



**IMAGINE  
ROTARY**

Imagine Rotary  
R.I Theme 2021-22  
R.I District 3011



# FOUNTAIN

**MONTHLY CLUB NEWS BULLETIN**

**ROTARY CLUB DELHI CENTRAL**



**ROTARY DIVYANG KENDRA (RDK)**

**R.I. President**

**Rtn Jennifer E. Jones**

**District Governor**

**Rtn Ashok Kantoor**

**President**

**Rtn Sanjay Aggarwal**

**Secretary**

**Rtn Dr Neelam Sethi**



*"Doing Good is a simple and universal vision. A vision to which each and every one of us can connect and contribute to its realisation. A vision based on the belief that by doing good deeds, positive thinking and affirmative choice of words, feelings and actions, we can enhance goodness in the world."*

*----- Shari Arison*



**10 SEPTEMBER 2022**

*"In life you can never be too kind or too fair; everyone you meet is carrying a heavy load. When you go through your day expressing kindness and courtesy to all you meet, you leave behind a feeling of warmth and good cheer, and you help alleviate the burdens everyone is struggling with."*

--- Tracy Brian

This is an appropriate quote for an achiever who has fought all odds and battled with cancer and yet emerged victorious each time. The Members gathered at RDK to welcome this wonderful lady -- Mrs Bharulata Kamble Patel who has driven several thousand kilometres across the world, right up to the Arctic Circle, from UK to India and many other areas where normal humans wouldn't dare venture. A few members of the club were, privileged to be in Surat a few months ago, at the launch of a 65,000 km journey that this brave lady has undertaken with her two young sons to spread awareness about TB and the importance of early detection and cure of the disease. On the 10th of September several members welcomed her in the midst of this important mission and felicitated her. RCDC supports her in her endeavour to spread awareness about this disease and we hope that we are able to align our vision with hers to work towards a 'TB Mukta Bharat'.









15 SEPTEMBER 2022

*"Those who make compassion an essential part of their lives find the joy of life. Kindness deepens the spirit and produces rewards that cannot be completely explained in words. It is an experience more powerful than words. To become acquainted with kindness one must be prepared to learn new things and feel new feelings. Kindness is more than a philosophy of the mind. It is a philosophy of the spirit.--Robert J. Furey*

Our vision is to live in a world dedicated to kindness. The youth are our future and if we educate them with the right actions we will have a generation tomorrow that is more inclined to sharing kindness.

A free Eye Check-Up Camp was organised at DPSRU. Many underprivileged persons had the opportunity to get their eyes tested. The Rotaracters of DPSRU added another feather to their cap by organising this noble project.









**17 SEPTEMBER 2022**

*"I shall pass this way but once; any good that I can do or any kindness I can show to any human being; let me do it now. Let me not defer nor neglect it, for I shall not pass this way again."--Etienne de Grellet*

Members spent a very pleasant afternoon at Delhi Heart And Lung Institute, courtesy Club Secretary Rtn Dr Neelam Sethi and Rtn Dr K.K.Sethi. The Hospital celebrated 'Patient Safety Day' by imparting useful information and knowledge to Members through speeches, presentations and relevant dance and music performances. The lunch organised by the Team was delicious and the meeting that followed was worth every minute of our time. The Doctors and Nurses had prepared posters that were exhibited all around the room and were also on display for a competition. They had worked hard on each one of them and their efforts were applauded by all the members.









18 SEPTEMBER 2022

*"Let both sides seek to invoke the wonders of science instead of its terrors. Together let us explore the stars, conquer the deserts, eradicate disease, tap the ocean depths, and encourage the arts and commerce."*

--- John F. Kennedy

And thats exactly what we need -- the Government, Rotary and the people of every country to continue their relentless fight against polio until it is eradicated completely. The rising numbers are scary and very discouraging and even if one were to cite the inactivity in the years affected by Covid-19 one should have still kept their eyes focused on Polio. It has made an appearance again with numbers moving from single digits across the world to rapidly increasing double digit. We cannot afford to be complacent anymore and there is a dire need to double our efforts in our war against the dreaded disease. It was encouraging to see our members and indeed members of several Rotary Clubs back in action and picking up their cudgels once again after more than two years.







**POLIO IS STILL  
INFECTING CHILDREN  
ENDPOLIONOW**

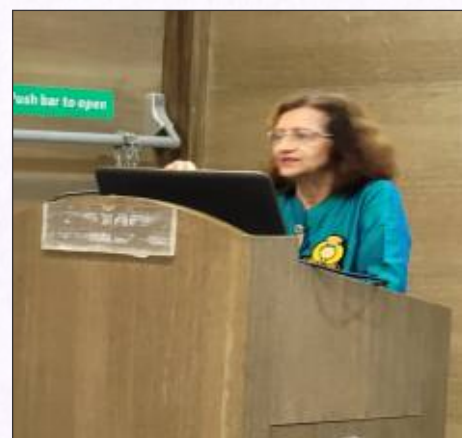
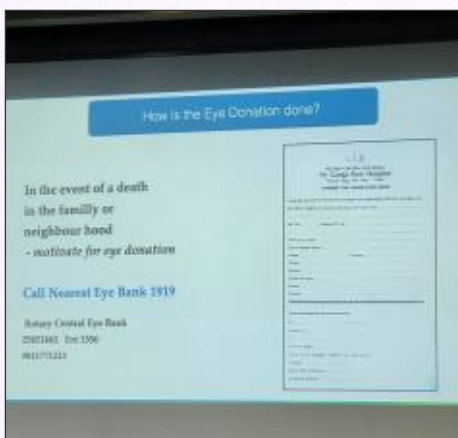


**24 SEPTEMBER 2022**

*" Eye Donation – an endowment of excellence, an arrival for Eternity."*

Eye Donation is an important part of our commitment to uplift the own trodden, the physically disabled and also those who need an organ or an eye to be able to survive and see this beautiful world in all its vibrant colours. The meeting in Sir Ganga Ram Hospital was a reminder of that commitment and to encourage more people to pledge their eyes so that someone is able to see through them. The enthusiasm in the Members was evidenced in their presence and the fact that they had battled rain, traffic and imminent possibility of getting stuck on the road for hours and still managed to make it for the meeting. All the Senior Administrators were present at Sir Ganga Ram Hospital along with Dr. Ajay Swaroop Chairman of The Board, Dr. A K Grover ( HOD Heart & Rotary Eye Bank) and Staff of the Ophthalmology Department.

President Rtn Sanjay Aggarwal started the meeting and spoke about Rotary's commitment and the work they had done in setting up the blood bank and about the tremendous efforts, of Rotary as an organisation, in eradicating Polio and other meaningful projects that lead to the upliftment of communities. This was followed by a speech by the Hospital's Consultant Dr. Prashant Grover about the need for more







work to be done in the area of Eye Donation. There is a huge gap between the number of people who need their vision restored and the number of Eye Donors and this gap needs to be filled he said. An Associate of the Eye Bank spoke about how to store the eye ; how long it can be stored and the kind of chemical solution that is selected depending upon the time for which the storage is needed.

Dr. Ravinder Kakkar spoke about the partnership between the Ophthalmology Department and Rotary Club that started in the year 1979. The project is still running and is managed by the Eye department of SGRH with some financial assistance from Rotary.

The staff presented a skit on awareness about eye donation. It was eye opener (pun intended) to see how the eye can be removed and replaced with artificial eyes to avoid disfigurement of the body.

The exhibition on eye donation was inaugurated by President Rtn Sanjay Aggarwal, Club Secretary Rtn Dr Neelam Sethi and Club Trainer PDC Rtn N. Subramaniam. The poster competition was equally informative and beautifully presented. We present some glimpses of this very productive day.



25 SEPTEMBER 2022

*"We should never forget that God granted us the power to reason so that we would do His work here on Earth - so that we would use science to cure disease, and heal the sick, and save lives." -- Barack Obama*

Thats exactly what RCDC under the leadership of President Rtn Sanjay Aggarwal aimed to achieve -- save lives with a booster doze of the Covid Vaccine. The vaccination drive was organised at Paramount Cables.





28 SEPTEMBER 2022

*"Every fish you throw back into the ocean is a triumph of the idea that human beings can be better. I do my best, every day, to throw at least one fish back into the ocean. I hope that you will join me."*

-- Olivia

AtwaterThats exactly what our dynamic Club Secretary Rtn Dr. Neelam Sethi is doing --- coming up with innovative ways to serve society. RCDC organised a talk on Menstrual Hygiene for all the domestic staff working in Udai Park in association with the RWA. Dr. Neelam Sethi delivered the talk, answered questions and even wrote prescriptions for those who needed them. Sanitary napkins, biscuits and refreshments were distributed after the talk.







**29 SEPTEMBER 2022**

*"A person who has sympathy for mankind in the lump, faith in its future progress, and desire to serve the great cause of this progress, should be called not a humanist, but a humanitarian, and his creed may be designated as humanitarianism." -- Irving Babbitt*

And this quote holds true for another vibrant Member IPP Rtn Dr. Harvinder Popli. Team RCDC organised a Health Camp on World Heart Day at DPSRU in association with the eminent Dr. Neelam Sethi, Dr K.K.Sethi and staff from DHLI. The camp started with the staff and students of Pharmacy and Staff taking a round of the institute, wearing red theme T-shirts and white caps. They released 75 balloons symbolic of the 75th year of Independence. One of the highlights of the events was the formation of a heart by Members of Staff and Rotaractors which looked splendid in a terrace-view photograph. The Cardio and Pulmonary camp was inaugurated thereafter. Team DHLI got down to work on testing BP, Weight, BMR, Blood Sugar, HB etc.

ECG & Pulmonary Function tests were also done where ever required.

Parallel to the camp, Dr. K K Sethi gave a lecture on "Protect yourself for Heart Disease, Start Early"

He stressed upon

- Life style changes      Exercise, yoga
- Refrain from Tobacco, smoking and alcohol
- Which food is healthy and how it is to be cooked in which oil.
- How to keep the level of HDL high & LDL low and danger from trans fats & Triglycerides.

After Dr. K K Sethi's lecture there was a talk by Ayurveda Doctor from AIIMS. All in all a very relevant and appropriate celebration of the "World Heart Day".





# Let's Celebrate!

## Happy Birthday

- 1-Oct PP RTN SUSHIL MALHOTRA
- 2-Oct RTN SANJEEV DUBEY
- 2-Oct RTN SARITA RAJENDRA PAL
- 2-Oct RTN MAN MOHAN SEHGAL
- 14-Oct PP RTN DR MANJU MANI
- 15-Oct PP RTN MOHIT LUTHRA
- 18-Oct RTN JATINDER KUMAR
- 21-Oct RTN SANJAY AGGARWAL
- 22-Oct PP RTN SANDEEP BATRA
- 23-Oct RTN RASHMI BATRA
- 24-Oct RTN NEERAT AGGARWAL
- 24-Oct PP RTN VINEY KUMAR SINGAL

### R'ANN AND PARTNER BIRTHDAYS

- 10-Oct RTN RTN COL S. PARAMESWARAN
- 10-Oct R'ANN GURPREET SOBTI
- 18-Oct R'ANN DIVYA MALIK
- 23-Oct RTN RASHMI BATRA
- 29-Oct R'ANN PAVITRA AGRAWAL

## HAPPY Wedding ANNIVERSARY

11 OCT

PP RTN PREM KUMAR VOHRA AND  
NEERU VOHRA

12 OCT

RTN DR RAMNEEK MAHAJAN AND  
ARCHANA MAHAJAN

20 OCT

PP RTN COL S. PARAMESWARAN AND  
RTN PADMINI PARAMESWARAN



## But just what is Rotary? AND WHY DOES ROTARY CARE?

*We work hard to give back.*

We want to create a better future and make a difference. We know we can't do it alone, so we get our support and strength from other Rotarians both in our community and across the world.



## EDITORIAL TEAM



Rtn Padmini Parameswaran



Rtn Pankaj Mallik



Rtn Harvinder Popli