

# Indraprastha

R I President: Jenifer E. Jones

Dist. Governor : Ashok Kantoor

President : Rtn.: Vinod Sawhney

YEAR OF CHARTER 1939

Indraprastha No 18<sup>th</sup> issue /22-23, 17<sup>th</sup> November 2022

## THE BOARD - 2022-23

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M M Janveja



## **LUNCH MEETING AT HOTEL LALIT**

On 10 November 2022 our Club held a sumptuous lunch for the attendees and it was followed by a lecture by Dr Amrita Ghosh, Endocrinologist who is involved in Diabetes Type 1 advocacy and support groups.

Dr Amrita Ghosh gave a talk on Diabetes to the audience, and she spoke of different types of Diabetes, the symptoms, medication, diet and exercise for both, the diabetic and non-diabetic.

Diabetes is not a disease, but a lifestyle disorder and is prevalent in India because of a gene wherein Indians can go without food ( as during famines when India was not a Nation of agricultural surpluses ) to a tendency to overeat with a thought that, I may not get the next meal. Indians not only tend to overeat but to its accompaniment is a lack of exercise.

The doctor spoke of Reversal Diabetes wherein diabetes, if developed, can be reversed by proper diet, exercise and monitoring at home of the blood sugar levels by the portable blood sugar level tester.

The doctor suggested the following

All ought to go in for an Annual Medical Examination on a convenient date- say, a day before the birthday or on New Years Day to check for all body parameters.

Include dry fruits especially nuts and seeds as a part of the morning schedule before going in for a walk/ yoga asana/ strengthening exercises. Nuts to include almonds, walnuts and seeds include flax and chia seeds accompanied with methi seed.

After the exercises the breakfast may include proteins in form of eggs, milk and some carbohydrates in form of bread.

Meals ought to be protein and vegetables heavy with some carbohydrates, and breakfast to be like a King, a light lunch and still lighter dinner.

Exercises to include walking, pranayama, strengthening exercises for the shoulders, arms, spine, and abdomen.

Alcohol can be had in moderation ie 60 ml per day, but with water and no aerated drinks or juices.

After the lecture, the doctor took on a host of questions from the audience, and gave satisfying answers to the questioners.

The President then requested Mrs. Radhika to present a token on behalf of Rotarians to the doctor for her lecture followed by a Vote of Thanks, which was given by Colonel Sanjeev Sehgal. All these activities were interspersed with tea/coffee beverages etc.

The Meeting was then formally adjourned by President and with an announcement for the next meeting scheduled on 18 November 2022 at Multani Dhaba, Paharganj, new Delhi

Sanjeev Sehgal.



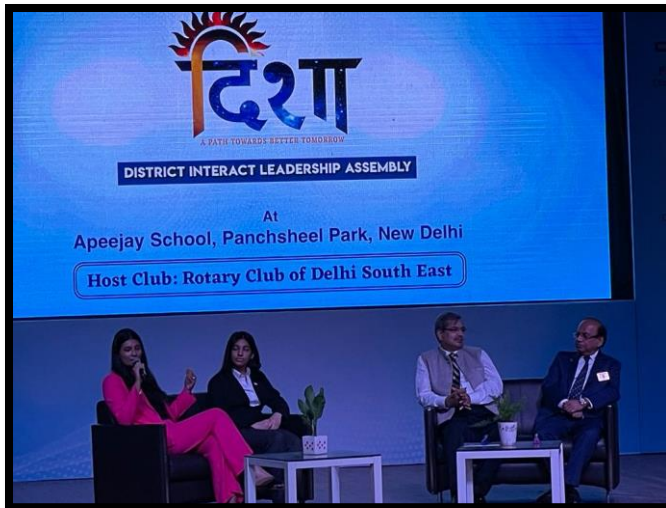
## DISHA PROGRAM ON 11<sup>th</sup> NOV

DISHA Program was very well organized by RC Delhi South East and The Distt. Team at APEEJAY Public School at Sheikh Sarai.

Our DG Ashok Kantoor gave an inspiring speech to Interactors who were there from 70-75 schools from NCR. RCD was represented by 3 schools who participated with their displays outside the venue.

Our participating schools are as under:

Modern School, Faridabad, DAV Public School, Srestha Vihar, Chinmaya Vidyalaya, Vasant Vihar. It was a great success for the Interact Schools and students as well.



### The 4-Way Test

Of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it Build **GOODWILL** and **BETTER FRIENDSHIP**?
4. Will it be **BENEFICIAL** to all concerned?



*Hema Saxena*  
*21<sup>st</sup> November*

*Next our Club  
will distribute  
Sanitary Pads  
on 18<sup>th</sup> November  
at  
Multani Dhanda,  
Paharganj,  
New Delhi*