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RTN GEN ASHOK VASUDEVA

**QUTAB WHEEL**

**THE YEAR OF THE FIRST LADY PRESIDENT OF  
ROTARY INTERNATIONAL**

**MONTHLY E-BULLETIN**

**ROTARY DELHI QUTAB**

**CHARTER DATE: 19 APRIL 1976**

**EDITOR: PP RTN ANIL MALHOTRA, PHF, MD**

**R.I PRESIDENT: RTN JENNIFER E JONES**

**DG: RTN ASHOK KANTOOR**

**PRESIDENT: RTN GS SALUJA**

**RI DISTRICT 3011**

**ISSUE NO. 6/22-23**

**01-DEC-2022**

**RI PRESIDENT MESSAGE**

Every month since I joined Rotary, I've looked forward to reading this magazine, especially the opening essay from our Rotary president. I'll admit that as much as I appreciate a digital copy; I still revel in the tactile sensation of sitting down and leafing through the glossy pages. They are a treasure trove of photos and memorable stories about our great organization — the one we all know and love. I have learned so much over the years about service projects and lives that each of you have transformed. As a communications professional, I have longed for the day that our stories were a regular part of mainstream media and that our flagship magazine might populate doctor's offices, coffee shops, or anywhere else people sit, wait, and browse. It's great that Rotary members are better informed about all we do, and wouldn't it be that much better if more people knew our stories.



All this was top of mind as I thought about our plans for promoting Rotary worldwide in the upcoming year. Over the next 12 months, we are going to shine a light on projects that put Rotary service on display to the world, and we are going to do it strategically. Nick and I will focus on some of the highest impact, sustainable, and scalable Rotary projects from our areas of focus in what we call the Imagine Impact Tour. We are inviting top-tier journalists, thought leaders, and influencers to use their channels to help us raise awareness by reaching people who want to serve but have not yet realized they can do it through Rotary. But there was another important issue to consider — our carbon footprint. I take seriously Rotary's emerging leadership position on environmental issues.

The example set by our members during the pandemic is fundamental to how we carve out our future. That means we will harness digital technology to tell these stories — we will be tweeting, posting, and "going live" to anyone who will listen. We must consider our environment, and part of that means not always traveling but continuing to connect in meaningful ways as we have for the past two years.

Of course, we are social people, and we still need to be together. We simply need to be more mindful of our decisions and think about how we get together just a little bit differently. For example, if we travel to visit a project, we will plan successive visits in neighboring areas. So, what are your stories and who can help tell them? I hope you might consider your own Imagine Impact efforts — your story might be something you can promote just as easily on social media or during a Zoom call.

Think about ways to showcase notable projects in your clubs and districts. We all feel the impact that Rotary service and values have on us. Now it's our opportunity to share that feeling with others.

**ROTARY DELHI QUTAB**

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THURSDAY  
03-11-2022

## RKAHT DAAN MAHADAAAN

11:00 AM.

Blood Donation Camp was organized on 3<sup>rd</sup> November 2022, in the morning at New Delhi Institute of Management Sciences, Tughlakabad, South Delhi.

The camp commenced at 1100 hrs. It was heartening to note that many of Our Members were present to welcome and appreciate the donors. The Rotary Blood Bank officials and technical staff with equipment were in location to provide necessary collection support. The Institute had made elaborate Adm arrangements for our Members and Blood donors.

There was Josh and happiness in the donors for this noble cause.

Fruits And soft drinks & T SHIRTS were arranged by Our Club for all those who donated Blood. By Evening 46 units of Blood were collected.

The Institute provided tea, snacks and hot lunch for our members and Rotary Blood Bank Team. A very kind gesture of theirs.

This Blood Donation Camp was Organized Kind Courtesy IPP Rtn Lalit Asthana and Rtn Meera Asthana.







ROTARY DELHI QUTAB





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MONDAY  
14-11-2022

## CHILDREN'S DAY

10:00 A.M.

November 14 marks the birth anniversary of Pandit Jawaharlal Nehru, the first prime of India. Since 1947, his birthday had been a public event marked by meetings and games for children. And so 10 years later, the Indian government officially declared November 14 will be celebrated as Children's Day. 14-Nov-2022

PP Rtn Veena Malhotra, Director Skill Development Center, invited all the children of the Center to join for fun, party games, goodies to eat and also distributed stationery items.

To sum it up, on behalf of the President and all members VEENA MALHOTRA extended the warmest greetings and wished everyone a Happy Children's Day. In addition, they celebrated this day with joy and fully appreciate the gift of childhood that has been given. However, let us also remember the great responsibility that is ours towards this society and a better India







ROTARY DELHI QUTAB





## CHILDREN'S DAY

### **CHILDREN DAY AT OUR SKILL DEVELOPMENT CENTER**

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On Children's Day....!!

Ek bachpan ka  
zamana tha,  
jisme khushiyon ka  
khazana tha;

chahat chand ko  
paane ki thi,  
par dil titli ka  
deewana tha.

Khabar na thi  
kuch subah ki,  
na shaam ka  
thikana tha;

thak haarke aana school se,  
par khelne bhi jaana tha.  
Maa ki kahani thi,  
pariyon ka fasana tha,

barish mein kagaz ki naav thi,  
har mausam suhana tha.  
Har khel mein saathi the,  
har rishta nibhana tha;

gum ki zuban na hoti thi,  
na zakhmon ka paimana tha.  
Rone ki wajah na thi,  
na hansne ka bahana tha;

kyon ho gaye  
hum itne bade,  
isse achha to woh  
bachpan ka zamana tha....!!



TUESDAY  
15-11-2022

## PROJECT BETI PADHAO

11:00 A.M.

QUTAB has taken up higher education for two girls who are the daughters of a single mother with very meagre income.

On behalf of President GS Saluja and all members ,PP Rtn Veena Malhotra, Director of the SKILL DEVELOPMENT CENTER, presented the cheques of Rs6870/- each to MsAditi and Ms Kajal .

PP Veena, while presenting the cheques, advised the girls that this is being done to help them in graduation and finding suitable placements as both the girls are good in studies but did not have the means for further education.

The girls have been made aware that if they do not show good results, such charity may stop.

PP Veena also donated 20 Kg rice to the Center on 15 -Nov-2022.

Hopefully, these girls will be the source of pride for all of us.



ROTARY DELHI QUTAB



FRIDAY  
25-11-2022

## EVENING OF FELLOWSHIP

07:30 P.M.

### QUTAB FAMILY ENJOYS AN EVENING OF FELLOWSHIP

Fellowship, as it is known, is a feeling of friendship that people have when they are talking or doing something together and sharing their experiences. QUTAB is very well known in the Rotary community for its fun filled and entertaining fellowships.

All the members with their gracious better halves, got together at the DEFENCE SERVICES OFFICERS INSTITUTE, GURGAON.

Most of us reached in time and instantly the party was hotting up. The group got into the groove and the atmosphere was full of excitement.

PP Rtn Gen and Handa left no stone unturned and looked into the minutest details and made all the arrangements for the fellowship.

This fun filled evening was sponsored by all the Army Officers who are members of the QUTAB FAMILY.

The barman was the busiest person serving the huge variety of drinks on offer. The snacks and the dinner were very tasty, pleasantly flavoured and appetising. Every item was delectable, palatable, piquant, sapid, scrumptious and tasteful.

A BIG THANK YOU TO ALL OUR SPONSORS WHO ARE FROM THE PROFESSION OF ARMS.

A special mention of Gen and Mrs Handa is well deserved.







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ROTARY DELHI QUTAB

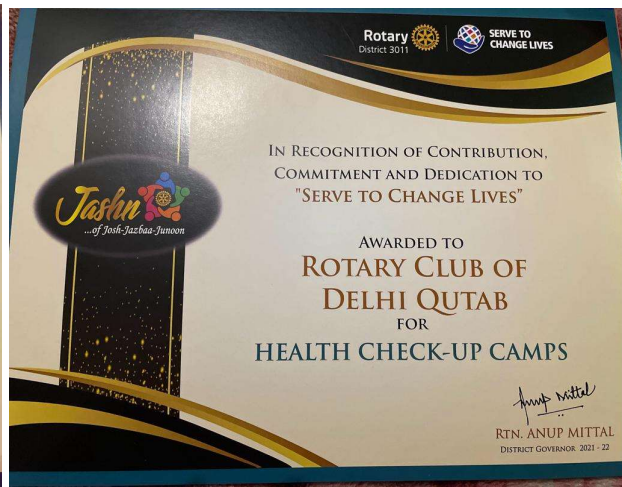
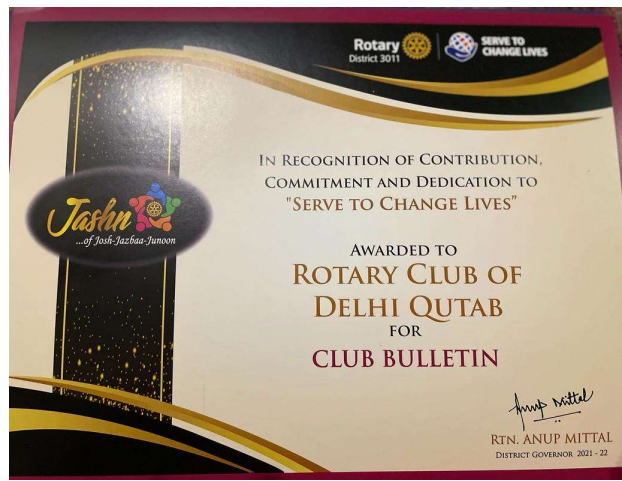


## **ROTARY CLUB OF DELHI QUTAB—**

### **THE MOST HAPPENING CLUB WITH COUNTLESS AWARDS AND CITATIONS**

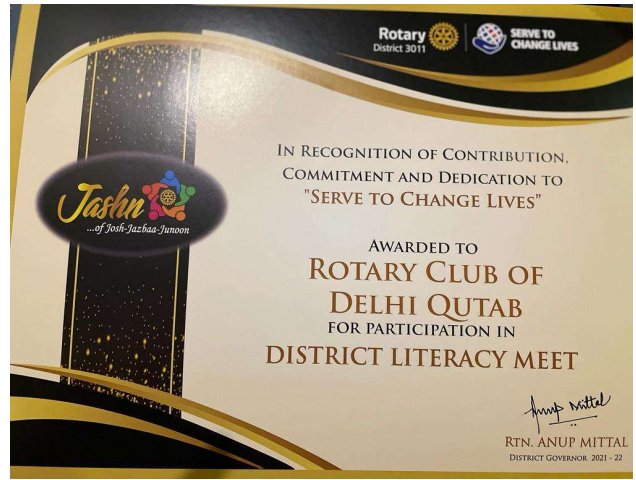
Members and our gracious spouses are extremely proud to once again applaud the Club, to which we all have the honour to belong, to announce the awards and certificates bestowed upon the Club, mainly due to the hard work and dedication of all members.

SHABASH QUTAB— LAGE RAHO



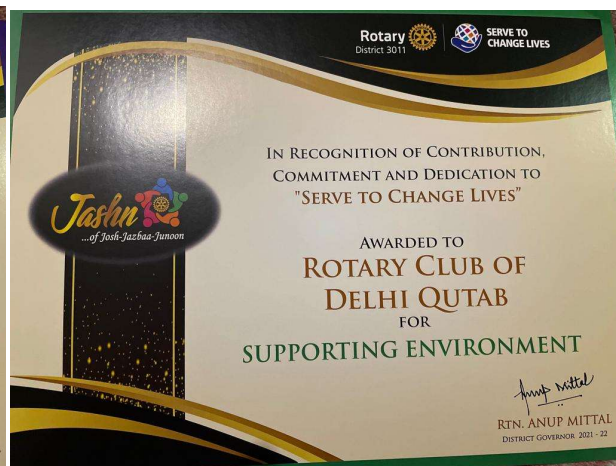
ROTARY DELHI QUTAB



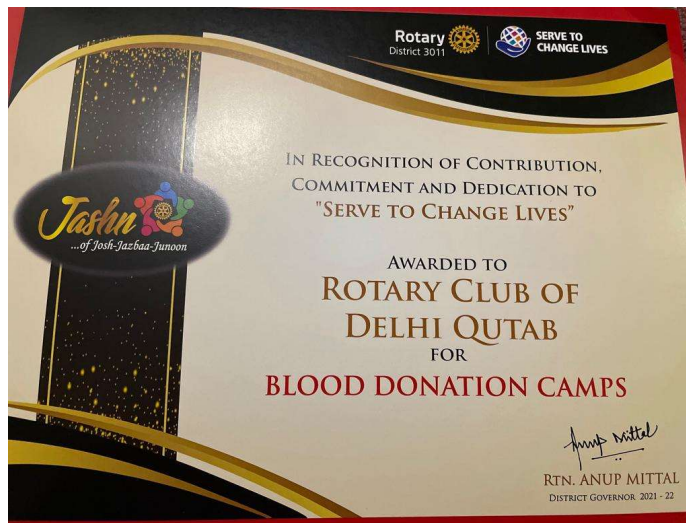


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ROTARY DELHI QUTAB



**HEARTIEST CONGRATULATIONS TO IPP Rtn LALIT ASTHANA AND ALL MEMBERS FOR THE "SUPER SE BHI UPAR" PERFORMANCE.**

**The added further accolade is that in the entire country,  
our BULLETINS were declared VII th  
First prize went to a Club from Chennai.**

ROTARY DELHI QUTAB



SATURDAY  
26-11-2022

## **QUTAB DISTRIBUTES BLANKETS, CAPS & GLOVES**

10:30 A.M.

Poor and helpless people sleep in rags on the footpaths and on the roadside and die of extreme cold. These poor people sleep close to each other but cannot get a sound sleep and keep shivering.

On behalf of all members of QUTAB FAMILY, PP Anil Malhotra and PP Veena Malhotra, visited AIIMS area and distributed blankets, warm caps and hand gloves to the poor lying on the footpath.

There was tremendous rush and it was extremely difficult to control the “onslaught” of human wave which came rushing towards the distribution point. Some were very sick and some very old.

We distributed over 100 blankets, 115 caps and 100 pairs of gloves. QUTAB thanks Kunal Malhotra (Son of Anil and Veena) for this donation and largesse. Surely, blessings of the poor are with Qutab







ROTARY DELHI QUTAB





## HEALTH TIP'S

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What keeps people young the longest?

My top 5. And I've celebrated the 20th anniversary of my 50th birthday.

### 1. Stay young.

Many people think, when young, that they don't need to worry about eating right, exercising, cutting out bad habits and staying in good physical shape. And for a while they're right, at least until they're not. It's far easier to get in shape when you're young and keep it than correct it later in life. And it will keep you young longer.

### 2. Think young.

Many people, as they age, think of themselves as old. Every birthday is a day of regret. They remind themselves of all they can't do. And they're right. Instead, forget about your age. Think instead about all you still want to do and accomplish. And all the blessings you have. And you'll find you start feeling as young as you think.

### 3. Talk young.

Along with thinking old many people start talking old. They talk about their aches and what they can't do. And honestly, they talk themselves into it. Rather, talk about all you still want to do and all you're enjoying doing. Focus on the gift of each new day. And you'll discover again the wonder of feeling young.

### 4. Relate young.

Many older people only have older friends who they commiserate with about being old. And pretty soon younger people don't really want to hang out with them because, well, it's depressing. Instead, keep engaged with younger people. Your children, grandchildren and younger friends. They'll keep you young.

### 5. Act young.

Too many older people get old before they are old. And soon they feel as old as they act and start a downward spiral. Instead, act like you did when young. Wake up expecting a great new day filled with new adventures. Then live out your day in wonder and joy. And you'll feel as young as you act.

Sure growing older is part of life that comes to us all. Becoming an elderly person is a part of life you can put off.

Growing older chronologically is a fact. Growing older in attitude is a choice.



## DESI SOCIO-ECONOMIC CLASSIFICATION SIMPLIFIED

---

### Desi Socio-Economic classification simplified

Lower class - Biskut  
Middle class - Biskit  
Upper class - Cookies

Lower class - Roomal  
Middle class - Hankie  
Upper class - Kerchief

Lower class - tamaatar  
Middle class - Ta'may'to  
Upper class - Toh'mah'toh

Lower class - Sauce  
Middle class - Ketchup  
Upper Class - Toh'mah'toh dip

Lower class - Lifafa  
Middle class - En've'lope  
Upper class - On'vo'lup

Lower class - Nimbu Paani/Shikanji  
Middle class - Lemonade  
Upper class - Virgin Mojito

Lower class - Jean pyant  
Middle class - Jeans  
Upper class - Denims

Lower class - Chasma  
Middle class - Goggles  
Upper class - Shades

Lower class - chaddi  
Middle class - underwear  
Upper class - lawn-juh-Ray

Lower class : Do cutting chai leke aa bé Pintu.  
Middle class : Can I have two cups of tea.  
Upper class : May I have two chai lattes please. Regular





## HEALTH ADVICE IF YOU CARE FOR YOURSELF

---

TO ALL ELDERS IN THE HOUSE, KINDLY FOLLOW. IT IS VERY NECESSARY TO FOLLOW THIS INSTRUCTION STEP BY STEP.

### HEALTH HINTS FOR ELDERS FROM AGES 45 TO 100 YEARS

\*\*\*\*\*

However busy you are, observe all these to remain healthy:

.....

Drink less milk in your tea. Instead, add lemon or lime juice.

~~~~~

In the day time, drink more water; but night time, drink less.

~~~~~

In the day don't drink more than 2 cups of coffee, Advisable To Stop Completely too.

~~~~~

Eat less oily foods.

~~~~~

Best sleeping times are between 10pm to 6am.

~~~~~

In the evening, eat little or nothing after 5 or 6pm.

~~~~~

Don't take medicines with cold water but with warm, and take your medicines half an hour before going to bed. Never take medicines and lie down immediately.

~~~~~

As you aged further , stop drinking chilled water but drink only water at room temperature

~~~~~

Try to sleep for at least 8 hours per day.

~~~~~

Having a nap for an hour and a half between noon and 3pm, to relieve stress and keep younger and not age easily.

~~~~~

Once your mobile phone battery is left with only one bar, don't make calls anymore, because the dangerous radiation and waves are one many times higher than a fully charged battery.

~~~~~

Use your left ear to answer calls, right ear will directly hurt your brain. 😬 Better still to use earphones to answer calls.

~~~~~

Two things to check as often as you can:

(1) Your blood pressure

(2) Your blood sugar.

~~~~~

Six things to reduce to the minimum on your foods:

- (1) Salt
- (2) Sugar
- (3) Preserved meat and foods
- (4) Red meat especially roasted
- (5) Dairy products
- (6) Starchy products

~~~~~

Four things to increase in your foods:

- (1) Greens/vegetables
- (2) Beans
- (3) Fruits
- (4) Nuts

~~~~~

Three things you need to forget:

- (1) Your age 😞
- (2) Your past 😞
- (3) Your worries/grievances 👍

~~~~~

Four things you must have, no matter how weak or how strong you are:

- (1) Friends who truly love you
- (2) Caring family
- (3) Positive thoughts
- (4) A warm home.

~~~~~

Seven things you need to do to stay healthy:

- (1) Singing
- (2) Dancing
- (3) Fasting
- (4) Smiling/laughing
- (5) Trek/exercise
- (6) Reduce your weight.

~~~~~

Six things you don't have to do:

- (1) Don't wait till you are hungry to eat
- (2) Don't wait till you are thirsty to drink
- (3) Don't wait till you are sleepy to sleep
- (4) Don't wait till you feel tired to rest
- (5) Don't wait till you get sick to go for medical check-ups otherwise you will only regret later in life
- (6) Don't wait till you have problem before you pray to your God.

~~~~~

One thing you must do after reading these health tips:

- (1) Forward this to your loved ones and friends, and as you do so, may God bless U.

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~~~~~

Part 2:

B) While go about your normal business please let's remember to always check our body to know how fit you are. Health is wealth.



## MEDICAL FITNES

### HIGH BP

-----  
120/80 -- Normal  
130/85 --Normal (Control)  
140/90 -- High  
150/95 -- V.High  
-----

### PULSE

-----  
72 per minute (standard)  
60 --- 80 p.m. (Normal)  
40 -- 180 p.m.(abnormal)  
-----

### TEMPERATURE

-----  
98.4 F (Normal)  
99.0 F Above (Fever)

Please help your Relatives, Friends by knowing this information....

Heart Attacks- - -  
Drinking Warm  
Water:

This is a very good article. Not only about the warm water after your meal, but about Heart Attack's . The Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their drinking habit while eating. For those who like to drink cold water, this article is applicable to you. It is very Harmful to have Cold Drink/Water during a meal. Because, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer . It is best to drink hot soup or warm water after a meal.

French fries and Burgers  
are the biggest enemy of heart health. A coke after that gives more power to this demon. Avoid them for  
your Heart's & Health.

Drink one glass of warm water just when you are about to go to bed to avoid clotting of the blood at night to avoid heart attacks or strokes.

A cardiologist says if everyone who reads this message sends it to 10 people, you can be sure that we'll save at least one life. ...

A cardiologist says if everyone who reads this message sends it to 10 people, you can be sure that we'll save at least one life. ...

So, please be a true friend and send this article to people you care about.

Must read 👉👈

Cheers And Enjoy life

### BLOOD GROUP COMPATIBILITY

What's Your Type and how common is it?

O+ 1 in 3 37.4%  
(Most common)

A+ 1 in 3 35.7%

B+ 1 in 12 8.5%

AB+ 1 in 29 3.4%

O- 1 in 15 6.6%

A- 1 in 16 6.3%

B- 1 in 67 1.5%

AB- 1 in 167 .6%  
(Rarest)

### Compatible Blood Types

O- can receive O-

O+ can receive O+, O-

A- can receive A-, O-

A+ can receive A+, A-, O+, O-

B- can receive B-, O-

B+ can receive B+, B-, O+, O-

AB- can receive AB-, B-, A-, O-

AB+ can receive AB+, AB-, B+, B-, A+, A-, O+, O-



This is an important msg which can save a life! A life could be saved....

: Your Blood group also speaks about you.

**A** (+) : Good leadership.

**A** (-) : Hardworking.

**B** (+) : Can Sacrifice for others and very ambitious, tolerance.

**B** (-) : Non flexible, Selfish & Sadistic.

**O** (+) : Born to help.

**O** (-) : Narrow minded.

**AB** (+) : Very difficult to understand.

**AB** (-) : Sharp & Intelligent.

What is your blood group ?

Try....It....share the Fantastic information..


EFFECT OF WATER




We Know Water  
is important but never  
knew about the  
Special Times one  
has to drink it.. !!

Did you ???




Drinking Water at the  
Right Time   
Maximizes its  
effectiveness on the  
Human Body;


1

Glass of Water  
after waking up -  
 helps to  
activate internal  
organs..


2

Glass of Water  
30 Minutes   
before a Meal -  
helps digestion..

3

Glass of Water  
before taking a  
Bath  - helps  
lower your blood  
pressure.

4

Glass of Water  
before going to  
Bed -  avoids  
Stroke or Heart  
Attack.



## **LAFF IT OFF**

---

Customer: I want to deposit cash.

Banker: You use that cash deposit machine and deposit it yourself.

Client: I want to update my passbook.

Banker: Sir, you can print on the printing machine there yourself.

Customer: I have some questions about debit/credit cards.

Banker: Sir, that customer care number is written there, please talk to them.

Customer: and I need a new chequebook.

Banker: Sir, for that, register a request on your own mobile in an app or net banking or ATM machine, it will come home

Customer: but sir I want to send this cheque for collection.

Banker: put it in the front drop box.

Customer: Sir, I just received a message saying my cheque has been returned, so please give me the reason.

Banker: Now centralized clearing has been done, return memo will come without our knowledge.

Client: Sir, I need to keep a term.

Banker: There is a banking app facility, make it direct.

👤🗣️ Customer: This is awesome.... Is such a big branch kept only to sell insurance and mutual funds ???

Don't laugh ....

This is the current situation ...





## **DID YOU KNOW**

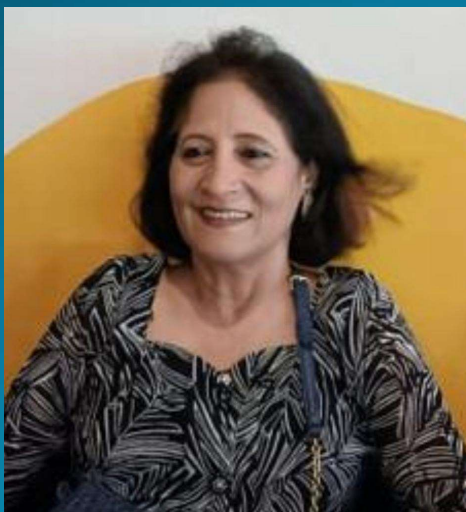
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Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood is flowing through them.

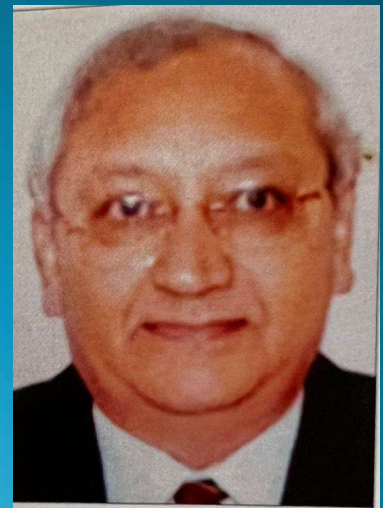
- It is the largest circulatory network that connects the body.  
So Walk daily.
- Only when the feet are healthy then the conventional current of blood flows smoothly, so people who have strong leg muscles will definitely have a strong heart. Walk.
- Aging starts from the feet upwards
- As a person gets older, the accuracy & speed of transmission of instructions between the brain and the legs decreases, unlike when a person is young.  
Please Walk
- In addition, the so-called Bone Fertilizer Calcium will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures. WALK.
- Bone fractures in the elderly can easily trigger a series of complications, especially fatal diseases such as brain thrombosis.
- Do you know that 15% of elderly patients generally, will die max. within a year of a thigh-bone fracture !! Walk daily without fail
- Exercising the legs, is never too late, even after the age of 60 years.
- Although our feet/legs will gradually age with time, exercising our feet/legs is a life-long task.  
Walk 10,000 steps
- Only by regular strengthening the legs, one can prevent or reduce further aging. Walk 365 days
- Please walk for at least 30-40 minutes daily to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy.

You should share this important information with all your 40+years" friends & family members, as everyone is aging on a daily basis.

# WISHING YOU SPECIAL HAPPY BIRTHDAY



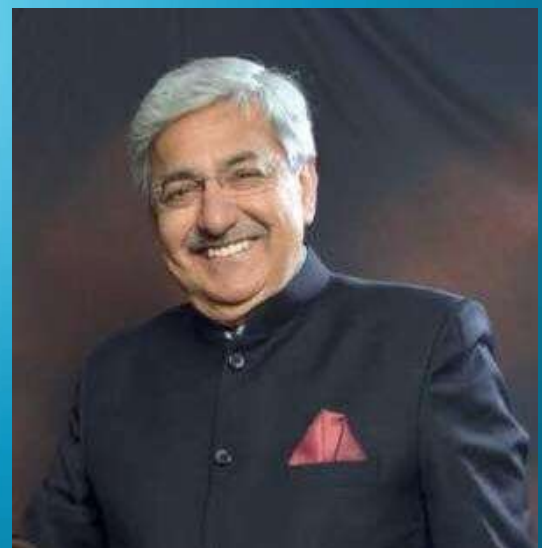
02 December-  
Rtn Poonam Nagrath



26 December-  
Rtn Ashok Vasudeva



23 December-  
Rtn Mahabir singh Hooda



28 December-  
Rtn Sanjeev Nayyar





01 DECEMBER-  
RTNS SUNIL & SHALINI  
SETHI



11 DECEMBER- RTN  
RAJINDER & SHARAN  
CHANDHOK



14 DECEMBER- RTN  
VIRENDAR & ANITA  
SALUJA



ROTARY DELHI QUTAB

## **Events for the month of December:-**

 Board Meeting- 09 December

 Speaker's Meet- 22 December

 Project- Christmas Celebrations At SDC on  
24 December

 Fellowship- Xmas & New Years celebrations on  
28 December



WHAT MADE  
YOU WANT  
TO BECOME  
AN EDITOR?

WELL TO CUT  
A LONG STORY  
SHORT



Editor: Anil Malhotra