



President: Reema Garg

Immediate past president:  
Govind Mundra

Secretary: Satish Jindal

Treasurer: Vijay Gupta

President Elect: Seema Gupta

Vice President: Kamal Jain

Joint Secretary: Shashi  
Agarwal

Sgt-at-arms: Mala Gupta

President Nominee:  
Madhusudan Goyal

Club Trainer & Charter  
President: Rajesh Gupta

Patrons: Ashok Agarwal &  
Kishan Agarwal

### Board of Directors

Club Service: Atul Jindal

Vocational Service: C P Gupta

Community Service: Mohan  
Garg

International Service: Ajay  
Garg

New Generation Service:  
Shweta Diwan

### Committee Chair

Membership: Ajit Gupta

Public Image: Renuka Gautam

The Rotary Foundation:  
Hemlata Agarwal

Water, Sanitisation & Hygiene:  
Anu Gupta

CSR: Arun Jain

IT: Dr Raju Easwaran

Literary (T-E-A-C-H): Parvesh  
Lata Agarwal



**Rtn Reema  
Garg**



## From the President's pen

Greetings , fellow Rotarians ,

A warm welcome to you all to rotary year 2022-23. I am so honoured to serve as your President this year.

We all had wonderful previous years , though covid 19 has put lot of restrictions on us.

When at Rotary we have lots of community service work , but I promise you all that we are going to do it with lots of fun and frolic. For this we even have to reach out to new people and introduce them to Rotary , whose responsibility lies on your shoulders . Let's not miss any opportunity to show that we value each and every member of our club.

This is the first edition of our newsletter and I hope every new edition would showcase the increased enthusiasm and energy of all the group members.

Thank you

Rtn Reema Garg



# My journey in Rotary as President Elect

My exploration of the world of Rotary

**Nov 7-8  
2021**

## Adhithana

### Le Meridian

First president elect meet, wherein I was felicitated by incoming governor Ashok Kantoor



**18 Dec  
2021**

## Jingle & Mingle Delhi Gymkhana

Interaction with other district members & warm hospitality of Ashok ji & Alka ji



**8 March  
2022**

## Car rally for women

It was a very proud moment of our club, as we got two awards, Best Costume and Best Karaoke in the car for the same. We started our car rally from Jawaharlal Nehru Stadium and ended at PHD chamber of commerce. The traffic was stopped when we were passing through. The flags were being waved and we just felt like celebrities. A wonderful event at PHD chamber of Commerce was followed by award ceremony.



## Some images from the car rally



# President Elect Training (PET) Seminar

My PETs (President Elect training Seminar ) at Jaipur in March 2022 , was an unforgettable experience . The moment we boarded in our bus from Rotary Public School ,Gurugram to the moment we were back , every moment has left its lasting memories for a lifetime. The kind of fun , enjoyment and vibrancy I experienced there could not be explained in words.

By participating in My style ,My Way and representing state West Bengal in zone participation , I experienced an unparalleled bonding between my zone members and other rotary presidents







# District Assembly Training

PETs were followed by SETs and then The District Training Assembly Utkrisht which happened on 28th May 2022 at Taj palace , New Delhi. Just waiting for 1st July to experience the installation of our incoming president Ashok Kantoorji.

Thanks rotary for making me a part of your bigger family as soon I became President Elect .







## Diet Tip Of the Month (DTOM)

### Rtn Shweta Diwan

HUNGER may not always mean YOU are hungry.

There could be a variety of reasons that could stimulate the feeling, despite the stomach being full. like

- ✦ Mistaking thirst for hunger
- ✦ Need for Sleep
- ✦ Stress
- ✦ Alcohol is known to have appetite stimulating effects too.
- ✦ Certain medicines can increase appetite as a side effect.
- ✦ Frequent feeling of hunger or cravings might be signs of diabetes, hyperthyroidism, hypoglycemia (low sugar).
- ✦ Imbalanced diet also makes one feel hungry.



President 2022-23.

### *Important networking events not to be missed*



Enhance the networking experience with an overnight stay at the **Heritage Resort Manesar on 9 July 2022**. For further details please contact the club president Reema Garg.

### *Workout for the mind (Cognitive Reflection Test)*

**A bat and a ball cost 1 rupee and 10 paise in total.  
The bat costs 1 rupee more than the ball. How much does the ball cost?**

PS: This question is a part of a series of three questions that form the shortest IQ test in the world, devised by Prof Shane Frederick, a psychology & management professor at Yale. This question tests one's cognition & decision making ability. Think carefully & do not cheat using the internet. Answer will be revealed in the next newsletter.



**Rtn Govind Mundra**

## Immediate Past President's message

Dear Rotarians,

Before our new president Ms Reema Garg takes charge of our club, I would like to thank all our members, board of directors and office bearers for their wholehearted support during my tenure.

Last two years were challenging for me due to Covid pandemic and I am sure I could not serve rotary as I could have. But I sincerely tell you that my intentions were honest and I did my best.

I sincerely apologise if I hurt any of our club member due to my working in this tenure.

My special thanks to our secretary Mr Vijay gupta, treasurer Madhusudan Goyal and our charter president Mr Rajesh gupta for their dedicated support in this period.

I also express my heartfelt gratitude to my partner Rtn Asha Mundra for standing by me throughout and support whenever required.

I am confident that under the leadership of our incoming president our club will achieve new heights with lots of service projects and great fellowship.

Best wishes

Govind Mundra

President (2021-22)



## MINUTES OF THE MEETING OF THE BOARD OF DIRECTORS OF ROTARY CLUB OF DELHIITES HELD IN PUNJABI BAGH CLUB HOUSE DATED 8.6.2022

Following points were discussed in the board

1. Annual fee for all the members of Rotary would be Rs. 40,000/- per annum.
2. The spouse of the rotarian would be charged @ Rs.15,000/- for becoming member.
3. Rotary Board Meeting will be held on 2nd Wednesday of every month from July 2022-2023.
4. 5 th August 2022 would be the installation ceremony of the incoming president of Roatry Club of Delhiites.
5. Every member is requested to add one more member as per the consent rules of Rotary.
6. Every Rotary Club assembly would be full of enjoyment considering community aspect too.
7. Calendar of Rotary would be planned in advance for next 6 months.
8. Mr. Rajesh Gupta – our Charter President proposed for an industrial visit along with the Plantation Drive on 7th August 2022 which will be decided in the next Board meeting.
9. Issue of non-payment by some members was also discussed in detail. However, it was decided that the current secretary and President would focus on non-payments and will update board by 15 th June 2022.
10. Every member is advised to visit [my.rotary.org](http://my.rotary.org) and get themselves registered and get more awareness about the Rotary.
11. Meeting concluded with the vote of thanks.



# Rotary club of Delhiites

## Member's corner



I joined Rotary because Rotary helped me meet like minded people . On this platform I was able to serve and motivate many —others in the group to bring in service towards the environment and help needy people. I greatly enjoy the fellowship .  
Rtn Govind Mundra

I joined rotary to meet people ,to serve the teaming millions who need help. By my contributions through an organisation which works world over for the helpless and the needy. I enjoy the fellowship.  
Rtn Asha Mundra



I joined the rotary to become a better community citizen. The —avenues of friendship & fellowship afforded by the rotary on a global scale is unparalleled.  
Rtn Ajit Gupta



# Rotary club of Delhiites

## Member's corner



Rotary is a group of people who want to serve the society to the needy persons and therefore it serve a great purpose of — social cause so I am happy to join rotary .

Rotary is doing great service for international community.

Rtn Subhash Agrawal

I joined rotary so that i can contribute to the society . Rotary is one institute which has helped me grow stronger and stronger personally . By actively participating in it i think we can make better tomorrow for many needy people of the society

Rtn Hemlata



— I was first exposed to rotary by my mentor Dr Sanjay Desai from Mumbai at the iconic Gateway Taj. I have wanted to join it ever since to enjoy the company of a wide cross-section of society & to enhance the joy of giving that the Rotary embodies.

Rtn Dr Raju Easwaran

# Rotary club of Delhiites

## Member's corner



Rotarians provide community service to both local and international communities. The best reason perhaps for becoming a Rotarian: the chance to do something for somebody else and to sense the self-fulfillment that comes in the process and the return of that satisfaction to one's own life. It is richly rewarding.

Rtn CA (Dr.) Madhu Sudan Goyal

I had joined Rotary for Community Service along with fun in community. I like to share my views and like to know others views on many social, environmental, national & international issues and learn many things from other Rotarians.

Rtn C P gupta



I feel proud to be a Rotarian as Rotary is a good platform of learning as well as serving. In the Rotary we meet thousands of people and every human being has uniqueness. We learn so much from each other. Rotary teaches us to become compassionate and how to serve.

Rtn Seema Gupta





# Rotary club of Delhiites

## Member's corner



I am interested in Social Service since my school days. Also, making new friends and interacting with them is my hobby. Family bonding is great in our club.

Rtn Mohan

For me club is a place where we have fun together. A place where we can think out of box, away from your regular work. Rotary is one such club which not only makes you happy but also makes your conscience happy. The satisfaction you get after giving cannot be compared to anything in the world. Looking forward to some works where i can contribute.

Rtn Ajay Garg



Reason to join, I believe in service:  
1- for a better community citizen  
2- friendship and fellowship,  
3) Rotary is the platform where we can Serve people, because we are for the people, by the people to serve the nation by this most trusted global organization that is "ROTARY INTERNATIONAL"

Rtn Kamal Jain

# Rotary club of Delhiites

## Member's corner



Rotary is the epitome of social service. I am passionate about philanthropy and believe in the symbiotic existence of man and society. I am grateful for the connections I've made in the club.

Thank you  
Rtn Vijay Gupta

Rotarians make this world a better place to live. This is one single platform for the whole world.  
Rtn Rajesh Gupta & Charter president



I joined rotary because I find it as a very good platform where we can quickly connect with national and international rotarians and together we can help our people in need and serve our community at ground level. We can even do business, make friends, enjoy fellowship across the world.

Rtn Anu Gupta





# Rotary club of Delhiites

## Member's corner



I strongly believe in givers gain. The opportunity to serve local and at international level is what all Rotarians get. Along with awareness, skill development, personal growth there is lot of scope of network to build professionally as well. Being a Wellness Expert I will be able to extend my expertise on all related areas.

Rtn Shweta Diwan

I've always been very passionate about community service since my childhood. My family always believed in service before self. After joining rotary realised that this is one platform which can help me to serve better. Rotary is not just a club, but it's a family of like minded people who have decided to make a better world tomorrow.

Rtn Satish Jindal



Rotary is synonymous with selfless service to the society. Me and my husband, both being doctors could connect upon this idea instantly and decided to join this prestigious rotary group as service to humanity is equivalent to divinity.

Dr (Prof) Uma Hariharan



Utkatasana

**Rtn Dr Raju  
Easwaran**

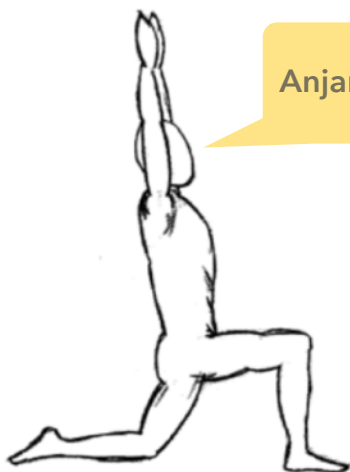


## From the editor's pen: Yoga & knee pain

With the International Yoga Day just around the corner, I thought I shall address the commonest question I get asked in my clinic on a daily basis. Is yoga suitable for me since I have knee pain? Will it make my knee worse? The simple answer to the first is Yes & the second is no. Some commonly used Yogasanas (as featured in the images) are found to be beneficial to the knee, without increasing cartilage pressures that harm the joint.

### *Let's pledge to exercise*

The World Health Organisation recommends at least 150 minutes of moderate intensity exercise per week (30 min/ day x 5 days) with 2 days of whole body strength & flexibility training in a week (Yoga can easily accomplish both).



Anjaneyasana

Uttitha  
ParsvakonasanaSetu Bandha  
Sarvangasana