



SHAKTI

ROTARY CLUB OF DELHI SAFDARJUNG

Jennifer E. Jones
RI President

Ashok Kantoor
Distt. Governor

Meeta Bhargava
President

Richa Sabharwal
Secretary

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Editor

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Prerna Arora
Treasurer

PRESIDENT'S MESSAGE



Dear Rotary Family

Greetings,

The month of February is very special in the Rotary calendar year as it includes the anniversary of the first meeting of Rotary held on February 23, 1905, now designated as The World Understanding and Peace Day. The year 2023 marks the 118th Anniversary. Congratulations to all, for the dedicated services.

February month has been a very special month for RCDSJ as the club gets the recognition of PLATINUM for high registrations in Adhiveshan the District Conference held at Hotel Leela Ambience Gurugram on 11th and 12th February 2023.

This month we have organized projects like a Blood donation camp at Mayur Vihar Phase 1, a Thalassemia awareness session by PP Rtn. Tejinder Singh and our monthly project of distribution of free ration, Food baskets to TB patients sponsored by the club members under the Nik-Shay Mitra project.

Along with these we also had our monthly Board meeting and Club fellowship at Le Meridian. Thanks to Rtn. Kuldeep Kaur Bajaj and Rtn. Neelam Rathore for organizing a fun-filled evening and a brainstorming Quiz for the members.

March being Water, Sanitation, and Hygiene month, we all shall continue putting in the best of our efforts to work for underprivileged children, celebrate International Women's Day, and distribute Hygiene kits, stationery, etc to needy children.

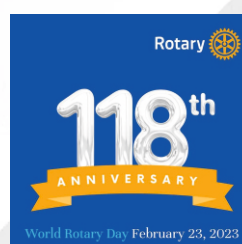
I would conclude with a quote by Mahatma Gandhi

"Peace is not the absence of conflict, but the ability to cope with it"

Thanks, and Regards

Meeta Bhargava

President 2022-23



Board Meeting & Club Assembly

4th Feb 2023 | Le-Meridian, New Delhi

A bright day for Rotary Club of Delhi Safdarjung. The members met physically for their Board Meeting followed by Club Assembly and Fellowship. Special thanks to Rtn. Deepa Bajaj for organising the venue for us. It was attended by 11 members.

We thoroughly enjoyed the quiz initiated by Rtn. Neelam Rathore. Thanks to our President Rtn. Meeta Bhargava for the initiative.



2nd Blood Donation Camp Free OPD & Consultation

5th Feb. 2023 | Mayur Vihar

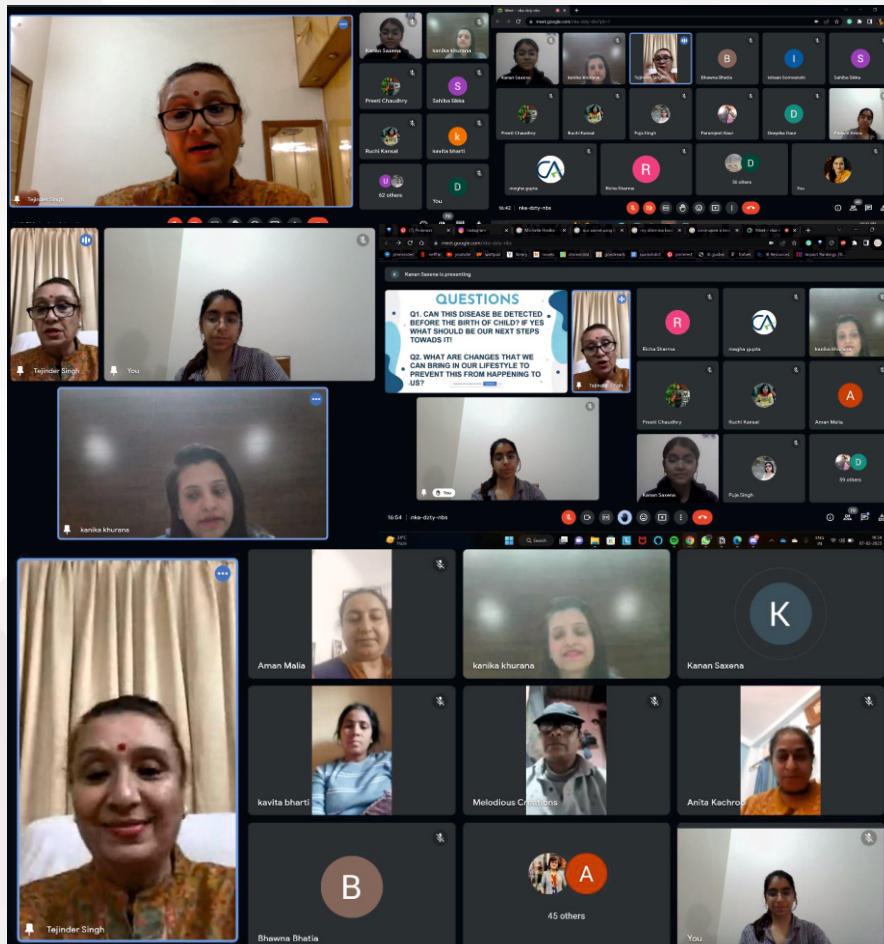
A successful & Meticulously organised Blood Donation & Health Checkup Camp was organised by Rotary Club of Delhi Safdarjung. It was a full house with all age groups coming for their checkup and blood donation. Thanks to our President Rtn. Meeta Bhargava & our Secretary Rtn. Richa Sabharwal for their presence and a huge round of applause for the team of doctors.



A Talk on Thalassemia

07th Feb. 2023 | Zoom Platform

DPSGM Interact Club in association with RCDSJ & Rotary Club of Delhi North organised a session on Thalassemia. "The Best investment one can ever make is in your own health" Thalassemia is an inherited blood disorder characterise by weekness, paleness & slow growth. Our very own member PP Rtn. Tejinder Singh gave an interesting talk expanding our knowledge and awareness about the disease & their Prolonged effects. There were nearly 90 students attending it . They also showed interest in screening & consultation for thalassemia detection. Thanks to Rtn. Tejinder Singh for a good & Informative session.



District Conference - Adhiveshan

11th-12th Feb. 2023 | Leela Gurugram

2 Days of Fun, Fellowship and Learning. A very meticulously organised conference. It was mesmerising to meet & see eminent speakers like actor Satish Kaushik, Deep Kalra, Neha Dhupia, Actress, Designer Gaurav Gupta, TV Anchor Rajat Kapoor and many more It was attended by 11 of our club members for which we received the Honours of Platinum Club by DG Rtn. Ashok Kantoor, Indeed a Proud Moment for our club & a special thanks to our Club President Meeta Bhargava & Secretary Richa Sabharwal. The days ended by us dancing to the song of First Indian Idol Abhijeet Sawant. A successful conference with lot of enjoyment & learning.

District Conference - Adhiveshan

11th-12th Feb. 2023 | Leela Gurugram

Received Award



Free Roshan Distribution to TB Patients - NikshayMitra Foundation 25th Feb. 2023

Free Roshan distributed to TB patients sponsored by our club under Nik- ShayMitra Foundation project



Birthday - March

27th March : Sunita Gupta

Anniversary - March

06th March : Sunita & Arun Khanna

KNOW YOUR MEMBER Rtn. Shobha Tuli



Shobha Tuli is one of the co- founders of Thalasseemics India, the 1st Ngo established in India in 1987 to cater to patients with Thalassemia. She served as Joint Secretary of Thalasseemics India until 1992. From 1993 onwards, She is serving as Secretary of the Board of Directors of Thalasseemics India. In 1993, she supported the establishment of a thalassemia unit at Sir Ganga Ram Hospital, in New Delhi, in memory of her daughter- 'Preeti Tuli Thalasseemia Unit'.

She has been a member of the Board of Directors of "Thalassaemia International Federation" (Cyprus) from India since 1996 representing Thalasseemics India as its voting member. She has served TIF from many officer posts, including that of the President, and she is currently holding the position of Vice President on TIF's Board. She has travelled extensively to countries- Iran, Thailand, Vietnam, Syria, Singapore, UAE, Portugal, Italy, Cyprus, Greece, UK, Sri Lanka, Malaysia etc to learn and to give back to some extent to the Thalassemia world. She has represented TIF with utmost commitment and devotion. Her vast experience on the needs and challenges regarding Hb disorders in low resource countries is invaluable and contributes significantly to the work of TIF in India and Abroad.

Since 2000, she has been the President of "Federation of Indian Thalasseemics".

She was on the board of Indian Red Cross Society, Govt of India as one of the advisors from 2003-2006.

She has served Manav Rachana International University as one of the members of the advisory committee from 2009-2011.

She has been involved in a no. of activities in India under different capacities to improve patient care, thalassemia awareness and its prevention.

She is one of the contributors of the "Guidelines on Hemoglobinopathies in India" National Health Mission, Ministry of Health & Family Welfare, Govt. of India. Thalasseemics India, has been assigned the role of coordinating the "Coal India HSCT project" under the auspices of the Ministry of Health & Family Welfare, Govt. of India from 2017 onwards.

She has been involved as a "special invitee" in the development of "National Policy on Hemoglobinopathies" by the Ministry of Health and Family Welfare, Govt. of India. She was a member of the Delhi Govt. Committee on "Research under Disability" from 2018- 2022. She is one of the sub committee members established by the MoHFW, Govt of India to review the Disability guidelines. She joined Rotary club of Delhi Safdarjung, the only rotary women club in the country, in 2018. Awards Received:

- State Award received from Dept. of Social Welfare Govt. of N.C.T. of Delhi in 1998 for the extraordinary work done by Thalasseemics India in the field of Child Welfare.
- 'George Englezos Award' bestowed by Thalassaemia International Federation, Cyprus in 1999 for the services provided in the field of Thalassemia.
- Life Time Service award given by the Indian Academy of Paediatrics in 2011.
- Token of Appreciation award for rendering Yeoman Services to Alleviate the Suffering of Children in the country by IAP 2014.
- Social Service Award given by Anjana Kuthiyala (one of the country's well known artists in India) in 2017.



**Success Isn't measured by
Money or Power
or Social Rank
Success is measured by
Your Discipline & Inner Peace
Hence
Find your Inner Peace
& Heal your soul.**

