




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



While sitting with a group of Rotary leaders outside of Lusaka, Zambia, I ask a question: “How many of you have ever had malaria?” Every hand in the room goes up. They even begin to tell me about the first, second, or third time they experienced the disease, one of the main causes of death and sickness in many developing countries.

They are fortunate. They have access to medical treatment and lifesaving medicines. For the people of rural Zambia, their story is very different.

On a wooden bench in a small village, I sit with Timothy and his young son Nathan. With a camera crew capturing our conversation, he tells me of the time Nathan showed signs of malaria. He brought the boy to the nearby home of a community health worker, where Nathan quickly received medicines that in all likelihood saved his life.

Calmly, Timothy tells me about his other son’s bout with the disease a few years earlier. He had to race that son to a medical clinic more than 5 miles away. Riding a bike and carrying his child on his back, he tells me, he could feel his son’s legs turn cold and then his little body go limp. As he finally entered the clinic, he screamed for help, but it was too late. The camera stops rolling, and we sit in silence. He begins to weep, and I hold him tightly. “I lost my son, I lost my son,” he says.

This story is all too familiar for the families we meet over the next few days. And yet there is hope. Partners for a Malaria-Free Zambia is Rotary’s first Programs of Scale grant recipient, and it is saving lives. Across two provinces of Zambia, 2,500 volunteer health workers have been selected by their communities. They are trained to bring medical care closer to those who need it, and they are able to diagnose and treat malaria and other ailments. Rotary partnerships create lasting change.

MESSAGE

Rtn. TARUN GUPTA

Club President



The Motto of Rotary: Service Above Self

“He profits most who serves best.” Adopted in 1911, in the second Rotary Convention in Portland, Oregon, this motto has stood the test of times.

How? I feel one can profit not just in monetary terms, but in emotional fulfilment as well.

“True leadership stems from individuality that is honestly & sometimes imperfectly expressed. Leaders should strive for authenticity over perfection.”

“Rotary is a fellowship of noblemen; not a hereditary nobility but a nobility that must be earned and re-earned. Nobility is measured by its obligations, not by its rights and privileges.”

These are some quotations I collected for this writeup. But what beacons of light they are for us, to guide our conduct not only in Rotary, but society as well! I feel more inspired each time I take up some chore of Rotary.

Dear members, as the Rotary Club of Delhi Lutyens proceeds on its journey of service with fellowship, and grows from strength to strength, its time now to look at community projects. We request your participation in that. We have various committee chairs to help members with a specific area of service or fellowship. Kindly reach out to them for any help.

This newsletter, so ably brought out by R’anne Dr Shashi Gupta, with the guidance of Rtn Vivek Jain, is not only a showcase of club activities, but should also serve as an expression of our members’ personality. Kindly make it attractive and interactive through your contribution.

Rotary Regards,

Rtn Tarun Gupta



EDITORIAL



VIVEK JAIN



DR. SHASHI GUPTA

Greetings my dear friends,

Today I want to share one thing with you and i.e. I LOVE ROTARY. I wish everyone could be a Rotarian. The feeling of brotherhood that is inculcated in everyone's heart is through none other than the largest bridge of the world called ROTARY. Can you imagine, the world like this, attached to this magnetic organization will become an epitome of peace and love, no war, no casteism, no differentiation between the rich and poor.

A sense of brotherhood will prevail automatically, invoke you to help those in need, put in finances at the right place, in right time, on right people in need and make the world a better place to live without any jealousy and feeling of competition.

As the Year 2022 is coming to an end, the winter breeze is already vibrating us as a respite to end the summer heat, prepare yourself to say goodbye to the going year. Some positive, some negative, this is how all the years reflect our destiny. All these experiences are leaving impressions in our life, which we can utilize as a tool to combat our failures.

So friends, let's prepare ourselves to welcome New Year 2023 with great hopes, aspirations and resolutions.



Room 711 Birthplace of Rotary

Goodbye 2022

Tarot Card Predictions 2023 By R'Anne Rakhe Jain



ARIES

MAR 21-APR 20

This year is about the difficulties you face to continue to have success. You should be ready for the competition to defend your title, and to prove yourself. Others are going to desire the same results that you do, so you need to stay ahead of the them.



TAURUS

APR 21 - MAY 20

This year symbolize cooperation, a step away from the loneliness. You could find yourself in a new business partnership very soon. There are contracts to be signed and money to be counted. Success is on the horizon.



GEMINI

MAY 21 - JUN 21

Its a positive sign that you have reached a point of completion and accomplishment in your journey. Which is likely to be the result of a successful career path, smart financial investments, a stable home environment and a possible committed and long-term relationship.



CANCER

JUN 22-JUL22

As you have reached a stage in your life where you are confident, independent and self-sufficient. Through hard work, you are now ready to enjoy money, leisure and material comfort. The difficulties that were faced in the earlier journey appear to be over.



LEO

JUL 23 - AUG 23

2023 tells you to brace yourself for the good times ahead. Although most of what is coming your way is positive, it's going to be a wild ride. This year is all about action. Although you shouldn't rush through this time in your life, don't be a 'sitting duck' either.



VIRGO

AUG 24 - SEP 23

This year relates to investment and effort. Which also refers to the end of financial or material hardship. If you have been putting in time and effort in your work, it signifies that your efforts are paying off and they are going to pay off in the future as well.



LIBRA

SEP 24 - OCT 23

Its a sign that you are highly driven, ambitious and action-oriented. You are so highly motivated to succeed that you will stop at nothing to pursue your dreams. The challenges, difficulties and obstacles on the path ahead don't faze you because you know where you want to go. Move forward with sheer strength and determination to make things happen.



SCORPIO

OCT 24 - NOV 22

As you have already completed the circle of struggle after spending too many resources and lots of energy looking for success, you have finally overcome the obstacles. The sweat off your brow was worth it - your efforts have finally been rewarded.



SAGITTARIUS

NOV 22 - DEC 21

This year suggests that you have an innate ability to tell it like it is. You are a quick thinker and highly perceptive, piercing through the noise and confusion to get straight to the point. There is no 'beating about the bush,' or 'softening' of your comments, opinions and thoughts. You are upfront and honest in your views, and you expect the same from others. For this reason, many people respect your opinion and come to you for advice when they need clarity.



CAPRICORN

DEC 22 - JAN 21

It represents common sense, responsibility, practicality, working hard for what you want and finishing what you start. You achieve your wishes or dreams through perseverance and determination. It can also represent being environmentally conscientious and an animal lover. It can also signify defending and protecting your home, family or those close to you.



AQUARIUS

JAN 22 - FEB 19

You find yourself in a situation where you must make a choice, either you can side with one part of the situation, or you can side with the other. Neither seems particularly appealing, which makes the decision even more difficult. But unless you move past this stalemate, there can be no more progress.



PISCES

FEB 20 - MAR 20

It indicates that you are entering a period of soul searching, self-reflection and spiritual enlightenment. You may find that you need time alone to gain a deeper understanding of yourself, to remove yourself from the daily grind in order to discover your true spiritual self, contemplate your existence, your direction in life or your values.

3 USE OF AMLA RECIPES

by

R'Anne Madhu Gupta



1. Amla Pickle

wash and steam 1/2 kg amlas for 10 minutes. Cook till the amlas open up by itself. Cracks appear on amlas. Cool them completely

Press open the amla by separating the segments and removing the seeds from centre, spread on a plate to ward off any moisture.

Make pickle masala by dry roasting 2 tsp red mustard seeds, 1 tsp methi and 2 tsp fennel seeds till they turn golden, transfer to the blender and blend to coarse powder, keep aside.

Heat 1/2 cup mustard oil till the smoke comes

Switch off the gas stove and let the oil cool down a little.

Once it's slightly cool (add grated 2 inch piece of ginger and few green chilies - it's optional)

Add half tsp hing, let it splutter and then add the ground masala.

Switch on slow flame to mix rest of the ingredients

Add steamed amla pieces and also add 2 tsp degi mirch powder + 1 tsp red chilli powder, 1 tsp turmeric and 1 tsp salt. mix well.

Finally to make the achar tangy add 2-3 tbs of vinegar. (even lime juice can be added)

When completely cool store in a dry sterilised jar and keep in sunlight

Would be ready to eat in 3-4 days.

2. Grated Amla Pickle.

Take 250 grams of larger sized Amla.

Boil 1 to 1.5 cups of water in a vessel and place a strainer over boiling water. Place Amlas on the strainer for steaming and steam covered for 6 to 7 mts.

For the masala, coarsely ground 2 tsp of Fennel Seeds, 1 tsp Fenugreek Seeds, 1 tsp of Black Mustard Seeds and 1/2 teaspoon of Cumin Seeds.

Check Amlas, Not to overcook, just slightly tender.

Grate the Amlas, (as big as possible) the cooked and completely cooled Amlas and Ginger piece of 2-inch

In a Pan add 3/4 cup of Mustard Oil, switch off the flame when smoke start coming

Let the oil cool for 2 mts, then put it back on slow flame

and add 2 pinch of Asafoetida, 1/2 tsp of kalonji Seeds, grated ginger in the heated Oil and stir fry.

Add coarsely ground spices and roast them while continuously stirring it for 2 minutes. Add the grated Amlas along with 1.5 tsp of turmeric powder, 2 tsp of Red chilli powder, 2 tsp of Salt and mix them properly.

(200 gms of crushed gur can be added here, if you wish to make sweet and sour lachcha)

Stir and cook it for 2 minutes then and take it off the stove.

Cool the mixture a little. Add 1/4 cup of Vinegar and mix them properly.

Instant Amla Pickle is ready to be served. It can be consumed instantly but will become tangy after 3-4 days

3. Amla launji

Take 200 gms Amla and boil them till they are tender and when cool separate them and put in a plate

On a slow flame put a thick bottom pan and add 1 tbsp of desi ghee

When hot add a pinch of hing, 1/2 tsp kalonji, 1 tsp fennel seeds and stir fry, add Amla pieces, add 200 gms of gur and mix thoroughly

Add 1/2 tsp each of kala namk, salt, degi mirch, turmeric powder, bhuna jeera powder and keep stirring till gur melts completely.

Add 1 tsp of garam masala.

See the consistency of the syrup, not very thin or very thick

Check the salt and mirch
Add acc to your taste

Launji is ready, store it in air tight jar.
It will be ready to eat within 2-3 days





COMMUNITY PROJECTS

Menstrual Hygiene Awareness Camp & Sanitary Pad Distribution "Saheli ek Prayas"



Saheli
Ek Prayas



Rotary Club of Delhi Lutyens &
RWA D-3&4 Vasant Kunj

MENSTRUAL HYGIENE AWARENESS CAMP & SANITARY PAD DISTRIBUTION

For Domestic Helps of D-3&4

On Friday, 18th November
at 12 noon
at Community Centre D3,
Vasant Kunj



Rtn Tarun Gupta
President

Mrs Archana Chandel & Mrs Atula Jain
9810505021 | 9811049741
Project Coordinators

Rtn Vipul Goel
Club Secretary



As a monthly routine Project, Menstrual hygiene awareness Camp was organized by Rotary Club of Delhi LUTYENS & RWA D 3 -4 Vasant KUNJ on 18th November at Community Centre D3 Vasant Kunj. Free distribution of Sanitary Pads was done to all the maids in that area. Mrs. Atula Jain & MRS Archana CHANDEL deserve a big applause for continuing this genuine project.

Sanitary Pads Distribution



Another project for distribution of free sanitary pads to under privileged ladies and notebook distribution to school children was conducted on 25th December at Cigarette wala Bagh, Derawala Nagar.

It was done none other than our own Club President Rtn. Tarun Gupta & First Lady Anne Meenu Gupta.

Hats off to both of them



Distribution Of Mid Day Meal Programme

After a long span due to Covid situation, the School for children of local maids and slum dwellers of Vasant Kunj restarted, wherein around 400 students are given basic education on foot path near Jain Temple, Vasant Kunj at 2 centres.

Our Club has been supporting the mid day meal programme of these children by providing them these meals, which costs Rs 8000/ per month. We are proud of Rtn.Dhanraj Jain & Shama Bhabhi for the donation for the month of November 2022, & our club secretary Rtn.Vipul Goel & Anne KIRTI Bhabhi for the month of December 2022. This benevolent contribution is being carried forward for the month of January 2023 by Rtn.Pramod Jain & Shweta Bhabhi.

A SPECIAL vote of thanks to our senior Cub Trainer Rtn.Vivek Jain, who is the project coordinator of this humanitarian deed. Kudos to Vivek BHAIYA !!



QUOTES & JOKES CORNER

**The Rotary Club will do the work,
because business people are busy.
But the impact and the value of
this will be to the business.**

किसी LIC एजेंट के पास
10 - 15 मिनट बैठ जाओ तो
वो यकीन दिलवा ही देते हैं कि...

जीने से ज़्यादा फायदा तो
मरने में है...!



सोया हुआ कुत्ता
और सेल्फी लेती हुई
लड़की को,

Follow Now || @comedy-club-

कभी नहीं छेड़ना
चाहिये !!



हसो-हसाओ

पति - क्यों न आज की
चाय बाहर पी जाये?

पत्नी - क्यों? तुम्हें क्या लगता है
मैं चाय बनाते बनाते थक गई हूँ।
पति - नहीं, पर मैं प्लेट-कप साफ
करते-करते तंग आ गया हूँ।





CLUB EVENTS

New Members Assimilation



An informal get together was organized by our Club on 9th NOVEMBER, at Radisson blu Hotel at Cannaught Place, which was intended to assimilate our new members, and discussion on community programmes. It was fun listening to Shayari of new Rotarian Naresh Garg. Sumptuous dinner followed this fun filled laughter meeting.

Celebration With Great Fervour



The month of NOVEMBER brought a tremendously joyful celebration of Rotarian Dhanraj Jain & Anne Shama Jain's Grandson third Birthday on 20th November at Shagun Farms Chattarpur. A bright sunny day, there was a splendid lay out of all the delicacies in the backdrop of beautiful playful decorations. All the superheroes characters were entertaining all the guests especially children with their funny tactics. There were games, live band & music, which accentuated the beauty of the party.

God bless Zaavian with lots of happiness, good health & best of education.

CHRISTMAS DAY CELEBRATION



Pics For Board Announcement



A dazzling evening it was! Our Club celebrated Christmas with great enthusiasm on 23rd December at Lalit Hotel. The attendance of the members was almost hundred percent. All were dressed up very nicely, the Rotarians in the formal suits, and the Annes in colourful outfits with a back drop of beautiful decorations.

Apart from Christmas games organized by our talented Annes, the most important agenda of the club was discussed. Our incoming President Elect Mr. Praveen Jain for the Year 2023-2024 gave an exhaustive speech on his plans for the year of his tenure. He introduced & announced his executive team.

PATTE KHUL GAYE



On 11th December, 2022, Rotary Club of Delhi Lutyens organized to watch. A Very famous play Patte Khul Gaye, composed and directed by famous celebrity star Rakesh Bedi at Kamani Auditorium. The play was worth a watch, had all the ingredients of comedy, was performed very well by all the participating actors and it filled the whole auditorium with loads of laughter.

After the play, tasty, spicy Chaat & dinner was enjoyed by all the members at Haldi Ram Bikaner House, India Gate.



HEALTH AWARENESS

Ancient Sanskrit Quotes Which Are Health Tips

1. Ajeerne Bhojanam Visham

If previously taken Lunch is not digested .. then taking Dinner will be equivalent to taking Poison. Hunger is one signal that the previous food is digested.

2. Ardharogahari Nidhrai

Proper sleep cures half of the diseases..

3. Mudhgadhaali Gadhavyaali

Of all the Pulses, Green grams are the best. It boosts Immunity. Other Pulses all have one or the other side effects.

4. Bagnaasthi Sandhaanakaro Rasonaha

Garlic even joins broken Bones..

5. Athi Sarvathra Varjayeth

Anything consumed in Excess, just because it tastes good, is not good for Health. Be moderate.

6. Naasthimoolam Anoushadham

There is No Vegetable that has no medicinal benefit to the body..

7. Na Vaidhyaha Prabhuraayushaha

No Doctor is Lord of our Longevity. Doctors have limitations.

8. *Chintha Vyaadhi Prakaashaya

Worry aggravates ill health..

9. *Vyayaamascha Sanaihi Sanaihi

Do any Exercise slowly. Speedy exercise is not good.

10. Ajavath charvanam Kuryaath

Chew your Food like a Goat..Never Swallow food in a hurry.. Saliva aids first in digestion.

11. Snaanam Naama Manahprasaadhanakaram Dhuswapna Vidhwasanam

Bath removes Depression. It drives away Bad Dreams..

12. Na Snaanam Aachareth Bhukthvaa

Never take Bath immediately after taking Food
Digestion is affected

13. Naasthi Meghasamam Thoyam

No water matches Rainwater in purity..

14. Ajeerne Bhesajam Vaari

Indigestion can be addressed by taking plain water.

15. Sarvathra Noothanam Sastham Sevakaanne Puraathanam

Always prefer things that are Fresh..
Old Rice and Old Servant need to be replaced with new. (Here what it actually means in respect of Servant- Change his Duties and not terminate.)

16. Nithyam Sarvaa Rasaabhyaasaha

Take complete Food that has all tastes viz: Salt, Sweet, Bitter, Sour, Astringent and Pungent).

17. Jataram Poorayedhardham Annahi

Fill your Stomach half with Solids, a quarter with Water and rest leave it empty.

18. *Bhukthvopa Visasthandraa

Never sit idle after taking Food. Walk for at least half an hour.

19. Kshuth Saadhuthaam Janayathi

Hunger increases the taste of food..
In other words, eat only when hungry..

20. Chintha Jaraanaam Manushyaanaam

Worrying speeds up ageing..

21. Satham Vihaaya Bhokthavyam

When it is time for food, keep even 100 jobs aside.

22. *Sarvaa Dharmeshu Madhyamaam

_Choose always the middle path. Avoid going for extremes in anything



Celebrations

NOVEMBER BIRTHDAY

2 nd .nov.Rajesh jain ji,
Shweta jain-5 th nov.
Veeta Aggarwal -7 th nov.,
Naresh Garg ji -4 nov.,
J.p.Aggarwal ji-25 th.nov.,
Shama jain ji-29th nov -

NOVEMBER ANNIVERSARY

Sunil Garg n Anupama garg-21 nov.,
Ravi Gupta n Rani Gupta ji -23 nov.,
Padam jain n Uma Jain ji-26 nov,
Vijay goel n kusum goel ji -22 nov.

DECEMBER BIRTHDAY

Monika Aggarwal -1 dec.,
Atula Jain ji-2dec.
Naresh Gupta ji-6 dec.,
Vijay Gupta ji-18 dec,
Uma Jain ji -19 dec.,
Rakesh bansal ji -14 dec.
Vipin Gupta ji -28 dec.,
Sanjay Goyal ji -30 dec.,
Dr.Shashi Gupta ji-31 dec.
Prateek shamsukha ji -21 dec.

ANNIVERSARY BIRTHDAY

Pramod jain n Shweta jain-6 dec.
Santosh jain n Uma Jain ji-12 dec.

Rotary



OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST:

The development of acquaintance as an opportunity for service;

SECOND:

High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD:

The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH:

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

It took me forty years on earth
To reach this sure conclusion:
There is no Heaven but clarity,
No Hell except confusion.

Jan Struther

quoteany

"To love without condition,
to talk without intention, to give without reason,
and to give without expectation,
that's the spirit of true love."

Step out of the
circle of time
and into the
circle of love

RUMI

EVERYDAYPOWER