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The Official Bulletin of RCD Resources

May 15, 2023

Volume 1

Issue 19

Charter President: Rtn Sunil Kumar Day

President Elect (2023-24) Rtn Rakesh Banga

06-05-2023 Rotary DISTRICT - 3011 10 AM - 2 PM

FREE MAMMOGRAPHY CAMP
(For Detection of Breast Cancer For 40 - 70 years)

Venue : Beverly Park-II Apartments, MG Road, DLF City Phase-II, Gurugram-122002.

MAY 01, 2023 Rotary DISTRICT - 3011 07:45 AM

TALK ON
Right Nutrition and Healthy Habits for Students by
Dr. PUSHPA SETHI
Senior Gynecologist
Distt Chair Women Health & Empowerment
VENUE : KV, JNU, NEW DELHI

75 Azadi Ka Amrit Mahotsav Rotary DISTRICT - 3011 G20

11-05-2023 9:30 - 14:00

FREE CANCER SCREENING CAMP
For Ladies & Gents - 20 Years Plus
Venue: SAKET COURT COMPLEX

1. CLINICAL CANCER TESTING
2. PAP SMEAR
3. ORAL CHECKUPS

May 11, 2023 Rotary DISTRICT - 3011 9:30 am - 2:00 pm

BLOOD DONATION CAMP
Venue : SAKET COURT COMPLEX

DONATE BLOOD SAVE LIVES

75 Azadi Ka Amrit Mahotsav Rotary DISTRICT - 3011 G20

May 11, 2023 9:30 - 14:00

FREE DENTAL CHECK-UP
Venue: SAKET COURT COMPLEX

clove:)
DENTAL
M-6, FIRST FLOOR, GK - II, DELHI-110048

75 Azadi Ka Amrit Mahotsav Rotary DISTRICT - 3011 G20

May 11, 2023 9:30AM-2:00PM

FREE HEALTH CHECK-UP CAMP BY ROTARY DIABETES CENTRE
Venue : SAKET COURT COMPLEX

Eye & Specs Diabetes Hypertension

MAY 11, 2023 Rotary DISTRICT - 3011 9:30 - 14:00

EYE CHECK-UP CAMP
Venue : SAKET COURT COMPLEX

TESTING BY

CENTRE FOR SIGHT
Every eye deserves the best

75 Azadi Ka Amrit Mahotsav Rotary DISTRICT - 3011 G20

May 13, 2023 10:30 - 11:30

CPR DEMONSTRATION BY FORTIS

VENUE : 512 LT AD MSL REGT(SP), DELHI CANTT

75 Azadi Ka Amrit Mahotsav Rotary DISTRICT - 3011 G20

May 11, 2023 09:30 - 14:00

Venue : SAKET COURT COMPLEX

By

Fortis Vasant Kunj
BONE DENSITY

Mega Health Camps



Let's Serve Those Today Who Serve Us Everyday



May 2023 Message of Jennifer Jones RI President 2022-23

I believe it is a time in our world for brave, courageous, intentional leadership.

Last month, in this column, you heard from my dear friend Anniela Carracedo. She is an amazing member of our Rotary family, and as a past Interactor and now Rotarian, she is this kind of leader.

Anni shared a very personal story about coping with a panic attack, something that I have also experienced. The outpouring and response to this story have been tremendous and punctuate how critical it is that we acknowledge not only our strengths but our vulnerabilities too.

When we talk about finding space for one another — creating comfort and care within Rotary — we're describing a club experience where we can all feel comfortable sharing like Anni did, and we can all empathize with and support one another. Whatever we are facing in life, Rotary is a place where we know we're not alone.

We spend so much time helping our world, whether it's working to end polio, cleaning up the environment, or bringing hope to communities that need it most. Sometimes we can lose track of the need to apply some of our energy and care to our fellow members and partners in service.

The comfort and care of our members is the single greatest driver of member satisfaction and retention. We need to ensure that it remains a priority — and that we further strengthen these bonds by performing service that helps reduce the stigma of seeking out mental health treatment and expands access to care.

That is why I'm so heartened by President-elect Gordon McNally's wonderful vision to help improve the global mental health system, not only for Rotary members, but for the communities we serve.

Contd.....



Message of Rtn Ashok Kantoor District Governor R.I. District 3011

We are fast approaching the last two months of the current Rotary Year and when I look back and review the body of work by all of you whether it was in terms of projects, events or your generous contributions I feel a sense of immense pride and satisfaction. The evidence of your hard work is very apparent in all the projects that have either been implemented or are seeing successful fruition this year.

What stands out in my mind as far as the month of April is concerned is our visit to 'Akshardham'. It was indeed a soul-satisfying experience for all of us and pretty much the need of the hour. We had to regain and refresh all our energy to aim to reach the optimum levels of our potential and the seven hours we spent without our mobile phones, listening to a very calm and peaceful discourse by Swamiji was definitely rejuvenating and invigorating.

There were some fantastic projects that were covered by clubs in April too. While each project was as productive and beneficial as the other there are several relevant ones that you will read about in the pages below. There is a significant amount of thought and hard work that has gone into each project and the verbatim feedback suggested that everyone appreciated the way all clubs have responded to challenges until now.

We must think big and aim for the highest in all our future decision-making and strategic planning. It will help shape and enhance the quality of the projects and our developmental initiatives in the future. I am, indeed, very pleased with the overwhelming response to my call for candidates for the first online course R.I. District 3011 has announced in collaboration with 77 participants for a batch size of 50 students.

Contd.....



Let's Serve Those Today Who Serve Us Everyday



Message of Club President Rtn Sunil Kumar Day

This fortnight was devoted to the Health Projects for communities of Gurgaon and Delhi Cantt. Also at the Saket Court Complex, Saket New Delhi for Advocates and their Support Staff.

At each camp we met with a lot of beneficiaries and with overwhelming success of these camps we can safely classify them as our best projects so far. I also feel good that we have reached groups and societies in well-known areas of Delhi where Rotary had never reached. Rotary in Delhi is 85 years old. We, as club can be proud of this fact that we are able to fill the vacuum and not following the past practices by doing repeat performances at old venues. Considering the need of such camps at many locations we are continuing these Mega Health Camps till 30th June 2023, that is end of the Rotary Year.

One important new development is that we are having a Literacy Project whereby the students teach someone during summer holidays – a very exciting project that seems to be around for some years – but our Club will bring it to the students of Arya Samaj Schools!. More on this in the next Bulletin.

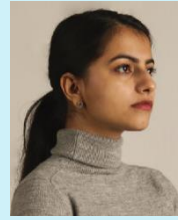
Message of RI President Contd.....

When Gordon announced our focus on mental health at this year's International Assembly in Orlando, Florida, he reminded us that helping others benefits our mental health by reducing stress and improving our mood. Studies show that performing acts of kindness is an effective way to improve your own mental and physical health. Rotary service brings hope to the world and joy to our lives.

Becoming champions of mental health is not only the right and kind thing to do, it is a tool that can Create Hope in the World, Gordon's inspiring theme for his upcoming year as president. If we serve our members, we serve our communities, and if we can meet people where they are and lift them up, they will imagine Rotary in a new light and come to fully understand our value and our infinite potential.

Jennifer Jones
President, Rotary International

A Note by Editor Rtn Vidushi Lal :



Another successful fortnight for our club – ending on a high note with a charitable donation to the Cancer Club from our Club president and first lady, which is still open for more donations !

The month of May is the Youth Service month – which celebrates the opportunities Rotary provides to connect, grow through service, develop leadership skills, mentor or be mentored, and have fun. Also, being the youngest, "youth" member of our club - I am happy to announce on a professional note, that my small e-commerce business called Qshi is now live !. As discussed In the Club group chat – we are happy to feature any achievements or news of our members in the bulletin so do please reach out and let us know.

Message of DG 3011 Contd....

I also take immense pride in announcing that we have installed 31 new Interact Clubs this year and there are 4 Clubs that are in the process of being installed. It is a truly commendable achievement by the Clubs and the District Team and we appreciate all the hard work that has gone into this truly remarkable feat. The inclusion of young people and making them aware of what Rotarians are capable of achieving in the area of humanitarian service will impact their mind positively and will also have a major role to play in the world of Rotary in the future.

However, we still have many miles to go and many more goals to achieve so let us carry on at the same indefatigable pace like earlier and try to put in as much effort as always. We have to take all the good work to the optimum level of excellence now and strengthen every aspect of the projects we have undertaken in the past or the ones that we will in the future..

Rtn Ashok Kantoor
District Governor 2022-23
(Reproduced from May 2023 GML)



Giving a little is better than not giving at all.



This is our Flagship Project. On 1st May 2023 – It was a proud moment for our Rotary Club of Delhi Resources, when the 1st Lady Rtn. Niti Day and President Rtn. Sunil Kumar Day donated for the third time this Rotary Year, 315 books to 'Book Shop for a Cause', the unique book shop at Lajpat Bhawan, Lajpat Nagar, New Delhi – 110024. From the Book Shop Ms. Manisha received the books. Our Club wants to repeat it as often as possible. Also different ways to assist the 'Book Shop for a Cause' with their different needs at different times / events. They send boxes of books all over India to purchasers to love to gift Preloved Books. Their sale from books allows them to run many activities of Sisters of the People (a wings of Servants of People Society) to benefit underprivileged members of society.





Our 251 Books were Well Received by the Staff and Students with Great Enthusiasm. Additionally, the Constitution of India was also presented as part of our Flagship Project- Let's Promote Reading. Library #15 was established today with readings from the Constitution of India by the Principal Mr. Chandan Kohli and two students after the morning assembly at KV. This is the pet Project of our President & 1st Lady being set-up at multiple locations. There are books for all ages (students / staff) in Hindi & English. This event was specifically made part of the school morning assembly that starts at 7:30 AM so that all students and all teachers get to know and appreciate our project. The Principal Mr. Chandan Kohli requested all present to borrow these books (to be part of school library now) for their summer vacation. Each reader was presented with a pack of strawberries grown on the roof top by the President / 1st Lady. For the 3rd time we gave the Constitution of India to a school.

MAY 01, 2023



07:30 am

SPONSORED BY
**ROTARY CLUB OF
DELHI RESOURCES**

ZONE 12

DISTRICT 3011

CLUB ID - 224707

at
KV, JNU, New DelhiRtn. SUNIL KUMAR DAY, PRESIDENT
Rtn. RAKESH BANGA, PRESIDENT ELECT
Rtn. NITI DAY, PROJECT CHAIRVisit www.rcdelhiresources.rotaryindia.org for our Cub Activities



Let's Serve Those Today Who Serve Us Everyday

01-05-2023

MAY 01, 2023



07:45 AM

TALK ON Right Nutrition and Healthy Habits for Students by

Dr. PUSHPA SETHI

Senior Gynecologist

Distt Chair Women Health & Empowerment

VENUE : KV, JNU, NEW DELHI



SPONSORED BY
**ROTARY CLUB OF
DELHI RESOURCES**

ZONE 12

DISTRICT 3011

CLUB ID - 224707

CONTACT : MR. CHANDAN KOHLI, PRINCIPAL

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT

Rtn. RAKESH BANGA, PRESIDENT ELECT

Rtn. NITI DAY, PROJECT CHAIR - 9868128079

Monday, 1st May 2023 - Our club organized a Talk on Right Nutrition and Healthy Food Habits for Students and Staff at KV (Kendriya Vidyalaya, New Delhi – 110067). This morning talk was by the key note speaker Dr. Pushpa Sethi, Senior Gynecologist Distt Chair Women Health & Empowerment under the guidance of The Cancer Foundation. This was for the benefit of the students and all the staff of the KV (Kendriya Vidyalaya) JNU. Principal Mr. Chandan Kohli made this Talk as part of morning assembly of the school so that a large gathering of around 1500 gets benefited.

Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities



06-05-2023



9:30 - 13:00

FREE CANCER SCREENING CAMP For Women - 20 Years Plus

Venue: Beverly Park-II Apartments, MG Road,
DLF City Phase-II, Gurugram-122002.

1. CANCER TESTING
2. PAP SMEAR
3. ORAL CHECKUPS



**Rajiv Gandhi Cancer Institute
& Research Centre, Niti Bagh**

**ROTARY CLUB OF
DELHI RESOURCES**



ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT

9582329912, 9818400813

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
Rtn. RAKESH BANGA, PRESIDENT ELECT.
Rtn. NITI DAY, PROJECT CHAIR - 9868128079

On 06th May 2023 – our Free Cancer Screening Camp, with specific emphasis on Cancer Testing, Pap Smear and Oral Checkups, etc. at Beverly Park-II, Apartments, MG Road, DLF City Phase-II, Gurgaon, Haryana - 122002. The testing equipment / medical facilities were provided by Rajiv Gandhi Cancer Institute & Research Center (RGICRC), Niti Bagh, New Delhi. Dr. Leena Dadhwal led the team. This was for the benefit of the female residents only. There were 39 beneficiaries and all 39 were checked with Pap Smears. Rtn Rakesh Banga, PE; Rtn Sara Banga, Jt. Secretary and 1st Lady Rtn Niti Day attended the camp.

Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities



Let's Serve Those Today Who Serve Us Everyday

06-05-2023

Our 54th Camp of Mammography was successfully held today, 06-05-23 at Beverly Park-II, Apartments, MG Road, DLF City Phase-II, Gurgaon, Haryana – 122002. Most of the beneficiaries were from the Beverly Park-II, Apartments. The testing facilities are provided by the Mobile Mammography Van that is a project of Rotary Club Gurgaon. For this all ladies above 40yrs should undergo preventive mammography screening once in a year. In a day 20 ladies can be checked and we met 100% target. Rtn Rakesh Banga, PE; Rtn Sara Banga, Jt. Secretary and 1st Lady Rtn Niti Day attended the camp.



06-05-2023 **Rotary** 10 AM - 2 PM
FREE MAMMOGRAPHY CAMP
(For Detection of Breast Cancer For 40 - 70 years)
Venue : Beverly Park-II Apartments, MG Road,
DLF City Phase-II, Gurugram-122002.



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**ROTARY CLUB OF
DELHI RESOURCES**



ZONE 12 DISTRICT 3011 CLUB ID - 224707

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
Rtn. RAKESH BANGA, PRESIDENT ELECT.
Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR

Contact : 9582329912 , 9818400813



Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities



RCD Resources organized its second Blood Donation Camp on 11th May 2023 (from 9:30 AM to 2:00 PM) at Lawyers Welfare Society, Saket Court Complex, Saket, New Delhi – 110017. 1st Lady Rtn. Niti Day, President, Rtn. Sunil Day, Rtn Rakesh Banga, PE and Rtn Sushil Trivedi were present from the club. Additionally, AG of our Zone 12 Rtn. Arun Roongta graced the occasion with his presence. Each donor and all the members of the van were given 2 gifts by the club (one small fan & two masks). The blood bank van gifted one mug to each donor. The project was very well organized by Advocate Mr. Vishal Sharma, the In-charge of Lawyers Welfare Society.

May 11, 2023



9:30 am - 2:00 pm

BLOOD DONATION CAMP

Venue : SAKET COURT COMPLEX

DONATE BLOOD
SAVE LIVES



Lawyers Welfare Society, Saket

SPONSORED BY
ROTARY CLUB OF DELHI RESOURCES



ZONE 12 DISTRICT 3011

CLUB ID - 224707

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT

Rtn. RAKESH BANGA, PRESIDENT ELECT

Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR

Contact : Mr. VISHAL SHARMA - 9810241795



FREE HEALTH CAMP

May 11, 2023
09:30 - 14:00

Venue : SAKET COURT COMPLEX

By

Fortis
Vasant Kunj

BONE DENSITY

Lawyers Welfare Society, Saket

SPONSORED BY

ROTARY CLUB OF DELHI RESOURCES

ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT
Mr. VISHAL SHARMA - 9810241795

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
 Rtn. RAKESH BANGA, PRESIDENT ELECT
 Rtn. NITI DAY, PROJECT CHAIR - 9868128079

On 11th May 2023 – our Check-up Camp, with specific emphasis on Bone Mineral Density was conducted with Lawyers Welfare Society. This is for the benefit of advocates of all age groups. It started early at 9:30 am and continued beyond 2:00 pm. Patients were registered in a very organized way. The testing equipment were hired by the club from Fortis, Vasant Kunj. There were 125 beneficiaries of different age groups. Of all the Health Camps we have done at this location this particular one has turned out to be the most popular among the advocates, though club had to pay for getting this service at the Court Complex. The project was very well organized by Advocate Mr. Vishal Sharma, the In-charge of Lawyers Welfare Society. 1st Lady Rtn. Niti Day, President, Rtn. Sunil Day, Rtn Rakesh Banga, PE and Rtn Sushil Trivedi were present from the club. Additionally, AG of our Zone 12 Rtn. Arun Roongta graced the occasion with his presence.





Let's Serve Those Today Who Serve Us Everyday

11-05-2023



11-05-2023



9:30 - 14:00

FREE CANCER SCREENING CAMP

For Ladies & Gents - 20 Years Plus

Venue: **SAKET COURT COMPLEX****1. CLINICAL CANCER TESTING****2. PAP SMEAR****3. ORAL CHECKUPS****Rajiv Gandhi Cancer Institute
& Research Centre, Niti Bagh****Lawyers Welfare
Society, Saket**SPONSORED BY
**ROTARY CLUB OF
DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT : Mr. VISHAL SHARMA - 9810241795

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT

Rtn. RAKESH BANGA, PRESIDENT ELECT


Rtn. NITI DAY, PROJECT CHAIR - 9868128079

On 11th May 2023 – our Free Cancer Screening Camp, with specific emphasis on Clinical Cancer Testing, Pap Smear and Oral Checkups, etc. with Lawyers Welfare Society at Court Complex, Saket, New Delhi – 110017. The testing equipment were provided by Rajiv Gandhi Cancer Institute & Research Center (RGICRC), Niti Bagh, New Delhi. This is for the benefit of the advocates of Saket Court Complex. There were about 15 (Pap Smear) and 76 beneficiaries in all. 1st Lady Rtn. Niti Day, President, Rtn. Sunil Day, Rtn Rakesh Banga, PE and Rtn Sushil Trivedi were present from the club. Additionally, AG of our Zone 12 Rtn. Arun Roongta graced the occasion with his presence. The project was very well organized by Advocate Mr. Vishal Sharma, the In-charge of Lawyers Welfare Society.


Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities




A Free Dental Check-up Camp was conducted by RCD Resources with Lawyers Welfare Society, Court Complex at Saket, New Delhi – 110017. This is for the benefit of the advocates of all age group. The check-up camp was setup by Clove Dental and it started at 9:30 am and finished around 2:00 pm. There were 72 beneficiaries. The project was very well organized by Advocate Mr. Vishal Sharma, the In-charge of Lawyers Welfare Society. 1st Lady Rtn. Niti Day, President, Rtn. Sunil Day, Rtn Rakesh Banga, PE and Rtn Sushil Trivedi were present from the club. Additionally, AG of our Zone 12 Rtn. Arun Roongta graced the occasion with his presence.



May 11, 2023



9:30 - 14:00




FREE DENTAL CHECK-UP

Venue: **SAKET COURT COMPLEX**

clove:)

DENTAL

M-6, FIRST FLOOR, GK - II, DELHI-110048




Lawyers Welfare Society, Saket

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ZONE 12 DISTRICT 3011 CLUB ID - 224707






CONTACT : Mr. VISHAL SHARMA - 9810241795

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
 Rtn. RAKESH BANGA, PRESIDENT ELECT
 Rtn. NITI DAY, PROJECT CHAIR - 9868128079





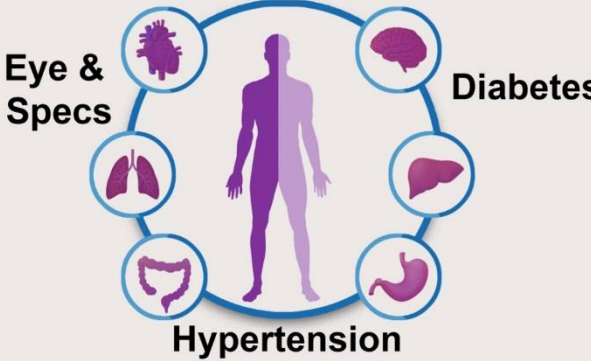
A Health Check-up Camp, with specific emphasis on Diabetes, Hypertension and Eye Testing, was conducted by RCD Resources with Lawyers Welfare Society at Court Complex, Saket, New Delhi – 110017. This is for the benefit of the advocates of all age groups. It started early at 9:30 am and continued till 2:00 pm. Patients were registered in a very organized way. The testing equipment were provided by Rotary Diabetes Center. There were 100 beneficiaries of different age groups of advocate. 1st Lady Rtn. Niti Day, President, Rtn. Sunil Day, Rtn Rakesh Banga, PE and Rtn Sushil Trivedi were present from the club. Additionally, AG of our Zone 12 Rtn. Arun Roongta graced the occasion with his presence. The project was very well organized by Advocate Mr. Vishal Sharma, the In-charge of Lawyers Welfare Society.






**FREE HEALTH CHECK-UP CAMP
BY ROTARY DIABETES CENTRE**

May 11, 2023 9:30AM-2:00PM

Venue : SAKET COURT COMPLEX






**Lawyers Welfare
Society, Saket**

SPONSORED BY

**ROTARY CLUB OF
DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707



CONTACT : Mr. VISHAL SHARMA - 9810241795

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
Rtn. RAKESH BANGA, PRESIDENT ELECT
Rtn. NITI DAY, PROJECT CHAIR - 9868128079



MAY 11, 2023



9:30 - 14:00

EYE CHECK-UP CAMP

Venue : SAKET COURT COMPLEX

TESTING BY

**CENTRE FOR SIGHT**

Every eye deserves the best

**Lawyers Welfare
Society, Saket**SPONSORED BY
**ROTARY CLUB OF
DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT : Mr. VISHAL SHARMA - 9810241795Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
Rtn. RAKESH BANGA, PRESIDENT ELECT
Rtn. NITI DAY, PROJECT CHAIR - 9868128079

Thursday 11th May 2023 an Eye Check-up Camp held with Lawyers Welfare Society at Court Complex, Saket, New Delhi – 110017. This was the second eye check-up camp at the venue to meet the high demand. The check-up started at 9:00 am and finished at 2:00 pm. This is for the benefit of the advocates of all age group. The testing facilities were provided by the Van of Center for Sight. Centre for Sight is registered in many states under the Nursing Home Act by the Directorate General of Health Services. Their eye bank is well established and situated at Preet Vihar, Delhi. There were over 175 beneficiaries of different age groups. The project was very well organized by Advocate Mr. Vishal Sharma, the In-charge of Lawyers Welfare Society. 1st Lady Rtn. Niti Day, President, Rtn. Sunil Day, Rtn Rakesh Banga, PE and Rtn Sushil Trivedi were present from the club. Additionally, AG of our Zone 12 Rtn. Arun Roongta graced the occasion with his presence.





A General Health Check-up Camp was conducted by Fortis Hospital, Vasant Kunj and organized by RCD Resources with Lawyers Welfare Society at Court Complex, Saket, New Delhi – 110017. This is for the benefit of advocates of all age groups. It started at 10:00 am and continued till 2:00 pm. The testing equipment and team of Doctors / medical staff were brought by Fortis Hospital. A highly successful camp had 130 beneficiaries of different age groups. The project was very well organized by Advocate Mr. Vishal Sharma, the In-charge of Lawyers Welfare Society. 1st Lady Rtn. Niti Day, President, Rtn. Sunil Day, Rtn Rakesh Banga, PE and Rtn Sushil Trivedi were present from the club. Additionally, AG of our Zone 12 Rtn. Arun Roongta graced the occasion with his presence



**Lawyers Welfare
Society, Saket**

**Rotary Club of
Delhi Resources**
Club ID 224707



INSIDE VANS

1. BLOOD DONATION
WITH CERTIFICATES & GIFTS
BY ROTARY CLUB

2. MAMMOGRAPHY
FOR 40-70 YEARS LADIES

FREE MEGA HEALTH CAMP FOR ADVOCATES ONLY

VENUE: SAKET COURTS COMPLEX
10 AM - 2PM 11-05-2023



MR. VISHAL SHARMA
ADVOCATE

CHIEF GUEST

SH. VINAY KUMAR KHANNA
DISTRICT JUDGE, COMMERCIAL COURT



Rtn. SUNIL KUMAR DAY
CLUB PRESIDENT

Adv. Chambers - 4th FL.

3. CANCER DETECTION
4. BMD
5. EYE CHECK-UP
6. DENTAL CHECK-UP
7. GENERAL HEALTH
8. DIABETES





Our 55th Camp of Mammography was successfully held today, 11-05-23 with Lawyers Welfare Society at Saket Court Complex, Saket, New Delhi – 110017. Most of the beneficiaries were from the Advocates, staff, etc. The testing facilities are provided by the Mobile Mammography Van that is a project of Rotary Club Gurgaon. There were 18 beneficiaries. 1st Lady Rtn. Niti Day, President, Rtn. Sunil Day, Rtn Rakesh Banga, PE and Rtn Sushil Trivedi were present from the club. Additionally, AG of our Zone 12 Rtn. Arun Roongta graced the occasion with his presence. The project was very well organized by Advocate Mr. Vishal Sharma, the In-charge of Lawyers Welfare Society.

11-05-2023



9:30 AM - 2:00 PM

FREE MAMMOGRAPHY CAMP
(For Detection of Breast Cancer For 40 - 70 years)
For Advocates & Families

Venue : SAKET COURT COMPLEX



**Lawyers Welfare
Society, Saket**

SPONSORED BY
**ROTARY CLUB OF
DELHI RESOURCES**
ZONE 12 DISTRICT 3011 CLUB ID - 224707

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
Rtn. RAKESH BANGA, PRESIDENT ELECT.
Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR

Contact : Mr. VISHAL SHARMA - 9810241795



Visit www.rcdelhiresources.rotaryindia.org for our Club Activities



75 Azadi Ka Amrit Mahotsav

Rotary

G20

CPR DEMONSTRATION BY FORTIS

May 13, 2023 10:30 - 11:30

VENUE : 512 LT AD MSL REGT(SP), DELHI CANTT

SPONSORED BY

Fortis Vasant Kunj

ROTARY CLUB OF DELHI RESOURCES

ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT

MAJOR ANKIT - 9929030413

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
Rtn. RAKESH BANGA, PRESIDENT ELECT
Rtn. NITI DAY, PROJECT CHAIR - 9868128079

On 13th May 2023 we held our very first CPR (Cardiopulmonary resuscitation) Camp at 512 LT AD MSL REGT(SP), Delhi Cantt, New Delhi – 110010. This was hugely successful and was attended by over 150 audience. The project was inaugurated by Mrs. Anumita Sekhon, the 1st Lady of the regiment. This is for the benefit of the staff and of all age group. The check-up camp started at 10:00 am and finished around 11:00 am. There were many ladies and army staff who practiced CPR under the directions of the medical staff of Fortis. The project was very well organized by Major Ankit. 1st Lady Rtn. Niti Day and President, Rtn. Sunil Day were present from the club. Considering the popularity and necessity of CPR Demonstration we have decided to hold as many camps as possible for different locations including schools.



May 13, 2023



9:30 - 14:00

FREE DENTAL CHECK-UP

VENUE : 512 LT AD MSL REGT(SP), DELHI CANTT



M-6, FIRST FLOOR, GK - II, DELHI-110048

SPONSORED BY

**ROTARY CLUB OF
DELHI RESOURCES**

ZONE 12

DISTRICT 3011

CLUB ID - 224707



FOR REGISTRATION

MAJOR ANKIT - 9929030413

 Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
 Rtn. RAKESH BANGA, PRESIDENT ELECT.

On 13th May 2023 a Free Dental Check-up Camp was conducted by RCD Resources at 512 LT AD MSL REGT(SP), Delhi Cantt, New Delhi – 110010. This is for the benefit of the staff and of all age group. The check-up camp started at 9:30 am and finished around 2:00 pm. There were about 52 beneficiaries. The project was very well organized by Major Ankit. Lady Rtn. Niti Day and President, Rtn. Sunil Day were present from the club. One of the beneficiaries was Mrs. Anumita Sekhon, the 1st Lady of the regiment.


 Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities



A Health Check-up Camp, with specific emphasis on Diabetes was conducted by RCD Resources at 512 LT AD MSL REGT(SP), Delhi Cantt, New Delhi – 110010.. This is for the benefit of the residents of all age groups. It started early at 9:30 am and continued till 2:00 pm. Patients were registered in a very organized way. The testing equipment were provided by Rotary Diabetes Center. There were 102 beneficiaries of different age groups of advocate. Lady Rtn. Niti Day and President, Rtn. Sunil Day were present from the club. One of the beneficiaries was Mrs. Anumita Sekhon, the 1st Lady of the regiment. The project was very well organized by Major Ankit.



May 13, 2023



9:30AM - 2:00PM



FREE HEALTH CHECK-UP CAMP BY ROTARY DIABETES CENTRE

VENUE : 512 LT AD MSL REGT(SP), DELHI CANTT

1. Eye Testing & Free Specs for Poor

2. Diabetes

SPONSORED BY
**ROTARY CLUB OF
DELHI RESOURCES**



ZONE 12

DISTRICT 3011

CLUB ID - 224707

CONTACT : MAJOR ANKIT - 9929030413

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444
Rtn. RAKESH BANGA, PRESIDENT ELECT



An Eye Check-up Camp held at 512 LT AD MSL REGT(SP), Delhi Cantt, New Delhi – 110010. The check-up started at 9:30 am and finished at 2:00 pm. This is for the benefit of the residents of all age group. The testing facilities were provided by the Rotary Diabetes Center. In all there are around 80 beneficiaries that were checked. Some 10 beneficiaries of economically weaker section got free specs due to poor eye sight. The project was very well organized by Major Ankit. Lady Rtn. Niti Day and President, Rtn. Sunil Day were present from the club. One of the beneficiaries was Mrs. Anumita Sekhon, the 1st Lady of the regiment.



13-05-2023

9:30 - 14:00

ONE EARTH - ONE FAMILY - ONE FUTURE

FREE CANCER SCREENING CAMP

For Ladies & Gents - 20 Years Plus

Venue: 512 LT AD MSL REGT(SP), DELHI CANTT

1. CLINICAL CANCER TESTING
2. PAP SMEAR
3. ORAL CHECKUPS

**Rajiv Gandhi Cancer Institute
& Research Centre, Rohini**

**ROTARY CLUB OF
DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT : MAJOR ANKIT - 9929030413

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
Rtn. RAKESH BANGA, PRESIDENT ELECT
Rtn. NITI DAY, PROJECT CHAIR - 9868128079
Mr. GAGAN - RGCIRC, ROHINI





75
Azadi Ka
Amrit Mahotsav

Rotary

G20
भारत 2023

May 13, 2023

9:30AM - 2:00PM

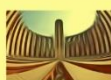
FREE HEALTH CHECK-UP CAMP BY ROTARY DIABETES CENTRE

VENUE : 512 LT AD MSL REGT(SP), DELHI CANTT

1. Eye Testing & Free Specs
for Poor

2. Diabetes

SPONSORED BY
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DELHI RESOURCES



ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT : MAJOR ANKIT - 9929030413

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444
Rtn. RAKESH BANGA, PRESIDENT ELECT

On 13th May 2023 – our Free Cancer Screening Camp, with specific emphasis on Clinical Cancer Testing, Pap Smear and Oral Checkups, etc. at 512 LT AD MSL REGT(SP), Delhi Cantt, New Delhi – 110010. The testing equipment / medical facilities were provided by Rajiv Gandhi Cancer Institute & Research Center (RGICRC), Rohini, New Delhi. This is for the benefit of the residents of Delhi Cantt. There were about 34 (Pap Smear) + 24 beneficiaries. Lady Rtn. Niti Day and President, Rtn. Sunil Day were present from the club. One of the beneficiaries was Mrs. Anumita Sekhon, the 1st Lady of the regiment. The project was very well organized by Major Ankit.

Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities



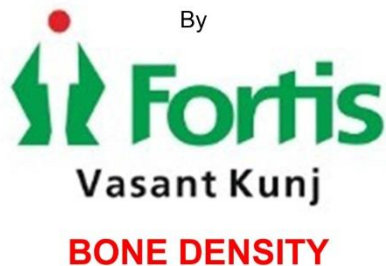
Rotary

**FREE HEALTH CAMP**

May 13, 2023

09:00 - 14:00

VENUE : 512 LT AD MSL REGT(SP), DELHI CANTT



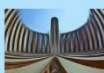
SPONSORED BY

**ROTARY CLUB OF
DELHI RESOURCES**

ZONE 12

DISTRICT 3011

CLUB ID - 224707



CONTACT

MAJOR ANKIT - 9929030413

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
Rtn. RAKESH BANGA, PRESIDENT ELECT
Rtn. NITI DAY, PROJECT CHAIR - 9868128079

On 13th May 2023 – A Health Check-up Camp, with specific emphasis on Bone Mineral Density was conducted on this Saturday by RCD Resources at 512 LT AD MSL REGT(SP), Delhi Cantt, New Delhi – 110010. This is for the benefit of residents of all age groups. It started early at 10:00 am and continued beyond 2:00 pm. Patients were registered in a very organized way. The testing equipment / medical facilities were hired by the club on payment from Fortis, Vasant Kunj. There were 127 beneficiaries of different age groups. The project was very well organized by Major Ankit. Lady Rtn. Niti Day and President, Rtn. Sunil Day were present from the club. One of the beneficiaries was Mrs. Anumita Sekhon, the 1st Lady of the regiment.





Our 56th Camp of Mammography was successfully held today, 13-05-23 at 512 LT AD MSL REFT(SP), Delhi Cantt, New Delhi - 110010 . The testing facilities are provided by the Mobile Mammography Van that is a project of Rotary Club Gurgaon. For this all ladies above 40 years should undergo preventive mammography screening once in a year. The coordinating officer Major Ankit and his team provided all the necessary arrangements / provisions for Rotarians and beneficiaries. There were 18 beneficiaries (though 20 could have been tested). 1st Lady Rtn. Niti Day and President, Rtn. Sunil Day were present from the club. One of the beneficiaries was Mrs. Anumita Sekhon, the 1st Lady of the regiment.

13-05-2023



9:30 AM - 2:00 PM

FREE MAMMOGRAPHY CAMP

(For Detection of Breast Cancer For 40 - 70 years)

Venue : 512 LT AD MSL REGT(SP), DELHI CANTT



SPONSORED BY
**ROTARY CLUB OF
DELHI RESOURCES**



ZONE 12 DISTRICT 3011 CLUB ID - 224707

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT
Rtn. RAKESH BANGA, PRESIDENT ELECT.
Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR

Contact : MAJOR ANKIT - 9929030413



SAMVEDNA
ROTARY FIGHTS CANCER 2023

15th May 2023
PHD Chamber, August Kranti Marg, New Delhi

YOU DONATE & WE RECOGNISE YOUR SUPPORT

Individuals / Clubs Donating More Than Rs. 30,000.
Individuals / Clubs Donating More Than Rs. 50,000.00
From This Year Introducing Two New Running Trophies
An Individual From District 3011 & District 3012 Making Highest Donation
This Year The Foundation Is Introducing A Special Recognition Pin
"The Cancer Foundation Fellow"
For Donating An Amount Equivalent To Usd 1000

LALIT KHANNA
PRESIDENT

ASHOK KANTOOR
EXECUTIVE VICE PRESIDENT

AJAY NARAIN
SECRETARY GENERAL



Proud to record that the 1st Lady Niti Day and President Sunil Kumar Day contributed Rs.51,000/- to The Cancer Foundation as a token of appreciation of its work for many years. it is requested that all members may contribute till 15th June and their donation will be duly recognized by The Cancer Foundation.

SAMVEDNA
ROTARY FIGHTS CANCER 2023

15th May 2023
PHD Chamber, August Kranti Marg, New Delhi

NO REGISTRATION CHARGES

High Tea After Function. Your Participation Is Important
Donate Generously – Your Donation Saves Lives
Your Donations Are Eligible U/s 80 G Of IT Act
Cheques To Be Made Favouring
The Cancer Foundation

LALIT KHANNA
PRESIDENT

ASHOK KANTOOR
EXECUTIVE VICE PRESIDENT

AJAY NARAIN
SECRETARY GENERAL

*An atheist can be charitable. But not religious.
But the religious man must be charitable*
Swami Vivekananda

SAMVEDNA
ROTARY FIGHTS CANCER 2023

15th May 2023
PHD Chamber, August Kranti Marg, New Delhi

YOU DONATE & WE RECOGNISE YOUR SUPPORT

Running Trophies For

- ⌘ The Club Making Highest Donation (consolidated)
- ⌘ The Club Making Second Highest Donation (consolidated)
- ⌘ The Club Making Third Highest Donation (consolidated)

LALIT KHANNA
PRESIDENT

ASHOK KANTOOR
EXECUTIVE VICE PRESIDENT

AJAY NARAIN
SECRETARY GENERAL



Addressing the incoming district governors at the 2023 International Assembly in Orlando, Florida, RIPE Gordon McNally called upon the members to capture the world's attention and lead the way toward possibilities far beyond our current expectations.

McNally, a member of RC South Queens ferry, Scotland, unveiled the 2023–24 presidential theme, *Create Hope in the World*, during the Assembly on Jan 9. He urged members to promote peace in troubled nations, help those affected by conflict and maintain the momentum of initiatives begun by past leaders. "The goal is to restore hope — to help the world heal from destructive conflicts and, in turn, help us achieve lasting change for ourselves," he said. McNally ended his speech by describing his ideal balance of continuity and innovation. "Rotary helps create the conditions for peace, opportunity and a future worth living. By continuing what we do best, by remaining open and willing to change, and by keeping our focus on building peace in the world and within ourselves, Rotary helps create a more peaceful world — a more hopeful world."



A Poem by Vice President Rtn Sunil Kapoor:

Once is enough

One Step in right direction is enough to forge ahead
and succeed in life

One step is enough to help some destitute,
struggling to fight inner strife

One Step paves way for a thousand miles journey
to achieve goal n exult

One prayer spoken with compassion from the heart
may yield the desired result

One emotional hug can lift a sagging , poor ,
depressed and a hurt soul

One positive hope can lift indomitable spirits to
achieve one's goal

One little candle ,if lit, can remove utter darkness in
an isolated room

One emotion filled sermon can mellow down a
dowry seeking greedy groom

One touch and caress can create a loving bond in a
married couple

One smile can convert anger in a relationship
replete with avoidable trouble

Once is enough Oh! Dear friend
Once is enough to change the trend
Once is enough to change the trend.



Rotarian of the fortnight is **Advocate Sushil Trivedi** who did a lot behind the scene in setting-up our biggest Health Camp at Saket Court Complex, New Delhi on 11-05-2023



End of the Rotary Year we will
publish list of Rotarians of
each fortnight.



Sampada



संपदा



The Official Bulletin of RCD Resources

May 15, 2023

Volume 1

Issue 19

Charter President: Rtn Sunil Kumar Day

President Elect (2023-24) Rtn Rakesh Banga

#RotaryResponds
#PeopleofAction



The 5-Way Test

of things we do and say:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?
5. Is it or will it be FUN?

Celebrations of May / June

June

- | | |
|----|---------------------------|
| 9 | Rtn. Harish Dang |
| 10 | Rtn. Sushil Kumar Trivedi |
| 18 | Rtn. Ashok Sharma |

Birthday
Birthday
Birthday

July

- | | |
|----|----------------------------|
| 8 | Rtn. Yuvraj Asnani |
| 9 | Rtn. Yuvraj Asnani & Geetu |
| 11 | Rtn. Gurmukh Kotwani |
| 15 | Rtn. Manoj Kumar Dinkar |
| 20 | Rtn. Vidushi Lal |

Birthday
Anniversary
Birthday
Birthday
Birthday

Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities