



UTSAV



E-Bulletin of Rotary Club of Indraprastha-Okhla

Rotary International District 3011

RI President: Jennifer Jones

DG: Ashok Kantoor

President: Vandana Bhalla

November 2022

Volume XIV No 5

PRESIDENT'S MESSAGE

Dear Friends,



November has been an important month for our Club where we have taken the initiative to set up a new Project where we will run a Weekly Medical Clinic for 2 hours each week. This has been done at the Flatted Factory Complex, Okhla, New Delhi. Our very own Rtn PP Dr Amita Rani Gupta will be available for consultations at this Medical Clinic. DG Ashok Kantoor inaugurated the Project on 30 Nov.

Coming up in December is our Governor's Official Visit (GOV) on Monday 26 Dec 2022. This event is perhaps the most important event during the Rotary Year for any Rotary Club. Our preparations for this event have started in earnest right from now. We look forward to all our members joining us on that day to interact with DG Ashok Kantoor and his Team from the District.

Also coming up in December are our Annual Elections. This has been scheduled during a Closed Door Meeting on Tuesday 20 Dec. Detailed instructions on this have already been circulated. A word about the elections. Our club has an old tradition of not requiring any formal elections as the President Elect receives voluntary support from members to participate in his team during the coming year. However, the formality has to be gone through and office bearers for the coming year will need to be 'elected' and announced.

In another month and we would have come to the end of half my tenure as President. A period that I enjoyed and now I look forward to the remaining half of the year.

Wishing each one of you Greetings for Christmas!

Rtn Vandana Bhalla

President, Rotary Club of Indraprastha-Okhla.

THE BOARD 2022-2023

President

Vandana Bhalla PHF

Immediate Past President

Sunil Bandula PHF

President Elect

Harinder Singh Arora PHF

Vice President

Harinder Singh Arora PHF

Secretary

Dr Amita Rani Gupta PHF

Joint Secretary

Richa Sharma

Treasurer

PP Pradip Mitra PHF

Sergeant-at-Arms

Cmde PS Bawa VSM PHF

Directors

PP AS Kohli PHF

PP Sukh Mohinder Singh PHF

PP Narender Bhasin PHF

Rajni Bagla

Dr Neeraj Bhalla PHF

Club Trainer

PP Pramilla Chhabra MPH

Councillors

PP Atul Dev PHF

PP Aschraj L Sahni MPH

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

A-34 Sushant Apartments, Sushant Lok - I, Gurugram - 122009 HARYANA

E: majoratuldevretd@gmail.com M: +91 98 102 34579

THE SAPRA COUPLE ENTHRALL WITH THEIR ROAD ADVENTURE

Rtn PP Gagandeep Sapra and R'Ann Harpreet Sapra enthralled the Club with their narration of their **Road Adventure to Ladakh and Jammu & Kashmir** with a well prepared slide show during our regular meeting held on Tuesday 8 Nov 2022.

Rtn President Vandana Bhalla called the 371st Meeting of Rotary Club of Indraprastha-Okhla to Order at 8 PM on Tuesday 8 Nov 2022. The President requested the members to raise and sing the National Anthem. Thereafter the Four Way Test was read out.

The President welcomed the Guest Speakers Rtn PP Gagandeep Sapra and R'Ann Harpreet Sapra and the visiting Rotarians. Flags were exchanged with two visiting Rtns, Rtn Emily Ganesh, RC Madras Mount, Chennai and Rtn Urmi Som, RC Garima Navi Mumbai.

The President requested Rtn PE Harinder Arora to introduce the Guest Speaker. The Guest Speakers being members of the Club, Rtn Arora, was very brief, saying that apart from being entrepreneurs the two Speakers were great adventure buffs. They spend time away from base on treks, on cycling expeditions and more recently on a car safari. The talk for the evening was on their car safari to Ladakh and Jammu & Kashmir.

The Guest Speakers - Rtn PP Gagandeep Sapra and R'Ann Harpreet Sapra - took the stage and with the help of a well prepared slide presentation gave details of their recent trip by road to lesser known areas of our own country. What was of greatest interest was that they did not travel from hotel to hotel but did so from their own tented camp to tented camp. They explained how they had acquired a shelter that was fixed on top of their THAR vehicle where they would sleep at night. Cooking was done in a lean-to in a makeshift kitchen every day. They had carried adequate gas to last them from one gas delivery point to another enroute. For their toilet facilities they would have a small tent for privacy with a dugout inside that was filled up after use. For ease/convenience they had a chair like contraption with a hole in the bottom so that they did not have to sit on their haunches. All these add on to their vehicle were well planned and carried carefully rolled up on the roof. Their Safari took them to the extreme areas of Ladakh and to places not quite popular in Kashmir valley. Photographs of the trip give a very detailed account of the complete adventure.

Vote of Thanks was proposed by Rtn PP Pami Bawa.

The President adjourned the meeting at 9 PM after numerous questions from the members and announcing the Sunshine Collection of Rs 1450 collected by R'Ann Dr Anita Singh.







OUR INTERACTORS ATTEND DILA

Interact Rotary IMAGINE ROTARY

DG Ashok Kantoor and District New Generation Team solicits your kind presence at

दिशा
A PATH TOWARDS BETTER TOMORROW

DISTRICT INTERACT LEADERSHIP ASSEMBLY

Friday 11 NOVEMBER 2022

8:30 AM to 12:30 PM

At
Apeejay School, Sheikh Sarai, New Delhi - 110017

Rtn. Sarika Yadav
DILA Chair

Rtn. Arun Gupta
DILA Convener

Vinod Bansal
District DILA Co-Chair

Organising Team:

Rtn. Prateek Jain
Dist. New Generation Chair

Rtn. Yumashv Sood
Dist. Interact Chair

Rtn. Rakesh Kumar
District Interact Advisor

Rtn. Mani Bajaj
District Interact Co-Chair

Rtn. Shreya Snehi
District Interact Co-Chair

Students from the **Interact Club of Indraprastha-Okhla**, based on **Balvantray Mehta Vidya Bhawan**, attended **DISHA, the annual DILA (District Interact Leadership Assembly)** conducted by RI District 3011 on 11 Nov 2022. The DG, Rtn Ashok Kantoor, spoke to the Interactors



from 70 Interact Clubs and motivated them with ideals of Rotary and the expectations from the Interactors. President Vandana Bhalla was present at DILA to motivate our Interactors. Participating in the DILA from our Club were Ms Monica Budhiraja, Teacher In-Charge along with Itr Bhakti Kohli, Itr Rishabh Jha, Itr S Akshaya, Itr Swati Singh, Itr Tanisha, Itr Ayaz Ahmed and Itr Shiven Rana.

INSTALLATION OF OUR INTERACT CLUB



Installation of the new Team at the **Interact Club of Indraprastha-Okhla** was held at **Balvantray Mehta Vidya Bhawan**, New Delhi on 21 Nov 2022. Itr Swati and Itr Kajol took over from Itr Akshat and Itr Sneha Das as President and Secretary respectively.

Rtn PP Rakesh Kumar, District Rotaract and Interact Advisor was the Chief Guest at the function.

Principal Vandana Babarwal of **Balvantray Mehta Vidya Bhawan** and President Vandana Bhalla were present on the occasion. During the Installation ceremony The Chief Guest and our President motivated the children by their talk and had interaction with them. Also present at the function were our members Rtn Secretary Dr Amita Rani Gupta, Rtn PP Narender Bhasin, Rtn PP Pradip Mitra and Rtn Renu Mishra.



Our Interact Club has 40 students from the school as its members. All the new Interactors were individually called to the stage and were pinned by the dignitaries. Certificates were distributed to outgoing Interactors. Ms Monica Budhiraja is the Teacher In-Charge of the Interact Club. Also present was Ms Geeta Mallick, Consultant - IE & Admin of the School.

Balvantray Mehta Vidya Bhawan has a Special Needs Children Wing. Some of these children have also joined the Interact club.



Felicitations at the Interact Installation.....



The Chief Guest
Rtn PP Rakesh Kumar



The Teacher In-Charge
Ms Monica Budhiraja



The Principal
Ms Vandana Babarwal

DR NARESH GUPTA ADVISES WATER FOR DISEASE FREE LIFE

Director Professor Dr Naresh Gupta, Maulana Azad Medical College gave the Club a deep inside into the issues concerning **Water for a Disease Free Life** during our regular meeting held on Tuesday 22 Nov 2022.

Rtn President Vandana Bhalla called the 372nd Meeting of Rotary Club of Indraprastha-Okhla to Order at 8 PM on Tuesday 22 Nov 2022. The President requested the members to raise and sing the National Anthem. Thereafter the Four Way Test was read out by Rtn PP Prof AS Kohli.



Dr Naresh Gupta decided to introduce himself giving details of his experiences in life. He admitted that he was a health activist. He is the founder of Health Environment Foundation, an organization to promote public health aspects of environment in our society. He decided to talk to our club on Water.

In a freewheeling discussion Dr Naresh Gupta, in his talk at the Club, stressed the importance of clean drinking water. Water is need by individuals and by society as a whole. From available sources of water it needs to be determined which source is the best. Is it water from the Ganges or other rivers or from the Himalayas or from lakes or from wells. In all cases water has some contamination or the other. It is thus important that we filter our water before consumption. He disagreed with the theory that

water consumed from the RO was not healthy or good for consumption. It is true that the reverse osmosis (RO) process does remove all the impurities and also some essential salts. He explained that these are required in such small quantities by the human body that they can be consumed by taking them as food supplements.



He was further concerned by the physical cleanliness of water. He stated that when we see what appears as clean water that we consume, we do not realise that it has hidden impurities that are harmful for the body. We take cleanliness for granted. Pure clean water when consumed will take care of half of our diseases. This is not applicable to just the poor but also the rich, who think their water has no harmful invisible impurities.

Unfortunately, India does not have adequate potable drinking water. We need water for drinking, cooking, washing, etc. Most water we drink contains Fluoride, which is harmful to the body. The dental cream makers do promote it, but it is actually harmful. He was also concerned about the harmful effects of Lead found in our water and also Mercury in some areas. Industries cause a great deal of water pollution. This pollutes our water sources directly such as rivers and ponds. Besides that, the discharge from industries gets into the soil and thus reaches us through wells, etc.

He concluded his talk by making a fervent appeal to all present to look into their drinking water sources and not just drink tap water, however much, the Jail Board may say that it is fit for human consumption!

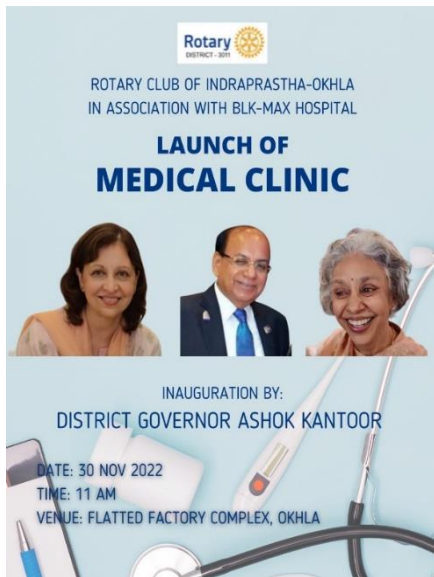
The talk was followed by a very lively discussion amongst members.

The Vote of Thanks was proposed by Rtn PP Narender Bhasin. The Secretary, Rtn Dr Amita Rani Gupta conveyed Birthday Greetings to Rtn Neerja Arora (3 Dec), R'Ann Jasjit Kaur Kohli (4 Dec), Lord RN Chhabra (9 Dec) and Rtn Dr Neeraj Bhalla (17 Dec) and Wedding Anniversary Greetings to R'Ann Harpreet & Rtn PP Gagandeep Sapra (2 Dec).

The President adjourned the meeting at 9 PM after announcing a sunshine collection of Rs 2600 collected by Rtn Rajni Bagla including Rs 1000 donated by Rtn PP GL Moondra from the sale of his books.



OUR CLUB PROVIDES TWIN MEDICAL FACILITIES



Rotary Club of Indraprastha-Okhla launched its Medical Clinic at Okhla Flatted Factory Complex on 30 Nov 2022. This will be an ongoing project and will provide free medical cover to more than 2000 employees and their families of the complex and also provide free medicines. Rtn PP Dr Amita Rani Gupta and Rtn PP Narender Bhasin have taken on the responsibility of running this clinic once a week for two hours on a fixed day.



The Clinic was inaugurated by the **DG, Rtn Ashook Kantoor**. This inauguration was kicked off with a free medical camp at the site by

BLK-MAX Hospital which had more than 175 registrations on the very first day.

We were fortunate to have DG Ashok Kantoor inaugurate the Weekly Medical Clinic and encourage us with his stirring words. He also, very sportingly, availed of the medical camp facilities





and had all his tests done. He encouraged the medical personnel conducting the camp and highly appreciated the support from **BLK-MAX hospital**.

Dr RK Bharti, Director, Chief of MSME, and his associates were also a part of this inauguration and offered us a major support from the government. President of FFC Complex Mr Inder Kumar and his associates also were there to help us. Rtn Dr Neeraj Bhalla donated medical equipment for the Medical Clinic - Glucometer, BP Instrument and a Pulse Meter. Mr Vinod Khara, a philanthropist among us,

offered major help with medical aid. He gifted us all electrical torches.

Rtn Rakesh Talwar, Rtn Sandeep Mandal and Rtn Amit Midha from the District Administration Team graced the function. Rtn President Lalit Sawhney, President RC Delhi South, was present to encourage our Club. Our members who attended this major twin function were Rtn PP Dr Amita Rani Gupta, Rtn PP Narender Bhasin, Rtn PE Harinder Arora, Rtn PP Sunil Bandula, Rtn PP Cmde Pami Bawa, Rtn PP G L Moondra, Rtn Subodh Raheja, R'Ann Mina Raheja, Rtn Bela Verma, Rtn Renu Mishra Rtn Dr Neeraj Bhalla and Rtn President Vandana Bhalla.





Free Health Check-up Camp

Organised by **BLK-Max Super Speciality Hospital, New Delhi**
in association with **Rotary Club of Indraprastha, Okhla,**
Rotary District 3011

Avail Free Benefits & Consultation



Cardiology
Consultation



Random Blood
Sugar (RBS)



Blood Pressure
(BP)



ECG



Lipid
Profile*



HBA1C*



Uric Acid*

*only on doctor's recommend

30th November, 2022 (Wednesday)



10:00 am to 04:00 pm

Flated Company, Okhla, New Delhi

For more information, please contact: Rachna Gupta- **+91-9355020376**

EDITOR'S MESSAGE

Dear Members,

We present to you the Fifth issue of UTSAV for the Rotary Year 2022-2023.

During the month of November the Club has had two regular meetings with very interesting Speakers. This was followed by two major events – the Installation of our Interact Club as well as the Inauguration by the DG of our Health Clinic to be run Weekly by our very own Rtn PP Dr Amita Rani Gupta. That certainly made the month very busy as well as interesting.

We report briefly on all our activities held during the month.

Enjoy Reading!!

Rtn PP Atul Dev
Editor
UTSAV

Greetings in December!

Birthdays

3 Dec – Rtn Neerja Arora
4 Dec – R'Ann Jasjit Kaur Kohli
9 Dec – Lord RN Chhabra
17 Dec - Rtn Dr Neeraj Bhalla

Wedding Anniversaries

2 Dec – R'Ann Harpreet & Rtn PP Gagandeep
Sapra

December Programmes

20 Dec – Closed Door Meeting – Annual
Elections

26 Dec – GOV (Details later)