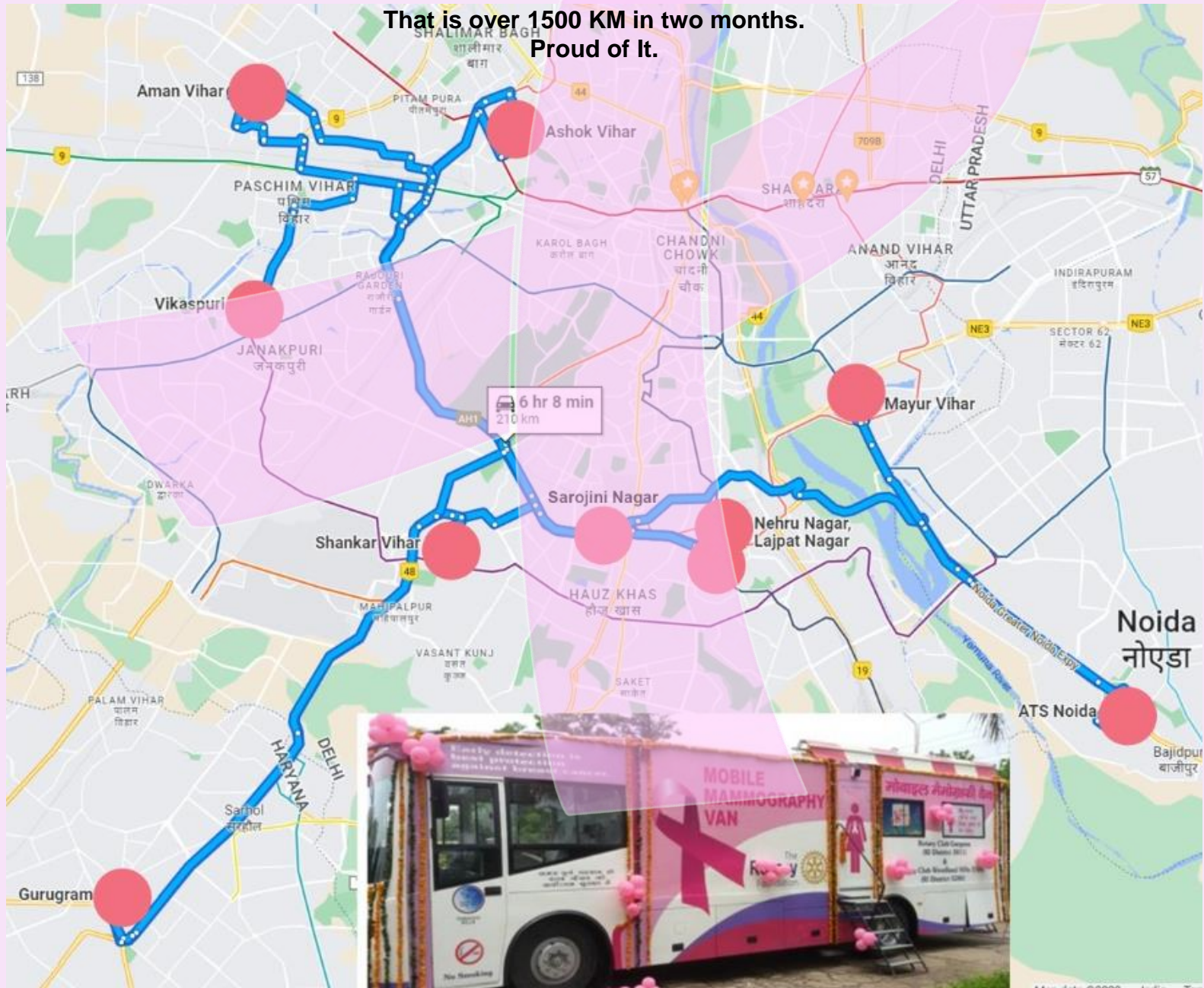


While doing the Service Projects of Free Mammography Awareness and Detection Camps, about 500 KM of Routes were Covered by the Van (Tableau / JHAANKI) on the Roads of NCR in October 2022 and in September 2022 this route was around 1000 KM for Our Club Resources Alone!

That is over 1500 KM in two months.

Proud of It.



The Mammography Van is also a Tableau / JHAANKI for us while traveling to the Camp Areas of our Rotary Club of Delhi Resources

## Celebrations

### October

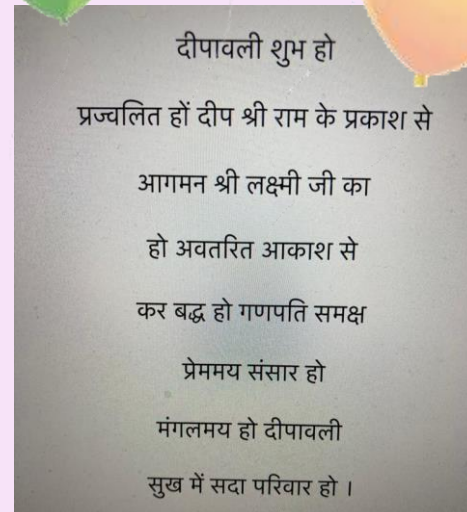
- 3 Rtn. Niti Day
- 9 Rtn. Subhash Kalra
- 18 Rtn. Harish & Anjali Dang

### November

- 11 Rtn. Nilu Sahdev
- 23 Rtn. Alok Sahdev & Rtn. Nilu Sahdev
- 23 Rtn. Himinder Lal & Rtn. Rajni Ohri Lal
- 29 Rtn. Rakesh Banga & Rtn. Alka Banga
- 30 Rtn. Sushil Kumar Trivedi & Anne Sadhna

- Birthday
- Birthday
- Anniversary

- Birthday
- Anniversary
- Anniversary
- Anniversary
- Anniversary



Poem by Rtn. Kumudni Shrivastava

### Extravagant Diwali by Vice President



There was a cloud burst, incessant rains enveloped a mist of shrouds. There was lightening, thunder blizzard n the darkest of clouds The winter is approaching so is Dewali sparkling the sky with light Diwali is to be celebrated with fervour, merriment cheer n delight The elite have thrown extravagant parties n have started playing cards They have been Loosing money heavily without any remorse in their hearts For the rich it's a festival to show off-cars, branded apparels and have fun Purchasing diamonds studded jewellery with emeralds shinning like sun. As the Pearls gleam in autumn nights adorning lives in bright lights. As the glasses of whiskey wine n beer raise their spirits to withering heights.

Stop and ponder over and :-

Think of the vendor who is selling candles and appears disheartened. While being half clad, shivering, without food n is down trodden. The poor vendor had his last meal two days back needs to fulfil his hunger need. He has to sell the candles before the Night is over to make his two ends meet Ponder over and do consider his deplorable circumstances n plight

Give him something, either money or food so that even he can have a bite You have the means, are fortunate, so donate to destitute n poor Try n pass on some food to empty stomach, bring smile on their facial contour Help those who are unfortunate ,in tatters n a part of them dies each day Help those who have no future ,are destitute and have no place to stay Let us effuse joy to all abound and the voice of poor also resound. Only then Good will triumph over evil harmony shall prevail all around Only then Gods will be happy n festival of Diwali will have its true meaning. Only then the fragrance of flowers n array of Colors will have their true leaning Happy Diwali

Rtn. Sunil Kapoor, Vice President





May there be light in Your  
Life, both within and without.  
To ensure that the light of life  
and its possibilities shine upon  
us and future generations, the  
Soil is vital. Save Soil.  
Love & Blessings

*Sadhguru*



## A Word from the Club President

The one achievement that can be called the turning point in the history of this club is Resources joining the decades old clubs on podium for the signing of the MOU on Cancer Awareness & Detection between AIIMS and our District 3011 on 27.10.202 (see back cover). An equally impressive achievement that was widely acknowledged by most was the timely assistance provided by our club secretary Rtn Nicoleta to the patient of a heart stroke on a flight, his parents and well wishers on receiving just one call from our Zonal Assistant Governor Rtn Arun Roongta Ji. His note on the matter is covered in this bulletin. Also overjoyed on the fact that this month we did joint projects with two new Rotary Clubs and one Interact Club - this way we get better exposure and more helping hands. We can build a great club in less than 5 years based on such milestone achievements. With Heartiest Good Wishes to all members and their families in this festive season.

Rtn Sunil Kumar Day, President

## Board of Directors

<b>President</b> <b>Sunil Kumar Day</b>
<b>President Elect</b> <b>Rakesh Banga</b>
<b>Vice President</b> <b>Sunil Kapoor</b>
<b>Secretary</b> <b>Nicoleta Ioana Ciufudean</b>
<b>Joint Secretary</b> <b>Sara Banga</b>
<b>Treasurer</b> <b>Rakesh Banga</b>
<b>Sgt-at-arms</b> <b>Harish Dang</b>
<b>Club Service</b> <b>Pradeep Kumar Pangasa</b>
<b>Vocational Service</b> <b>Alok Sahdev</b>
<b>Community Service</b> <b>Dinesh Kumar Shrivastava</b>
<b>International Service</b> <b>Nicoleta Ioana Ciufudean</b>
<b>New Generation Service</b> <b>Niti Day</b>
<b>Membership</b> <b>Yogesh Sharma</b>
<b>Public Image</b> <b>Niti Day</b>
<b>The Rotary Foundation</b> <b>Alok Sahdev</b>
<b>Literacy ( T-E-A-C-H)</b> <b>Prabodh Kumar Dubey</b>
<b>Water Sanitation &amp; Hygiene</b> <b>Gurmukh Kotwani</b>
<b>CSR</b> <b>Sunil Kapoor</b>
<b>IT</b> <b>Alka Banga / Vidushi Lal</b>



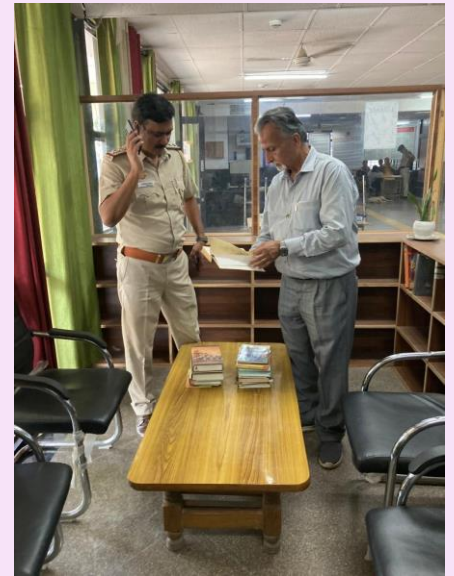
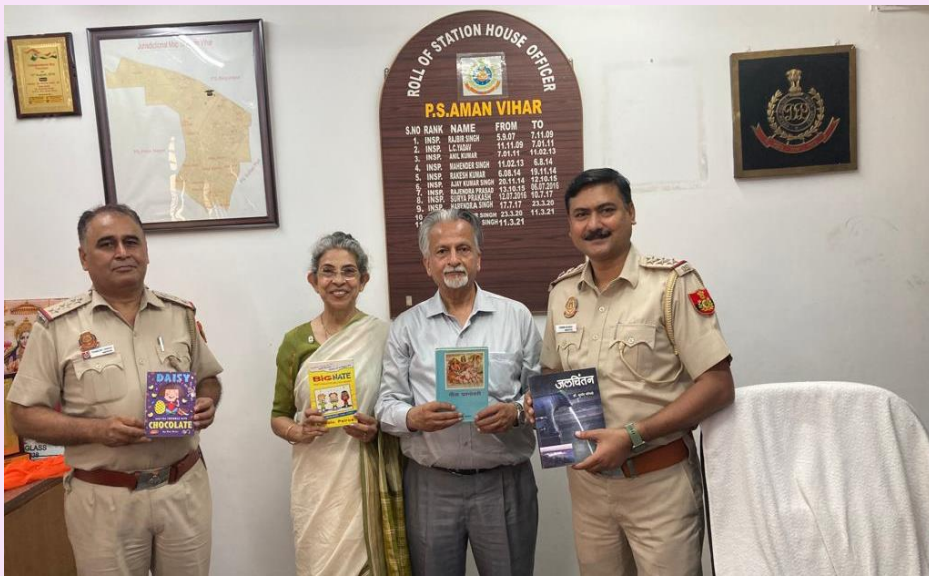
## A Note by the Editor,

This is yet another successful month. In this second complete month for the Club we have completed 7 Mammography Camps and 9 other projects. Averaging at one project every two days. For a greater impact and convenience of members we try to hold more than one project at every given date and venue. If we can maintain the pace than we can achieve our target of 101 service projects in this Rotary year of 2022-23. Look forward to more members coming forward to assist the Club in the club Bulletin Sampada would like to take this opportunity to thank our contributors - Rtn Kumudni; Rtn Sunil Kapoor; Ms. Nidhi and Mr. Vikas Vij. Also we have included inputs from Ms. Poonam Kamdar and Chirag. I also feel proud to announce that Rtn Vidushi Lal will be the Editor for the months of November and December 2022.

Rtn Niti Day, (Editor for 4 issues of August, September and October 2022)

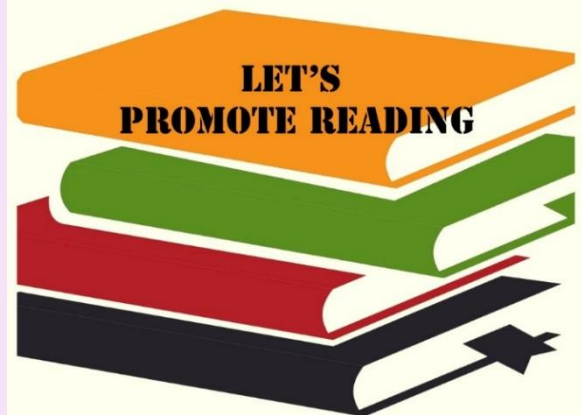






OCT 01, 2022 **Rotary** 10 AM - 2 PM

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



**LIBRARY NUMBER - 2**  
**at Police Station Aman Vihar, Delhi**

Books By : Rtn. **SUNIL KUMAR DAY**, PRESIDENT  
Rtn. **NITI DAY**, PROJECT CHAIR

This is a brief life. What you  
make out of it is completely in  
your hands.

*Sadhguru*

Let's Promote Reading - This Signature Project has been initiated / conceived by Rtn. Sunil Kumar Day, President and 1st Lady Rtn. Niti Day, Project Chair - to be at multiple locations. There are books on Management / Spiritual / Cookery/ Fiction and General Knowledge for all ages in Hindi and English. The #2 Library project was launched today with 300 books approximately, at Police Station Aman Vihar, Sector – 22, Rohini, New Delhi – 110086. The project at Police Station was also attended by ACP Shri B.R. Sankhla and was celebrated with tea & snacks in traditional Indian way for inviting auspiciousness / blessings for the success of the project.







OCT 01, 2022 Rotary 10 AM - 2 PM

## FREE MAMMOGRAPHY CAMP

(For Detection of Breast Cancer  
For 40 - 70 yrs old)

VENUE : PS Aman Vihar, Sec 22 Rohini



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ROTARY CLUB OF  
DELHI RESOURCES

ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT

SHO INSPECTOR UPENDRA SINGH - 9990005859, 8750870321  
Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR - 9868128079  
Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444

Saturday, 1<sup>st</sup> October 2022 – we organized our 13<sup>th</sup> free Mammography Camp at Police Station, Aman Vihar, Sector – 22, Rohini, New Delhi – 110086. The coordinating officer SHO Inspector Upendra Singh and his team was the prefect host with all-round provisions for Rotarians and beneficiaries. In a day 20 ladies can be checked and we met 100% target.







OCT 06, 2022 **Rotary** 10 AM - 2 PM

**FREE MAMMOGRAPHY CAMP**  
(For Detection of Breast Cancer  
For 40 - 70 yrs old)

VENUE : Arjan Vihar, Delhi Cantt.

SPONSORED BY  
**ROTARY CLUB OF DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT  
MS. NISHA PANDE - 8141667388  
Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR - 9868128079  
Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444

Free Mammography Camp at Arjan Vihar Delhi Cantt, New Delhi – 110010 on 6<sup>th</sup> Oct. 2022

This was our 14<sup>th</sup> Camp of Mammography – 2<sup>nd</sup> camp in October. This time we handed over gifts to the Mammography Van Staff (Ms. Pooja Rani, Senior Radiographer & Coordinator; Ms. Afsana, Junior Radiographer; Mr. Govind, Driver & Ms. Saroj, Assistant). We also acknowledged the support of Ms. Nisha Pandey & Col. Hari Thapa and Appreciation Certificates were given to them. AG of Zone 12, Rtn. Arun Roongta was kind enough to grace this special occasion. In this camp we had many under privileged women of the Delhi Cantt. area. In all there were 20 beneficiaries.







The Board Meeting of October 2022 was held on 08.10.2022 at the India Habitat Center over buffet breakfast. Rtn. Yaduinder Lal has willingly agreed to assist the Club with his expertise in IT for bigger outreach of our club's service projects – nationally and internationally.

Also pleased to note that Rtn. Vidushi Lal has decided to dedicate her valuable time for the Club Bulletin Sampada as Editor / Content Writer and more including Art Work.

Rtn. Nicoleta, the Club Secretary presented her brief Report on the activities during her recent stay in Romania:

It includes a Flag Exchange with the Rotary Club Cismigiu, Bucharest, Romania. She also attended a Business promotion Meeting on 29<sup>th</sup> September that was also graced by the Ambassador of India in Romania.

She has many more such business promotion meetings planned for the India and Romania. Club and the President in particular, is ready to assist her in all possible ways in holding such meetings in India. Minutes of Meeting to be referred for full details.







Birthdays / Anniversaries of September that were pending were celebrated today (08-10-2022) at IHC. It was for Rtn. Nicoleta (19<sup>th</sup> September) and Rtn. Yaduinder Lal (24<sup>th</sup> September) and Anniversary of Rtn. Sunil Kapoor & Anne Punam Kapoor (30<sup>th</sup> September). The cake was presented by the 1<sup>st</sup> Lady Rtn. Niti Day and this will be the practice for the whole year. The Birthdays and Anniversaries of October will be celebrated in the next Club Meeting.







OCT 08, 2022 **Rotary** 10 AM - 2 PM

**FREE MAMMOGRAPHY CAMP**  
(For Detection of Breast Cancer  
For 40 - 70 yrs old)

VENUE : Near Gurudwara, Lajpat Nagar-III

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**ROTARY CLUB OF DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

IN COLLABORATION WITH  
SENIOR CITIZEN FORUM, LAJPAT NAGAR-III

Sh. KARAMVIR CHHABRA, COORDINTOR - 9811060708  
Sh. R. P. MUNDRA, SCF - 9810052576  
Sh. ASHOK GUPTA, SCF - 9999902810  
Sh. SANJAY SHARMA, SCF - 8800004952

Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR - 9868128079  
Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444



Our 3<sup>rd</sup> Mammography Camp of this month was held on Saturday, 8<sup>th</sup> October 2022 - This free Mammography Camp was done in collaboration with Senior Citizen Forum (SCF) and Gurudwara, Lajpat Nagar - III, New Delhi – 110024 in front of the Gurudwara. The Rtn. Rakesh Banga; Rtn. Sara Banga; Rtn. Vidushi Lal; Rtn. Yaduinder Lal; Rtn. Dinesh Kumar Shrivastava; Rtn. Nicoleta Ioana Ciufudean; Rtn. Niti Day & Rtn. Sunil Kumar Day were present and Appreciation Certificates were handed over to Sardar Pritpal Singh, President of Gurudwara. Among the officials of Senior Citizen Forum (SCF) Mr. R. P. Mundra, Gen. Secretary; Mr. A. K. Gupta & Mr. Karamvir Chhabra were handed over the Appreciation Certificates. And this was another successful Mammography Camp held at this place. In all there were 20 beneficiaries.







On Sunday, 9<sup>th</sup> October 2022 – The Arya Samaj, D Block, Vikas Puri wanted to hold this free Mammography Camp in memory of their leader Shrimati Pushpa Kalra. And their Gen. Secretary Jyoti Bhushan Oberoi approached us. Our President knew the Kalra family so we responded by making arrangements for the Mammography Van to do this camp in collaboration with Arya Samaj D-Block, Vikas Puri New Delhi – 110018 at its premises. In a day 20 ladies can be checked and we met 100%.



स्व. श्रीमती पुष्पा कालरा माता जी की पुण्यतिथि पर  
**आर्य समाज डी - ब्लॉक विकास पुरी**  
 एवं Rotary Club द्वारा  
**FREE MAMMOGRAPHY CAMP**  
 For Detection of Breast Cancer  
 Age group 40 - 70 yrs old  
 स्थान : आर्य समाज डी ब्लॉक, विकास पुरी, नई दिल्ली  
**9 Oct. 2022 10 AM - 2PM**  
 आप आज ही दिए गये नंबर पर Whatsapp द्वारा रजिस्ट्रेशन करायें।



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 DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

श्री सुनील कुमार डे (प्रधान) श्रीमती गीती डे (अध्यक्ष नैमेग्राफी मिशन)

CONTACT

कर्नल रामेश मदान प्रधान ज्योति भुषण ओबेरोय महामंत्री अगिल भादिया कोषाध्यक्ष विजिता बाबरा प्रभार

संयोगिका :- श्रीमती किरण डावर 9810807573 श्रीमती रानी ओबेरोय 9868061938







The management of Arya Samaj led by their President Col. Ramesh Madan and General Secretary Mr. Jyoti Bhushan Oberoi were keen to show their charitable hospital 'Guru Virjanand Dharmarth Aushadhalaya' to the President and 1<sup>st</sup> Lady. Mr. Subhash Kalra who was visiting from Dubai and his sister Mrs. Rita with her husband Mr. Yash Pal were also the special guests of the tour – they are also our potential Rotarians. This hospital has a footfall of 700+ every day and they have many departments. There is a huge potential to collaborate with the hospital for providing new / upgrading machines / CSR funding, etc. to support this very dedicated organization that works 7 days a week for the poor and needy people.





**Rotary**  
DISTRICT - 3011

Supported by  
**ROTARY CLUB OF DELHI RAJDHANI**  
RTN. MANOJ AGGARWAL  
President  
RTN. ABHISHEK SAHAI  
Hony. Secretary

**Sapno Ki Udaan**  
Sponsored by  
**SANKALP FOUNDATION**  
RTN. VAISHALI MITTAL, Chairperson  
N-22, Jangpura Extension, New Delhi - 110014  
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RTN. SUNIL KUMAR DAY  
President  
RTN. NICOLETA  
Hony. Secretary

RTN. MANOJ AGGARWAL  
Club President

RTN. ABHISHEK SAHAI  
Club Secretary

RTN. RAJEEV MITTAL  
District Social Welfare,  
Sanitation & Hygiene Chair



On Wednesday, 12<sup>th</sup> October 2022 our club distributed 230 snacks packets – one for each student. Each packet included namkeens and biscuits / slice of cake at Ratan Chand Arya Public School, Y Block, Sarojini Nagar, New Delhi - 110023. Most of these snacks packets were provided by Sankalp Foundation. To cover the shortfall the 1<sup>st</sup> Lady provided additional packets. The occasion was graced by the presence of high ranking officials of Arya Samaj and our AG Rtn Arun Roongta Ji.







OCT 12, 2022



9:30 Onwards

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**ROTARY CLUB OF  
DELHI RESOURCES**



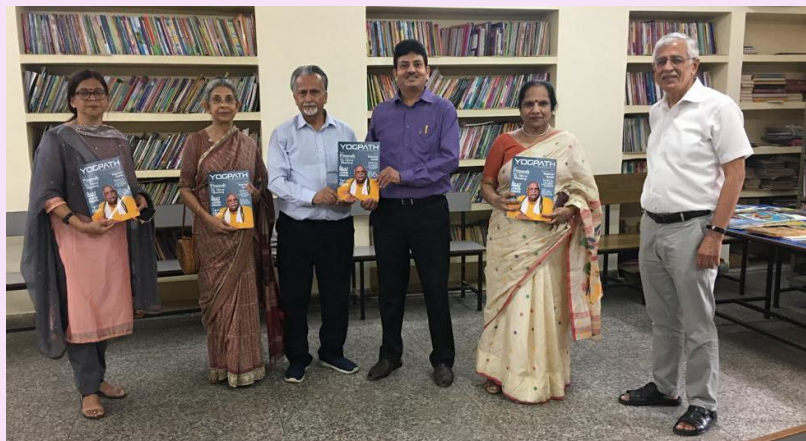
ZONE 12 DISTRICT 3011 CLUB ID - 224707

**LET'S  
PROMOTE READING**

**LIBRARY NUMBER - 3**

at Ratan Chand Arya Public school, Y  
block, Arya samaj Sarojini Nagar

Books By : Rtn. SUNIL KUMAR DAY, PRESIDENT  
Rtn. NITI DAY, PROJECT CHAIR



Let's Promote Reading – on 12.10.2022 it was our 2<sup>nd</sup> Library this month. Books & Magazines are being provided by Rtn. Sunil Kumar Day, President & 1st Lady Rtn. Niti Day, Project Chair for this Signature Project of our Club. There are books of Fiction & General Knowledge mainly for all ages of students in Hindi & English. In all 252 books/magazines were provided to the library of Rattan Chand Arya Public School, Y Block, Sarojini Nagar, New Delhi – 110023. The project at School was also attended by members of management including Ms. Tripta Ji & Mr. Kirpal Singh Ji as well as Principal Ms. Abbha Ji & was celebrated with tea & snacks in traditional Indian way for inviting auspiciousness/blessings for the success of the project. Rtn. Deep Ji provided 3 copies of Yogpath which has a 3 page article on him.







OCT 12, 2022



9:30 Onwards

## FREE DENTAL CHECK-UP

VENUE : Ratan Chand Arya Public School, Y Block, Arya Samaj Sarojini Nagar

# clove:)

## DENTAL

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

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DELHI RESOURCES**

ZONE 12

DISTRICT 3011

CLUB ID - 224707



### CONTACT

MRS. ABHA KHANDURI, PRINCIPAL - 7982597567 & 84478 55313  
MRS. TRIPTA SHARMA (MANAGER) - 9599092477  
Rtn. SUNIL KUMAR DAY, PRESIDENT, RESOURCES

This Dental Checkup Camp was the 1<sup>st</sup> for Ratan Chand Arya Public School, Y Block, Sarojini Nagar, New Delhi - 110023. It was setup by Clove Dental between 09:30 am and 1:30 pm on 12<sup>th</sup> October 2022. There were 188 beneficiaries that included students and some staff members. School is very keen to hold more such camps involving parents and teachers also – that our club will be holding soon.







OCT 12, 2022



10 AM - 2 PM

**FREE MAMMOGRAPHY CAMP**(For Detection of Breast Cancer  
For 40 - 70 yrs old)VENUE : Ratan Chand Arya, Public school, Y  
block, Arya samaj Sarojini NagarSPONSORED BY  
**ROTARY CLUB OF  
DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

**FOR REGISTRATION CONTACT**MRS. ABHA KHANDURI, PRINCIPAL- 7982597567 & 84478 55313  
MRS. TRIPTA SHARMA (MANAGER) - 9599092477

Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR - 9868128079

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444



On 12<sup>th</sup> October 2022 our club organized its 17<sup>th</sup> free Mammography Camp at Rattan Chand Arya Public School, Y Block, Sarojini Nagar, New Delhi – 110023 outside its premises. The testing facilities are provided by the Mobile Mammography van, that is a project of Rotary Club Gurgaon. Also it was first of its kind in Sarojini Nagar so it was a great awareness drive.







It was a great fellowship day on 12<sup>th</sup> October 2022 at the RC Arya Public School, Sarojini Nagar, as we handed over Club Flags to our newly inducted Rtn. Deep Chand Kaushik and he was also presented with the Rotary kit and the President fixed the Rotary Pin. The Flag was also given to Rtn. Gurmukh Kotwani. The Management of Rattan Chand Arya Public School, Y Block Sarojini Nagar, led by Ms. Tripta Ji presented bouquet of flowers to President and the 1<sup>st</sup> Lady as well as the Joint Secretary to appreciate the 4 service projects we did at their school. Several future projects were discussed that need to be done at this school / mandir. There is a huge scope for us to contribute.







Our Club Secretary attended India Carpet Expo at Varanasi on 15<sup>th</sup> & 16<sup>th</sup> October 2022 to promote Exports from India to Romania.

India Carpet Expo is one of the largest Handmade Carpet Fair in Asia which serves as a unique platform for the buyers to source the best of handmade carpets, rugs and other floor coverings under one roof. It is held bi-annually with a view to showcase the Cultural Heritage of Indian Handmade Skills. This year it was held at Bhadohi on 15 – 18<sup>th</sup> October 2022







OCT 16, 2022



10 AM - 2 PM

**FREE MAMMOGRAPHY CAMP**(For Detection of Breast Cancer  
For 40 - 70 yrs old)VENUE : Jivodaya Hospital Ashok Vihar,  
Phase-1 Delhi-110052.(Near Deep Central Market)SPONSORED BY  
**ROTARY CLUB OF  
DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

**FOR REGISTRATION CONTACT**

Mrs. NIDHI VIJ - 9310493102

Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR - 9868128079

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444

On Sunday 16th October 2022 our club organized a free Mammography Camp at Jivodaya Hospital, Ashok Vihar, Phase -1, Delhi – 110052. The Mobile Mammography van is a project of Rotary Club Gurgaon. In a day 20 ladies can be checked to meet 100% target. In a day 20 ladies are checked normally but today we did 21 considering they had come from economically weaker section of Jahangirpuri that is about 8 km away. We also appreciate the serious efforts put in by 'Happiness After Cancer' run by Ms. Nidhi & Mr. Vikas Vij. We also take this opportunity to appreciate the roles of Ms. Stuti & Mr. Deepak Wadhvani in this camp. We plan for more camps together. Two of our future Rotaractors also attended the camp.







On Wednesday, 19<sup>th</sup> October 2022 our club distributed 185 Notebooks to the students of Rattan Chand Arya Public School, Y Block, Sarojini Nagar, New Delhi – 110023. The project at School was also attended by members of management including Ms. Tripta Ji; Mr. Kirpal Singh Ji and Principal Ms. Abbha Ji & it was celebrated with tea & snacks. The grand child and daughter in law of the President also joined the event.

A Brief Note on Rattan Chand Arya Public School – it has dedicated and professional teachers that ensure that the children get the maximum out of their education. The School was founded in 1984. The primary medium of instruction is English. The school takes pride in its excellent teaching methodology. This school runs classes from 1 to 8 to provide education to students. There are 230 students presently. The school library is also very good. The school has given exceptional results in the academic sphere and its students have excelled in extra co-curricular activities too.

OCT 19, 2022 **Rotary** DISTRICT - 3011 12 PM - 1 PM

**DISTRIBUTIONS OF NOTEBOOKS**

VENUE : Rattan Chand Arya Public School, Y Block, Arya Samaj Sarojini Nagar

**THE GIFT OF LITERACY THROUGH ROTARY**

In Collaboration of

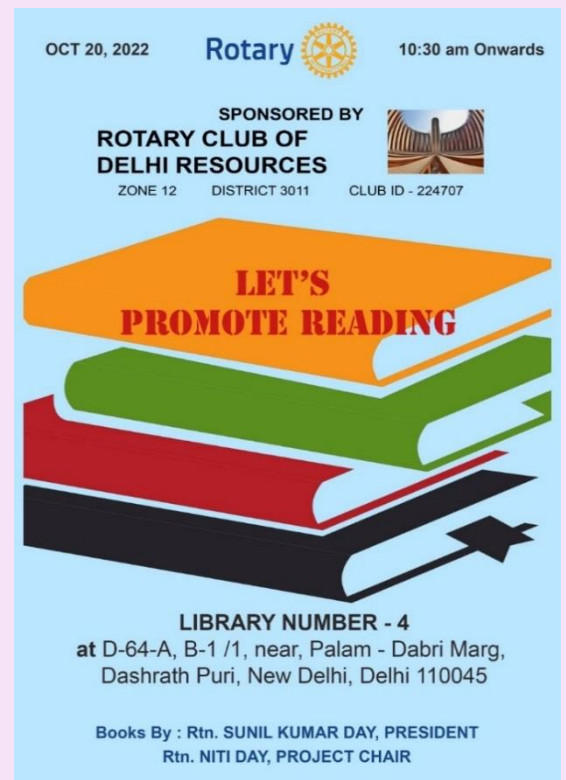
**ROTARY CLUB OF DELHI RESOURCES** & **ROTARY CLUB OF ROHTAK SCHOLARS**

CONTACT

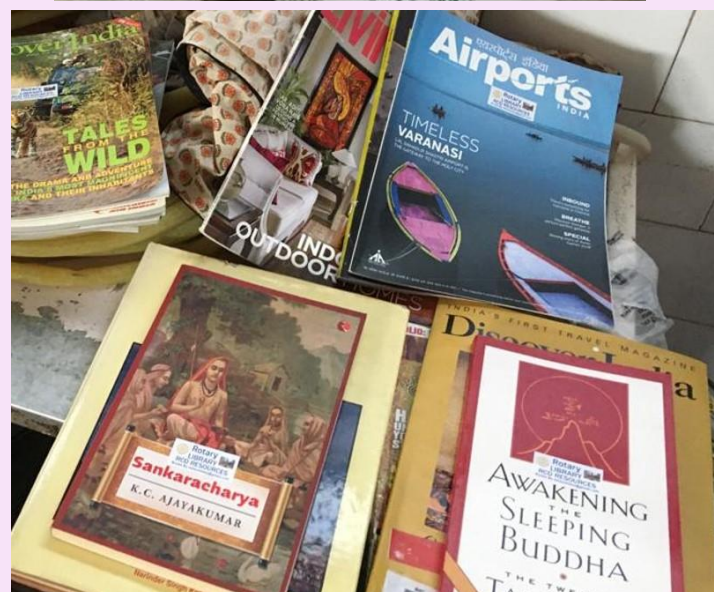
MRS. ABHA & MRS. TRIPTA  
Rtn. NICOLETA CIUFUDEAN, CLUB SECRETARY  
Rtn. SUNIL KUMAR DAY, PRESIDENT, RESOURCES







Let's Promote Reading - This Signature Project that was conceived by Rtn. Sunil Kumar Day, President & 1st Lady Rtn. Niti Day, Project Chair are being setup at multiple locations. There are books of all kinds and for all ages in Hindi & English. The project has been started with about 7000 books – a mixture of new and pre-loved books. The #4 Library project was launched today with 31 books/magazines, at Pitajis Brdh Ashram (Old Age Home), D-64-A, B-1/1, Near Palam - Dabri Marg, Dashrath Puri, New Delhi – 110045. Some benefits - The first & foremost benefit is getting free books. Then availability a variety of books. A library is the biggest resource for books. Books are the 'Best Friends of Man' anyway. The project at Old Age Home was also attended by two teachers and 42 students of JLDVA RBE Paschim Vihar, New Delhi.







On the occasion of Diwali our Club decided to light-up the lives of inmates of the Pitajis Bridh Ashram. So on Thursday, 20<sup>th</sup> October 2022 it was early Diwali for the lonely 52 males and 3 females who were abandoned by their near and dear ones. This home is run by Shri Kanwal Jeet Singh and his organization with the help of donors as there is no help / funding from the state. The 55 snack packets for inmates and 42 snack packets for students and six packets for the staff and teachers were all sponsored by Annet Kalyani Day, daughter of the Club President.

OCT 20, 2022



10 AM - 12 NOON

## DIWALI AT OLD AGE HOME

VENUE : D-64-A, B-1 /1, near, Palam - Dabri Marg,  
Dashrath Puri, New Delhi, Delhi 110045



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**ROTARY CLUB OF  
DELHI RESOURCES**

ZONE 12

DISTRICT 3011

CLUB ID - 224707



&amp;

**JLDAV RBE, Paschim Vihar**

Rtn. NICOLETA CIUFUDEAN, CLUB SECRETARY  
Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT

## OUR MORAL COMPASS

### FOUR-WAY TEST

*of things we think, say, or do*



Rotary



Is it the TRUTH?



Is it FAIR to all concerned?



Will it build GOODWILL &amp; BETTER FRIENDSHIPS?



Will it be BENEFICIAL to all concerned?







In a Historical Event on 27.10.2022, District Governor, Rtn Ashok Kantoor signed an agreement with AIIMS to facilitate a big Mission against Cancer, in terms of Awareness, Detection & Treatment. The event was attended by a large number of Doctors from AIIMS, Rotarians, Cancer Survivors & Media. The participating Clubs were felicitated with Certificates and mementos. To conclude there was a Cycle Rally to show our resolve to combat Cancer with an iron hand. All the participants were given Pink T shirts. Our young Club was one of the 8 sponsors of this historic event.







OCT 28, 2022 **Rotary** DISTRICT - 3011 9:30 Onwards

**EYE CHECK-UP CAMP**

VENUE : GLT Saraswati Bal Mandir, Nehru Nagar,  
New Delhi-110065

TESTING BY



**CENTRE FOR SIGHT**  
Every eye deserves the best

SPONSORED BY  
**ROTARY CLUB OF DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

CONTACT  
MS. VEENA, SCHOOL PRINCIPAL - 92126 377727  
Rtn. SUNIL KUMAR DAY, PRESIDENT, RESOURCES  
Rtn. NICOLETA, SECRETARY, RESOURCES



On 28<sup>th</sup> October 2022 - Our club organized an Eye Check-up Camp at GLT Saraswati Bal Mandir, Nehru Nagar, New Delhi – 110065 in collaboration with Centre for Sight. The check-up started at 09:00 am and finished at 2:00 pm. The testing facilities Van was provided by Center for Sight. Centre for Sight is registered in many states under the Nursing Home Act by the Directorate General of Health Services. They are on the panel of many reputed public sector undertakings, corporates, and TPAs. Their eye bank is well established and situated at Preet Vihar, Delhi. They have a pan-India presence with 50 eye care centers across the country. There were 165 beneficiaries including students, teachers and staff.







OCT 28, 2022



10 AM - 2 PM

## FREE MAMMOGRAPHY CAMP

(For Detection of Breast Cancer  
For 40 - 70 yrs old)

VENUE : GLT Saraswati Bal Mandir, Nehru Nagar,  
New Delhi-110065



SPONSORED BY  
**ROTARY CLUB OF  
DELHI RESOURCES**

ZONE 12 DISTRICT 3011 CLUB ID - 224707

### FOR PRE-REGISTRATION CONTACT

MS. VEENA, SCHOOL PRINCIPAL - 92126 37772

Rtn. NITI DAY, MAMMOGRAPHY MISSION CHAIR - 9868128079

Rtn. SUNIL KUMAR DAY, CLUB PRESIDENT - 9911894444



On Friday 28th October 2022 our club organized a free Mammography Camp at GLT Saraswati Bal Mandir, Nehru Nagar, New Delhi – 110065. The Mobile Mammography van is a project of Rotary Club Gurgaon, and it is equipped with a state-of-the-art mammography unit and chamber for PAP'S smear. One of the purposes of this van is to spread awareness about breast cancer and to provide Mammography screening to all but the underprivileged class is preferred. For this all women above 40yrs should undergo preventive mammography screening once in a year. In a day 20 ladies can be checked to meet 100% target and we met that.











## District Literacy Seminar &

Introduction to Diversity, Equity and Inclusion

**29<sup>th</sup> October, 2022**

Theater below Stein Auditorium,  
India Habitat Centre, New Delhi

**Program**

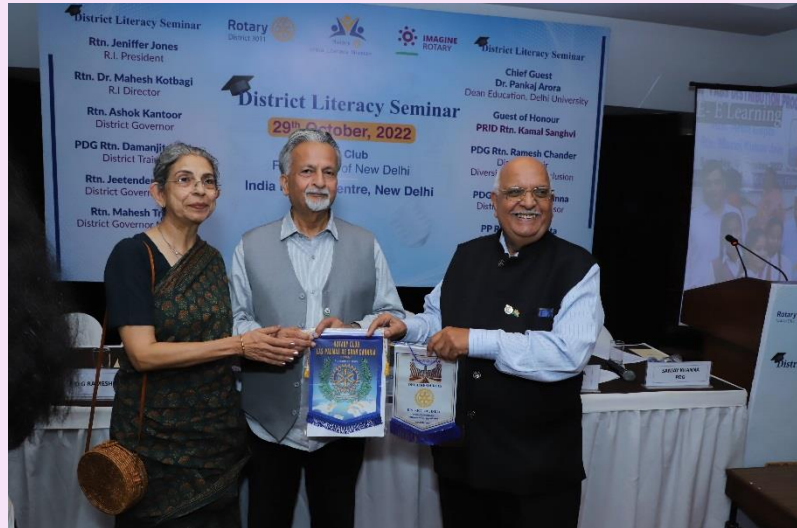
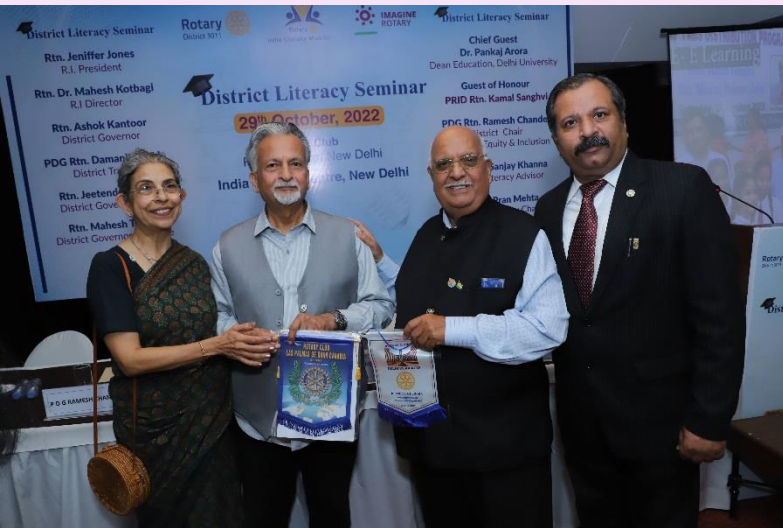
Registration : 2:30 PM to 3:00 PM  
Seminar : 3:00 PM to 5:15 PM  
Followed by Hi-Tea

**NO REGISTRATION FEE**

**Rtn. Ashok Kantoor**  
District Governor







Flag Exchange took place between Rtn Pablo Jai Prakash Lalwani, Vice President of Rotary Club of Las Palmas Spain and our President and 1<sup>st</sup> Lady. This is our 4<sup>th</sup> Flag Exchange so far!



A lot of Fellowships with other District 3011 Leaders



Presented to our President Elect and 1<sup>st</sup> Lady 2023-24 earlier in the month







Monthly Club Meeting was held at IHC, Lodhi Road. Four prospective members were invited. It was a great session with all discussing the future of the Club and how to achieve greater heights with greater projects for greater betterment of the society. The venue and large spread of dishes were highly appreciated and it was decided to hold the next meeting also the same venue. In all there were 15 who attended.







Birthdays of Rtn. Niti Day; Ms. Kusum Soin; Rtn. Subhash Kalra; Mr. Vikas Vij & Anniversary of Rtn. Harish & Anne Anjali Dang – all falling in the month of October, were celebrated in the Club Meeting.

The Certificate issued on 27.10.2022 on the Event of MOU between AIIMS & District 3011







OCT 31, 2022 **Rotary** DISTRICT - 3011 9:30 Onwards

**EYE CHECK-UP CAMP**  
 VENUE : Rattan Chand Arya Public School, Y Block, Arya Samaj, Sarojini Nagar

TESTING BY

**CENTRE FOR SIGHT**  
 Every eye deserves the best

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

CONTACT  
 MRS. ABHA KHANDURI, PRINCIPAL- 7982597567 & 84478 55313  
 MRS. TRIPTA SHARMA (MANAGER)- 9599092477  
 Rtn. SUNIL KUMAR DAY, PRESIDENT, RESOURCES  
 Rtn. NICOLETA, SECRETARY, RESOURCES

On 31<sup>st</sup> October 2022 - Our club organized an Eye Check-up Camp at Rattan Chand Arya Public School Y- Blok, Arya Samaj, Sarojini Nagar, New Delhi – 110023 in collaboration with Centre for Sight. The check-up started at 09:30 am and finished at 12:30 pm. 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. They have pan-India reachability with 50 eye care centers across the country. There were over 120 beneficiaries including students, teachers, staff and some parents too







An excellent example of Rotary

My friend's son was traveling to the USA via Frankfurt by Lufthansa. Enroute he had a heart condition. The flight was diverted to nearby Bucharest, Romania for medical treatment.

We got an SOS on our Alumni Group for help as the Parents were not aware about his whereabouts in Romania and his health. They were looking for some assistance in Romania.

I got in touch with Rtn. Nicoleta, Secretary, RCD Resources and a citizen of Romania.

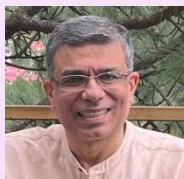
She acted with lightening speed and in minutes got in touch with Romanian Embassy, emergency and the Hospital.

She provided with all the Information and spoke to the right persons to ensure a timely medical treatment to the boy and was constantly monitoring his health and has been updating me.

Now she is helping the parents with Visas.

This is the highest example of Service above self in true Rotary spirits. We shall forever be grateful to her.

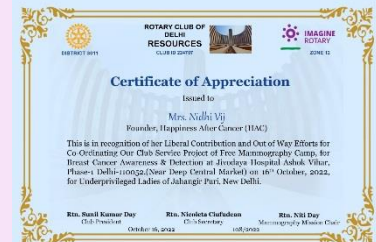
Rtn. Arun Roongta  
Assistant Governor, Zone 12, District 3011



Note by Mr. Vikas Vij

Vikas Vij said: "Rotary Club of Delhi Resources is doing extraordinary work for early breast cancer detection and treatment support in the Delhi/NCR region. Rtn. Mr. Sunil Day (President) and Rtn. Mrs. Niti Day (Mammography Chair) trusted Happiness After Cancer (HAC) for ground support and made it possible to hold a Free Mammography Camp for women from Jahangirpuri. With unconditional support from deeply motivated social leaders like Mr. and Mrs. Day and the Sisters at Jivodaya (a missionary medical centre working selflessly in Jahangirpuri for decades), the Free Mammography Camp turned out to be an outstanding success during the Breast Cancer Awareness Month (Pink October). With an iconic global organization like Rotary leading from the front, it is possible to make a transformational social impact and make the world a better place to live for all."

## Appreciations Certificates



### Appreciation Certificates issued this month

Life is beautiful

Thoughts flow in my mind Getting peace is so difficult to find. As they are erratic and scattered Lying loose, thus making me feel shattered. I lied on my bed and endlessly rolled Allowing my dreams to slowly unfold. Will it grow only in my imagination? Or will there be a solution? Something was definitely a miss I can feel. I lacked the enthusiasm and the zeal Then I asked myself while engrossed in self-reflection Hey lovely me, why are you in tension? Treat yourself with kindness during the tough time and YESSSS, all will be fine, all will be fine. These self-motivating lines created a miraculous impact and the lost hobby of writing was revived. The MANTRA to have a smooth journey is • Eat well • Think well • Talk well • Move well • Sleep well

And you will surely discover that Allzwell, allz well, allz well Friends, it's all in the mind. The new you, you have to find And please, do not stay behind With gratitude, say 'I am alive' Not just to live, but to thrive Life is beautiful indeed.

Poonam Kamdar (For Happiness after Cancer)





## Happiness After Cancer (HAC) – A Brief Introduction



Happiness After Cancer (HAC) is a nonprofit organization with a mission to increase awareness about breast cancer and other forms of cancer for prevention, early detection and timely treatment. The founder of Happiness After Cancer, Nidhi Vij is a breast cancer survivor. Right after completing her treatment journey in 2015, she decided to revisit the chemotherapy room at her hospital to meet, support and inspire other patients undergoing treatment. The organization also runs support groups for breast cancer patients and survivors in collaboration with Fortis Hospital, Shalimar Bagh (Delhi), Jaypee Hospital (Noida), and Army Hospital Research & Referral (Delhi). Happiness After Cancer was founded in 2016 by breast cancer survivor Mrs. Nidhi Vij along with co-founder Dr. Vineeta Goel, Director and Head, Radiation Oncology at Fortis Hospital, who gave HAC its mission: "Let's choose hope and solidarity, and not fear." Cancer survivors Dr. Seema Goyal, Mrs. Radhika Manaktala, Mrs. Pooja Khetrapal and Mrs. Poonam Kamdar are its other founding members and pillars of the organization. In the last six years, Happiness After Cancer has touched the lives of thousands of breast cancer patients and survivors through its support groups, fitness groups, prosthetics and wigs bank, community meetings, seminars and webinars, educational talks and interviews with cancer care specialists, street plays, social media awareness campaigns, and occasional treatment support to needy patients through self-financing efforts. Driven by her life-altering experience and backed by the vision and guidance from her radiation oncologist Dr. Vineeta Goel, Happiness After Cancer was born with just two founding members: Nidhi and Dr. Vineeta. It is today supporting countless cancer patients to fight, survive, and thrive. In her other role, Nidhi has been a partner and strategy head at their family business Primus Content, Inc. for 17 years, but she now devotes almost her entire time exclusively to nurture Happiness After Cancer. "There is an overwhelming need for cancer awareness, diagnosis and treatment in India. My goal is that Happiness After Cancer must continue to make a difference like a small drop in the ocean," Nidhi says.



Mrs. Nidhi Vij Dr. Vineeta Goel

**Chirag Foundation is a Cancer initiative and aims to ensure that those living with and beyond cancer get the care and support they need to lead as healthy and active a life as possible, for as long as possible.**

**"Defeating Cancer "  
Together**

*(More on Chirag Foundation to be covered in the next Bulletins.)*

# Cancer Health™

## I Had Cancer

There is a 'can' in  
**Can**cer  
because we CAN beat it!

**Breast cancer**









**"Walk with the Conquerors"**  
Join the crusade against breast cancer

*Pink October*

**Breast Cancer Awareness**  
27th OCTOBER | 3 PM Onwards  
at  
**Surgery Block**  
**AIIMS, New Delhi**

**Chief Guests**

Rtn. Ashok Kantoor District Governor	Dr. Sunil Chumber Head of Department	Dr. V. Seenu Professor
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**Organized By:**  
Department of Surgical Disciplines, Surgery Block, AIIMS,  
New Delhi

**in association with**

District team positive health preventive	
RCD South West	RCD Madhyam
RCD Ridge	RCF Elite
RCD Resources	RCD West Metro
RCD Delhi West	RCD South

RSVP: Dr. Piyush Ranjan | Rtn. Aroon Roongta  
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