



RI DISTRICT 3150

JUNE 2026

# DISTRICT

# AWARDS

# NIGHT



Rotary  
UNITE FOR GOOD  
with honors  
Appreciation  
Awarded to  
**Rtn. Rajhans Banka**  
Rotary Club of Secunderabad Sunrise  
in appreciation for  
**SERVICE TO ROTAR**  
Presented during District Awards Night  
శ్రీధీశం  
శ్రీధీశం  
10<sup>th</sup> June, 2025 Hyderabad  
Rot. Dr. Ram Prasad SV  
District Governor 2025-26

www.rcss.in

# CONTENTS

3 Board of Directors (Year 2025-26)

4 Dialysis Analysis from 2023-26

5 Rotary Theme 2026-27

6 RI News - Rotary International News

10 Editor-Speak

12 Our Editors (2025-2026)

13 Birthday & Wedding Anniversaries

15 Designation Month

17 New term, new theme, new goals by Ann. Kanak Kabra

21 The Golden Guardian of Wealth, Prosperity & Business Success by Ann. Rituu Guptha

25 RCSS Fellowship on 14th Jun 2026

30 Benches distribution to Vipparla and Dechavaram Govt. Schools

31 Training Session (For incoming team of Club)

33 Awards Night 2026 on 30th June 2026

38 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 Tibrewala**  
9000206633

City Zone 7 Special Aide  
**Rtn. Ravi Ladia**  
9985722713

## Dialysis Analysis from 2023-26

Jul 2023 - Total Dialysis 506	July 2024 - Total Dialysis 570	July 2025 - Total Dialysis 534
Aug 2023 - Total Dialysis 517	Aug 2024 - Total Dialysis 535	Aug 2025 - Total Dialysis 498
Sep 2023 - Total Dialysis 525	Sep 2024 - Total Dialysis 461	Sep 2025 - Total Dialysis 511
Oct 2023 - Total Dialysis 558	Oct 2024 - Total Dialysis 464	Oct 2025 - Total Dialysis 506
Nov 2023 - Total Dialysis 564	Nov 2024 - Total Dialysis 409	Nov 2025 - Total Dialysis 491
Dec 2023 - Total Dialysis 576	Dec 2024 - Total Dialysis 441	Dec 2025 - Total Dialysis 535
Jan 2024 - Total Dialysis 583	Jan 2025 - Total Dialysis 495	Jan 2026 - Total Dialysis 553
Feb 2024 - Total Dialysis 543	Feb 2025 - Total Dialysis 433	Feb 2026 - Total Dialysis 484
Mar 2024 - Total Dialysis 539	Mar 2025 - Total Dialysis 492	Mar 2026 - Total Dialysis 543
Apr 2024 - Total Dialysis 578	Apr 2025 - Total Dialysis 488	Apr 2026 - Total Dialysis 543
May 2024 - Total Dialysis 634	May 2025 - Total Dialysis 514	May 2026 - Total Dialysis 562
Jun 2024 - Total Dialysis 572	Jun 2025 - Total Dialysis 492	Jun 2026 - Total Dialysis 541



# *CREATE LASTING IMPACT*



Rotary's 2026-27 theme is "Create Lasting Impact," encouraging members to build on their connections from the previous year to foster sustainable, meaningful change locally and globally, moving from simple "change" to enduring "impact" through collective action and sharing powerful service stories.

To craft your message, focus on turning connections into action, highlighting specific projects (like education or health initiatives) as examples of legacies, and inviting others to join in creating a better future.



Rotary Club of Secunderabad Sunrise  
**RI News - Rotary International News**  
2026 General Secretary Report to Convention

Rotary in review: 2025-26

This year, Rotary members were invited to Unite for Good, using the power we have together to build a better world. As our members keep making a positive difference and raising awareness of Rotary — locally and globally — we continue to increase our impact and identify new opportunities for growth.  
— General Secretary John Hewko

### Membership: Enhancing the experience



This year, Rotary worked to grow our membership while prioritizing and supporting engaging club experiences. Clubs such as the Rotary Club of Global ROOTS - District 2101 in Italy are focusing on members' wants and needs, such as service opportunities, mentorship, and hybrid meetings. Our organization also remains dedicated to increasing the value of membership.

### Service: Making a positive difference





Rotary Club of Secunderabad Sunrise

RI News - Rotary International News

2026 General Secretary Report to Convention

This year, Rotary members showed that we are people of action, uniting for good. From creating rain gardens that can filter up to 90% of pollutants in Texas, USA, to training more than 1,300 people to recognize suicide risk and intervene in Lithuania, Rotary projects are making a real, lasting difference.

## Programs: Creating lasting change



Rotary's programs reflect our priorities as an organization and demonstrate that together, we create positive change around the world. Whether it's peacebuilding, supporting young leaders, or creating a lasting impact through our Programs of Scale, Rotary programs continue to engage communities globally.

## The Rotary Foundation: Doing good globally





Rotary Club of Secunderabad Sunrise

RI News - Rotary International News

2026 General Secretary Report to Convention

The Rotary Foundation is expanding its ability to do good, transforming the generous gifts of donors into service projects that change lives both close to home and around the world.

## Rotary's reach: Maintaining a global presence



We are committed to sharing Rotary stories and expanding our reach worldwide. From annual events like World Polio Day and the Rotary International Convention to sharing our members' stories on platforms that reach countries across the globe, Rotary continues to reach and inspire people everywhere.

## Public image: Sharing who we are





Rotary Club of Secunderabad Sunrise

RI News - Rotary International News

2026 General Secretary Report to Convention

This year, we worked to strengthen Rotary's brand and tell the world who we are. From members using the Brand Center to effectively share their stories to Rotary launching a new social media channel, we're increasing people's understanding of Rotary and inspiring prospective members to join us.

## Technology: Improving the user experience



Rotary is dedicated to innovation and improving our technology. Whether that's using AI to make our materials more accessible or adopting a system to better connect with prospective members, we're always seeking to upgrade the user experience.



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

### *Celebrating a Year of Service and Looking Ahead with Hope*

As we arrive at the close of the Rotary year, June offers us an opportunity to reflect on the journey we have undertaken together—one marked by service, fellowship, learning, and community impact. It is a time to celebrate achievements, acknowledge contributions, and prepare ourselves for the exciting possibilities that lie ahead.

The month began on a delightful note with a unique Fellowship at a Gaming Centre, where members stepped away from their daily routines and rediscovered the joy of childhood games. The laughter, friendly competition, and shared moments created memories that will be cherished for a long time. Such fellowship events remind us that Rotary is not only about service projects and meetings; it is also about building friendships and strengthening the bonds that make our club a vibrant and united family.

June also saw our incoming leaders participate in the District Training Program, an important step in preparing the new Board for the responsibilities ahead. Rotary's strength lies in its commitment to leadership development, and these training sessions provide valuable insights, fresh perspectives, and practical tools to help our leaders guide the club effectively. We are confident that the knowledge gained will translate into impactful initiatives and continued growth in the coming Rotary year.

A significant milestone this month has been the initiation of our CSR-supported School Benches Project, with the first set of deliveries reaching beneficiary schools. For the students who will use these benches every day, this is much more than furniture—it is an investment in comfort, dignity, and a better learning environment. Education remains one of the most powerful instruments of transformation, and we are proud to contribute in a meaningful way to the educational journey of young learners. We look forward to the continued expansion of this project and the positive difference it will make in many more classrooms.



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

Adding to the anticipation and excitement is the upcoming District Awards Night on 30th June. As we await the results, we do so with gratitude and pride for all that has been accomplished during the year. Awards and recognitions are always encouraging, but the true measure of success lies in the lives touched, the communities served, and the relationships strengthened through our collective efforts. Regardless of the outcomes, every member can take pride in being part of a club that has worked tirelessly to uphold the Rotary ideal of Service Above Self.

On the global stage, June is recognized in Rotary as Rotary Fellowships Month, celebrating the friendships and professional networks that connect Rotarians across cultures, professions, and continents. It is a fitting theme for the concluding month of the Rotary year, reminding us that fellowship remains the foundation upon which meaningful service is built.

As one Rotary year concludes and another begins, let us carry forward the lessons learned, the friendships forged, and the passion for service that defines our journey. Together, we have achieved much; together, we can achieve even more.

May we enter the new Rotary year with renewed enthusiasm, grateful for the past and inspired by the future.

Rtn. Rajesh Pamnani  
June 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."*

## JULY



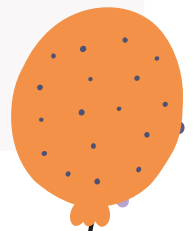
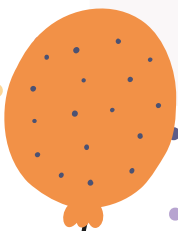
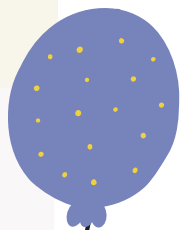
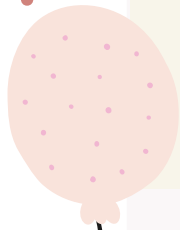
### HAPPY BIRTHDAY

02/07 - Rtn. Vijay Rathi  
05/07 - Rtn. Anil Goyal  
09/07 - Ann. Swati Ladia  
12/07 - Rtn. Sudhir Agarwal  
14/07 - Ann. Sweta Agarwal  
15/07 - Ann. Anusha Chillukuri  
15/07 - Ann. Latika Nahata  
17/07 - Rtn. Shyam Gupta  
17/07 - Rtn. Pawan Tibrewala  
20/07 - Rtn. Sarika Ranasaria  
27/07 - Rtn. Sailaja Gupta  
28/07 - Rtn. Sanjay Kabra



### WEDDING ANNIVERSARIES

08/07 - Rtn. Rajhans & Anita Banka  
13/07 - Rtn. Vineet & Sanju Giria  
22/07 - Rtn. Harsh & Vishakha Agarwal





# R & D Engineers

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

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**July – New Leadership Month**

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



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

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



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Ann. Kanak Kabra

***New term, new theme, new goals.***

The theme of the year of Rotary International for 2026-27 is “**CREATING LASTING IMPACT**” which completely resonate with my mission and vision in life.

In alignment with the theme I have chosen “**Conservation of Wildlife, habitat and ecosystems**” as my broader theme for the year where in I will contribute one article in every edition reflecting the theme.

I being a wild life enthusiast and an advocate for protection of nature and environment, no other topic could have excited me more than featuring conservationists, their efforts and success stories of habitats, and species bouncing from the brink of extinction.

Having grown up visiting National Parks and jungles around the world watching animals in their natural habitats coupled with endless wildlife documentaries which I have watched since childhood , I bring firsthand experience and knowledge gathered over two decades with me.

I recently forayed into wildlife photography and I am on a mission now to capture varied habitats, National Parks and different species from around the world. This may involve penning down some of the stories here for my audience.

The articles I would write in this series will clearly have an essence of my inclination and my experiences of interaction with the wild over the years. Hope I stir into you a curiosity and a deep impression to “**Create Lasting Impact**”.

In the first article of the series I have chosen to write about **Sir David Attenborough** who I admire so much. His dedication and passion is unmatched when it comes to conservation and causes associated with it. Having grown up watching his amazing work in the documentaries he has created, he is the first one to come to my mind for writing an article in the series.

Hope you like and enjoy reading it!

## **David Attenborough: The voice of the natural world**

A centennial now, David Attenborough has lived on earth for a century.

A conservationist, TV presenter, film maker, author and natural historian all rolled in one. That's Sir David Frederick Attenborough.

A person dedicated to the causes working for protection of nature, wildlife and ecosystems started his career in 1954 with BBC and climbed up the ladder by serving in key positions 60s and 70s.

His entire life revolved around serving for the causes for protection of environment, nature, habitat, wildlife and about raising awareness about the ill effects of global warming. He has been very vocal about these issues in the documentaries he has created.



His passion and dedication is visible in the work he has done. In the films and documentaries that he has made he has featured hard to reach places and shot in most hostile conditions on earth.

He has lived an extraordinary life and still has the same dedication as in his youth, may be more.

In his recent interview he was found commenting that he will continue to work at the same pace and has plans to create more documentaries in future.

His distinct style of presenting laced with a bit of humour and his trademark voice add a very unique signature to his documentaries making it quintessential.

A presenter par excellence, his grace and charm are unmatched and his craft is so effortless for him.

Beginning with the first documentary *“Life on Earth”* in 1979, he has created numerous documentaries featuring countless species, tracing evolution, featuring ecosystems and species, spreading awareness about global warming and habitat loss and reaching hard-to-reach places on earth for the sake of his passion.



His distinctive style is unmatched and his narration is full of expressive humour adding a dash of personification in wildlife characters.

I truly understand and appreciate his untiring efforts for the causes he is invested in. A name synonym with conservation, environment and protection of habitats and species, he will remain a messiah forever for his undying dedication.



by Ann.Kanak Kabra.

**Rtn. UDAY PILANI**  
Incoming District Governor  
Rotary International District 3150

**Rotary**  
District 3150

**UNITE FOR GOOD**

**Sri A. REVANTH REDDY GARU**  
Hon'ble Chief Minister of Telangana

## PLANTATION DEVELOPMENT INITIATIVE FOR A GREENER TELANGANA

PROUD CONTRIBUTION OF

# ₹6.5 CRORE

FOR PLANTATION DEVELOPMENT

BUILDING A GREENER, HEALTHIER TELANGANA

*Heartfelt Congratulations & Appreciation*

Rotary International District 3150 proudly appreciates the visionary initiative of Incoming District Governor Rtn. Uday Pilani for sponsoring ₹6.5 Crore towards Plantation Development in Telangana and extending support to the Government's environmental sustainability efforts.

**A TIMELY INITIATIVE FOR A SUSTAINABLE FUTURE**

With the increasing impact of climate change and the El Niño effect, large-scale plantation drives are essential for:

- Environmental Protection
- Increasing Green Cover
- Improving Air Quality
- Conserving Natural Resources
- Combating Global Warming
- Building a Sustainable Future for Telangana

**OUR APPRECIATION**

- Fantastic Initiative
- Correct Timing
- Commitment to Environment
- Green Telangana Vision
- Future Telangana Development
- Strengthening Ecological Balance
- Inspiring Community Participation

Together, through service and environmental stewardship, we can create a greener, healthier, and more prosperous Telangana for future generations.

**JAI TELANGANA  
GREEN TELANGANA  
FUTURE TELANGANA**

Contribution from

**Premier Energies Ltd**

MESSAGE

*"Plant a Tree Today...  
Build a Better Telangana Tomorrow."*

we can create a greener, healthier, and more prosperous Telangana for future generations.

TOGETHER FOR A BETTER TOMORROW

TREE PLANTATION DRIVES

WATER CONSERVATION DRIVES

BIODIVERSITY PROTECTION

CLEAN AIR OUR NEED

ENVIRONMENT AWARENESS PROGRAMS

COMMUNITY SERVICE PROJECTS

GOVERNMENT OF TELANGANA

With Best Compliments from

**RCGH TEAM**  
(Rotary Club of Greater Hyderabad)

TELANGANA FOREST DEPARTMENT

**UNITE FOR GOOD • SERVICE ABOVE SELF**

**Pyrite: The Golden Guardian of Wealth, Prosperity & Business Success**

When it comes to crystals associated with prosperity, few carry the reputation and powerful symbolism of Pyrite. Often called “Fool’s Gold” because of its metallic golden appearance, Pyrite is far from foolish—it has been treasured for centuries as a crystal of abundance, protection, confidence, and financial growth.

For entrepreneurs, business owners, professionals, and anyone looking to strengthen their financial energy, Pyrite is considered one of the most valuable crystals to have in a workspace or wherever money, financial documents, or valuables are kept.

**More Than Just Attracting Wealth**

Pyrite is not believed to simply attract money, it is also valued for symbolically clearing energetic blockages that may be preventing opportunities, growth, and financial flow. Many crystal practitioners believe it encourages decisive action, confidence, and a success-oriented mindset, helping you recognize opportunities that might otherwise be overlooked.

Placed in an office, cash drawer, locker, safe, or business establishment, Pyrite serves as a constant reminder of prosperity, discipline, and the courage to build lasting wealth.



**Pyrite: The Golden Guardian of Wealth, Prosperity & Business Success**

A Powerful Companion for Business Growth

Every successful business thrives on vision, confidence, consistency, and resilience. Pyrite is often associated with strengthening these qualities, making it a popular choice for those starting a new venture, expanding an existing business, or working toward financial stability.

Many people pair Pyrite with Amethyst, creating a balance between abundance and clarity. While Amethyst is often valued for wisdom, calmness, and intuitive decision-making, Pyrite represents action, confidence, prosperity, and growth. Together, they are considered a meaningful combination for both personal and professional development.



Choose Authenticity Over Appearance

With the growing popularity of crystals, the market is flooded with products claiming to be genuine Pyrite. Unfortunately, not everything that shines is authentic. Many imitation stones or poor-quality pieces are sold under the name of Pyrite, making it easy for buyers to be misled.

When selecting a Pyrite crystal, quality and authenticity matter. A genuine, natural specimen is valued not only for its distinctive metallic beauty but also because collectors and crystal enthusiasts seek authentic minerals rather than look-alikes.

**Pyrite: The Golden Guardian of Wealth, Prosperity & Business Success**



**Invest in a Symbol of Prosperity**

Whether you believe in the metaphysical properties of crystals, appreciate their symbolism, or simply admire their natural beauty, Pyrite remains one of the most sought-after stones for those focused on success and abundance.

For anyone building a business, pursuing financial goals, or creating a space that reflects prosperity, Pyrite is more than a decorative crystal, it's a timeless symbol of confidence, opportunity, and the intention to welcome abundance into every aspect of life.

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





**M N J INSTITUTE OF ONCOLOGY  
& REGIONAL CANCER CENTER**

Redhills, Hyderabad - 500 004, Telangana.

+91(40)23318414/22/24, 23397000 Fax : +91 (40) 23314063



Date: 23-06-2026

**From**  
Dr. Ramesh Maturi  
Professor & HOD,  
Department of Oncology,  
MNJ Cancer Institute, Hyderabad.

**To**  
The Rotary Sunrise Service Trust,  
Hyderabad

**Respected Sir/Madam,**

We are deeply grateful to you for your generous support and kind donation to the Department of Surgical Oncology, MNJ Cancer Institute. Your noble gesture will significantly strengthen our efforts in providing advanced and quality cancer care to our patients. Contributions such as yours play a vital role in enhancing treatment facilities and improving patient outcomes.

We are pleased to acknowledge the receipt of the following equipment:

**I. IRILLIC .nm Fluorescence Imaging System – 1 Unit**

The IRILLIC .nm Fluorescence Imaging System is an advanced surgical imaging technology that plays a vital role in modern oncological care. It enables real-time visualization of tumors, lymphatic pathways, sentinel lymph nodes, vascular structures, and tissue perfusion, thereby enhancing surgical precision and improving patient outcomes.

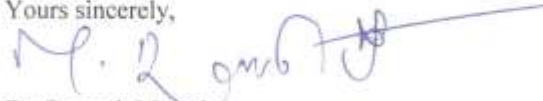
MNJ Institute of Oncology & Regional Cancer Centre is one of the leading tertiary cancer care centers in the region, catering to a large number of cancer patients from Telangana and neighboring states. The Department of Surgical Oncology performs a high volume of complex oncological surgeries every month, making the utilization of this equipment both essential and extensive.

The IRILLIC .nm Fluorescence Imaging System is being utilized extensively in the Department of Surgical Oncology for a wide range of complex oncological procedures. The equipment is used on a regular basis for intraoperative visualization of tumors, lymphatic pathways, sentinel lymph node mapping, vascular structures, and tissue perfusion assessment. On average, the system is utilized in approximately 25–30 major oncological surgeries every month.

The addition of this state-of-the-art equipment has greatly strengthened the capabilities of our department and will continue to benefit hundreds of cancer patients in the years to come. Your generous contribution will have a lasting impact on patient care and will support our mission of providing safe, effective, and high-quality cancer treatment to those in need.

Thanking you,

Yours sincerely,



Dr. Ramesh Maturi

**PROFESSOR & HOD OF SURGICAL ONCOLOGY**  
MNJ Institute Of Oncology  
& Regional Cancer Centre  
Red Hills, Hyderabad 500004



**RCSS Fellowship on 14th Jun 2026**



**RCSS Fellowship on 14th Jun 2026**



**RCSS Fellowship on 14th Jun 2026**



**RCSS Fellowship on 14th Jun 2026**



Around 100 benches out of 700 benches delivered to Vipparla and Dechavaram Govt. Schools ( Guntur Dist). These schools were referred by our PDG Talla Rajshekar Reddy and donated under CSR by Little Red Zombies.



Report by :  
Rtn. Srinivas Gumidelli



**Training Session (For incoming team of Club)**





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Ring Rotor



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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

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# Rotary Club of Secunderabad Sunrise

## Awards Night 2026 on 30th June 2026



Awards Night 2026 on 30th June 2026



Dear Board Members,

I am truly grateful to each one of you for your unwavering dedication, hard work, and commitment. Winning the Best Club Gold Award in the Golconda Region is a remarkable achievement, and it would not have been possible without your teamwork, passion, and relentless efforts.

Your support, leadership, and willingness to go the extra mile have made this success possible. This award belongs to every one of you, and I am proud to have served alongside such an outstanding team.

Thank you for believing in our vision and for contributing your time and talents. Let us celebrate this milestone together and continue striving for even greater achievements in the future.

Congratulations to each one of you, and thank you once again for making our club shine !!



Rtn. Ranjay Goel  
Club President (2025-26)



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

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

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

Doodling is the simple act of drawing shapes, patterns, symbols, or little pictures while thinking, listening, or relaxing. It may look like random scribbling, but doodling can actually help children and adults in many ways.

One of the many benefits of doodling is it reduces stress and anxiety.

Drawing simple patterns, swirls, flowers, or shapes can calm the mind and create a meditative effect. It helps you slow down and relax.



AI Generated

by Ann. Mamta Jhavar

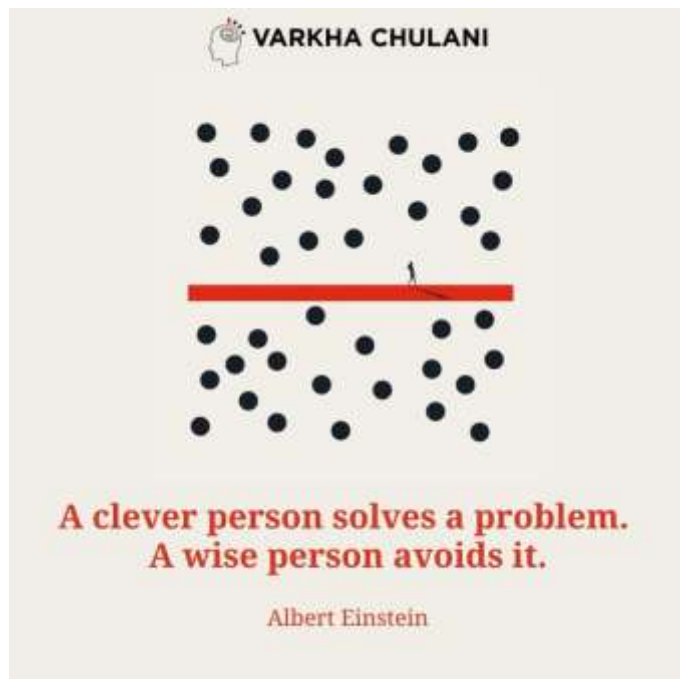


And to avoid difficulties we have to foresee what's coming.  
To do that one has to live in the present and in the near future.  
Contrarian to what people believe, me thinks that challenges can be avoided if we think slightly ahead.

To be ahead of the curve is to not rest on your laurels believing that nothing will change. To avoid problems is to plan that things will alter. To be forearmed can happen when we are courageous to see possible threats that can arise. But to do all of the above we have to stop 'positivity' and embrace reality. Which can be very daunting for most.

Our beliefs determine how we plan.  
Personally, I am a skeptic. So my thinking cap is firmly fitted on my head. This allows me to not take things for granted. It keeps me on my toes. It instills a bit of apprehension. Yes, that makes me more vigilant than most. And it can be taxing.

However, to maintain a position of progress, alertness is key.  
Your attentiveness determines your fate!



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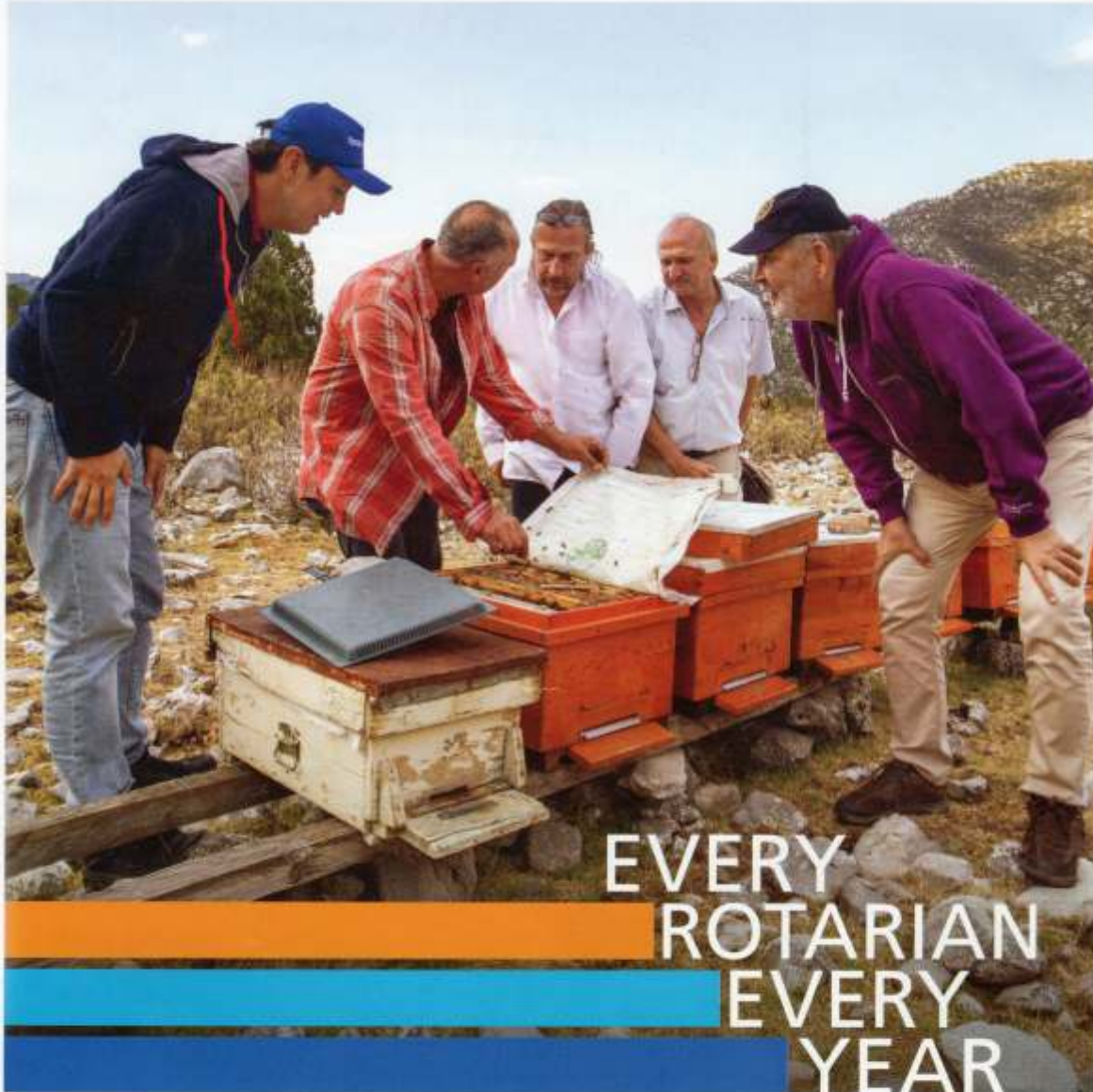


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