



# UTSAV



## E-Bulletin of Rotary Club of Indraprastha-Okhla

Rotary International District 3011

RI President: Jennifer Jones

DG: Ashok Kantoor

President: Vandana Bhalla

**July 2022**  
Volume XIV No 1

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*President Vandana Bhalla*

*With*

*Rotary International President Jennifer Jones*

Edited and Published by Rtn PP Atul Dev PHF for Rotary Club of Indraprastha-Okhla, RI District 3011

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## PRESIDENT'S MESSAGE



Dear Friends,

I am truly privileged, to have become your President for Rotary Year 2022-23. It is only, due to the encouragement, of the senior members, that I felt confident, that I may be able succeed in this onerous task. I bank upon their guidance, and wisdom to help me fulfil my responsibilities.

We have a unique club, where consensus and cooperation amongst members, is very high and is a major reason why I was drawn to the club once I joined. And it is this same spirit, that I have felt ever since. I look forward to harnessing this spirit as well as the enthusiasm and zeal for social service that marks us out as Rotarians.

In this year we hope to do several projects and activities such as medical camps, environment protection, girl child education and support to weaker sections of society, and, as you are aware, we have already made a good beginning. I appeal to all members to participate in Club projects in large numbers.

We are also going to hold more, in person meetings, which are enjoyed by all and this will include Speaker meetings, and I am also trying that some new activities such as picnics, nature walks and visits to interesting places be organised, once the weather improves.

I will like you to, Imagine Rotary, as never before and come up with new ideas and projects, as well as, other activities, to make our more Club vibrant and our time as Rotarians more meaningful.

Thank you all.

**Rtn Vandana Bhalla**  
**President**  
**Rotary Club of Indraprastha-Okhla**  
**Rotary International District 3011**

# ROTARY INTERNATIONAL PRESIDENT'S MESSAGE

July 2022



Every month since I joined Rotary, I've looked forward to reading this magazine, especially the opening essay from our Rotary president. I'll admit that as much as I appreciate a digital copy, I still revel in the tactile sensation of sitting down and leafing through the glossy pages. They are a treasure trove of photos and memorable stories about our great organization — the one we all know and love. I have learned so much over the years about service projects and lives that each of you have transformed.

As a communications professional, I have longed for the day that our stories were a regular part of mainstream media and that our flagship magazine might populate doctor's offices, coffee shops, or anywhere else people sit, wait, and browse. It's great that Rotary members are better informed about all we do, and wouldn't it be that much better if more people knew our stories.

All this was top of mind as I thought about our plans for promoting Rotary worldwide in the upcoming year. Over the next 12 months, we are going to shine a light on projects that put Rotary service on display to the world, and we are going to do it strategically. Nick and I will focus on some of the highest impact, sustainable, and scalable Rotary projects from our areas of focus in what we call the Imagine Impact Tour.

We are inviting top-tier journalists, thought leaders, and influencers to use their channels to help us raise awareness by reaching people who want to serve but have not yet realized they can do it through Rotary.

But there was another important issue to consider — our carbon footprint. I take seriously Rotary's emerging leadership position on environmental issues. The example set by our members during the pandemic is fundamental to how we carve out our future.

That means we will harness digital technology to tell these stories — we will be tweeting, posting, and “going live” to anyone who will listen. We must consider our environment, and part of that means not always traveling but continuing to connect in meaningful ways as we have for the past two years. Of course, we are social people, and we still need to be together. We simply need to be more mindful of our decisions and think about how we get together just a little bit differently. For example, if we travel to visit a project, we will plan successive visits in neighboring areas.

So, what are your stories and who can help tell them? I hope you might consider your own Imagine Impact efforts — your story might be something you can promote just as easily on social media or during a Zoom call. Think about ways to showcase notable projects in your clubs and districts.

We all feel the impact that Rotary service and values have on us. Now it's our opportunity to share that feeling with others.

**Jennifer Jones**

**President 2022-23**



## INSTALLATION OF PRESIDENT AT RI DISTRICT 3011: 1 JULY 2022



District Governor Ashok Kantoor had decided that on 1 July 2022, all Presidents of RI District 3011 will be collectively installed at a District function. Our President, Rt President Vandana Bhalla was present for this function along with her spouse, Rtn Dr Neeraj Bhalla and was Installed.



## DISTRICT GIRL DRIVE PROGRAMME HELD ON 1 JULY 2022

Rotary 

**DISTRICT-3011**  
**2022-23**

**GIRL DRIVE**  
Let's donate to those who need it

ROTARY CLUB OF  
INDRAPRASTHA-OKHLA  
CORDIALLY INVITES YOU

JOIN US AS WE DISTRIBUTE:

- SANITARY NAPKINS
- NOTEBOOKS
- NUTRITIOUS JUICES

**Details:**  
Date: JULY 1, 2022  
Time: 10.30 am  
Venue:  
DELHI STATE COUNCIL OF WOMEN,  
C-674A NEW FRIENDS COLONY



RI District 3011 decided to kick off the Rotary Year by a Programme – **GIRL DRIVE** – and advised all Clubs in the District to participate in the programme on the very day of Rotary Year 2022-23, 1 July 2022. Accordingly, our Club too participated in the programme.

We distributed Sanitary pads, notebooks and nutritious drinks to the young girls and women of Delhi State Council of Women. Rtn PP Dr Amita Rani Gupta gave a talk on health and hygiene which was very well received.

In attendance at this programme from our Club were Rtn PP Dr Amita Rani Gupta, Rtn IPP Sunil Bandula and Rtn PP Sukh Mohinder Singh. They interacted with the audience and the program concluded with tea and snacks.





# HEALTH CHECK UP CAMP HELD ON 3 JULY 2022



## हेल्थ चेकअप कैम्प



बीएलके-मैक्स सुपर स्पेशियलिटी अस्पताल, नई दिल्ली द्वारा आयोजित एवं सद्भावना ग्रुप (जाकिर नगर एंड एनएफसी) ग्रैंड रोटररी क्लब ऑफ इन्द्रप्रस्थ-ओखला, रोटररी डिस्ट्रिक्ट 3011 के सहयोग से

### सुविधाएँ एवं विशेषज्ञों द्वारा परामर्श

हृदय रोग परामर्श	रैडम ब्लड शुगर (आरबीएस)	ब्लड प्रेशर चेक
ई.सी.जी.	बोन मिनरल डेंसिटी (बी.एम.डी.)	लिपिड प्रोफाइल
एचबीए1सी टेस्ट	यूरिक एसिड टेस्ट	

\*केवल डॉक्टर की सलाह पर

- 3 जुलाई, 2022 (रविवार) सुबह 9:00 बजे से दोपहर 1:00 बजे तक
- एमसीडी पार्क, एनएफसी-ए ब्लॉक एवं जाकिर नगर, नई दिल्ली-110025
- अधिक जानकारी एवं रजिस्ट्रेशन के लिए सम्पर्क करें: +91-9891724939, 9899301307

Our first medical camp of the year was held at New Friends Colony Zakir Nagar Park in association with Sadbhavna Group. The medical support was provided by BLK MAX Hospital led by Rtn Dr Neeraj Bhalla. The camp facilities included blood tests such as Lipid profile, blood sugar and uric acid. In addition, ECG and Bone densitometry tests were available on site, followed up by Physician and Cardiologist Consultation.



106 members of the public registered and took advantage of the facilities provided and the enthusiastic group of volunteers from RCIO and Sadbhavna Group ensured a smooth conduct of the camp, the hot and humid weather notwithstanding! Even the rain gods were kind and it started raining only after we had wound up. A sumptuous lunch was provided to the volunteers, technicians and Drs of BLK MAX.



Members who attended the camp from Rotary Club of Indraprastha-Okhla were: Rtn Dr Neeraj Bhalla, Rtn IPP Sunil Bandula, Rtn Surila Bandula, Rtn PP Dr Amita Rani Gupta, Rtn PP Narinder Bhasin, Rtn PP Dr GL Moondra, Rtn PP Sukh Mohinder Singh, Rtn Bela Verma, Rtn PP Pradip Mitra, Rtn Harinder Arora, Rtn Brig Davinder Singh and Rtn President Vandana Bhalla.



## RTN PP DR GL MOONDRA TALKS ON NATUROPATHY



Our very own member Rtn PP Dr GL Moondra gave a talk on Naturopathy to members of our Club. It was a talk held on Zoom with a very large audience attending it.

Dr Moondra brought out that life expectancy is going up despite pandemics and many new diseases, etc. Therefore, the number of senior citizens in the population is growing by leaps and bounds. Besides people are becoming conscious about their family size. Therefore, in many cases there is just one mid aged couple who must look after their parents and grandparents. At the same time, they must take care of their own children and their work/profession. Many a times, both husband and wife are also working. Contrary to above there are many seniors who are obliged to live

alone, without any family support. Many of them have also lost their life partners. A very large number of them are women.

All these are inevitable facts of life. However, it is possible to live these bonus years happily if this period of life is planned properly, much in advance.

### **Health tips for Old Age:**

Start doing a few small things to help other members of your family, if you are fortunately able to live with them.

Do not offer unsolicited advice and avoid sermonizing.

Accept that you have played your inning. It is now others' game.

Detach yourself, gradually from worldly affairs.

Make some investment which can give regular income but whose capital cannot be used by the investor.

Make your will and keep it secret.

Have some property under your absolute control till the end of your life.

Practice control upon your conduct, specially upon your diet.

Exercise regularly.

Join some NGO etc., for doing something to the benefit of the society.

Relentlessly pursue acquisition of new knowledge.

### **Control your Diet:**

Summer this year is harsher than normal. Perhaps man's interfering with nature is taking its toll.

The king of fruits Mango has fully filled the markets. Other summer fruits like watermelon and leechies are available a plenty.

Availability of summer vegetables has now improved.

One of the healthiest fruits, the beal is still here.

Enjoy all of them.

### **Take Precaution:**

The summer this year is extra harsh, causing discomfort to the masses.

In summer months, dehydration is a common occurrence.

Therefore, take precaution to drink enough water and natural drinks to keep the body properly hydrated.

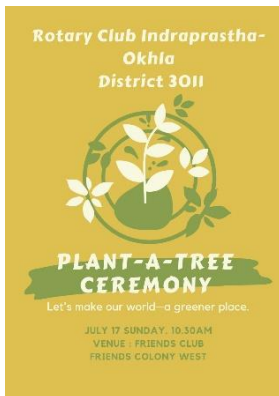
A low fever in this season may be a symptom of Sun Stroke. Take lemon water with a pinch of salt and some Gur. That will take care of it.

Carefully maintain hygiene. Do not let mosquito breed around living and working areas.

Advise rendered by Rtn PP Dr Ganesh Lal Moondra with great passion to a receptive audience.



## TREE PLANTATION HELD ON 17 JULY 2022



Our Club carried out a Tree Plantation Camp on Sunday 17 Jul 2022 in Friends Colony. It was a well attended Camp with a large number of our members attending. Special Mention needs to be made o the four gardeners who helped make the plantation a great success by preparing the ground and arranging all the manure.

We had a sumptuous tea laid on by Rtn Harinder Arora after the Tree Plantation.

We present here a photographic Report of the event.





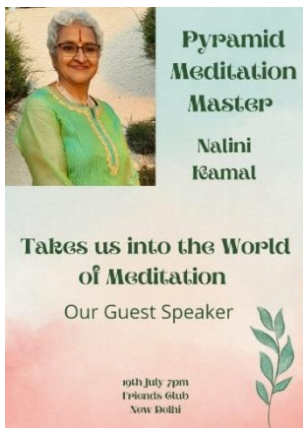
## REGULAR CLUB MEETING HELD ON 19 JULY 2022

The First Regular Meeting of our Club during Rotary Year 2002-2023 was held at the Friends Club at 8 PM on Tuesday 19 Jul 2022. The meeting was Called to Order by Rtn President Vandana Bhalla after the President's Collar was placed round her neck by Rtn Secretary Dr Amita Rani Gupta, as per Club tradition.

The National Anthem was sung by all members present.

The President requested Rtn IPP Sunil Bandula to read out the Four-Way Test.

The President welcomed the Guest Speaker, Pyramid Spiritual Master Ms Nalini Kamal as well as the new members – R'Ann Meena & Rtn Subodh Vir Raheja and Rtn Brig Davinder Singh. R'Ann Sunila Singh was welcomed in abstentia. Our two former members Rtn Neerja Arora and Rtn Renu Mishra were also welcomed back.



Rtn Secretary Dr Amita Rani Gupta introduced the Guest Speaker Pyramid Meditation Master Ms Nalini Kamal who Takes us into the World of Meditation. The stage was all set for the members to be taken into the world of meditation by Ms Nalini Kamal. She commenced the programme by explaining an ancient technique Aan-Apaan-Sati meditation in its current form was again discovered by Gautam Budha. The phrase Aan-Apaan-Sati comes from Pali language and means - Aan - In Breadth, Apaan - Out Breadth and Sati - Being with the Breadth.

Meditation simply explained involves being mindful of your incoming & outgoing breadth. Emptying all thoughts from your mind. As your thoughts go away and mind becomes empty, cosmic energy comes in and gives you holistic health, visions, power to manifest, etc.

Long term benefits of Meditation are:

- ~Increases concentration,
- ~Gain good health,
- ~Headache to cancer can be cured,
- ~More positivity comes in life,
- ~Addictions die,
- ~wasteful habits die a natural death
- ~More clarity in thoughts,
- ~Get connected to your natural being.



After this brief introduction she distributed pyramid shaped caps that help in concentrating energies as has been researched by our seers. Thereafter she said that she would take the members for a 10 minute Meditation. All sat with hands and legs crossed and eyes closed and advised everyone to clear their mind of all thoughts. It was amazing to note that she had asked members to meditate for 10 minutes, it was found that even after 20 minutes the members did not open their eyes! After the Meditation was over, members gave their experiences.

Rtn PP Sukh Mohinder Singh proposed a Vote of Thanks to the Guest Speak.

The Secretary conveyed birthday greetings to Rtn PP Pramilla Chhabra, Rtn Brig Davinder Singh, Rtn Bela Verma and R'Ann Dr Anita Singh.

- Report by Rtn Secretary Dr Amita Rani Gupta



**PHOTO FEATURE OF  
RTN PRESIDENT VANDANA BHALLA'S  
FIRST REGULAR CLUB MEETING  
19 July 2022**



## NEW MEMBERS INDUCTED



### **R'Ann Sunila Singh & Rtn Brig Davinder Singh**

Rtn Brig Davinder Singh is a Retired Army Officer from the Corps of Signals. 35 years in the Indian Army followed by 15 years in the Corporate Sector.

Educated at the Modern School, New Delhi. Thereafter did his Master of Technology in Communications Systems from IIT Kanpur.

Has been actively involved in welfare activities for troops over the years and post retirement too.

Classification: Retired Army Officer



### **R'Ann Meena Raheja & Rtn Subodh Vir Raheja**

Rtn Subodh Vir Raheja is an entrepreneur in the manufacture of very many products in electronics.

Educated at the Modern School, New Delhi. Thereafter did his post-graduation in electronics followed by MBA from the Faculty of Management Studies.

He is deeply involved with in Govidpuri Slums for 5 years. He has been involved with Civil Defence projects.

Classification: Manufacturer



### **Two Former Members Rejoined**

#### **Rtn Neerja Arora**

Classification: Retired Principal

#### **Rtn Renu Mishra**

Classification: Homemaker



## TALK ON MENSTRUAL HYGIENE BY PP DR AMITA RANI GUPTA GIRL DRIVE PROGRAMME HELD ON 27 JULY 2022

Rotary Club of Indraprastha-Okhla organised a talk on Menstrual Health and Hygiene in GSK Sarvodaya School in Defence Colony on 27th July.



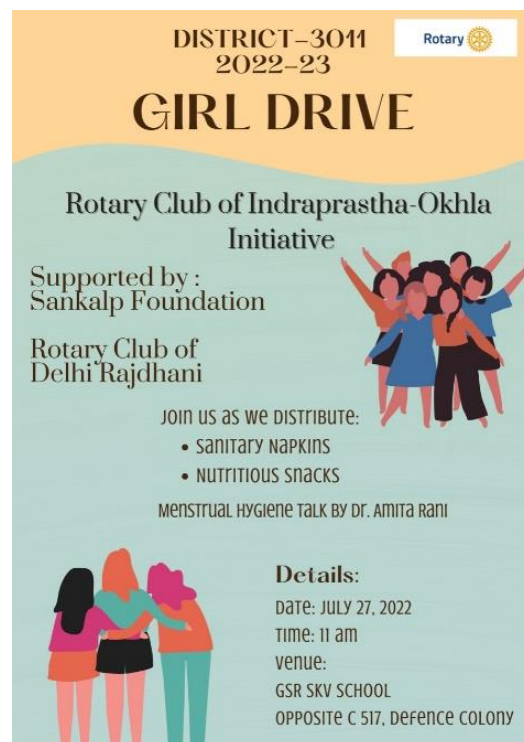
The talk was conducted by our very own Rtn PP Dr Amita Rani Gupta, who is a renowned Paediatrician and is now giving all her time to philanthropic and charitable activities.

She spoke on Menstrual Health and also on Sexual Diseases and most important she taught these 6th and 7th standard young girls, how to say a 'NO' to anyone who makes indecent advances.

She made her talk very interesting, by PowerPoint presentations. They were in all about 100 children present, with the Teachers and Principal also present.

President Vandana Bhalla, Rtn PP Dr Amita Rani Gupta, Rtn Bela Verma, Rtn Harinder Arora, Rtn Surila Bandula and Rtn Renu Mishra were present from our club.

Rotary Club of Delhi Rajdhani and Sankalp Foundation had given us sanitary napkins and snacks for the children. The children took the gifts and went back happy and smiling.





## EDITOR'S MESSAGE

Dear Fellow Rotarians,

President Vandana Bhalla has charged me with the responsibility of running the Club Bulletin – **UTSAV**. I consider it an honour to be so tasked and look forward to fulfilling my responsibility to the best of my ability.

**UTSAV** has been published by our Club since we re-chartered ourselves as Rotary Club of Indraprastha-Okhla during Rotary Year 2009-2010. Prior to getting ourselves a new Charter, we were two clubs - Rotary Club of Delhi Okhla, with an outstanding record of service, and a newly formed club – Rotary Club of Indraprastha. It was logical to give ourselves a new name recognising the two entities that had come together. Thus, was born **Rotary Club of Indraprastha-Okhla**.

Following the creation of this new avatar of the two clubs we also decided to have a fresh name and identity of a Bulletin. Credit for the name **UTSAV** must go to Rtn PP Sukh Mohinder Singh, who proposed this name in the very first meeting of the Board of the Club and it was readily accepted by all present – and they also decided that I should edit it! **UTSAV** has been with us since. I am delighted to return at the helm of the **UTSAV** Editorial Team once again.

Yours-in-Rotary,

Rtn PP Atul Dev  
Editor **UTSAV**

### *Greetings in August!*

#### **Birthdays**

12 Aug – Rtn Richa Sharma  
26 Aug – Rtn PP Sukh Mohinder Singh

#### **Wedding Anniversaries**

None this month

### *Future Programmes – August 2022*

**7 Aug** – Visit to MakersBox Foundation after members assemble at Friends Club at 9:30 AM for Breakfast

**10 Aug** – Members celebrate Independence Day with MCD School, Andrewsganj

**23 Aug** – Regular Club Meeting (Speaker and other details later)