

Rotary Club of Kompally-Medchal

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Quarterly Club Magazine

Rotary Club of Kompally-Medchal

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DG Hanmanth Reddy handovers Renamed Club charter to club secretary Rtn Soroosh Fanaian in presence of President Rtn Parag Shah



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



Rotary Opens
Opportunities

Chief Editor

Rtn Janet Fanaian



"The world is teaching humanity a new lesson and new avenues through very hard ways with pandemic and misery of human migration."

Message from Editorial Board

Every challenge is a learning and every learning is a new growth and development, if we take it with a right attitude. The world is teaching humanity a new lesson and new avenues through very hard ways with pandemic and misery of human migration. It is time to be united in our vision, mission and action. More than a hundred years ago Baha'u'llah said, "The wellbeing of mankind its peace and prosperity cannot be achieved unless and until its unity is firmly established" let us be united and make our best to reduce the misery of humanity. The Rotary Club of Medchal now the RC Kompally- Medchal aims to do its best and open doors in service to humanity. I am honored to bring to you this first edition of our newsletter. I am thankful to the enthusiastic members of our club and the supporting editorial board. Together we can do better.

RI PRESIDENT

Holger Knaack



“Rotary is not just a club that you join; it is an invitation to endless opportunities.”

“Younger generations have a strong desire to serve – but have questioned whether they could play a meaningful role in organizations like Rotary or whether they might make a bigger impact forming different types of connections.”

“It is up to us to make sure that Rotary Opens Opportunities for generations to come”

MESSAGE FROM RI PRESIDENT

July 2020 This does not seem like a time for great optimism, but it has to be. Long before Rotary was founded, the world dealt with great crises that tested humankind's ability to progress and endure. In the age of Rotary, the world has faced many more catastrophes; however, we have survived, and every step of the way, Rotary has helped the world heal. Every great challenge is an opportunity for renewal and growth. I revealed the theme of Rotary Opens Opportunities at the International Assembly in San Diego just as the COVID-19 crisis was beginning, but these are words that I have believed for many years. Rotary is not just a club that you join; it is an invitation to endless opportunities. We believe in creating opportunities for others and for ourselves. We believe that our acts of service, large and small, generate opportunities for people who need our help, and that Rotary opens opportunities for us to live a richer, more meaningful life, with friends around the world, based on our core values. Governments and institutions are gaining a greater appreciation for the types of public health partnerships that are critical to our work. People stuck at home, eager for greater connections and hungry to help their communities, are now embracing the values we have promoted since our beginning. All of this is positive news, but just because there are greater opportunities than ever for Rotary to thrive does not guarantee that we will succeed. The world is changing rapidly – and was doing so even before this crisis. People were starting to move away from regular lunch meetings and toward online gatherings. Friendships were being cultivated and revived in social media relationships even before most of our meetings moved to Zoom and Skype. Younger generations have a strong desire to serve – but have questioned whether they could play a meaningful role in organizations like Rotary or whether they might make a bigger impact forming different types of connections. Now is the time to put everything on the table, test new approaches, and prepare Rotary for the future. The COVID-19 crisis has forced all of us to adapt. This is good, and our new Action Plan specifically calls on us to improve our ability to adapt. But adaptation is not enough. We need to change, and change dramatically, if we are to face the challenges of this new age and provide the Rotary the world so desperately needs. This is our great challenge, not just in the next year but into the foreseeable future. It is up to us to remake Rotary for these new times – to wholeheartedly embrace the ideas, energy, and commitment of young people eager to find an outlet for idealism. We must become an organization fully enmeshed in the digital age, not one that simply looks for online ways to keep doing what we have always done. The world needs Rotary now more than ever. It is up to us to make sure that Rotary Opens Opportunities for generations to come.

MESSAGE FROM DG

District Governor

NV Hanmanth
Reddy



“As a Rotarians our job is to show them the opportunities and take the opportunity to serve them in better ways.”

I congratulate Rotary club of Medchal on this occasion of launching the Club Magazine this year.

RC Medchal, having admitted to Rotary International on 30th June 1989, have travelled a long journey of more than 30 years Serving Humanity and Doing good to the World.

I have seen this club silently taking up projects and activities around Medchal area to reach the local community and help them and my appreciation to all the members for their collective participation.

My sincere appreciations to all the senior members of the club, for their efforts, commitment, and Passion in guiding through the good and no so good times.

Now Rotary Opens Opportunities to all sections of the society. As a Rotarians our job is to show them the opportunities and take the opportunity to serve them in better ways.

As District Governor, I wish all the members of Rotary club of Medchal the very best in all their future endeavors and I shall extend all my support for any activities for the desired section of the society.

In Rotary Service

NV Hanmanth Reddy

DG Dist. 3150 Year 2020-21

Message from Assistant Governor

Assistant Governor

Mallik Ponduri



"As the prime motive of Rotary is friendship having frequent family fellowships will make a lot of difference in the club."

"Life is much precious than anything"

"Sometimes not doing anything also is good.."

"Working For Success Will Make You A Master"

But

"Working For Satisfaction Will Make You A Legend"

Dear Friends in Rotary,

Warm Rotary Greetings to one and all.

What an opportunity, to be the Assistant Governor for such a senior most club with 30 plus years of expertise in serving to the needy. All senior Rotarians together in doing good. Dedicated leadership, Three from 16 members of the club are into district Roles. Rtn. Dr. Vashist, Rtn. MSN Srinivas and my dear friend Rtn. K R Kumar. This means a lot, and clearly indicates the commitment of the Club members.

A good start of the Rotary year, I would like to congratulate president Parag Shah and all the members of Medchal on adding six new members to the team. As we promised to District Governor on the installation day, continue the good efforts and add more Rotarians to the club.

I appreciate the president and the team for good humanitarian services under the leadership of Parag by providing masks, tree plantation, fulfilling all the statutory obligations in time, and last but not the least, submitting the monthly reports promptly much before everyone.

Let us work together on starting a few Rotaract clubs, as they are the future of Rotary, and it is the wish of all the world leaders of Rotary. Since we are all in the vicinity of educational institutions, little effort to reach out to them will make this happen. Of course, after the educational institutions have opened.

As the prime motive of Rotary is friendship having frequent family fellowships will make a lot of difference in the club. It creates good bonding and bonding will lead to the retention of members that will strengthen the Club. Hopeful to get into normal very soon.

Friends we are passing through a difficult phase of our life. The pandemic has taken away many of our loving people. We lost our past RI Director Rtn. Yesh Pal Das and also a few of our senior Rotarians from our own District 3150. And a legendary singer, multi-talented S P Balasubramaniam passed away very recently. Though it is not relevant to Rotary matters, I felt I should mention my feelings on this platform. My dear Friends, "Life is much precious than anything". Yes, we are here to do good to society and particularly to the needy.

But sometimes not doing anything also is good. You all must have seen the advertisement of an old lady and a young lazy boy. Where she escaped from a fatal accident, because of the lazy boy who is busy in his own world and the old lady had to help herself, which saved her from the accident.

Request All of you to be cautious and be preventive than going for a cure after getting affected. We will have so many opportunities in life to do good service projects if we are safe and alive.

"Working For Success Will Make You A Master"

But "Working For Satisfaction Will Make You A Legend"

A Friend of You Always

Rtn. Mallik

CLUB PRESIDENT**Parag Shah**

"The Present situation has taught us to adapt, have discipline and be patient while having faith in ourselves."

"We need to explore all available possibilities to change our system to make it more inclusive, friendly and flexible."

"We have set our goals remarkably high and we will achieve it."

This year's MANTRA to all the club members is

**"TOGETHER
LET'S DO BETTER"**

Message from Club President Parag Shah

Dear Rotarians, Anns Annets, and Friends,

Welcome to another new Rotary year 2020-21. With warm greetings and best wishes for the year of "Rotary Opens Opportunities", I thank all the club members for giving me an opportunity to serve as the president of the club. I congratulate immediate past president Rtn M Narayan Rao and his team for the successful Rotary year 2019-20 with the theme "Rotary Connects the world". As it is said,, "Every gift from a friend, is a wish for your happiness", and I am thankful to all my club members for the gift of happiness. My special thanks to Rtn Soroosh for accepting the position of secretary. I am also grateful to all the directors and board members for having faith in me to take up the club's responsibilities.

We are all aware and conscious about the extraordinary situation and the new normal of working, as a Rotarian, we are always ready to accept change and prepare for challenges further on. The Present situation has taught us to adapt, have discipline and be patient while having faith in ourselves. This time shall pass too, and we will be back to new normal soon.

Sometimes, a crisis opens other opportunities and that is the theme of the Rotary year 2020-21. "Rotary Opens Opportunities". We have explored the opportunity to meet online, plan projects online, have better fellowship online and contribute to the society. As RI President Holger Knaak said, "We shouldn't only adopt but also change with times and prepare Rotary for the future". I also believe in change. We need to explore all available possibilities to change our system to make it more inclusive, friendly and flexible.

Our club has strong core values of friendship and commitment. We have an experience of more than three decades in service to society. We are following the Rotary goals of friendship, fellowship and Service above self in bringing smiles to the needy. We have set our goals remarkably high and we will achieve it. This year's MANTRA to all the club members is "TOGETHER LET'S DO BETTER"

I wish all the club members a great year ahead with lots of activities and smiles throughout the year. Special thanks to my family members for encouraging me to accept new challenges.

Take care of yourself and our world family.

In your service

Parag Shah



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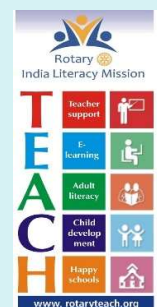
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ROTARY VISION



ROTARIAN



Soroosh Fanaian

BE Mechanical
Engineer, Industrialist
by profession

“Being a Rotarian means having the opportunity to experience the warm fellowship of a Rotary Club which can greatly expand one’s circle of acquaintance, foster lifelong friendships, and help one do for his or her community what he or she might never accomplish alone”

What does it mean to be a Rotarian?

Chances are this question, in one form or another, will be asked from you. You will probably want someone to ask you so or you bring it up in your conversation with someone who is thinking about becoming one. Whatever is said in reply almost certainly will be drawn from the Rotarian’s own personal experience as a member of a Rotary Club. A Rotarian believes in Rotary and in what Rotary stands for. Above all, Rotarians believe in

1. “Service Above Self”, Rotary’s international motto.
2. Rotarians believe in sharing Rotary with others.
3. Being a Rotarian means more than the sum of what a Rotarian believes about Rotary;
4. it means maintaining high ethical standards in one’s business, one’s profession, and in one’s personal life.
5. Being a Rotarian means having the opportunity to experience the warm fellowship of a Rotary Club which can greatly expand one’s circle of acquaintance, foster lifelong friendships, and help one do for his or her community what he or she might never accomplish alone.
6. Being a Rotarian means to be actively involved in the affairs and service projects of one’s club.
7. Rotarians look for ways to get involved. Rotarians demonstrate the strength of their commitment to Rotary in the service they render to their club, through their club to the community, and through the Rotary Foundation to people throughout the world.
8. Being a Rotarian is a way of life and can be a satisfying lifelong adventure for those who are willing to give of themselves to enjoy and benefit from all that Rotary has to offer.

ROTARY GIVES OPPORTUNITIES



THE FOUR-WAY TEST
OF THE THINGS WE THINK, SAY OR DO

1. IS IT THE TRUTH?
2. IS IT FAIR TO ALL CONCERN?
3. WILL IT BUILD GOOD WILL AND BETTER FRIENDSHIPS?
4. WILL IT BE BENEFICIAL TO ALL CONCERN?

SEVEN AREAS OF FOCUS

- Water and Sanitation
- Economic and Community Development
- Maternal and Child Health
- Supporting the Environment
- Basic Education and Literacy
- Disease Prevention and Treatment
- Peace and Conflict Prevention / Resolution

ROTARY AVENUES OF SERVICES

CLUB COMMUNITY VOCATION INTERNATIONAL YOUTH

ROTARY CORE VALUES

FELLOWSHIP INTEGRITY DIVERSITY

SERVICE LEADERSHIP

TEAM ROTARY CLUB OF KOMPALLY-MEDCHAL

TRAILBLAZER
TEAM














"Alone we can do so little, together we can do so much."

Helen Keller

"The strength of the team is each individual member. The strength of each member is the team."

--Phil Jackson



 <i>Rtn. Parag Shah</i>	President & Dir. Membership
 <i>Rtn. Sorrosh Fanaian</i>	SECRETARY & Dir. TRF
 <i>Rtn. Ajay Kumar Kanodia</i>	Treasurer & Chairman CSR
 <i>Rtn M. Narayan Rao</i>	Immediate Past President & Club Trainer
 <i>Rtn Surender Rao</i>	Dir. Service Project
 <i>Rtn Divya</i>	Dir. Club Admin.
 <i>Rtn Janet Fanaian</i>	Dir. Literacy & WINS
 <i>Rtn Sreelaxmi</i>	Dir. Youth service
 <i>Rtn. MSN Sreenivas</i>	Dir. Environment Projects
 <i>Rtn K R kumar</i>	Dir. Public image
 <i>Rtn Asha</i>	Dir. Health & Community Services



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



UN75



[Janet Fanaian
 MA MPhil]
 (Value Education
 Facilitator,
 Gender Sensitivity
 Adviser,
 Model United Nation
 Trainer,
 IB CAS
 Coordinator)

“The world is
 changing fast and
 we need to keep the
 pace with it,
 sometimes by
 skipping and
 sometimes by
 jumping”



The 21st century has seen numerous upheavals revolutions, catastrophes, climate change and pandemic that involved the death of millions. There have been other movements and trends with positive social and cultural impacts that affirm human dignity with bold advancement in knowledge and human conscientiousness in the last 100 years.

The phenomena of world fusion in economic collaboration, food, energy, sustainable development and recent race to find Covid-19 vaccine is heartening.

The world is changing fast and we need to keep the pace with it, sometimes by skipping and sometimes by jumping. Few years ago apple was a fruit, google was babies laughter, cloud was in the sky, tweet was birds sound and Covid was a person’s name. We need to pick up take on and move fast to cope with the race but it helps us to be aware of the invisible and fast moving race of the world’s construction and destruction at work.

Bahá’u’lláh, the founder prophet of Bahai Faith more than a hundred years ago said “*The All-Knowing Physician hath His finger on the pulse of mankind. He perceiveth the disease, and prescribeth, in His unerring wisdom, the remedy*”. (Gleanings from the Writings of Bahá’u’lláh). He also gave solution to the problems of the world for a world order with peace and justice. He stated that, “ The tabernacle of unity hath been raised; regard ye not one another as strangers. Ye are the fruits of one tree, and the leaves of one branch.” “Glory not in this, that you love your country, glory in this that you love mankind”

One of the biggest platform for unity in which 194 countries of the world have shown their unity of purpose and action is the United Nations. UN celebrates its 75th anniversary this year. The achievements of UN and its agencies are far and wide. The UN has persisted in spite of numerous challenges and has so far lasted three times the 25-year lifespan of the League of Nations—humanity’s first serious attempt at global governance—is an impressive accomplishment.

The Bahai World Centre in its message to the UN Secretary General addressed, “*It is time for systems of global cooperation to be strengthened if humanity is to address the serious challenges of our time and seize the immense opportunities of the coming years for progress, enduring universal peace, including: the acknowledgement of the oneness and interdependence of the human family; a genuine concern for all, without distinction; the ability of nations to learn from one another, and a willing acceptance of setbacks and missteps as inevitable aspects of the learning process; and, the conscious effort to ensure that material progress is connected to spiritual and social progress.*”

75th year of the UN coming at a time when the global health crisis has prompted a deeper appreciation of humanity’s interdependence, this anniversary year has given rise to discussion about the role of international structures and reforms that can be made to the UN and the world at large to be more united.

"PRESIDENT SPEAKS"



"Reg. Club Name change, the only reason being that many potential members wish to have the name of their locality for joining in."

"We have set a goal to make the club membership double this year."

"My idea of the magazine is to involve all our club members."

"I wish to see a District Governor from our club."



Enjoying Cooking

Chief editor Rtn Janet.

"IN CONVERSATION WITH CLUB PRESIDENT"

Rotary Club of Kompally-Medchal, President Parag Shah talks about the club and his vision for the club. Parag Shah is a first-generation business entrepreneur, A true Rotarian, full of new ideas and enjoys cooking and kitchen gardening. This year, his mantra for the club is: **"Together Let's do better"**

Rtn Janet: Tell us about your journey in Rotary and to begin with, what inspired you to join Rotary?

President: I moved to Hyderabad in 2006 from Baroda for business potential. The Initial few years were busy with business settlement. Then I realized that I should have a group of friends with whom I can interact and do something to support the society. I found Rotary a good place for this, so I joined Rotary.

Rtn Janet: Changing the name of the club was a bold decision. What was the reason and how do you think it will help the club?

President: That proposal was placed and accepted in BOD in 2018. But due to some reason it was not processed further. I have forwarded this proposal to the district with due formalities and required documents.

The only reason being that many potential members wish to have the name of their locality for joining in. We have huge potential in the Kompally area, and we expect that the club can cater many projects in the surrounding area with Kompally name attached.

Rtn Janet: At the Installation, you set goals for the year and further also, tell us about it.

President: Yes, I have set a big goal for this year. The primary focus is on our membership.

We have set a goal to make the club membership double this year and by next year to reach around 50 members.

I strongly believe that having a good number of members in the club helps the president and the team to function well. Having new members mean, new energy, new ideas and new enthusiasm for executing club functions.

Rtn Janet: What makes you release the club magazine. Is it like following the trends of another club?

President: Yes, I am inspired by Rotary news, GML, and other club magazines and newsletter. My idea of the magazine is to involve all our club members. It will be an inclusive magazine. Not only club members, Anns, Annetts and others will share their articles and it will be a complete informative magazine, which is not limited to Rotary activities.

I am excited for the release of the first issue of our magazine.

Rtn Janet: What is your vision for the club for the next three to five years?

President: I am more focused on this year's projects and club activities; however, I have my own vision for the club for the next three to five years.

We should add more Rotaract clubs. We should have 1000 Retractors to support our activities.

We should execute one Global Grant project on health or community service. Our club has been in service to the society since more than three decades from 1989.

I wish to see a District Governor from our club. We have senior members, who are very active in district functions. I hope we will have that position one day.

CLUB HISTORY



Rtn MSN Srinivas
Horticulturist and
Landscape Designer

“Our club was formed under the aegis of Rotary Club of Secunderabad and due to special efforts of Rtn PDG Marri Ravinder Reddy.”

“The projects that were taken up were more address concerns of the local. One of the best examples was the bullock carts.”

ROTARY CLUB OF MEDCHAL HISTORY

Medchal which was the Mandal headquarters was also one of the many Industrial zones in Ranga Reddy District. The Medchal industrial area boasted of wide variety of industries like Packaging, Engineering, Refrigeration, Cold storage, Plastic molding, Biscuit making, Surgical instrumentation, Homeopathic pharma, to name a few. Most of the industries were run by first generation industrialists young, full of energy and committed.



One amongst this group was Mr. Shenoy who had then recently shifted from Vadi near Mumbai to set up his Packaging unit here in Hyderabad. He was a Rotarian at Vadi. After coming here, he along with many of his newly acquired friends in the industrial area started the Rotary Club of Medchal on 30th June 1989.

Our club was formed under the aegis of Rotary Club of Secunderabad and due to special efforts of Rtn PDG Marri Ravinder Reddy. Rtn GB Shenoy became the Charter President and Rtn Basith Quadri as Charter Secretary. The club had stalwarts like Dr Sudershan Vashist, Ananath Narayanana, SK Gupta, Pawan Gupta, Ashok Gupta, GRK Raju and many more, all of whom were the Charter members. Today we are blessed as we still have our charter Member Dr Vashist continuing as an active member guiding the club from time to time.

Being a rural club (those days) had its initial setbacks but the vibrant members overcame all hurdles with a smile. Those days there were very strict guidelines with regular meetings, attendance, making up attendance by visiting other clubs etc. Initially the club meetings were held at Medchal



for some time and were later shifted to Rotary Surana Hall at Ranigunj. Our meetings here used to be very lively as we had a lot of visiting Rotarians trying to make up their attendance. Being a Saturday Breakfast meeting really attracted a number of members from other clubs.



Rotary club of Medchal was a small but Vibrant club. The projects that were taken up were more address concerns of the local. One of the best examples was the bullock carts. Tough a scene of the past a lot of bullock carts used to ply on National Highway 7 now known as NH44.

There was just one wide road for up and down traffic. The lorry traffic at night used to be high leading to many fatal accidents between lorries and unfortunate bullock carts as they had no lights on them. RC Medchal took up the issues and solved it successfully by fixing all bullock carts with reflectors thus reducing the problem.

“Assisting in development of two local government schools one at and Sutarguda. Class rooms, books, uniforms, benches, toilets etc were provided besides giving the children gifts and prizes for their performance in studies and cultural activities.”

“With a matching grant from a German club RC Medchal made an Ambulance service available to Medchal and surrounding villages.”

“Providing Polio drops to the under privileged children of the Migrant labour working at the brick kilns transported us to an entirely different level of service.”

“More than 1000 patients were operated for Cataract and vision provided to many more through supply of glasses.”

Being hardworking entrepreneurs, they realized the importance of education. Assisting in development of two local government schools one at Kistapur (where our participation still continues) and Sutarguda. Classrooms, books, uniforms, benches, toilets etc were provided besides giving the children gifts and prizes for their performance in studies and cultural activities. The same zeal led to giving scholarship amount and certificates to the brilliant children at Gimma school in Adilabad district. Vocational training was imparted to local youth who were later absorbed by the local industries owned by these Rotarians.



Medical facility was a major issue. Dedicated work by likes of Rtn Dr Stanely and Rtn Dr Geetha who started Suraksha Clinic to provide first aid to accident victims of the highway cannot be forgotten. With a matching grant from a German club RC Medchal made an Ambulance service available to Medchal and surrounding villages.



Polio eradication had been one of the pet projects of RC Medchal. The level of satisfaction the members derived during this activity cannot be described. Providing Polio drops to the under privileged children of the Migrant labour working at the brick kilns transported us to an entirely different level of service.



Over the years we realized a project should not and cannot be judged based on the financial value but should be judged by the level of personal satisfaction one achieves when one sees the glow in the eyes of the beneficiary. The smile on the face of a traffic constable on duty in mid-summer afternoon when he receives a packet of chilled drinking water is immeasurable.



The level of dedication to service to community and less privileged by the club members is amply exhibited when more than 1000 patients were operated for Cataract and vision provided to many more through supply of glasses. The personal commitment and service of the members during natural calamities, be it earthquake at Lathur (Maharashtra) or the flood situation at Anantapur cannot be summarized in just a few words of appreciation.

The club activities besides service were so much fun filled with regular family get togethers, mostly at members houses or at theme parks with the entire families with children use to make merry. Travels to nearby areas in hired buses cannot be forgotten.

Rotary is a wonderful way of Life.

My journey in Rotary



Rtn M Narayan Rao
(Past President)

"In 1998 I was thinking about doing something for the society and particularly for my village where I studied two years of primary education in Gimma village, Adilabad"

"The local leader and few villagers came forward to repair the school and painting the school after the Rotary's first step."

"This small sincere act changed the shape of the village."

GIMMA SCHOOL SCHOLARSHIP

"A SMALL INITIATIVE, BRINGS BIG RESULT"

By Rtn. M Narayan Rao MSc. (Agri), Project Director Oil Palm,(Retd),
Asst. Director of Horticulture(Retd)

I joined Rotary club of Medchal during 2009. I was very much impressed with different activities taken by the club who made their lives to support needy. I have seen Rotarian supplying artificial limbs, giving benches in government schools, providing uniform to students, restoring sight through operations, blood donation camps beside family gathering, sightseeing to unique places, listening to great personalities enjoying yoga, mimicry having great friendship.

After retirement as Project Director of Oil Palm and additional director of horticulture in 1998 I was thinking about doing something for the society and particularly for my village where I studied two years of primary education in Gimma village, Adilabad, which is about 300 km away from Hyderabad. In 2009 I donated Rs. 48000/- in the memory of my late father Sri.M.Laxmanrao who was the first educated person from Gimma village. I made a trust with this donation to the Rotary Club of Medchal and wished that the interest from this amount be given towards scholarship for topper students of 10th grade Board Exam in Gimma village. The award certificate was initially Rs 4000 cash and after 4 years we upscaled it to Rs. 6000/-(six thousand)



The action brought many supporters among my family and created interest among the Rotarians who also supported generously. Rtn. Harihara Prasad contributed Rs.10,000 which

gave great inspiration to others. The local leader and few villagers came forward to repair the school and painting the school after the Rotary's first step. The chain reaction had great impact on villagers, parents and staff of the school most of all students and outsiders who started giving contribution to school for different activities. This small sincere act changed the shape of the village. The school got painted toilets washroom got cleaned and painted, school acquired a library and computer room. Now this government school looks more like a corporate school. Students who went to private schools in Adilabad have joined Gimma government school.

“The award and certificate created healthy competition among the students.”

“At present the high lights of this school is 100 percent pass in 10th board exam since 2013 to 2020.”

“Participate in celebration of their very beautiful and well performed cultural programmes on Independence Day..”

On the 15th of August 2001 early morning at 4 am, we started from Hyderabad for Gimma as a team of 4 members, we carried award with Rotary certificate and cash of scholarship and reached Gimma by 9am. We prepared a name board with rotary club of Medchal and detail names of students, year of passing the board exam, grade obtained etc. to display in the school. A photo of the same appended below. The award and certificate created healthy competition among the students. We took part in their Independence Day celebrations and became a part of their lives.



At present the high lights of this school is 100 percent pass in 10th board exam since 2013 to 2020. Four students got into NMMS scholarship during 2017 -18 and 2018-19. In the year 2018 one student got admission in Centre of Excellence in Education.

admission in Centre of Excellence in Education.

The year 2020 ten students got A grade. We went to attend the award ceremony to participate in celebration of their very beautiful and well performed cultural programmes on Independence Day at Gimma. After attending the programme, on the way to Hyderabad the team took the pleasure of looking at thick forests near Nirmal, few sight-seeing places like Quintana Waterfalls, Baser Saraswathi temple and reached home by 7pm.

I make it a point to visit school once or twice a year to discuss with 10th grade students about their board exam preparation and encourage them for future planning in higher education.

On one of my visits to inspire and encourage students I got onto a bus to return home from Gimma, it was one of those hot days of February the 2016. On return journey to Hyderabad, a boy came to me in the bus and gave me a one litre cold water bottle. Before I say anything the boy said, *“Sir you come to Gimma school from Hyderabad for the benefits of students. You provide money for board toppers. You give your valuable time for us. I am giving least gift to you sir for your commitment to poor people like us”*. I was shocked to see a poor boy offering drinking water. I didn't recognize him, but he said he is student of Gimma school and after seeing me in the bus at Adilabad, he wanted to give something to me. I resistant to take the bottle but boy was insisting that I take it. Tears rolled in my eyes.



“A small act of service from our club is changing life of not one but many students. ”

JULY

NEW ROTARY LEADERSHIP MONTH



Invitation of Installation Program



Curtain opening of 32nd Installation



President 2020-21
Rtn. Parag Shah

32nd Installation (Virtual) ceremony of
Rotary Club Of Medchal
Date: 28th July 2020



Immediate Past President Rtn M Narayan Rao
Calling Meeting to Order



Incoming President Rtn Parag
Shah Accepting President Collar
from IPP

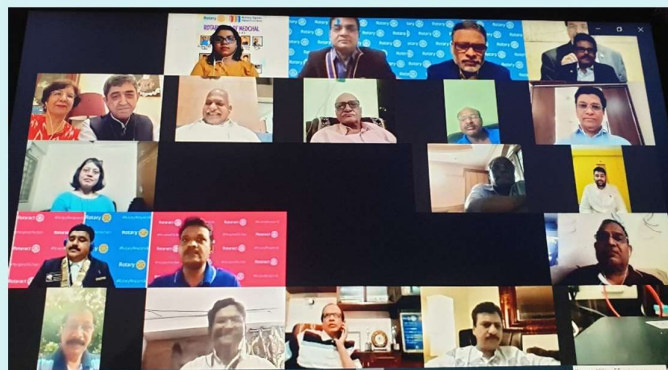
Incoming Secretary Rtn Soroosh
accepting club Charter from
out going secretary Rtn MSN Srinivas



Master of Ceremony
Isha Shah



Invocation
Shivashritha & Shivalika



DG DGE AG PDG IPP and other Rotarians attending
program

July Month Activities

Distributed face Mask to Old age home. Club has distributed total 2000 face mask till now to the needy.



Laheri Old age home supervisor, Rtn Ajay, Rtn Parag and Rtn Soroosh

Introducing potential new members to the club.



Joint speaker meeting with other clubs.

Rotary  **ROTARY CLUB OF SAMPRADAYA HYDERABAD**  

Rotary International District 3150
Board of Directors Orientation
BODO
19th July 2020
Sunday @ 5 PM

Participating Clubs:
 Rotary Club of Medchal
 Rotary Club of Hyderabad East
 Rotary Club of Sampradaya Hyderabad
 Rotary Club of Cantonment Secunderabad

Who should attend : Board of Directors of the Club, Club President, Club Vice President, Club Secretary

AUGUST



Rtn. MSN Srinivas
Dir. Environment Projects

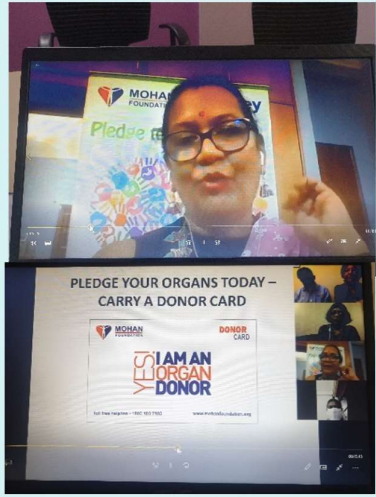


Rotary Club of Kompally-Medchal is always forefront on environment related projects. Club Dir. Rtn MSN is passionate about plantation and environment protection.

Supporting community is an ongoing project of the club. Almost every month our club id doing something related to face mask and related activities. Thanks to dedicated and sensitive members to support such programs.

**Organ Donation Awareness webinar
"YOUR GIFT AFTER LIFE"**

ORGAN DONATION AWARENESS WEBINAR ON 13TH AUG.



Awareness on Organ Donation by Country Director of Mohan Foundation Mrs. Lalitha Raghuram who was the Speaker enlightened the audience on how to have a second life after death through organ donation.

Tree Plantation

As a part of district Designated activity on 15th Aug. for tree plantation, our club did tree plantation at MREM college. 100 tree saplings were provided by Rtn Surender Rao for the occasion.



Face Mask Distribution



Handed over 100 Face Mask to Kistapur Village councilor to distribute among village children.

[Rtn MSN Srinivas, Rtn Mallareddy, Mr Ganesh, Rtn Parag, Rtn Surender Rao, Rtn Narayan Rao]

August Membership Month



New members joining club, means New energy, New ideas, New vision, more vibrant fellowship, and more hands to execute service projects.

Adding new members is the priority of our club. We have set goal to double the members of the club in this year.

Club has wonderful beginning with induction of new members. All members are from diverse classifications.

With induction of members, our club strength is 22 members now.

Our Goal for the year: 30 members

Classification of new joined members:

- Rtn. P Naveenkumar
Professional banker and social service
- Rtn. Vasudeva rao
Supply chain Seeds Industry
- Rtn. Rahul Velichala
Manufacturer of Adhesive products
- Rtn. Haroon Basha
Building Construction
- Rtn. Ram Bandi
Industrial Automation
- Rtn. Ashok Venkatanasasu
Consultant Endocrinologist

It is a team effort to strengthen our club.

New members induction



Rtn P. Naveenkumar



Rtn. Vasudeva Rao



Rtn Rahul Velichala



Rtn. Haroon Basha



Rtn. Ram Bandi



Rtn Dr. Ashok Venkatanarasu

New member Induction family get together on 30th Aug.



Rtn. Sreelaxmi, Rtn Janet, Rtn Divya, Rtn. Parag, Rtn. MSN Srinivas, Rtn Mallareddy, Rtn. Ram Bandi, Rtn. Rahul and Rtn. Haroon Basha.



MALLA REDDY ENGINEERING COLLEGE AND MANAGEMENT SCIENCES

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Excellent Infrastructure | Experienced Faculty
100% Guaranteed Placement | World Class Gym



Nurturing New Technology
for your **SUCCESS**



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| CIVIL | EEE | MECH | ECE | CSE | IT |

New Courses in CSE

| AI / ML | CS | DS | IOT |

M.TECH

| CSE | SE |

MBA

Games & Sports

Facilities for the following Games and Sports are available : Table Tennis, Carroms, Chess, Volleyball, Football, Basketball, Badminton and Cricket.



Transport

College buses are available to cater to the needs of the staff and students of MREM connecting every nook and corner of twin cities, apart from TSRTC buses, seven-seater auto rickshaws plying up to the gate of the college.



Placements

A full fledged Training & Placement Cell is established to arrange placements and for higher studies (In India & Abroad), along with soft skills Training & Entrepreneur development training. 60% of the students have already been placed in various organizations such as Infosys, Wipro, HSBC, Genpact, Oracle etc., and around 30% students have opted for higher studies in India and Abroad. **MALLA REDDY ENGINEERING COLLEGE AND MANAGEMENT SCIENCES** train every student to be a skilled professional to fulfill the global requirements.



MALLA REDDY ENGINEERING COLLEGE AND MANAGEMENT SCIENCES

(Approved by AICTE, New Delhi and Affiliated to JNTUH, Hyderabad)



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Medchal Dist. 501401



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principal.mrem@gmail.com



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91 823 59 309



SEPTEMBER



Dir. Basic Education and Literacy , Rtn Janet Fanian



Rotary club of Kompally-Medchal gives priority to projects for literacy and basic education.

Initiated other educational activities:

- Printed 1000 notebooks for distribution to needy children.
- Club members have participated in several speaker meeting on literacy and basic education during this month.

“Each One Teach One”



Rtn Divya Teaches her house maid son of 6th grade

Teacher’s Day Celebration



Teacher’s Day celebration with facilitating School Teacher Mrs. Anuradha of Gimma Village ZPS.

Webinar on Hyderabad Heritage

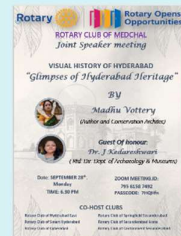
World tourism day celebration with series of webinar.

On 28th sept: History of Hyderabad

(Glimpses of cultural Heritage)

29th Sept.: “Exploring Opportunity in Tourism”

30th Sept.: “Rediscover the Museum of Hyderabad”



A delightful virtual journey to see Hyderabad heritage opened many eyes to see our past to save the future of our past and our heritage. The program speaker was Ms. Madhu Vottery an avid storyteller, Author, Conservation Architect, Miniature Painter Artist, Tour Guide and more. The guest of honour Dr. J. Kedareshwari the Salar Jung Museum Ex Curator threw much light on the heritage and Indian history. The highlight of this program was good young participants who curiously took notes of the history.

Overseas Education



Rtn Asha

Overseas education consultant:

Orion-Polaris consultants

“The global pandemic has also put a halt on the careers of student masses for whom it could be the one and only chance to study abroad due to multiple reasons...”

Impact of Covid-19 Pandemic on Overseas Education Industry



According to the United Nations Educational, Scientific and Cultural Organization (UNESCO), the school closures in the wake of COVID-19 have disrupted the education of at least 290.5 million students worldwide. While primary-level schooling in urban areas has gone virtual with students instructed to continue learning online, the situation of students hailing from marginalized backgrounds is worse as they lose out on their education due to lack of infrastructure.

Impact on aspirants planning to study abroad

In challenging times like these, most students who are preparing to take crucial exams for pursuing education abroad this year are nervous about whether or not their applications will be affected, especially those whose visa have been granted but suspended under further notice. Many students may come across questions like; will they be allowed to secure a seat in their chosen university? What if they face a gap of a year or two during the start of their career or later in the middle of their education journey? What if this gap affects their career in the long term?

The global pandemic has also put a halt on the careers of student masses for whom it could be the one and only chance to study abroad due to multiple reasons – mainly, the lack of financial support. After all, there is a huge difference between studying abroad physically and taking online classes from a foreign university.

Change on learning destinations.

For instance, aspirants that previously preferred Spain - a popular destination for medical programs, are now choosing other alternatives like the Caribbean Islands that offer the same course at same fees. Similarly, students of streams like physical education are preferring Australia over Spain, as a safety measure.

“Many students who are in the final year of their studies have experienced major interruptions due to faculty absenteeism”

“To deal with this viral outbreak that’s engendering serious harm to student careers, UNESCO has recently announced the launch of the Global COVID 19 Education Coalition.”

“During this crisis, the objective of all education systems across the globe is: addressing the learning crisis and staying safe from the contagion.”

Career pursuing after higher education abroad

Postponement of internal assessments and relevant exams cause other challenges since all their assignments and tests will be delayed, it will have a direct impact on the final results. This will naturally create a gap in their career as no employer will offer them jobs without degrees.

Many students who are in the final year of their studies have experienced major interruptions due to faculty absenteeism. Moreover, graduating amid a global recession is anyway slated to be a poor starting point for their careers. They may either end up accepting lower-paid jobs or having no jobs at all.

Impact on foreign universities

A lot of international universities have switched to providing online learning to students as they are bound to teach both, domestic as well as foreign students. Similarly, there is also a financial struggle for universities as they still got to pay salaries to administrators, faculties and contractual educators.

Government measures

To deal with this viral outbreak that’s engendering serious harm to student careers, UNESCO has recently announced the launch of the Global COVID 19 Education Coalition. The initiative aims to bring together multilateral partners and the private sector, including big industry names such as Microsoft and the Global System for Mobile Communications (GSMA) to deploy remote learning systems in various countries as a step to help them minimize educational disruptions.

Additional measures

To help educate students more effectively during the lockdown, the government can also associate with telecommunication players and work on rolling out zero-rate policies. This could be a great way to facilitate learning material that students find easy to download on their mobile. Another point to note is that remote learning is not only about switching to online education. Here, institutions can also leverage other powerful mediums such as TV and radio and create an amalgamation of these tools to make learning accessible to as many students as possible.

During this crisis, the objective of all education systems across the globe is: addressing the learning crisis and staying safe from the contagion. After all, for all governments, deciding whether or not to close schools and universities is like a choice between two bad options. However, the best, institutions can do in times like these is find out how capable they are in rolling out online learning channels in their respective countries and analyze the strengths and weaknesses in the process. Countries world over can take the on-going crisis as an opportunity to be creative in addressing the issue.

Article reference BWEDUCATION.

HEALTH



Dr. Ashok Venkatanarasu
Consultant Endocrinologist,
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Kompally, Hyderabad

Mrs. Sruthi Durgam.

Dietician & Diabetes
Educator.

www.sanjeevanitshclinic.com

"Current statistics indicates one among every 10-11 adults is diabetic."

"Eating right foods are very essential for both diabetic and non-diabetic people."

"GI refers mainly the 'quality' of carbohydrates in any food item. Higher the GI, greater will be the Glucose rise after consumption."

Is a person with diabetes allowed to eat fruits?

This is a common question that people come across because of the sweet nature of fruits. Well, the answer is yes. All diabetics can eat fruits every day. Global guidelines, undoubtedly, suggest diabetics to consume two servings of fruits a day to promote their health.

Diabetes (mellitus) is an inherent health problem where the body is unable to maintain the blood sugar levels within the tolerance range. In diabetics, the blood glucose levels are above the range which happens due to either deficiency of or resistance to the endocrine Insulin

(produced by the beta cells of the islets of Langerhans of the pancreas), a hormone that regulates blood glucose.

People suffering from diabetes are increasing day by day. Current statistics indicates one among every 10-11 adults is diabetic. According to recent data, globally, around 460 million people and in India, about 77 million are suffering from diabetes. The point of serious concern is that the number of people affected at childhood and adolescent age are increasing in numbers, mostly because of unhealthy lifestyles & wrongly chosen food habits, being the major contributing factors. Eating right foods are very essential for both diabetic and non-diabetic people. Once people come to know that they are having "sweet disease" (diabetes) they then try to avoid food items which are sweet in taste including fruits.

It is required to understand about any food item in terms of its quantity & the rate at which it increases blood glucose. When it comes to blood sugar control, determining Glycemic Index (GI) for every food item is essential which explains how quickly a particular food rises blood sugar levels? GI refers mainly the 'quality' of carbohydrates in any food item. Higher the GI, greater will be the Glucose rise after consumption. For example, Watermelon's GI is 72, almost like that of white bread GI (73). That said, is watermelon consumption bad from a sugar point of view? The answer is 'NO'. Besides GI, one has to consider the Glycemic load (GL) value as well. GL takes 'quantity' also into consideration along with quality of carbohydrates in food. Considering above example, GL for one serving of white bread (one slice) is 10 while GL for one serving of watermelon (2 cups) is only 4. This is the basic difference. Even though GI of watermelon is high, GL is low. It is for this reason; watermelon is preferred over white bread.

Why do diabetics have to take fruits every day?

As explained before, GI & GL are low in majority of fruits meaning the calories generated from fruits are low as compared to the processed foods and cooked rice / Maida. Apart from calorie benefits, fruits provide natural enablers like fiber, minerals and vitamins. Fiber helps in cutting down sugar levels after food intake and decreases cholesterol levels.

“Fiber helps in cutting down sugar levels after food intake and decreases cholesterol levels. ”

“Fruits in low calories, high in water & rich in fiber are the most preferred ones.”

“It is important to remember the extent of calories from these fruits and need to cut down daily intake of other food items.”

“Bottom line is that all diabetics can & should consume fruits for overall health promotion while ensuring moderation every time they are consumed. ”

Fiber also helps facilitate easy bowel movements, healthiness of intestines and most importantly, it promotes growth of beneficial symbiotic bacteria in the gut. Now, a lot of research data links obesity, diabetes, heart diseases with one another and cancer as well, with declined beneficial bacteria in the gut. Consumption of reasonable amounts of fruits provides all these benefits.

What fruits to choose?

Fruits in low calories, high in water & rich in fiber are the most preferred ones. These fill our stomach easily and delay the feel of hunger unlike other food items and most importantly, they release sugars slowly, so that after consuming these fruits there will be minimal fluctuations in blood glucose levels.

Appropriate fruit choices are: Apple, Orange, Papaya, Watermelon, Muskmelon, Pomegranate, Guava, Mango, Kiwi, Pineapple

Not good options on regular basis-Avoid on regular basis/ take occasionally: *Banana, Sapota, Custard apple, Grapes, rip or juicy mangoes*

How much fruits are allowed per day?

For health promotion, 2-5 fruit servings per day allowed. One fruit serving equals one medium size apple, orange and pear, half medium size mango, half-an-inch thick wedge of sliced watermelon and muskmelon and ¼ medium size pineapple. It is important to remember the extent of calories from these fruits and need to cut down daily intake of other food items. Moderation is the key thing that one shouldn't forget.

Healthy tips

- 1) Consume fresh fruit pulp. Avoid consuming fruit juice
- 2) Eat whole fruit as it provides good amount of fiber.
- 3) Regularly choose fruits with low GI and GL values.
- 4) Reduce consumption other food items if fruits are preferred in the diet.
- 5) Consume at least 2-5 fruits servings in a day.

Bottom line is that all diabetics can & should consume fruits for overall health promotion while ensuring moderation every time they are consumed.



SPIRITUAL



Dr. Sudhakar Darbarwar

MBBS D O
FICO(Japan)"

“Law of nature does not mean the law of jungle of our environment or the naturalities, nor it is the imitation of functionality of plants or animals. ”

“The positive energy expresses truth, love, happiness and bliss whereas ignorance, evil, chaos, are of negative energy. ”

**“YOU ARE
.....POWERFUL”**

On a cool breezy, & beautiful evening, the marvelous & luxurious cruise was moving silently in the middle of the ocean. The evening was calm & gracefully moved on giving way for yet another new day. With pleasant surroundings, the sky was almost yellowish orange, it was dawning, and the Sun GOD was already on the west boundary of Pacific Ocean widely spreading His radiant rays & vividly splashing on the ocean surface rendering waters glimmering golden. The reflections of the golden Sun rays falling on my eyes, flung me into deep thoughts, made me feel very happy and I began to conjure about nature, the universe & His creations!!! How wonderful! how awesome! how marvelous! Thoughts of pleasant life triggered deeply in the mind and I started to think about happy memories of human life, personality & his close relationship with the nature, universe and their creator. Is human created by nature? or the universe? He is not created by either. Is he the lover of nature or is he against nature’s laws? So many questions were flooding my mind. The Sun God and His bright rays slowly receded, and I began to think and write something interesting about the human life, his relationship with nature & universe.

Law of nature does not mean the law of jungle of our environment or the naturalities, nor it is the imitation of functionality of plants or animals. But it is an essential property of existence and is born into human being which is with him forever. This law is completely different from human law. Nature’s law is based on truth and the latter on beliefs, claims, religion, fear and his approach in the life. Some call it as law of nature, law of universe, cosmic law, spiritual or moral law etc. The energy (positive or negative) which we emit will be attracted in return (the law of attraction) and for every action there is equal and opposite reaction. As you sow, so you reap and that is Karma. Nature laws are based on truth and facts. What we do to others is what we beget in return. This is the golden law of universe.

The positive energy expresses truth, love, happiness and bliss whereas ignorance, evil, chaos, are of negative energy. We experience these energy properties in our routine life without our notice. It is very difficult to differentiate natures law, whether it is positive energy or negative energy, right or wrong, but at every moment we experience them in reality. Basically, universal energy is protecting, defending, and helping human beings. Because both human beings and universal energy are similar in nature and made from the same five basic elements.

In our ancient Vedas & Puranas these elements were called Pancha Mahabhuta. In metaphysics, westerns believe them as five limited sense perceptions. This universe is invisible, eternal, infinite and has extremely powerful aura and is present everywhere around us. Quantum Physics explores, basically, the energy and reality of nature at sub-atomic level. They also describe an invisible energy which we call as Aatma (soul) or vibrations. This Invisible energy in human beings when explored has total

"If our thoughts, ideas, dreams are interconnected to above power (God's energy) then it turns into reality and becomes truth."

"To activate this energy connection with superpower, we must adopt simple, sincere, honest, and continuous efforts with full faith in Him, then we will definitely achieve this reality."

"Human beings are made up of same energy particles of the universe and would therefore experience same vibrations, character and energy of the universe."

similarity with nature. Both universe and human souls are interconnected with these five basic elements. This power when connected with human we call it as aura, power, positive energy, atma, etc".

This sub atomic (aatma) energy, as our ancient Vedas explain, is part of Param- atma (parmatma) or the universe. And these are deeply interconnected and inseparable from each other. If our thoughts, ideas, dreams are interconnected to above power (God's energy) then it turns into reality and becomes truth. We can fulfill our intention or desire connecting with this unlimited divine power. When this mystical power of humankind connects with param-aatma (supernatural power or universal power) it liberates energy which give the experience of bliss and contentment. To activate this energy connection with superpower, we must adopt simple, sincere, honest, and continuous efforts with full faith in Him, then we will definitely achieve this reality. We will experience happiness, compassion, Love and contentment in our life.

In Gita, Lord Krishna, Rishi's in Vedas, and also in our old scriptures and literature's, it is elaborately mentioned how a normal person can connect with this mystical Superpower. But it is believed and found that connecting with this power is very difficult. They advised us that with little efforts this may be possible. Our spiritual, divine, sacred people advised us to connect with this power in simple ways. They suggested, on daily basis, we should try to relax, be thoughtless and comfortable in a pleasant ambiance. We should practice seating like this, regularly for some time and with little efforts, we subconsciously may achieve this happiness and bliss, thus we could experience blissful, healthy, contented and happy life.

It is known that one drop of water from ocean has the same constituents, elements and characters of whole ocean. Similarly, human beings are made up of same energy particles of the universe and would therefore experience same vibrations, character and energy of the universe. Lord Sri Krishna advises us to be honest, sincere, hardworking, and show full faith in Him (Superpower - Param-atma, the energy), then he is always with us and he will bless us. Lord says, we subconsciously get connected with this powerful energy, Param- atma, and we experience bliss and energy which he holds.

He empowers us and we will become like Him. Whatever we think, wish, believe, it is fulfilled. Lord Sri Krishna says if we want, we will be powerful and blissful like Him.

ROTARY CLUB OF MARTUR FRIENDSHIP CLUB OF RC KOMPALLY MEDCHAL

RI DISTRICT 3150

CLUB ID:25106

R.Ankama chowdary (President)

I. Anjaneyulu (Secretary)

1986 సంవత్సరము డిసెంబర్ నెల 11 వ రోజున పారంభించబడిన రోటరీ క్లబ్ ఆఫ్ మార్తూరు గ్రామీణ ప్రాంతములో చిన్న క్లబ్ గా ప్రారంభించబడి ఎన్నో ఇబ్బందులను దాటుకొని గడచినా 15 సంవత్సరాలుగా పూర్తి సేవాభావములతో జాస్తి వెంకట మోహనరావు, శానంపూడి లక్ష్మయ్య, పావులూరి వెంకట కృష్ణారావు లాంటి వ్యక్తుల సారధ్యములో నేడు ఆంధ్ర రీజియన్ నందే కాక జిల్లా 3150 నందుకూడా ఉత్తమ అధ్యక్షులు, ఉత్తమ కార్యదర్శులు, ఉత్తమ అసిస్టెంట్ గవర్నర్ గుర్తింపును పొందుతూ సోదర క్లబ్ ల మరియు జిల్లా నాయకుల సహాయసహకారములతో సేవ కార్యక్రమములను నిరంతరంగా కొనసాగిస్తూ నేడు 50 మంది తో పెద్ద క్లబ్ గా కొనసాగుతున్నందుకు ఆనందిస్తూ గడచిన సంవత్సరాలలో మాచే నిర్వహించ బడిన కార్యక్రమాలలో కొనింటిని ఉదాహరిస్తున్నాము.

Community Economic Development :

సుమారుగా 10 మందికి

పాడిగోదలు, 50 త్రిసైకిలు, 150 కుట్టుమిషిన్లు, 10 వ్యవసాయ బోర్లు, 40 మంచినీటి బోర్లు, 4R.O ప్లాంటులు, వ్యవసాయదారులకు మందుల పిచికారీలో, ఎరువులు, విత్తనాల వాడకంలో శిక్షణనిచ్చుట మరియు క్యాన్సర్ వ్యాధిగ్రస్తులకు, విద్యార్థులకు వ్యక్తిగతముగా సహకరించుట ద్వారా సమాజంలో కొంతమంది తమ ఆర్థిక వనరులను పెంచుకొనుటకు తోడ్పాటు అందించబడినది

Basic Education and Literacy :

సుమారుగా 70 L.E.D ప్రాజెక్టులు, 9 D.V.D ప్లేయర్లు, కొని వందలమందికి రాత పుస్తకాలూ, నిఘంటువులు, చెప్పలు పంపిణీ, 2000 లకు పైగా బెంచీలు, carrier guidance పై శిక్షణ కార్యక్రమాలు ఏర్పాటు చేయబడినవి

Disease Prevention And Treatment:

KMC, Sentini, Indo-British, Sankar లాంటి corporate హాస్పిటల్స్ వారి చే అన్ని వ్యాధులకు పదుల సంఖ్యలో మెగా మెడికల్ క్యాంపులు నిర్వహించబడినవి

Maternal and child health:

బడి పిల్లల ఆరోగ్య రక్షణ కు ఎన్నో దంత మరియు కంటి వైద్య శిబిరాలను దాదాపు నాలుగు మండలాలలోని ప్రతి ఉన్నత పాఠశాలలలో నిర్వహించబడినవి

Water sanitation and hygiene:

నాలుగు పాఠశాలలలో క్లబ్ సభ్యుల నిధులతో గ్రూప్ వాషులు ఏర్పాటు చేయబడినవి. ఎఫ్ టి వారి సహకారం తో ఒక పాఠశాలను హ్యాపీ స్కూల్ గా తయారు చేయబడినది ప్రస్తుతం 30 లక్షల రూపాయల గ్లోబల్ గ్రాంట్ తో నాలుగు ఉణ్ణుట పాఠశాలలను హ్యాపీ స్కూల్స్ గా తయారు చేసే కార్యక్రమం జరుగుతున్నది ఇంతే కాకుండా 100 ల మంది బాలికలకు సానిటరీ నాస్కిన్స్ ను మరియు వాటర్ బాటిల్స్ అందించే కార్యక్రమం నిర్వహించబడినది

Environment Protection:

గత సంవత్సరం నుండి గ్రీన్ ప్లానెట్ పేరుతో మొక్కల పెంపకానికి ప్రత్యేక కార్యచరనను రూపొందించుకొని వివిధ గ్రామాల కాలనీలలో, పాఠశాలలలో, రహదారుల వెంట ఇప్పటికి 6000 మొక్కలు నాటడం జరిగింది

Disaster Management:

ఇటీవల కేరళ లో సంభవించిన వరదలకు ఇబ్బందుల పాలు ఐన వారికి సుమారు ఎనిమిది లక్షల విలువ చేసే వంట సామగ్రి బట్టలు, సరుకులు, కూరగాయలు, బియ్యం అందించబడినవి

ప్రస్తుత COVID-19 విపత్తు నిర్వహణ లో సుమారు ఇరవైవేల మందికి భోజన సదుపాయం ఏర్పాటు పదిహేను గ్రామాలను sanitize చేయుట వందల మందికి నిత్యా అవసర వస్తువులు, కూరగాయలు, పండ్లు, మాస్కులు, సానీటిజర్లు పంపిణీ చేయడం జరుగుతున్నది.

పై కార్యక్రమాల నిర్వహణ లో సహకరించిన మరియు ప్రస్తుత మా ఫ్రెండ్ షిప్ క్లబ్ గా మాకు సహకారాన్ని అందిస్తున్న రోటరీ క్లబ్ ఆఫ్ మేడ్చల్ వారికి ప్రత్యేక ధన్యవాదములు.

JOY OF COOKING

CHICKEN SEMI GRAVY

By: Ann Shaheen Shaik



Preparation Time: 30 Mins

Cooking Time: 30 Mins

Serving for: 6

Method:

INGREDIENTS

- Oil
- Chicken 1kg
- Salt to taste
- Onion- 2 large, thinly chopped
- Turmeric powder- 2 teaspoons.
- Ginger garlic paste - 3 table spoons.
- Garam masala- 1 table spoon
- Coriander powder- 1 table spoon
- Coriander leaves, finely chopped
- Curry leaves- handful
- Green chilies – 4 or 5 slit
- Curd- small cup
- Cinnamon stick – 4cm piece
- Bay leaf- small leaf.

1. Take chicken, salt and turmeric powder in a bowl and mix well, then keep the mixture aside.
2. Heat oil in a pan, add onions, cinnamon stick and green chilies. Cook it until a light golden colour.
3. Add the mixture of chicken which was put aside and mix well and cover it with a lid and let it cook for 15 to 20 minutes on low heat
4. After it is boiled add coriander powder, garam masala, curry leaves, coriander leaves and cook it for 5 minutes more.
5. Finally add curd in the mixture and cook in low heat. It will be ready after 10 minutes when oil start to separate from the mixture, serve hot and enjoy YUMMY, YUMMY CHICKEN READY!!!

KATORI CHAAT

By: Rtn. Divya Shah



Preparation Time: 30 mins

Cooking Time: 30 mins

Serving for : 15 Katoris

**Ingredients:
For the
Katoris:**

2 cups Plain
flour (Maida)

½ cup cooking
oil

½ tsp Ajwain

Salt to taste

Oil for frying

For the Filling:

1 cup Boiled Kala
Chana

1 cup Potato Boiled
and chopped

1 cup Onions chopped
2 cups Beaten curd

1 cup Tamarind
Chutney

1 cup Green Chutney
½ cup Red chilli
powder

½ cup Chaat masala
1 tbsp Cumin powde

½ cup sev
Coriander and
Pomegranate to
Garnish

**Method :
Katoris :**

- Mix the flour, oil, little water and salt and knead it into a stiff dough.
- Make small portions from the dough.
- Roll the dough in a circle like Puri. Place Katori in the centre and wrap the dough around it.
- In the heated oil, drop the katori wrapped with dough and fry it.
- Oil will start filling up in the katori. With a Tong, carefully remove the dough from the katori and after draining oil, pull the crispy katoris out. Place them on a paper towel.

Assembling Katoris:

- Mix Chopped potatoes and Boiled Chana. Add Salt and chilli powder.
- Assemble all the ingredients and fill-up all Katoris.
- Place katoris on a clean plate.
- Add Chan-potato mixture at the base of the katori.
- Pour 1 tbsp green chutney, 1 tbsp tamarind chutney and 1tbsp beaten curd onto it.
- Sprinkle a pinch of salt, red chilli powder and chaat masala onto it.
- Add 1 tbsp of chopped onions.
- Top it with Sev, chopped coriander and pomegranate and Serve!!

LITTLE THINGS



ISHA SHAH

STUDENT

“As a part of today's "Z-gen" I am a little guilty of being hooked to the idea of instant gratification, whether its resorting to binge watching our favourite shows or endless scrolling through our social media.”

I am sure we all have learned something this lockdown, for some it might be exploring a new hobby while for some it's just stepping back from the chaos of the world and enjoying the simple joys of life. My little epiphany this year has been that- the happiest things in life take time to manifest. As a part of today's "Z-gen" I am a little guilty of being hooked to the idea of instant gratification, whether its resorting to binge watching our favourite shows or endless scrolling through our social media. But like they say- "taking over the world one at a time" So instead, today choose a hobby that you are wholly passionate about, choose an exercise that makes your endorphins rush, try getting closer to your dreams one step at a time, and you will see big results over time, you just have to believe in the process of consistency.



As adults, we get so worked up chasing the big things in life, that we forget how a simple Sunday afternoon with family can bring a wide smile on our faces, how waking up early just to reminisce the sunrise can add so much positivity to your day. So, the next time you catch up with your friends, maybe try putting down the social media life for once?

In a world that celebrates fugazi, let's try and indulge in the real pleasures of life.

And just maybe, we will realise, after all the world isn't such a bad place to live in!

**CREATIVE
PAGE**



NATURE IS BEAUTIFUL

Annette Sameeha Rida Shaik 7TH grade

FIND ANSWER TO THE QUIZ IN THE TABLE

1. When an unusual large number of people get sick.
2. This pandemic caused by fleas living on rats?
3. (COVID-19)& (SARS) began in China, in which country following disease started (MERS) or Middle East Respiratory Syndrome start?
4. Where did name of Spanish Flu come from?
5. What is the name of disease caused by Corona virus?
6. Which animal transmits Vector borne diseases like malaria and Zika?
7. This branch of medicine studies the occurrence, spread, and possible control of disease.
8. What is the career for Bubonic plague?
9. In which country SARS was first spotted?
10. In which city of China Corona was started?



“SPEAK UP; DON'T BOTTLE UP YOUR FEELINGS”

THEME: “WORLD SUICIDE PREVENTION DAY”; Annette ISHA (3rd year MBBS)

E	S	W	U	H	A	N	D
P	A	N	D	E	M	I	C
I	U	A	B	C	O	E	O
D	D	F	G	H	S	C	V
E	I	I	J	K	Q	H	I
M	A	L	M	N	U	I	D
I	R	S	P	A	I	N	I
O	E	O	P	Q	T	A	9
L	B	R	S	T	O	U	V
O	I	F	L	E	A	W	X
G	A	R	A	T	Y	Z	A
Y	P	L	A	G	U	E	B

Answer: 1. Pandemic; 2. Plague; 3. Saudi Arabia; 4. Spain; 5. Covid-19; 6. Mosquito; 7. Epidemiology; 8. Rat; 9. China; 10. Wuhan

ROTARY CLUB OF KOMPALLY-MEDCHAL.

FORMERLY KNOWN AS: ROTARY CLUB OF MEDCHAL

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Rotary District: 3150

Established 1989, Hyderabad, India



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