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Rotary Club of Delhi Visit to Physiotherapy Center

On 1st December it was planned to visit our Physiotherapy Centre at Amar Colony to see and meet patients visiting there.

We interacted with them and understood their views on the services being given by our team and found them very happy for the kind of devotion & work done by our team.

Most of them want us to increase the timing from 2 hours to 3 hours which we should do to help more people. Overall our centre is a big success story in Amar Colony. Something to cheer up in our Rotary Services.



Rotary Club Causes :

Rotary is dedicated to causes that build international relationships, improve lives, and create a better world to support our peace efforts and end polio forever

1. Promoting peace

Rotary encourages conversations to foster understanding within and across cultures. We train adults and young leaders to prevent and mediate conflict and help refugees who have fled dangerous areas.

2. Fighting disease

We educate and equip communities to stop the spread of life-threatening diseases like polio, HIV/AIDS, and malaria. We improve and expand access to low-cost and free health care in developing areas.



3. Providing clean water, sanitation, and hygiene

We support local solutions to bring clean water, sanitation, and hygiene to more people every day. We don't just build wells and walk away. We share our expertise with community leaders and educators to make sure our projects succeed long-term.



4. Saving mothers and children

Nearly 6 million children under the age of five die each year because of malnutrition, poor health care, and inadequate sanitation. We expand access to quality care, so mothers and their children can live and grow stronger.



5. Supporting education

More than 775 million people over the age of 15 are illiterate. Our goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy.



6. Growing local economies

We carry out service projects that enhance economic and community development and create opportunities for decent and productive work for young and old. We also strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities.



7. Protecting the environment

Rotary members are tackling environmental issues the way they always do: coming up with projects, using their connections to change policy and planning for the future.



8. Rebuilding Lives

Rotary Clubs worked together to help Puerto Ricans rebuilding their homes and hearts after Hurricane Maria.

AGAM GUPTA

HUMAN RELATIONS

Study of Human relations is very complex and many philosophers have written thesis on the subject. Still, I am doing injustice by presenting my thoughts in a few lines.

Human Relations can still be defined as inherent connection and relationship one share with other person either naturally or by choice. Now the big question is how to maintain them to create a positive aura that enthuses happiness and also soothes other behavior. One should aim to become King Midas. There is no thumb rule for an ideal relationship. The numero uno however in maintaining any harmonious relationship is "do not have it with purpose or self interest" unless there is complete transparency and disclosure of interest. The other fundamentals are:

1. Learn to respond rather than react.
2. Learn to become a good listener.
3. Respect the other person views and sentiments, you may or may not agree.
4. Just being intelligent is not enough, act wisely. All wise persons are intelligent but all intelligent persons need not be wise.
5. Always try to put in other person shoes before being judgmental.

One must be cautious that no relationship can survive by sacrificing one's self respect and dignity. In case even after ticking all the right boxes, you are not able to carry on it is better to end it.

RAJAN GUPTA

Rotary
Club of Delhi



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?

Happy anniversary

*Rtn. Giridhar Govind,
14th December*

Next Lunch
Meeting at
Hotel Ashok
New Delhi

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