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District Governor's Message



Dear Lohiyaji & Madhu Babu,
 Congratulations to you and your team on the occasion of being installed as team leaders of your prestigious club for the year 2005-06. It is indeed a great opportunity and privilege bestowed upon you by your members who reposed confidence in you in this first year of second century. My congratulations to you also for coming out with your first club bulletin of the year on the occasion of the installation.

The year ahead is going to provide you the best of opportunities to exhibit leadership skills and I am fully confident that you are going to come out with flying colors.

It is also going to be the most significant year in your life as you are seriously to lead your prestigious club and will be in the fore front in the 'service to community. I pray god to provide you all the power that are required in full filling the commitments' of club service to the mankind.

Please convey my greetings to each one of your esteemed members and their families.

Let us celebrate together march forward in the spirit of **Service Above Self**.

Yours Sincerely,
Rtn. D Goutham, District Governor, RI District 3150

Presidential Focus



Dear Rotarians, Anns and friends,
 Thank you for choosing me as President of our club for 2005-2006, beginning Rotary's second century of **Service Above Self**.

At this moment we are 34 members strong and my effort will increase this by 10% during this year. In this first issue of *The Rising Sun* in the new Rotary year, I would like to share club goals and action plan for the year with the RCHE family; the focus will be on:

- Retention of quality members and induction of fresh blood in to the movement.
- Team building and human resource development involving all members.
- Strong focus on fellowship
- Monthly Family Fellowship
- Special Fellowship programmes with potluck dinner
- Family tour program
- Fellowship among small groups; rotating the RCHE Fellowship Trophy
- Club Assembly
- Monthly Board Meetings
- Joint meeting / Intercity club meeting
- Fund raising
- Service projects.
- Contribution to Rotary Foundation - PHSM \ PHF.
- Vocational awards
- Monthly club bulletin

I request and look forward to your full cooperation and support this year.

Yours in Rotary,
Rtn. Raj Kumar Lohiya, President 2005-06

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Service Above Self



"The coming year will offer all Rotarians an opportunity to reflect carefully on the true meaning of Service Above Self, as we renew our commitment to this timeless message of compassion and generosity of spirit."

Carl-Wilhelm Stenhammar
 RI President, 2005-06



From the Editor's Desk

Dear Family of RCHE,
 Kudos to President Rtn. Binod Satani and Secretary Rtn. Bhaskar Reddy for completing a successful tenure and a hearty welcome our incoming President

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Rtn. Rajkumar Lohiya and Secretary, Rtn. Madhu Babu.

With Centennial celebrations peaking at the 2005 RI Convention at Chicago, RCHE was ably represented at this memorable event by PDG JAS Giri, PDG Jawahar Vadlamani and Rtms. Ravi Rao and Ritu Maithani. .

O'Shannon and Bruna, the Youth Exchange students from US and Brazil spent a memorable time with the RCHE member families. They carried back home with them loads of love and affection along with crates of cool RCHE tales bottled in a typical 'Hyderabad Eshtile', which they would treasure and cherish forever. Host families ... Hip... Hip ... Hurray!

Here is the first issue of our bulletin to kick start the new century of Rotary. A big thank you to Rtn. Mohan Reddy for making it possible for *The Rising Sun* to appear in this form!

On behalf of the editorial team, I once again request contributions from all Rotarian, Anns and Annets for inclusion in the 'The Rising Sun'.

Rtn. Mamta Sagar
Editor, The Rising Sun

2005 RI Convention – A Quick Look

I have not attended a better convention truly showing the internationality of Rotary. The convention center was so big that it took about fifteen minutes to walk from the registration to the end of the House of Friendship and back. It took about ten minutes to walk from one end to the other. Over 42,000 registrations from 161 (out of 168) countries were received.



I enjoyed being the Assistant Sergeant-at-Arms for the convention. I made a lot of new friends and developed a few business relationships. It was such a great pleasure to also spend a good amount of time with our own members Giri, Ravi and Gopi. We had Ritu too, but she had to leave early.

I also had the opportunity to meet with my batch mates at the Training leaders evening.

Sit down luncheons were organized. People would queue up at 11.30 am for the 1.00 pm lunch. The lines

would be about half a kilometer long. Each of these luncheons were restricted to 4000 members.

I enjoyed the convention so much that I hardly had any time for sight seeing.

The most memorable evening for me was the dinner we had at Preeti's (daughter of Ravi and Suvarni) home. It only goes to show that Rotary Fellowship trickles down to the children too.

In short a GREAT CONVENTION.

PDG Rtn. Jawahar Vadlamani

Healthy Living

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage. The agent that alleviates the pain without causing loss of consciousness is called an analgesic or painkiller.

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as Ibuprofen (Brufen), diclofenac (Voveran) and Nimesulide (Nise) are the most commonly prescribed drugs for pain management. Conventionally, these drugs are administered as injections or as tablets given orally.

Certain problems associated with these may include multiple dosing, side effects such as gastric irritation the pain caused by the injections and a need trained personnel for administering. This led to the search of an alternative drug delivery route, which could provide relief and at the same time address the concerns of overall patient's health.

This has resulted in the release of 'NuPatch', an indigenous product. This product is a novel drug delivery system through the transdermal delivery route. NuPatch contains 100mg of Diclofenac, a popular painkiller. Unlike both oral (thrice – daily dosage) and injection system which are not able to ensure a constant level of the drug in the body, Nupatch needs to be applied just once daily and relieves pain at a stretch for 24 hours.

The transdermal delivery route reportedly supersedes the gel as it is not cream based, is non-greasy and most importantly, it need not to be applied at the local site of the pain. For example in the case of arthritic patients suffering from pain in their knee joints, Nupatch can be applied on their upper arms without affecting its efficiency.

Those suffering from arthritic disorders like rheumatoid arthritis, osteoarthritis or other related conditions rely

upon daily pain killers such as NSAIDS. These cause side effects when taken through the oral route, especially their propensity to cause gastritis or ulcers, often impede their long-term use. NuPatch with its unique profile can alleviate this problem. The company claims that it can be effectively used to treat pain and inflammation associated with musculoskeletal disorders and soft tissue injury. It can also come in handy in cases of sprains, mild aches, low back pain and post-operative pain management. Definitely appears to be a boon for those in pain.

Amazing Medical Facts

- The surface area of the lungs is vastly greater than that of the skin, such that if all the alveoli from both lungs were spread flat they would cover an area nearly the size of a tennis court.
- Our lungs inhale over two million litres of air every day!
- Can you imagine that our gut contains about 1kg of bacteria? In fact, there are more bacteria growing in and on the body than there are human cells.
- In one square inch of our hand we have nine feet of blood vessels, 600 pain sensors, 9000 nerve endings, 36 heat sensors and 75 pressure sensors.
- The length of human blood vessel is such that it circles the globe 2 ½ times.
- Every day 2000 liters (440 Gallons) of blood flows through the kidney.
- Human kidneys have about 1 million nephrons that filter out liquids and wastes.
- An average human being consumes about 500 kg of food per year.
- When you blush your stomach lining also reddens.
- There are 206 bones in the human body.

Rtn. Dr Gurcharan Singh Saluja

Why I am a Rotarian?

(By Rajendra K. Saboo; Classification: Needle Manufacturing; President, Rotary International, 1991-92; Member of the Rotary Club of Chandigarh, India)

I did not know many people in Chandigarh, to which I moved from Calcutta to set up my own business in 1960. So when I was invited to join the local Rotary club a year later, I was happy because it would give me additional acquaintances in the new city.

But this was only a beginning. I had heard of Rotary since my father was a Rotarian in Calcutta. I had a limited view of the organization and absolutely no idea of how it would affect my life.

I was about 27 years of age with a wife and child. My business career and all the fun of life were awaiting me. At first, Rotary, with its demands of attendance and involvement, seemed to be asking for too much commitment.

To my mind, Rotary was for fun and friendship! Very soon I found that Rotary had much more to offer – chiefly an opportunity to practice a new kind of human interaction – a realization beyond one’s self.

Over the years, my Rotary experience has, indeed, helped me discover myself anew; it helped me learn to communicate, to rein in my short temper, to open my eyes to the existence of people around me, and to do whatever was possible for them within my resources.

It taught me that the happiness we bring to others makes us happier too. I am blessed because Rotary has made me a better person. Where else would I have had the opportunity to develop friendship, not for friendship’s sake alone, but to work together for others? Where else would I have been able to work among equals, earning their respect for our common endeavor?

Had it not been for Rotary, I would never have learned the values of tolerance, the common touch, and respect for others. I still may not have developed these attributes as fully as I would like, but at least I know the path to walk upon.

The joy and meaningfulness with which Rotary has endowed my life makes my life seem so full and complete, with so many friends across the seas to work with – with so much to share. Rotary has made me look within, to look beyond myself and ask “Why not me?”

What more can one demand of life?

The RCHE Family

Fellowship



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Fellowship at RCHE has always been strong; with several enjoyable family fellowships during the centennial year, we look forward to more such gatherings in this new Rotary year.

Raj Kumar Lohiya – President

Raj Kumar Lohiya was inducted into the club in 1996. Rotary and provides him with a framework for social service work; he adds, "For me RCHE provides lots of moral strength."

As a businessman, he deals with the import and export of food grains and specializes in best of the qualities of rice. He has donated Goshala Shed for Satyam Shivam Sundaram, a voluntary organisation located near Gagan Pahad and work towards protecting cows. Lohiyas own a Dharmashala, the guesthouse under their charitable trust at Tulajapur, Maharashtra, known for the sacred shrine of the goddess Tulaja Bhavani. This guesthouse has forty rooms and is within the reach of poor pilgrims visiting from far off places.

Ann Shakuntala is a friendly person and like people around her. Only thing she does not like in Raj is his short temper. Among Lohiyas' friends and relatives, she is known for her hospitality. She relishes sweets while Raj enjoys spicy food. He likes Paneer Butter Masala, Dal fry and of course the RICE! This 'Hot and Sweet' couple are blessed with two children, Pavan and Rachna. Pavan is a B.Com. student in Arora College. He is good at roller skates and swimming and loves doodling with IT gadgets. Rachna hopes to become a Software Engineer. She passed her inter and MCET with a distinction and is waiting for the engineering counselling.

As a president of RCHE, Rajkumar Lohiya is 'in high spirits' and dreams of a number of small projects for the poor and needy during his tenure. When asked how RCHE is different from other clubs, with a loud laughter he says, "We have a majority of 'heavy weight' members". He also assures us of regular fellowship programmes and memorable outings for RCHE families.

Rtn. Mamta Sagar

CJJR Raju

My association with CJJR Raju, fondly known as Venu dates back to 1998 August, that was, when he dropped in at my office. He very gladly and humbly gave a presentation and introduced the company he owned, which offers the best of services. Venu has come a long way since then. His company has grown leaps and bounds and is today one of the most successful Man Power Services companies in the twin cities. His

professional life dawns pale in comparison to what he has achieved in terms of his dedication to Rotary in general and eradication of Polio in particular.

Raju and the Rotary's Pulse Polio Programme are almost like two sides of a coin. We all know that one can simply not talk about our club's achievements in this programme without mentioning Raju. Year after year, NID after NID this man has been totally involved in getting the entire programme organised; be it setting up of banners in the area, co-ordination with doctors and volunteers, dropping of food packets at the points where the nurses and volunteers are working and going with the doctors on duty for inspection visits ... the list is endless. It is not an exaggeration if I say that, Venu's presence does make a real difference because of his sincere involvement in the project. He also carries the distinction of holding every position in the club right up to the president.

With whatever interaction I had with his family, I see them as warm and pleasant people. I am talking of his charming wife Usha Rani and two lovely children Prithvi and Shravya. Though it is unsaid, these three awesome people are the silent strength of Venu's wisdom. For a man who has been associated with Rotary since 1989, we can only look forward to more and more dedication and commitment apart from all the *josh* he provides to all of us during our meetings and fellowships.

Rtn. Sikander M

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Annet's Corner

LIFE

Me, who me?
'Me' is my life

My life,
the waves of sea

My life,
the breeze of wind

My life,
like day and night.

Amshu MS (2001)

Announcements

Birthdays

01-Jul	Yasmin (Aziz Moinuddin)
02-Jul	Umesh Lunkar
11-Jul	Arjun (Uday Shankar & Mamta)
13-Jul	Mayank (Brahm Minda & Shobha)

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17-Jul	Gopinath Reddy
19-Jul	Varenya (Jawahar V & Padma)
22-Jul	Rachna (Raj Kr Lohiya & Shakuntala)

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Attention RCHE Anns & Annets

With a strong focus on family of Rotary we look forward to your contributions to "The Rising Sun". Children get the chance to win special gifts for interesting inputs to our club bulletin.

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