

**Rotary**  
District 3011



**IMAGINE  
ROTARY**

# ROTARY CLUB OF DELHI MILLENNIUM

**RCDM**

*Symphony*

**2023**

HAPPY  
*New Year*

**E-Club Magazine**  
6th Edition, December 2022





## Jungle Safari

At the break of dawn, 5 wildlife enthusiasts of our group went on an adventure to the Wild Ass Sanctuary near Bajana, the Little Rann of Kutch. The experience was like no other. The serene topography of the white sand hosted a plethora of beautiful bird groups. A sedge of cranes decorated the small water bodies all through our way. Pelicans flew with us as our personal guides. A flamboyance of flamingoes was visible just across the river, a pink and white marvel. And of course, we saw the wild asses.



They seemed a lot more intelligent than their name suggests! The small but strong group sauntered by us elegantly in the early hours of the morning. It was a wonderful morning now tucked away beautifully in my memory



Article by Ishita Aggarwal

Rann of Kutch was a unique destination selected for the outstation trip. It got me very excited. I went to the trip, with only one thought in my mind - explore a new place with new wonderful people in our life. The hamper prior to our trip was most specially curated by the talented Fellowship team!! The trip was full of action, and it truly surpassed all expectations... we got to know our Rotary friends even better, clicked crazy snaps, chatted till late with laughter every now and then. The good times just flew by, we came back with beautiful memories in our mind, and felt totally rejuvenated. Here's to many more!!

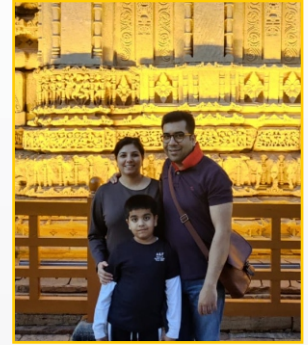
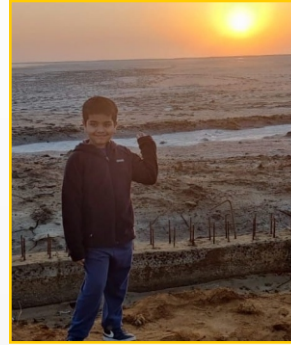
Article by Rtn Vatsala Daga





Rann off Kutch was a memorable first outstation trip we went to after being inducted in the club. We bonded very well with everyone on this trip. Did not feel like we were going for the first time. Everybody made us feel very welcomed. The trip was very well organised by the fellowship team. We had a lovely time with the RCDM family.

By Ann Supriya Khemka Gupta



The Sun Temple of Modhera is a Hindu temple dedicated to the solar deity Surya located at Modhera village of Mehsana district, Gujarat, India. It was built after 1026-27 CE during the reign of Bhima I of the Chaulukya dynasty. No worship is offered now and is protected monument maintained by Archaeological Survey of India. The temple complex has three components: Ghamanapa, the shrine hall; Sabhamanapa, the assembly hall and Kunda, the reservoir. The halls have intricately carved exterior and pillars. The reservoir has steps to reach the bottom and numerous small shrines.

Article and pic by Rtn prayas aggrawal

Rani Ki Vav or 'Queen's Stepwell' is a distinctive form of water storage system located in the small town of Gujarat called Patan, on the banks of River Saraswati. Believed to be the grandest stepwell in the state of Gujarat, Rani ka Vav epitomises the peak of Maru-Gujarat architectural style. The 900-year-old structure listed as a UNESCO World Heritage Site is displayed prominently in the new 100 currency note issued by the Reserve Bank of India.

In the olden days, the water of the well had medicinal properties which helped ward off diseases like viral diseases and fever. The well was excavated in the 1960s in a well-protected state as it was buried under slit for sanctuaries. In addition to this, Rani Ka Vav was an important centre for socializing among the locals as well as taking refuge from the heat. It's an excellent example of turning something functional into a piece of art.

Article and pic by Rtn prayas aggrawal



It is said if one wants to go fast go alone - if you want to go far go together with friends. Good company on a journey makes the way seem shorter ....The trip to Great Rann of Kutch was exactly this. Kudos to our super-efficient fellowship team Bela, Nikita, Deepa and our President Anurag who conceived of this trip & meticulously planned it & executed it to perfection. This trip had many things that were different to our normal, being on a holiday all four days were a very early start, being in Gujarat it was all vegetarian, never have travelled in a bus for 2 days full consecutive days & the best of all we travelled on our first outstation trip with you Our RCDM family.

It started with an early morning flight to Ahmedabad, where at the airport, Suneeta was well received by our office team. On sighting our bus, I knew a grand adventure was about to begin. The bus was fully loaded with a big carton of snacks, various soft drinks etc that we enjoyed over the next 48hrs chatting & hearing music. The atmosphere was all cheerful. I always took the front window seat to have a view of the trees, green fields, roads and other interesting things that came along the way. The next 2 days on the road we saw several breath-taking places which we would have never ever gone to by ourselves. We played, cracked jokes and laughed to make the most of this time together.



The first place was Rani-ki-Vav, interestingly also featured on the 100 rupee bank note. The climb down into the well & back was enough to get us huffing & puffing, meanwhile there were the die hard shoppers who bought some fancy original Patola sarees & strolls from Patan. The drive amidst green farmlands to the next stop the famed Sun temple of Modhera dedicated to The Sun God. As it was dusk, it was just right for us to go on clicking photos with the relics as it was beautifully lit up. Further on, our night halt was at a resort in the wilderness. The treat to look forward to was "the smuggled Booze". A night well spent got me & Suneeta many claps the next morning as we reached the bus late.

By now we had driven over 14hrs in the bus, when many of us started to have road fatigue & couldn't think of taking the bus back and hence started booking return flight tickets from Bhuj. After 9hrs of experiencing the true flavour of the region, we were just in time for the Sunset on the White sands of Kutch- all were super excited as finally we had reached our destination. We walked in groups then alone soaking in the salt desert spreading over 30,000 sq. km. We stayed back till the sun disappeared over the horizon and darkness engulfed us.

The Tent city was another super destination & the togetherness of living in the luxurious tents side by side was even more unique. The stay was very comfortable & the whole set up I thought was awesome. Sharp at 6am the following morning, The Kutch Sunrise gave me a pleasant surprise. Almost everyone was boarding busses to go to the Zero Point to bring in the dawn of a new day !

There everyone's gaze were towards the purple sky, that started to change colours every minute. We clicked numerous photos & caught the first glimpse of the red ball of fire only after it rose a few degrees above the horizon. All dressed in white, the fellowship was surreal. Just then surprisingly, a group of our young ladies broke into an impromptu dance sequence to celebrate the sunrise.....and of course click, click, click & more pics.

The same gig was also repeated at the Kalo Dungar from where we all together witnessed a magnificent sunset later that day. The highlight of the Kalo Dungar was the camel ride, with my camel companion Amit Arora - pity the camel who got to carry us both healthy people up the hill. The evenings spent together were wonderful, sipping the drinks & munching eats from the huge carton in front of Belas tent - great bonhomie ! The bonding we experienced with all both collectively & individually was amazing & I only think on the many missed opportunities of these RCDM outstation trips. Our experience of Rann of Kutch was about the memories one created with friends. We will always treasure these golden memories spent with the RCDM family....only to look forward to many more !!

Article by Rtn Atul Khanna

## GET TO KNOW MEMBERS

### NAVNEET SUREKA



What is your zodiac sign and how well you show the qualities of zodiac?

**TRUE VIRGO**

What is your best quality?

**STRAIGHT FORWARD**

What is your worst habit?

**OCD**

What is your pet peeve?

**DISORGANIZATION**

What always makes you smile?

**DEEPA**

What is your life motto?

**LIVE LIFE KING SIZE**

#### FAVOURITES

Book :

**NOT QUITE A READER**

Movie Genre:

**ROM COM**

Movie :

**PRETTY WOMAN**

Actor :

**AMITABH BACHCHAN**

Type of Music:

**GHAZAL**

Song:

**KAL CHAUDHVI KI RAT THI**

Ice Cream Flavour :

**ESPRESSO**

Cuisine:

**RAJASTHANI**

Animal:

**COW**

Pastime:

**MUSIC**

### Deepa Sureka

What is your zodiac sign and how well you show the qualities of zodiac?

**LIBRA KEEPS BALANCING.**

What is your best quality?

**ARTISTIC**

What is your worst habit?

**TAKING PEOPLE ON FACE VALUE**

What is your pet peeve?

**IF U DO NOT RESPECT TIME.**

What always makes you smile?

**NATURE**

What is your life motto?

**JIYO AUR JEENO DO**

#### FAVOURITES

Book :

**MILLS & BOONS**

Movie Genre :

**ROMANCE /COMEDY**

Movie Intern

**ACTOR RANVEER KAPOOR**

Type of Music fast

Song

**UTTHE SAB KE KADAM TARA RAM PUM PUM**

Ice Cream Flavour

**CHOCOLATE**

Cuisine

**CHINESE**

Animal

**NONE**

Pastime

**SLEEPING**

**OUTING WITH FRIENDS AND FAMILY**



## GET TO KNOW MEMBERS

### ABHAY JAIN



What is your zodiac sign and how well you show the qualities of zodiac?

**VIRGO**

What is your best quality?

**WORKING WITH DETAIL ATTENTION**

What is your worst habit?

**HOPING SAME FROM OTHERS AND OVERTHINK**

What is your pet peeve?

**NOT ON TIME AND TAKEN FOR GRANTED**

What always makes you smile?

**HAVING SMILE ON OTHERS WITH JOY**

What is your life motto?

**BEING HUMAN AND LET OTHERS LIVE**

#### FAVOURITES

Book

Movie Genre

**COMEDY AND ACTION**

Movie

**ZINDAGI NA MEELIGE DUBARA**

Actor

**RHITIK ROSHAN**

Type of Music

**GHAZALS AND ARIJEET SINGH**

Song

**ABHI MUJH ME KAHI**

Ice Cream

**VANILLA WITH NUTS**

Cuisine

**ITALIAN**

Animal

**TIGER**

Pastime

**FAMILY TIME PASS**

### ASHA JAIN

What is your zodiac sign and how well you show the qualities of zodiac?

**SCORPIO**

What is your best quality?

**FIGHT FOR SELF BELIEF**

What is your worst habit?

**LIKE SOMEONE OR DON'T LIKE**

What is your pet peeve?

**REPEATEDLY ASKING SAME THINGS**

What always makes you smile?

**MAKE OTHER SMILE AND FAMILY HOLIDAYS**

What is your life motto?

**LIVE ONLY ONCE ENJOY LIFE**

#### FAVOURITES

Book

Movie Genre

**COMEDY AND ROMANCE**

Movie

**DDLJ**

Actor

**AJAY DEVGAN**

Type of Music

**OLD SONGS**

Song

**DOLI SAJA KE RAKHNA**

Ice Cream

**BUTTERSCOTCH**

Cuisine

**ITALIAN**

Animal

**TIGER**

Pastime

**OUTING WITH FRIENDS AND FAMILY**

## GET TO KNOW MEMBERS

### Prayas Aggarwal

What is your zodiac sign and how well you show the qualities of zodiac?

**LIBRA: HUMOROUS, FUNNY, INDECISIVE, TALKATIVE, FLIRTATIOUS, TRUSTWORTHY.**

What is your best quality?

**UNDERSTANDING NATURE.**

What is your worst habit?

**PROCASTINATION**

What is your pet peeve?

**WHEN SOMEONE DOESN'T HONOR THEIR COMMITMENT**

What always makes you smile?

**COMPLIMENTS**

What is your life motto?

**LIVE N LET LIVE**

#### FAVOURITES

Book:

**NOT INTO BOOKS**

Movie Genre:

**THRILLER, SUSPENSE, DRAMA**

Movie:

**DRISHYAM**

Actor:

**PANKAJ TRIPATHI**

Type of Music

Song:

**PHIR LE AAYA DIL FROM BARFI**

Ice Cream Flavour:

**TENDER COCONUT**

Cuisine:

**INDIAN**

Animal:

**TIGER**

Pastime:

**MUSIC**



### NIKITA AGGARWAL

What is your zodiac sign and how well you show the qualities of zodiac?

**AQUARIAN : SELF RELIANT , STRONG , HONEST , SOCIABLE , CONFIDENT.**

What is your best quality?

**NON JUDGEMENTAL**

What is your worst habit?

**HIDE MY EMOTIONS**

What is your pet peeve?

**WHEN DON'T WANNA KISTEN TO ME BUT WANT ME TO LISTEN TO THEM**

What always makes you smile?

**KINDNESS , EMPATHY , WARM N CARING ATTITUDE , GOOD COMPANY.**

What is your life motto:

**LIVE N LET LIVE**

#### FAVOURITES

Book :

**CONFESSION OF A SHOPAHOLIC**

Movie Genre :

**ROMANTIC COMEDY, LIGHT HEARTED MOVIES**

Movie :

Actor :

**FAWAD KHAN**

Type of Music :

**SOFT, SOOTHING MUSIC**

Song :

**NOTHING SPECIFIC KEEPS CHANGING**

Ice Cream Flavour:

**CHOCOLATE**

Cuisine :

**INDIAN , ITALIAN**

Animal :

**NONE**

Pastime :

**PAINTING , CREATING NEW THINGS FROM THE WASTE , CHILLING WITH MY FRIENDS**

## Building Immunity To Safeguard Against COVID-19

With the rise of covid in our neighbouring countries, experts fear that we could be facing the brunt of the pandemic all over again. While getting ourselves vaccinated and taking precautions like masks and social distancing are important steps to save guard ourselves from this disease, there are some steps that we can take to improve our immunity.

**Here is a list of measures you can undertake to improve your immunity.**

### Improve Your Diet

The food you eat plays a key aspect in determining your overall health and immunity. A low carb diet will help slow down diabetes and focus on a protein-rich diet to keep you in good shape. And regularly consume vegetables and fruits rich in Beta carotene, Ascorbic acid & other essential vitamins. Certain foods like mushrooms, tomato, bell pepper and green vegetables like broccoli, spinach are also good options to build resilience in the body against infections.

You can also eat supplements rich in omega 3 & 6 fatty acids for your daily dose.

Some natural immunity supplements include ginger, gooseberries (amla) and turmeric. There are several herbs that help in boosting immunity like garlic, Basil leaves and Black cumin. Certain seeds and nuts like sunflower seeds, Flax seed, pumpkin seeds and melon seeds are excellent sources of protein and vitamin E.

Probiotics like Yoghurt, Yakult and fermented food are also excellent sources to rejuvenate the composition of gut bacteria.

**Here are a few common supplements that can help.**

### Vitamin C

This particular vitamin is a crucial participant in the army of immunity. It helps prevent the common cold. It acts as a powerful antioxidant and protects against damage induced by oxidative stress. For severe infections, including sepsis and acute respiratory distress syndrome (ARDS), high dose intravenous vitamin C treatment has been shown to significantly improve symptoms in patients.

### Vitamin D

Vitamin D supplements have a mild protective effect against respiratory tract infections. Most people are deficient in Vitamin-D, so it's best to consult with a doctor about taking a Vitamin D supplement to boost immune response.

### Zinc

Zinc is a vital component to WBC (white blood corpuscles) which fights infections. Zinc deficiency often makes one more susceptible to flu, cold and other viral infections. It is advisable to take a zinc supplement, especially for older people.

**Boost your immunity with these superfoods**

### 1) Ghee

Indian food item is packed with the benefits of vitamin A, K, E, Omega-3 and Omega 9 essential fatty acids. It is also a source of healthy fat and butyrate. In addition, it can keep your digestive system, gut, skin and hair healthy.



## **2) Amla or Indian Gooseberry**

It contains about 20 times more vitamin C than oranges and hence is one of the healthiest foods. Amla helps to cleanse the colon, removes excess toxins from the body and is known to be effective against dandruff and other skincare issues. To gain maximum nutrients from this fruit have one raw amla, every morning on an empty stomach.

## **3) Whole-grain**

To make your winter diet more healthy consider adding whole grains like maize, bajra, pearl millet. Whole-grains are rich in starch, fiber, protein and iron. They make your skin healthy, help you lose weight, promote satiety and increase the level of good cholesterol.

## **4) Jaggery**

It helps to produce heat in the body and is also packed with nutrients like iron, magnesium and potassium, which help to dilate blood vessels and produce warmth in the body and cleanse your lungs. You can also eat peanut and jaggery chikki to increase the intake of this food item in your diet.

## **5) Panjiri or ladoo**

These delicacies boost your immunity, prevent cold and flu and make your skin smooth and supple. Made with ghee, wheat flour, nuts and seeds, panjiri helps to generate heat in the body. You can also have peanut chikki or ladoos made with goond and Alvi seeds.

## **6) Spiced Tea**

Fennel seeds, cardamon, black pepper and cinnamon are some common spices that you can use to prepare your healthy spiced tea. You can also have tulsi tea and a combination of jaggery and ginger to fight the cold weather.

## **7) Chyawanprash**

Made with different kinds of Ayurvedic herbs and roots, chyawanprash is a treasured Indian immunity-boosting food item. But for better results, mix 1 tablespoon chyawanprash in a cup of warm water and have it 2-3 times a day. This will cleanse your respiratory system, build immunity and reduce mucus buildup in the lungs.

## **8) Turmeric Root and Green Garlic**

Both the roots are known for their anti-inflammatory and antioxidant properties. They prevent the body from the damage caused by free radicals and keep chronic diseases at bay. Make pickle of turmeric and garlic root by adding some salt and ghee or chop them and them in your food.

## **9) Have Tulsi leaves**

It acts as a respiratory system rejuvenating herb. Its immunomodulatory, antitussive and expectorant properties keep your lungs clean. You can chew some tulsi leaves every morning before your breakfast or make tulsi tea with ginger.

## **10) Turmeric Milk**

Milk is packed with nutrients like calcium, protein and vitamin B12 and, while turmeric is known for its anti-inflammatory and anti-oxidative properties.. Add a pinch of turmeric and 1 tablespoon of jaggery in a glass of warm milk and drink it before going to bed

## Don't Compromise on Sleep

Lack of sleep adversely affects the action of the flu vaccine.

## Stay Hydrated

Drink up to 8-10 glasses of water. Hydration will help flush out the toxins from the body. Other alternatives include juices and coconut water.

## Don't Skip on Exercise

exercise regularly; even light exercise will go a long way in releasing the toxins from your body. It is recommended to exercise for 30 to 45 minutes. Regular exercise improves metabolism.

## Destress Yourself

prolonged period of staying indoors has its implications on your mental wellbeing. The growing anxiety around the pandemic is another concern that is affecting millions across the globe. stress is known to have an adverse effect on immunity.

## Practice meditation

## Avoid Smoking, alcohol and other addictive substances

Apart from maintaining a healthy lifestyle and taking supplements, the Indian health ministry is also suggesting few organic and natural ways

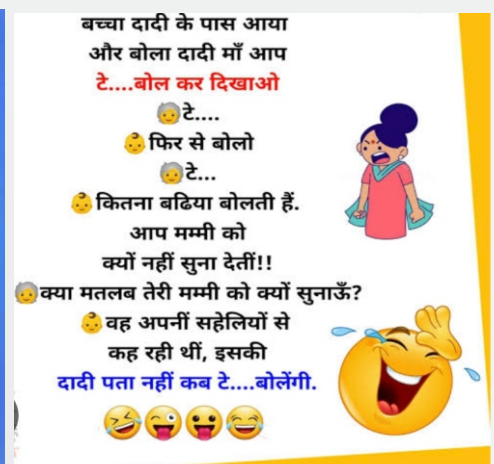
Drink warm water throughout the day

Practice Meditation, Yogasana, and Pranayama.

Apply Ghee (clarified butter), Sesame oil, or Coconut oil in both the nostrils to keep the nostrils clean.

Inhale steam with Mint leaves and Caraway

Article by Rtn Pooja



## from the Editors desk

Season's Greetings and a very Happy New Year 2023

Symphony compilation for the month of November . Hope every one enjoy reading experiences pen down by members along with some amazing pics of our trip of Rann of Kutch .

Regards Rtn Alka Jain

## Friends

Please send your articles, pictures, content suggestions etc. to



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