



UTSAV



E-Bulletin of Rotary Club of Indraprastha-Okhla

Rotary International District 3011

RI President: Jennifer Jones

DG: Ashok Kantoor

President: Vandana Bhalla

September 2022
Volume XIV No 3

PRESIDENT'S MESSAGE

Dear Friends,

September saw another busy and fulfilling month for our Club.



We had, enjoyable speaker meetings and participated with full force in all Rotary events.

We had our Polio initiative and five health camps and two regular meetings this month.

In true Rotary spirit our club participated in the Rotary Polio initiative. Our members travelled to a distant part of Delhi and administered Oral Polio Vaccines to the children of a slum area, on the 18 September.

This was successfully carried out by Rtn PP Dr Amita Rani Gupta. The other participants were Rtn PE Harinder Arora and Rtn PP Pradeep Mitra.

As part of a series, a talk on Menstrual Health and Hygiene was delivered to the adolescent girls of Balwant Rai Mehta School by Rtn PP Dr Amita Rani Gupta. She was ably assisted by Rtn Bela Verma.

We enjoyed two Speaker meetings during this month. These are well reported in this issue of UTSAV.

We are now looking forward to the upcoming festival season with the grand Diwali Fellowship being organised by our club.

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

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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

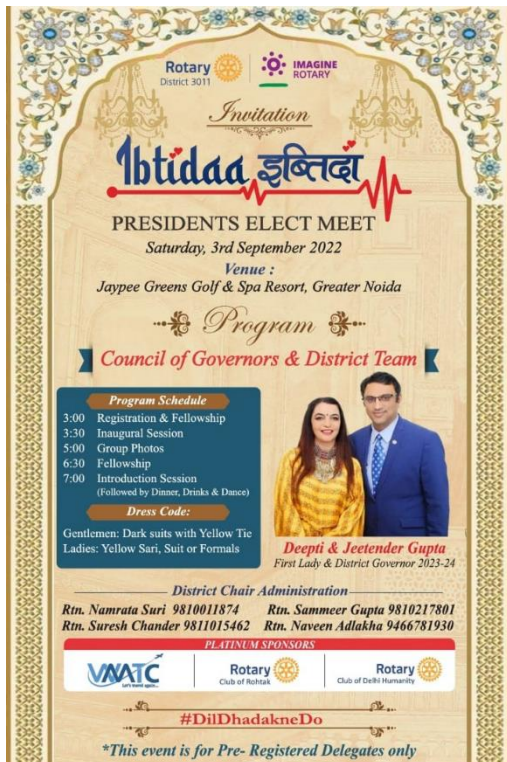
Councillors

PP Atul Dev PHF

PP Aschraj L Sahni MPH

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DISTRICT PRESIDENTS ELECT MEET - IBTIDAA



On 3 Sep 2022, District 3011 held its Presidents Elect Meet (PEM) – **IBTIDAA**. President Vandana Bhalla attended the Meet on behalf of the Club. Organised by DGE Jitendra Gupta, it was a great opportunity for learning and meeting up with Past Governors, fellow Presidents, Incoming Presidents and Members of the Incoming District Team. It was a two day program at the JP Greens, Golf and Spa Resort, Greater NOIDA.



We are pleased to note that **President Vandana Bhalla has been included in the District Team for the coming year for Basic Education and Literacy**. Our congratulations to her on having been so selected. As per our President – “It was an amazing program and was full of energy. All the stalwarts of our District exchanged with us a lot of knowledge and new ideas.”

MEGA CARDIAC CAMP ORGANISED



Rotary Club of Indraprastha-Okhla in association with BLK Hospital organised a Mega Cardiac Health Camp, on their premises. Over 200 people visited and availed of the facilities provided, which included Blood Tests, ECG and Echo and consultation with the Cardiologists. Other facilities available were Bone Densitometry, Physiotherapy and Dietary consultations.

Rotary was well represented by members from the Club and the District, was represented by Zonal Coordinator Rtn PP Vinod Bansal.

Present from our Club were Rtn Dr Neeraj Bhalla, Rtn PP Dr Amita Rani Gupta, Rtn

PP Dr GL Moondra and President Vandana Bhalla.



TALK BY RTN PP DR AMITA RANI GUPTA

Our very own PP Dr Amita Rani Gupta had a session on **Growing Up** at our adopted school, Balwantray Mehta Vidya Bhawan, Greater Kailash – II on 3 Sep 2022. 200 girls from 6th to 8th class attended. The subject of the talk covered sensitivity of the girls on puberty, menarche (the first occurrence of menstruation), general health and sex education.



Rtn Bela Verma introduced the speaker and captured the interest of the audience.

Dr. Amita Rani Gupta spoke about the subject backed by a Power Point Presentation to drive the points home. The talk was well received and was followed by a short question and answer session. After the talk sanitary napkins and notebooks were distributed to all the girls on behalf of our Club.

The event was attended by Rtn Bela Verma, Rtn Rajni Bagla, Rtn Surila Bandula and Rtn PP Pradip Mitra and the Speaker, Rtn PP Dr Amita Rani Gupta, from our club

At the end of the talk we got feedback from the Teachers – **“With Amita ji, guiding the children and sharing her knowledge on menstrual health with the young girls, we need to do more such talks and events”.**



RTN PP PRAMILLA CHHABRA SPEAKS ON SUFISM AT OUR CLUB MEETING HELD ON 13 SEPTEMBER 2022

The Club held its Regular Meeting on 13 September 2022 at the Friends Club, New Delhi.

The President, Rtn Vandana Bhalla, called the 369th Meeting of the Rotary Club of Indraprastha-Okhla to Order at 7-30 PM on Tuesday 13 Sep 2022 at the Friends Club.

The National Anthem was sung lead by Rtn Rajni Bagla. Rtn PP Harjit Singh read out the Four Way Test.

The President welcomed the Guest Speaker Team of our own Members, Rtn PP Pramilla Chhabra and Rtn PP Kanav Gupta. The President welcomed the Guests – Ms Kiran & Mr Jagdeep Chokia, Ms Tripta & Mr Anil Garg and Ms Richa Sahay.

The President mentioned that since the two Guest Speakers had made a specific request not to be introduced formally as they are well known to members, she would not be doing so. However, on the request of new Members a brief introduction was given for both particularly their Rotary experience and background. The President stated that the Duo would make their joint presentation on **Sufism**.

The Guest Speaker, Rtn PP Pramilla Chhabra explained how Sufism started. She narrated the story of how in the 9th Century a young girl, Badr-al-Nasibi, ran through the streets of Basra in Iraq with a flaming torch in one hand and a bowl of water in the other hand. She explained that water was to extinguish the fires of hell forever, so no one worships God. The torch is to set fire to paradise so that none could worship God for greed. The first Sufis were these that roamed round the world during the 10th and 11 Century preaching Sufism, which can best be described as a gentle form of Islam. It is worthy of note that there was complete equality of sexes.

Sufism is the intangible, esoteric, exoteric, the metaphysical nature of religion. There is a mass of literature on Sufism in Arabic which has been well translated into English and other languages.

In undivided Punjab, India, Sufism had taken deep root. Even today some of our Punjabi phrases, used regularly, have a touch of Sufi in them.



Some famous Sufi saints of India, particularly in undivided Punjab, were:

- Khawja Moin-ud-Din Chisti – He settled in Ajmer.
- Baba Farid-ud-Din Ganj-i-Shakar – His tomb is located at Faridkot.
- Nizam-ud-Din Aulia – His tomb is located in Delhi

Friends would be well advised to read some of this literature to enlighten themselves on this very beautiful offshoot of a rigid religion.

After the talk by the Guest Speaker, we had a beautiful rendering of some Sufi numbers by our own Rtn PP Kanav Gupta. These were thoroughly enjoyed by all those present.



..... Meeting held on 13 Sep 2022



Birthday Greetings were conveyed to Rtn PP Kanav Gupta (20 Sep).

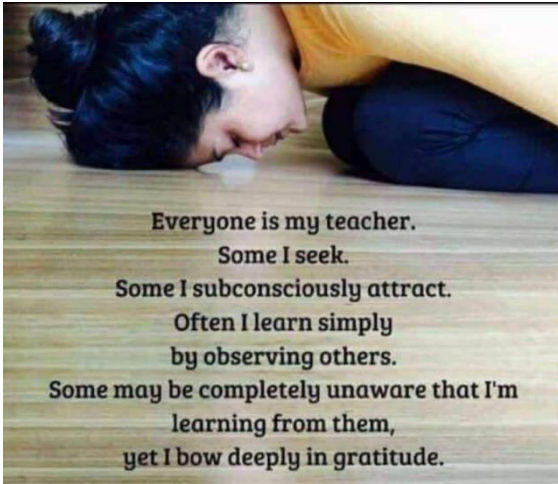
Vote of Thanks was proposed by Rtn PP Commodore Pami Bawa.

The President adjourned the meeting at 9:30 PM.

Report by Rtn PP Harjit Singh

TEACHERS DAY CELEBRATED

On 5 Sep 2022 the Club celebrated Teachers Day at the DSCW school. We honoured the teachers, gave gifts to them and played games with them. At this function we were also joined by the President of Rotary Club of Delhi Resources, Rtn President Sunil Kumar Day, and R'Ann Niti Day.



Members from our Club who attended the function were Rtn PP Narender Bhasin, Rtn PP Dr Amita Rani Gupta and Rtn President Vandana Bhalla.



I called our school teachers to thank them and said – “I am what I am today, because of you”. They replied - **"Don't blame us. We tried our best."**

THE 4-WAY TEST

THE 4-WAY TEST OF THE THINGS WE THINK, SAY OR 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?

CLUB PARTICIPATES IN POLIO NID ON NATIONAL POLIO DAY – 18 SEP 2022

Rtn PP Dr Amita Rani Gupta, Rtn Vice President & PE Harinder Arora and Rtn PP Pradip Mitra attended the Polio NID booths at JJ cluster, Peeli Kothi, Harinagar and Guru Harkishan School, Harinagar on Sunday 18th September 2022.

Though the participation of eligible children was minimal at the school, the Peeli Kothi was bubbling with enthusiastic children being brought for "**Do boond zindagi ke**". We distributed notebooks to the children and contributed towards refreshments for the staff managing the booth.

Attached pictures speak for themselves.



MR MURAD ALI BAIG SPEAKS AT CLUB MEETING HELD ON 27 SEPTEMBER 2022

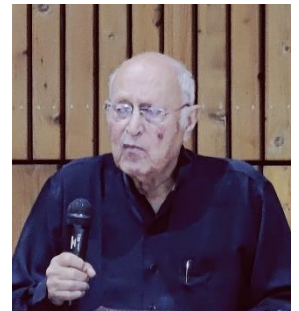
The President, Rtn Vandana Bhalla, called the 370th Meeting of the Rotary Club of Indraprastha-Okhla to order at 8 PM on Tuesday 27 Sep 2022 and welcomed all the Members present.

The National Anthem was sung by the Members lead by Rtn Rajni Bagla. Rtn Surila Bandula read out the 4 Way Test.

The President then welcomed the Guest Speaker, Mr Murad Ali Baig, and Ms Jagriti. Mr Baig had very kindly agreed to talk about the lesser known aspects of what he called the **Epic Battle for the Soul of India between Dara Shikoh and Aurangzeb** during the Mughal rule in India during the 17th Century, about which he had written in his book – Ocean of Cobras. The President also welcomed guest Mr Keerti Prasad.

The Guest Speaker was formally introduced by Rtn Dr Neeraj Bhalla.

Mr Murad Ali Baig, the Guest Speaker, in his own inimitable style narrated anecdotes from the period to indicate the intense rivalry that existed between the siblings. At the very outset he explained that the rivalry was created by their father Emperor Shah Jehan and was further fanned by him during his lifetime which almost lead Aurangzeb to hate his father and eventually even imprison him in the Agra Fort.



Mr Baig very briefly narrated stories to indicate reckless courage, ruthless cunning, tender romance, treacherous betrayal and heart wrenching tragedy in a world of incredible luxury and decadence which was once the richest empire in the world.

One such story is of contemporary interest. Even though the seat of power of the Mughul Emperors was in Delhi of Agra they travelled regularly throughout their empire covering a distance of about 8 kos a day before setting up camp. During one such visit they camped at Benaras. Once there the Hindu Officers requested the Emperor to allow them a day extra at Benaras to have a bath in the Ganges. The Emperor granted them this wish. On the second day when they returned to the base camp, they discovered that one of the guests of the Emperor – the Maharani of Kutch – was missing. They searched the entire town and finally discovered her in the basement of the Kashi Vishwanath Temple completely ravished and in a bad state. When brought before the Emperor she was in tears and complained that this temple was not a House of GOD but a place which needs to be destroyed. Based on her testimony the Emperor ordered the destruction of the entire temple. **The point that Mr Baig made was that this and many other structures were demolished by the Moghuls not for any religious reasons but as punishments for any misdeed.**



After a very interesting talk the Vote of Thanks was proposed by Rtn Subodh Raheja. A memento was presented to the Guest Speaker by Rtn Surila Bandula, on behalf of the Club.

The Secretary, Rtn PP Dr Amita Rani Gupta conveyed Birthday Greetings to Rtn PP Dr Amita Rani Gupta (10 Oct), Rtn PP Atul Dev (11 Oct), Rtn Subodh Vir Raheja (12 Oct), Rtn Harinder Arora (14 Oct) and Rtn Anil Datta (22 Oct). Wedding Anniversary Greetings were conveyed to Rtn Bela & Lord Khem Verma (6 Oct), R'Ann Sunila & Rtn Brig

..... Meeting held on 27 Sep 2022

Davinder Singh (10 Oct), R'Ann Swarn & Rtn PP Ascharaj Lal Sahni (14 Oct) and Rtn Pres Vandana Bhalla & Rtn Dr Neeraj Bhalla (27 Oct).

The Secretary also reminded Members of the Free Eye Check Up Camp (29 & 30 Sep) and Free Dental Camp (28 & 29 Sep) organized by our Club in association with RC Delhi Resources in our Balwant Rai Mehta School. The President adjourned the meeting at 9:30 PM.

Report by Rtn PP Atul Dev



FREE EYE CHECK-UP CAMP HELD






Our Club conducted a Free Eye Check-Up Camp in the Balwant Rai Mehta School, our adopted school, along with Rotary Club of Delhi Resources on two days – 29 Sep & 30 Sep 2022 for 5 hours each day.

Eyes of 270 children were examined and prescriptions given for any treatment required or glasses to be purchased. Apart from the children the staff of the school also took advantage of this opportunity and got their eyes examined.

From our Club we had Rtn PP Dr Amita Rani Gupta, Rtn PP Sunil Bandula, Rtn Surila Bandula, Rtn Renu Mishra, Rtn PP Narendra Bhasin and R'Ann Meena Raheja and Rtn President Vandana Bhalla attended the Camp.




FREE DENTAL CHECK-UP CAMP HELD



FREE DENTAL CHECKUP

JOINT PROJECT :
ROTARY CLUB OF INDRAPRASTHA-OKHLA
&
ROTARY CLUB OF DELHI RESOURCES



CONTACT:
PRESIDENT VANDANA BHALLA
PRESIDENT SUNIL DAY

SEPTEMBER 28 & 29
9AM - 2 PM
BALWANT RAI MEHTA SCHOOL,
GREATER KAILASH - II

Our Club conducted a Free Dental Check-Up Camp in the Balwant Rai Mehta School, our adopted school, along with Rotary Club of Delhi Resources on two days – 28 Sep & 29 Sep 2022 for 5 hours each day.

On these two days 650 children were examined and prescriptions given for any further treatment required. Apart from the children the staff of the school also took advantage of this opportunity and got their teeth examined.

From our Club we had Rtn PP Dr Amita Rani Gupta, Rtn PP Sunil Bandula, Rtn Surila Bandula, Rtn Renu Mishra, Rtn PP Narendra Bhasin and R'Ann Meena Raheja, Rtn PP Pradip Mitra and Rtn President Vandana Bhalla attended the Camp.



OUR MEMBER IN THE NEWS

Our Member, **Rtn Dr Neeraj Bhalla**, has made news again. We place here an interview given by him and published in the Delhi Times and all other Editions on Sunday 11 Sep 2022.

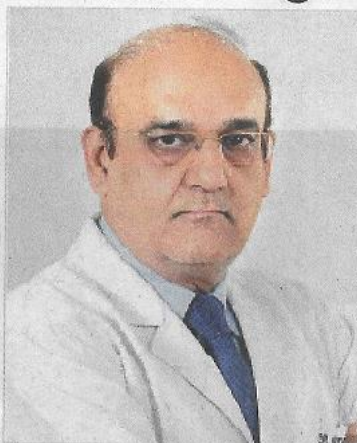
'Time is crucial for surviving cardiac arrest'

Sudden Cardiac Arrest (SCA) is an abrupt loss of heart function in a person who may or may not have been diagnosed with heart disease. It happens suddenly and usually without any warning," says Dr Neeraj Bhalla, adding, "It is triggered by an electrical malfunction in the heart that causes an arrhythmia (irregular heartbeat)."

The doctor explains, "In sudden cardiac arrest, the heart typically races away in a confused, disorganised manner. Circulation halts and blood doesn't reach the lungs or brain. People abruptly pass out, don't respond, stop breathing and have no pulse."

The doctor warns, "Following a cardiac arrest, each minute without treatment decreases the likelihood of survival without disability. Without treatment within 10 minutes, the survival rate is close to zero. However, with timely medical intervention, the patient can be saved."

Listing the factors that increase the risk for SCA, the doctor says, "Rhythm problems can often be traced to a scarred heart muscle. Scarring causes the heart's



Dr Neeraj Bhalla, Senior Director – Cardiology, BLK-MAX Super Speciality Hospital, Delhi

electrical signals to become confused and fragmented. The most common causes are coronary artery disease and cardiomyopathy. Heart attacks starve the heart muscle, causing tissue death and scarring. Viral infections, hereditary or autoimmune conditions and chemical toxicity can also damage and scar the heart muscle."

He adds, "For patients with a low ejection fraction, putting an implantable cardiac defibrillator (ICD) will rescue the patient from rapid and irregular heart rhythm episodes and thus extend the life and allow the person to return to normal living. It has been observed that ICDs increase survival from sudden cardiac arrest because they respond within seconds."

Disclaimer: The views/suggestions/opinions expressed in the article are the sole responsibility of the experts.

EDITOR'S MESSAGE

Dear Members,

We present to you the third issue of UTSAV. This month has been another action packed month for the Club.

It has been a tough task keeping up with our President and her enormous energy in organising and participating in the activities of the Club. Apart from our two regular meetings organised, she managed to squeeze in quite a few camps. We report briefly on all activities held during the month.

Enjoy Reading!!

Rtn PP Atul Dev
Editor
UTSAV

Greetings in October!

Birthdays

- 10 Oct – Rtn PP Dr Amita Rani Gupta
- 11 Oct – Rtn PP Atul Dev
- 12 Oct – Rtn Subodh Vir Raheja
- 14 Oct – Rtn Harinder Singh Arora
- 22 Oct – Rtn Anil Datta

Wedding Anniversaries

- 6 Oct – Rtn Bela Verma & Lord Khem Verma
- 10 Oct R'Ann Sunila & Rtn Brig Davinder Singh
- 14 Oct – R'Ann Swarn & Rtn PP Ascharaj Lal Sahni
- 27 Oct – Rtn Pres Vandana Bhalla & Rtn Dr Neeraj Bhalla

October Programmes

9 Oct – Ras Lila Programme with Fellowship Dinner

22 Oct – Diwali Mela with Fellowship Dinner