this medium.

- Rtn Rajesh Pamnani

Hearty congratulations on reviving the SUNRISE TIMES. Kudos to your valuable time and efforts. Keep it up TEAM SUNRISE.

- Rtn. KRP Sarathy

It is not exactly cheating, I prefer to consider it creative problem solving.

Whoever said money can't buy happiness, didn't know where to shop.

## Solution to last issues Brain Teasers

1. If you put a coin in an empty bottle and insert a cork into the neck of the bottle, how could you remove the coin without taking the cork out or breaking the bottle?

**Solution** : Push the cork into the bottle and shake the coin out.

2. Why is it better to have round manhole covers than square ones?

**Solution** : A square manhole cover can fall into the hole on the diagonal; a round manhole cover cannot be dropped into the hole.

3. You want to send a valuable object to a friend securely. You have a box which can be fitted with multiple locks, and you have several locks and their corresponding keys. However, your friend does not have any keys to your locks, and if you send a key in an unlocked box, the key could be copied en route. How can you send the object securely?

**Solution** : Put the valuable object into the box, secure it with one of your locks, and send the box to your friend. Your friend should then attach one of his own locks and return it. When you receive it again, remove your lock and send it back. Now your friend can unlock his own lock and retrieve the object. Valuable object securely.

**Alternate Solution** : Send the Locked box with the gift first. Wait for it to reach its destination. Then send the key/keys. Then it doesn't matter even if the keys are copied, the objective being, to send the valuable object securely.

**Congratulations to Sneha Parthasarathy for getting them all correct, the fastest. Please collect your gift from my office.**

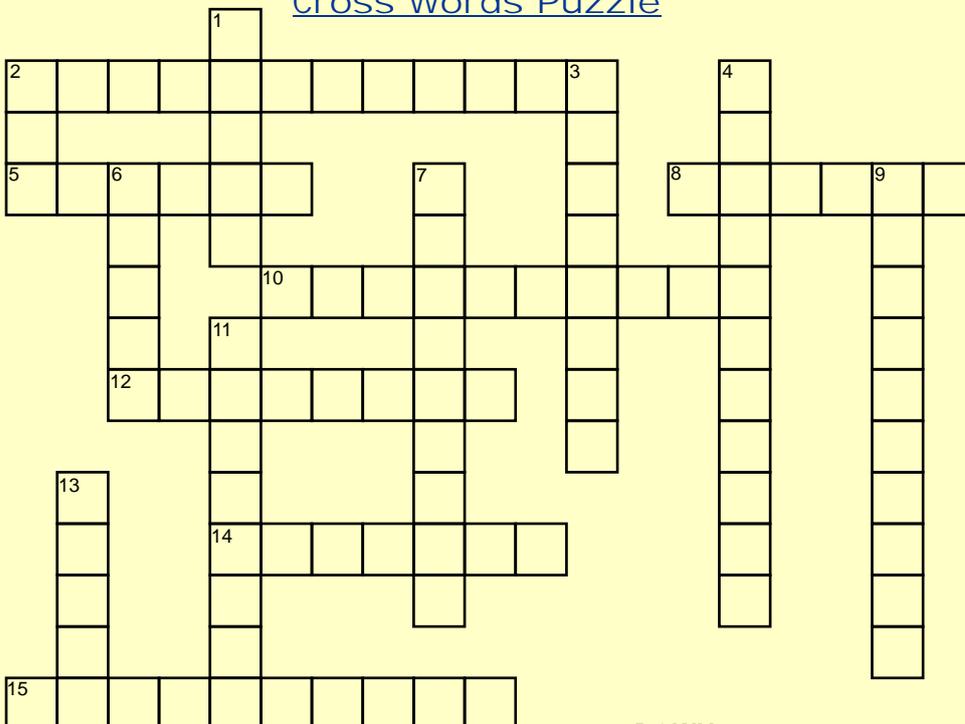
## THE LAW OF GIVING

In the words of Albert Einstein, whose life was a saga of search for eternal truths of life, " Many times a day I realize how much my own inner and outer life is built on the labors of other men both living and dead and how earnestly I must exert myself in order to give in return as much as I've received."

In other words a life of giving is a life of self-expansion. To give is to grow. Taoism describes this process of giving through the symbolic expression of emptiness. The capacity of a claypot depends on the emptiness of space it has and not so much on the material of the container. Therefore says Lao-tzu: The man of calling does not heap up possessions, the more he does for others the more he possesses; the more he gives to others, the more he has! In the words of Kalil Gibran, 'It is well to give when asked but it is better to give unasked through understanding...You often say, I would give but only to the deserving. The trees in your orchard say not so nor the flocks in your pasture. They give that they may live for to withhold is to perish.'

*With Best Compliments from  
Rtn. Madhu Suresh*

## Cross Words Puzzle



### DOWN

### ACROSS

- |  |   |
|--|---|
| <p>2 They use a bus donated by us (12)</p> <p>5 Singer who sang in one of our fund raisers (6)</p> <p>6 God father of our club (6)</p> <p>10 Every fellow in our club is one (10)</p> <p>12 RI head quarters is located here (6)</p> <p>14 The trainer in one of our fund raisers (7)</p> <p>15 Where the sun rises for our club most Saturdays (10)</p> | <p>1 The only person from our club on the District Board (5)</p> <p>2 Leader of our District next year (3)</p> <p>3 A RI program (8)</p> <p>4 An avenue of Service (11)</p> <p>6 An anagram which gives miles to our club (5)</p> <p>7 The new avatar of RI worldwide initiative to eradicate a disease (5,4)</p> <p>9 RI President (10)</p> <p>11 The missile man who launched Sunrise (8)</p> <p>13 SKV (5)</p> |
|--|---|

## Sunrise Wishes...

### Birthdays

- 05th June - Asha ( w/o Pawan Tibrewala )
- 05th June - Ishan Sharma ( s/o Manish Sharma )
- 06th June - Suresh Kumar Verma
- 07th June - Abhijna ( d/o Ravindernath )
- 14th June - M. Chandrashekhar
- 16th June - Kavita ( w/o Vijay Rathi )
- 22nd June - Manojna ( d/o Ravindernath )
- 27th June - Avani ( d/o Lokesh Jain )
- 28th June - Madhu Suresh

### Anniversaries

- 25th June - Madhu Suresh and Suresh
- 27th June - Kavita and Vijay Rathi
- 28th June - Shreya and Shravan Malani

**The First person to give the solution to the crossword will get his name published in the next issue and will also get a gift**