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A 100% Paul Harris Fellow Club



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<b>William B Boyd</b> RI President	<b>P.Sambasiva Rao</b> Dist.Governor	<b>Rajesh Pamnani</b> President	<b>Samir Gupta</b> Secretary	<b>www.rcss.in</b>
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### Rotary International Theme for the year 2007-08



Rtn. Wilfrid Wilkinson, President, Rotary International (2007-08) says that, "Rotarians are a varied lot. We come from dozens of countries, speak hundreds of languages, and adhere to a wide spectrum of religious, political, and philosophical beliefs. If one strong common thread exists among our 1.2 million members, It is our willingness to SHARE. Rotarians share their time, their talents, their expertise, and their money to successfully carry out projects that tackle a vast range of humanitarian and social issues. They share their compassion, their enthusiasm, and their commitment to help those in need and make the world better. And they share an unparalleled passion for service that has made Rotary the world's premiere service organization.

It is this fundamental spirit of generosity that I have tried to capture in our theme for 2007-08 : Rotary Shares. I hope that it serves as both a point of pride for all Rotarians and a motivating force for our activities in the coming year.

Sharing is a concept generally associated with promoting the greater good, but it is also an individual action, a personal choice. Each one of us decides how much of our time and energy we want to share with Rotary, which ultimately determines how much each club can share with its local community and communities abroad. For that reason, I urge you to become more personally involved in Rotary and to actively participate in both service projects and membership development.

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For more information please visit

[http://www.rotary.org/newsroom/events/070129\\_theme.html](http://www.rotary.org/newsroom/events/070129_theme.html)

### RCSS to host District Antakshari Mela

As another wonderful Rotary year comes to an end, Rotary Club of Secunderabad Sunrise is planning and hosting a very unique and exciting Antakshari mela. Lokesh and Vaman are making sure that the Rotarians and their families end the year on a very Grand and Memorable Musical Note.

The competition is being held on the evening of 17th June at Basera Gardens (Hotel Basera, Secunderabad) which is known for its Ambience and Mouth Watering Food. Mr. Deval Mehta who has a couple of Antakshari's under his belt including the Satyam's 10th Anniversary Celebrations would be the Anchor.

Do not miss this opportunity to experience the Warm Hospitality of Rotary Club of Secunderabad Sunrise, an exciting competition and melodious music.

Each team would consist of three persons who have to be either Rotarians, Anns & Annets. The last date for receiving entries is 5th June.

For more details on the competition and Registration please contact

Rajesh Pamnani - 9849013175

Vaman Rao - 9849021573

Lokesh Jain - 9391038007



Photographs of the Rotary Inter-Club Antakshari Competition held in 2004

Our Cause is Supported by :

## 7th - Emerging markets - International scenario



The speaker Mr. Sunil Sachan is with Booz Allen Hamilton and consulting a lot of IT companies in India including Hyderabad on behalf of NASSCOM. He showed through a power point presentation the opportunities and strengths of India vis a vis some South Asian countries and also European countries. He also talked about the weakness and threats to India as an emerging global economic player. He felt that we are in an advantageous position now but if the government does not improve infrastructure we will stand to lose that advantage.

## 14th - Visit to ISB

Vaman arranged for a guided tour/visit to the Indian School of Business, Gachibowli. It was a very unique and inspiring visit. About 10 Rotary families were presented with an audio visual introduction of ISB which included its facilities, governing board, international associations and its International Standing. In fact within 5 years from its inception it is now the most preferred B school for students who appear for GMAT from India. It boasts of world class facilities on its 250 odd acres sprawling green campus and offers a full time business management course of one year duration. They ensure a diverse mix of students from different industries, experiences and ages to give a holistic learning experience by international faculty. The tour ended with sanitized lunch at the school cafeteria. After the visit we were tempted to join the course just to experience the fabulous facility.



## 21st - Plans for the team of RCSS for 2007-08

After the customary Buffet breakfast the members assembled for this very important business meet. The team for the Rotary year 2007-08 headed by Ravindranath as President and Ramayya as Secretary, was announced. There were lot of deliberations and brainstorming on the plans and focus especially towards community service for the coming year.

## 29th Public Forum on Eye care at LV Prasad Eye Institute

The institute is collaborating center of WHO for prevention of blindness. Presentations were made mainly related to Diabetes and eye care including prevention, detection and treatment. It was also established that overall health management was the only choice for avoiding blindness and also deterioration of Kidneys for people with diabetes. It is important for the patient to have an appropriate lifestyle, proper exercises, diet and regular health checkup. Rtn. Ravindranath and Ramayya attended this session.



## 2007 Rotary International Convention

Head to the mountains of Salt Lake City for the 98th annual RI Convention, slated for 17-20 June 2007. There, you'll join family, friends, and fellow Rotarians from around the world at Rotary's largest annual get-together. This year's convention is fun, informative, and affordable, with new features such as the World Peace Symposium.



**The next fellowship is being hosted by Srinivas Gumidelli and Lokesh Jain at Sailing Club on 10th June**

## RCSS Team for 2007-08



President	- B S Ravindranath
Secretary	- K A Ramayya
Vice President	- Dr. Kailash Gupta
Treasurer	- Subhash Dhandania
Sergeant-at-arms	- Anil Goyal
President Elect (2008-09)	- K A Ramayya

### Directors

Club Service	- Mudit Kumar
Community Service	- Amarnath
Vocational Service	- Lt. Col. George
Youth/Interact Service	- Sridhar Raju
International Service	- Rajesh Pamnani

### Committee Chairperson

Public Relations	- Madhu Suresh
Pulse Polio	- Dr.L.Surender
Fellowship	- Lokesh Jain
Membership	
Development	- Shraavan Malani
Rotary Foundation	- Narender Gauri

## The 90/10 Principle

Author: Stephen Covey Management Guru

Discover the 90/10 Principle. It will change your life (at least the way you react to situations). What is this principle?

10% of life is made up of what happens to you. 90% of life is decided by how you react. What does this mean?

We really have no control over 10% of what happens to us. We cannot stop the car from breaking down. The plane will be late arriving, which throws our whole schedule off. A driver may cut us off in traffic. We have no control over this 10%. The other 90% is different. You determine the other 90%.

How? By your reaction. You cannot control a red light., but you can control your reaction. Don't let people fool you; YOU can control how you react.

Let's use an example.

You are eating breakfast with your family. Your daughter knocks over a cup of coffee onto your business shirt. You have no control over what just what happened. What happens when the next will be determined by how you react. You curse. You harshly scold your daughter for knocking the cup over.

She breaks down in tears. After scolding her, you turn to your spouse and criticize her for placing the cup too close to the edge of the table. A short verbal battle follows. You storm upstairs and change your shirt. Back downstairs, you find your daughter has been too busy crying to finish breakfast and get ready for school. She misses the bus. Your spouse must leave immediately for work.

You rush to the car and drive your daughter to school. Because you are late, you drive 40miles an hour in a 30 mph speed limit. After a 15-minute delay and throwing \$60 traffic fine away, you arrive at school. Your daughter runs into the building without saying goodbye. After arriving at the office 20 minutes late, you find you forgot your briefcase. Your day has started terrible. As it continues, it seems to get worse and worse. You look forward to coming home, When you arrive home, you find small wedge in your relationship with your spouse and daughter.



The Rotary Club of Secunderabad is hosting the District Assembly "Sankalpam". The assembly is being held on Sunday the 27th May at Taramati Baradari, Hyderabad between 9:00 AM and 5:00 PM. The chief guest for the event is **PRIP Raja Saboo**. The registration details are as follows:

Golden Patron:	Rs. 5,000
Silver Patron:	Rs. 2,500
Delegate (Rotarian Couple):	Rs. 650
Rotarian:	Rs. 450
Spouse, Children (above 10 years) & Rotractors:	Rs. 300
Guest:	Rs. 450

Please contact : Rtn. Shashank Deendayal  
(040) 27812188 for more details

Why? Because of how you reacted in the morning. Why did you have a bad day?

- A) Did the coffee cause it?
- B) Did your daughter cause it?
- C) Did the policeman cause it?
- D) Did you cause it?

The answer is " D".

You had no control over what happened with the coffee. How you reacted in those 5 seconds is what caused your bad day. Here is what could have and should have happened.

Coffee splashes over you. Your daughter is about to cry. You gently say, "It's ok honey, you just need, to be more careful next time". Grabbing a towel you rush upstairs. After grabbing a new shirt and your briefcase, you come back down in time to look through the window and see your child getting on the bus. She turns and waves. You arrive 5 minutes early and cheerfully greet the staff. Your boss comments on how good the day you are having.

Notice the difference?

Two different scenarios. Both started the same. Both ended different.

Why? Because of how you REACTED.

You really do not have any control over 10% of what happens. The other 90% was determined by your reaction.

The 90-10 principle is incredible. Very few know and apply this principle.

The result? Millions of people are suffering from undeserved stress, trials, problems and heartache.

We all must understand and apply the 90/10 principle.

It CAN change your life!!!

We must believe in luck. For how else can we explain the success of those we don't like?  
-Jean Cocturan

Alcohol doesn't solve any problems, but then again, neither does milk.

## Birthdays



01st May - Tumul Rathi  
08th May - Himanshyu s/o S K Verma  
14th May - Seema w/o Anil Goyal  
14th May - Alekhya d/o Srinivas Gumidelli  
14th May - Kiah d/o Vishal Srivastav  
15th May - Vrinda d/o Vikrant Mohan  
17th May - Kanchan w/o Sanjay Dolwani  
21st May - Mamta w/o Sandeep Jhawar  
30th May - Ritu w/o Shri Kant Rathi  
31st May - Suesha d/o Narender Gauri



## Anniversaries

17th May - Monica & Rajnesh Gossain  
17th May - Asha & Pawan Tibrewala  
29th May - Ammu & Lt. Col. Joseph George



## Calendar May 2007

### 05th (Saturday)

Speaker Meeting  
Speaker : Rtn. Col. George Hotel Taj Tristar  
Topic : Disaster Management 8:30 AM meet

### 12th (Saturday)

Business Meet Hotel Taj Tristar  
Agenda : District Antakshari 8:30 AM meet

### 19th (Saturday)

Speaker Meet Hotel Taj Tristar  
Speaker : Rtn. Vijay Madhira 8:30 AM meet  
Topic : Experiences of GSE  
Outgoing Team leader to Boston USA

### 20th (Sunday)

Health Camp 8:30 AM  
Changicharala Village Co-ordinators : Rtn.Ramayya,  
(Warangal high way) Rtn.Amarnath,Rtn.Mudit Kumar

### 26th (Saturday)

Speaker Meet Hotel Taj Tristar  
Speaker : Daljeit Singh Bhatia  
Topic : Network Marketing - 8:30 AM meet  
Creating future Millionaires

## With Best Compliments from



68, Opp. H.P.O., R.P.Road, Secunderabad - 500 003  
Ph: 27800022 Mobile: 9394700022

## The Four-Way Test

Of the things we think, say or do :

- Is it the TRUTH ?
- Is it FAIR to all concerned ?
- Will it build GOODWILL and BETTER FRIENDSHIPS ?
- Will it be BENEFICIAL to all concerned ?

A professor began his class by holding up a glass with some water in it. He held it up for all to see & asked the students, 'How much do you think this glass weighs?' 50gms!.... 100gms!... 125gms.... the students answered.

'I really don't know unless I weigh it', said the professor, 'but my question is: What would happen if I held it up like this for a few minutes?'  
'Nothing' the students said.

'Ok what would happen if I held it up like this for an hour?' the professor asked.  
'Your arm would begin to ache' said one of the students. 'You're right, now what would happen if I held it for a day?' 'Your arm could go numb, you might have severe muscle stress & paralysis & have to go to hospital for sure!' ventured another student & all the students laughed.

'Very good. But during all this, did the weight of the glass change?' asked the professor.  
'No'

'Then what caused the arm ache & the muscle stress?' The students were puzzled.

'What should I do to remedy this?' Asked the professor again.

'Put the glass down!' said one of the students. Exactly!' said the professor.' Life's problems are something like this. Hold it for a few minutes in your head & they seem OK. Think of them for a long time & they begin to ache. Hold it even longer & they begin to paralyze you. You will not be able to do anything.

It's important to think of the challenges (problems) in your life, but EVEN MORE IMPORTANT to 'put them down' at the end of every day before you go to sleep. That way, you are not stressed, you wake up every day fresh & strong & can handle any issue, any challenge that comes your way!

So, when u go to bed tonight-Remember to PUT THE GLASS DOWN, TODAY!



**Smile**

