



Sadbhawana

Creating Goodwill

Bulletin of the Rotary Club of Delhi Lutyens RI Distt. 3011

RI President
RTN. JENNIFER JONES

Distt. Governor :
RTN. ASHOK KANTOOR

Club President :
RTN. TARUN GUPTA

CLUB Secretary :
RTN. VIPUL GOEL

CLUB Trainer :
RTN. VIVEK JAIN

ROTARY CLUB OF DELHI LUTYENS



MESSAGE

Rtn. JENNIFER JONES

RI President 2022-23



Being asked to Imagine Rotary can seem like a big, heady exercise, but the most important element of it is something quite small, even personal.

Not too long ago, Rotary members were expected to perform our acts of service quietly. I understood and appreciated the thought behind that – humility is a wonderful trait, and we should continue to nurture it in other ways.

But keeping Rotary to ourselves has a cost. and by sharing our Rotary moments, we are being generous with others and giving them an opportunity to understand the impact of Rotary.

It brings to mind that wonderful aphorism: “People will forget what you said. People will forget what you did. But people will never forget how you made them feel.”

So how do we make people feel Rotary? The best way is to share our Rotary moments. We have all had them – when the ordinary collides with intention to create something extraordinary.

Some people have those Rotary moments the first time they go to a meeting. For others, it can take years, before seeing the joy in the eyes of someone we serve. Or perhaps in hearing from another member something that hit close to home.

As Nick and I share this journey, we are amazed at the work you are performing and the lives that are transforming. Throughout the year, I’m going to share with you the sights and the stories that made those tours meaningful for us.

I hope you can do the same in your corner of Rotary. It can be something you share in meetings or on social media. For the most savvy and ambitious, it could be an event you publicize with local media. Even sharing your stories with friends has impact.

We need ambassadors for Rotary’s message and our dreams for a better world. The best ambassadors are you. The more you share stories – and share them from the heart – the more you encourage others to partner with us, to join us, and to stay.

To give you just one small example, in the months ahead, I will be turning over this column to Rotary members who will share their personal stories as they relate to diversity, equity, and inclusion in our organization. It’s important that we hear these stories directly from the people who experienced them as a way of feeling the importance of DEI for the future of Rotary.

In everything we do, what people feel about Rotary will shape our future. I can only imagine what you will inspire through the stories you’ll tell.

MESSAGE

Rtn. TARUN GUPTA

Club President



Greeting Friends, I am privileged to be Selected as the President of this prestigious club for 2022-23. Starting from PETS, till now, when two months have passed, I have seen my initial hesitation wither away, and have discovered how to budget, organise and manage Rotary Programs. As I feel I have gained through this post of President, I have also tried to make our members feel privileged to be part of RCD Lutyens, and to provide enjoyment in a social setting. The strength so gained, can be provided to do Service Above Self.

Our members have come forward to organise Community Programs notable Rtn N.K. Mittal and Rtn. Vivek Jain. We wish to continue with same .

Through our speaker's meet, our endeavour is to provide value addition in some new areas of everyday decision making. We wish to hold Blood Donation Camp, Mammography Camp going in future.

We also are looking forward to make Interact Club and bringing out a member's directory.

We welcome your feedback and suggestions for activities of the Club going forward .

Rotary Greetings,

RTN. TARUN GUPTA,
PRESIDENT



EDITORIAL



VIVEK JAIN



DR. SHASHI GUPTA

Greetings and a great Namaskar to our esteemed members and beautiful Annes of Rotary club of Delhi Luteyens . It takes us immense pleasure to release the second edition of our Bimonthly Newsletter Sadbhawana, I hope the first edition has been well appreciated by all.

Come September, and we all gear up for the forthcoming social events and festivals. The spirits are high, the cool breeze in the air signals towards the onset of winter, further taking our thoughts and actions into a different but positive mode. For sure the summers are ending and we are now in a celebratory mood.

Starting with Kshama Bhawana from pious Jain RELIGION Duslakshnis, we proceed towards paying homage to our bereaved family members during PitruPaksha, which actually signifies our gratitude and kshama prarthna towards our elders, who physically are no more with us, but always are showering their blessings on us.

Softening our hearts, Maa Durga enters with full bounce during the onset of Navratris, which takes us to a different level of divinity. Those nine days, Maa Pujan cleanses our soul, thereby infusing lots of positive energy in all of us. And then comes Vijaydashami, the victory of good over evil, truth over lies and all the positive energies over negative ones.

Twenty days to go for Deepawali! Vow!! The countdown begins!! Desperate long shopping lists, home cleaning spree, long awaited renovations, Diwali parties! Oh my GOD! We all prepare ourselves for MAA lakshmi and Lord Ganesha to come and bless us with all we want throughout the year. The countdown starts and we gear up for the most awaited festival of lights -DEEPAWALI. In this short period, a chain of more prayers come, ladies fasting for well wishes and long life of their husbands on auspicious occasion of Karwa Chauth, for long life of their children on Ahoi Ashtami, prayers for Lord Krishna on Sharad Purnima, prayers for prosperity and wealth on Dhan-Teras. Post diwali, Govardhan Puja and last but not the least the most lovable Bhaidooj Tika, again sisters praying for the well wishes of their beloved brothers and parental family.

Prayers! Prayers! Prayers! this period signifies the whole input towards GOD for the whole year to create a cleansing phenomenon of our souls, thereby making it charged & enriched with love, happiness, peace and prosperity.

My dear friends, our festival of lights Deepawali creates Sadbhawana among all of us. As one diya lits another one, and so on and so forth, thereby enlightening the whole atmosphere, the same way a feeling of love, help and care from one Rotarian to another creates a chain of enlightenment of our souls, thereby creating what we call SADBHAWANA.

MAY GOD BLESS US ALL

VAASTU TIPS & PREDICTIONS

BY RAKHE JAIN



***Tarot Card prediction for the month of November 2022 according to Numerology Numbers**

Those who are born on 1, 10, 19, 28 of any day of the month are ***NUMBER 1***
Positive omen that predicts happiness and joy in every area of life, including love. This month you deal with emotions and in a fresh start that leaves the past behind and enhances what is new.

Those who are born on 2, 11, 20, 29 of any day of the month are ***NUMBER 2***
Its suggesting that you can handle unlimited problems so long as you manages your time, energy and resources well. The ups and downs of your life are easily manageable with focus and attention.

Those who are born on 3, 12, 21, 30 of any day of the month are ***NUMBER 3***
This month is associated with fear and anxiety, about all the things that worry you and keep you awake at night. Sometimes it leads with trauma or depression. Please take care that you don't involve in unnecessary tensions.

Those who are born on 4, 13, 22, 31 of any day of the month are ***NUMBER 4***
This month is the representation of pure willpower. You are the connecting force between heaven and earth. Remember that you are powerful, create your inner world, and the outer will follow.

Those who are born on 5, 14, 23 of any day of the month are ***NUMBER 5***
This month symbolizes great hope even when one is faced by many problems that threaten to make them lose their balance. But through your determination and will, you will be able to overcome them.

Those who are born on 6, 15, 24 of any day of the month are ***NUMBER 6***
This month represents success, abundance, and radiance. Like the sun itself, it gives strength and vitality to all those that are lucky enough to feel its rays. There is much joy and happiness that is coming to you.

Those who are born on 7, 16, 25, of any day of the month are ***NUMBER 7***
This month you may enter a new partnership, perhaps with a lover, friend or business partner. You are both focused on creating a relationship that is mutually beneficial, one that will create a win-win situation for both parties.

Those who are born on 8, 17, 26 of any day of the month are ***NUMBER 8***
It indicates that you may be feeling like you are stuck in a rut or trapped in a situation or frame of mind that is not making you happy but you have the power to release yourself. This may involve walking away from the situation or simply changing your perspective on it.

Those who are born on 9, 18, 27 of any day of the month are ***NUMBER 9***
It signifies that there are a lot of tasks you are responsible for, but your time to complete them is much too limited. This is not the time to feel stressed and overwhelmed. Assistance will be there for you, you just have to ask for it.

Vastu Tip of the month :- Never make/place Swastik or Om below your navel point. As it is the most auspicious area of your body.

Tips for creating positive atmosphere in your home

1. Make Swastik on both the sides of entrance door.
2. Don't place nail on the top center point of the entrance door.
3. Dissolve 1 of 25 rock salt, alum powder in your daily mopping water on floor cleaning.



RECIPES BY NANDINI SHAMSUKHA



स्वांशवी

सामग्री -

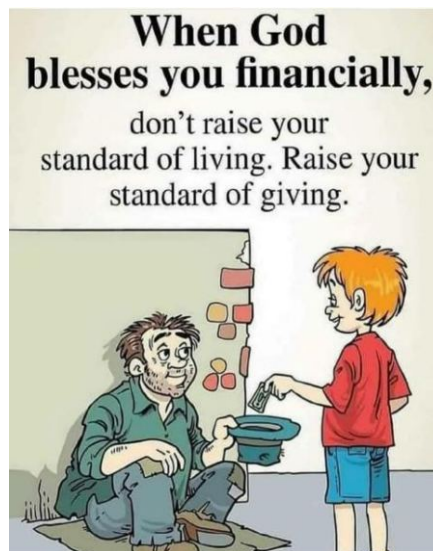
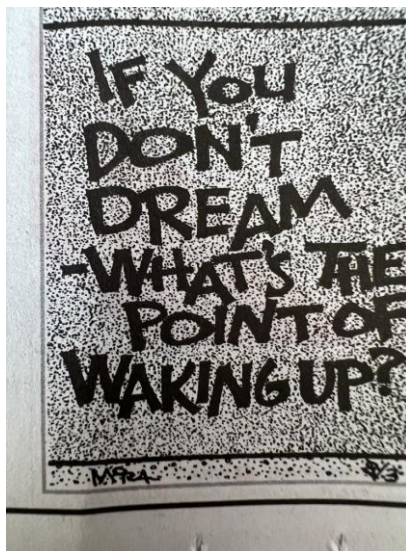
बैसन बारीक	- एक कटोरी
छाछ	- १/२ कटोरी लक्की स्पटी
चीनी	- १ चम्मच
तेल	- १/२ चम्मच
लव्दी	- चुटकी भर
अचरस	- १/२ छोटी कटी हुई
नमक	- स्वाद अनुसार
हरा नारियल	- १/२ कप कसा हुआ
हरा चनिया	- बारीक कटा
कडी पत्ता	- बारीक कटा

छोंक -

दो टेबल स्पून रिफाइंड तेल
बारीक शर्ष १/२ टी स्पून
जीरा १/२ टी स्पून
सफेद राग १ टी स्पून
५ कटी हुई ली मिर्च
कडी पत्ता पतले - पतले कटे
लव्दी पावडर तथा मिर्च पावडर

विधि -

- (1) छाछ, बैसन, नमक, चीनी, तेल, जीरा, अचरस सबको मिलाकर एक बौल बनाये, रवाना रहे इसमें ट्रांस न हो।
- (2) बौल को अच्छी तरह से साफ करने के बाद इसे साफ पानी से पोंछ लें (एथ से) जैसे एम कुश से ग्रीसिंग करते हैं वैसे। बौल थोड़ा गीला रहना चाहिए।
- (3) जो एनो दोल बनाया है उसे ले इसके लो गोम स्टिक कढ़ई में पकाये। जैसे जोन करने के बाद इसे लगातार चलाया है। जब तक चलाते जायें, नये कढ़ई न छोड़े। इसे पकने में 5-7 मिनट लगते हैं। अब इसे चुरन्त भाग किये ब्रैड पर ^{spatula} फैला दें। जितना ले इसके उतना पतला फैलाना है। एथ से भी कर सकते हैं। हंडा लेने पर इसे अपने लिखाब से बंधार में काट लीजिये। उसके बाद पतले - पतले शीत बनाये तथा अपनी ट्रे या बौमस में सजायें। एक गैरार बन जाये तब जाँ छोंक तैयार किया हुआ है उसे, उसके ऊपर चम्मच से लगा दें तथा नारियल व चनिया भी लगा दें। उसके बाद उसके ऊपर इसरी लीयर भी बना सकते हैं। वैसे ली छोंक लगाना है।
- (4) कढ़ई में तेल गर्म करके उसमें शर्ष, जीरा तेल, लींग डालकर छोंक तैयार कर लें। उसके बाद कटी ली मिर्च तथा कडी पत्ता भी डालें। उसके बाद जैसे बंद करके लम्बी तथा मिर्च भी डालें।





CLUB EVENTS & PROJECTS

CREATING TOGETHERNESS IN MEMBERS OF ROTARY CLUB OF DELHI LUTYENS



September Month started with a big bang on 10th of the month with Speaker Meeting at Hotel Imperial at Daniel Tavern, which was attended by majority of the members. The speaker was Dr. Ankur Bhatnagar, Lecturer of Economics in Delhi University, who gave a very innovative and relevant talk on decision making in Business and Economic biases, as to how it affects our choices in today's dynamic world, when so many choices are available.

The meeting was thought provoking, and was very well appreciated. It WAS FOLLOWED BY sumptuous, delicious dinner. The fellowship and interaction of all the members was so integral, that all the members kept chit chatting till late night. Birthdays of September month were also felicitated with full claps. Great going indeed!!

BLOOD DONATION CAMP



Blood Donation Camp was organized on 09th October at D-3 COMMUNITY centre of Vasant Kunj, as a joint venture of Rotary CLUB OF Delhi Vasant Valley & our Lutyens Club. The response of the donors was in great numbers which included our members, Vasant VALLEY Club members and residents of the Vasant Kunj Colony. A total of Units of Blood was collected by Rotary Blood Bank personelle. A Fellowship brunch was very well organized by Rtn. Vivek Jain and Anne Atula Jain at their residence which was enjoyed by all the members present for the Camp.

GARBA & DANDIA NIGHT BY ROTARY FAMILY



1ST October 2022 brought in full zeal & zest amongst the Club members ,as it was Dandia and Garba Dance Celebration to welcome and honour MAA Durga during Navratri Days.The programme was organized at Royal Park Banquet ,Masjid Moth.Anne Purnima Jain & Veeta meticulously planned the whole event.

.Members Dressed in traditional Kurta pyjama and Annes dressed beautifully in Bandhej /Lahariya outfits , the whole ambience was oozing with festival fervor.graceful dances were performed in honour of Devi Maa on melodious bhajans, followed by lovely Bollywood dandia numbers . The whole hall was echoing with foot tapping dances of members and annes. Moreso Professional dancers were also there ,swinging with full energy keeping everyone spellbound,setting the floor on fire.

A big token of thanks to Purnima Jain's niece ,who choreographed all the dance performances of lovely Annes and gave them tireless practice sessions free of charge.

Interesting games & quiz were organized by Purnima Jain & Poonam Jain, full of fun & frolic, leaving everyone roll into laughter.

On this musical evening, only, the first edition of Sadbhawana was launched & released by our PDC Sudhir Mangla, Chartered President Pratik Shamsukha,Rtn. Vivek Jain & RTN.Vipin Gupta.

Music,dance, sumptuous snacks and dinner, what more do we have to ask for?Great going indeed !!

Real Fasting of Navaratri in the intellectual level means purification of the soul in the following ways*



***Prathama* -**

I will leave all my Anger

***Dwitiya* -**

I will stop Judging People.

***Tritiya* -**

I will leave all my Grudges.

***Chaturthi* -**

I will forgive myself & everyone

***Panchami* -**

I will Accept myself & every one AS they are

***Shashti* -**

I will love myself & everyone unconditionally

***Saptami* -**

I will leave all my feelings of Jealousy & Guilt

***Ashtami (durgaashtami)* -**

I will leave all my Fears

***Navami (mahanavami)* -**

I will offer Gratitude for all the things I have and all which I will get.

***Dashami (vijayadashami)* -**

There is abundance in the universe for all and I will always tap the same and create what I want through unconditional love, Sadhana, nishkama seva and faith.



****Wishing You and Your Family a
blessed Navaratri.****



DIWALI MANGAL MILAN



Diwali Celebration of the Lutyens Family was celebrated on 16th of October at Queens Hall, Essex Farm with full fervor and enthusiasm making it a grand success. All the beautiful Annes and members were looking awesome in colourful traditional attire. The music, food and dance added lots of happiness & positivity to the whole environment.

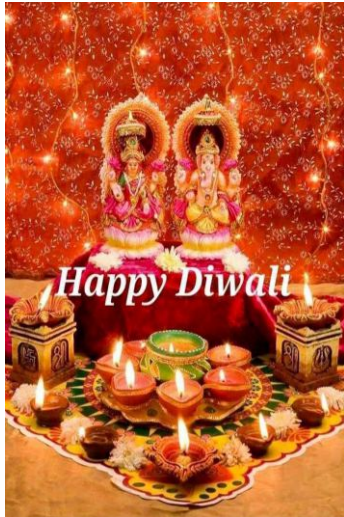
The programme was attended by our Prestigious Dignitaries from our District 3011. Our current District Governor Mr. Ashok Kantoor, District First Lady MRS. Kantoor, IPDG Mr. & Mrs. Anoop Mittal and District Governor Elect Mr. & Mrs. Jeetender Aggarwal graced the occasion by their gracious presence. The icing on the cake was our guests from Greece, Santorini, who thoroughly enjoyed our ethnic Diwali celebration, vegetarian food, music & dance. An Exchange of flags was also conducted between the two clubs as a mark of solidarity of human race. A BIG APPLAUSE to our VIVEK Bhai, the incoming Chairperson for District Grants for making the presence of such dignitaries in this occasion.

The organization of the whole programme was tirelessly done by our team PRESIDENT Tarun Gupta, Vipul Gupta, ANNES MeeNU, Kirti, RAKHE and Neetu. Interesting fun filled games were organized by Poonam Jain. Rtn. Vipin Gupta acted as the back bone in organizing & creating this beautiful evening.

My apology if few names have been missed.



POEM



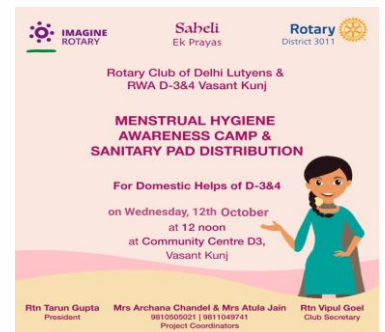
झिलमिलाती दीपमालाएँ खुशियों का राग सुनाती है
पक्षी करते कलरव नभ में जीवन संगीत सुनाते है।

महक रही कैसी ये धरा चन्दन की खुशबु लिए हुए
शरद ऋतु आया मनभावन खुशियाँ अपार लिए हुए।

धनतेरस दिन अति पावन शुभ कामना स्वीकार करो
जीवन दर्शन प्रकृति में समाया महसूस करो और मौज करो।

SAHELI EK PRAYAS

MENSTRUAL HYGIENE AWARENESS CAMP and SANITARY PAD DISTRIBUTION for Domestic Helps was organized at Community Centre of D3 Vasant Kunj as a joint venture of RCDL & RWA D-3& 4 Vasant Kunj. Thanks to Project coordinators Anne Atula Jain & Mrs. Archana Chandel for keeping this humble project in continuity.



PULSE POLIO IMMUNIZATION PROGRAMME



The ongoing Pulse Polio Immunization programme of the children was conducted on 18th September at ASHA Clinic R.K.Puram by RCDL. Many members participated whole heartedly in delivering the polio drops to the children adding to another community project of noble cause. More than 200 children were vaccinated that day. A SPECIAL WORD OF THANKS to IPP Keshav Jain for organizing the whole event successfully.

FEATHER TO THE CAP OF RCDL

As the heading says, another feather to the cap of RCDL is added by our dear Rtn. Vipin Gupta, who has been selected as Assistant Governor of District 3011 for the Year 2023-2024.

HATS OFF VIPIN BHAIYA !!



KUDOS TO J. P. AGGARWAL

Rtn. J.P. Aggarwal was given prestigious award in business community by none other than the Chief Minister of U.P. Shri Yogi Adityanath ji for manufacturing Plastic Modules for local people at affordable prices in competition with big companies thereby creating money saving as well as creating employment in large numbers.

MANY CONGRATULATIONS SIR !!

Congratulations



Congratulations to Rtn & PE Pravin Jain for the inauguration of his new Diamond Jewellery show room in GK. We all wish him & Rakhe great success in the new venture.



Saroj Bihani	4th Sep
Nishi Mittal	7th Sep
Padam Jain	9th Sep
Rkhee Jain	9th Sep
Vivek Jain	13th Sep
Rajeev	15th Sep
Madhu	16th Sep
Shupla	16th Sep
Sudhir Mangla	25th Sep

Meera Single	1st Oct
Radhika Gupta	12th Oct
Nirmala	15th Oct
Usha Jain	19th Oct
Shyam Gupta	19th Oct
Sunil	21st Oct
Anita Garg	25th Oct
Santosh Jain	26th Oct
Kesav Jain	29th Oct
Pramod Jain	27th Oct

1st Oct
12th Oct
15th Oct
19th Oct
19th Oct
21st Oct
25th Oct
26th Oct
29th Oct
27th Oct



Ajay & Kiran Mahendr
09th Oct

AN ACT OF HUMANITY WORTH APPRECIATION



SHAURYA FOUNDATION TRUST

AN ODE TO CELEBRATING AUSPICIOUS FESTIVITIES

DIWALI CELEBRATION' 2022



Diwali is indeed the most exciting time of the year for SFT's neurodiverse young adults and the preparation for the same begins months prior in all the work units of Shaurya Foundation Trust.

The **BAKERY UNIT (Baker's Den)** works diligently preparing the best possible cookies, munchies and cakes for the Diwali production. Wherein they allow the young adults to explore their skills and channelise their talent in a productive manner. Every cookie created at SFT has a story behind, and gives a sense of accomplishment to the young adults and fosters a dopamine hit.

The **ART UNIT (Artopia)** works diligently painting different kind of diya's the base paint is done by those with great motor skills. Whereas the the detailings are done by those with excellent fine motor skills. Starting from a small diya - having dots, which has been placed with immense poise by our young adults.

Hamper creation for corporates remained one of our key work generation medium, wherein the trainees from the **PACKAGING UNIT (Packaging Panthers)** could not only be skilled in packaging of the diwali products but also in the beautification and decoration of Diwali hampers.

Sticker Creation and Labelling remains an integral part of the process, the **DIGITAL UNIT (Digital Hub)** prepares stickers and creatives for all the SFT products in different colours, shapes and sizes. Ultimately the trainees from the **SELF ADVOCACY UNIT** stands for hours to promote the sales of the Diwali products at different stalls across the city.





SFT young adults exhibited their Diwali collection at different stalls across the city. From creating the stock list to learning the prices and further handling the finances at the stall is taken care with great responsibility by the SFT trainees under the guidance of their educators.

They customised the product line as per the needs of the buyers in order to make effective sales. This year our young adults placed their stalls at ten different places wherein they sensitised the common people about the cause and further promoted the diwali product sales.

SFT young adults exhibited their Diwali collection twice at **Raghubir Singh Junior Modern School**, the school celebrated United Nations Sustainable Development Goals event wherein the young modernites whole heartedly supported SFT's vision & mission. The second stall was placed at **Ashray Living**, a living solution for college students, the youth was sensitised with the intellectual disability and further promoted the neurodiverse entrepreneurship skills. All diplomats at the **World Bank Headquarters** thoroughly relished the SFT diwali hampers hampers and applauded the cause. Sft young adults actively took part in the Diwali Utsav Career Fair hosted by the **Sanskriti School**. A three day stall was set up at **The High Court of Delhi** in order to promote awareness about the cause. **American Embassy School** actively took part in supporting the Diwali sales and hosted a Family Mela wherein a cookie decoration stall was put up by the ABLE (All Born a little extraordinary) club leaders along with diwali hampers which were very well received by the diverse group of parents from all across the globe. The staff at the **DS Group Headquarters** empathised and supported the cause at their Diwali party. Our trainees enjoyed their experience at the **MVN University Faridabad**. SFT young adults were invited at **Modern School, Barakhamba Road** to present their Diwali collection which was well received by the Modernites.



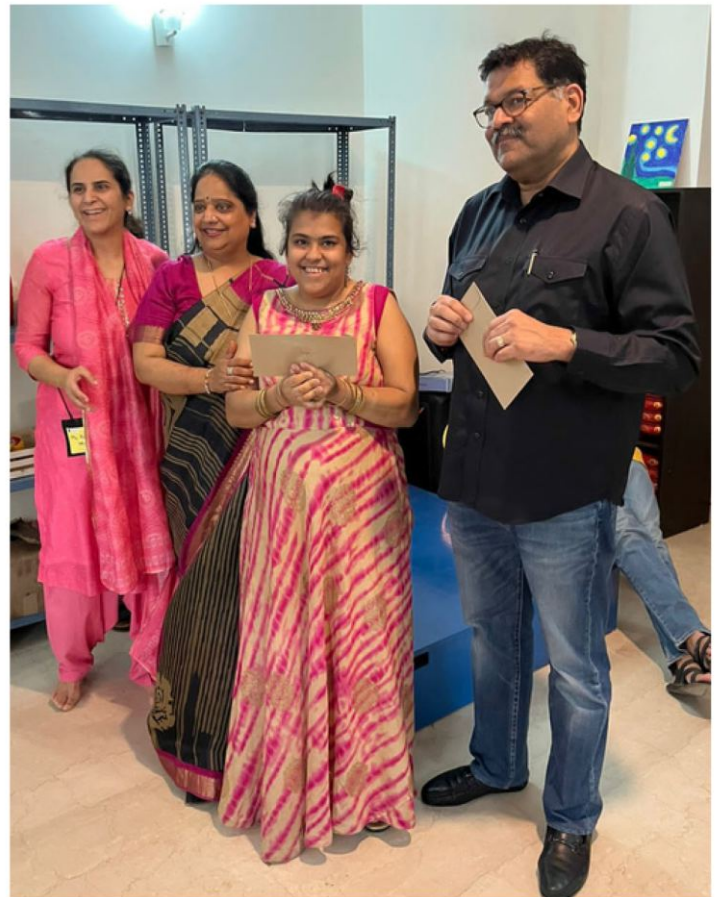


As a part of SFT's ongoing campaign **MILLION SMILES**, sft young adults donated Diya's and Bakery products to the underprivileged part of the society to enlighten their homes with a gift of hope and further contributed towards the United Nation's Sustainable Development Goals.



Hard work pays off!

After all the hard work it was time for SFT trainees to celebrate their victory with pomp and show. They initiated the Diwali party with the gratitude prayer for their ongoing success and further enjoyed the singing and dancing with great joy and happiness. It was incredible to witness the trainees working over hours due to bulk orders. They even carried work to their homes to complete the tasks overnight. The celebration was indeed a success. Their hard work was well applauded and rewarded at the diwali party, wherein they received **diwali wages** for their hard work. They were immensely motivated with the positive reinforcement and cherished the moment with great joy & happiness.





DISTRICT EVENTS

Presidents Elect Training Seminar (PETs)



**OCTOBER IS
COMMUNITY ECONOMIC
DEVELOPMENT MONTH**



ROTARY MEMBERS TRAIN PEOPLE TO BECOME RESOURCES FOR THEIR COMMUNITY, OFFERING NETWORKING ACTIVITIES, ADVICE ON NEW BUSINESS DEVELOPMENT, AND MATHEMATICS AND FINANCIAL MANAGEMENT TRAINING.