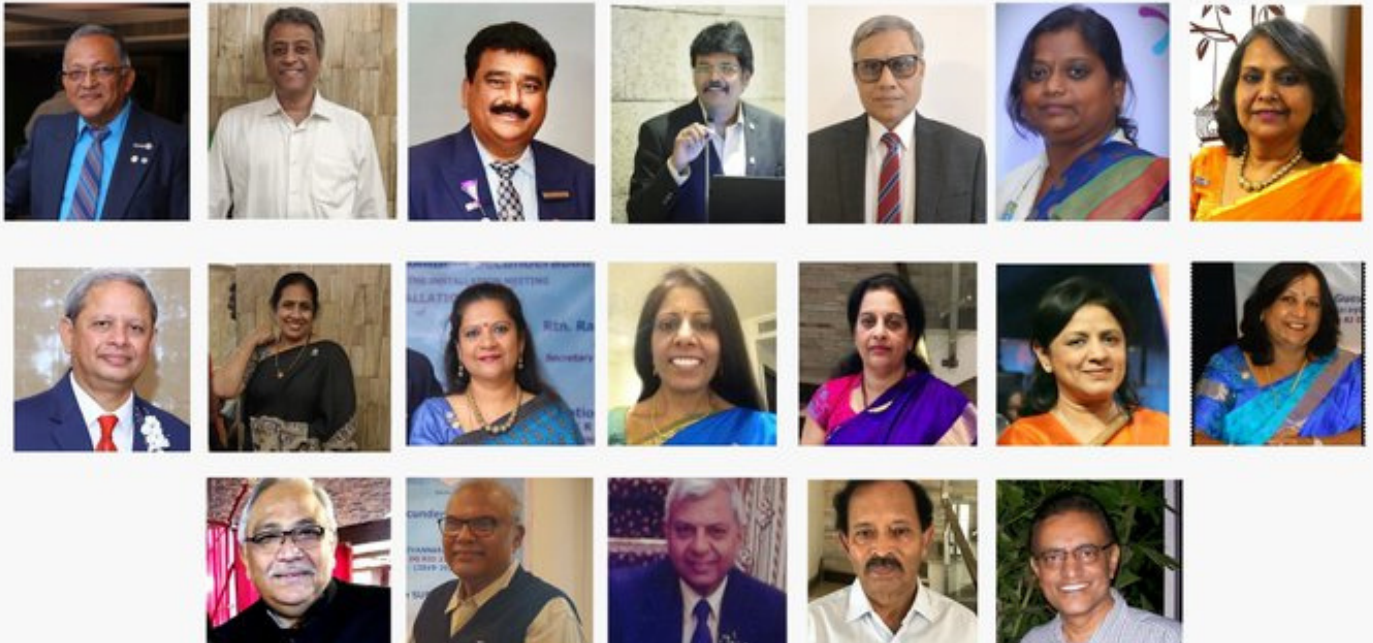




**Rotary Opens
Opportunities**

CANTONMENT TIMES



IN THIS ISSUE

**INTRODUCTION TO THE
BOARD OF DIRECTORS
OF 2020-21**

**THE DAFFODIL PRINCIPLE
BY RTN. R.K.BAJAJ**

**FROM THE PRESIDENT'S
DESK**

**MESSAGE FROM DGE
RTN. RAJASHEKAR
REDDY**

EVENTS

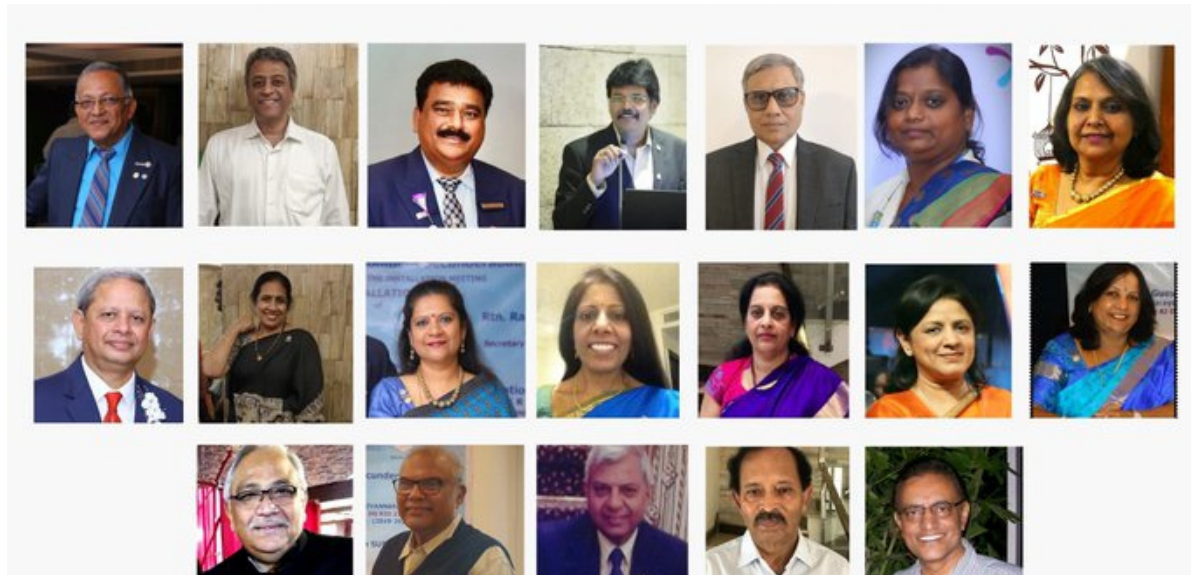
**BIRTHDAYS' &
WEDDING
ANNIVERSARIES**

This is Us!

The Board of Directors 2020-21

An introduction to the Board of Directors for the year 2020-21

The Board of Directors are the backbone of any Rotary Club, across the world. The September edition brings to you the Board of Directors of the Rotary Club of Cantonment Secunderabad 2020-21. An amazing mix of Experience, Expertise and Extra-ordinary Talent. We have rank new comers to the club, to the Charter Members holding various club chairs. We wish the new board an amazing year ahead!! The club was virtually inducted to office on the 5th of July, 2020, under the able guidance of D.G. Rtn. N.V. Hanmanth Reddy and supervised by A.G. Rtn. Mallik Ponduri



Rotary Club of Cantonment Secunderabad - Board Members - 2020 - 21			
Position Held	Name	Contact Number	Email ID
President	Rtn. Ramakrishna Vemuri	9849894624	vemramkri@yahoo.com
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Vice - President	Rtn. Ahmed Ali	8885339000	alys_49@yahoo.co.in
Secretary	Rtn. Lavanya Dyapa	9985459843	lavanyadyapa@proneev.com
Joint Secretary	Rtn. Gayatri	9866009769	gayatri1930@gmail.com
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Director TRF & International Services	Rtn. Indira	9848666459	indira_gummalla@yahoo.co.in
Director New Generation	Rtn. Manju Gupta	9849076477	manjugupta09@gmail.com
Director Vocational Services & New Membership	Rtn. Ramani Rao	9703339090	ramaniraol@gmail.com
Director Public Image	Rtn. Pierre D'Silva	9908455560	pierresilva@yahoo.co.in
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Club Advisor	Rtn. Raaj Sreeram	9885000050	raajsreeram@gmail.com
Club Trainer	Rtn. B. Ramagopal	9440666724	bramg50@gmail.com
Club Advisor	Rtn. Wng. Cdr. Rajendra Kumar	9849542567	marblehouse.rk@gmail.com



From the President's Desk.

Dear Friends and Fellow Rotarians,
Greetings to you all.

Come September!

Thus the goes the popular song!

Cantons had also welcomed not only the bountiful rains of the month but also the plethora of activities lined up.

Our team participated in the 'Antakshari' online film based songs organized by RC Hyderabad East on 5th September. The event provided a lot of fun and joy, and thus began the month of songs & rain.

Six teachers were decorated with 'National Builder Award' on

Teachers' day celebrations. The committee had worked hard to select the better of the Best out of the 12 nominations received. As a departure therefore from recent years - nominations were invited this time from Government schools and other private schools. In a grand function on virtual platform on 8th September, these teachers shared their career experiences. Involving a new set of schools opened up opportunities for public image and future addition of Interact schools.

8th of September was also celebrated International Literacy

Day when RCCS co-hosted a Speaker meet. Shri Naveen Mittal, IAS, Commissioner, CETE, GoT was the Speaker invitee. He explained various features of the NEP (New Education Policy) with a remarkable Q&A.

Our club had organised as a cohost 'Say No to Tobacco'

seminar on 12th September with two specialists - Dr.Ravi Kumar, Oncologist and Dr. Ravi Mehrortra, CEO, Indian Cancer Research Consortium, ICMR - emphatically advocating that Education and Campaigns, Use of social media to target the youth are some of the methods to eradicate the use of tobacco.

World Suicide Prevention day is observed on 10th September each year around the globe, and our club organized a Speaker Meet titled 'The New Normal' on 13th September 2020. The distinguished speakers on this occasion were

Ms. Ushasri of Roshni (NGO), Ms. Usha Rani Manne of FLO, Rtns. Geeta Magesh and Manju Gupta of RCCS and Mr. P. Chadrashekar, CEO, Nirmaan. The topics discussed - Mental health and Physical health, Neuroscience of Happiness, resilience as a virtue, Opportunities in the Pandemic - were well received.

There was good participation from other clubs of the district in the Speaker Meet organized by our club on 24th September. It was a spiritual journey with President Ramakrishna giving a brief insight into Patanjali Yoga Sutras, with a Book Review of same title. He highlighted the Ashtanga (eight limbs) Yoga and how these help attain control of mind.

Our club co-hosted a Speaker meet with Ms Madhu Vottery as the resource person. She is a reputed freelance Conservation Architect and Author. The topic of the meet was 'History of Hyderabad, Glimpses of cultural heritage'. The Guest of Honour was Dr. J Kedareshwari, Curator (ret'd.) Salarjung

Museum. The presentations were well appreciated.

September looked a very happening month in the entire district. Our members enjoyed various programs being online. Notable among them were - District Positive Health Seminar

on 18th, Multi-District solo dance competition Grand finale by RC Chanakya Dt 3250 on 20th and Sonu Sood felicitated "Beyond ourselves ...a selfless journey", jointly organised by by RC Mumbai Royales & Mumbai Divas.

PRIP Rtn Barry Raisin was the Speaker on 29th in the meeting organized by RC Secunderabad. He spoke on 'Rotary Today and Rotary Tomorrow'.

Our club participated in good numbers and it was a very educative session.

In a first of its kind in our club, a Business forum meeting was organized on 30th September. The purpose was to discuss how to conduct Knowledge and Experience sharing sessions, by the members for the members - basing their professional experience as an Employee / Entrepreneur / Self-employed.

The aim was to discuss how members can help each other in their work spheres.

The maiden meeting had no formal agenda and was open to all RCCS members.

The meeting, a brainstorm session, produced very good ideas.

It was decided to continue with more such "Cantonment Business Knowledge Forums".

Welcome, dear friends - suggestions, articles, opinions to make this Newsletter a great reading and for spreading well.

Best wishes,

Ramakrishna Vemuri.



MESSAGE FROM DGE RTN. RAJASHEKAR REDDY

Life is to live, not just to survive!

This is exactly how I would sum up my Rotary journey. Before I joined the Rotary International, I was just another hustling professional adding less value to myself and to the society. And today, through several opportunities that RI presented, I'm a far more confident leader, speaker and volunteer who holds empathy for the people around me while being grateful for what I have.

Opportunity for Self-Development:

Being a Rotarian is an invitation to endless opportunities, creating pathways for members to improve their lives and the lives of those they help through Service projects.

My Rotary journey started with the opportunity to plan the construction of a school building in a village close to Hyderabad and monitor the same on sustained basis. This project reinforced my confidence in terms of ability to function, communicate and fulfil the purpose and during the process, I had the opportunity to meet various people from different walks of life. The satisfaction I experienced in the implementation of the project to empower students for improved learning and hence a better life is beyond compare. So, has been every other project I ever took up thereafter.

Opportunity to be a Global Citizen:

Rotary International, true to its name, added strength to my local thinking with global prowess and reach. Rotary gave me the opportunity to host International delegates, to interact with and be appreciative of people from different cultures, learn about their journey. Being a GSE team leader, I have experienced the warmth of more than 25 Rotary clubs in the USA, stretching and strengthening my world of friendship overseas. Attending International conventions gave me the opportunity to be among the 15000 Rotarians from different countries thus expanding my horizons.

Opportunity of a New Family:

Rotary is perhaps the warmest of organizations in that my spouse and kids know almost every other Rotarian personally, as do I. They have always been excited to meet with fellow Rotarians and their families and it's not a stretch when I say my children grew up in the Rotary world. The Inner wheel organization provided great learning; strength and friendship to my spouse that helped her become a leader of the organization herself. Being a Rotarian provided the opportunity for us as a family to appreciate diversified cultures, fostering progressive ideas in the young minds of children. So much so, my daughter is today a Rotary member.

Need I

say more about such learning which was only possible through Rotary and with Rotarians who have the ability to endure our core values! I'm ever grateful to Rotary for changing my life over and giving it a purpose along with opportunities to fulfil it. As much as Rotary needs motivated members, members need Rotary for a purposeful life because after all "ROTARY OPENS OPPORTUNITIES!"

The Daffodil Principle by Rtn. R.K Bajaj

Several times my daughter had telephoned to say,

"Mother, you must come to see the daffodils before they are over." I wanted to go, but it was a two-hour drive from Laguna to Lake Arrowhead "I will come next Tuesday", I promised a little reluctantly on her third call. Next Tuesday dawned cold and rainy. Still, I had promised, and reluctantly I drove there. When I finally walked into Carolyn's house I was welcomed by the joyful sounds of happy children. I delightedly hugged and greeted my grandchildren.

"Forget the daffodils, Carolyn! The road is invisible in these clouds and fog, and there is nothing in the world except you and these children that I want to see badly enough to drive another inch!" My daughter smiled calmly and said, "We drive in this all the time, Mother." "Well, you won't get me back on the road until it clears, and then I'm heading for home!" I assured her.

"But first we're going to see the daffodils. It's just a few blocks," Carolyn said. "I'll drive. I'm used to this." "Carolyn," I said sternly, "please turn around." "It's all right, Mother, I promise. You will never forgive yourself if you miss this experience."

After about twenty minutes, we turned onto a small gravel road and I saw a small church. On the far side of the church, I saw a hand lettered sign with an arrow that read, "Daffodil Garden." We got out of the car, each took a child's hand, and I followed Carolyn down the path. Then, as we turned a corner, I looked up and gasped. Before me lay the most glorious sight.

It looked as though someone had taken a great vat of gold and poured it over the mountain peak and its surrounding slopes. The flowers were planted in majestic, swirling patterns, great ribbons and swaths of deep orange, creamy white, lemon yellow, salmon pink, and saffron and butter yellow. Each different-colored variety was planted in large groups so that it swirled and flowed like its own river with its own unique hue.

There were five acres of flowers. "Who did this?" I asked Carolyn. "Just one woman," Carolyn answered. "She lives on the property. That's her home." Carolyn pointed to a well-kept A-frame house, small and modestly sitting in the midst of all that glory. We walked up to the house.

On the patio, we saw a poster. "Answers to the Questions I Know You Are Asking", was the headline. The first answer was a simple one. "50,000 bulbs," it read. The second answer was, "One at a time, by one woman. Two hands, two feet, and one brain." The third answer was, "Began in 1958."

For me, that moment was a life-changing experience. I thought of this woman whom I had never met, who, more than forty years before, had begun, one bulb at a time, to bring her vision of beauty and joy to an obscure mountaintop. Planting one bulb at a time, year after year, this unknown woman had forever changed the world in which she lived. One day at a time, she had created something of extraordinary magnificence, beauty, and inspiration. The principle her daffodil garden taught is one of the greatest principles of celebration.

That is, learning to move toward our goals and desires one step at a time--often just one baby-step at time--and learning to love the doing, learning to use the accumulation of time. When we multiply tiny pieces of time with small increments of daily effort, we too will find we can accomplish magnificent things. We can change the world ...

"It makes me sad in a way," I admitted to Carolyn. "What might I have accomplished if I had thought of a wonderful goal thirty-five or forty years ago and had worked away at it 'one bulb at a time' through all those years? Just think what I might have been able to achieve!"



cont.....



My daughter summed up the message of the day in her usual direct way. "Start today," she said.
She was right. It's so pointless to think of the lost hours of yesterdays. The way to make learning a lesson of celebration instead of a cause for regret is to only ask, "How can I put this to use today?"
Use the Daffodil Principle. Stop waiting.....
Until your car or home is paid off
Until you get a new car or home
Until your kids leave the house
Until you go back to school
Until you finish school
Until you clean the house
Until you organize the garage
Until you clean off your desk
Until you lose 10 lbs.
Until you gain 10 lbs.
Until you get married

Until you have kids
Until the kids go to school
Until you retire
Until summer
Until spring
Until winter
Until fall
Until you die..
There is no better time than right now to be happy .

Happiness is a journey, not a destination.
So work like you don't need money.
Love like you've never been hurt, and, Dance like no one's watching.
If you want to brighten someone's day, pass this on to someone special.
I just did!
Wishing you a beautiful, daffodil day!



Events of the Month

Rotary  **Rotary Opens Opportunities** 

Rotary Club of Cantonment Secunderabad

is delighted to invite you
to a celebration of Inspiration, Dedication and Education

**FELICITATION CEREMONY OF THE
NATION BUILDERS**

SEPTEMBER 8, 2020, 04:00 PM

Meeting ID : 315 005 5482
Password: 202021

RTN. RAMAKRISHNA VEMURI
PRESIDENT

RTN. LAVANYA DYAPA
SECRETARY

RTN. MOHAN NISHTALA
CHAIRPERSON - LITERACY

Rotary  **Rotary Opens Opportunities** 

**Rotary Club of
Cantonment Secunderabad**

In association with
Roshni NGO & FLO Hyderabad
presents eminent speakers on the topic

The New Normal
Adapting to the change



 **P. Chandra Sekhar**
CEO - Vidya Helpline, Nirmaan
Organization

 **Manju Gupta**
Educational Consultant

 **Geeta Magesh**
Clinical Psychologist

SEPTEMBER 13 04:00 PM
ZOOM ID & 3150055482, PASSWORD: 202021


President **Secretary**
Rtn. Ramakrishna Vemuri **Rtn. Lavanya Dyapa**

Rotary  **Rotary Opens Opportunities** 

**Rotary Club of
Cantonment Secunderabad**

CORDIALLY INVITES YOU TO BOOK REVIEW OF

**PATANJALI YOGA SUTRAS,
ASHTANGA YOGA**



Speaker : President Rtn. Ramakrishna Vemuri - RCCS

Date: 24th September 2020
Time: 07 PM

Zoom Meeting ID 315 005 5482
Password: 202021

Rotary  **Rotary Opens Opportunities** 

**Rotary International District 3150,
District Rotract Organization 3150**
&
**SWASTAVA
CANCER CARE**

present

**YOUTH AND TOBACCO
ADDICTION**

For Rotaractors, Rotarians and Rotary Anns
Over A virtual address

 **Convener**
Rtn Dr V Chaturvedi
Past President
District Chair Cancer Awareness and Prevention

Eminent Speakers of the day

 **N V Hanmanth Reddy**
District Governor 2020-21

 **Dr Ravi Vadlamani**
Past District Governor

 **K Prabhakar**
District Governor Elect 2021-22

 **Sindhura Pabbisetty**
District Rotract Representative

 **Dr Ravi Kumar**
Medical Oncologist
MEMBER, ICAYTO Pearls

 **Dr Ravi Mehrotra**
Chief Executive Officer
India Cancer Research Consortium
(ICMR-DHR)

 **Dr Sohu Goel**
Professor of Health Management
PGIMER, Chandigarh
Vice Chair- Tobacco Control, The Union

SEPTEMBER 12
7:30 to 9:00 PM IST

zoom

Meeting ID: 202 021 3150
Password: 162121

Live streaming on
[/rotarydistrict3150](#) [/swastavacancare](#) [/channel/rotarydistrict3150](#)

Co-Hosted by:
Rotary Club of Hyderabad Pearls
President - Rtn Ms Sucheritha Reddy

Rotary Club of Cantonment Secunderabad
President - Rtn Vemuri Ramakrishna

Contact +91 98493 98879 or email swastavacancare@gmail.com
www.swastavacancare.com

Birthdays' & Wedding Anniversaries'

October & November 2020 Birthdays

October & November 2020 Wedding Anniversaries

- October 09th - Rtn. Lavanya Dyapa
- October 26th - Dr. Ramasheshagiri Rao - Rtn. Srilatha's Spouse)
- October 27th - Rtn. Ramachandra Sreekakulam
- October 16th - Rtn. Farzana & Ahmed Ali
- October 16th - Rtn. Ramachandra and Ann Chandrika
- October 27th - Rtn. Ramachandra Sreekakulam
- October 30th - Rtn. Ram Mohan and Ann. Sharmila
- November 2nd - Rtn. Gayathri
- November 11th - Rtn. Sirish Dhopeswar
- November 21st - Rtn. Saila
- November 29th - Rtn. Narsimha
- November 18th - Rtn. Saila and Rtn. Venu
- November 24th - Rtn. Sudhir and Ann. Satya
- November 29th - Rtn. Sirish and Ann. Rekha
- November 30th - Rtn. Venkat and Rtn. Indira Gummalla

Thought for the month

You will be judged not by the kind of work you do but by the spirit with which you do.

