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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. 9/22-23

01-MAR-2023

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

MONDAY
06-02-2023

QUTAB ORGANISES BLOOD DONATION

11:00 A.M.

On 6 February 2023, Qutab organized a Blood Donation Camp at PGDAV COLLEGE, New Delhi.

As the saying goes, ONCE A BLOOD DONOR, ALWAYS A LIFE SAVER.

To give/donate blood, you need neither extra strength nor extra food, but you will save lives.

The students of PGDAV College were very enthusiastic and arranged the venue as per our requirement.

A large number of volunteers lined up. The camp commenced at 11AM, 62 units of blood was collected. A fairly large number of volunteers were declared unfit for the donation as they were either anemic or underweight or suffering from some medical issue or the other.

Every donor was gifted with refreshments, juices, fruits, biscuits, a Blood Donation Mug, a T shirt, and a Certificate.

A total of 6 beds were readied for the camp. The Rotary Blood Bank Team did a marvelous job and were applauded by all.

QUTAB was very well represented. In addition to the President Rtn GS Saluja, the First Lady Rtn Raveen Saluja, others present were Sanjeev Nayyar, Ashok Vasudeva, Pawan Kumar, Sunil Sethi, Shalini, Poonam Nagrath, Ravi Kapoor, Veena Malhotra, and Anil. One donor saves up to three lives and altruism and volunteering have been linked to positive health outcomes.

Remember, DONATING BLOOD IS A WIN-WIN FOR EVERYONE INVOLVED. Receivers get a vital substance and donors get to burn calories, lowers their risk of cancer, and keep their heart healthy.

QUTAB will continue with such camps in future too.



ROTARY DELHI QUTAB



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ROTARY DELHI QUTAB

SATURDAY
11-02-2023
TO
SUNDAY
12-02-2023

THE DISTRICT CONFERENCE

11:00 A.M.

The most important event of District 311, the District Conference was held over two very hectic and extremely busy two days from 11 February to 12 February 2023. The curtain raiser for the event was held earlier at PHD House where the details of the Conference were discussed.

The conference started with the National Anthems of USA and INDIA. The representative of the RI PRESIDENT was PRID ROBERT HALL, who was accompanied by his gracious wife Mrs Charlene Hall. They were introduced by the District Governor Rtn Ashok Kantoor.

The meeting, appropriately named “ADHIVESHAN” was called to order. Lighting of the lamp to invoke the blessings of GOD was very melodiously recited. A galaxy of speakers and panel discussions followed. Eminent invitees as guests included Shri Jitendra Singh, a minister in the Prime Minister’s office who was the chief guest,

As always, QUTAB was once again in the limelight. None other than Rtn Anita Sharma was requested to conduct the tête-à-tête with the famous Bollywood Actor, Director, Producer who recently took on to singing too— SATISH KAUSHIK. It was done professionally, with elan and entertaining.

The actor was mobbed by the crowd who wanted to be photographed alongside him. Anita handled the situation very maturely and with grace.

The evening of 11 February was the musical show by Mr Abhijeet Sawant, who had won the INDIAN IDOL competition a few years back. QUTAB again took the lead by going on the floor and started the dancing and enjoying, the joys of which spread like wildfire and everyone of the District was on the floor for about 3 hours.

Shri Rajat Sharma of the AAP KI ADALAT fame kept the audience well entertained with his experiences interviewing a large number of personalities. There were 14 guest speakers and panel discussion participants, including Ms Neha Dhupia, Swami Prakashananda, Deep Kalra and others.

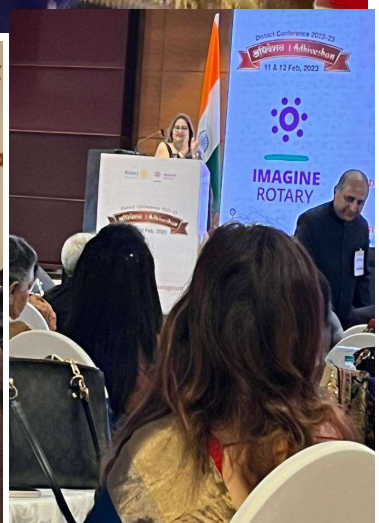
The meals and high tea laid out were superb and everyone enjoyed the feasting. Tea/Coffee with cookies were made available throughout the two days. QUTAB was very well represented with 15 delegates.

The venue of the event was the very well decked up LEELA AMBIENCE HOTEL, GURUGRAM.

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THURSDAY
16-02-2023

PROJECT SAHAYATA

11:00 AM

QUTAB continues to do SERVICE ABOVE SELF and did a yeoman's service to especially abled children at DCWA, ZAMROODPUR on 16 February 2023.

The District Governor, Rtn Ashok Kantoor arrived at the appointed time and was received with warmth and the usual QUTAB traditions of presenting flowers by the President and our First Lady, Rtn Raveen Saluja. The District Governor then "cut the tape" to inaugurate the event.

Senior doctors and nurses demonstrated how the equipment being gifted was to be used by the especially abled children and others. This present were also shown how to use the equipment for coordination between hand and mind and also how to balance the body. Mental and physical training is required which is being organized.

Gifts were given to children who come there for treatments.

Some children performed dances on the music to entertain the guests.

QUTAB FAMILY was well represented by members and spouses.

WELL, DONE QUTAB





ROTARY DELHI QUTAB



ROTARY DELHI QUTAB

SUNDAY
19-FEB-2023

LUNCH IN SUNNY ENVIRONS

01:30 PM

Every Day is a significant Day in our Club.

We assembled at Hotel 4Points by Sheraton on Gurgaon Delhi Road to enjoy Lunch in Sunny environs.

The Lunch was sponsored/ Organized Kind Courtesy Rtns Ruhila and Ravinder Nangia.

Invite for the Lunch were personally sent By the hosts to every member. It was great to see almost the entire lot had arrived at the venue at the given time . The ladies were dressed in high street attire and the gentlemen came in shades of yellow (theme colour suggested by the hosts).

It was akin to assembly of riot of colors. Our ladies had put the bollywood heroines out to dry in the open in sartorial selection. Hats off to You Dear Ladies for Celebrating the beautiful weather in style and substance.

Dear Ravinder and Ruhila had personally checked the availability of drinks and allied items for everyone. They were moving around to ensure that all had the required stuff on their tables. Hot snacks were served/ enjoyed by everyone.

Varieties of food stations including the Pasta and the Jalebi point saw maximum attraction. The occasion provided unhindered bonhomie and all indulged in fellowship with mirth and joyful laughter.

The Hosts were thanked by the President Rtn GS Saluja & the First Lady Rtn Raveen Saluja for this largesse of theirs.

Everyone personally thanked the hosts profusely for arranging the Lunch and useful opportunity to enjoy the Sunny Day.



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**THURSDAY
23-FEB-2023**

SPEAKER'S MEET

07:00PM

The Speaker's Meet of Our Club for the month of Feb 23 was held at Panchsheel Club, South Delhi, on 23 Feb at 7PM.

Advance information/notice of the said Meeting was duly shared with the Members . Accordingly, members and the spouses had arrived at the venue on time .

Pleasantaries amongst the members were exchanged over a cup of tea and assorted pakoras.

The Meeting was called to order, Collaring Ceremony performed by the Secretary and the National Anthem was rendered as per protocol.

The Four way Test of Rotary was read over by Rtn Poonam Nagrath.

The Speaker of the Day, Rtn PP Sanjeev Nayyar, an in-house Speaker was introduced by *Rtn PP Mahabir Hooda.

The Members appreciated the professional and Social achievements of the Speaker .

PP Rtn Sanjeev Nayyar enlightened the Members on Personal Income Tax announcements declared by the Finance Minister during the recent Budget. He emphasized on the salient differences between the Old regime of Personal Income Tax and the New Income Tax Features of the recent Budget.

Major differences between the two schemes affected were explained in simple to grasp manner. Benefits/pros and cons of both were dissected and which one is more beneficial for the salaried class advised.

The audience listened to the Speaker in rapt attention and queries were resolved simultaneously. It was almost a two way discussion during which complex issues concerning personal Income Tax were also resolved .

The Speaker being a known professional of the field of Accountancy was a treat to listen to and grasp the intended essentials.

Huge applause by everyone present acknowledged the usefulness of the Topic chosen by the Speaker.

A small present as a token of appreciation was given by the President, the first lady Rtn Raveen Saluja and the Secretary to Rtn Sanjeev and gracious Geeta Nayyar.

Vote of Thanks was given by Rtn Naveen Kapur.

The Secretary announced the Birthdays , anniversaries and forth coming events of Our Club. It was informed to the Members that Rtn PP Anil Malhotra has been invited as a Guest Speaker by Rotary Club of Mauritius during his visit next month. The meeting was declared closed by the President.

Members enjoyed extended bonhomie and fellowship thereafter . Hot Dinner was served to the Members before the final aurevoir.



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**FRIDAY
24-FEB-2023**

BOARD MEET

07:00 PM

The Board Meeting of our Club for the month of Feb 24 was held at S 204, GK Part 1, residence of Rtn Guddi Malhotra at 7.15 PM.

The Board Members had arrived at the Venue in time and were seen exchanging general pleasantries amongst themselves.

The Meeting was Called to Order by the President. The Secretary dutifully went through the Minutes of the previous Board Meeting which were proposed to be passed by Rtn Gen Ashok Vasudev and Seconded by Rtn GS Saluja.

Rtn PP Anil Malhotra informed the Members about the progress on the issue of Electricity bill of Our SDC at Madangir. He mentioned that the local counsellor was contacted who in turn suggested to seek the intervention of Hon'ble Area MP.

Hopefully the contentious issue would be resolved in coming days. It also emerged during discussions amongst members that in absence of proper documentary evidence of the facility handing over to RDQ, the point remains in limbo. However, there's always hope, and suitable outcome is envisaged.

Procurement of 5-6 more computers for the SDC was deliberated and hopefully action for installation on ground would begin shortly.

Feasibility of arranging an AC, to take care of humidity and heat for the computer room was discussed. It was felt that indoor Tower AC of a suitable tonnage may be considered as that would be placed inside only.

The President suggested that after 2 years, our Club would be Celebrating the Golden Jubilee of Chartering of Our Club. We should start planning to celebrate the occasion on a Grand Scale. Members opined that we may plan a Golden Jubilee Corpus Fund to cater for financial requirements. It was decided to request everyone to contribute Rs 3000/- along with Subscription for three years. A separate account would be opened for the Specified purpose.

*Rtn General Ashok Vasudev was Unanimously elected as the President Nominee for the Golden Jubilee Year *. He was given the go ahead for planning the entire gamut of the Jubilee Year.

Rtn PP General SN Handa felt that the Club should have a written compendium of Rules regulations, procedures, and the like. These be made available to every member to freshen up their knowledge about this fine organization. It was decided to provide required and suitable material with the Club Brochure. *Rtn PP Gen Handa Sir was requested to update the Bi laws of Our Club as lot of New ingredient's have become relevant.

The President Rtn GS Saluja confirmed that he is already planning to make the Club 100 percent PHF.

This issue is under his active consideration and he will achieve the objective.

Next Board Meeting will be planned before the upcoming Charter Day on 19 Apr.

We intend to organize Our Blood donation camp in Apr/May 23 .

There being No other point, the Board Meeting was adjourned by the President.

The Hosts of the Evening Rtn Guddi ji and Guljit Ji were profusely thanked for organizing an excellent Meeting.

Fellowship and mutual bonhomie continued thereafter. Hot Dinner was enjoyed by everyone present.

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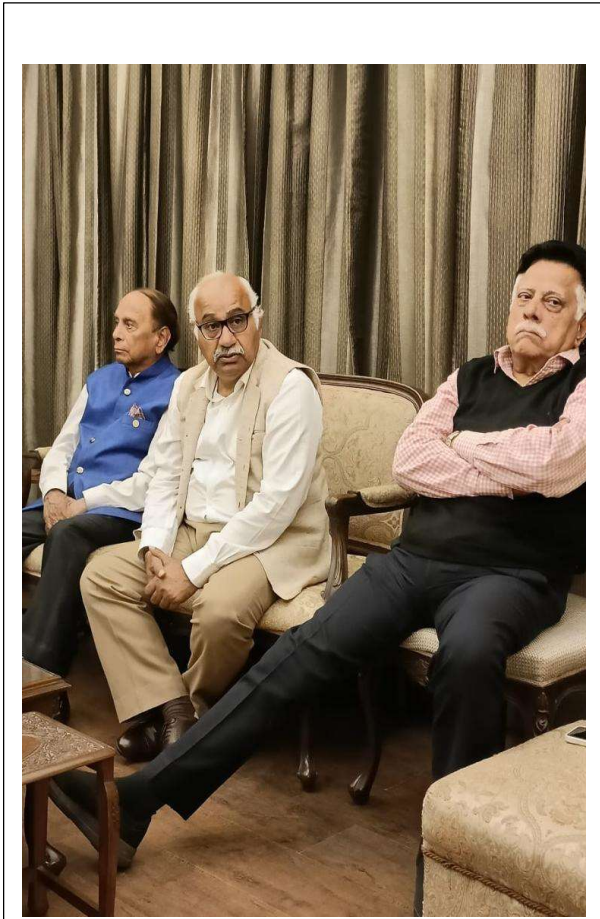
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Energy Takers



- Sugar
- People pleasing
- Fear and doubt
- Sitting all day
- Overthinking
- Worrying
- Dehydration
- Living on autopilot
- Junk food
- The news
- Resentment
- Gossip
- Clutter
- Hate

Energy Givers



- Sunlight
- Being authentic
- Positive self-talk
- Movement
- Living in the moment
- Deep breathing
- Filtered water
- Living mindfully
- Nutritious food
- Music
- Acceptance
- Friends
- Minimalism
- Love

Energise 😊



JUST A REMINDER



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?



QUOTE FROM EDITORS DESK

✚ "THREE SURE WAYS TO ELEVATE THE LIFE:
ENCOURAGE INSTEAD OF CRITICIZING,

UNDERSTAND INSTEAD OF JUDGING,
&
INITIATE INSTEAD OF WAITING."

✚ IT TAKES AROUND TWO YEARS TO LEARN
TO SPEAK. BUT IT TAKES A LIFETIME TO
LEARN WHAT NOT TO SPEAK.

✚ "LIFE"
LIFE IS VERY COMPLICATED.
DON'T TRY TO FIND ANSWERS.
BECAUSE WHEN YOU FIND
THE ANSWERS LIFE CHANGES THE
QUESTIONS...

The Five W's of Life

Who you are is what makes you special.
Do not change for anyone.

What lies ahead will always be a mystery.
Keep your faith.

When life pushes you over, push back.
Pray and keep believing.

Where there are choices, choose aright.
Make the one you won't regret.

Why things happen will never be certain.
Take it in stride and move forward.



MOMENT OF CALM

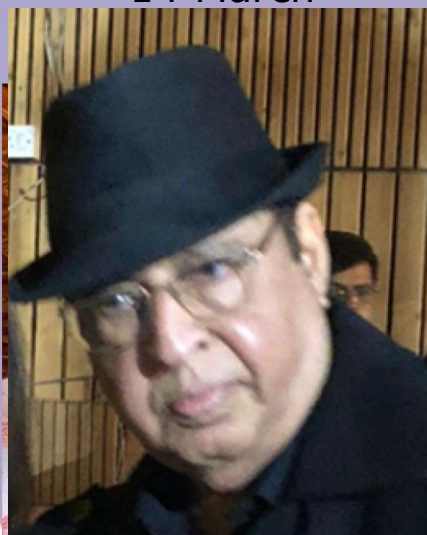
MomentofCalm.org

Rtn PP Sunil Sethi-
11 March



HAPPY
BIRTHDAY

Rtn Rajinder Abbot
14 March





Rtn PP Veena Malhotra
19 March

Happy Birthday

May god bless you with health wealth and
prosperity in your life.



Happy
Anniversary

04 MARCH

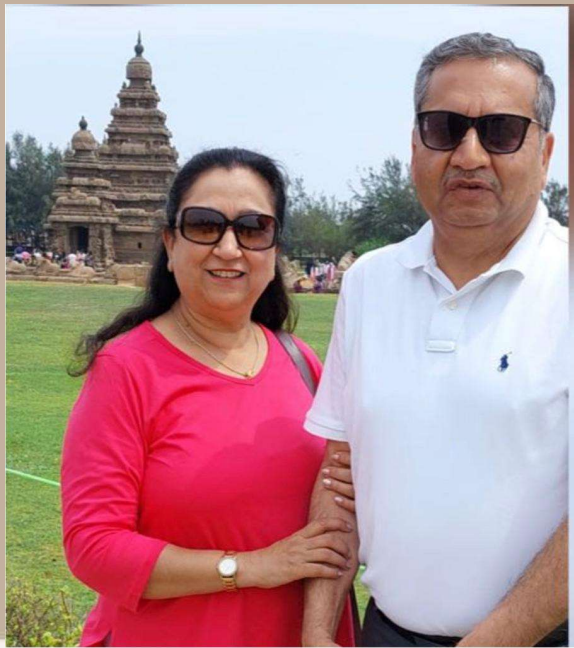
RTNS PP MAHABIR &
ALPANA HOODA



Happy
Anniversary

08 MARCH

RTN ARVIND & POONAM
AJMANI



Happy
Anniversary

09 MARCH

RTN VINAY & GIRIJA
WADHWA

ROTARY DELHI QUTAB



Happy
Anniversary

11 MARCH

RTN RAJINDER & SHARAN
CHANDHOK

ROTARY DELHI QUTAB

Forthcoming Events for the Month of March

03 March Mammography camp at DCWA
Jamroodpur Delhi

5 March -Holi Celebration at Panchsheel
Club Terrace

**QUTAB CONTINUES ITS RESOLVE TO
MAKE OUR EVERGREEN CONTINUOUS
SKILL DEVELOPMENT CENTER
PROJECT AS A PERMANENT WELFARE
AND DEDICATION TOWARDS THE
POOR AND SPECIALLY ABLED.**