



RI DISTRICT 3150



MAY 2026

Pic@yo_runner

CONTENTS

3 Board of Directors (Year 2025-26)

4 Dialysis Analysis from 2023-26

5 RI News - Rotary International News

8 Editor-Speak

9 Our Editors (2025-2026)

10 Birthday & Wedding Anniversaries

12 Designation Month

13 "AI and our future: a double edged sword" by Ann. Kanak Kabra

16 Message from Rotary Service and Engagement

18 Rotary International – AI Guidelines for Members

24 RCSS Fellowship on 3rd May 2026

33 The Rotary Action Plan

36 Crystal Healing: Science or Myth? by Rituu Gupta

40 Varkha Chulani Article

42 Speaker Meeting on 30th May 2026

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

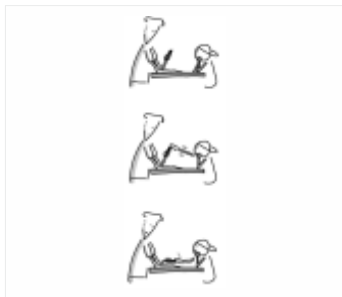
Club Members in District Team

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 Tibrewala
 9000206633

City Zone 7 Special Aide
Rtn. Ravi Ladia
 9985722713



Are we present?

By: @yo_runner

Dialysis Analysis from 2023-26

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
 Feb 2026 - Total Dialysis 484
 Mar 2026 - Total Dialysis 543
 Apr 2026 - Total Dialysis 543
 May 2026 - Total Dialysis 562

Rotary projects around the globe - By Brad Webber

United States

The deadliest U.S. wildfire in a century killed more than 100 people and destroyed thousands of homes and businesses on the Hawaiian island of Maui in August 2023. Searching for healing and reflection, the community group Aloha Amplified organized a twilight walk and ceremony this past September, supported by District 5000's fire relief fund and the three Rotary clubs in Lahaina. Hundreds of people carried lanterns along a milelong route, joining together at the end in the revered song "Hawai'i Aloha." The event featured cultural entertainment and booths staffed by local groups, including Rotary clubs. Rotarians, many of whom lost their own homes and businesses, also volunteered at the event. "People know Rotary in Lahaina," says Joanne Laird, of the Rotary Club of Lahaina Sunset.



Costa Rica

Lush rainforests and world-renowned birding help draw hundreds of thousands of travelers to Costa Rica every year. That backdrop belies many needs, including for children in the country. Stéphane Dähler, a Swiss expatriate who works in the tourism industry, reports his Rotary Club of Belén, northwest of the capital of San José, is committed to improving education and health outcomes. In February, members worked at the Español School to assemble, sand, and paint 112 desks funded by the club, District 4240 in Costa Rica, and Rotarians from District 5280 in California. The following month, Belén Rotarians visited the Santiago Alpízar School to drop off books. To help fill gaps in health care, the club held a medical camp in rural Puriscal in December to offer blood screenings and a toy distribution. The club "has become a bridge that unites Costa Rican industry with the common good, showing that the private sector and volunteers can generate a positive and sustainable effect," Dähler says.



Rotary projects around the globe - By Brad Webber

Italy

The Rotary Club of Monfalcone-Grado revels in the history and charm of its northern Italian region, located northeast of Venice near the Slovenian border. A recent project helped ensure that information is accessible to everyone, including people with visual impairments. In December, members unveiled a multisensory panel explaining the story of the Church of San Proto in San Canzian d'Isonzo, just west of their community. The 15th century chapel sits atop foundations dating to the fourth century. The panel combines educational content with tactile elements and Braille notations, with a placement designed for easy access by wheelchair users. "The church is located along an ancient Roman road and represents an important example of what we often call 'minor heritage,' meaning small sites with great historical and cultural value that deserve to be known and protected," says club member Paolo Messina. Rotary members participated in every phase of the project, says Messina, "from concept and design to approvals and installation."



Tunisia

When Yassine Harzallah was alerted to overcrowding in a primary school, he paid a visit and witnessed children studying on the floor and in corridors, with their notebooks on their knees. He snapped a photo, and "that image alone was enough to convince every member of our club that we had a responsibility to act," says Harzallah, president of the Rotary Club of Ruspina Monastir. In December, the entire contingent visited the school, an hour drive from the club's base in Monastir city. Members brought supplies, including hygiene products, cleaning items, a printer, a wheelbarrow, shovels, and hoes. A member architect drafted blueprints and watched over a local contractor who assembled a modular room off-site at a reduced cost. In January the structure, a new reading room, was delivered.



Rotary projects around the globe - By Brad Webber

Australia

Family violence is a major health and social issue in Australia, according to the national Institute of Health and Welfare. Rotary Safe Families focuses on reducing the stigma around recognizing the problem. This year the project, which was founded in 2018 and has a presence in 48 countries, is preparing to enlist Rotary clubs to sponsor a local school through a program called Towards Respectful Relationships. It fosters “safe spaces for kids to talk about family violence and respect,” says program founder Dorothy Gilmour, a member of the Rotary Club of Hawthorn. “It has been a long, bumpy road to get Australians to discuss the taboo topic of family violence.” More recently, though, “I have noticed that family violence is becoming less taboo.”





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

Celebrating Fellowship, Learning, and Creativity

As we conclude the month of May, it is heartening to reflect on yet another vibrant chapter in our club's journey. Rotary thrives not only through service but also through the friendships we nurture, the knowledge we gain, and the creativity we inspire. This month beautifully showcased all three dimensions.

One of the highlights was our fun-filled fellowship evening, where members came together for a lively session of Bollywood-style jamming. The event was filled with music, laughter, and camaraderie, reminding us that strong friendships are the foundation of a strong Rotary club. The enthusiasm and participation of members created an atmosphere of joy and togetherness that will be remembered for a long time.

Our commitment to continuous learning was reinforced through participation in the District Seminar. Members who attended had the opportunity to interact with fellow Rotarians, exchange ideas, and gain valuable insights into Rotary's evolving priorities and initiatives. Such forums broaden our perspectives, strengthen our leadership capabilities, and inspire us to serve with renewed purpose.

Adding a unique creative dimension to the month was an engaging speaker session on doodling. The session demonstrated how simple sketches and visual thinking can enhance communication, spark creativity, and improve focus. It was fascinating to discover how an activity often associated with casual note-taking can become a powerful tool for expression and innovation.

As we look back on May, we see a month enriched by fellowship, learning, and creative exploration. These experiences not only strengthen our bonds as Rotarians but also equip us with fresh ideas and renewed enthusiasm for the months ahead.

Let us carry forward this spirit of friendship, curiosity, and engagement as we continue our Rotary journey together, making a meaningful difference in our communities and beyond.

Yours in Rotary Service,

Rajesh Pamnani
May 2026

Our Editors (2025-2026)



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 Guptha
W/o Rtn. Samir Gupta
Masters in Computers
Consultant in Numerology, Vastu &
Crystal Healer.



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 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."

JUNE



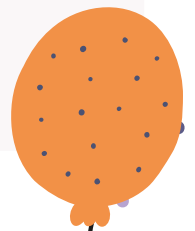
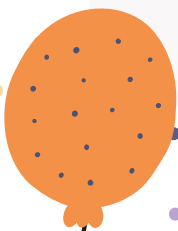
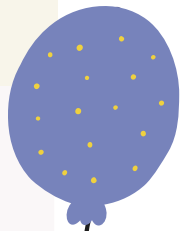
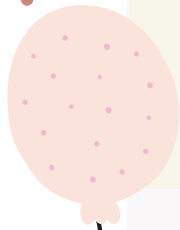
HAPPY BIRTHDAY

01/06 - Rtn. Madhu Lingampally
01/06 - Ann. Rekha Lunawath
05/06 - Ann. Sheetal Dhumale
05/06 - Ann. Asha Tibrewala
06/06 - Ann. Manju Agarwal
14/06 - Rtn. Chandrasekhar Moosthiala
14/06 - Ann. Lopa Mehta
16/06 - Ann. Kavitha Rathi
22/06 - Ann. Geetanjali Rungta
25/06 - Ann. Shalini Nevatia
29/06 - Rtn. Rajkumar Kanodia



WEDDING ANNIVERSARIES

04/06 - Rtn. Soma & Ranjini Pradyumna
06/06 - Rtn. Suresh & Dr. Mridula Verma
18/06 - Rtn. Sanjay & Kanak Kabra
27/06 - Rtn. Vijay & Kavita Rathi
28/06 - Rtn. Rajesh & Jyoti Surana





R & D Engineers

Profitable Ideas for Cones & Wafers Biscuits

New products to extent your portfolio to include these products...

| | | | | | |
|----------------|--|--|--|--|---------------------|
| Monaka Wafer | | | | | RW Series |
| Wafer Products | | | | | RS-TT Series |
| Wafer Biscuits | | | | | SW/AW Series |
| Edible Cups | | | | | Za (C) & Zaw Series |
| Moulded Cones | | | | | Zaw Series |

To find out more about how we can help you to start a new product
Take a image of this page check box your interest and send by...



June – Rotary Fellowship

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



July – New Leadership Month

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



Ann. Kanak Kabra

In continuation of the series “**Tech and society**” this time I have chosen to write about how AI and new tech embedded in AI is shaping our future and what lies ahead of this.

This is the last article in the six article series and I am concluding it with my own thoughts about how AI can change the way we learn, unlearn and function in future.

The article “**AI and our future: a double edged sword**” has been named so because it indeed is a powerful technology but used unwisely it could be destructive in equal measures.

The pace at which integration of AI is happening time is not far that we will be functioning with using it without even realising. That’s like AI in motion.

The ideas shared are of my own and I have shared my perspective of AI in relation to its role in shaping the humanity now onwards.

Hope you enjoy reading it as much as I enjoyed writing it.

“AI and our future: a double edged sword”

AI is the buzzword and looks like the next big thing. Driven by the advances in generative AI models it is now in your phone, your car, your laptop, and your homes. We create and make decisions at a speed like never before.



From complex data analysis and research, to simplifying household tasks and bringing about medical breakthroughs, AI rules and influences every space.

Hyper-personalisation and intelligent automation are embedded into every experience like shopping, fashion, home automation and beyond. At this pace, AI will soon run much of our lives – often without us noticing.



AI is handling problems at scale and hence has naturally led to fears of job losses. With lesser number of people required to do the same tasks now, smaller teams can build and accomplish faster. With penetration of AI at workplaces and its continuous advancements it is set to expedite upskilling of individual and business alike.

AI is definitely going to become a big thing in healthcare, manufacturing, fashion and customer services leading to higher quality and better experiences. Yet there are challenges like increased regulation, data privacy concerns and fear of job losses which are real.



Is AI a threat to humanity?

That depends on human intent. Misused and it could lead to exposing people's personal information, spread misinformation and deepen social inequalities. Bias can lead to unfair decisions in major functional uses like hiring, lending or policy formulation.

AI is a tool and not a law. It should help us evolve –not replace judgement or impair thinking.

Strong regulation and transparent human intent must guide it. The question isn't what AI can do, but what we choose to do with it. I believe whatever AI can accomplish for it would and never could replace the human touch which makes the experiences more fulfilling.



by Ann.Kanak Kabra.



District Chair Information
For 2026-27 District Rotary Friendship Exchange Chairs



Message from Rotary Service and Engagement

Message from Rotary Service and Engagement

Dear District RFE Chair Rajesh,

Congratulations on your appointment as the Rotary Friendship Exchange (RFE) Committee Chair for District 3150 for the 2026-27 Rotary year.

You are in a unique position to motivate your district to participate in life changing exchanges with Rotary members and friends around the world. Your flexibility, leadership, and creativity are essential to the success of the Rotary Friendship Exchange program and to fostering meaningful, lasting connections across cultures.



District Rotary Friendship Exchange Chair Responsibilities

As the District RFE Chair, you support the program by planning and coordinating exchanges at the district level. Your responsibilities include:

My role in District 3150 for the RFE Programme / Encouraging Rotary members and friends to participate in exchanges

Identifying and connecting with potential exchange partners

Helping plan inbound and outbound exchanges

Evaluating completed exchanges

Promoting and sharing exchange experiences within your district

You will work closely with exchange participants throughout the year, share available resources, distribute inspiration and best practices, and serve as a primary point of contact for RFE-related questions.



Rotary International – AI Guidelines for Members

The AI Guidelines for Members are intended to help Rotarians and Rotaractors use artificial intelligence (AI) tools responsibly, ethically, and in alignment with Rotary’s mission and values. These guidelines provide practical information on appropriate use of AI, privacy, and brand protection, and they are designed to support members in applying the Rotary Code of Policies and Terms of Use.

If you’re unsure whether a specific use of AI is appropriate, please write to the Rotary Support Center at rotarysupportcenter@rotary.org.

Purpose

Rotary International encourages the responsible use of artificial intelligence (AI) tools to support the mission of clubs and districts. Rotary uses AI ethically by ensuring our usage aligns with our mission and values, by promoting environmental sustainability and supporting community economic development, and by advancing other areas of focus through responsible and fair AI practices.

These guidelines help members use AI ethically, protect sensitive information, and uphold Rotary’s reputation.

1. Definitions

Artificial intelligence (AI) is a machine-based system that can generate content, provide recommendations, or make predictions.

Generative AI is AI that creates new content (for example, text, images, code, or media) from existing data.

An AI tool is any software application, chatbot, or online service that uses AI to complete a task.

Personally identifiable information (PII) is any information that can identify a specific person, such as their name, contact details, photograph, identification numbers, or other unique personal data.

2. Good Use of AI

Members may use AI tools for nonconfidential, public-facing work, including but not limited to:

- Drafting social media posts
- Writing public newsletters or event invitations
- Preparing presentations or talking points
- Analyzing publicly available data
- Generating creative ideas for projects and outreach
- Translating public or nonconfidential content into other languages, while ensuring that translations reflect Rotary’s values and are both culturally and contextually appropriate



3. Commitment to Ethical and Fair AI Practices

Ethical AI practices further the truth, increase fairness, build goodwill, and benefit all. Rotary is committed to ethical, fair, and responsible AI practices.

Using AI to increase our impact: Use AI to further Rotary’s mission and values and increase our impact globally in our areas of focus.

Human-centered decision making: AI should augment, empower, and enhance human decision making – not replace it.

Increasing equity: Use AI to further an equitable society, not create new inequities through biased content or decision making.

Using sustainable AI tools: Use AI tools from providers committed to ethical, fair, and socially responsible practices, including providers that value environmental sustainability.

Promoting responsible AI use: Encourage and model the use of ethical and fair AI practices.

Being transparent about AI’s effects: Be open about both the positive and negative effects of AI – especially its social, economic, and environmental impacts – to build trust and communicate Rotary’s purpose as a humanitarian organization.

4. Confidentiality of Rotary Information

Do not input private, confidential, or sensitive information into AI tools. This includes but is not limited to:

- Personal data (such as names, contact details, or photos) without explicit permission
- Club administration records (for example, records from district or club databases)
- Financial records, budgets, or dues information
- Donor information, including specific contribution amounts, giving history, and recognition levels
- Grant applications or details, Cadre of Technical Advisers evaluation reports, or audit letters
- Information about community participants or partners involved in Rotary projects or grants, unless they have given informed consent for how their data will be used
- Club or district Foundation information
- Contracts or agreements

When you use generative AI tools, any data you enter – including private details about participants, donors, or community partners – may be stored, analyzed, and used to train AI systems. This compromises privacy, community trust, and Rotary’s ethical commitment to responsible data stewardship.



5. Data Privacy

Never share personally identifiable information (PII) without consent. Here are some data privacy considerations for AI tools:

- When possible, use a licensed version of a generative AI service with terms and conditions that explicitly prohibit using your data — private or otherwise — to train or refine the tool’s model.
- Turn off chat history or similar features in the settings of AI tools when possible. This helps prevent your content from being stored or used to train the AI system.
- Assume that any information entered into a free or unlicensed AI tool may be stored, accessed, or analyzed by the provider.
- Avoid using AI tools as a host to record or transcribe meetings that include private or sensitive topics.
- Be aware when participants in meetings add AI notetaking. If AI notetaking isn’t appropriate for the meeting topic, politely ask that it be disabled, or hold the meeting on a platform that doesn’t allow AI notetaking. This preserves privacy and promotes engagement during live sessions. When an event is recorded, people with access to the recording might still use AI later for notetaking assistance.

Entering personal or confidential information into external AI services may carry legal risks. Under the European Union’s General Data Protection Regulation (GDPR) and other applicable national or regional data protection laws, providing personal or sensitive data to third-party AI platforms may constitute a violation of privacy regulations. These actions could result in penalties, administrative sanctions, or reputational harm, depending on the nature and severity of the breach.

If in doubt, don’t upload it.

6. Data Security

Here are some data security recommendations for AI tools:

- Use AI tools only on secure, trusted networks — not public Wi-Fi. Whenever possible, use a virtual private network (VPN) for an added layer of protection.
- Review privacy and sharing settings to ensure Rotary data isn’t exposed or made public.
- Use strong passwords and enable multifactor authentication whenever available.
- Do not enable any AI plug-ins or extensions within productivity applications — such as email, calendar, messaging, document, or project management tools — that may access or share Rotary data or that can automatically join and transcribe meetings.



7. Protection of Intellectual Property

Just because information is accessible online — whether on Rotary.org or any other website — does not mean it is free for any use, including use with AI tools. Publicly available content may still be protected by copyright, trademark, or privacy laws, or it may be subject to specific terms of use. Respect privacy, permissions, and Rotary’s policies by always checking the source for restrictions before using any online content with AI tools.

Follow these rules:

- Do not upload Rotary’s logos, branded content, or other intellectual property into AI tools without explicit permission from Rotary International. This includes logos, images, photos, videos, articles, and other materials from the Brand Center, Rotary publications, or Rotary websites. It also includes club and district logos.
- Do not use AI to create Rotary-branded logos, graphics, or other trademarked materials.
- Do not generate content that mimics a specific individual’s likeness or creative style without permission. This includes Paul Harris and other individuals affiliated with Rotary.
- Follow Rotary’s brand guidelines if you use AI to create club or district materials (such as event flyers or social media posts). You may add your club or district logo to the AI-generated materials you create, but do not use AI to alter your club or district logo, use AI to generate any Rotary logos, or upload the logo into the AI tool for other uses.
- All use of Rotary logos needs to comply with the Brand Center guidelines and Rotary’s licensing system. For correct color reproduction, placement, and sizing, refer to the Brand Center.
- Do not name AI tools (such as chatbots or virtual assistants) in a way that implies Rotary International endorsement, official status, or organizational authority. All naming needs to comply with Rotary’s trademark and branding policies. Any use of the word “Rotary,” the word “Rotarian,” the Rotary logo, or other Rotary trademarks or service marks to name or represent an AI tool needs a clear identifier of the sponsoring club or district and cannot suggest the tool is operated or endorsed by Rotary International.

8. Photos, Videos, and Likenesses

Do not upload identifiable photos or videos of members, volunteers, beneficiaries, participants, partners, or any other individuals into AI systems unless you have their explicit permission. This prohibition includes likenesses of Rotary-affiliated individuals such as Paul Harris or other leaders.

Do not use AI to create, alter, animate, or otherwise manipulate images that imitate or utilize a person’s likeness (including deepfakes, composites, or synthetic images) without explicit consent.

For minors or sensitive contexts, always obtain written approval from a guardian or anyone necessary before uploading or using images in AI tools.



9.Data Accuracy and Bias

AI content can be wrong, biased, or incomplete. Always fact-check AI-generated material before sharing, and verify that any external sources cited by AI are trustworthy.

10.Disclosure of AI Use

Be open and honest about using AI when creating Rotary content. Disclosure means clearly communicating when and how AI tools have been used so that audiences understand the role of AI in the final product.

Provide disclosure when AI tools play a significant role in developing content, such as generating text, images, or designs – not necessarily for minor edits or formatting assistance.

When appropriate, label AI-generated or AI-assisted materials. Examples of clear disclosure statements include:

- Generated with AI assistance
- Created using AI tools
- AI-generated content – verified by human reviewer

AI should support, not replace, the judgment and creativity of Rotary participants.

11.Questions

If you're unsure whether AI use is appropriate, write to the Rotary Support Center at rotarysupportcenter@rotary.org.

ARE YOU WORRIED ABOUT STROKE?

What is **STROKE** ?

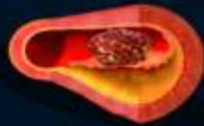
Stroke is a brain attack, causing an abrupt interruption of constant blood and oxygen flow to the brain. This occurs as a result when the blood vessel feeding the brain gets clogged or bursts.



Stroke kills twice as many women as breast cancer every year.

Types of **STROKE**?

ISCHEMIC STROKE



Caused by blood clots

HEMORRHAGIC STROKE



Caused by bleeding



PREVENTION IS BETTER THAN CURE



STROKE SYMPTOMS

- Sudden numbness of the face ie, face drooping
- weakness of arm, or leg especially if it occurs on one side of the body.
- Double vision
- Sudden trouble in walking or loss of balance
- Sudden severe headache without reason
- Speech Difficulty

STROKE TREATMENTS

- Aspirin
- Intravenous Injection of TPA
- Medications delivered directly to the brain
- Mechanical Clot removal
- Carotid Endarterectomy
- Angioplasty and Stents
- Surgical Blood Vessel Repair

Foods to prevent **STROKE**

- Beans and other Folate rich food
- Oats, Almonds & Soy
- Fruits & Vegetables, as they are good antioxidants
- Food rich in Potassium



- Low fat milk
- Salmon and other fatty fish
- Magnesium rich food like Barley and Cornmeal
- Limit Salt

RCSS Fellowship on 3rd May 2026



RCSS Fellowship on 3rd May 2026



RCSS Fellowship on 3rd May 2026



RCSS Fellowship on 3rd May 2026



RCSS Fellowship on 3rd May 2026



RCSS Fellowship on 3rd May 2026



RCSS Fellowship on 3rd May 2026



RCSS Fellowship on 3rd May 2026





**CERTIFIED
ISO
9001**

Rtn Lokesh Jain

BLDC FAN - 29W

PATNY®

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
Landline No.: 040 23772412

The ROTARY ACTION PLAN

TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE ACTION
TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITIES AND IN OURSELVES

As we stand on the cusp of eliminating polio, we find ourselves poised for our next challenge. **The time is right to move toward realizing a new vision that brings more people together, increases our impact, and creates lasting change around the world.** To achieve the vision of Rotary International and The Rotary Foundation, we have set four priorities that will direct our work over the coming years.

INCREASE OUR IMPACT

- Eradicate polio and leverage the legacy
- Focus our programs and offerings
- Improve our ability to achieve and measure impact

EXPAND OUR REACH

- Grow and diversify our membership and participation
- Create new channels into Rotary
- Increase Rotary's openness and appeal
- Build awareness of our impact and brand

ENHANCE PARTICIPANT ENGAGEMENT

- Support clubs to better engage their members
- Develop a participant-centered approach to deliver value
- Offer new opportunities for personal and professional connection
- Provide leadership development and skills training

INCREASE OUR ABILITY TO ADAPT

- Build a culture of research, innovation, and willingness to take risks
- Streamline governance, structure, and processes
- Review governance to foster more diverse perspectives in decision-making



Attended Dist. Team Learning Seminar at Guntur on 23rd May 2026



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

Crystal Healing: Science or Myth?

Crystal healing has been practiced for thousands of years across cultures, from Ancient Egypt and Greece to India and China. While often viewed as a spiritual practice, crystals also possess scientifically recognized properties that make them fascinating objects of study.

Crystals are naturally occurring minerals with highly organized molecular structures. This unique arrangement gives them stability and specific energetic properties. Quartz, one of the most commonly used healing crystals, is widely used in watches, computers, mobile phones, medical equipment, and communication devices because of its piezoelectric effect—the ability to generate an electrical charge when pressure is applied.

The principle behind crystal healing is resonance. Everything in the universe, including the human body, exists as energy and vibrates at different frequencies. The body functions through electrical impulses, and both the heart and brain produce measurable electromagnetic fields. Crystal practitioners believe that crystals, due to their stable vibrational structures, may help support energetic balance and harmony within the body.



While modern science has not conclusively proven that crystals directly heal diseases or medical conditions, research strongly supports the connection between the mind and body. Practices such as meditation, mindfulness, visualization, and positive intention have been shown to reduce stress and improve overall well-being. Crystals often serve as powerful tools for focus, intention-setting, and self-awareness during these practices.

Critics frequently attribute crystal healing to the placebo effect. However, the placebo effect itself demonstrates the remarkable ability of the mind to influence physical and emotional well-being. Many holistic practitioners view crystals not as replacements for medical treatment but as complementary tools that support relaxation, mindfulness, and personal growth.

Popular crystals include Amethyst for calmness and clarity, Rose Quartz for emotional healing and self-love, Clear Quartz for amplification of intention, and Black Tourmaline for grounding and protection.

Rather than viewing crystal healing as either pure science or pure myth, it may be more accurate to see it as a bridge between ancient wisdom and modern wellness. Science confirms that crystals possess unique structural and energetic properties, while personal experience continues to drive their popularity as tools for meditation, self-reflection, and holistic well-being.

The most balanced approach is to appreciate crystals for both their natural beauty and their potential role in supporting a mindful, intentional lifestyle alongside evidence-based healthcare.

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





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

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

www.jaishree.com



Urinary tract



The top 5 home remedies that can save you \$\$\$

Marked by pelvic pain and frequent, painful urination, a urinary tract infection (UTI) can be either a bacterial or viral infection in the kidneys, bladder or urethra. Unfortunately, postmenopausal women are more prone to UTIs than any other population because declining estrogen causes tissue in the urethra to thin, making it more prone to infection. Antibiotics can help, but they can also be pricey. Luckily, there are low-cost, natural cures that you can try at home.

1 Cranberry juice
You've heard of cranberry juice as a UTI remedy, but bacteria can thrive on the refined sugar in the sweetened version. "I advise drinking 8 oz. of unsweetened cranberry juice three times daily at the first signs of urinary burning and urgency, which signal an infection," says Laura Corio, M.D. Studies show the *proanthocyanidins* in cranberries help thwart UTIs by preventing bacteria from sticking to cells in the bladder and urethra.

2 Garlic
Adding just one large clove of garlic to your daily diet (raw or cooked) can help banish bladder troubles for good in as little as two months. In fact, recent studies prove that the aromatic sulfur compounds in garlic effortlessly destroy 82% of bladder bacteria—including even the most aggressive germs, which have been found to be resistant to at least five of today's prescription antibiotics!

3 Baking soda
At the first hint of trouble, start drinking 1 tsp. of baking soda mixed into 12 oz. of water twice daily until you feel better. Canadian scientists say baking soda stalls the growth of bladder bacteria, while keeping urine diluted helps flush germs 48% faster and eases that burning gotta-go feeling.

4 Bearberry extract
This herbal supplement (also called *uva ursi*) is one of the richest sources of *arbutin*, a plant compound that stops the growth of 70 different urinary bacteria when taken at the first signs of a UTI, say German scientists. Experts advise taking 500 mg, three times daily for three days to knock out an infection. One to try: Solaray Uva Ursi 500 mg., VitaminShoppe.com.

5 Shaking your hips
Holding in urine when you have a UTI can cause bacteria to build up, compounding the infection, but that constant gotta-go feeling makes it hard to know if you've really voided your bladder and urethra. To ensure you've flushed urine and harmful bacteria out of your system, doctors at New York City's Mount Sinai Hospital recommend a simple Hula-Hoop move: Urinate as usual, then stand up and while hovering over the toilet, rotate your hips for 20 seconds as if using a Hula-Hoop (this stimulates the bladder to release any residual urine). Sit down to urinate again.

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.

Rome wasn't built in a day. Good things come to those who wait. A healthy baby takes nine months in the womb. Yet, inspite of inspiring quotes like the above so many of us get impatient, throw in the towel, struggle to endure, etc. Why? Because simply massaging the heart and appealing to emotion isn't going to support sticking through things.

Even though reason is, and will always be a slave to passion, it is this very 'reason' that plays havoc in our mind and makes us impatient for immediate results and doesn't allow for endurance and fortitude.

When we subscribe to ideologies of ease and comfort, of wanting things pronto, of quick fixes, of immediate and instant expertise, how will any of us be able to endure the long haul?

So appealing only to emotion is unsustainable. We need ideological support to develop foreberance, fortitude, tenacity and stickability. And that comes from the learning's and teachings that are imparted as we grow.

So, if we make our children's lives so easy and comfortable, constantly pander to their desires, never have them endure hardship and challenges, how on earth will they learn patience?

Some 'bitterness' in childhood makes for 'sweetness' in adulthood!

 VARKHA CHULANI



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>

SAVERA
CHAMPION®
PVC PIPES • TUBES • FITTINGS



**CHOOSE RIGHT
CHOOSE CHAMPION**

OUR PRODUCT RANGE

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



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

RCSS Speaker Meeting on 30th May 2026





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



Rtn. Anil Ratan Goyal
- 2024-2025



Scan our QR code &
Visit our Magazines

Rotary
Rotary Club of Secunderabad Sunrise



2025-26

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