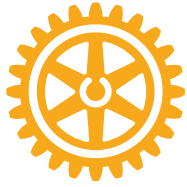


Rotary



RI DISTRICT 3150

WHAT IS MONKEYPOX (MPOX)?

TRANSMISSION, SYMPTOMS AND TREATMENT



August 2024



Scan our QR code & Visit our Website

Dist. Gov. : Rtn. Sharath Choudari

Editorial : Rajesh Pamnani

Rtn. Anil Ratan Goyal

Rtn. Samir Gupta

CLUB PRESIDENT (2024-25)

CLUB SECRETARY (2024-25)



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



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Club President



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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



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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 Members in the District 3150 Team for 2024-25

RI Club Excellence/ District Awards - (District Co Chairman & City)

Rtn. K.A. Ramayya

9391132959

ramayya_ka@yahoo.com

Secunderabad Sunrise

Sports District Chairman

Rtn. Shravan Malani

Secunderabad Sunrise

Assistant Governor

Rtn. Rajhans Banka

Secunderabad Sunrise

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	Aug 2024 - Total Dialysis 535
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)



Health Initiatives Amid Conflict – A Testament to Human Resilience

In a world grappling with an ever-changing array of challenges, few threats are as relentless as infectious diseases. Two such threats, monkeypox and polio, have drawn renewed global concern. Yet, it is in the most volatile regions, such as Gaza, where these health crises pose the greatest danger—and where the most heroic efforts are being made to combat them.

Gaza, a region marked by decades of conflict, is often in the headlines for reasons other than public health. The ongoing war has crippled infrastructure, strained resources, and brought untold suffering to its residents. In such an environment, where access to basic necessities is scarce, the outbreak of diseases like monkeypox and the persistence of polio are particularly alarming. These diseases, which can easily spread in crowded, unsanitary conditions, represent a dire threat to the already vulnerable population.

Despite these daunting circumstances, health workers in Gaza have continued their fight against these diseases with remarkable resilience. The Rotary's commitment to the global polio eradication initiative is a shining example of this resolve. Even as bombs fall and lives are upturned, efforts to vaccinate children against polio have not ceased. This campaign, which has successfully reduced polio cases worldwide by 99.9%, is a testament to what can be achieved when the world comes together with a singular purpose.

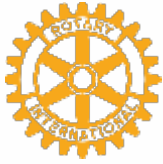




However, the emergence of monkeypox adds a new layer of complexity to an already challenging situation. Unlike polio, which primarily affects children, monkeypox can infect individuals of all ages, making it a significant public health concern. The Rotary, alongside global health partners, has been at the forefront of raising awareness, supporting vaccination efforts, and providing critical resources to those in need. The dedication of healthcare workers, who risk their lives daily to protect the health of others, is nothing short of heroic.

In these turbulent times, it is easy to feel overwhelmed by the enormity of the challenges we face. Yet, it is precisely in these moments that the power of collective action, compassion, and unwavering commitment to the well-being of others shines the brightest. The efforts in Gaza serve as a poignant reminder that even in the darkest of times, humanity's enduring spirit can prevail.

As Rotarians, we are called to support these initiatives, not just in spirit, but through action. Whether through donations, advocacy, or volunteering, every effort counts. Let us continue to stand with those on the front lines in Gaza and beyond, ensuring that no child suffers from diseases that can and should be eradicated. Together, we can make a difference, proving that even amidst conflict, hope and health can—and must—triumph.



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.



Hello Everyone!!!

We have started the year as per RCSS standards and hope to live up to the expectations of the members for the rest of the year.

All the members who attended the 'Know Your Rotarian' meet with our new Rotarian Harsh Agarwal - liked the same and wanted more such meetings to be held. As it is we are holding such meetings after a long hiatus.

We also attended the District 3150 Vibrant Clubs Seminar held Hotel Katriya along with district board members of our club.

We are also having a speaker meet on the topic 'Conflict Resolution & Negotiation' by Mr. Dilip Malla.

For the month of September the meetings planned are:

1. Speaker meeting on 14.09.2024
2. Family Fellowship on 22.09.2024
3. Out station Fellowship to Ayodhya/Varanasi on 27.09.2024

This year we want more interactions with all the members and with the district as well.

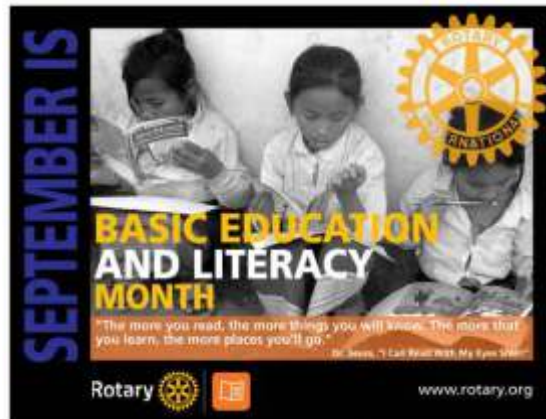
Regards
Rtn. Samir Gupta
Secretary
RCSS



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



Rotary Club of Secunderabad Sunrise DESIGNATED MONTH



September - Basic Education & Literacy

Area of Focus : Basic Education and Literacy Month, Promote Literacy and

It's a time when Rotary clubs and districts highlight Rotaract by joining in projects with their Rotaract clubs.

- Initiate Adult Education class
- Involve Youngsters / College Students as Teachers
- Initiate E-Learning / Happy School Projects
- Distribute Libraries
- Develop Traffic park for Children
- Arrange Traffic Awareness Lectures in Schools & Colleges



October - Economic and Community development

Area of Focus : Economic and Community Development Month. This month also includes : International Day for the Eradication of Poverty on the 17th and World Polio Day on the 24th of October.

- Develop Micro Credit system
- Organise Awareness Seminar on Self-Employment at Colleges/Universities
- Organise Trade Exhibitions
- Organise Buyers-Sellers meet
- Take up Entrepreneurship Development Program
- Organise Consumer Forum, a Public Meeting



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BIRTHDAYS & WEDDING ANNIVERSARIES - SEPTEMBER



BIRTHDAY

04/09 - Rtn. Ranjay Goel
08/09 - Rtn. Ankit Goyal
11/09 - Rtn. Alok Ranasaria
12/09 - Rtn. Sarvesh Gupta
12/09 - Rtn. Ajay Jain
14/09 - Ann. Srivani Nerella
14/09 - Ann. Archana Agarwal
15/09 - Rtn. Krishna Nerella
18/09 - Ann. Dr. Surekha
22/09 - Rtn. Suresh Verma
22/09 - Rtn. Harsh Agarwal
24/09 - Ann. Rama Manohar Gaddam
24/09 - Rtn. Ambuprakash Agarwal
27/09 - Rtn. Sreedhar Raju
27/09 - Ann. Kavita Agarwal

ANNIVERSARY

15/09 - Rtn. Satish & Rama Manohar

PROGRAMME

14/09 - RCSS Speaker meeting by Mrs. Sailaja Pillutla
22/09 - Family Fellowship hosted by Meera-Bimal, Preeti-Praveen, Indira-Manish, Vishakha-Harsh & Rituu-Samir.
27/09 - Out station Fellowship to Ayodhya/Varanasi



RCSS team attended District 3150 event - Vibrant Club Seminar on 18th Aug



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Rtn Lokesh Jain

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World Hepatitis Day, 28 July, is an opportunity to step up national and international efforts on hepatitis, encourage actions and engagement by individuals, partners and the public and highlight the need for a greater global response as outlined in the WHO's Global hepatitis report of 2017.

The date of 28 July was chosen because it is the birthday of Nobel-prize winning scientist Dr Baruch Blumberg, who discovered hepatitis B virus (HBV) and developed a diagnostic test and vaccine for the virus.

Low coverage of testing and treatment is the most important gap to be addressed in order to achieve the global elimination goals by 2030.



It's time for action

304 million people are living with chronic hepatitis B and C in 2022

Only 45% of babies received the hepatitis B vaccine within 24 hours of birth in 2022

1.3 million people died of chronic hepatitis B and C in 2022

World Hepatitis Day, observed on 28 July, raises awareness of viral hepatitis, an inflammation of the liver that causes severe liver disease and cancer.

This year's theme is: It's time for action. With a person dying every 30 seconds from a hepatitis-related illness, we must accelerate action on better prevention, diagnosis, and treatment to save lives and improve health outcomes.

There are 5 main strains of the hepatitis virus – A, B, C, D, and E. Together, hepatitis B and C are the most common infections and result in 1.3 million deaths and 2.2 million new infections per year.

Despite better tools for diagnosis and treatment, and decreasing product prices, testing and treatment coverage rates have stalled. But, reaching the WHO elimination goal by 2030 should still be achievable, if swift action is taken now.

Together, we can make hepatitis elimination a reality.



Supported by WHO, UNICEF and many Ministries of Health and civil society partners, World Breastfeeding Week is held in the first week of August every year.

Breastfeeding is one of the most effective ways to ensure child health and survival and yet currently, fewer than half of infants under 6 months old are exclusively breastfed.

In 2018, a World Health Assembly resolution endorsed World Breastfeeding Week as an important health promotion strategy. With a different theme each year, it aims to promote the enabling environments that help women to breastfeed – including support in the community and the workplace, with adequate protections in government policies and laws - as well as sharing information on breastfeeding benefits and strategies.



Breastfeeding support for all

World Breastfeeding Week is held in the first week of August every year, supported by WHO, UNICEF and many Ministries of Health and civil society partners. The theme for 2024 is Closing the gap: Breastfeeding support for all.

The campaign will celebrate breastfeeding mums in all their diversity, throughout their breastfeeding journeys, while showcasing the ways families, societies, communities and health workers can have the back of every breastfeeding mum.



WHO and UNICEF issue new guidance to promote breastfeeding in health facilities globally

WHO and UNICEF today issued new ten-step guidance to increase support for breastfeeding in health facilities that provide maternity and newborn services. Breastfeeding all babies for the first two years would save the lives of more than 820 000 children under age 5 annually.

The Ten Steps to Successful Breastfeeding underpin the Baby-friendly Hospital Initiative, which both organizations launched in 1991. The practical guidance encourages new mothers to breastfeed and informs health workers how best to support breastfeeding.

Breastfeeding is vital to a child's lifelong health, and reduces costs for health facilities, families, and governments. Breastfeeding within the first hour of birth protects newborn babies from infections and saves lives. Infants are at greater risk of death due to diarrhoea and other infections when they are only partially breastfed or not breastfed at all. Breastfeeding also improves IQ, school readiness and attendance, and is associated with higher income in adult life. It also reduces the risk of breast cancer in the mother.

"Breastfeeding saves lives. Its benefits help keep babies healthy in their first days and last will into adulthood," says UNICEF Executive Director Henrietta H. Fore. "But breastfeeding requires support, encouragement and guidance. With these basic steps, implemented properly, we can significantly improve breastfeeding rates around the world and give children the best possible start in life."

WHO Director-General Dr Tedros Adhanom Ghebreyesus says that in many hospitals and communities around the world, whether a child can be breastfed or not can make the difference between life and death, and whether a child will develop to reach his or her full potential.

"Hospitals are not there just to cure the ill. They are there to promote life and ensure people can thrive and live their lives to their full potential," says Dr Tedros. "As part of every country's drive to achieve universal health coverage, there is no better or more crucial place to start than by ensuring the Ten Steps to Successful Breastfeeding are the standard for care of mothers and their babies."

The new guidance describes practical steps countries should take to protect, promote and support breastfeeding in facilities providing maternity and newborn services. They provide the immediate health system platform to help mothers initiate breastfeeding within the first hour and breastfeed exclusively for six months.

It describes how hospitals should have a written breastfeeding policy in place, staff competencies, and antenatal and post-birth care, including breastfeeding support for mothers. It also recommends limited use of breastmilk substitutes, rooming-in, responsive feeding, educating parents on the use of bottles and pacifiers, and support when mothers and babies are discharged from hospital.



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

New members Orientation program on 3rd Aug attended by Rtn Gautam Anirudh & Rtn Hema Manghnani.





Use Spirulina As A Supplement



Spirulina is available in the form of supplement which includes multiple nutrients known to offer plenty of benefits. Just pick any quality off-the-shelf supplement and it will be your rich source of protein, iron and other nutrients described above. Many supplements are sold with a claim of fighting free radicals and relieving allergy symptoms. And they are actually able to do so with all their healthful constituents.



Use Spirulina As A Detox



Another major benefit of spirulina is that it works as a perfect detox treatment and can help remove toxins, metals, and other impurities from the blood. You can always use it in combination with other beverages and foods for easier consumption. Satisfying your taste buds by combining it with fruit smoothies and orange juice would be a great choice.

Spirulina As A Face Mask For Acne

The antioxidants and chlorophyll content present in spirulina make it a great choice to be used as an anti-aging and anti-inflammatory mask. If you have skin problems like acne or acne scars, the use of Spirulina to relieve the condition would be an even better choice.

You can mix a table spoon of Spirulina powder with some filtered water to form a paste. Once the paste is ready, just apply it gently on your face and leave for 20 minutes. Rinse with cool water to wash it off.



DISCLAIMER: Health Tips are designed for educational purpose only and are not intended to serve as medical advice. The information provided should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or suspect you may have a health problem, you should consult your health care provider.



Rotary Club of Secunderabad Sunrise

Know your Rotarian with Rtn Harsh & Ann Vishakha Agarwal
on 17th Aug





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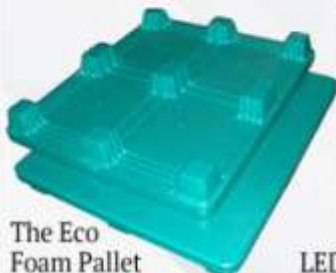
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What is mpox (monkeypox)?

Mpox is an illness caused by the monkeypox virus. It is a viral infection which can spread between people, mainly through close contact, and occasionally from the environment to people via things and surfaces that have been touched by a person with mpox. In settings where the monkeypox virus is present among some wild animals, it can also be transmitted from infected animals to people who have contact with them.

What are the symptoms of mpox?

Mpox can cause a range of signs and symptoms. While some people have less severe symptoms, others may develop more serious illness and need care in a health facility. Common symptoms of mpox include a rash which may last for 2–4 weeks. This may start with, or be followed by, fever, headache, muscle aches, back pain, low energy and swollen glands (lymph nodes). The rash looks like blisters or sores, and can affect the face, palms of the hands, soles of the feet, groin, genital and/or anal regions. These lesions may also be found in the mouth, throat, anus, rectum or vagina, or on the eyes. The number of sores can range from one to several thousand. Some people develop inflammation inside the rectum (proctitis) that can cause severe pain, as well as inflammation of the genitals that may cause difficulties urinating.

In most cases, the symptoms of mpox go away on their own within a few weeks with supportive care, such as medication for pain or fever. However, in some people, the illness can be severe or lead to complications and even death. Newborn babies, children, people who are pregnant and people with underlying immune deficiencies such as from advanced HIV disease may be at higher risk of more serious mpox disease and death.

Severe disease due to mpox may include larger, more widespread lesions (especially in the mouth, eyes and genitals), secondary bacterial infections of the skin or blood, and lung infections. Complications can include severe bacterial infection from skin lesions, mpox affecting the brain (encephalitis), heart (myocarditis) or lungs (pneumonia), and eye problems. People with severe mpox may require hospitalization, supportive care and antiviral medicines to reduce the severity of lesions and shorten time to recovery.

According to available data, between 0.1% and 10% of people with mpox have died. It is important to note that death rates in different settings may differ due to several factors, such as access to health care and underlying immunosuppression, including because of undiagnosed HIV or advanced HIV disease.



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Genomics is the study of the human genome.

That's our complete set of genes, making us who we are.



It also shows us how we're similar.

Patterns in our DNA can teach us about the health of people worldwide.



Share the story



World Health Organization



Rotary Club of Secunderabad Sunrise



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Rotary Club of Secunderabad Sunrise CSR team under Director Srinivas Gumidelli visited MNJ Cancer hospital on 21st Aug





Rotary Club of Secunderabad Sunrise

Humanitarian pauses vital for critical polio vaccination campaign in the Gaza Strip



Two rounds of a polio vaccination campaign are expected to be launched at the end of August and September 2024 across the Gaza Strip to prevent the spread of circulating variant type 2 poliovirus (cVDPV2).

WHO and UNICEF request all parties to the conflict to implement humanitarian pauses in the Gaza Strip for seven days to allow for two rounds of vaccination campaigns to take place. These pauses in fighting would allow children and families to safely reach health facilities and community outreach workers to get to children who cannot access health facilities for polio vaccination. Without the humanitarian pauses, the delivery of the campaign will not be possible.

During each round of the campaign, the Palestinian Ministry of Health (MoH), in collaboration with the World Health Organization (WHO), the United Nations Children's Fund (UNICEF), the United Nations Relief and Works Agency for Palestine Refugees (UNRWA) and partners, will provide two drops of novel oral polio vaccine type 2 (nOPV2) to more than 640 000 children under ten years of age.

The poliovirus was detected in July 2024 in environmental samples from Khan Younis and Deir al-Balah. Worryingly, three children presenting with suspected acute flaccid paralysis (AFP), a common symptom of polio, have since been reported in the Gaza Strip. Their stool samples have been sent for testing to the Jordan National Polio Laboratory.

Over 1.6 million doses of nOPV2, which is used to stop cVDPV2 transmission, will be delivered to the Gaza Strip. The deliveries of the vaccines and the cold chain equipment are expected to transit through Ben Gurion Airport before arriving in the Gaza Strip by the end of August. It is essential that the transport of the vaccines and cold chain is facilitated at every step of the journey to ensure their timely reception, clearance and ultimately delivery in time for the campaign.

Detailed plans to support vaccinators and social mobilizers to reach eligible children across the Gaza Strip have been finalized. Vaccination will be administered by 708 teams, including at hospitals, field hospitals, and primary health care centres in each municipality of the Gaza Strip. Around 2700 health workers, including mobile teams and community outreach workers, will support the delivery of both rounds of the campaign. This will be supported by awareness-raising efforts to mitigate the risks of polio infection.

At least 95 per cent vaccination coverage during each round of the campaign is needed to prevent the spread of polio and reduce the risk of its re-emergence, given the severely disrupted health, water and sanitation systems in the Gaza Strip.

Other requirements for successful campaign delivery include sufficient cash, fuel and functional telecommunication networks to reach communities with information about the campaign.

Further efforts are underway to strengthen and expand poliovirus surveillance and routine immunization.

The Gaza Strip has been polio-free for the last 25 years. Its reemergence, which the humanitarian community has warned about for the last ten months, represents yet another threat to the children in the Gaza Strip and neighboring countries. A ceasefire is the only way to ensure public health security in the Gaza Strip and the region.



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Rotary Club of Secunderabad Sunrise

RCSS Speaker Meeting held at Marriott Hotel on 31.08.2024





Rotary Club of Secunderabad Sunrise

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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



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- 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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All have been attributed to the rightful authors, to the best of our knowledge. If we have omitted something please contact us. The views and opinions expressed in the articles are those of the author(s) and do not necessarily reflect the views or opinions of the editors.

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