

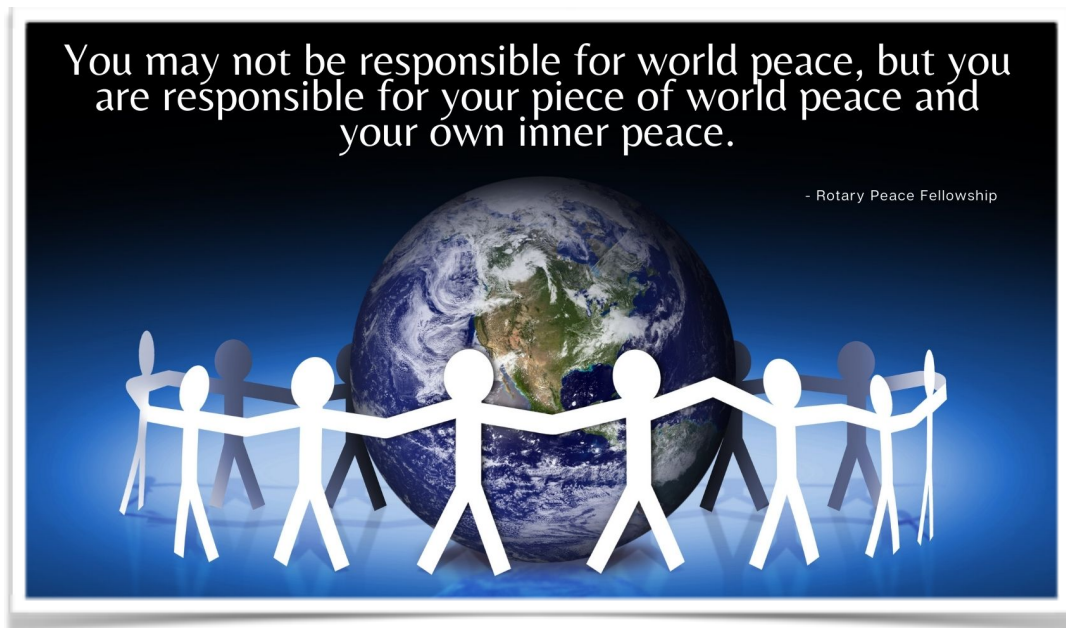


Pearl Ganta - President, RCSI 2020-2021

Srinagesh Akella - Secretary

Alex Ganta - Treasurer

Welcome to the Rotary Club of Secunderabad Icons



Dear Rotarians, here is a special edition of our newsletter highlighting this month's theme of PEACE. Here are some articles written by our club members.



At Ease when in Peace

Article written by Philip Joshua

"Peace is not absence of war, it is a virtue, a state of mind, a disposition for benevolence, confidence, justice" - Baruch Spinoza

Peace begins in your mind, from home. Each year the International Day of Peace is celebrated around the world on 21 September. But does the world get more peaceful with each passing year?

See what is happening in the world today in all the places. You don't even feel like seeing the news. Everyday there is some violence somewhere.

The antidote to this is to live lightly. Take life lightly and this is possible when we spread this knowledge. More & more people should become free from stress and start spreading happiness.

One street light is not enough to light the whole path. Every few meters you need a light to dispel the darkness and this is essential.

"Rotary creates environments of peace"

As a humanitarian organization, peace is a cornerstone of our mission. We believe when people work to create peace in their communities, that change can have a global effect.

By carrying out service projects and supporting peace fellowships and scholarships, our members take action to address the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources

- Quote from rotary.org

The following from **keystopeace.com** is worth pondering:

1. BE HERE NOW:

Keep your attention in the present moment. Being upset about the past and worrying about the future are self-defeating.

2. FORGIVE:

We do not forgive because we "should" or because someone deserves it. We forgive to free ourselves from the bondage of resentment. Die to the past every moment. Live this moment fully.

3. OBSERVE:

Notice your thoughts. Which ones make you upset? Which ones make you feel better? Remember, you can choose your thoughts.

4. FOCUS:

Focus on thoughts that help you feel better. You can be master of your own mind.

5. QUESTION:

Often, thoughts that upset you are not true. They are beliefs you have carried with you from the past. Question thoughts and beliefs. Can you see things differently?

6. MEDITATE:

Practice quieting your mind. Make a connection to your Higher Self (Higher Power, God, Universal Energy).

7. REMEMBER:

Remember your True Self. You are not your thoughts. Remember the awareness behind the inner thinker.

8. LISTEN:

Listen to your inner Voice. It is the voice that guides you, comforts you, and gives you strength.

9. SURRENDER:

Accept what is. Release all resistance to what is. What we resist will persist. Breathe. When we accept life the way it is, we find peace.

10. EXPECT:

Expect positive results.

Inner peace is the key for world peace. You cannot have world peace with individuals who are boiling from the inside ready to explode. If such people are at the helm of affairs then not only the person explodes, but the countries and communities explode.

When in PEACE you are at EASE

Article written by Philip Joshua, Member, RC Secunderabad Icons, Head, Corporate Communications, NCC Ltd



Intimate partner violence

Article written by Dr. Srilakshmi Pingali

“Intimate partner violence”, describes physical violence, sexual violence, stalking and psychological aggression (including coercive acts) by a current or former intimate partner.

Where domestic violence refers to violence of any family member on another, intimate partner violence as the name suggests is between romantic partners.

The consequences are acute and chronic. Acute physical consequences can range from bruises to fractures whereas the chronic consequences could be various diseases effecting the heart, digestive system, nervous system and so on. The unseen wounds are the psychological consequences of violence which are many. Depression, post-traumatic stress disorder, low self-esteem, eating disorders, anxiety disorders are some of them.

Children who grow up in such a dysfunctional environment tend to continue with the cycle of violence, thereby making violence intergenerational.

The perpetrator of such abuse/violence is usually someone who suffers from personality disorders or drug abuse.

It is essential to support such victims of violence. Providing a safe place to air their issues, providing psychological and medical aid and empowering them by providing information about legal recourse available are some of the things that can be done for the victim.

Article written by Dr. Srilakshmi Pingali, Member, Rotary Club of Secunderabad Icons; Associate Professor of Psychiatry, Gandhi Medical College, Consultant Psychiatrist at Roshini Counseling Center and President of Hyderabad Psychiatric Society.



Rotary Club of Secunderabad Icons and Rotaract Club of Young Icons

COME BE PART OF OUR CLUB, GET INVOLVED:

- Promote Peace
- Fight Disease
- Provide Clean Water, Sanitation and Hygiene
- Save Mothers and Children
- Grow Local Economies
- Support Education

Club Meeting Dates
2nd Friday and 4th Friday
of every month

Club Meeting Location
Virtual or Physical

Projects
Place and date will be announced
each month

Together, let us be people who will unite and take action to create lasting change across the globe, in our communities, and in ourselves.