

# Rotary Club of Kompally-Medchal

# DISHA

Quarterly Club Magazine

Rotary Club of Kompally-Medchal

Volume 1 Issue 2

January 2021

For private circulation only



Rotary



Rotary Opens Opportunities



# ROTARY CLUB OF KOMPALLY-MEDCHAL

FORMERLY KNOWN AS: ROTARY CLUB OF MEDCHAL

Chief Editor: Mrs. Janet Fanaian  
Asst. Editors: Dr. SreeLakshmi  
Mr. Vasudeva Rao



## RELEASING FIRST ISSUE OF DISHA: A CLUB MAGAZINE IN OCTOBER 2020

L to R Rtn MSN Srinivas, District Governor Rtn Hanmanth Reddy, Magazine Editor Rtn Janet Fanaian, Club President Rtn Parag Shah, Club Secretary Rtn Soroosh



Rotary Opens Opportunities

**EDITOR**  
**Rtn. Janet Fanaian**



#### Message from Editorial Board

The days are moving as swift as twinkling of the eye, but the pandemic is not moving away. We are getting used to our new normal which is stay safe, be careful, observe hygiene, social distancing as much as possible. However, our activities were not halted, as a matter of fact each Rotarian made a mighty effort and proved that we make opportunities from every crisis and find ways to serve the needy.

“Let your vision be world-embracing, rather than confined to your own selves,” Baha’u’llah wrote. “Do not busy yourselves in your own concerns; let your thoughts be fixed upon that which will rehabilitate the fortunes of mankind and sanctify the hearts and souls of men”.

I take the pleasure to wish you and your dear family a happy, healthy and prosperous **New Year 2021**, with joy, love and peace.



**RI President  
HOLGER  
KNAACK**



## MESSAGE FROM RI PRESIDENT

January 2021 is finally here. As we look forward to 2021, our thinking doesn't have to stop at the end of these 365 days. Are you thinking ahead about what you will be doing in 2022, 2023, and beyond?

We cannot foresee the future, but we can steer ourselves where we want to go. I think it is important that every Rotary club hold a strategic meeting at least once a year. Past RI Director Greg Yank, who has a lot of experience working with clubs on their plans, shares his viewpoint.

*A famous aphorism states, "By failing to prepare, you are preparing to fail." Planning is essential to achieving success in all areas of life, including Rotary, and we're getting better at it every year.*

*Strategic planning for Rotary clubs works. I have helped many clubs find that pathway by working with them to build what I call a blueprint, a multiyear plan that answers the fundamental question: "What is our vision for our club?" The best plans I have seen are those that are focused, when a club concentrates its resources on the best opportunities it has. Your Rotary club cannot be all things to its members and to the community it serves; it has limited human, financial, and time resources. A successful plan factors in assets and limitations to chart the desired pathway for your members.*

*Begin building a multiyear strategic plan by brainstorming with your club, asking, "What are our initiatives and priorities for the next two to three years?" Document your answers using action-oriented language that is specific, concrete, and measurable about the goals you want to achieve.*

*Next, narrow down your initiatives to a core set of three to five priorities. Your club will then develop specific objectives for each initiative, outlining who will be involved, key milestones of achievement, how progress will be tracked, and a timeline for completion. Keep your plan short and simple.*

*Then go out and do it. Review the progress you make toward accomplishing the initiatives, and revise as needed at least once a year. Rotary has a solid template to assist clubs in their planning, which you can find at core values in all our efforts, Rotary Opens Opportunities to enrich the lives of everyone.*

## PRESIDENT MESSAGE



Rtn. Parag Shah

President

RC Kompally-Medchal

Another year of opportunity begins with full hope and aspiration of doing good for the world. Year 2020 remains a memorable and unforgettable year for the whole world. It has taught us many lessons of life which we had forgotten about.

It taught us the importance of family, environment, society and care for others. Let us take positive note of 2020 and make it a habit of caring and loving our family, friends, environment and our dear ones.

DISHA, our first magazine was released in Oct month, and it was nice. It was a combination of expectations, hard work and doing something new for the club. I sincerely congratulate the editorial team and club members for the support and for making DISHA as a club magazine. We have uploaded our magazine on the club website and circulated among many groups of Rotary. We received a very good response about our magazine, and it was appreciated by some club presidents as well.

We have got some feedback for the betterment of future issues and some of them include:

we should include more pictures on projects and less on the write up along with less number of pages.

We will take it positively. However, I leave it to our editorial team, and they are free to decide for the next issue. After all it reflects our club culture and members ideas.

I am very happy that our second issue of DISHA is releasing in January. Many new members are showing interest in the content and that is good for the club. Our senior members also contributing their experience with articles to guide our new members to carry forward the Rotary spirit.

I wish our club family A Very Happy and Vibrant New Year 2021. I am confident that together we all will make our club a progressive and happy club.

**TOGETHER LET'S DO BETTER**





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## CLUB MEMBERS

	NAME	CLASSIFICATION	JOINING ROTARY
1	Rtn. Dr. S K Vashisht	Homeopathic Physician & Manufacturer	1989
2	Rtn. Manohar Ahuja	Trading of Bearing	2004
3	Rtn. M. Narayan Rao	Horticulturist	2006
4	Rtn. T. Surender Rao	Manufacturing Explosive forming	2008
5	Rtn. Asha Shankar	Education Consultant	1996
6	Rtn. K R Kumar	Coating Industry	2014
7	Rtn. MSN Srinivas	Landscape consultant	1992
8	Rtn. Soroosh Fanaian	Manufacturing Hand Pump	2015
9	Rtn. Parag Shah	Manufacturing Hot Mix Plant	2015
10	Rtn. Ajay Kumar Kanodia	Charter Accountant	2017
11	Rtn. Dr. Sudhakar Darbarwar	Consultant Ophthalmologist	2018
12	Rtn. V Mallareddy	Engineering college	2017
13	Rtn. Janet Fanaian	Value Education Facilitator	2018
14	Rtn. Dr. Sreelaxmi Srinivas	Education Content writer	2018
15	Rtn. Divya Shah	Charter Accountant	2018
16	Rtn. Haroon Basha	Construction Building	2020
17	Rtn. Vasudeva Rao	Seeds Industry	2020
18	Rtn. Ram Bandi	Industrial Automation	2020
19	Rtn. P. Naveen Kumar	Banker & Social worker	2020
20	Rtn. Rahul Velichala	Manufacturing Adhesive products	2020
21	Rtn. Dr. Ashok Venkatanarsulu	Consultant Endocrinologist	2020
22	Rtn. Ananth Narayan	Industrialist	1989
23	Rtn. Umra Singh	Entrepreneur Socks manufacturer	2020





## The Rotary Foundation



**Rtn. Soroosh Fanaian**

Mechanical Engineer,  
(Industrialist)

“The mission of Rotary foundation is to enable Rotary members to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.”

### The Rotary Foundation

The mission of Rotary foundation is to enable Rotary members to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty. The Foundation is not-for-profit corporation, supported solely by voluntary contributions from the rotary members and friends of the foundation who share its vision of a better world through service.

This support is essential to make possible projects funded with the foundation grants that bring sustainable improvements to communities in need. The Rotary Foundations supports many projects in the areas of peace and conflict prevention/resolution, disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy, economic and community development and the environment.

It all started in 1917 during Kansas City convention, the outgoing RI President Arch C. Klumph proposed to set up an endowment **“for the purpose of doing good in the world.”** In 1928, it was renamed **The Rotary Foundation**, and it became a distinct entity within Rotary International. Over the past 104 years, we are doing good in the world. Particularly in India, our Rotarians are not only contributing generously to the Foundation but also carrying out great work of the Foundation through Global grants and District grants.

According to India Chair RF(I) P.T. Prabhakar, in 2019-20, Indian Rotarians contributed US\$ 20.52 million to TRF, which resulted in India becoming the 2nd highest contributor. This is the fifth year in succession, that India becomes the 2nd highest contributor to TRF, which shows that Indian Rotarians are consistent in their support to TRF. In 2019 -20, India contributed US\$ 7.1 million to Annual Program Fund (APF) as against US\$ 7.3 million in 2018-19. In 2019-20, India received 313 global grants for a value of US\$ 28.22 million. This means, India received 23% of all TRF grants which is excellent.

By donating to Rotary Foundation you will be able to touch the lives of so many deserving people across the globe, which otherwise may not be possible. You will be assure that your donation reaches to the most deserving and needy persons with least management expenses.



**A Journey of a few miles begins with a small step.....**



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SO GUYS ..... CONTACT AGS AND SEE OUR PASSION FOR YOUR FOOT WORK

**JOURNEY OF A 1000 MILES**



Rtn. UMRA SIROHI  
DIRECTOR AGS IMPEX  
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The journey of a 1000 mile begins with a single step, and we at AGS work towards making your every step comfortable and memorable. AGS is socks manufacturer company situated at Hyderabad, equipped with computerized socks knitting machines with daily capacity to produce 500 dozen, working in 2 shifts. Our natural-dyed yarns are made to order from reputed spinning mills with blends which makes our product breathable and more comfortable.



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During the Pandemic, we created comfortable, double-layered, washable and knitted masks as our social responsibility. Our aim is to touch many more lives in the coming years through our multifold association with our customers, suppliers, distributors, and last but not the least Rotarians. We pledge to move ahead with more positivity to make lives matter more.



AGS is a team of 50 dedicated workforce mostly women who enjoy working tirelessly to add colour and zest to your day. Many of our women-force worked with us for many years. Training them and finding livelihood for them is our way to pay back to society. Workers value every rupee earned by them for their commitment to home economy. Some

are the sole earners of their household. An incident thought me a humbling lesson of coinage value. I paid salary to a girl and did not pay Rs 5/-as I did not have change. She went out and came back with Rs 5 coin and collected Rs 10/- note from me. I instantly laughed because at that time I found it funny, but later on enquiring, I was informed that the Rs 5 would be her valuable one day's bus charge. I began to look at every penny from their perspective, that made my bond stronger with them.

We would like to enter into a joint venture with like-minded people to enhance our efforts to provide more employment, reach more households, touch more lives. You may inbox your interest to us and we will happily respond within 2 working days. Our dedication to our work is our moto: Stay Healthy. Stay Bless





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## Equal Rights



By Janet Fanaian  
 MA MPhil  
 Value Education  
 Facilitator, Gender  
 Sensitivity Adviser,  
 Model United  
 Nations Trainer, IB  
 CAS Coordinator

Gender-Based violence is the manifestation of a chronic disease affecting our society. This chronic disease, from which our progress and prosperity is so severely crippled, is in part due to failure to recognize the equality of men and women. During the pandemic gender violence has become more deeply entrenched in countries around the world.

Some attitudes common in society place women as inferior to men, restricting them to the home and excluding them from decision making. Principle of justice is essential for a society that is to reflect the equality of women and men. According to Bahai Faith men and women are likened to the two wings of a bird—both of which need to be strengthened equally for the bird to fly. A significant change in perception of and conduct toward women creates a greater understanding of unity that allows growth and empowerment of women.



Aspects of our culture can change, particularly when we teach new values to our children from a young age to treat girls and boys to interact with unity and collaboration. This is a moment when our society must think about how it's culture, thinking assumptions and traditions affect women. Everyone has a responsibility to be a source of guidance and help dispel mindsets that harm women. To create opportunities for awareness, individuals need to speak about this important subject, so that conversation can take root in all homes and penetrate communities.

A heartwarming news is that, after a surprising 115 year for Rotary International to have a woman as its president. Jennifer E. Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada has been nominated for 2022-23 with a ground-breaking selection that will make her the first woman to hold that office in the organization's 115 year history.

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**Diabetes Medical Camp**



Rtn Vasudeva Rao  
Limagrains Field Seeds  
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**Inspired by the theme of December: Disease Prevention & Treatment**

Health promotion of communities in which we live is an important need of the hour in the given environment and kind of lifestyles that we are in. In today’s context of complex life that we are leading, living an active and healthy life is indeed a challenge. However, this cannot be our pretext of life to keep away from being active and healthy. In this demanding & ambitious life, we need to quickly recognize the importance of leading an active life, moving away from the sedentary routine, becoming self-dependent, and relishing a healthy life, possibly through disease awareness, disease treatment & prevention.



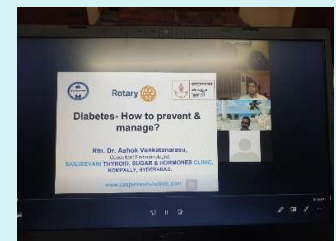
Comprehending this need of the hour is truly in line with our theme of the month; **Disease Prevention & Treatment**. RC Kompally-Medchal in collaboration with RC Springfield chose to conduct a ‘Health Check Up Camp’ for the benefit of the needy ground workers at Nagarjuna Dream Land ( NDL ).

The health Check-up camp on “ Diabetes Awareness & Management” was held on the 6<sup>th</sup> of December at Nagarjuna Dreamland. The health Camp headed by Endocrinologist & Rotarian Dr. Ashok and his team of ‘Sanjeevani Thyroid, Sugar & Hormones Clinic’. The able team tirelessly from early morning until noon conducted check-up, advice and distributed free medicine for sixty ground workers from housekeeping, housemaids, building security and maintenance.



The services rendered by our Kompally-Medchal Rotarians & the members of the NDL welfare association in successfully accomplishing this very important health promotion activity & demonstrating the spirit of our theme & social outreach are very much appreciated. NDL welfare Association also participated actively, co-ordinating the E2E activities of the camp

On the same day RC Kompally-Medchal in Collaboration with RC Springfield and Sanjeevani Clinic conducted a **Medical Webinar on Diabetes**. We are extremely thankful to Rotarian Dr. Ashok and his able team for lending their full-fledged support & active participation in the successful execution of the December theme of disease prevention and treatment.



The health camp was gracefully witnessed by AG Mallik which we very fervently thank & appreciate. AG Mallik along with RC Springfield Rotarians joined RC Kompally-Medchal members in this weighty service.

**DISTRICT MAJOR PROJECT:**

SOURCE GML MEGHNA NOV 20



**COVER PAGE STORY**

<p><b>No Food Waste</b>                  Rotary Club of Hyderabad Deccan, Rotary Club of Hyderabad, Rotary Club of Hyderabad Centennial and Rotary club of Hyderabad Mega City did a joint project which involves purchase of Food collection van at the cost of cost Rs. 2 Lakhs. Van shall be provided to No Food Waste (www.nofoodwaste.org)</p> <p>No Food Waste is an organization which aims to redistribute excess food from weddings, parties, events to those who are hungry. It has provided food to a million hungry people, saved nearly 321 tons of food, which amounts to nearly Rs. 4.87 crores.</p> <p>No Food Waste works alongside Governments, Corporates with Social Responsibility on their minds, other partners and Volunteers to create a local chapter of excess food collection institution, which will be spread across various cities.</p> <p>Strict food safety norms are followed in the entire process of collection and distribution of foods to the needy people.</p>	<p><b>Mobile Blood Donation Van to Indian Red Cross Society, Guntur Branch</b>                  Rotary Club of Guntur had applied for an Global Grant to provide Mobile Blood Donotion Van to Indian Red Cross Society Guntur District Branch. Rotary District 6920 came forward to support the project by providing DDF Rotary Clubs of Augusta, Rotary Club of Augusta South and Rotary Club of Augusta West are the International Partners. Rotary District 3150 also provided DDF.</p> <p>The cost of the project is US \$ 42200 which was funded from the above source as well as The Rotary Foundation. The Van has Three Beds for the Donors to Donate Blood. The Van is equipped with also facilities to collect and store the Blood.</p> <p>The Van was formally presented to Indian Red Cross Society Chairman Dr A. Sreedhar Reddy by District Governor Rtn. N. V. Hanmanth Reddy on 22nd October 2020.</p> <p>Rotary Guntur Project Contacts PP Anil Harnathika, PP B V Appa Rao, President 2019-20 Rtn G Sudhakar, President 2020-21 Rtn Y Venugopal, Secretary 2019-20 Rtn Kalesawali, PDG Ravi Vadlamani, DRFC PDG Anne Ratna Prabhakar DGN T Rajasekhar Reddy, Assistant Governor Mukthar Ahmed, District Secretary Kolla Singa Rao and others participated in the function.</p>	<p><b>అమ్మ ఆశ్రమానికి వ్యాను అందజేత</b>  <b>గుంటూరు ఈస్ట్:</b> లేటర్ క్లబ్ ఆఫ్ గుంటూరు ఆధ్వర్యంలో ఆధివారం 10th అమ్మ ఛారిటబుల్ ట్రస్టుకు మార్చర్ వ్యానును అందజేశారు. ముఖ్య అతిథిగా విచ్చేసిన ఎన్.వి. హనుంత్ రెడ్డి, క్లబ్ అధ్యక్షులు యలమంచిలి వెణుగోపాల్ ఆశ్రమ నిర్వాహకులకు వ్యానును అందించారు. ఈ సందర్భంగా హనుంత్ రెడ్డి మాట్లాడుతూ అమ్మ ఛారిటబుల్ ట్రస్టు దహన సంస్కారాలు చేస్తూ గొప్ప సామాజిక సేవ చేస్తుందన్నారు. తమ వంతుగా వ్యాను అందించామని చెప్పారు. క్లబ్ కార్యదర్శి నంబూరు కృష్ణమూర్తి, సహాయ గవర్నర్ వధివల్లి సతీష్ బాబు, ముక్తార్, వై. ధర్మణ్, ప్రసన్న పాల్గొన్నారు.</p>
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OCTOBER



CLUB ACTIVITIES FOR THE MONTH OF OCTOBER:

DATE: 2<sup>ND</sup> OCT.

DONATED SEWING MACHINE

DATE: 14<sup>TH</sup> OCTOBER

RECEIVED RENAMED CLUB CHARTER BY DISTRICT GOVERNOR.

RELEASE CLUB FIRST MAGAZINE DISHA

RELEASE NOTEBOOKS

INDUCTION OF NEW MEMBER

Rtn Umra Singh Sirohi

DISTRIBUTED NOTEBOOKS

October Month Rotary theme: Economic and Community Development.

Sewing machine was donated to needy to support her family.



District Governor Rtn Hanmanth Reddy Handover renamed club Charter to club Secretary Rtn Soroosh Fanaian.



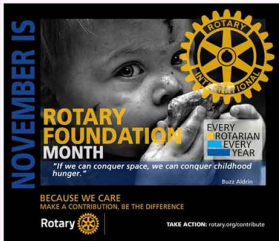
Club Magazine DISHA was released and club Notebook distributed.



Mrs. Umra Singh joined club and taking oath by Rtn Kumar.



NOVEMBER



CLUB ACTIVITIES FOR THE MONTH OF NOVEMBER:

Distributed Notebooks to the factory worker by Rtn Ram Bandi

Club Director TRF:

Rtn Soroosh appealed club members to contribute Rs 2000 for the foundation as TRF Contribution:

“Every Rotarian Every Year”

November Month Rotary theme: ROTARY FOUNDATION MONTH.



TRF CONTRIBUTION to Rotary Foundation OF Rs 2000 by club members:

1	Rtn Narayan Rao
2	Rtn Soroosh Fanaian
3	Rtn Parag Shah
4	Rtn MSN Srinivas
5	Rtn Asha
6	Rtn Janet
7	Rtn Divya
8	Rtn Ram Bandi
9	Rtn Rahul
10	Rtn Basha
11	Rtn Dr Ashok
12	Rtn Vasudeva Rao



DECEMBER



CLUB ACTIVITIES FOR THE MONTH OF DECEMBER:

DATE: 6<sup>TH</sup> DEC 2020

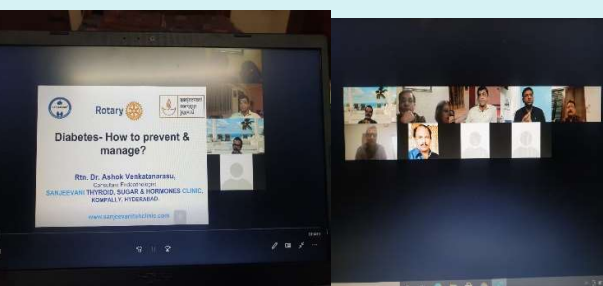
CLUB HAS ORGANISED HEALTH CHECK UP CAMP IN ASSOCIATION WITH SANJEEVANI HOSPITAL AND RC SPRINGFIELD

**HEALTH CHECK UP CAMP**
  
 ROTARY CLUB OF KOMPALLY-MEDCHAL
   
 RI DIST: 3150 CLUB ID: 29084
   
 and
   
 ROTARY CLUB OF SPRINGFIELD SECUNDERABAD
   
 RI DIST: 3150 CLUB ID: 80900
   
 In association with
   
**SANJEEVANI THYROID, SUGAR & HORMONES CLINIC**
  
 KOMPALLY
   
 Rtn. Parag Shah
   
 President
   
[www.rcskompallymedchal.org](http://www.rcskompallymedchal.org)
  
 Rtn. Sarosh Fardus
   
 Secretary
   
[www.rcspringfield.org](http://www.rcspringfield.org)



Rtn Dr Ashok speaks on Diabetes prevention on 6th Dec on ZOOM meeting.

December Month Rotary theme: Disease Prevention and Treatment.



## Consciousness/ Chaitanyam

(Source: Swami Sarvapriyananda Lecture at IIT Kanpur)



	consciousness	Consciouness Simplified
	<p>The consciousness can be felt at the mind level, and then it shines into your body through all the organs for action.</p>	<p>The source of light if falling on a hand, and it is getting reflected from the hand.</p>
1	<p>It is not a part of your body or mind. This is unlike the concept of science where consciousness is considered a product of the mind and further mind is a part of the body. The consciousness and mind are thought to be components of brain.</p>	<p>The light is not an integral part of the hand, yet it gets reflected.</p>
2	<p>Consciousness pervades and illumines the mind and body enabling it to function.</p>	<p>It is pervading and illumining the hand.</p>
3	<p>It is not limited to the mind and body. It exists beyond the brain too.</p>	<p>It is not limited only to the hand; it exists in the surroundings too.</p>
4	<p>It is known in the functioning of the mind and body. We can experience consciousness through this.</p>	<p>Its only through reflection that we can experience the light, it cannot be appreciated around.</p>
5	<p>Without the mind and body, the consciousness is still there but it cannot be experienced.</p>	<p>If we remove the hand, the light is still present, but it can no longer be appreciated.</p>

*Rtn Parag Shah*



**JOY OF COOKING*****BROOKIES*****A FLAWLESS COMBINATION OF BROWNIE AND COOKIE!!****BY RTN. DIVYA SHAH**

Preparation time: 30 min.

Cooking time : 30 min.

Servings : 8 Brookies

**Ingredients:**

- 1 cup Plain flour (Maida)
- 1/2 cup Cocoa powder
- 1/3 cup Powdered sugar
- 1/2 tsp Baking soda
- 1/2 tsp Baking Powder
- 1/4 cup Softened butter (not melted)
- 1/8 cup Milk
- 1/2 cup Dark chocolate chips

**Method :**

- In a bowl, take Plain flour, cocoa powder, powdered sugar, baking soda and baking powder. Mix all well.
- To this, add in the softened butter, milk and dark chocolate chips.
- Using a whisk, blend all of this together into a dough.
- Refrigerate this for about 30 minutes.
- In the meantime, preheat the oven at 180°C for about 10-15 minutes.
- Once the dough is out, roll them into balls and place these on a parchment paper on the baking tray. An alternative to the parchment paper is greasing the tray with butter and then dusting it with a little plain flour.
- Garnish them with few choco chips over it.
- Bake the brookies at 180°C in the oven for over 12-15 minutes.

And they are ready to serve and relish.....

**ROTARY CLUB OF KOMPALLY-MEDCHAL.**  
FORMERLY KNOWN AS: ROTARY CLUB OF MEDCHAL

**Club ID: 26684**

**Rotary District: 3150**

Established 1989, Hyderabad, India

**TOGETHER LET'S DO BETTER**

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**District 3150 website: [www.rotary3150.org](http://www.rotary3150.org)**

**Please send your feedback/ suggestions to club email ID.**

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