



JULY 24

**RI DISTRICT
3150**

**VOLUME
ISSUE**





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Rotary Club of Secunderabad Sunrise Board of Directors (Year 2024-25)



Rtn. Anil Goyal
Club President



Rtn. Samir Gupta
Club Secretary



Rtn. Pawan Tiberewala
Club Treasurer



Rtn. Krishna Narella
IPP



Rtn. Ajit Gandhi
Executive Secretary



Rtn. Ramesh Notani
Sergeant at Arms



Rtn. Rajhans Banka
Club Trainer



Rtn. Manish Sharma
Vice President



Rtn. Sanjay Kabra
Community Service



Rtn. Praveen Sharma
Youth Services



Rtn. Rajesh Pamnani
Public Image, International
& Magazine



Rtn. Ranjay Goel
Membership



Rtn. Lokesh Jain
Director Club Admin



Rtn. Sandeep Jhavar
Foundation



Rtn. K. A. Ramayya
Dist. Co ordinator



Rtn. Srinivas Gummidelli
Director CSR



Rtn. M. Chandrashekar
Vocational Services



Rtn. LR Surrender
Vocational Services



Rotary Club of Secunderabad Sunrise

Club Members in District Team



Club Constitution and Bylaws

Rtn. K.A. Ramayya

Secunderabad Sunrise

Sports District Chairman

Rtn. Shraavan Malani

Secunderabad Sunrise

RI Club Excellence/ District Awards & District Co Chairman

Rtn. K.A. Ramayya

9391132959

ramayya_ka@yahoo.com

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	July 2024 -Total Dialysis 570
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	



Rtn. Rajesh Pamnani
International Services (2024-25)
+91 9849013175



It's a known fact that high intake of #sugar is linked to an increased risk of #obesity, type 2 #diabetes, cardiovascular disease and certain #cancers. But are all sugars the same or are some better than others?

White or table sugar is the most commonly used, consisting entirely of sucrose and containing about 400 calories per 100 gram (16 calories in a teaspoon). How do natural sugars compare against it?

Brown sugar has molasses that provide the rich brown colour along with texture and flavour. It has more minerals, like calcium and iron, but the amounts are too small to be of significance. Being essentially sucrose, brown sugar has almost the same amount of calories as white sugar — 375 calories per 100 grams or 15 calories in a teaspoon.

Honey has been traditionally used as a sweetener and for soothing sore throats, controlling cough and reducing allergies. It is roughly composed of 38 per cent fructose, 31 per cent glucose, 17 per cent water, and 7 per cent maltose, along with small amounts of other simple carbohydrates, pollen, amino acids, enzymes and vitamins. Because of its fructose content, honey is sweeter than white sugar and so lesser amounts are required to provide the same degree of sweetness. While honey contains less calories per gram than white sugar (about 300 calories per 100 grams) it is heavier, so a teaspoon of honey has about 21 calories as compared to 16 for white sugar. In terms of glucose-raising properties, this balances out, and honey has about the same effects on blood glucose as white sugar.



Jaggery or gur is composed of 70 per cent sucrose, with the remaining being fructose and glucose. It is a source of iron, with traces of protein, potassium, magnesium, vitamins and antioxidants. Although the calorie content per gram is similar to brown sugar, it is absorbed more slowly, which is an advantage. In order to get significant nutritional benefits, large amounts of jaggery would have to be consumed, leading to a substantial rise in blood glucose level. Jaggery is a slightly better option than white sugar but is still sugar. For people with diabetes, the adverse effects of consuming jaggery are not very different from white sugar.

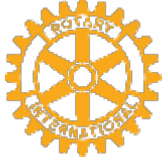
Desi khand (khandsari) is an unrefined sweetener made from sugarcane juice. It has traces of molasses and thus retains some nutrients like calcium, iron, magnesium and potassium. It causes a less rapid rise in blood glucose than white sugar although it has the same amount of calories.

Mishri or rock sugar is essentially crystallised refined sugar, offering no nutritional value beyond calories.

Coconut sugar is almost identical to regular white sugar in terms of nutrients and calories. It retains many nutrients found in coconut palm — mostly iron, zinc, calcium, and potassium, but in insignificant amounts. Palm sugar is more or less like jaggery in its properties.

High fructose corn syrup is a liquid sweetener made by breaking down corn starch into individual molecules. It becomes corn syrup, which is glucose. To make it sweeter and similar in taste to regular table sugar, some of that glucose is converted to fructose using enzymes. High fructose corn syrup consumption results in higher levels of CRP, a marker of inflammation.

Therefore, the perception that jaggery, honey or natural sugars are safe for people with diabetes is not borne out by science. Read labels and try to keep your calories from added sugar to no more than 10 per cent of your daily calorie intake.



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 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 Mamta Jhawar

W/o Rtn. Sandeep Jhawar

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 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.



My dear Rotarians and Anns,

“Together, we see a world where people unite and take action to create lasting change across the globe in our communities, and in ourselves.”

We had a very good Rotary year 23-24 under the leadership of Rtn. Krishna though we all know the challenges faced by the club when Krishna took over as president. We were able to fulfil some great community development projects under his leadership- the baby warmer donation project at Nilofur Hospital being a beautiful feather in our caps.

As we strive to create a change as a Rotarian, I congratulate IPP Krishna Narela and his board along with all the members for making their contributions towards our community through various projects.

What a great feeling to accept the responsibilities of the club as president and I must admit that I am humbled by the love and affection showered by you all. At the same time, new responsibilities bring in new challenges. We have to move forward towards the various goals that we have set for ourselves in achieving them.

We completed the installation of our new board on 30th June itself with a new theme based upon the newly constructed Ram Temple at Ayodhya. I am happy to announce that our club shall be visiting Ayodhya and Varanasi during September, and we have an overwhelming confirmation from members to join the event. Let's make it a very memorable outstation fellowship trip. We are fortunate to have added ten new members to our Rotary family this year and they have been inducted during installation. I wish them all the very best and look forward to their valuable contributions to our club.

I congratulate our past president Rotarian Rajhans Banka for taking over as assistant governor of Distt,3150. Your guidance and presence is of immense importance to our club.

We have had our first board meeting, Speaker meeting and Club assembly during this month, the minutes of the above meetings have been shared by our secretary, Rotarian Samir Gupta in the respective WA groups.

We have already completed one month which is generally installation month for all the clubs. Rotary was founded on fundamentals of fellowship, an ideal that remains a major attraction even today. Club members enjoy the companionship with each other and club projects offer additional opportunities to develop enduring friendships. I am happy to announce that under the guidance of our Director Rtn. Lokesh Jain, we would be having a fun filled fellowship during the month of August. We would be planning many more projects during the year towards community service and fellowship, which would be decided from time to time. As President, I would be needing support from all of you to achieve the goals set by Club.

So friends, let us take pledge to walk that extra mile together and make this Rotary year a very memorable one.

Thank you.

Rtn. Anil Goyal
President (2024-25)
+91 9396238400





Dear RCSS Family,

Our President for the current year 2024-25, Rtn Anil Ratan Goyal was very insistent on me taking over as the secretary reigns along with him and as part of the family..... obviously I have taken charge. Likewise, I would like all of us to take up the opportunity of serving this great club in whichever way one can contribute..... be it time, effort, financially, hard work, being physically present, orienting new members, being part of all types meetings, etc. Because.....I am sure..... all of us have realized..... that we bond really well.....only when we meet regularly.

From my end, I assure one and all of upholding all Rotary rules and regulations at the post of secretary of the club. All information will be passed on to the members at the right time and we shall try and adhere to all timelines in the best possible manner. We shall maintain the decorum in all meetings - board, speaker, club assembly, Family fellowships, project, trust, district, joint, special programs, etc.

In addition to the briefs of the meetings held in July 2024 and the upcoming major meetings in the next 2 months (which the President has already covered in his message) there are confirmed plans of hosting one district event and tentatively a second one as well. We will also be hosting our annual CSR donors meet and a fund raiser.

The entire new board team under President Anil Ratan Goyal is poised to make difference to this rotary year - regenate and reignite the fire in the belly of each RCSS member..... and we can do that with the whole hearted participation and attendance of all the existing and new members in all the programs of the club.

So RCSS Family.....let's enjoy the year and show our metal.

Cheers.



Rtn. Samir Gupta
Secretary (2024-25)
+91 9391044747



Rotary Club of Secunderabad Sunrise DESIGNATED MONTH



July – New Leadership Month

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



August - Membership & Extension Month Membership and New Club Development Month, a time to focus on Rotary's continuing need for growth, to seek new members and form new clubs.

- Update your classifications list and circulate amongst members and accordingly fill up the Vacancies.
- Educate members about membership Procedure.
- Induct New Members.
- Invite Retractors to join Rotary.
- Consider inviting Local Personalities to be Inducted as Honorary Members.
- Organise Seminar on Club level & a Public meeting inviting non rotary friends and Rotary Alumni to emphasis Advantages of Joining Rotary.



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Rotary Club of Secunderabad Sunrise

New Team Member



WELCOME

Name: Anirudh Gautam

Educational Qualifications:

B. Tech. IIT-BHU, M. Pharma BITS Pilani

Profession/Business:

Head-Clinical Strategy & Innovation, Global Clinical Management at Dr. Reddy's Laboratories Ltd.

Hobbies: Music and Swimming

Marital Status: Married

Name of spouse(if applicable) : Varsha Gautam

Define yourself in 3 words: Dedicated, Creative, Zen

A piece of wisdom for today's youth: One should not be afraid of changing something, always work together to make difference for good and take risk.

How do you define leadership?:

A leader should lead with an example by working as a team to achieve a common goal.

What are the three things in your bucket list right now?

Japan

Iceland

Kashmir

What is your most cherished vacation so far and why?:

Sardinia, Italy because it was the perfect summer spent with my family.

A principle/philosophy/motto you live by.:

Live in the moment and help others in need

What has inspired you to join our club RCSS?:

Making new friends and working together for a social cause

How do you wish to serve RCSS?:

With the members of the club, I want to support and collaborate to improve our community by bringing wellbeing and peace.

Summarise your skills briefly which you think could be beneficial for our club.:

I enjoy event planning and management which requires team work and I believe I have the skills to build relationships with people to work as a group and think



Rotary Club of Secunderabad Sunrise

New Team Member



WELCOME

Name: HARSH AGARWAL

Educational Qualifications: B.Com.

Profession/Business: Business – Rockstrength World Industries Pvt. Ltd.

Hobbies: Travelling, Swimming, Cooking

Marital Status: Married

Name of spouse(if applicable) : Vishakha Agarwal

Define yourself in 3 words: Ambitious, Collaborative, Analytical

A piece of wisdom for today's youth: "Never believe what others tell you, you're perfect the way you are."

How do you define leadership?:

Leadership for me is Empower people, Inspire people, Lead change and Shape vision

What are the three things in your bucket list right now?

Go Sky diving, travel to seven continents, swim with dolphins

What is your most cherished vacation so far and why?:

Trip to Hongkong, as I have spent the best moments with my dad

A principle/philosophy/motto you live by.:

Believe you can and you're halfway there

What has inspired you to join our club RCSS?:

Making new friends and working together for a social cause

How do you wish to serve RCSS?:

In every manner where ever I can and I fit into.

Summarise your skills briefly which you think could be beneficial for our club.:

Critical thinker, flexible, extremely dedicated, organised and team oriented.



New Team Member



WELCOME

Name: Hema Manghnani

Educational Qualifications: B. Com.

Profession/Business: Travel professional with over 25 years of experience

Hobbies: Traveling, driving, cooking

Marital Status: Single

Name of spouse(if applicable) : N/A

Define yourself in 3 words: Ambitious, friendly, spiritual

A piece of wisdom for today's youth: Always stay curious and never stop exploring new horizons.

How do you define leadership?: Leadership is about inspiring and guiding others to achieve their best while fostering a sense of unity and purpose.

What are the three things in your bucket list right now?

- a. Exploring the untouched beauty of Antarctica
- b. Learning a new language fluently
- c. Writing a travel memoir.

What is your most cherished vacation so far and why?:

My most cherished vacation was a road trip through the scenic landscapes of New Zealand / Europe. The breathtaking views, diverse culture, and the freedom of driving through such a picturesque country made it unforgettable.

A principle/philosophy/motto you live by.:

Embrace every opportunity to learn and grow, and always stay true to yourself.

What has inspired you to join our club RCSS?:

I am inspired by the club's dedication to community service and the opportunity it provides to connect with like-minded individuals who are passionate about making a positive impact.

How do you wish to serve RCSS?:

I wish to contribute my extensive travel experience and organizational skills to plan and execute successful events and projects that benefit the community.

Summarise your skills briefly which you think could be beneficial for our club.:

- a. Extensive experience in travel planning and logistics.
- b. Strong organizational and event management skills.
- c. Excellent communication and interpersonal abilities.
- d. A global perspective and cultural sensitivity from living and working in various countries.



Rotary Club of Secunderabad Sunrise

New Team Member



WEL
COME

Name: Ambuprakash Agarwal

Educational Qualifications: B.Com

Profession/Business: Proprietor of M/s Yash Packaging

Hobbies: Singing

Marital Status: Married

Name of spouse(if applicable) : Rajrani Agarwal

Define yourself in 3 words: Dynamic, Confident and Decisive

A piece of wisdom for today's youth:

Be confident in the decisions you take to tackle problems efficiently

How do you define leadership?:

Leadership is a skill set who's task is to make work efficient, easy and communicative

What are the three things in your bucket list right now?

To travel the world, to give to the society and set an example for others

What is your most cherished vacation so far and why?:

Alaska and Canada as we went for my Son's convocation to the US and then visited Alaska and Canada for a vacation to the glaciers and untapped tapestry

A principle/philosophy/motto you live by.:

Live and let live.

What has inspired you to join our club RCSS?:

Ranjay Goel

How do you wish to serve RCSS?:

By giving to the community and being a part of it

Summarise your skills briefly which you think could be beneficial for our club.:

Leadership qualities

Community Giving



Rotary Club of Secunderabad Sunrise

New Team Member



WEL
COME

Name: Mukesh Kumar Agarwal

Educational Qualifications: Bachelor of Commerce

Profession/Business: Business (Ice Cream Manufacturing, Investment Banker)

Hobbies: Cricket, Exploring Wildlife, Movie Buff

Marital Status: Married

Name of spouse(if applicable) : Archana Agarwal

Define yourself in 3 words: Jovial, Pragmatic & Spiritual.

A piece of wisdom for today's youth: Believe in self, be yourself.

How do you define leadership?:

Turning vision into reality while making teamwork feel like an adventure.

What are the three things in your bucket list right now?

No bucket list but always open to new experiences.

What is your most cherished vacation so far and why?:

Mauritius, in the year 2000 for Honeymoon.

A principle/philosophy/motto you live by.:

Walk the Talk.

What has inspired you to join our club RCSS?:

Vibrant club doing great community service along with fun fellowships.

How do you wish to serve RCSS?:

In any capacity.

Summarise your skills briefly which you think could be beneficial for our club.:

Being associated with the Rotary organisation since 2006 and serving all positions at club level, RCSS can benefit from this experience.



Rotary Club of Secunderabad Sunrise

New Team Member



WELCOME

Name: RAJKUMAR KANODIA

Educational Qualifications: BCom

Profession/Business: Business – Pharmaceutical Distribution

Hobbies: Listening to Music, Travelling.

Marital Status: Married

Name of spouse(if applicable) : Rakhee Kanodia

Define yourself in 3 words: Hyderabadi, sincere, listener.

A piece of wisdom for today's youth:

-Be clear of your goals.

-You have immense ability to achieve anything and everything

- Take care of your health.

How do you define leadership?:

Guidance, Motivation.

What are the three things in your bucket list right now?

Go on a Cruise

Run a marathon.

Skydiving.

What is your most cherished vacation so far and why?:

Seychelles. The serenity of the place.

A principle/philosophy/motto you live by.:

Truth always, no matter the outcome.

What has inspired you to join our club RCSS?:

The Four Way Test of Rotary International

How do you wish to serve RCSS?:

Look forward to participate in various projects taken up by the club

Summarise your skills briefly which you think could be beneficial for our club.:

Interaction, Coordination, Participation.



Rotary Club of Secunderabad Sunrise

New Team Member



WELCOME

Name: Vinay Nahata

Educational Qualifications: Graduate in Commerce

Profession/Business: Electrical / Hardware

Hobbies: Adventure Sports, Treks, Cycling, Rides

Marital Status: Married

Name of spouse(if applicable) : Latika Nahata

Define yourself in 3 words: Full of Life.

A piece of wisdom for today's youth: Be Disciplined

How do you define leadership?:

- Share
- Inspire
- Empower People

What are the three things in your bucket list right now?

Everest base camp, 200KM Cycling - Sleek Sexy Audi Car

What is your most cherished vacation so far and why?:

Have many... Maldies / Dubai to name few... Maldives for Honeymoon.. Dubai for Fun-Masti.....

A principle/philosophy/motto you live by.:

Live Young - Live Free

What has inspired you to join our club RCSS?:

To expand my network Horizon with family atmosphere

How do you wish to serve RCSS?:

Dedicating myself for upliftment of needy.

Summarise your skills briefly which you think could be beneficial for our club.:

I have being associated with other NGOs for eye-blood-health donation camp.

Leadership Skills & real groundwork.



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Rtn Lokesh Jain

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BIRTHDAYS & WEDDING ANNIVERSARIES - AUGUST



BIRTHDAY

06/08 - Ann. Hema Manghnani
07/08 - Ann. Shilpa Gandhi
11/08 - Ann. Rakhee Kanodia
15/08 - Rtn. Lokesh Jain
15/08 - Ann. Sonia Notani
22/08 - Rtn. Kappana Ram Narayan
24/08 - Ann. Swathi Munta
30/08 - Rtn. Vinayak Dhumle
31/08 - Rtn. Tarun Rungta

ANNIVERSARY

15/08 - Rtn. Dr.L.R.Surender & Ann.LR Surekha

PROGRAMME

10/08 - Speaker Meeting
25/08 - RCSS Fellowship



RCSS CSR director Rtn Srinivas Gumidelli and Club Secretary Rtn. Samir Gupta attending District CSR Event on 17.07.2024

News note

It gives me great pleasure to announce that our past president, Shравan Malani has been inducted into the Distt team as Distt chairman- Sports. Many congratulations Shравan for taking this position.



“Anyone can drown, no one should”.

Every year nearly a quarter of a million people lose their lives to drowning, and almost 82 000 of them are children aged 1 to 14 years.

Drowning is sudden, abrupt, and shocking, with people often not realizing it's happening until it's too late.

What leads to drowning often happens in just a few seconds:

A small child slipping unnoticed into a pond or pool on a sunny afternoon; Feeling invincible after a few drinks and jumping into the ocean for a swim; Accepting that one extra passenger on the boat, despite knowing it might capsize;

Deciding it's too much of a hassle to put on that lifejacket.

So much can happen in a single moment. But with the right awareness and actions, what happens in those seconds can be also be changed - for the better.

Drowning is the process of experiencing respiratory impairment from submersion/immersion in liquid. Drowning outcomes are classified as death, morbidity and no morbidity. Agreed terminology is essential to describe the problem and to allow effective comparisons of drowning trends. Thus, this definition of drowning adopted by the 2002 World Congress on Drowning should be widely used.

Drowning is a leading killer. The latest WHO Global Health Estimates indicate that almost 236 000 people lost their lives to drowning in 2019. Just over 50% of these deaths occur among those aged under 30 years, and drowning is the sixth leading cause of death worldwide for children aged 5-14 years. Over 90% of drowning deaths occur in low- and middle-income countries. Drowning prevention interventions range from community-based solutions, such as day care for children and barriers controlling access to water, to effective national policies and legislation around water safety, including setting and enforcing boating, shipping and ferry regulations. Much more needs to be done to prevent drowning, and achieving commitments made under the Sustainable Development Goals will not be possible without addressing drowning prevention.

There are many actions to prevent drowning. Installing barriers (e.g. covering wells, using doorway barriers and playpens, fencing swimming pools etc.) to control access to water hazards, or removing water hazards entirely greatly reduces water hazard exposure and risk.

Community-based, supervised child care for pre-school children can reduce drowning risk and has other proven health benefits. Teaching school-age children basic swimming, water safety and safe rescue skills is another approach. But these efforts must be undertaken with an emphasis on safety, and an overall risk management that includes a safety-tested curricula, a safe training area, screening and student selection, and student-instructor ratios established for safety.

Effective policies and legislation are also important for drowning prevention. Setting and enforcing safe boating, shipping and ferry regulations is an important part of improving safety on the water and preventing drowning. Building resilience to flooding and managing flood risks through better disaster preparedness planning, land use planning, and early warning systems can prevent drowning during flood disasters.



Developing a national water safety strategy can raise awareness of safety around water, build consensus around solutions, provide strategic direction and a framework to guide multisectoral action and allow for monitoring and evaluation of efforts.

The Global report on drowning provides recommendations to governments to tailor and implement effective drowning prevention programmes to their settings, improve data about drowning, and develop national water safety plans. The report also points out the multisectoral nature of drowning and calls for greater coordination and collaboration among UN agencies, governments, key NGOs and academic institutions to prevent drowning.

In May 2017, WHO released Preventing drowning: an implementation guide. This publication builds on the Global report on drowning and provides concrete guidance for drowning prevention practitioners on how to implement drowning prevention interventions.

At country level, WHO has worked with Ministries of Health in some low- and middle-income countries to prevent drowning through the use of barriers controlling access to water and the establishment of day care centres for pre-school children. In addition, WHO has also funded research in low-income countries exploring priority questions related to drowning prevention. At a regional level, WHO organizes training programmes and convenes workshops to draw together representatives of governments, NGOs and UN agencies working on drowning prevention.

Some examples include

- Learn to Swim**
Equip yourself and your kids with swimming skills. Swimming lessons save lives!
- Supervise Children**
Always keep a close eye on kids near water. Never leave children unattended, even for a moment.
- No Alcohol Near Water**
Avoid drinking alcohol when supervising kids around water. Stay sharp and vigilant!
- Be Aware of Surroundings**
Always check weather and water conditions before swimming. Stay informed and safe!
- Use Safety Equipment**
Ensure life buoys and jackets are available and used correctly. Safety gear can make a crucial difference!

SHARE YOUR STORY, TAG @WHO, AND USE THE HASHTAG #DROWNINGPREVENTION ON SOCIAL MEDIA IN THE LEAD-UP TO WORLD DROWNING PREVENTION DAY. STORIES PUBLISHED ON INSTAGRAM MIGHT GET FEATURED ON THE WHO ACCOUNT!



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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3. Q Mart
4. Balaji Grand Bazar



Rotary Club of Secunderabad Sunrise

RCSS Club Assembly held on 20.07.2024





10 Reasons to join Rotary

Rotary Clubs of District 3150

1. Build your Professional Network

As the oldest service club in the world, Rotary club members represent a cross-section of the community's owners, executives, managers, political leaders, and professionals – People who make decisions and influence policy.

A founding principle of Rotary is to meet periodically to enjoy camaraderie and **widen your circle of business, community and professional acquaintances.**

Rotary's classification system ensures that a club's membership represents a variety of the community's professional men and women, including leaders in business, industry, the arts, sciences, sports, government, army, other professions etc

2. Be a Person of Action

Club members have many interesting opportunities for humanitarian service, both locally and internationally that serve as food for the soul.

Our service programs address such concerns as health care, hunger, poverty, illiteracy, and the environment. **Rotarians experience the fulfillment that comes from giving back to the community.**

3. Make Global Connections

With more than 46,000 clubs in over 200 countries globally, Rotarians gain an understanding of humanitarian issues through international service projects and exchange programs.

You will find and build your circle / group based on your interest or hobby, across the world.

One of Rotary's highest objectives is to **build goodwill and peace throughout the world and be in the front and center of change.**

4. Real Friendships

Rotary was founded on fellowship, an ideal that remains a major attraction even today. Club members enjoy the companionship with like-minded professionals, and club projects offer additional opportunities to develop enduring friendships. Rotary club members who **travel have friendly contacts in almost every city in the world.**

5. Continuous Learning

Weekly Rotary club programs keep members informed about what is taking place in the immediate communities, in the nation, and world.

We discuss various perspectives and **together, we stay motivated to make a difference.**



7. Fellowship and Fun

Social activities give Rotarians a chance to let loose and have fun. Every Rotary club and district hosts **parties and social activities that offer diversions from today's demanding professional and** personal schedules. Conferences, conventions, assemblies, and social events provide entertainment as well as Rotary information, education, and service.

8. Doing the right thing

Encouraging high ethical standards in one's profession and respect for all worthy vocations has been a hallmark of Rotary from its earliest days. In their business and professional lives, Rotarians abide by The Four-Way

Test: Of the things we think, say or do:

- 1) Is it the TRUTH?
- 2) Is it FAIR to all concerned?
- 3) Will it BUILD GOODWILL and BETTER

9. Be a Leader

In Rotary, team building, fundraising, public speaking, planning, organization, and communication are just a sampling of the leadership skills that club members can exercise and enhance.

Being a Rotary leader provides further experience in learning how to motivate, inspire, and guide others.

Your leadership journey can begin from your very first day as a Rotarian.

10. Get Recognized

The work you do never goes unnoticed in Rotary. Your time, energy, and passion to improve your communities are placed as examples for others to emulate. Many of our service programs, often partnered with the Government, become signature and model programs. Show impact and **your good work and efforts will get recognized in the communities you live and work in.**

Rotary is a **global network of 1.2 million neighbors, friends, leaders, and problem-solvers** who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves. It is a non-political and non-religious organization open to all. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to act on sustainable projects. From literacy and peace to water and health, **we are always working to better our world, and we stay committed to the end.**

Our mission

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.

Our Vision

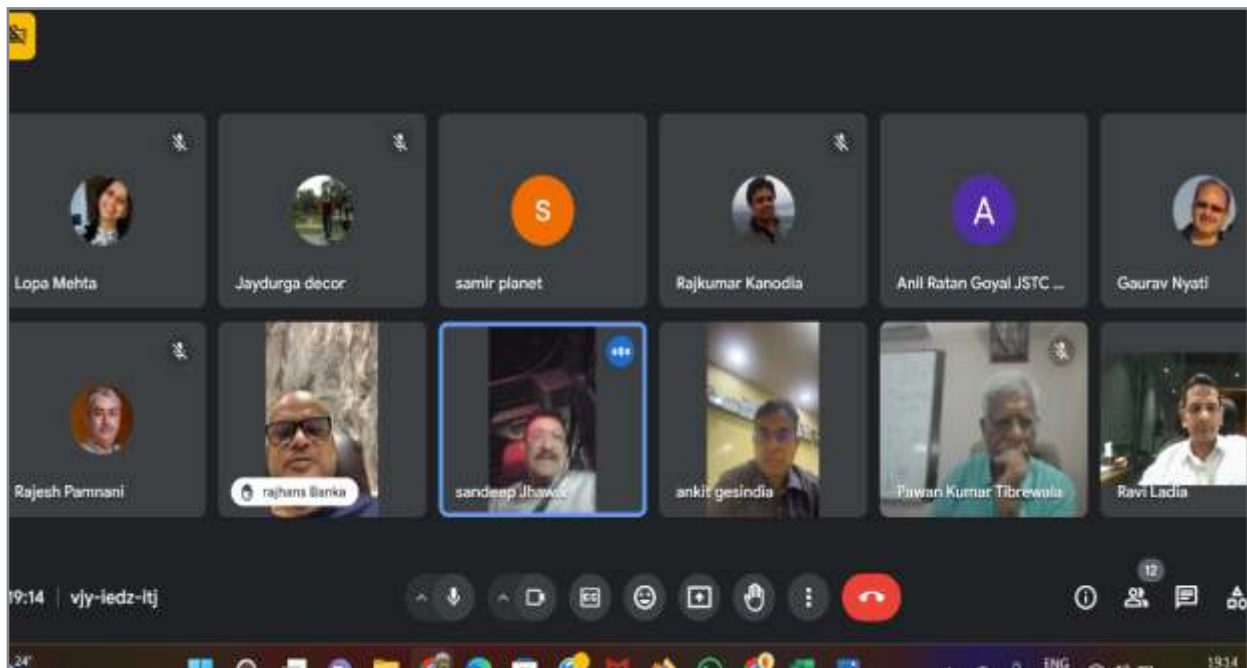
Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

Read more: www.rotary.org/en



Rotary Club of Secunderabad Sunrise

RCSS Zoom Meeting on Budget Analysis on 25.07.2024





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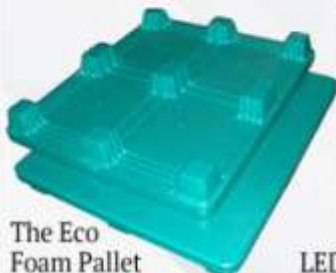
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Rotary Club of Secunderabad Sunrise

RCSS Speaker Meeting held at Marriott on 27.07.2024





Rotary Club of Secunderabad Sunrise



**202/203, Cheney Trade Centre, 2nd Floor, 116, Parklane,
Secunderabad-500 003**

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Rotary Club of Secunderabad Sunrise



**“Whatever Rotary may mean to us, to the world it will be known by the results it achieves.”
— Paul Harris, 1914**

WHAT’S ROTARY?

Rotary is an international membership organization made up of people who share a passion for and commitment to enhancing communities and improving lives across the world. Rotary clubs exist in almost every country. Our members change lives locally and connect with other clubs to work on international projects that address today’s most pressing challenges. Being a member is an opportunity to take action and make a difference, and it brings personal rewards and lifelong friendships in the process.

DID YOU KNOW?
The name Rotary was selected by early members because meeting locations rotated among their offices.

DID YOU KNOW?
If you know someone who would make a good Rotary member but can’t attend your club meetings, you can refer them to another Rotary club through the Member Center.

HOW IS ROTARY STRUCTURED?

ROTARY CLUB MEMBERS

There are more than 1.2 million Rotary club members, or Rotarians, around the world. Your potential to do good in your community as a Rotarian is far greater than it was before you joined. You’ll have the privilege of working with other professionals and the opportunity to make a difference in the lives of others by bringing together your expertise, skills, and resources.

ROTARY CLUBS

The club is the most important component of Rotary’s organizational structure. There are over 35,000 Rotary clubs in more than 220 countries and geographical areas. Rotary clubs are autonomous, so the member experience varies from club to club. However, they all operate somewhat similarly. For example, all clubs have presidents, secretaries, and treasurers and committees that help them run smoothly. Each Rotary club is considered a member of Rotary International. Strong, well-run clubs enhance our members’ experiences and deliver valuable service to our communities.

CLUB MEETINGS

Rotary clubs hold regular meetings where their members gather to socialize and to discuss their current projects, other Rotary matters, and professional topics. While most clubs meet in person, some clubs meet primarily online or have a combination of in-person and online meetings. Rotary is both apolitical and nonreligious, and Rotary clubs are encouraged to create an inclusive environment for all club members at their meetings. Meetings can be formal or informal and can include food and drinks, speakers, an open forum for discussion, or group activities. The more you participate in your club’s meetings and activities, the better overall experience you will have as a member.

DID YOU KNOW?
The first Rotary club met in Chicago on 23 February 1905.



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Rotary Club of Secunderabad Sunrise

OURS PAST PRESIDENTS



Rtn. Narender Gauri
- 2001-2002



Rtn. Vaman Rao
- 2002-2003



Rtn. Ajit Gandhi
- 2003-2004



Rtn. Lokesh Jain
- 2004-2005



Rtn. S.K. Verma
- 2005-2006



Rtn. Rajesh Pamnani
- 2006-2007



Rtn. B.S. Ravindranth
- 2007-2008



Rtn. K. A. Ramayya
- 2008-2009



Rtn. M. Chandra Sekhar
- 2009-2010



Rtn. Dr.LR Surender
- 2010-2011



Rtn. Shravan Malani
- 2011-2012



Rtn. K. Amarnath
- 2012-2013



Rtn. Phanindra Kumar
- 2013-2014



Rtn. Bimal V Goradia
- 2014-2015



Rtn. Sandeep Jhawar
- 2015-2016



Rtn. Srinivas Gumidelli
- 2016-2017



Rtn. Samir Gupta
- 2017-2018



Rtn. Praveen Sharma
- 2018-2019



Rtn. Pawan Kumar Tibrewala
- 2019-2020



Rtn. Vijay Rathi
- 2020-2021



Rtn. Ravi Ladia
- 2021-2022



Rtn. Rajhans Banka
- 2022-2023



Rtn. Krishna Narella
- 2023-2024



Rotary Club of Secunderabad Sunrise



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