

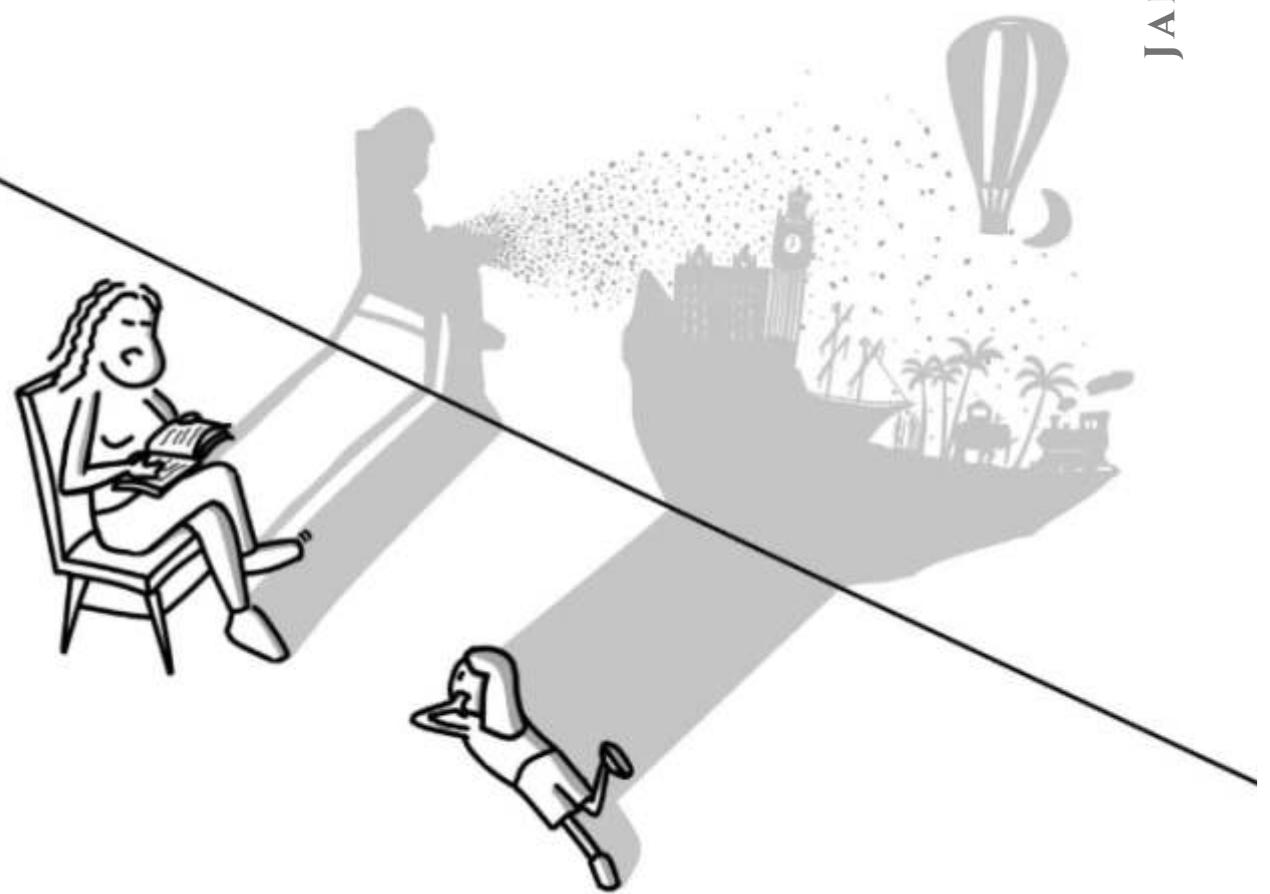


Rotary
Rotary Club of Secunderabad Sunrise



RI DISTRICT 3150

JANUARY 2026



pic@yo_runner

Dist. Gov. : Rtn. Dr. Ram Prasad SV

Rtn. Ranjay Goel

CLUB PRESIDENT (2025-26)

Editorial : Rajesh Pamnani

Rtn. Rajhans Banka

CLUB SECRETARY (2025-26)

CONTENTS

3	Board of Directors (Year 2025-26)
4	Dialysis Analysis from 2023-25
5	RI News
6	Editor-Speak
8	Our Editors (2025-2026)
9	Birthday & Wedding Anniversaries
11	Designation Month
13	The Master Crystal for Every Beginning by Ann. Rituu Gupta
17	Fellowship Night
19	District Conference
22	Social Media and Mental Health: Finding Balance by Kanak Kabra
27	Varkha Chulani Article

Board of Directors (Year 2025-26)



Rtn. Ranjay Goel
Club President



Rtn. Rajhans Banka
Club Secretary



Rtn. Sanjay Kabra
Club Treasurer



Rtn. Anil Ratan Goyal
IPP



Rtn. Pawan Tibrewala
Club Trainer



Rtn. Samir Gupta
Vice President



Rtn. Alok Ranasaria
Sergeant at Arms



Rtn. Gaurav Nyati
Jt. Secretary



Rtn. Manish Sharma
President Elect



Rtn. Lokesh Jain
Club Admin



Rtn. Sandeep Jhawar
Foundation



Rtn. Srinivas Gummidelli
CSR



Rtn. Rajesh Pamnani
International Service



Rtn. K. A. Ramayya
Community Service



Rtn. Gaddam Satish
Vocational Services



Rtn. Tarun Rungta
Youth Services



Rtn. Aniruddh Gautam
Membership

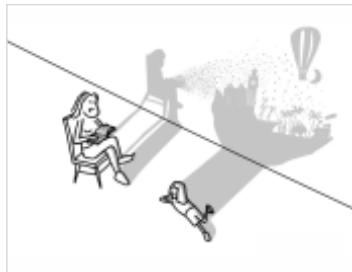
Club Members in District Team

District Chairman Water & Sanitation
Rtn. K.A. Ramayya
 9391132959
 ramayya_ka@yahoo.com

District Chairman CSR
Rtn. Gumidelli Srinivas
 9848005110

City Zone - 6 Service Projects
Rtn. Pawan Tibrewal
 9000206633

City Zone 7 Special Aide
Rtn. Ravi Ladia
 9985722713



What book do you think it is?

Improving our little ones' imaginations:
 read them books.

By: yo_runner

Dialysis Analysis from 2023-25

Jul 2023 - Total Dialysis 506
 Aug 2023 - Total Dialysis 517
 Sep 2023 - Total Dialysis 525
 Oct 2023 - Total Dialysis 558
 Nov 2023 - Total Dialysis 564
 Dec 2023 - Total Dialysis 576
 Jan 2024 - Total Dialysis 583
 Feb 2024 - Total Dialysis 543
 Mar 2024 - Total Dialysis 539
 Apr 2024 - Total Dialysis 578
 May 2024 - Total Dialysis 634
 Jun 2024 - Total Dialysis 572

July 2024 - Total Dialysis 570
 Aug 2024 - Total Dialysis 535
 Sep 2024 - Total Dialysis 461
 Oct 2024 - Total Dialysis 464
 Nov 2024 - Total Dialysis 409
 Dec 2024 - Total Dialysis 441
 Jan 2025 - Total Dialysis 495
 Feb 2025 - Total Dialysis 433
 Mar 2025 - Total Dialysis 492
 Apr 2025 - Total Dialysis 488
 May 2025 - Total Dialysis 514
 Jun 2025 - Total Dialysis 492

July 2025 - Total Dialysis 534
 Aug 2025 - Total Dialysis 498
 Sep 2025 - Total Dialysis 511
 Oct 2025 - Total Dialysis 506
 Nov 2025 - Total Dialysis 491
 Dec 2025 - Total Dialysis 535
 Jan 2026 - Total Dialysis 553



Rotary projects around the globe

United States

For more than a decade, Iowa Rotarians have conjured up a frightful tradition for people seeking a Halloween scare. The undertaking started in 2012, when the Rotary Club of Eldora leased an abandoned city-owned hospital and turned it into a haunted fundraiser attracting visitors from across the state and new interest in the club. When the hospital was sold in 2023, the Rotarians created a new spooky attraction, an outdoor haunted trail. Costumed actors, including high school thespians, line the half-mile wooded path. “Honestly, the area is creepy enough without any props or decorations,” says Marc Anderson, club president. Proceeds are donated back into the community, primarily to the high school boosters. The club’s dozen members all pitch in to handle crowd control and ticket sales. “Most importantly,” Anderson says, “one Rotarian has to pick up pizzas to feed our actors at the end of each evening.”



Jamaica

Called Jamaica’s storm of the century, Hurricane Melissa swept across the island in October, devastating southwestern coastal communities. “Trees and power lines had fallen, roofs had been blown away, and some buildings had collapsed,” says Dominica Pradère, a past president of the Rotary Club of Montego Bay, one of the worst-hit areas. Two members’ homes were severely damaged, and all were left without electricity or running water for weeks. “Once we were able to communicate, we began to explore ways to assist people whose situations were far worse than our own,” Pradère says. Club members provided relief packages to several communities, working in partnership with the Rotary clubs of Kingston and Ocho Rios, and ShelterBox and Food For The Poor. “Fortunately,” Pradère says, “we have a network of Rotary friends and other organizations around the world who want to assist as we help communities and institutions to get back to normal.”

By Brad Webber



Rtn. Rajesh Pamnani
International Services (2025-26)
+91 9849013175

New Beginnings, Renewed Commitments

January has always symbolized fresh starts—a pause to reflect and a moment to realign ourselves with purpose. As Rotarians, this month offers us a renewed opportunity to recommit to service, fellowship, and leadership, both within our club and across the global Rotary family.

The new calendar year began on a strong note for our club with a productive Board Meeting, where ideas flowed freely and plans took shape with clarity and collective resolve. These meetings, often working quietly behind the scenes, form the backbone of effective service. Thoughtful discussions, strategic decisions, and shared responsibility reaffirmed our commitment to transparent governance and meaningful impact. The enthusiasm around upcoming projects reminded us that leadership in Rotary is not about titles, but about teamwork and vision.

Equally memorable was our Rocking Antakshri Fellowship, an evening that beautifully captured the spirit of Rotary camaraderie. Music bridged generations, laughter erased stress, and friendly competition strengthened bonds. Such fellowships are more than moments of fun—they nurture friendships that transform service into joy. In a world that often feels rushed and divided, these shared moments of simple happiness keep the Rotary heart beating strong.

Our club also marked its presence by attending the District Seminar, a learning-rich experience that broadened perspectives and reinforced Rotary's evolving role in society. Interacting with Rotarians from across the district, exchanging best practices, and absorbing insights from experienced leaders reminded us that while our service begins locally, our impact is magnified through connection. District platforms inspire us to think bigger, act smarter, and serve better.



PEACEBUILDING AND CONFLICT PREVENTION

Beyond our district, Rotary continues to make headlines across the globe. From polio eradication efforts gaining renewed momentum, to humanitarian responses in regions affected by conflict and natural disasters, Rotary's reach remains vast and relevant. Global grants are transforming communities through education, clean water, healthcare, and economic development. These stories are a powerful reminder that when Rotarians unite across borders, cultures, and languages, lasting change becomes possible.

As we move forward, it is fitting to look ahead to February—Peacebuilding and Conflict Prevention Month in Rotary. Peace is not merely the absence of conflict; it is the presence of understanding, opportunity, and hope. Rotary's peace initiatives—through Peace Fellowships, community dialogues, youth programs, and service projects—empower individuals to become ambassadors of harmony in their own communities. In today's complex world, Rotary's commitment to peace has never been more relevant.

Let January 2026 be remembered as a month of renewed energy, thoughtful planning, joyful fellowship, and inspired learning. And as we step into February, may we carry forward the Rotary ideal of building peace—within ourselves, our communities, and the world at large.

Together, let us continue to Serve with Purpose and Lead with Heart.

Rajesh Pamnani
Editor, Club Bulletin



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 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 Gaddam Rama
Rtn G Satish Manohar
I am the founder of Cremon Buds, a Montessori school in Tirumulghery, Hyderabad. I have been recognized with several awards, including the Stree Shakti Award (2018) and Mrs. Hyderabad Perfect 2017 (Runner-up).

CELEBRATING OUR ROTARY FAMILY

Wishing joy and blessings to those who make our club special.

"The more you celebrate life, the more there is in life to celebrate."

FEBRUARY



HAPPY BIRTHDAY

- 01/02 - Rtn. Satish Manohar Gaddam
- 07/02 - Ann. Kanak Kabra
- 09/02 - Rtn. Samir Gupta
- 22/02 - Rtn. Anirudh Gautam
- 26/02 - Rtn. Manish Sharma



WEDDING ANNIVERSARIES

- 04/02 - Rtn. Majoj & Archana Loya
- 09/02 - Rtn. Rajnish & Keerti Pissay
- 12/02 - Rtn. Sreedhar & Rama Devi
- 17/02 - Rtn. Ravi & Swati Ladia
- 20/02 - Rtn. Manish & Indra Sharma
- 25/02 - Rtn. Anil & Seema Goyal
- 25/02 - Rtn. Shyam & Sailaja Gupta

Program for February 2026

Speaker meeting : 07.02.2026
Fellowship : 13.02.2026
Proposed vocational trip in last week



R & D Engineers

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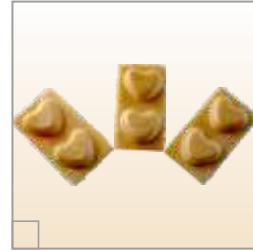
RW Series

Wafer Products



RS-TT Series

Wafer Biscuits



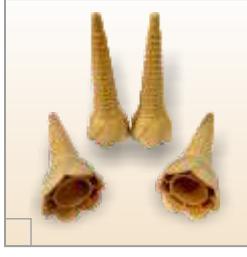
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Za (C) & Zaw Series

Moulded Cones



Zaw Series

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February - World Understanding Month

Vocational Service Month During this period, clubs highlight the importance of the business and professional life of each Rotarian. Special activities promote the vocational avenue of service.

- Organise 'MUNA' (Modal United Nations Assembly) at College Level
- Engage in reconciliation of broken families, restoring relationship
- Help How people can live in peace with their families and their neighbours
- Assist Young Single mothors who are victims of sexually abused through training them with self-help projects. e.g. Opening small business that may help them with their children



March - Water & Sanitation

Area of Focus: Water and Sanitation Month. This month also includes the World Rotaract Week from the 7th until 14th of March.

- Create awareness on water Conservation by Street play / Banners / Literature Distributions / Seminars at club level and for local community,
- Clean Drinking Water at Railway Stations, Bus Stations, Schools or Public Places, Re-user of waste Water
- Create Public Toilets Facilities, Create Awareness on Sanitation at Schools - Colleges - Economically Backward Areas
- Create Sewage / Concealed Drainage system, Bore Wells, Building Check dams
- Providing Carriers (Transportation Systems) to carry water pots



5 senses - 5 steps to

MINDFULNESS



Notice five things
you can see.



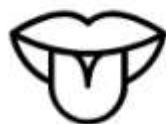
Notice four things
you can feel.



Notice three things
you can hear.



Notice two things
you can smell.



Notice one thing you
can taste.



How are you
feeling?



Amethyst: The Master Crystal for Every Beginning

If there is one crystal I would gently place into someone's hands when they are stepping into the world of crystals for the very first time, it would be amethyst—without hesitation.

At Rituu's Crystal Wellness, I often meet people who are curious yet unsure.

They ask questions like:

Where do I start?

Which crystal should I trust?

Will it really work for me?

My answer is simple and rooted in lived experience: begin with amethyst.

Not because it is popular or aesthetically pleasing, but because it carries a rare balance of gentleness and power. Amethyst does not overwhelm; it aligns.

It does not force change; it invites it.

I come from a land where crystals were never seen as luxury objects or decorative pieces. They were part of the earth—respected, worked with, and understood intuitively. Long before crystal healing became a term, crystals were already present in daily life, silently influencing spaces and people. That upbringing gave me a very natural inclination towards certain stones, and amethyst has always stood out as one of the most transformative among them.

Amethyst, with its deep shades of purple, carries an energy that is both grounding and expansive. Traditionally known as a crystal of abundance, its influence goes far beyond financial prosperity. True abundance begins with clarity, focus, and emotional stability—and that is where amethyst excels. It helps calm the noise of the mind, allowing thoughts to settle into a more organised and purposeful rhythm. When the mind becomes clear, decisions improve. When decisions improve, life begins to flow.



One of the most fascinating things I have personally observed is how amethyst shifts energy simply by being present. Even when I bring amethyst into my home purely for sales—without intention-setting or rituals—the space itself changes. Conversations feel lighter. Sleep becomes deeper. There is a sense of order and calm that quietly settles in. That is the understated magic of amethyst. It works without demanding attention.



Amethyst: The Master Crystal for Every Beginning

At its core, amethyst is a crystal of focus, abundance, and protection. It helps eliminate energetic hurdles that often show up as delays, confusion, self-doubt, or repeated obstacles. Many people carry unspoken stress and negativity without realising how deeply it affects their daily functioning. Amethyst gently clears these layers, making it especially powerful for those who feel stuck or overwhelmed.

Another important quality of amethyst is its ability to neutralise negative energy. Whether it is emotional heaviness, environmental stress, or external influences, amethyst acts like an energetic purifier. Any space that needs cleansing—be it a home, workspace, or personal aura—benefits immensely from its presence. This makes it an excellent crystal not just for individuals, but for entire environments.

While amethyst on its own is incredibly potent, its energy becomes even more refined when paired with the right companion crystals. At Ritu's Crystal Wellness, I often guide clients on crystal combinations that can amplify specific intentions.

Amethyst with Rose Quartz is a deeply nurturing combination. Placed in the bedroom, it encourages emotional healing, harmony, and a sense of safety within relationships. Rose quartz softens the heart, while amethyst brings clarity and balance, making this pairing ideal for strengthening bonds and fostering peaceful connections.

Amethyst with Pyrite is particularly powerful for business owners and professionals. Kept in offices or workspaces, this combination enhances financial flow, confidence, and strategic thinking. Pyrite energises action and prosperity, while amethyst ensures that growth remains stable and well-directed rather than impulsive.



Amethyst: The Master Crystal for Every Beginning

Amethyst with Black Tourmaline is one of the most effective combinations for protection. Known for removing the effects of drishti or evil eye, this pairing shields against external negativity and energetic interference. It is especially helpful for people who are sensitive to others' emotions or frequently feel drained without knowing why.

Amethyst with Citrine works beautifully in creative and intellectual spaces. This combination supports focus, innovation, and sustained motivation. Citrine brings optimism and drive, while amethyst provides mental clarity, making it ideal for writers, artists, entrepreneurs, and thinkers.

These combinations demonstrate an important truth: crystals do not work in isolation. When thoughtfully paired, they create energetic synergies that support life more holistically.

At Rituu's Crystal Wellness, I work with amethyst in many forms—each carrying its own purpose and expression. From small pendants that can be worn daily, to medium-sized clusters for homes, to massive statement crystals reaching up to six feet, amethyst adapts to every need. We also curate butterfly formations, geodes, and sister crystals—paired stones that symbolise balance, partnership, and continuity. Each form has its own language, and choosing the right one is part of the journey.

What brings me the greatest joy is not selling a crystal, but being a channel through which people reconnect with alignment. Crystals are not shortcuts; they are companions. When chosen consciously, they support growth in ways that feel natural and sustainable.

If you are beginning your crystal journey, let amethyst be your first step. Let it sit quietly in your space, observe your rhythms, and gently guide you back to balance. In its stillness lies great strength.

At Rituu's Crystal Wellness, this is what we stand for—not quick fixes, but meaningful alignment. Amethyst may be a single crystal, but in the right hands and spaces, it becomes a masterpiece for life.

Rituu Guptha
Numerologist,
Crystal Healer and Vastu Consultant
rgindia@gmail.com
6301126206
Rituu's Crystal Wellness





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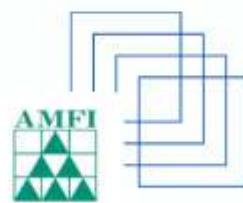
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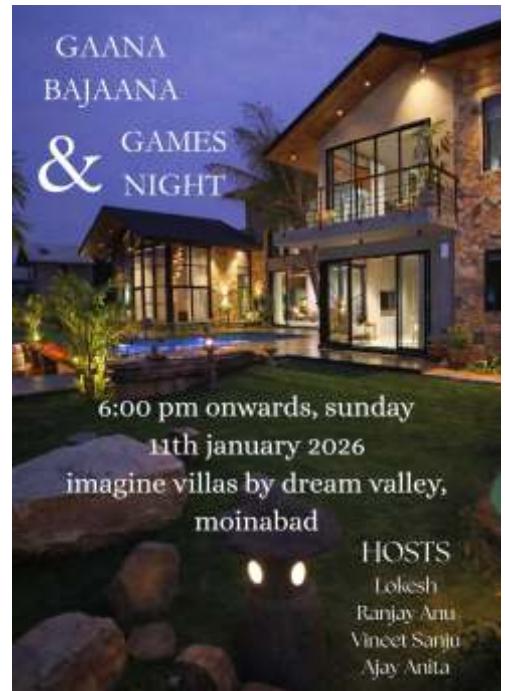


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Fellowship Night on 11th January 2026





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District Conference on 31st Jan 2026





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Theme 2026-27



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Ann. Kanak Kabra

In continuation of the series “Tech and society”, this time I found it very relevant and appropriate to address the topic “**Social Media and Mental Health: Finding Balance**”

Social media is a double-edged sword. With its growing penetration in our life it's becoming very difficult to draw a line and set boundaries. It has become a race to measure up to what's posted out there and feeling deprived if not been able to meet up. In a age where everyone owns a smart phone (mostly) and uses internet on daily basis, exercising control over its usage is very challenging, especially with children and teens, and they are worst affected.

In this article I have tried to compile the statistics, concise the thoughts around social media usage in current parlance and portray a comparative picture of merits and demerits. Although I know that what I have shared is quite well-known and most people are aware, still I have tried to make it more interactive and informative at the same time.

I hope you enjoy reading this article as much I enjoyed writing it!!



SOCIAL MEDIA AND MENTAL HEALTH: FINDING BALANCE

Ever wondered how social media is impacting our mental health by keeping us glued to it. I am sure you know it already that it's addictive.

Can you imagine a day without your smart phone or laptop!! Sounds difficult because the world now functions in a totally different manner and it's unimaginable for you and for me equally to function without using any form of tech or gadget.

I am sure each one of us are aware how social media (Facebook, Twitter, Instagram, Snapchat etc.,) is changing the way we think, connect and deal with people and situations. People are portraying a near-perfect life on social media platform and thriving on validations online. Negative feedback on social media is considered as failure or rejection and creates hostility and /or humiliation leading to negative emotional stress or body image or self-worth issues.



Everyone is looking for instant gratification and in my opinion it calls for a reality check?

The statistics are grim and alarming.

- 9 out of 10 teens admitted to use social media daily.
- 15% of the population in India suffers from mental illness which surpasses the global average of 13%.
- Women and teens are more vulnerable as compared to men.



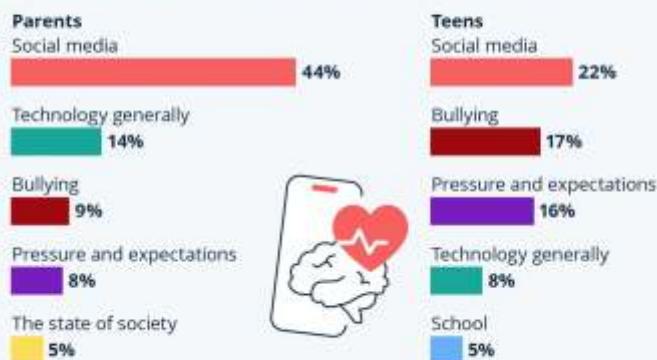
It is well known that the major negative outcomes in terms of mental health are depression, anxiety, body image issues, negative emotional experiences, early exposures to unsolicited/adult content and are becoming a major cause of concern as not much control can be exercised over the access.

People are aware of the negative effects and yet they keep coming back as it causes an adrenaline rush which forces people to visit those platforms more often. Teens and youth are not aware that it is causing a shift in their personal behaviour and academic performance.

But here's the thing: social media isn't all bad. It can be super helpful too! It connects us with others, provides a sense of community, and gives us access to expert advice and resources. For elderly people, it's a lifeline, creating meaningful connections and a support system.

Social Media: The Biggest Threat to Teens' Mental Health?

Share of parents and teens who think the following have the biggest negative impact on teens' mental health



1,254 parents of teens and 1,059 teens (13-17 y/o) who are at least somewhat concerned about the mental health of teens surveyed Sep.-Oct. 2024

Source: Pew Research Center



So, how do we make social media work for us, not against us? By being aware of our usage, setting boundaries, and using it intentionally. Here are some tips:

- Limit your screen time and set boundaries
- Follow accounts that make you feel good
- Take breaks and focus on real-life connections
- Be kind to yourself - everyone's highlight reel isn't their reality
- Keep a watch on children and exercise caution over their usage

The impact of social media over mental health will remain a debatable topic with both negative and positive effects studied, researched and well documented worldwide. With the negative effects of social media over mental health a concerning factor staying vigilant and using discretion will help addressing the potential hazards. However, if used with discretion and under controlled manner or under adult supervision for children and young adults, social media can have its benefits like reducing loneliness, improving social connect, getting expert advice on multiple issues, constructive entertainment to name a few.

I think it's about striking the right balance and with caution it's not difficult!!



by Kanak Kabra.

Sources

- Kakkar , L & Dangwal, P(2025). Social Media and Mental Health: A review of positive and negative outcomes across different age groups. (International Journal of Psychology)
- The growing mental health crisis and social media: Kenta Minamitani, Stanford LLM, 2024
- National Institute of Mental Health
- Pew Research Center



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The new age parent.

Can't tolerate the discomfort of pregnancy.

Then cannot bear the difficulty of tending care required for the newborn.

After which can't manage to do the requisite tasks for the child's upbringing.

Outsourcing parenting is a thing. Alas, a tragic course of the recent past.

As the world has 'advanced', humans seem to have regressed, at least in our part of the world.

To give 'light' one ought to 'reflect'. And the meaning I give to 'reflection' is to show or express.

I'endure' by undergoing.

My 'burning' inputs can power a way of life.

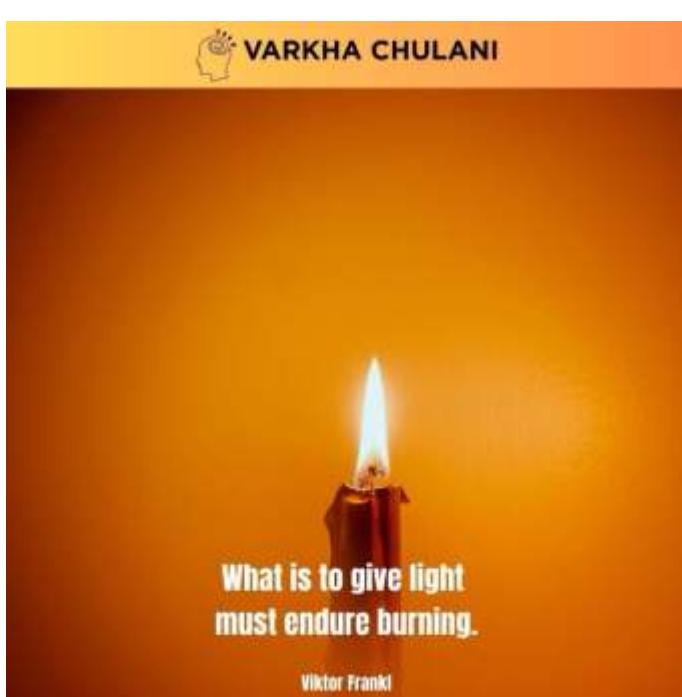
Parenting is about giving light.

It's about sacrifice, struggle, commitment, guidance.

When we subcontract, we have little influence.

It's time to 'lay-off' and discharge our 'duties'.

Else, it's better not to journey down the road to a prententious family!



VARKHA CHULANI

What is to give light
must endure burning.

Viktor Frankl



Varkha Chulani

(Clinical Psychologist & Psychotherapist
at Lilavati Hospital, Mumbai, Tedx Speaker)

Contact Info

Varkha's Profile

[linkedin.com/in/varkha-chulani-aab92424](https://www.linkedin.com/in/varkha-chulani-aab92424)

Website : varkhachulani.com (Company)

Youtube : <https://www.youtube.com/@VarkhaChulani>



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Rotary Club of Secunderabad Sunrise

OURS PAST PRESIDENTS



Rtn. Narendra 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



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