

Rotary



RotaSainik

7th Bulletin of the Rotary Club of Sainikpuri, Secunderabad
21st June, 2020 - 20th July, 2020

RI Dt 3150

Club Id 88296

Rtn Holger Knaack
President, RI 2020-21

Rtn N.V. Hanmanth Reddy
DG, Dt 3150 2020-21

Rtn Murthy Prakki
Club President 2020-21



Rtn Holger Knaack
2020 - 21
Rotary International President

Presidential Message for July 2020-21

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.

AWARDS AND REWARDS

Murthy Prakki, Rotary Club of Sainikpuri

July is an exciting month across all clubs of Rotary. It is the time to look back on how we did the year and to look forward to an exciting New Year. The awards ceremony is always jubilant and exciting, even more so this year in spite of the pandemic and difficult times. Yet time stops for no one, one Rotary year ends and the next Rotary year begins without even a blink on the eye.

At the outset, I would like to thank the team of Rotary club of Sainikpuri for making the last year a wonderful one. We executed very good projects, covered all areas of focus, conducted joint projects with other clubs and arranged excellent speaker meets. We also took up several Covid-19 relief activities, including a contribution of 60,000 rupees to the PMCARE fund. We were one of the very few clubs to have 100% my rotary registration of our members. All this had indeed helped us bag several awards during this awards ceremony.

While the awards give us something to feel very happy about, the true rewards are in the giving. They say that what we earn is for living, and what we give is to make that living worthwhile. We take so much from the world every day, and there comes a time that we realize that we must also give something back to the world. Giving may be in the form of service to humanity, money, time, lending hands, mind or skill, yet it is the giving that makes us human. Let us give and bring about a lasting change in the lives of people around us. And make this year a very rewarding one.

The Rotary theme for the year 2020-21 is Rotary Opens Opportunities. It is not only a call to make use of those opportunities, but also to create opportunities for others. With Rotary, we get opportunities to strengthen our leadership, become people of action and bring smiles on the faces of many. I urge all the members to keep the doors open for every opportunity that comes along and serve the humanity well, while gaining personal and leadership skills and stay happy and content all the time.

The three important goals this year for Rotary are (a) membership increase, (b) contributions to the Foundation, and (c) building young leaders. We will focus on all these areas this year and make sure that we will have a great year. We will also continue to provide active support towards Covid-19 relief as well as to help the underprivileged in our neighborhoods.

I'm confident that by staying together and by working together we will make this year a very happy and very rewarding year. Wishing you all the very best.



HEALTH AND WELL BEING

Ranganathan, Rotary Club of Sainikpuri

Often, people ask me if I believe in religion. To me, religion is a way of life. It's your principles, your emotions and your actions. Without religion, there is no separate identity to humans compared to other species. So, my simple answer to this frequent question is, 'Of course, I do believe in religion.'

Most people would stop right there and do not venture any deeper. But the brave would hover over a bit and try to understand which religion I follow. That's when it gets complicated. That's because, everyone talks about religion but no one really knows what it is. I try to laugh it and say that it's all my religion.

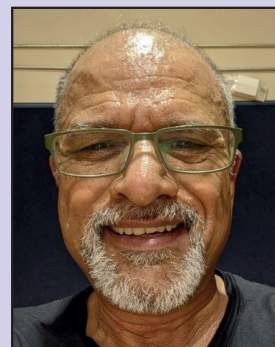
But deep inside me, I know my religion. It is to stay healthy and happy. It is indeed a way of life. A healthy person is balanced and takes a wider view of things. Health makes you happy and health keeps you smiling. That's why being healthy is so very important, especially so for older people.

But most people neglect health and fitness. Too many demands from others keep us from finding any time or

energy to focus on our health. We neglect health because no one demands of it from us. I have made it my religion long ago and I have been working out religiously to attain good health and freedom from the earthly pressures.

Being healthy is not the same as just being good physically. Health does not mean absence of sickness. It also means living happily and with content. Therefore, along with physical health, we must strive for emotional health and spiritual health. Yoga, Tai-chi, meditation and other forms of physical and mental exercises will give us a balanced health. Reading good books and being with friends is icing on the cake.

That's why when people ask, what my religion is, I laugh it and say that it's all my religion - that is being healthy and fit physically, emotionally and spiritually.



THE SPARK

Ramkumar Hariram, Rotary Club of Sainikpuri

Who am I? Where am I? Why am I here?

These questions are sounding highly philosophical, aren't they?

I look back to the days when I never had a thought of these questions, and never cared for anything or anybody. I was angry, short tempered, arrogant and in once sentence – a lost person.

There came a time, I happened to read a very good book on human value and the reason for our existence on this planet earth, and then I started transforming to be a different person.

Now I know, as I put my learning into practice. Now if I cannot oblige to a person, I would at least talk with him obligingly. I started sharing my knowledge with friends and listening to them to gain more wisdom. I started helping the elderly people in my neighbourhood in their daily chores of shopping, cleaning, going around and keeping to good health. I started listening more to the views and experiences of other people. As I do all this, my mindset has taken a change and I started appreciating the very reason for my existence.

I feel that the purpose of my life is to **LOVE ALL** and **SERVE ALL**. When that clarity emerged in my mind and became stronger and stronger, I started seeing that all my needs, wants,

welfare, health, character and anything and everything has started taking care of itself automatically. I started seeing the truth, the peace, love, nonviolence and right conduct at all times, and started sharing that feeling with my friends and other near and dear.

Thus the seeds of service were sown into my mind. I started taking care of others and the community as a whole. There is so much happening around in terms of service, such as opening educational institutions, medical institutions, water projects, helping the poor, caring for environment, that it all got a grip over me. I started sponsoring a child through World Vision and review and revive myself year after year. I became one with the world.

With that SPARK inside me, my world has changed. I'm feeling like a new person every day, a happier person every day, and a person with immense satisfaction and purposeful. And now, I am a proud ROTARIAN.



Be an Angle - Donate Plasma

If you have fully recovered from COVID-19, you may be able to help patients currently fighting the infection by donating your plasma. Because you fought the infection, your plasma now contains COVID-19 antibodies. These antibodies provided one way for your immune system to fight the virus when you were sick, so your plasma may be able to be used to help others fight off the disease.

Call **Give Red**

73311 01444

RED.

Thank You!

7331101444
www.givered.in
Givered_india
@givered_india

RED.
Connected By Blood

We Are Here
To Connect You With
Recovered COVID-19
Plasma Donors

Patients WhatsApp
+91 7331101444

Donors Login
www.givered.in/donor



Rotary club of Sainikpuri – Governing Board (2020-21)

S. NO.	MEMBERS	ROLE	MOBILE	EMAIL-ID
1	Murthy Prakki	President	98493-40803	mprakki@gmail.com
2	Devi Seshadri	Secretary	95731-85718	Pvdevi@live.com
3	Badrinath Krishna	Treasurer	97409-44595	badrinath.k@gmail.com
4	Srihari Madishetty	Imm. Past President	99480-78660	madishettysrihari@gmail.com
5	Philomin Raj	President-elect	98481-82031	marsoengg@yahoo.com
6	Shankarachary	Club Trainer	96185-67567	shankarsangoju@gmail.com
7	Yousuf Syed	Dir - club administration	91772-02786	786yousufsyed@gmail.com
8	Sarada Prakki	Dir - membership	98663-65083	sprakki@gmail.com
9	Venkat Reddy	Dir - vocational service	99638-00599	venkatreddy@accordpower.in
10	Col. Kamesh	Dir - service projects	98484-64082	kamesh49@gmail.com
11	Philomin Raj	Dir - public image	98481-82031	marsoengg@yahoo.com
12	Gopalan	Dir - Foundation	98484-64082	kamesh49@gmail.com
13	Tara Badrinath	Dir - Youth service	80192-11011	tara.badrinath@gmail.com
14	Devi Seshadri	Dir - Internet & Web	95731-85718	Pvdevi@live.com
15	Badrinath Krishna	Dir - Literacy & WinS	97409-44595	badrinath.k@gmail.com

Rotary club of Sainikpuri – District Area officials (2020-21)

S. NO.	MEMBERS	ROLE	MOBILE	EMAIL-ID
1	K.R. Parthasarathy	Assistant Governor	93924-36486	sarathykrp@yahoo.com
2	K.C. Muni Kumar	Membership	73822-97490	kcmunikumar@gmail.com
3	Mohan Rayudu	Public Image	99850-33566	kmraidu@gmail.com
4	Srihari Madishetty	Rotary Foundation	99480-78660	madishettysrihari@gmail.com
5	D. Balachandra	New Generation	77029-11558	balachandrad@sundarammotors.com

Projects and Events

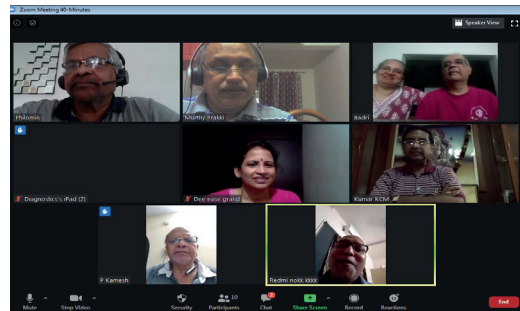
Event - 01

Date : 27 June, 2020
 Name of the event : **Awards night (2019-20)**
 Description : **RC Sainikpuri team has won 3 regional awards, 2 district awards, DG citation and several recognitions.**



Event - 02

Date : 28 June, 2020
 Name of the event : **Club meeting**
 Description : **The last club meeting of the year and farewell to the outgoing team.**



Event - 03

Date : 28 June, 2020
 Name of the event : **Board of Directors Training**
 Description : **PDG Ratna Prabhakar garu, PDG Sam garu and DGE Prabhakar garu trained the joint boards of the 3 clubs in the area, organized by AG Rtn Parthasarathy garu.**



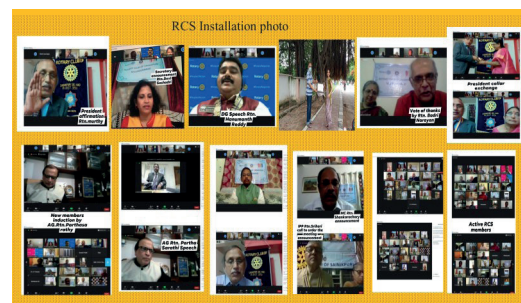
Event - 04

Date : 1 July, 2020
 Name of the event : **Doctors Day – Speaker meeting**
 Description : **Dr. Subbalakshmi, Additional Professor at NIMS, Hyderabad, Dr. PN Rao, Cardiologic Surgeon at Sunshine Hospital and Dr. Prathibha Post Graduate student at Nilofer Hospital gave an excellent speech to the members.**



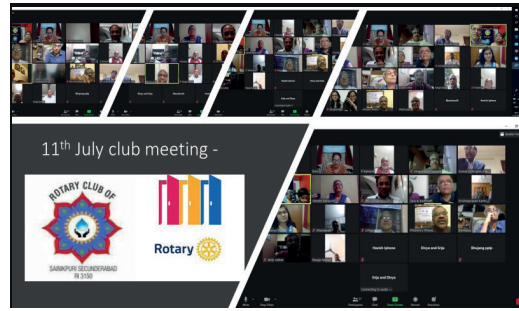
Event - 05

Date : 8 July 2020
 Name of the event : **Installation of the new governing team of RC Sainikpuri**
 Description : **RC Sainikpuri conducted the installation function of the new board members on this day over zoom platform. 9 new members were inducted.**



Event - 06

Date : 11 July, 2020
Name of the event : **First club assembly and Know-Your-Ratarian**
Description : **The first club assembly and Know-Your-Rotarian were conducted over the zoom platform to meet and greet the new members. All new members participated enthusiastically.**



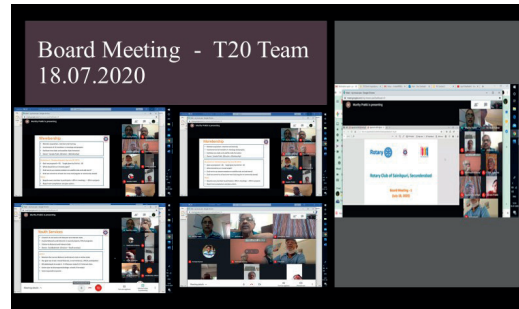
Event - 07

Date : 12 July, 2020
Name of the event : **Distribution of face masks**
Description : **150 washable and reusable face masks were distributed to the class-4 employees of NIMS, Hyderabad. Senior doctor and Additional professor of NIMS, Dr. Subbalakshmi, accepted them and further handed them to the class-4 staff.**



Event - 08

Date : 18 July, 2020
Name of the event : **First Board of Directors meet**
Description : **First board meeting was conducted. Several resolutions passed.**



Event - 09

Date : 19 July, 2020
Name of the event : **New members training**
Description : **Assistant Governor Parthasarathy garu has organized a joint club orientation meeting for all new members in the three clubs. Trainer PDG Suresh.**



The Four Way Test

Of the things we think, say, and do ;

- ⇒ is it the **TRUTH** ?
- ⇒ is it **FAIR** to all concerned ?
- ⇒ will it build **GOODWILL** and better friendships ?
- ⇒ will it be **BENEFICIAL** to all concerned ?

Editorial Board

- Murthy Prakki, Chief Editor •
- Col (Retd) Kamesh •
- Tara Badrinath •
- S. Gopalan •
- K.V. Bhimrao •