



**Rotary Club of Secunderabad Sunrise**  
**RI DISTRICT : 3150**



**CREATE HOPE**  
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*Dist. Gov. : Rtn.Dr. Busireddy Shankar Reddy*

*Editorial : Rajesh Pamnani*

Rtn. Krishna Narela

CLUB PRESIDENT (2023-24)

Rtn. Vikram Mehta

CLUB SECRETARY (2023-24)



# Rotary Club of Secunderabad Sunrise



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A First-Person Experience of Inti Raymi  
Pic © Rajesh Pamnani



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# Rotary Club of Secunderabad Sunrise Board of Directors (Year 2023-24)



**Rtn. Krishna Narella**  
Club President



**Rtn. Vikram Mehta**  
Club Secretary



**Rtn. Pankaj Agarwal**  
Club Treasurer



**Rtn. Anil Goyal**  
President Elect



**Rtn. Sandeep Jhanwar**  
Club Trainer



**Rtn. Lokesh Jain**  
Director Club Admin



**Rtn. KA Rammaya**  
Director Community Service



**Rtn. Samir Gupta**  
Sergeant at Arms



**Rtn. Satish Gaddam**  
Director Vocational Services



**Rtn. M. Chandrashekar**  
Director Membership



**Rtn. LR Surrender**  
Chairman Polio



**Rtn. Madhu Lingampally**  
Director Youth Services



**Rtn. Rajesh Pamnani**  
Director Rotary International  
& Magazine



**Rtn. Srinivas Gummidelli**  
Director CSR



**Rtn. Ramesh Notani**  
Director Rotary Foundation



**Rtn. Pavan Tibrewal**  
District Coordinator



# Rotary Club of Secunderabad Sunrise

## Club Members in District Team



Zone 5 Chairman - Club Administration

**Rtn. Pawan Tibrewala**

Secunderabad Sunrise

District Chairman - RI Presidential Citation

**Rtn. Ramaiah**

Secunderabad Sunrise

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Zone 5 Chairman - Friendship Exchange

**Rtn. Rajhans Banka**

Secunderabad Sunrise

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District Chairman -

Vocational Training Teams

**Rtn. Rajesh Pamnani**

Secunderabad Sunrise

rajesh\_pamnani@hotmail.com

District Chairman - C S R Committee

**Rtn. Srinivas Gumidelli**

Secunderabad Sunrise

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### Dialysis Analysis from Start

April 2022 - Total Dialysis 80 (15 days)	Jan 2023 - Total Dialysis 391	Jan 2024 - Total Dialysis 583
May 2022 - Total Dialysis 184	Feb 2023 - Total Dialysis 421	Feb 2024 - Total Dialysis 543
June 2022 - Total Dialysis 234	Mar 2023 - Total Dialysis 527	Mar 2024 - Total Dialysis 539
July 2022 - Total Dialysis 281	April 2023 - Total Dialysis 467	Apr 2024 - Total Dialysis 578
Aug 2022 - Total Dialysis 297	May 2023 - Total Dialysis 500	May 2024 - Total Dialysis 634
Sep 2022 - Total Dialysis 295	June 2023 - Total Dialysis 491	June 2024 - Total Dialysis 572
Oct 2022 - Total Dialysis 303	July 2023 - Total Dialysis 506	
Nov 2022 - Total Dialysis 329	August - Total Dialysis 517	
Dec 2022 - Total Dialysis 341	September - Total Dialysis 525	
	October - Total Dialysis 558	
	November - Total Dialysis 564	
	December - Total Dialysis 576	



### Inti Raymi Festival in Cusco, Peru.



As the editor of the Rotary club magazine, I've had been writing about exploring festivals around the globe.

However by chance I could be fortunate to be able to visit Cusco (Peru) during June ; but nothing could have prepared me for the sheer spectacle of "Inti Raymi " festival.

The Inti Raymi festival, whose name means "Festival of the Sun" in Quechua, is one of Cusco's most important events. It is celebrated every June 24th, during the winter solstice, and in 2001 it was declared Cultural Patrimony of the Nation.

If Inti Raymi means nothing to you, then let me fill you in, because this is one special festival that dates back to Inca times, around 900 years ago. A real Inca Emperor would praise the Sun God(the most celebrated God in the Inca religion); his queen, his confidants, and hundreds of soldiers and tribe members from neighbouring regions would parade around Cusco – the 'centre of the world' according to the Incas (also home to Machu Picchu). Today (and since 1944 when the Inti Raymi festival was reinstated, after the Spanish prohibited it during their conquest in the 1500s), over a thousand dancers, actors and soldiers perform for the festival, meaning that the entire modern festival is a theatrical piece.





### About the city - Cusco



Cusco, often referred to as the "Historical Capital of Peru," is a city steeped in rich history and vibrant culture. Nestled high (11,500ft above sea level) in the Andes Mountains, it was once the capital of the Inca Empire and is now a UNESCO World Heritage Site.

The city's historical significance is evident in its well-preserved architecture, where Spanish colonial buildings stand atop ancient Incan foundations. Wandering through the narrow, cobblestone streets of Cusco, visitors can explore magnificent sites such as the Plaza de Armas, the Cathedral of Santo Domingo, and the Qorikancha temple, which was once the most important temple in the Inca Empire.

In Cusco, the sight of locals dressed in traditional Andean attire adds a vibrant and authentic touch to the city's cultural landscape.

Women often wear bright, handwoven skirts called polleras, layered with colorful shawls known as llicllas, and topped with distinctive hats that vary in style depending on the region. Men typically don ponchos woven with intricate patterns and chullos, which are woolen hats with ear flaps.

These garments are not only beautiful but also practical, designed to withstand the chilly Andean climate.

The traditional dress is often seen during festivals, markets, and daily life, serving as a proud expression of indigenous heritage and identity.



# Rotary Club of Secunderabad Sunrise

FROM THE EDITOR'S DESK



## The festival highlights



Arriving in the morning at the Qorikancha, the ancient Temple of the Sun, I was immediately enveloped by the vibrant energy of the crowd.

The air buzzed with anticipation as the Sapa Inca, resplendent in golden attire, performed the opening rituals.

The reverence and devotion were palpable, and I felt a profound connection to the history and spirituality of the Incan civilization.







## Rotary Club of Secunderabad Sunrise

### FROM THE EDITOR'S DESK



Following the procession through the narrow, cobblestone streets of Cusco, I was swept up in a sea of colours and sounds. The streets were lined with spectators, both locals and tourists, all eager to catch a glimpse of the elaborate costumes and hear the traditional music that filled the air.

When we reached the "Plaza de Armas", the heart of Cusco, the atmosphere was electric. The Inca's address to the crowd was both solemn and uplifting, a powerful reminder of the cultural heritage that continues to thrive in this vibrant city.



The climax of the festival at the Sacsayhuamán fortress was nothing short of awe-inspiring. The grandeur of the ancient stone walls set against the backdrop of the Andean mountains created a breathtaking stage for the final ceremonies.

As the actors performed traditional dances and rituals, I was struck by the seamless blend of history and living tradition.

The sense of community and pride was overwhelming, and for a moment, I felt like I was part of something timeless and sacred.

Inti Raymi was not just a festival; it was a journey into the soul of the Incan people, and it left an indelible mark on my heart.

I do hope that you could also indulge to immerse in the local festivals ; where ever you travel. Do send me some pictures and a short note to include them in the future.

Rtn. Rajesh Pamnani  
Editor & Director of  
International Services (2023-24)  
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# Rotary Club of Secunderabad Sunrise

## Our Editors (2023-2024)



**Ann Seema Jain (Late)**  
W/o Rtn. Lokesh Jain  
Qualification Mcom from Rajasthan university & Home maker.

**Ann Mamta Jhavar**  
W/o Rtn. Sandeep Jhavar  
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 Ritu Gupta**  
W/o Rtn. Samir Gupta  
BA degree and Masters in Computers, I have kept myself engaged professionally in our consultancy firm for foreign education - providing solutions to students for education abroad.

**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 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 Shreya**  
W/o Rtn. Shravan Malani  
I am Graduate, Diploma in Travel & Tourism. Also interested Cooking , Travelling, Shopping , Fitness & Nutrition watching comedy shows & movies.





# Rotary Club of Secunderabad Sunrise

## RI News

### *2024-25 Presidential theme & RI President*



Rotary International President-elect Stephanie Urchick announced that the 2024-25 presidential theme is “The Magic of Rotary” and called on members to recognize and amplify the organization's power to save lives.



Stephanie A. Urchick, of the Rotary Club of McMurray, Pennsylvania, USA, is the selection of the Nominating Committee for President of Rotary International for 2024-25, a decision that would make her only the second woman to hold that position. She will be declared the president-nominee on 15 September if no challenging candidates have been suggested.

With the world facing incredible challenges, including the COVID-19 pandemic, disasters driven by climate change, and conflict in many regions, Urchick says Rotary's leaders can offer a vision and a plan for overcoming these challenges.

“Measures taken by Rotary leadership to survive and end critical challenges often make our organization stronger and more resilient for future events,” Urchick says. “This kind of essential leadership also creates new levels of cooperation, even among rivals, when Rotarians pull together as people of action to serve and solve a crisis.”

Making regionalization a priority is crucial, says Urchick.



**RI President - Stephanie Urchick**





## Rotary Club of Secunderabad Sunrise DESIGNATED MONTH



### June – Rotary Fellowship

- Rotary Fellowships Month, Rotary clubs indulge in fellowship activities, thanks giving and like.
  - Inter Club Meetings
  - Circulate 'Rotary Fellowship' literature
- Promote RFE – Invite Speakers to share their experiences



### July – New Leadership Month

- Start of new Rotary officers' year of service.
  - Tree Plantation
- Reduce, Re-Use, Re-Cycle Waste



# Rotary Club of Secunderabad Sunrise



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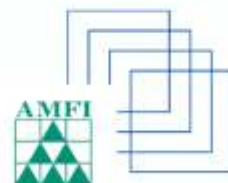


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# Rotary Club of Secunderabad Sunrise RCSS/Archives / 2013...



## Installation of New Team for the year 2013-14



The Installation function of our club has been fixed at 7.00pm on 21.07.2013 at Hotel Marigold, Begumpet (Besides Green Park Hotel). During the function, Rtn. Phani Kumar and Rtn. George are going to be installed as President and Secretary respectively.

Sri. Ramana Chary, IAS, has accepted to be the chief Guest.

We request you to attend the function with family and make it a grand success.

Installation of New Team for the year 2013-14

## Meeting Schedule for July 2024

1. 20th July - Club Assembly
2. 27th July - Speaker Meet.

## News note

Wish to inform Trustees that our Dialysis Centre has started 3rd shift (3pm to 7pm) on Mondays and Fridays due to increase in patients.



Rotary Club of Secunderabad Sunrise



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**Rtn Lokesh Jain**

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Rotary International District- 3150 Outstanding Rotarian Award



Awards for Rtn. K A Ramayya



Awards for Rtn. Srinivas Gumidelli



# EDIBLE CUPS



### Coffee Cup

These wafer cups can be chocolate coated for drinks like coffee and milkshakes.

Plain baked wafers are ready to fill with sweet or savory ingredients — try hummus, chaat, pudding, dips, tiramisu and other bite size desserts or fresh fruit — the possibilities are limitless.

It can be also used as service cups for sauces and jams at breakfast table.

*Edible chocolate coated wafer cup*



*Chaat cup*



*Dessert cup*



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# Rotary Club of Secunderabad Sunrise

## District awards for our CSR Projects



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# Rotary Club of Secunderabad Sunrise



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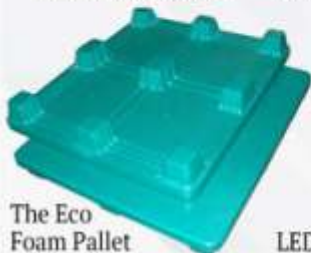
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## Rotary Club of Secunderabad Sunrise



Dear Rajesh,

Thank you for being a member of the Rotary Club of Secunderabad Sunrise. As we approach the end of this Rotary year, there's still time to make a difference with a gift to The Rotary Foundation.

Our donors enable Rotary members in your community and around the world to take action and make an impact. So far this Rotary year, we've funded more than 478 district grants, 1,053 global grants, and 101 disaster response grants. But there's so much more we could do.

Without your support, much of the great work of Rotary members simply wouldn't be possible. This could mean less health care and a higher incidence of disease in a community. Less education and more people who lack literacy skills. Less peace and more conflict.

Please consider making a gift to our Foundation so that, together, we can continue Doing Good in the World.

Sincerely,  
The Rotary Foundation



## Rotary Club of Secunderabad Sunrise Top Festivals around the world - July



New Feature in this year

"Festivals Around The World."

Whether celebrating life or death, wildlife, religious deities, rowing, or even ice sculpting, festivals add another dimension to your travels. Streets thrum with music and kaleidoscopic parades, you might see traditional rituals that aren't performed at any other time, and you're fully embraced in local life as everyone joins in with the celebrations.

we shall share our pick of festivals around the globe that we feel are worth experiencing as part of a wider trip.

### 1. Tomorrowland, Belgium



The annual electronic dance music festival, Tomorrowland, held in Boom, Belgium, is an amazing event that enraptures music enthusiasts from all corners of the globe. The festival in July features awe-inspiring stages and amazing light shows to give you that festival buzz. Tomorrowland is an ode to life, with music to invigorate the soul.

The festival's lineup features virtuosic DJs, who weave a symphony of beats and rhythms, elevating the spirit and igniting the crowd's passion. The ambience is electrifying – there's a lot of dancing going on.





## Rotary Club of Secunderabad Sunrise Top Festivals around the world - July



### 2. EXIT Festival, Serbia

It's one of the finest festivals in July that brings together music enthusiasts from all over Europe. Located in the charming city of Novi Sad, Serbia, this festival is an incredible celebration of diverse musical genres, featuring everything from rock and pop to electronic and hip-hop. But that's not all – the festival is also renowned for its exciting range of cultural activities, ensuring there's never a dull moment for attendees. It's held in a fortress, which automatically makes it cooler than any other festivals in July in my opinion.



### 3. Summerfest, USA

Nestled in the heart of Milwaukee, Wisconsin, USA, is the vibrant and lively Summerfest – an epic music festival extravaganza that promises to be a feast for the senses. It's one of the most incredible celebrations in July, with a staggering 12 stages and showcases over 800 acts, making it one of the largest music festivals in the world. With such an eclectic mix of performers, including rock, pop, hip-hop, country, and more, there's a lot to see at Summerfest.



## Rotary Club of Secunderabad Sunrise Top Festivals around the world - July



### 4. Fuji Rock Festival, Japan

The Fuji Rock Festival is an absolute gem, nestled in the stunning Naeba region of Japan. It's a real hootenanny of music, nature, and culture that's like no other shindig out there. With jaw-dropping mountain views and a lineup of both local and international artists that'll knock your socks off, this festival is a no-brainer for all you music aficionados and thrill-seekers.







## Rotary Club of Secunderabad Sunrise Top Festivals around the world - July



### 5. Lollapalooza Chicago, USA

Lollapalooza Chicago, an immense music festival that magnetises music enthusiasts from around the globe, takes place annually in Grant Park, Chicago, USA. The event spans four consecutive days, highlighting over 170 artists across a plethora of stages. Lollapalooza Chicago is known for its eclectic lineup, presenting an extensive array of musical genres and styles that cater to a diverse audience. Whether you're a fan of indie rock, electronic dance music, hip hop, or heavy metal, Lollapalooza Chicago has something that will suit your taste.



### 6. Montreux Jazz Festival, Switzerland

The Montreux Jazz Festival is an internationally renowned music festival held annually in the picturesque city of Montreux, Switzerland. Known for its vibrant jazz, blues, and soul music mix, the festival has been a fixture on the music calendar for over 50 years. Over the years, it's played host to some of the most legendary musicians of our time, including the likes of Aretha Franklin, Prince, and Stevie Wonder, to name a few.

The festival is a celebration of all things musical, and each year it attracts music lovers from all over the world. With its eclectic mix of genres and styles, the Montreux Jazz Festival offers something for everyone, from the smooth sounds of jazz to the raw energy of blues and soul.



## Rotary Club of Secunderabad Sunrise Top Festivals around the world - July



### 7. Roskilde Festival, Denmark

Nestled in the picturesque Danish city of Roskilde, the annual Roskilde Festival beckons music aficionados from all corners of the globe. As the largest musical extravaganza in Northern Europe, Roskilde Festival boasts a multifarious and unconventional assembly of artists that push the limits of genre and expectation. However, Roskilde Festival is much more than a mere gathering of musicians. It is a veritable hub of artistic and cultural expression, offering its attendees an enthralling tapestry of exhibits, workshops, and seminars. The festivities are further complemented by a plethora of gastronomic delights from local and international vendors to fill you up.







## Rotary Club of Secunderabad Sunrise Top Festivals around the world - July



### 8. Rock in Rio, Brazil

Rock in Rio is a July music festival (although the month sometimes varies) that takes place in the lively city of Rio de Janeiro, Brazil. Renowned for its electrifying performances and eye-catching stage designs, this festival attracts a diverse lineup of both international and homegrown artists. Rock in Rio has something for everyone, from the blazing beats of pop and rock to the soulful melodies of jazz and blues.

From adrenaline-pumping rides to interactive exhibits, there is never a dull moment at this festival. And when it comes to cuisine, Rock in Rio features a mouth-watering selection of Brazilian and international dishes, so there's no need to worry about going hungry.



### 9. Reggae Sumfest, Jamaica

Reggae Sumfest is a highly anticipated annual event that draws music enthusiasts worldwide to Montego Bay, Jamaica. This beloved reggae music festival showcases an impressive lineup of both international and local reggae artists, providing a vibrant and diverse musical experience. With its easygoing vibe and idyllic tropical setting, Reggae Sumfest offers an unforgettable festival experience that is both relaxed and electrifying. Whether you're a die-hard reggae fan or simply looking for a fun and lively way to spend your vacation, this festival is a must-see.



## Rotary Club of Secunderabad Sunrise Top Festivals around the world - July



### 10. Latitude, Suffolk

Latitude Festival is known for being a family-friendly alternative to some of the other July festivals in the UK (and other times of the year). It has lots of entertainment and activities, such as comedy, theatre, poetry and more. There's music too with past headliners including Snow Patrol, Editors, Grace Jones, Solange, The Killers and more. It all takes place in the idyllic setting of Henham Park, which features its own lake. You can camp here too, which is really nice for families.







## Rotary Club of Secunderabad Sunrise Top Festivals around the world - July



### 11. TRNSMT, Glasgow

TRNSMT Festival, situated in Glasgow Green in the heart of the city, is one of Scotland's premier music festivals in July. Originally launched as an alternative to T in the Park, TRNSMT blends mainstream and upcoming acts so you get to see a bit of both. With its urban setting, there's a gritty, vibrant atmosphere that captures the essence of Glasgow and its music history. Public transport to and from the festival is exceptionally convenient, which means you don't have to camp if you don't want to.



### 12. Ultra Europe, Croatia

Ultra Europe takes place in the picturesque setting of Split, Croatia, and is one of Europe's leading electronic dance music festivals. Building on the legacy of Miami's Ultra Music Festival, Ultra Europe offers a great lineup of the world's top DJs and producers.

The festival's beachside spot just elevates the whole experience. Croatia has some of the clearest, blue waters around, as well as great cities to explore. If you're going to this July festival, you'll get a great holiday out of it too.





## Rotary Club of Secunderabad Sunrise Top Festivals around the world - July



### 13. Love International, Croatia

Held in Tisno, Love International is a more intimate festival experience than some of the other larger ones festivals in July in Europe. It's a week-long celebration complete with boat parties, open-air clubs, and secret island raves, all set against the backdrop of the stunning Dalmatian Coast. It's described as a 'marathon electronic festival' because you'll have non-stop events in July to go to here. And at all hours too, with late-night discos and world-famous DJ's making sure you don't sleep.







## Rotary Club of Secunderabad Sunrise Introducing our DG - K Sharath Choudary



Sharath Choudary is the Managing Partner of Katalyst Consulting and is based in Hyderabad, India. Katalyst Consulting is involved in conceiving and executing comprehensive turnaround and operational excellence strategies for non-technology businesses.

Sharath has a Master of Management Studies Degree from Birla Institute of Technology and Science, Pilani, where he was the batch topper and is an alumnus of the prestigious Hyderabad Public School, Begumpet. He was a Presidents Scout, an NCC cadet and an Interactor in his student days.



He nearly 40 years of experience across businesses such as appliances, textiles, building materials, services, infrastructure, and energy both as a corporate manager, entrepreneur social entrepreneur and advisor. Starting as a Management Trainee with the Shriram Group, Sharath at 26, rose to be one of its youngest Chief Executives responsible for its Units in Calcutta. He was last Chief Executive Officer and Managing Director of East India Petroleum Private Limited.

When he was 40, Sharath took a break from industry and business and spent two years of his life doing not for profit work in rural areas. He founded GramIT, the world's first commercially viable and scalable rural BPO. This initiative has been written about in the international Press including The Forbes Magazine, Asahi Shimbun and Business week. The initiative was listed as one of ten best uses of technology in 2005 by Business Today. GramIT won the Best CSR award from NASSCOM. GramIT was cited four times by Dr APJ Abdul Kalam in his Presidential addresses as a model to be followed for Rural transformation including one to the London School of Economics and one to the Asian Development Bank.

The Youth4Jobs Foundation which Sharath seed funded and mentored in its early years in the 2006is now one of India's largest organizations training handicapped youth to be able to take on vocations.

Sharath was born into a Rotary family, was an Interactor and joined the Rotary Club of Hyderabad Deccan in 1993. He served his Club as President in the year 1997-98, when he was 33, and led his club to be one of the first 100% Paul Harris Fellow Clubs in the world. He was adjudged best President and his Club the best Club in the District that year. He served Rotary in many capacities and is elected to serve as District Governor of the RI District 3150 in the Rotary Year 24-25. He has received the Rotary Foundation District Service Award twice, and the Four Avenues of Service award twice. He and his wife Sahiti are Paul Hariss Fellows, Major Donors to the Rotary Foundation and members of the Bequest Society of Rotary Foundation.

Sharath is also a Freemason and has served as the Deputy Regional Grand Master of Southern India. He holds the rank of Past Deputy Grand Master of the Grand Lodge of India.

Sharath is married to Sahiti an interior designer by training and a home maker by choice. Their son Partha has a BS in Engineering from Purdue University, and is currently pursuing his Masters at the Stanford University. Their cocker spaniel Messi completes their family.

Sharath is a self-confessed foodie and is a trained bartender. He thinks he can still play cricket, football, squash, and badminton like he used to. He loves to golf and do theater when he has the time.



# Rotary Club of Secunderabad Sunrise



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# Rotary Club of Secunderabad Sunrise 24th Installation Nite 30th June 2024 Sunday







# Rotary Club of Secunderabad Sunrise 24th Installation Nite 30th June 2024 Sunday







# Rotary Club of Secunderabad Sunrise 24th Installation Nite 30th June 2024 Sunday







# Rotary Club of Secunderabad Sunrise 24th Installation Nite 30th June 2024 Sunday







# Rotary Club of Secunderabad Sunrise 24th Installation Nite 30th June 2024 Sunday







# Rotary Club of Secunderabad Sunrise 24th Installation Nite 30th June 2024 Sunday







# Rotary Club of Secunderabad Sunrise



## SHINGLES: A RISING THREAT

Shingles is a viral infection which is caused by the Varicella-zoster virus, the same virus which causes chicken pox. When one gets chicken pox the virus stays dormant in the body. If it gets reactivated later in life it will cause shingles. So anyone who has Shingles will have chicken pox first anytime in their life.

It is estimated that 1 in 3 people will get shingles once in their lifetime. Over one million people in the United States alone get shingles every year. Some how women are more susceptible to shingles than men. The risk increases with age. People with compromised immune system due to any reason, and people over the age of 50 are at a greater risk.

### **Symptoms:**

Painful and itchy skin rash often accompanied by severe burning sensation.

Fever

Chill

Headache

Sensitivity to light

Upset stomach

There is no cure for shingles but once it happens the symptoms are managed with drugs. Anti-viral drugs are often prescribed to shorten the duration of the disease. Sometimes the pain in the affected area remains weeks after the rash has disappeared and it has to be treated for a longer duration. This happens if the nerve in the affected area has been damaged or has become sensitive.

It is important to consult a doctor immediately after shingles has appeared in the body. The sooner the treatment begins the faster the symptoms disappear.

People affected with shingles cannot transmit it to others they come in contact with. But it is contagious in a sense that those who have not had chicken pox in their lifetime or are not vaccinated against it can be affected with chicken pox if they come in contact with the person affected with shingles.

Shingles can be prevented by vaccinations. Vaccine is known to prevent the infection to a fairly good extent. People with high risk of getting shingles and population over 50 years of age are advised to take vaccine for Shingles.

Source: Internet



By : Ann.Kanak Kabra



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