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RTN VEENA MALHOTRA PHF, MD

MOHINDER KAUR, PHF

COUNSELLORS-

RTN GEN HS SEHGAL

RTN GEN B.S KATARIA

RTN PRADEEP NAGRATH

PHF ANITA SHARMA

RTN GEN ASHOK VASUDEVA



QUTAB WHEEL

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

MONTHLY E-BULLETIN

ROTARY DELHI QUTAB

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EDITOR: PP RTN ANIL MALHOTRA, PHF, MD

R.I PRESIDENT: RTN JENNIFER E JONES

DG: RTN ASHOK KANTOOR

PRESIDENT: RTN GS SALUJA

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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.

The First Board Meeting

Our Club held, the first board meeting at the residence of Rtns Sanjeev and Geeta Nayyar on 08 Aug 22. The Meeting Commenced at the given time at 7:00 PM.

The President called the Meeting to order and requested the Secretary to read the Minutes of the Previous Board Meeting.

The Secretary welcomed the Members present for the meeting on behalf of the President and the Club. The Minutes of the previous Meeting were read over which were proposed to be passed by PP Rtn Anil Malhotra and Seconded by PP Rtn Sanjeev Nayyar.

The President apprised the Board Members about the Major Activities that the Club has undertaken during July. Three important projects at Ayyas Prayaas, Red Roses School (Medical Camp), and required assistance at Avedna (cancer patients),

Two tree plantation drives, couple of Speakers Meet were highlighted.

The Mega Installation Ceremony at 4 Points by Sheraton was also recalled. PP Rtn Anil Malhotra was thanked for his help in organizing the grand event.

The President then discussed the ongoing Project of restoration and additional construction at our Skill Development Centre at Madangir. He assured the Members that the work is almost complete, and PP Rtn Ravinder Nangia has done a commendable job through his own efforts. The peculiar limitations of the location presented challenges which PP Rtn Ravinder Nangia has tackled professionally. Everyone applauded the efforts of PP Rtn Ravinder Nangia.

Another Very relevant Project is underway to fruition.

Blood Donation Camp at IIT Delhi is scheduled soon. The Adm Authorities of IIT have in principle agreed to Our request. Rtn Raveen Saluja is in touch to finalize the dates for Blood Donation. (Two days event). We expect to collect large amounts of units of blood. Rotary Blood Bank will provide technical support. Certain disadvantaged members of society need help in terms of equipment to live a life of dignity. We are planning to distribute/donate walkers, calipers, Wheelchairs etc. in Faridabad to certain needy people.

The President emphasized on transparency in Club Accounts. He handed over copies of club accounts and Budget for the Year to members.

All present appreciated the efforts. The details of expenditure incurred during a month would be shared with all during Board Meetings.

The decisions on Cruise outings, overseas meetings, New Year outings and Mid-Day Meals at our Skill Development Centre will be taken after due deliberations soon.

The Hosts of the evening, Rtns Sanjeev and Geeta were profusely thanked for their warm hospitality.

*. The Meeting was adjourned by the President.

Everyone enjoyed casual gup-shup during the dinner.





Skill Development Centre

On 10-August-2022, the Director PP RTN veena Malhotra and Mohinder Kaur PHF had coordinated and organized the entire Event., which was deeply appreciated by all present.

We celebrated the Independence Day Function with the Children and Staff of Our Centre. The Program commenced at 2:00PM.

The Student MC welcomed all the Members for witnessing a small variety entertainment program which the Children of the Centre had prepared.

The President Rtn GS Saluja unfurled the National Flag IN and all present rendered the National Anthem.

The Children then sequentially presented items prepared by them. Patriotic Dances and Songs were appreciated by everyone.

Poems and talks on Independence Day were listened to with rapt attention.

The President exhorted the Children to work hard to achieve their aim. Any legitimate help required by them in acquiring knowledge will be provided by the Club.

Sweets and fruits were shared with the Children. They were also given small hampers.

To celebrate the birthday of Secretary Alpana Hooda, the First Lady Rtn Raveen Saluja had arranged a yummy Birthday cake which was enjoyed by everyone after the cake cutting ceremony by the Birthday Girl.

The President thanked everyone for gracing the event and motivating the Children. The Directors of the CENTER had a Coordinated the final points of the program.

Lot of hard work & Patience was needed to bring the program to acceptable standards.

The premises of the Centre were spruced up with colorful buntings and balloons. The whole area wore a festive look.

A huge permanent stage with antiskid tiles and colorful roof drew special praise from everyone.

*PP Rtn Ravinder Nangia deserves huge accolades for doing a formidable civil restoration and additional construction work in the Centre. The new stage can be used for multipurpose.







QUTAB AND IWC GREATER KAILASH JOIN HANDS

Rotary Delhi Qutab carried out a joint project with “PALNA” an NGO being run by Delhi Government by donating stationery items to enable the students to prepare for their examinations and also to help financially.

Qutab team was led by Past Presidents Veena Malhotra and Mohinder Kaur and R’anne Neena Vasudeva.

The event was lauded by all those who are involved in PALNA, and we look forward to the continued projects with them.



QUTAB ADOPTS A STUDENT FOR HIGHER STUDIES

The President and members of our large hearted Qutab family as always, decided to help a hardworking, studious and a dedicated boy for his higher studies at a University in Greater Noida. The boy, Bhawaya, is the son of our Skill Development Center staff, Ms. Mamta.

On behalf of the Club, the cheque was handed over to Bhawaya by the Director, PP Rtn Veena Malhotra. Since the club has taken this as a project by adopting bhawaya for his higher studies, it is envisaged that we will continue our largesse till he completes & qualifies.



Fellowship for the month of August.

Fellowship Dinner of our Club was organized at Panchsheel Club, South Delhi on 24-Aug-2022

Almost all the members were present by the given time. It was good to see the New Members arriving enblock as a group.

Lot of spirited gup shup and bonhomie between the members and the spouses with fun and laughter was evident.

Our Club is known for spontaneous warmth and cohesiveness in the district, and we proved it right once again.

The ladies did come on the floor to test their dancing skills. Romy had selected peppy numbers to ensure maximum participation.

Sumptuous hot food was enjoyed by all.













SPEAKER'S MEET -31 AUGUST-2022

Our Guest Speaker on 31 August 2022 was Dr. Mohit Gupta who is A Professor of Cardiology at GB Pant Hospital and at Maula Azad Medical College. He is associated with the Brahma Kumari's. The subject chosen was "HEALTHY HEART AND HAPPY MIND".

Every individual who was listening to Dr. Gupta was doing it with undivided attention and were seen mesmerized by every word he spoke.

Dr. Mohit Gupta dwelled upon the importance of Nourishment and physical exercise. He asked the audience to search within ourselves and look into our hearts and minds and see what do we want to "Change",

He gave many examples how to keep our Body and mind healthy and happy. Some of the Advice are: -

1. We Must exercise at least 45 minutes 5 to 6 days in a week.
2. Most of the fast food and losing weight drugs are cancerous-must avoid these,
3. Vegetarian Diet is much healthier and increases the life span by 40 %.
4. Fruits and Salads must be eaten 10 mins before main meal
5. Extra virgin olive oil must be taken raw not heated. Use "mustard oil & Desi Ghee".
6. Mushrooms and Nuts are very essential.

Dr. Mohit Gupta then went on to explain the importance of good and sound sleep, The mind and Brain Needs Complete Rest and needs to be "Recharged".

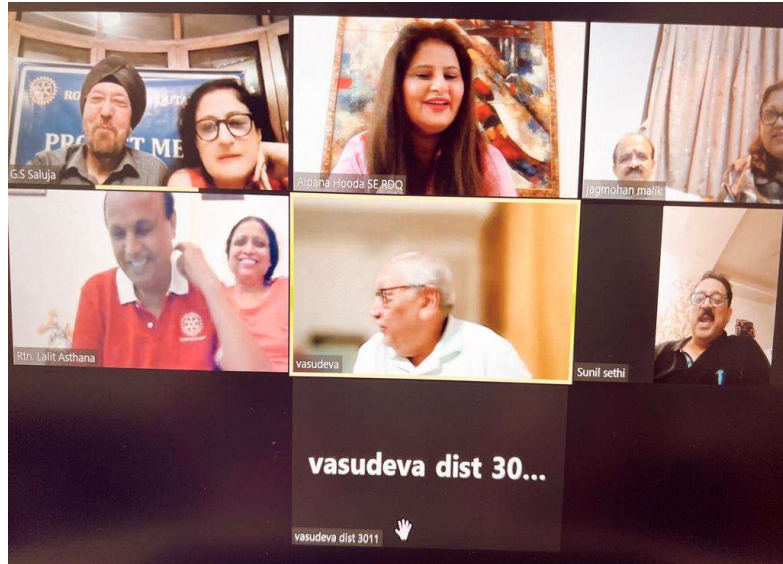
He advised all of us to Meditate and thank God for all the Blessings, and health that he Bestow on us. He asked Everyone to just take 20 seconds before we start a meal to thank God for the food and water that we are about to consume and for all the Peace of mind. He insisted on meditation to be done regularly which heals the Mind and gives it Full Energy.

He Concluded his talk by Saying

"CHANGE IS THE ONLY CONSTATNT IN LIFE"

The Speaker was involved by RTN General Ashok Vasudeva, and the Vote of Thanks was delivered by Past President RTN Brigadier Anil Malhotra.





FROM EDITOR'S DESK

S.O.S

This is called S.O.S! The Slower, Older and Smarter

An Airbus 380 is on its way across the Atlantic. It flies consistently at 800 km/h at 30,000 feet, when suddenly a Eurofighter with a Tempo Mach 2 appears.

The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus, boring flight, isn't it? Now have a look here!"

He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, and then swoops down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks, "Well, how was that?"

The Airbus pilot answers: "Very impressive but watch this!"

The jet pilot watches the Airbus, but nothing happens. It continues to fly straight at the same speed. After 15 minutes, the Airbus pilot radios, "Well, how was that?"

Confused, the jet pilot asks, "What did you do?"

The Airbus pilot laughs and says, "I got up, stretched my legs, walked to the back of the aircraft to use the washroom, then got a cup of coffee and a chocolate fudge pastry."

The moral of the story is: When you're young, speed and adrenaline seem to be great. But as you get older and wiser, you learn that comfort and peace are more important.

This is called S.O.S... Slower, Older and Smarter. Dedicated to all my "elder & older" Connections, don't worry about the Jet planes surrounding you. Enjoy your Cruise mode now with a Million Smiles.

DID YOU KNOW

23 AMAZING THOUGHTS OF KARMA

1. Don't waste your time on revenge.
Those who hurt you will eventually face their own karma
2. When a bird is alive, it eats ants.
When the bird is dead, ants eat the bird.
So, time can turn at any time, don't devalue anyone in life. You may be powerful, but time is more powerful than you.
3. Karma has no menu. **You get served what you deserved.**
4. Karma Cleanse: - **Be grateful, -Act with Love, - Check your motives, -Watch your Attitude, - Forgive**
5. Karma never loses an address.
6. Do good **and good will come to you.**
7. Karma **has no deadline.**
8. Karma is karma **Is in life. You do the wrong things; you get the wrong things out of it.**
9. Even a good player **will someday be the toy of a better player, it's called Karma.**
10. **You have to go through** the worst to get o the best.
11. What goes around Comes Around.
12. **Forgive the person and their actions,** never give in to hate, let it go, set it free, and Karma will take care of what is meant to be.

13. **Karma** -the universal law cause and reap what you sow.
14. **Sometimes you have to walk** away and let karma take over.
15. **Give the world the best you have**, and the best you will come back to you.
16. **He who passively accepts evil** is much involved in it as he who helps to perpetrate it. He who will accepts evil without protesting against it is really cooperating with it.
17. **How people treat you** is their Karma, how you react is yours.
18. Keep calm and let karma finish it.
19. **Karma** is like a rubber band; it can only stretch so far before it comes back and smacks you in the face
20. **Karma** has no problem getting back in touch with you when need be
21. **One Tree can be made into millions** of matchsticks,
but only one to burn a million tress.
22. **Let the players play**, let the haters hate. And let Karma handle their fate.
23. **The evil you do**, remains with you; The good you do, comes back to you!

QUOTATION

Shakespeare once Said: I Cried when I had no shoes, but then I stopped Crying

when I saw a man without Legs... ..!!

LIFE is full of Blessings, sometimes we don't value it.

So, Value What you Have in Life without Complaint.

POINTS TO PONDER

“Do not ask your children to strive”
by William Martin

Do not ask your children
to strive for extraordinary lives.
Such striving may seem admirable,
But it is the way of foolishness,
Help them instead to find the wonder
and the marvel of an ordinary life.
Show them the joy of tasting
Tomatoes, apples, and pears,
Show them how to cry
When pets and people die,
Show them the infinite Pleasure
In touch of a hand,
And make them the ordinary come alive for them.
The extra ordinary will take care of itself.

HAPPY BIRTHDAY



**Rtn Maharaj Kar Birthday
01 September**



**R'anne Veena Kataria
02 September birthday**



**R'anne Neena Vasudeva
09 September birthday**



**R'anne Superna kapur
18 September birthday**



**Rtn Harish Pande
22 September birthday**



**Ranne Nutan Nakra
30 September birthday**

HAPPY
Anniversary



08 September
Rtn Poonam &
Rajneesh Nagarath

Program for the Month of September: -

05 September

Teachers day celebrations at skill development center with children.

9 to 11 September

Outstation Club assembly at Bhiwadi Red Fox

21 September-

Project Blood donation camp & Seminar at IIT Delhi.

28 September –

Speaker's meet ... details would be intimated later

