



R. I. President: Jennifer Jones

District Governor: Ashok Kantoor

ROTARY CLUB OF DELHI SOUTH NEWSLETTER "ASHOKA" July, 2022

PRESIDENT'S MESSAGE TO THE CLUB



Friends,

I write to you after taking on the challenging responsibility of leading this club, just after we have finished an extremely successful year led by President Anil K Agarwal, which had more than 600+ Service Projects. And I am now given the task of upholding the legacy and traditions of this 53-year old club. Being barely a year old in this club, I am trying to talk to our members to understand what kind of charitable projects our club likes to do, how we enjoy our fellowship activities and have fun together. Being a club with long family traditions, I and my wife Jayshree are also trying to talk to the spouses about their interest areas as well, and get to know our members who have built up the club over the years. In addition, we are trying to take up long term projects in line with our 53 years' old club's standing.

We are also working to re-establish our club's reputation in the District – our members have been given 10+ positions in the District Team,



and taking up projects with other clubs in the District, in the areas of Leprosy Control, Gift of Life, Clubfoot Disability, Literacy, etc. We also plan to visualise long term projects, which will have lasting impact, in line with our 50+ years' history. For these larger projects, we will collaborate with overseas clubs and take up global grants.

My wife Jayshree and I are also making special efforts to get to know our lady members and members' spouses, many of whom are equally well qualified professionally; to get them to take responsibility as Committee Chairs, and participate in project activities.

Else where in the Newsletter, you will see reports on our Club Installation of the Leadership team, the District Governor's official visit, the Rotaract Club's 51st Installation – which also had the District

Governor and the District New Generation Chair joining us, and the Installation of our Interact Club at Birla Vidya Niketan. The best part of the Interact Club installation was that we had a Charter Member of the club attending – Naman Agarwal, our Director - New Generation and the teacher who had set up the Club 28 years ago in 1994, our own R'anne Rajni Dua !

We have had an excellent participation in all our meetings, Installation events and Board Meeting in July. And, I hope all of you are enjoying the meetings, the fellowship and the participation - as much as I and Jayshree are doing.

Looking forward to another fun-filled month !

Sincerely Yours,

Lalit Sawhney
President, 2022-23

From the desk of the **E D I T O R**



Change of guard is an emotional moment steeped as it is in a plethora of memories- some enervating and others energising. The demitting team begins to prepare for handover, future begins to overtake the present as the past recedes into the annals of history!! But it must be said that each year leaves it's special imprint

of leadership and achievements, and one must avoid the perils of quantifying it through a statistical tool, lest one loses the humane angle of service. Each story of service is an amalgam of suffering, pain, misery on the one hand and humanity, empathy and an overwhelming desire to alleviate it, on the other!!

Rotary year 2021-22 which we have just packaged into the annals of history, was a child of destiny!! Much planned, much achieved. It was showcased to perfection through all forms of media, a kind of blitzkrieg. It was a Pavlovian experiment in repeating and hammering the message of service to a point, that the district and the peer clubs began to believe, rightfully so, in the infallibility of RCDS, and perceived it as a club that's on the move 24/7. Hallelujah!!

Each Rotary year leaves a distinct stamp of it's performance and it would be unkind to subject the rotary years to comparisons. Rotary is a platform where we collectively pool our resources to serve humanity, and in the present tense, the environment now !! In RCDS we eschew comparisons. We eschew a competitive environment. We, however, remain singularly invested in a new Rotary year and plough ourselves with gusto and undiminished energy into it's new plans. A true demonstration of our Rotary spirit is the alacrity with which we step out to the call of service!!

As we bade a fond adieu to 2021-22, so do we extend a warm welcome to 2022-23 confident in the new team to lead RCDS to more glory. President Lalit Sawhney is an old warhorse who has been a Rotarian of many avatars- a rookie Rotarian in Bangalore's Rotary Club of Indranagar, Secretary, Rotary Club of Gurgaon Qutab Enclave and then went on to be the President of the Rotary Club of Gurgaon Harmony !! His long association with Rotary and it's traditions augurs well for carrying forward the legacy of RCDS, in the best traditions of Rotary. To borrow a weather beaten but a reassuring political slogan - ' Lage Raho Lalit hum tumhare saath hai' - carry forth the banner of Rotary, for we shall prevail in every avenue of service!!

The GOV's, 2021-22 and 2022-23 were back to back barely two weeks apart. There was much to cheer for the year gone past, and the installation ceremony witnessed a palpable overflow of adrenaline, goosebumps galore



and an impressive yield of hurrahs. The plans for the new year are no less ambitious. The canvas is huge. Apart from continuing with several projects of the previous years, President Lalit held forth on several additional and ambitious initiatives leading us to believe that the year 2022-23 promises to be another fulfilling and an award winning year.

It's a truism that life and times keep evolving. The newsletter team is engaged in reviewing and revisiting the last two years of the Ashoka when it re-emerged from a long hiatus. Two years, twenty four issues and many feedbacks later, we are in the process of tweaking the format, to make it more interesting. Life evolves, so will the Newsletter!!

Inderjeet Singh,
Editor

1st Drive of the Year-LEPROSY Training Centre

1st July, 2022

We inaugurated a training centre for training of the following on 1st July 2022:

1. Specialist Leprosy Technician Training (SLTT)
2. Empowering Women in Leprosy (EWL) - Female Physiotherapists Training. This training centre is at our partner Lepra's WDRC, O.P.D. Room No.3, Guru Gobind Singh Hospital, Raghubir Nagar, New Delhi- 110027.

To take our fight on Leprosy Control pan India, this was under a Global Grant Project of Rotary Club of Jubilee Hills, RI District 3150 for 7 states: Delhi, Madhya Pradesh, Odisha, Andhra Pradesh, Telangana, Bihar & Jharkhand @ 17 Referral centers of LEpra.



Health Care Skilling

4th July, 2022



- RCDS, Arya Samaj Vasant Vihar (DNS) collaborated after a long hiatus, with a Health care Skill Training certificate program of six months offered by IGNOU for Nursing and Medical Attendants. (Certificate in General Duty Assistant CGDA: Certificate in Home Health Assistant CHHA and Certificate in Geriatric Care Assistant CGCA)
- RCDS sponsored 25 students (mainly girls) from low income societies in communities in Vasant Vihar. Practical training at -Safdurjung Hospital, with whom IGNOU has a tie up, and theory classes are attended online by the children from the DNS premises which has TV and wifi facility for them provided by RCDS.
- The orientation workshop kicked off the course on June 1st with an online workshop for the registered students with the IGNOU team of faculty and Department Head. RCDS was well represented by our forever-mentor, Mr Som Dua, Mrs Rajini Dua, PP Anil Agarwal, President Lalit Sahwney, Mr Basu, Mr Deepak Kapoor and Dr Shweta Javali.
- The students have received their Log Books and study books. The online classes have been going on in full strength.
- Team RCDS had its regular 2 meetings in July with the students to understand their challenges and connect with the staff and teacher to help make the course more streamlined for the students and to motivate them.



Appointment on International Interact Council

RCDS was full of pride when Ms. Hiya Jain from our Interact Club of Birla Vidya Niketan was selected by RI President Rtn Jennifer Jones, to serve on the Interact Advisory Council- Rotary International for the year 2022-23. She will be one of the two Interactors from Asia and the only representative from India. Hiya will serve on the council for the second year running.

Please join hands together and congratulate Hiya in her new role and applaud her as she keeps the RCDS flag high.



Awareness, Active Case Finding and Disability Care Camp

6th July, 2022 - Camp No.: 45

We had our first Awareness, Physiotherapy and Disability Camp of this Rotary Year for the Leprosy Colony - Jeevan Deep Kushta Ashram at RK Puram on 6th July 2022.

It was Organised under the "Leprosy Control Project - "GG2010288" of Rotary Club of Delhi South and Partner Clubs & LEpra Society, In Collaboration with National Leprosy Eradication Program (NLEP), Delhi.

People Present: Rtn. Lalit Sawhney, President, Rtn. Sarvpreet Singh, Secretary, & Rtnne. Rita Bhasin from Rotary Club of Delhi South. Dr. Ritu Chaoudhary (SLO), Mr. Dharamveer (Non-medical Supervisor, State), Dr. Archana (DLO), Mr. Kaushik (Non-medical Supervisor, New Delhi) and the ASHA Worker (Gyatri), Project Manager Chanda Jha, Office Manager Mr. M Subramanian and Assistant Naresh Kumar were present along with staff from our partners Lepre Society. This was the 45th Camp conducted under our Leprosy Control Project.

Type of Target Group: Person Affected with Leprosy and their family Members.

Topics covered:

- Health education on early signs & symptoms of Leprosy

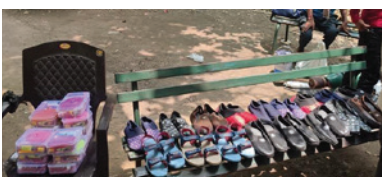
- Importance of Self-care practices at home to prevent disability & recurrent ulcers.
- Importance of wearing MCR Protective Footwear
- Physiotherapy Session
- Door -to- door Active Case Search Screening (Contact Survey) by ASHA Worker.

Methodology: Demo, Lecture, Interactive

Material used: Pictorial charts, Footwear, Self-care kits

Major Activities Conducted:

- Health Education on Signs & Symptoms of Leprosy and importance to prevent the skin from drying & cracking to further prevent from recurrent ulcers.
- Awareness on the importance of wearing MCR protective footwear was covered and it was advised to wear it instead of any normal footwear.
- Measurements were taken for customized footwear and customized in the colony
- Door to Door active Case Search in the Colony by the ASHA Worker (Gyatri) of New Delhi. Total Number of Household survey -42, Total Population- 108, Male- 43, Female-48, Male Child- 10, Female Child-07, Total Number of Leprosy Cases-13(12 Treated and 1 on treatment).
- Distribution of Self Care Kits & MCR Footwear.



Tree Plantation Drive

9th July, 2022 - ROTARACT CLUB OF DELHI SOUTH

Venue: Hauz Khas Lake, Deer Park, Delhi NCR

Participation at the event: Members of RaCDS

Description:

As active and responsible inhabitants of this planet, the Rotaract Club of Delhi South team understands that it is necessary for us to work towards improving our environment. On July 9, 2022, RaCDS organised a tree plantation drive near Hauz Khaz Lake, Deer Park, New Delhi. About 150 plants including varieties like Hibiscus, Cape Jasmine, and Jatropa were planted in the area with the permission of the concerned managing committee.

The event involved awareness regarding the importance of trees in our environment as well as the plantation of about 150 plants.

Overall, the plantation drive was a successful event under RaCDS.



Installation Ceremony

A Grand Start to a New and Amazing Year - 11th July, 2022



When "Memories are Forgotten even before they are Made," The Rotary Club of Delhi South, came up with A Double Whammy....The Installation Ceremony of The New President for the forthcoming year and The Governor's Official Visit of the Rotary Club of Delhi South.

On Monday, the 11th of July, 2022, Time...6.45 pm, The Viceroy Hall, at The Claridges Hotel, reverberated with frenzied activity. There was total chaos and mayhem, much like a Wedding Venue awaiting the Baraat's arrival. The place looked like a Hurricane had struck; flowers and flower arrangements strewn all over, Standlees lying all around, and then Lo and Behold! A Magic Wand was waved by Dolly Suri, Rita Bhasin and her team, and fifteen minutes later, sharp at 7pm, the District Governor Rtn. Ashok Kantoor walked into an exquisite Hall, with tables and chairs decked in cream and red, a beautifully created stage and the fragrance of fresh Rajnigandhas wafting through the Hall. He was greeted by the members and their spouses attired in Fifty Shades of Red and Cream - the colour code for the occasion. Many of the men even turned up in red ties - hats off to their enthusiasm! The fact that, finally, after two years we were having a physical Installation added spice to the event.

For the first time in the history of the Club, we had two Rotariannes as the Masters (Mistresses, rather) of Ceremonies, Archana Katariya and Bhuvana Shashinath. They totally controlled and conducted the proceedings with wit, elegance, elan and grace. A member described them aptly as, "The Rockstars" of the Evening.

After the usual protocols of Collaring, National Anthem, Lighting of the lamp and a Divine Rendition of Ganesh Vandana by Archana Katariya; the outgoing President Anil Aggarwal elaborated upon his achievements and experiences during his tenure, throughout which, he was omnipresent, dedicated to his work and a perfectionist to the core! This was followed by a wonderfully conceptualized short movie, which summarized all the projects, meetings and fellowships of the year gone by. The outgoing Secretary also outlined the achievements of the Club and by the end of her oration, one realized why she had been awarded the most prestigious award by the District.... The Best Secretary of the District, Elite Secretary Award, and the Rotarian of the Year Award by the Club itself. Her zeal and efficiency levels are incomparable.

Then came the moment everyone was waiting for - the changing of collars from The Predecessor to The Successor and the ushering of the 54th President of the Club, Rtn. Lalit

Sawhney and his team. Rtn. Lalit Sawhney introduced his Board and Committee members, with their various portfolios. He outlined his plans and vision for the Rotary Year 22-23. He also spoke of the very fruitful interaction, which the entire Board and Committee members, had with the District Governor and the District Team during the session prior to the General Body Meeting. He stressed upon the importance of involvement and co-operation from all the members.

Thereafter, Rtn. Commander Ganesh Katariya enlightened the audience, in great detail, on the relevance and purpose behind the Theme Logo, "Imagine Rotary"...this year's Rotary theme proclaimed by the first woman Rotary International President, Rtn. Jennifer Jones.

The Past District Governor, Rtn. Hemant Ahuja, who had been asked to speak about the history of the Club, put it in a nutshell so adroitly - the way only he is capable of doing. He touched upon five main ingredients which make up the Rotary Club of Delhi South.

- 1) Maturity in handling dissent/differences, which is why our club has stayed as a unit and not split like other clubs.
- 2) Family Club-spouses are an integral part....making our strength 120, not 75.
- 3) Each Rtn an example to youth- focus on new generation.
- 4) Respect for traditions & rich traditions of our club
- 5) Exemplify the true spirit of fellowship & camaraderie!

"High on the side of a mountain in Scotland, there is an Inn, where a sign reads "You Will Find Good Company and Cheer In This Inn, Provided You Bring Them With You!"

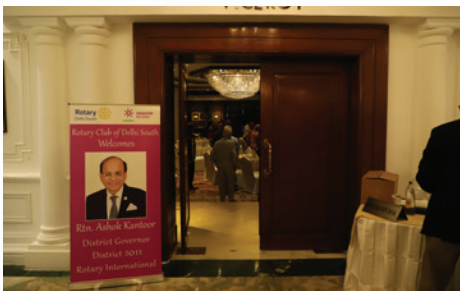
This is precisely what RCDS believes in!

The Guest of Honour, District Governor Rtn. Ashok Kantoor addressed the audience on diverse matters like the key areas the Club could be involved in this year, the global grant approach to raising funds etc. He also pointed out that the Rotary Club of Delhi South has many members holding key, prestigious posts as Committee Chairpersons at the District level this Rotary Year. The District Governor also appreciated the clear goals laid out and the focus areas outlined during his earlier interaction with the Board. He expressed his desire to see the Club achieving greater and greater heights every year.

Past District Governor Rotarian Deepak Kapur felt concerned about the Old Bladders in the audience, sitting for the last two hours listening to speeches, so he proposed the shortest Vote of Thanks in the history of Rotary by saying " THANK YOU" and "THANK YOU VERY MUCH"

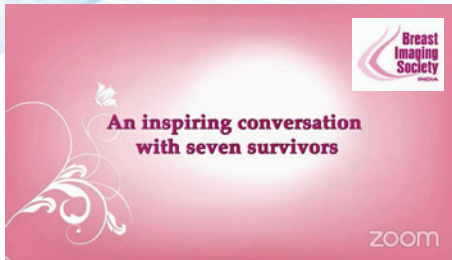




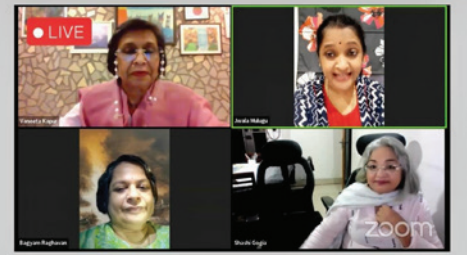


Breast Cancer Awareness event - on Zoom

15th July, 2022 - by Dr. Vaneeta Kapur



Bisi Community - Outreach & Support Group for Awareness and Rehabilitation



Bisi - the short form of Breast Imaging Society, India was founded by a group of dedicated radiologists to improvise & standardise breast imaging & to spread awareness about early detection of breast cancer.

With this in mind they keep having talks seminars etc & I had the opportunity to attend one such webinar.

organised on 15 July 2022 where Dr Vaneeta kapur led the conversation between Dr Jwala Mulugu, Dr Shashi Gogiya, Dr Bagyam Raghavan, Dr Aruna Rekha & Dr Shashi Bhushan.

Dr. Arun Rekha is a member of Rotary Club Delhi West and is heading disease prevention and treatment for the district.

Delhi West is the home club of the Governor Ashok Kantoor

They talked about the need to create awareness about breast cancer & guidelines for investigations & treatments available.

They used simple language & emphasised the need for timely detection, need for training junior assistants in helping patients, the importance of family support & how patient management should be done on case to case basis.

We should realise that the incidence of breast cancer in younger women is increasing & early detection is the best protection.

Rajni Dua

Installation Ceremony of Interact Club of Birla Vidya Niketan

15th July 2022

A new team of young enthusiasts took charge at Interact Club of Birla Vidya Niketan. The day began with the national anthem and the traditional lighting of the lamp.

Principal Ms. Minakshi Kushwaha accorded a very warm welcome to all the dignitaries and complimented the team for a wonderful year. She stressed on the joy of giving and lead from the front by declaring the school premises to be a national asset and declared it open for use after regular school hours by the underprivileged section of the society.

This was followed by a dance performance themed on *Beti ko Siksha aur Samman* and *perils of early marriage *

Outgoing President Shreya Pankaj, the winner of the outstanding ZIR award for RY 2021-22 presented her report and a short video on the achievements of the Club in the year gone by. We were all impressed with the work done in the areas of skill development, awareness building and international relationships. Certificates of appreciation were handed over to the outgoing council and team.

The new team lead by Itr Kaavya Behl, detailed her plans for the upcoming year wherein focus would be on education, removing taboo associated menstrual cycles, vocational trainings and spreading awareness against use of tobacco and single use plastic and career development.

Team RCDS was represented by President Lalit Sawhney, Secretary Sarvpreet Singh, Director New Generations Naman Agarwal & Priyanka Agarwal, Rtn Som and Rajni Dua, Rtn Suneel and Rita Bhasin, Rtn Amaranath Goyal, Mrs Usha Aneja and Mrs Sarita Kapoor. District Interact Chair Yuvansh Sood and District Interact Advisor Rakesh Kumar also graced the occasion.

Members also visited the Singer sewing centre which has been effectively running at the school providing vocational training to many young women and making them self dependent.



Rotaract Installation

23rd July, 2022



The installation ceremony of the 51st President of Rotaract Club of Delhi South Rtr Jyotsana Rijhwani was held on 23 July 2022 at the India Habitat Centre, New Delhi. Regaining the old tradition after a break of two years RCDS hosted a physical event to welcome the new team. The Chief Guest for the afternoon was our Hon'ble District Governor Rtn Shri Ashok Kantoor.

The day started with the DG reviewing the upcoming plans with President of the Rotaract Club Jyotsana Rijhwani and President of the Interact Club Kaavya Behl and provided useful guidance to the same.

With the formal start of the event, President Lalit welcomed all dignitaries and requested the outgoing President Abhimanyu Vashisth and Secretary Aakshi Saxena to present their report for the Rota Year 2021-22.

This was followed by the Change of Guard and collaring of the incoming President Jyotsana Rijhwani. The Executive Board was then formally installed by DG Ashok Kantoor ji and President Lalit K Sawhney. RaCDS President detailed her plans

which included women empowerment, sanitation awareness, sustainable energy conservation through solar panel installation, environment protection, youth development and fellowships.

The DG complimented the youth for the exciting work that they have been carrying out over the years and wished them success for the year to come. He emphasized on the need to donate and requested the Rotaract club to raise funds independently and set a target of Rs. 100,000 for the RY 2022-23. District New Generation Advisor PDG Hemant Ahuja blessed the team with his kind words and District Rotaract Chair Anil Sachdeva wished the team success.

The afternoon also saw induction of two new members our very own Rita Bhasin as a spouse member and Mr Vivek Gour was welcomed into the RCDS family.

A sumptuous lunch was organised by our very efficient Director of Club Services and all members and guests enjoyed the delicacies and specially the Falooda Kulfi.

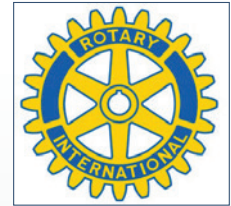


1st Speaker Meeting By Dr. Manish Dhawan

30th July, 2022



Club Foot Disability Rotary Club Delhi South



Dr. Manish Dhawan

- Senior Consultant and Unit Head, Orthopaedics: Sir Ganga Ram Hospital
 - Professor: (GRIPMER) Ganga Ram Institute of Post graduate Medical Education and Research
 - Teaching Co-Ordinator and Examiner National Board
 - Past President ASAMI India
 - Past Secretary RCDS
 - Past Community Director RCDS
- Email: drmanishdhawan@gmail.com

1. Speaker Background:

Dr. Manish Dhawan is an Orthopaedic Surgeon at Sir Ganga Ram Hospital and Institute of Postgraduate Medical Education and Research, New Delhi. He specializes in the management of Complex Injuries and Correction of Complicated Deformities with modern technology.

2. About Club Foot Disability:

- 3rd most critical type of deformity after Polio and Leprosy.
- It is a bone deformity in the feet that starts right from the fetal stage and the severity of it is only known post delivery.

- Medical intervention at the right time is extremely important to help a child recover.
- At least 50,000 cases are reported annually in urban areas and many more which go unaccounted for in the villages.
- The overall cost of an operation is approx INR 2 Lakhs which includes braces and casting.
- Through Awareness campaigns knowledge about the deformity can be effectively spread especially in rural areas.
- Need to form a network covering Awareness, Detection and Treatment.

3. Attendees: Overall 15 RCDS members and spouses.

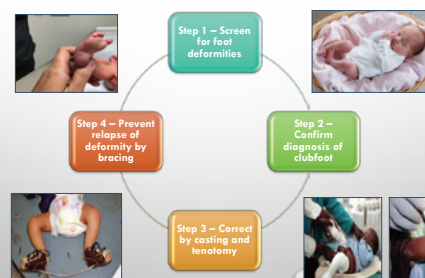


ANATOMICAL AND PATHOLOGICAL BASIS OF CLUBFOOT

- MUSCLES OF THE FOOT AND LEG ARE SMALLER THAN NORMAL – ESPECIALLY THE GASTRONEMIUS.
- THE MORE SEVERE THE DEFORMITY, THE GREATER THE DISCREPANCY.
- MEDIAL AND POSTERIOR LIGAMENTS ARE THICK AND TAUT AND HOLD THE FOOT IN A DEFORMED POSITION. THEY PREVENT THE FOOT FROM PASSIVELY BEING PUT THROUGH A FULL RANGE OF MOTION.
- CLUBFOOT IS A COMPLEX DEFORMITY WITH FOUR COMPONENTS: CAVUS, ADDUCTUS, VARUS, AND EQUINUS.



OVERVIEW OF MANAGEMENT



Gift of Life

CHF-DSRF JULY 2022 SUCCESS STORIES

BABY SANJHPREET

Sanjhpreet is only 06 months old and was diagnosed with Pulmonary Atresia and needs PDA Stenting which costed Rs 2,50,000. Her family belongs to Jalandhar, Punjab. The family had already spent a lot on her treatment and travelling from one hospital to another so were in no condition to organise funds for her treatment. Since she was extremely unwell when she came to our OPD in Jalandhar in the month of May, she needed immediate treatment so after documentation process was immediately registered under our CHF HRIDAAN. We approached Delhi South Rotary Foundation, our treatment partner for help for her treatment. Post approval from them, she was immediately admitted for treatment.

The family is extremely thankful to CHF and DSRF for saving their little angel. It was an emotional moment for her parents as well as for us.



CHF-DSRF JULY 2022 SUCCESS STORIES

LAVYANSH

Lavyansh was few days old when he was diagnosed with congenital heart disease. His family is based in Delhi.

Dr. Vikas Kohli, who diagnosed him on 08/04/2022, found out that he had Complete AV Canal Defect. He needed PA Banding surgery immediately. The estimated cost for treatment was around Rs. 3 Lakhs which was not possible for his family, father is the only earning member with 8 dependants. Lavyansh got registered under the CHF HRIDAAN® programme and the fundraising process began as soon as his documentation was completed. We managed to get him treated by support from our donors and part funding from our partner DSRF

His parents were more than thankful for saving their child's life. It was an emotional moment for his parents as well as for us.



CHF-DSRF JULY 2022 SUCCESS STORIES

BABY ANSHIKA

When Anshika was few months old, her parents noticed her struggling for breath and sweating a lot on feeding, and they saw that she was not able to feed properly. One day she got really sick and immediately they took to the doctor. Doctor told her parents that Anshika had heart issue and suggested them to take to Delhi as they belong from a small village located in Bihar. After coming to Delhi, one of their relatives told them about Dr. Vikas Kohli, founder trustee Child Heart Foundation. She was diagnosed with Large PDA at our center and immediate needed PDA Ligation. Dr. Vikas Kohli explained to them about diagnosis and the treatment required. Based on their financial constraints, we registered her under our program CHF HRIDAAN® after submission of necessary documents. The family was too poor to contribute any fund for her treatment. The target cost was Rs.2,25,000/-. Our CHF team gave them our assurance and started fundraising for Anshika. With CHF efforts her funding was arranged with the part funding support of DSRF, Anshika was operated and her surgery was successfully done.

The family has thanked DSRF and CHF for saving her child's life.



AUGUST

Sanwalka, Priti	04-Aug
Kochchar, Reenu	06-Aug
Chadha, Pankaj	10-Aug
Garodia, BK	13-Aug
Divya Vij	13-Aug
Bhasin, Rita	20-Aug
Singh, Sarvpreet	26-Aug
Singh, Sakshi Khanna	26-Aug
Baluja, Neeti	27-Aug



HAPPY Anniversary

Singh, Amarjit	Dimple	26-Aug
Madhavan S	Kausy Madhavan	28-Aug
Katariya, Ganesh	Archana	30-Aug