

# Indraprastha

**R I President: Jenifer E. Jones**

**Dist. Governor : Ashok Kantoor**

**President : Rtn.: Vinod Sawhney**

**YEAR OF CHARTER 1939**

**Indraprastha No 28<sup>th</sup> issue /22-23, FEBRUARY 28<sup>th</sup> 2023**

## THE BOARD – 2022-23

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Rippu Daman Sudershan

### Director

J P Shukla

### Club Advisor

Giridhar Govind

### Club Advisor

Umesh Dayal

## Charter Day Celebrations Dinner on 27.02.2023

Our Rotary Club of Delhi has started its journey in the 84<sup>th</sup> year and is blessed with lots of good memories of esteemed members who commanded respect in the country and they built many projects including Rotary Blood Bank. Our membership was 350 with names like Late Shri Atal Bihari Vajpayee & Late Shri I. K. Gujral two great PM's of our country.

Today we are at the crossroads of history with just 45 members with an average age of 70 years. Our seniors have to find a way to increase our membership to 100 at least with few new projects to keep our club flag flying.

Yesterday around 25 members & spouses attended the dinner and following Past Presidents were honoured.

- |                       |                                 |
|-----------------------|---------------------------------|
| 1. Rtn S S Backliwal  | 6. Rtn Surinder Thapar          |
| 2. Rtn Anil Jain      | 7. Rtn Ashish Jain              |
| 3. Rtn Rohit Jain     | 8. Rtn Radhika Backliwal Narain |
| 4. Rtn Girdhar Govind | 9. Rtn Abnash Mahajan           |
| 5. Rtn Umesh Dayal    |                                 |

All the Members enjoyed the food at Fraternity Club with songs from few of our music loving members.









## ONE YEAR COMPLETION OF OUR PHYSIOTHERAPY CENTRE PROJECT

Rotary Club of Delhi's **PHYSIOTHERAPY CENTRE** is the Permanent Project of the Rotary Club of Delhi which is the oldest and premier club of Rotary District 3010.

It was result of the hard labor and intense work of the then President Rtn Radhika Backliwal Narain. She faced many difficulties and challenges but succeed in setting up this much needed centre in an area where NO such facility was available. She was supported in this noble mission by the team of the then PE Rtn Vinod Sawhney and Dir. Com Service Rtn Anil Jain. Our club got a District Grant through the aegis of the then DG Rtn Anup Mittal and invaluable help from the then MCD Counsellor Shri Abhishek Dutt and Rtn Vikram Sahny. We got centrally located ground floor premises rent and electricity free with ample parking in south Delhi's Amar Colony.

After lot of research, a highly experienced and qualified Physiotherapist Ms Neetu was appointed to provide medical services.

This year the Centre has grown from strength to strength under President Vinod Sawhney and his team and is now the pride and joy of the area for which people are referred to even by doctors.

### ROTARY CLUB OF DELHI'S PHYSIOTHERAPY CENTRE, AMAR COLONY (ANNUAL REPORT 2022-23)



This report is intended to provide a comprehensive overview of the performance and operations of the Rotary Club of Delhi's Physiotherapy Centre, Amar Colony in its first year of operation, as well as to present feedback from patients who have received treatment at the center.

#### About the Centre

1. Accessibility: Easy to reach by public, centrally located near a major road make it easier for patients to find and reach our center.
2. Visibility: High visibility to attract patients as located in MCD health center.
3. Affordability: Free of Cost.
4. Well equipped.



## Strategy followed by the Rotary Club of Delhi's Physiotherapy Centre

### Patient-Centered Care Strategy:

Rotary Club of Delhi's Physiotherapy Centre adopted a patient-centered care strategy, which placed the needs and preferences of patients at the forefront of its operations. This strategy was designed to provide a more personalized and effective experience for patients and to promote positive outcomes.

The key components of the patient-centered care strategy included:

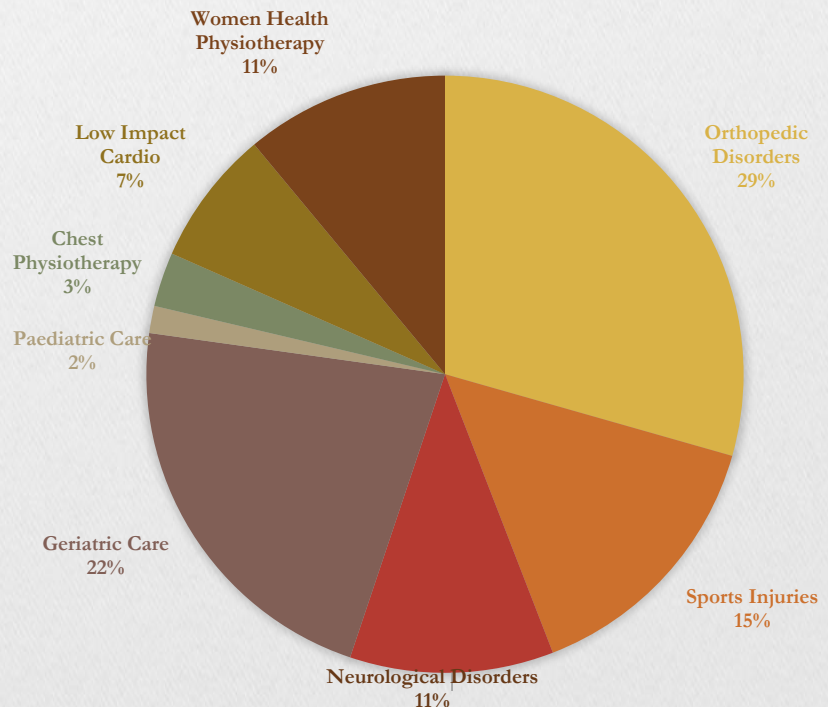
1. **Thorough Assessments:** Each patient received a comprehensive assessment at the start of their treatment, which included a review of their medical history, lifestyle, and specific condition or injury. This allowed the physiotherapist to develop a personalized treatment plan that was tailored to the individual needs of the patient.
2. **Clear Communication:** The physiotherapy department emphasized clear communication with patients throughout the treatment process. Patients were encouraged to ask questions, provide feedback, and actively participate in their own care. The physiotherapist ensured that patients understood their condition, the recommended treatment plan, and the expected outcomes.

### Patient Attendance

In its first year of operation, the physiotherapy center has given 1736 sessions in 480 hours. This demonstrates the high level of demand for physiotherapy services in AMAR COLONY and the center's success in attracting new patients.

### Physiotherapy Patients covered by following services:-

- Orthopedic Disorders
- Sports Injuries
- Neurological Disorders
- Geriatric Care
- Pediatric Care
- Chest Physiotherapy
- Low Impact Cardio
- Women Health





### Patients who have been Benefited

#### Retired Population

1. Rotary Club of Delhi's Physiotherapy center has provided free treatment, which has significantly reduced the financial burden on retired persons. This can make it easier for them to access physiotherapy services, which can be expensive in a traditional healthcare setting.
2. Rotary Club of Delhi's Physiotherapy center has reduced healthcare costs by improving physical function and reducing pain. It has reduced healthcare costs associated with chronic conditions such as arthritis, fibromyalgia, or back pain. This can be especially beneficial for retired persons, who may be on a fixed income and have limited resources to pay for expensive treatments.
3. Rotary Club of Delhi's Physiotherapy center has improved quality of life by improving physical function and reducing pain, physiotherapy has improved the quality of life for retired persons. This has helped them maintain their independence, engage in activities they enjoy, and lead a more fulfilling life.

#### Abandoned Elderlies

Rotary Club of Delhi's Physiotherapy center has provided Physical rehabilitation to elderly patients who have been left by their children have limited financial resources, limited mobility or physical function, which had made it difficult for them to perform activities of daily living or engage in social activities. Rotary Club of Delhi's Physiotherapy center has provided physical rehabilitation services to help improve mobility and physical function, which has helped patients maintain their independence.

#### Economically weaker Section

Rotary Club of Delhi's Physiotherapy center no cost treatment: A free physiotherapy center provides treatment at no cost to the patients, which is a significant relief for economically weaker sections who might not be able to afford the cost of physiotherapy otherwise.

#### Patient Feedback

Patients who have received treatment at the Rotary Club of Delhi's Physiotherapy center have provided overwhelmingly positive feedback. The following are a few examples of the comments received:

"The Rotary Club of Delhi's Physiotherapy center has a knowledgeable and professional team. I have seen significant improvements in my condition after just a few sessions."...Mrs. Rekha Sharma

"The facilities at the center are top-notch and make my rehabilitation experience enjoyable and comfortable.".....Dr. Y. P. Aggarwal.

"I appreciate the personalized approach of Rotary Club of Delhi's Physiotherapy center. They take the time to understand my individual needs and tailor my treatment accordingly."...Mr. Harikrishan.



"I came to the physiotherapy department with severe back pain, and I was skeptical that anything could help. But the care and treatment I received from the physiotherapist were truly life-changing. Not only did my pain go away, but I also learned how to prevent it from coming back. Thank you so much!"...**Mrs. Sundari.**

"I cannot thank the physiotherapy department enough for the care they provided to me. I suffered a sports injury and was devastated that i might not be able to walk again. But with the help of the physiotherapist, i was able to recover fully and get back to doing what i love. I am forever grateful!"...**Mrs. Sangeeta.**

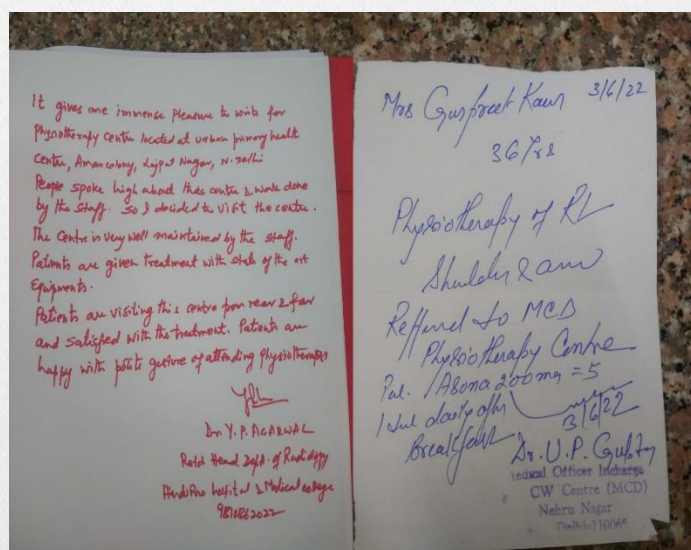
"I have been to several physiotherapy departments in the past, but none of them compare to the care I received here. The physiotherapist took the time to understand my unique situation and developed a personalized treatment plan that was truly effective. I am amazed at how much better I feel and would recommend this department to anyone."...**Mrs. Anu.**

"The physiotherapy department not only helped me recover from my injury but also gave me the tools and knowledge to stay healthy and prevent future injuries. The staff was friendly, knowledgeable, and genuinely cared about my well-being. I cannot recommend this department enough!"...**Mr. Kuldeep Singh.**

These comments are a testament to the high level of care and positive outcomes achieved by the physiotherapy department. They demonstrate the department's commitment to providing patient-centered care and its ability to make a real difference in the lives of its patients.

Conclusion: In its first year of operation, the Rotary Club of Delhi's Physiotherapy center has been a resounding success, with strong patient attendance and positive patient feedback. The center has demonstrated its commitment to providing high-quality physiotherapy services and has established a solid foundation for continued growth in the future.

## **Popularity Rotary Club of Delhi's Physiotherapy Center has gained throughout the year**



The physiotherapy department has gained significant popularity throughout its first year of operation, thanks to its high-quality care, personalized approach, and positive patient outcomes. Many patients have expressed satisfaction with the level of care they received and have recommended the department to their family and friends.

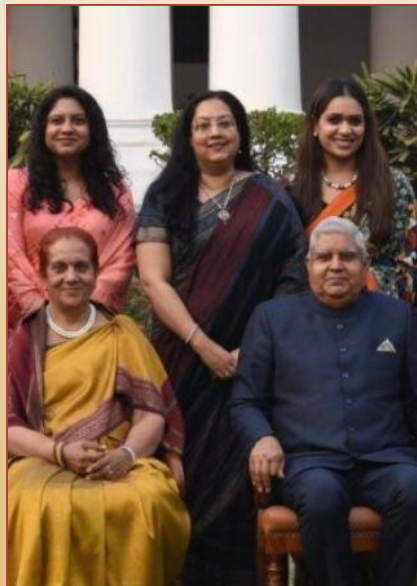
The department has also gained recognition within the broader healthcare community, with several local doctors and healthcare providers referring patients to the department for physiotherapy services. This recognition is a testament to the department's reputation for providing effective, high-quality care.

Overall, the physiotherapy department has established itself as a trusted provider of physiotherapy services in the area, with a strong reputation for patient-centered care and positive outcomes. The department looks forward to building on this success in the years to come and continuing to provide exceptional care to its patients.



## NEWS FROM MEMBERS

At the residence of  
Vice- President of India.



Spring lunch at Artillery Mess  
for Gunners.



NEXT MEETING WILL BE ON 9<sup>TH</sup>  
MARCH AT MCD SCHOOL,  
SHEIKH SARAI, NEW DELHI  
TO INAUGURATE – WIN STATION



**THE FOUR-WAY TEST**  
*Of the things we think, say or do:*

**first**

Is it the **TRUTH**?

**second**

Is it **FAIR** to all concerned?

**third**

Will it build **GOODWILL** and  
**BETTER FRIENDSHIPS**?

**fourth**

Will it be **BENEFICIAL** to  
all concerned?



**Happy Birthday**

Rtn. Umesh Dayal : 1<sup>st</sup> March

Rtn. Anil Jain : 5<sup>th</sup> March

**Happy Anniversary**

Rtn. Nishi Garg

W/o Mr. Badal Garg : 10<sup>th</sup> March

