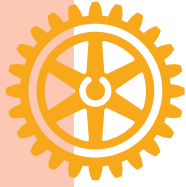


# Rotary



## THE MAGIC OF ROTARY

### RI DISTRICT 3150



October 2024



Scan our QR code &  
Visit our Magazines

*Dist. Gov. : Rtn. Sharath Choudari*

*Editorial : Rajesh Pamnani*

Rtn. Anil Ratan Goyal

Rtn. Samir Gupta

CLUB PRESIDENT (2024-25)

CLUB SECRETARY (2024-25)



# CONTENTS

|    |  |
|----|--|
| 3  | Board of Directors (Year 2024-25)                  |
| 4  | Club Members in District Team                      |
| 5  | Editor-Speak                                       |
| 7  | Our Editors (2024-2025)                            |
| 8  | Designated Month                                   |
| 10 | Birthdays & Anniversaries                          |
| 12 | World Diabetes Day                                 |
| 14 | RCSS Joint Speaker Meeting                         |
| 15 | Rcss End Polio Now                                 |
| 17 | Tide to Feed Rotaract                              |
| 18 | 10 Common tricks used by scamsters                 |
| 19 | Paul Harris Table Tennis Carnival                  |
| 22 | Rotary Service and Engagement                      |
| 23 | Forever chemical's have made our bosdy their homes |
| 27 | Meningitis, a global public health challenge       |



# 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 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<br>(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  | September - Total Dialysis 461 |
|   | October - Total Dialysis 558    | October - Total Dialysis 464   |
|   | November - Total Dialysis 564   |                                |
|   | December - Total Dialysis 576   |                                |



Rtn. Rajesh Pamnani  
International Services (2024-25)



## Diwali - Celebrating Bonding, Light, and Togetherness

As the festive season draws near, the air begins to carry a distinct fragrance of excitement, joy, and warmth. Among these festivities, Diwali stands as one of the most cherished celebrations in India and around the world. Known as the “Festival of Lights,” Diwali signifies the triumph of light over darkness, good over evil, and knowledge over ignorance. But beyond its vibrant traditions, Diwali embodies the spirit of togetherness and bonding that lies at the heart of every festival.

During Diwali, homes are illuminated with oil lamps, vibrant rangolis adorn entryways, and the sounds of laughter and joy fill the air. Families gather to clean and decorate their homes, prepare traditional sweets, and offer prayers for prosperity and well-being. It’s a time when loved ones reconnect, neighbors share in each other’s celebrations, and communities come together to spread happiness and goodwill.



For Rotary members, Diwali is a reminder of our shared commitment to creating a world illuminated by compassion, unity, and service. In our busy lives, festivals like Diwali give us a moment to pause, reflect, and reconnect with those around us. It’s a time to deepen relationships, bridge distances, and make lasting memories with family, friends, and even strangers. Acts of kindness—like sharing meals, helping those in need, or simply spending quality time with loved ones—strengthen the bonds that make our communities resilient and compassionate.

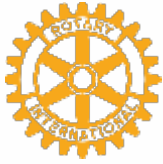
Diwali is also a time to celebrate the diversity that makes our world richer. Across different cultures and regions, the essence of Diwali remains the same—sharing light and joy. This festival reminds us that, despite our differences, we all seek connection, understanding, and love.



As we celebrate Diwali this year, let us carry its light beyond the five days of festivities. Let it inspire us to foster kindness, strengthen bonds, and spread the spirit of togetherness throughout the year. May we continue to serve our communities with the same spirit of love and warmth that Diwali brings into our lives. Let us keep the flames of compassion and unity burning bright, creating a world where everyone can find light in their lives.

Wishing you and your loved ones a joyous, peaceful, and bright Diwali.





**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 Rituu 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.

Professional consultant for Vastu, Crystal Healer and Numerologist.



**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 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 DESIGNATED MONTH



## **November** - Rotary Foundation Month.

Clubs and Districts call attention to the programs of The Rotary Foundation and frequently cultivate additional financial support for the Foundation by promoting contributions for Paul Harris Fellows and Sustaining Members.



## **December** - Disease Prevention and Treatment

Area of Focus : Disease Prevention and Treatment Month. This month includes : World AIDS Day on the 1st and International Day of Disabled Persons on the 3rd of December.

- Organise Medical Camp - Health Awareness for Eye Care / Dental Care.
- Providing equipment such as Artificial Limbs, Wheel Chairs and Calipers to the Physically Challenged Peoples i.e. Polio Sufferers.
- Provide low-income, underinsured or underinsured Persons with the knowledge, skills, an opportunities to improve their diet, physical activity and other life habits to prevent, delay, or control, chronic diseases.
- Initiate Actions to Prevent and control Diabetes, Heart Diseases, Obesity and Associated Risk Factors.





We provide financial services  
as per your financial needs



Connecting your Investment need

FUND INSIGHTS  
INVESTMENT

16+ years in Personal Finance **FUND INSIGHTS INVESTMENT** offers a unique approach to helping individuals / Families / Business Owners to reach financial success. Your economic growth is the most critical aspect of the business.

We specialise in **spouse retirement solutions** to satisfy the customer's needs to attain the financial goal in a very mannered effort. He assures faith, trustfulness, and dedication toward the customer's needs.

**Retirement solutions** are tailored plans to secure your financial future. Our expert advisors work closely with you to create a customized retirement strategy, considering your goals, risk tolerance, and timeline. We provide a range of investment options, tax-efficient strategies, and retirement income planning to ensure a comfortable retirement. With our guidance, you can navigate through the complexities of retirement planning, so you can enjoy your golden years with confidence and financial stability. Start building your retirement nest egg today for a brighter tomorrow.

We offer a wide range of investment products available in the financial market.

To know more, book your appointment



[www.myfundinsights.com](http://www.myfundinsights.com)



[contact@myfundinsights.com](mailto:contact@myfundinsights.com)



9989244859



## BIRTHDAYS & WEDDING ANNIVERSARIES - NOVEMBER



### BIRTHDAY

01/11 - Ann. Indra Sharma  
03/11 - Rtn. Jitender Agarwal  
11/11 - Ann. Dr. Mridula Verma  
17/11 - Ann. Monika Agarwal  
23/11 - Ann. Anitha Tholia Jain  
25/11 - Ashwani Nevatia

### ANNIVERSARY

03/11 - Rtn. Ramayya & Sujata  
04/11 - Rtn. Srinivas & Nagini Gumidelli  
11/11 - Rtn. Alok & Sarika Ranasaria  
21/11 - Rtn. Praveen & Preeti Sharma  
23/11 - Rtn. Anirudh Gautam & Varsha Gautam  
23/11 - Rtn. Samir & Ritu Gupta  
29/11 - Rtn. Ashwani Nevetia & Shalini

### PROGRAMME

05/11 - Inauguration of medical equipments at MNJ Cancer Hospital  
16/11 - RCSS Fellowship



Fellowship October 2018



**CERTIFIED ISO 9001**

**Rtn Lokesh Jain**

**BLDC FAN - 29W**

**PATNY<sup>®</sup>**

**CEILING FANS**

Trust that Grows  
**36**  
YEARS OF  
BUSINESS EXCELLENCE



Manufactured by:  
**JAIN ELECTROMECH APPLIANCES**  
&  
**JAIN ELECTRO ENTERPRISES**

14, SVCIE, Phase 1 Ext. Balanagar, Hyderabad-500 037. INDIA. website: [www.patnyfan.com](http://www.patnyfan.com)  
Landline No.: 040 23772412



### 14 November is World Diabetes Day

Established in 1991 by the International Diabetes Federation with support from WHO in response to growing concerns about the health and economic threat posed by diabetes, World Diabetes Day became an official UN day in 2006.



World Diabetes Day provides an opportunity to raise awareness about diabetes as a critical global public health issue and emphasize the collective and individual actions needed to improve the prevention, diagnosis and management of the condition.

This year's theme, "Breaking Barriers, Bridging Gaps," underpins our commitment to reducing the risk of diabetes, and ensuring that all people who are diagnosed with diabetes have access to equitable, comprehensive, affordable and quality treatment and care. Join us in raising awareness, spreading knowledge and creating lasting change for all affected by diabetes.



# 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*



*Horeca use*

Soon available in multiple sizes starting from 8mL upto 275mL.

Whole sale packs are available on direct supply and retail packs from your favourite e-commerce marketplaces and retailers near you



### Edco-India, Hyderabad

M : +91 7093510007  
E : pamnani.rohan@gmail.com  
W: www.edco-india.com

Retail packs available on

1. Raplap.com
2. Karachi Bakery
3. Q Mart
4. Balaji Grand Bazar



# Rotary Club of Secunderabad Sunrise



RCSS Joint Speaker Meeting on 17.10.2024 at Taj Tristar, Secunderabad  
Topic : "Role of HYDRA" in development of the global city of Hyderabad.





# Rotary Club of Secunderabad Sunrise



**RCSS END POLIO NOW on 24.10.2024 at Gandhian School, Near Dr. Surender's clinic, Sec-bad club to AOC Road, Laxmi Nagar, Secunderabad.**





Rotary Club of Secunderabad Sunrise



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

**Ph. : 040-66325407, 66325408, Fax : 66325400**

[www.jaishree.com](http://www.jaishree.com)





# TIDE TO FEED



In Collaboration with Rotaract club of Madras

3150



3234



"TIDE TO FEED" a Food Donation Drive on World Food Day 16-10-2024

## RAC ST PETER'S ENGINEERING COLLEGE

### Warm Rotaract Greetings

On the occasion of World Food day..!

We the Rotaract club of St.peter's engineering college in Collaboration with Rotaract club of Madras (RID-3234) done a Food donation Drive called "TIDE TO FEED" On 16-10-2024 at kompally.No. of Rotaractors participated are :5No.of hours spent: 1hourNo.of.beneficiaries are-15 Regards Rtr Durgi Akshaya International service director Rtr Karthik Joint International service directorRAC St Peter's Engineering College.



# 10 common tricks used by scamsters

Middle-aged and elderly people are most vulnerable, though even youngsters fall into the traps laid by fraudsters.



### TRAI action against phone

You get a call supposedly from the Telecom Regulatory Authority of India (TRAI) saying your mobile number has been used for illegal activities, so phone services will be suspended. The call is then forwarded to a fraudster posing as an official of the cybercrime cell of police.

TRAI says disconnection of phone services is done by telecom companies, not TRAI.

### Put under digital arrest

Posing as a police officer, the fraudster accuses the victim or relative of a crime. A fake CBI officer conducts an interrogation via video or audio call and threatens digital arrest.

Police have clarified that they do not do digital arrests or online interrogation. Disconnect call and report number.



### Parcel stuck at customs

The victim is told that a parcel containing contraband has been intercepted by the customs department. The average person panics and agrees to pay to hush up the case. The victim could also be asked to send some amount for the release of the shipment.

If you click on link, they get access to your device. Disconnect call and report number.

### Credit card issued in your name

A fake executive calls to say a large transaction was conducted on the victim's credit card and wants to confirm it. The credit card is bogus so the victim's call is forwarded to another fraudster who offers to help. Once they gain trust, they ask for card details, CVV and OTP.

If card issued in your name, you will get SMS about the transaction. Check with your bank.



### Family member arrested

Someone posing as a policeman informs the victim that a close relative will be arrested on a serious charge. The victim is told to pay up for the charges to be dropped. Some may even use AI to mimic the family member.

Don't panic. Check with family member before further action.

### Money transferred by mistake

Victim gets a fake text message that some amount has been credited to his account. Scammer then calls up and says the transaction was done by mistake and wants the victim to return the money. The text message is not from bank and no money was actually transferred.

Check your bank account to confirm whether money has been received before you act.

### Get rich by trading stocks

Social media ads promise lucrative 30-40% returns from stocks. Victims are directed to a fake website that grants them access to a bogus portfolio. Scammers initially give very high returns on a small sum of money, encouraging victim to invest more. When he tries to withdraw, scamsters vanish.

A scheme that offers very high returns is an obvious scam. Don't fall for them.



### KYC has expired

Victim receives an SMS, call, or e-mail asking to update his KYC details by clicking on a link. The link takes him to a website that gets access to his device and steals personal information.

Banks never send links for online updation of KYC. They always insist on a branch visit or an in-person interaction.



### Earn big from easy tasks

Scammers offer high sums for simple tasks such as liking YouTube videos or social media posts. The victim is then asked to invest in cryptos and other assets for high returns. A small sum is credited to victim's account to appear legitimate. When victim puts in a large sum, scamsters vanish.

Schemes offering easy money are scams. Don't be deceived by them.

### Generous tax refund

Taxpayers who have filed their tax return or are expecting a tax refund get a phone call from fraudsters posing as tax officials. They ask the taxpayer to furnish bank details so that the refund can be expedited. Once they get the details, they clean the bank account.

The tax department sends SMS and mail directly to the taxpayer. If already has the taxpayer's bank details.



Rotary Club of Secunderabad Sunrise



Powered by

- Rotary Club of Madras Midtown
- Rotary Club of Kodaikanal & Fellowship of Table Tennis Loving Rotarians

# PAUL HARRIS TABLE TENNIS CARNIVAL

## SEASON 1

### ROTARIANS | ANNS | ANNETTES

# REGISTRATION

+91 63851 40808

Help Desk: 8AM to 7PM

# OPEN

GROUP OF THREE

₹20000\*

INDIVIDUALS

₹8999\*

TRAVEL & STAY EXCLUDED

**VENUE**

St. Peter's International School

# KODAIKANAL

Tamil Nadu

# 6, 7, 8, 9 DECEMBER 2024

5 COUNTRIES  
50 DISTRICTS  
1 TROPHY

FOR REGISTRATION



[www.phttc.in](http://www.phttc.in)

**RTN KAMAL NARENDRA**  
PRESIDENT

**RTN RR KUMAR** | +91 93823 42357  
**RTN BHAVESH SHAH** | +91 98402 09888

**RTN CECIL S KOTEY**  
SECRETARY



A fund raiser towards Cancer Care | Avail 80G



# PRIZES AND TROPHIES

www.phttc.in Help Desk: +91 63851 40808

## EXPERT

**WINNER**  
₹100000

**RUNNERS**  
₹50000

**Impact Player**  
₹20000

**Fairplay**  
₹10000

**Golden Paddle**  
₹10000

**Golden Ball**  
₹10000

## CASUAL | INTERMEDIATE

**WINNER**  
₹75000

**RUNNERS**  
₹25000

**Jean Harris cap**  
₹10000

**Paul Harris Cap**  
₹10000



## PACKAGE INCLUDES

- T shirt
- GOODY BAG
- LUNCH AND REFRESHMENTS
- SHUTTLE SERVICES (AT KODAI ONLY)
- CASH PRIZES, AWARDS AND MORE

**Entry Pass for the Gala Dinner Party**

## FOR BULK BOOKING

Rtn.RR Kumar  
+91 93823 42357

Rtn.Bhavesh Shah  
+91 98402 09888

## GENERAL TERMS & CONDITIONS

- Open to all Rotarians, Anns and Annettes from India, Nepal, Srilanka, Malaysia and Singapore
- 400 players are likely to participate in this event
- Players will be classified as Expert, Intermediate or Casual by a Jury at 830am on 7th Dec
- Skill will be the only basis of classification and not age or gender
- Doubles in each category will have a winner and runner up with Cash Prizes
- RI District with maximum number of participants and points won will get the Dr CSR Trophy
- Detailed rules of the game will be updated on the website in due course.

## SCHEDULE OF EVENTS:

- Meet and greet at 6:30 PM on 6th Dec (at Hotel Sterling lake)
- Players to be ready for pickup from Hotel at 8am on 7th Dec
- Classification will commence at 8:30 AM (7th Dec)
- Lots will be drawn by 10:30 AM and matches will commence immediately.



Live relay of the event on YouTube and Facebook



Leading Aluminium DieCasting Manufactures  
Your Trusted Partner Since 1978

Rtn Pawan Kumar Tibrewala  
+91 9849094697



Ceiling Fan End Shield



Ceiling Fan Ring Rotor



Ceiling Fan Star Rotor



Irrigation Sprinkler

Manufactured at Sy.No.858/Part, Adj. to IE, Medchal, Hyderabad - 501401 | pawanelt1978@gmail.com



**Andhra Expanded Polystyrene Pvt. Ltd.**



**Southern Expanded Polystyrene Pvt. Ltd.**



Leading Expanded Polystyrene (Thermocole) Manufacture  
Your Trusted Partner Since 1995



Thermocole Sheets



Ceiling Fan Tray



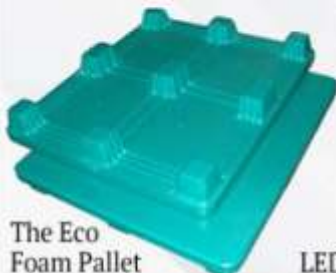
Vaccine Box



EPS Pipe



EPS Fish Box



The Eco Foam Pallet



LED TV Packing Buffer



Fruit Box 5KG



Electronic Buffer Packing



Granite Tile Box

Sy. No.807, Adj. to IE, Medchal,Hyderabad - 501401 | www.andhraexpanded.com | sales@andhraexpanded.com



## Rotary Service and Engagement



### Building stronger communities through economic opportunities

When the Rotary Club of Bursa-Uludag, Turkey, established the Rotary Community Corps of Aksu Village, the goal was to support local women in establishing or expanding small businesses. The club conducted a community assessment, provided equipment and a place for the entrepreneurs to sell their products, and helped them diversify their products to include fruit pastes, jams, vegetables, and homemade breads. This helped the businesses grow, which allowed the business owners to maintain their income throughout the year.

The family of Rotary has many ways to create measurable and enduring economic improvement in communities. Here are a few:

- Broaden access to sustainable employment
- Encourage entrepreneurship and foster inclusive business opportunities
- Support resilient agriculture



Is your club or district interested in developing community-based, sustainable, and effective community economic development projects? Contact your district international service chair to get information on the technical expertise that's available from your district resource network. Through the district resource network, you can connect with members of the Rotary Action Group for Community Economic Development and members of the Cadre of Technical Advisers who have a background in this area of focus to support the design, implementation, and monitoring of your projects. Your district international service committee can introduce you to local experts who can help your club plan and implement a project to support economic growth and resilience.

## Avenue of Service: Community Service

### Rotary members launch initiatives for community well-being

Loneliness is a growing global health concern, affecting both mental and physical well-being. Our clubs worldwide are tackling this silent epidemic. They're launching a variety of innovative projects that seek to reconnect individuals with their communities and foster stronger social bonds. Here's a sampling of how Rotary clubs are promoting mental health and making a profound impact on people's lives.

## Increase our impact

### Be part of World Polio Day

Rotary has an enduring legacy of positive change, and our lasting impact is perhaps exemplified best by our polio eradication efforts. World Polio Day on 24 October is approaching quickly. If your club hasn't started planning its World Polio Day event, now is the time to begin. Visit the Rotary Brand Center for graphics, videos, flyers, public relations templates, and more.

When your event is planned, remember to register it. Last year, 10% of Rotary and Rotaract clubs registered a World Polio Day event. Let's show the world that Rotary's commitment to polio eradication is stronger than ever and register more events in 2024!

## Enhance engagement

### Get involved in ways that are meaningful to you

Rotary offers meaningful experiences for people of all ages and backgrounds. From learning more about the world to learning more about yourself, you can grow by engaging with Rotary's global network and the many activities, programs, and interest groups that our organization offers.





## 'Forever chemicals' have made our body their homes

Chemicals from food packaging can cause carcinogenicity, reproductive toxicity, and endocrine disruption

■ **Bisphenol A (BPA):** Often used in plastics and resins, BPA can disrupt hormones and has been linked to various health issues

■ **Phthalates:** These are used to make plastics more flexible. Some phthalates are known to be toxic to reproduction and can disrupt endocrine functions

■ **Per-and Polyfluoroalkyl Substances (PFAS):** These chemicals are used in non-stick cookware, water-repellent clothing, and food packaging. They are persistent in the environment and human body and can lead to adverse health effects

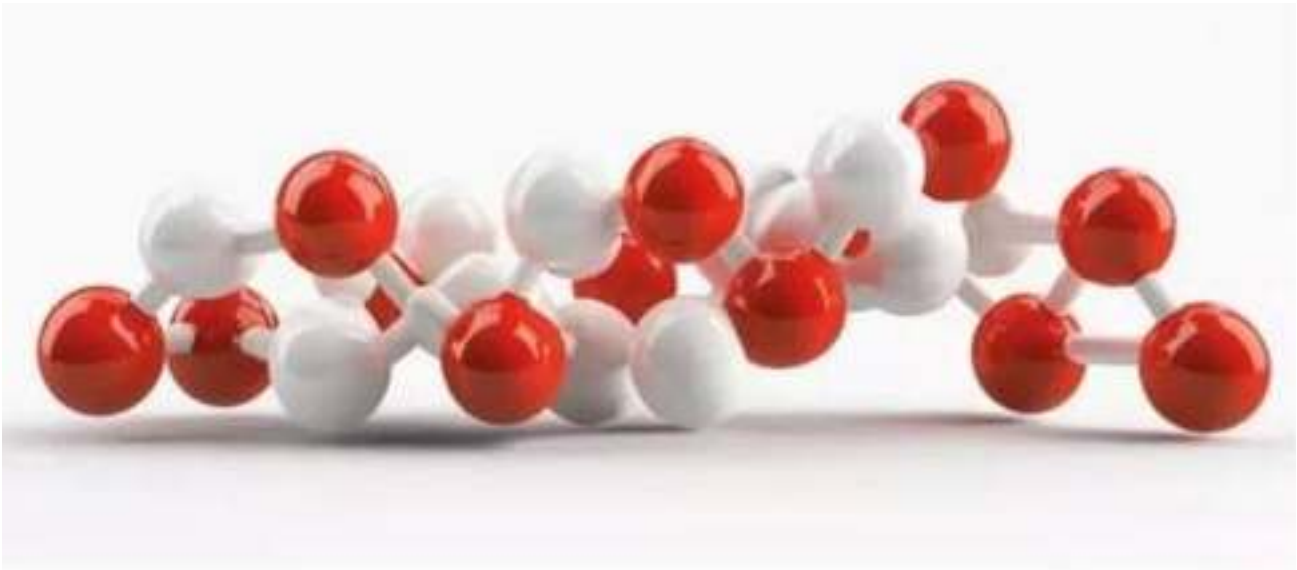
■ **Styrene:** Found in polystyrene plastics and resins, styrene is a possible human carcinogen

■ **Lead and cadmium:** These metals can be found in some food contact materials and are known to be toxic, affecting multiple organs and systems in the body

■ **Benzophenone:** Used in coatings and inks, benzophenone is a suspected carcinogen and endocrine disruptor

■ **BADGE (Bisphenol A diglycidyl ether) and its derivatives:** These are used in epoxy resins and can cause endocrine disruption and other toxic effects





## Beware of BPA

- Bisphenol A is an industrial chemical used mainly in the **production of epoxy resins**, which are ingredients in various consumer products.
- It is often used to make **water bottles, baby bottles, food storage containers** and the linings of metal-based food cans, and is notorious for its tendency to get into food and drink.
- BPA can **act on the body as an oestrogen mimic** and, thus, disrupt the hormonal equilibrium.
- It adversely targets the growth and health of the reproductive system, **especially in foetuses and young children**.
- BPA exposure during critical developmental periods can affect brain development, potentially leading to behavioural issues such as **anxiety and attention deficit hyperactivity disorder (ADHD)** in children.



## Adverse health effects of phthalates

- Reduced growth rate
- Hepatic (liver) and renal (kidney) effects
- Developmental and reproductive effects



- Reduced foetal weight
- Cryptorchidism, a condition when testes fail to descend from the abdomen into the scrotum

- Hypospadias, a birth defect affecting the urethral opening in men
- Reduced anogenital distance in males
- Testicular toxicity
- Hepatocellular carcinoma
- Effects on foetal growth

Source: Dr Deepti Khatuja, Chief Clinical Nutritionist, Fortis Memorial Research Institute, Gurgaon

## How to avoid consuming packaging chemicals

- **Minimise the time** food spends in contact with packaging.
- **Do not reheat food** in its original packaging.
- Opt for unwrapped **fresh produce** from local farmers markets.
- Store food in **glass, stainless steel, or ceramic containers.**
- Policymakers should **regulate and restrict hazardous food** contact chemicals (FCCs).
- Conduct thorough **safety assessments** of all FCCs.

- The food industry should use materials that **do not leach harmful chemicals.**
- Choose **BPA-free, phthalate-free, and PFAS-free** products.
- **Avoid plastics** with recycling codes 3 (PVC), 6 (PS), and 7 (other).
- Avoid **canned goods**, which may have BPA linings.
- Oily or fatty foods **wrapped in printed paper** or plastic may absorb unhealthy chemicals.



## Meningitis, a global public health challenge, Marburg outbreak, WHO response in Lebanon



### **While meningitis affects all ages, young children are most at risk.**

Meningitis is the inflammation of the tissues surrounding the brain and spinal cord. It is usually caused by infection, and can be fatal hence requires immediate medical care. Bacterial meningitis is the most common dangerous type of meningitis and can be fatal within 24 hours. Vaccines offer the best protection against common types of bacterial meningitis.



The Rwanda Ministry of Health announced an outbreak of Marburg virus disease.

So far, 36 cases have been confirmed, including 11 deaths, from seven of the country's 30 districts. 25 patients are isolated and receiving care. More than 70% of the confirmed cases are health workers from two health facilities in the capital, Kigali.



**Lebanon's health workers speak about professional struggles amid increasing conflict**



Health workers in Lebanon are facing challenging circumstances as they confront death and destruction on a personal and professional level. Lebanon's health system has been thrust into crisis following the explosion of message-receiving devices on 17 and 18 September, and the events that followed.



**WHO launched the Global Strategic Preparedness, Readiness and Response Plan to tackle dengue and other Aedes mosquito-borne arboviruses.**

Dengue cases have surged across all six WHO regions, with an estimated 4 billion people at risk of globally. The number of cases has approximately doubled each year since 2021.

As the violence intensifies, WHO, in coordination with the Ministry of Public Health and other partners, remains committed to addressing the critical needs of Lebanon's health sector and ensuring health workers have the support they need to continue saving lives.

**Protect yourself from mosquito bites, especially if you live in an area where dengue is present.**

The mosquitoes typically bite during the day.



Use mosquito repellent, especially during the day.

Sleep under a mosquito net (during the day).



Wear long-sleeved clothes.

Regularly drain water tanks, plant pots and other humid places in your home where mosquitoes could breed.





SAVERA  
**CHAMPION**<sup>®</sup>  
PVC PIPES • TUBES • FITTINGS



**CHOOSE RIGHT  
CHOOSE CHAMPION**

**OUR PRODUCT RANGE**

- Garden Hoses
- Steel Wire Reinforced Hoses
- RR Couplers
- Level Pipes
- UPVC Irrigation Pipes & Fittings
- Electrical Conduit Pipes
- Sleeves
- Suction Hoses
- HDPE Pipes & Fittings
- Braided Hoses
- Corrugated Pipes
- PVC-U Drainage Pipes & Fittings
- Suction Hoses
- Lay Flat Tubes



Savera Pipes Pvt. Ltd.,  
Lakshmi Nagar Colony,  
Suraram Village, Suraram,  
Hyderabad, Telangana-500055.



✉ info@saverapipes.com ☎ +91 8454253433

📍 @savera.champion 📱 champion.saverapipes 🌐 www.saveraind.com



# 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



## Disclaimer

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.

For Private Circulation Only