



**R. I. President: Jennifer Jones**

**District Governor: Ashok Kantoor**

# ROTARY CLUB OF DELHI SOUTH NEWSLETTER "ASHOKA" September, 2022

## PRESIDENT'S MESSAGE TO THE CLUB



Friends,

September was the Rotary Month for Literacy. We have decided to go back to the two SDMC Schools at Katwaria Sarai, that we were working with before COVID. We gave the 400 students of the Boys School and the Girls Schools, stainless steel 'thalis' to have their Mid-day Meals in decent plates. Dr. Shweta Javali and her team conducted Oral Hygiene classes - which were very interactive - at the Boys' School and gave them dental kits. Our Literacy Chair, Sonya Bahri and her team organised a Blood Testing Camp. Then our team consisting of Pradeep and Sonya Bahri, Bhuvna, Ila Jain, Usha Aneja, Dolly Suri and myself - spent time with the Principal trying to figure out our future activities in that school.

Our earlier Literacy Chair, Manoj Malhotra keeps in touch with

the Head of of SDMC Medical Board and has been discussing the health care needs of the 70,000 children studying in 130+ schools in her zone and we will shortly work out our plans to help them. Of course our 2 Literacy Centres run by Sankalp Society have also been as active as ever. They celebrated International Literacy Day, had Sumit, Kriti and Gul Shankar visiting them, and also celebrated Hindi Diwas day.

This month, we also had a very enjoyable session on Digital Literacy, by our very own, Noor Anand Chawla. Our members and spouses really enjoyed it.

Unfortunately, the person who suggested the above session by Noor Anand - our Director Club Services, Dolly Suri, suddenly left us at the beginning of the month. Dolly was one of our most active member of the Board. She was planning our meetings months in advance, organising meeting dates with Claridges Hotel, inviting speakers, making all the meeting arrangements, planning fellowship events, and planning for collection of fellowship charges, etc., etc. She was also there at the SDMC School event that I have mentioned above. This has been a huge loss to the club, and a personal loss to all of us members and their families. We will all miss her greatly.

I and my wife, Jayshree also had an occasion to visit the Rotary Club of Singapore and re-initiate our collaboration activities with them. I met a large number of their members and we are in touch with them to plan a visit of 8-10 members of this club to visit us in January next year. We plan to take them to look at the Oxygen Generating Plant we got last year from Shanghai Clubs, with the help of the DRFC from that club, Dr. Shahul Hameed, and also get them to visit one of our Leprosy Camps.

After the District Women's Cycle Rally where we had taken an active part, we are now planning the District Cycle Rally to 'End Polio and Leprosy' on 2nd October. We are sure this will go well. We also had an active participation of many of our members in the 4 Polio Camps that our Club organised, where we gave Polio Drops to more than 620 children.

And, as we come to the end of the month, we are now starting to plan our Diwali Fellowship meet on 14th October, with Vineet Raghuvanshi singing for us that day.

Looking forward to yet another busy month,

Sincerely Yours,

**Lalit Sawhney**  
President, 2022-23

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



**September began on a musical note of the yesteryear's favourite hit 'Come September', to turn bitter with the tragic news of our Dolly!! The uncertainty of life, and the inevitability of death are perhaps the only universal truisms. Dolly braved a roller coaster life with fortitude. She accepted the will of God with equanimity. You will be missed Dolly. RIP.**

September is the literacy month dedicated to the 'Gurus', who for centuries have been the beacon of light and of imparting knowledge. They have been the crusaders against illiteracy, witnessing the gradual evolution of the Homo sapiens from the ice age to the present. According to the latest estimates, 775 million persons over the age of 15 or roughly 17% of the population are illiterate. Rotary supports education and eradication of adult illiteracy. We are proud of some amongst the RCDS fraternity who have spent a lifetime in imparting education. We salute Indu Mahajan, Rajni Dua, Chitra Mehta, Bhuvana Shashinath, Sonya Bahri and of course our dear Mandira 'Mam' daughter of Archana and Ganesh who is the epitome of commitment to the cause of literacy, her tender care and attention to the youngest of the young wards, is indeed most endearing.

RCDS carries its own beacon of light and its mission of Beti Padao is coming of age. It's in the third year of its mission to extend financial support of ₹1000/- every month to girls students nominated by NDMC in the schools it runs. The amount is directly credited on a bank to bank transfer into their account. It's a dedicated mission of our PP Anil Agarwal and tended to personally by his daughter in law Gul.

This edition of the Ashoka carries interesting articles by some of the Gurus of RCDS and of their life spent in educating generations of students. Reading through them you will applaud their innate passion, dedication and commitment, to the cause of literacy and education.

We, as a matter of courtesy and a noninvasive policy of exercising the editorial scissors, publish as we receive. We do not presume to ourselves the authority, or the arrogance of being better than others who write for the newsletter, and it is in this spirit of equality that we print and publish. Yes we do, however, check for unfactual information and check back. If you wish to ascribe your name to any material provided to the newsletter, please do so, and it will be printed. I do hope, this lays to rest misgivings of any deliberate transgression by the editor.

I have just read the book Lights Out, a story of the Pride, Delusion and the Fall of General Electric (GE)



a company with which I was associated as a Sales Rep and Consultant for 25 years. GE was at its peak in the early nineties of the last century, and almost everything that Jack Welch touched was a Midas touch- it turned to gold!! Jeff Immelt, the hand picked successor of Jack Welch, stumbled from one crisis to another, most of them of his own creation. All of you readers who enjoy tales of corporate adventure, misdemeanours and malfeasances will find this book riveting.

Friends, we invite you to share and recommend books, that have aroused your interest. We have groups that make common cause of their interest such as Golfer's, Music, Travel and who get together periodically to enliven their interests through fellowships. Maybe one day, we will carve a niche for those who enjoy the musty smell of a well thumbed Sir Walter Scott's Ivanhoe, a Bertrand Russell or a revisit to Lord Emsworth's Blandings Castle, the setting of many of PG Wodehouse tales of mirth and British eccentricities, Chaucer's unexpurgated book The Canterbury Tales. Who knows a book or a trekking club .....the possibilities are many .....who knows...!! Formatting smaller like minded groups is really the gel, that binds RCDS as a homogeneous and harmonious entity, that it is.

Just as we were ready to go to press, news came in of RCDS being the recipient of RI President's 2021-22 Rotary Citation. It's a matter of joy and pride, to be thus selected for this singular recognition and honour. For a club, whose epitaph was being gleefully drafted by some, the steady resurrection of RCDS's fortunes is akin to the proverbial Phoenix's rising from the ashes. It has been a steady work in progress, ever since my late friend Rishab took over the reins for his second stint as President in 2013. RCDS has not looked back ever since. However, I must caution against existential angst, unhealthy competitive urges and one upmanship within the institution, that we proudly claim to be a member of. Members come, members go, but RCDS must grow and flourish as an institution on the principles of integrity and the four pillars of service. That's Rotary. Service before self!!

**Inderjeet Singh,**  
Editor



# Helping Mother Teresa Home

4th September, 2022

Our RCDS members Rtn. Rita & Rtn. Sunil Bhasin visited Mother Teresa's Home at Nizamuddin, New Delhi on 4th September 2022 to provide them lunch for specially abled children living there. They paid for their Non-Veg food along with Ice Creams for dessert.



# Polio Vaccination Camps

18th September, 2022

Members of Rotary Club of Delhi South successfully organized Polio Vaccination Camps 'दो बूँद जिंदगी के' at Polio Circuit – Chanakyapuri, Multani Dhanda, Paharganj, Govindpuri, Lotus Temple, Bhairon Mandir, Kalkaji, Sangam Vihar, Ekta Vihar (opp Leprosy Colony) RK Puram, Jangpura Poly-clinic, Tagore Garden, Ramesh Nagar, Sarai Kale Khan, Bhogal Dispensary, Nizamuddin on 18th September 2022. Approximate 1500+ were vaccinated during the camps. Our Club also distributed Balloons, Toys, Toffees and Gifts to the kids. We are very thankful our Rotarians Anil Aggarwal, Amarnathji, Pramod, Lalit, Arvinder, Dolly, Rita B, Tridibes leading the polio vaccination drives at many locations in New Delhi.



# Flag Exchange with Rotary Club of Singapore

16th September, 2022

President Rtn. Lalit Sawhney visited Singapore and attended meeting, Rotary Club of Singapore, the oldest club in Singapore, only 92 years old. He was welcomed by Dr. Shahul Hameed, District Rotary Foundation Chair for our Oxygen Generating Plant which came last year from Shanghai clubs. President Lalit Sawhney exchanged our Club banners with Rtn. James Lee, President, Rotary Club of Singapore. Also he met with their TRF Chair Rtn. Tapan Rao, who has promised to consider working with us on Global Grant on Leprosy Control and met with Community Service Director, Rtn. Sonali Sinha along with her husband Vineet Iyengar of Oracle, the Club's Membership incharge. Was able to meet many members personally; they recalled the visit of our Past President Pradeep Bahri to their Club meeting two months' back.





# A Week In The Life Of A Blogger & Digital Literacy

Speaker: Noor Anand Chawla - 17th September, 2022

On Saturday, the 17th of September, The Rotary Club of Delhi South began its meet by first observing a minute's silence in remembrance of Rotarian Dolly Suri, followed by tributes paid to her by The President Rotarian Lalit Sawhney and PP Rotarian Rajiv Gujral.



Rotarian Vivek Gaur, a new member of RCDS, then spoke about himself, thus paving the path for other members to know him and his pursuits better.

We then had the privilege of listening to a highly talented, multi-faceted, elegant and beautiful lady, Noor Anand Chawla, daughter of our very own distinguished Rotarian Hardeep and Harleen Anand.

Noor spoke about her own life as a Blogger and how she first came into becoming one. She took us through her early beginnings to now being a full-fledged journalist and influencer on social media. She however doesn't like to call herself an influencer, as she claims, "she has no influence."

September, being The Literacy Month, Noor also spoke about Digital Literacy and urged members not to be afraid

of learning new technology as that was the only way to move ahead and stay abreast with the changing world. She gave a brief summary of the different kinds of Apps available. Digital Literacy, she said would help not only in our day to day lives but in our professional lives as well. A lot of older people have the desire to learn and stay connected with the new generation and the world order, which is ruled by Internet and Information Technology. She urged members to learn a little something every day, not hesitate to ask the younger members in the family to teach them or otherwise simply Google one's query and thus make one's life smoother, more comfortable, connected with members of the family all over the world and remain in the mainstream of society. One could thus overcome fear of Digital Media, improve efficiency, add happiness, remain up to date and connected with more people and media on various platforms.

One could only admire Noor's vast knowledge, especially during the question answer session and we all learnt so much that day.

She sure got everyone's interests whetted and there were a number of converts who I am sure will not only begin to use social media more but also add to Noor's "Following".

Archana Katariya



## Old Age Home Visit

Rotaract Club of Delhi South - 17th September, 2022

***'Growing old is mandatory but growing up is optional - Walt Disney'***

The members of Rotaract Club of Delhi South visited Aashirwad old age home on 17th September 2020 in Karkardooma Vikas Marg, Delhi.

As the quote says 'growing up is optional' witnessing this was easy there as they seemed full of life to us. The visit was all about the exchange of old and new energies, a combination of 80's and 20's songs, Shayari sessions as well as dance.

We offered our share of contribution by providing a few food items and other necessities as mentioned by them. Our day ended with insightful experiences and pieces of advice shared by them.





# International Literacy Day

8th September, 2022

International Literacy Day is celebrated to remind the public of the importance of literacy as a matter of dignity and human rights, towards a more literate and sustainable society. Literacy challenges still persist around the world, especially for women and children who still lack basic reading and writing skills and are faced with increased vulnerability. In the aftermath of the pandemic, nearly 24 million learners might never return to formal education, out of which, 11 million are projected to be girls and young women. This year's International Literacy Day was celebrated in RCDS Sankalp Centres under the global theme, "Transforming Literacy Learning Spaces", Children were told about the importance of literacy learning spaces to build resilience and ensure quality, equitable, and inclusive education for all.



## Stationary Distribution at RCDS Sankalp Literacy Centres

9th September, 2022

Our Club distributed 300 sets of - 2 note books, crayon, set of 5 pencils, eraser, sharpener, ruler, frooti and peanut chikki to the children. It was delightful to see the joy amongst the children of RCDS Sankalp Literacy Centre Munirka New Delhi on 9th September 2022. Flowers, cards and special frames Ganesha sketch given to us was beautiful. The children also gave a handmade photo frame to the birthday boy, Anubhav, and sang beautifully for him. Mr. Gul, Mr. Anubhav, Rtn. Sumit Makhija & Rtn. Kriti Makhija graced the occasion.



## Hindi Diwas

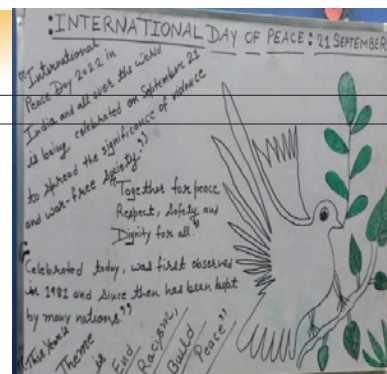
14th September, 2022

This was celebrated on 14th September. The annual celebration of Hindi Diwas commemorates September 14, 1949, the day when the Constituent Assembly of India took the decision to make Hindi the official language of the Union government. It is celebrated to spread awareness about the importance of the Hindi language in the country. Children were informed that Hindi language is one of the oldest languages that obtains much of its academic terminology from the Sanskrit language written in the Devanagari script. History of Hindi language was also discussed. Apart from India, the Hindi language is also spoken in several other countries, like Nepal, Guyana, Trinidad and Tobago, Suriname, Fiji, and Mauritius.

## International Peace Day

21st September, 2022

RCDS Sankalp Centres celebrated this Day on 21st September. Children prepared speeches, made charts and wrote essay on International Peace Day. The International Day of Peace ("Peace Day") is observed around the world each year on 21 September. Established in 1981 by unanimous United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace. Children were told that the theme for the International Day of Peace 2022 is "End racism. Build peace." The Day is dedicated to the aim of making a new world free of racism and racial discrimination.



## Sankalp Literacy Centres for September 2022

The aim of RCDS Sankalp Centres is to develop in children age and grade appropriate competencies by giving them a wide exposure to diverse activities, both curricular and co curricular. Some of the key features of the literacy centres are learning support program, comprehensive assessment, computer literacy, English speaking program, training and capacity building, regular monitoring and strengthening community linkages. Sankalp believes in equality in education to ensure that no child is left behind. Slums are visited on a regular basis and interaction is done with community people to make them aware of their child's rights, etc.

**A total of 376 children are enrolled in Sankalp Literacy centers.** Every month in the Centres special days are celebrated to expose children to specific themes. Children take part in regular major events and festival which bring changes not only in the level of knowledge they gain but also in the abilities to think and acquire habits, skills and attitude. Students are encouraged to embrace other traditions culture just like the way they do their own.





# Rotary Public Image

## Supports to School's Girls in Choptipura; 17th September 2022

### गुरुकुल चोटीपुरा की बेटियों ने मारी बाजी

जेएस हिंदू पीजी कालेज में हुई जिलास्तरीय भाषण, श्लोक-अंताक्षरी प्रतियोगिता

जिला स्तरीय भाषण, श्लोक-अंताक्षरी प्रतियोगिता में जेएस हिंदू पीजी कालेज की बेटियों ने जीत हासिल की। प्रतियोगिता में 10 बेटियों ने भाग लिया। जेएस हिंदू पीजी कालेज की बेटियों ने जीत हासिल की। प्रतियोगिता में 10 बेटियों ने भाग लिया। जेएस हिंदू पीजी कालेज की बेटियों ने जीत हासिल की। प्रतियोगिता में 10 बेटियों ने भाग लिया।



### प्रतियोगिताओं में गुरुकुल चोटीपुरा की छात्राएं प्रथम

महर्षि वाल्मीकी जयंती के उपलक्ष्य में जनपद स्तरीय संस्कृत प्रतियोगिताओं का आयोजन किया गया, जिला विद्यालय निरीक्षक रहे मौजूद

प्रतियोगिता में भाग लेने वाली छात्राएं प्रथम स्थान पर रही। प्रतियोगिता में 10 छात्राएं भाग ले गईं। प्रतियोगिता में 10 छात्राएं भाग ले गईं। प्रतियोगिता में 10 छात्राएं भाग ले गईं। प्रतियोगिता में 10 छात्राएं भाग ले गईं।



Rotary Club of Delhi South supports 50 Girls Students from this residential Girls school in Chotipura, UP.

## Business leadership with values and ethics; 11th September 2022



Rtn. Som Dua attended A Panel Discussions organized jointly by Rotary & FMA/ AIMA. Checklist – ESG, DEI, UNO SDG, Four Way Test & Sustainability

## Entrepreneurship program; 20th September 2022



Rtn. Som Dua attended a presentation which was made at BYST Strategic Committee meeting covering, awareness, facilitation, skilling, target, budget, mentoring and beneficiaries cost impact.

It is great matter pride of our Club that our Secretary Rtn. Sarvpreet Singh received the "Top Performer Award Globally" on 22 September 2022.

## The Gracious



Rtn. Arvinder S Brara and R'anne Dolly attended Gracias - 'The Gracious' AKS and Major Donor Dinner on 24th September 2022

Rtn. Dr. H. K. Chopra published a press release on the occasion of World Heart Day "Prevent and Attack Heart Attack in young in Covid Time on 26th September 2022.

**Press Release.**  
**Smart Heart: Smart India.**  
**"Prevent and Attack Heart Attack in Young in Covid Times".**  
**On the occasion of World Heart Day.**

**Dr. H.K. Chopra** said that 17.9 Million people die each year from CVDs, an estimated 32% of all deaths worldwide. Heart Attack is rising rather steeply in our country especially in young in 20s & 30s particularly in covid times as the covid virus is prothrombotic, proinflammatory and proimmunogenic. To a very large extent, heart attack is self-inflicted by our faulty lifestyle, which we adopt right from the childhood. Genetics definitely play a role but it is too little. The prevalence of Coronary Artery Disease in adults in India in the urban population is 14 percent, while in the rural population it is 8 percent. One should not have heart attack in the prime of his/her life when he/she is important not only to the family, but also to the community, society and nation. In fact, "we are the cause and we are the cure" of this malady of premature heart attack in young by optimizing our lifestyle we have, which should be in accordance with the laws of nature. A healthy heart is an expression of our own perception, thoughts, interpretations and choice making. Thus, a **Healthy Heart is not a matter of chance, but it is a matter of choice.** Enhancing awareness about prevention and timely treatment of heart attack is the only solution of reducing the rising menace of heart attack in our country. Women are fortunate to have lower prevalence of coronary artery disease before the age of 45 i.e. menopause. After menopause, the prevalence of CAD is same as men. **Over 25 Lac people die of Heart Attack in our country every year. Out of these, 16 lac die within an hour of Heart Attack before even the medical aid is available.**

The theme of World Heart Day this year is "Use Heart for every heart" by enhancing awareness on prevention and timely treatment". World Heart Day celebration initiated by World Heart Federation almost 25 years ago and it is observed more than 90 countries in the world. Healthy Heart as defined by WHO is physical, mental, social, emotional, psychological and environmental wellbeing and not merely the absence of disease. *Dr. Chopra emphasized that the awareness of preventive strategies and timely treatment strategies may help rising the menace of premature heart attack in young.*

**"21 Points Programme for Attacking Heart Attack"**

- 1. Stress:** No. Manage stress effectively, learn to cope by enhancing your endurance and resilience. Be Calm, have attitude of gratitude. Manage anger and live longer. Manage stress so that our immunity status is robust.
- 2. Sedentary Lifestyle:** No. Be active and exercise daily 30 Minutes every day to prevent thrombosis especially in covid times. Heart friendly exercises are helpful.
- 3. Self Hydration:** adequately.
- 4. Smoking:** No Smoking, no tobacco in any form.
- 5. Saturated fat:** No, avoid saturated fat. Do not eat junk food/ fried food. Eat more of fruits, vegetables & nuts.
- 6. Salt:** No or low, excess salt to be avoided to control the blood pressure.
- 7. Sleep:** Adequate sleep 7-8 hours essential for perfect heart health.
- 8. Self knowledge** on control of hypertension, Diabetes, obesity and cholesterol fitness.
- 9. Self Practice** all 8 limbs of yoga (Yama, Niyama, Asana, pranayama, Pratihara, Dharna, Dayana and Samadhi).
- 10. Self Consumption** of immune booster like zinc, vitamin C, vitamin D.
- 11. Stubborn attitude of obesity:** No
- 12. Superfluous alcohol Intake,** No.
- 13. Self Education** for preventive health checkups on regular basis after the age of 20.
- 14. Self understanding** of avoiding processed food.
- 15. Self Awareness** on the need of the vaccination protocol as per guidelines of ICMR, Ministry of Health, GOI & WHO. Optimizing heart, mind and consciousness connection is the need of the hour to have healthy heart.

**B. Tips for Attacking Heart Attack.**

- 16. Early recognition** of symptoms of Heart Attack: Severe Chest Pain with radiation to right or left arm, back or in the jaw, heaviness in chest, choking, suffocation, unexplained sweating, breathlessness, dizziness or extreme fatigue with sinking feeling.
- 17. Call for emergency ambulance** in your vicinity.
- 18. Take Tablet Aspirin** to be chewed, Atorvastatin or Rosuvastatin 40 mg.
- 19. Urgent ECG, instantaneous TROP T** testing to confirm the heart attack.
- 20. Clot Buster** such as tenecteplase elxam IV 30-50 mg IV bolus over 5 sec, at the site of heart attack, at home, in the ambulance or in emergency under supervision of cardiologist connected to heart command centre.
- 21. Shift immediately** to the hospital with 24 hours service of Cath Lab with loading dose of antiplatelet drug Ticagrelor followed by early coronary angiography, angioplasty and stenting.



# Miracles and Manifestation of Abundance

23rd September, 2022

Our Speaker on 23rd Sept 2022, Shivani.. accepted our invitation to come to Delhi all the way from Calcutta and deliver a Live Session at the Rotary Club of Delhi South. Needless to say everybody thoroughly enjoyed the talk at the Claridges and whilst ofcourse we had heard her earlier on Zoom a live session with her was Superb....a lot of us are now open to accepting and receiving miracles and her quote on \_Mere Pass Main Hai\_ was so impactful, as one realized, we Ourselves were the most important to bring about any change... Shivani was most insightful and inspiring. Her views on gratitude and positivity really left a mark on everyone. In a very simple way, with the help of analogies she explained the concepts. The biggest takeaways were the affirmations and gratitude to life and gratitude to the people in it. It left everyone so positively charged.

It was full of positivity and very well received. Everyone enjoyed listening with rapt attention to tips for manifesting abundance and expecting miracles.

The Talk inspired many and introduced us to a new way of thinking!!

She highlighted the virtue of gratitude and to " Expect Miracles". Members were overwhelmed by how she very beautifully redefined the outlook for miracles. She not only lead us into believing in miracles but also to expect miracles in our own lives.....for only if we desire and expect and are positive in our attitude would we benefit from miracles. She

shared her own personal miracle in her life as to how she underwent a surgery and lost one vocal cord, but through positive outlook she was standing (tall) before us and addressing us...this was nothing short of a miracle. Gratitude is the sole magnet that we all possess and which helps attract miracles towards us.

She stressed on the importance to manifest abundance, with gratitude. The power of being repetitive and not giving up, to protect one's belief and to remove roadblocks are the easy roadmaps for each of us to manifest abundance, a belief which we Rotarians pledged to borrow that evening. Stressing on the importance of gratitude she explained as to why it is important to be grateful, for not only what we receive but also be equally if not more grateful when we are able to give, for we are the blessed few who have been considered worthy enough to be a medium to be able to give.

Shivani also dwelled as to how the sub conscious mind is far more powerful than the conscious mind and that we should attempt to strike a chord and kindle the sub conscious self. She reminded us that our own inner self was our best friend and if one could discover and believe in one's self there was no force to fear.

For so many people to attend the meeting despite the incessant rains was itself a miracle.

**(With Inputs from Naman, Ila, Geeta and Archana)**





# KOLKATA

## A City of Contrasts

Congestion, humidity, traffic and noise is what I expected. Historical buildings, lush green parks, mouth watering aromas of fried fish and cool colourful cottons were a welcome addition to my growing list.

This is a city steeped in culture varying from music, poetry, dance to theatre performances. My journey of learning began while I was waiting for the taxi at the airport. The signature red bindi on the forehead of sari clad women could be seen despite the mask covered faces. From expertly navigating the narrow roads to zipping away on the flyovers the driver took me to the hotel. Since it was early, the city was just waking from its weekend slumber, "puchka" vendors assembling their wares along with the multiple Biryani points setting up their boards. Clearly this city loved its food !!

After a quick refresh, I eagerly hit the streets again to explore. The ride to the famous Park street and Ballygunge was a perfect blend of new and old, with designer boutiques on one end merging seamlessly with crowded slums on the other. Traffic was typical of a metro, but after tolerating it for over an hour, Mother Teresa's Missionaries of Charity was a calm respite. Presence of mother could be felt everywhere, the grey and white walls had such a peaceful aura. Mother had lived her life simply and her room along with its belongings were lovingly preserved. Prayers were being read next to her final resting place which gave out such positive and soothing energy.

From quiet to chaos, describes our next stop perfectly, which was the Kumartulli. This busy narrow street filled with multiple shops is an artist's dream. Idols of all shapes and sizes are handmade here from scratch. The extremely skilled

potters begin with bamboo which gives the original shape and size of the idol. The fascinating process then continues with hay which acts as the stuffing only to be covered by mud from the river. Drying, fixing cracks and final shaping leads to adding colour with vegetable dyes. Continuous transport of half finished idols precariously balanced and carried on tired heads had me take cover at various shops. I could have spent hours simply watching this process on repeat had it not been for my guide beckoning me impatiently.

A picture against the backdrop of the Howrah Bridge was next on my list. To fulfil this, I was led through narrow roads leading to a railway crossing. My guide expertly manoeuvred us under the barrier onto the ferry platform from where the majestic bridge was a sight to behold. Post the many selfies and poses, we moved on.

I was soon transported to the British Era with Victorian style buildings along wide roads and lush green parks. Each building had a story to tell from pre Independence times. Golf Courses, Race courses and clubs were all reminiscent of English culture. The Victoria Memorial made of white marble and surrounded by huge lawns is a prime tourist attraction. This area was a major contrast to the congested parts of central Kolkata. The active Open air theatre shows the deep cultural side of the people. Tolerance and diversity is clearly visible in the multiple churches, temples, synagogues and mosques coexisting peacefully.

The journey from Calcutta to Kolkata continues to be fascinating even today and I look forward to being a part of it again.

**Monica Krishan**





# Golu or Kolu

R'anne Bhuvana



Golu is the artistic display of dolls and figurines during the Sharad Navaratri festival that is celebrated in every part of India in its own unique way.

In South India, as per the tradition, the dolls, figurines and toys made mostly of wood, clay or Papier Mache are placed on steps of odd number. The numbers could vary from one to 11 depending on the number of dolls available for display. Many families place nine steps, each step representing the nine days of Navratri. The steps are covered with a decorative cloth, and the dolls are placed on it. The steps may be seen to represent the evolution ladder or the spiritual progression of human beings.

In Delhi, our family has been putting up Bommai (meaning 'doll') Golu (meaning 'display') every year for several decades, through generations. We have an elaborate one of nine steps and it occupies an entire room! The dismantlable structure of nine steps is made of wood or metal, with strong support beams; as the structure has to bear the weight of the idols for nine days.

On the lowest step, I display the lowest forms of evolution: animals, birds, vegetables, fruits made of wax, working implements and the common, working class like the trader with his weighing scales and wares.

The second step has the saints like Shankaracharya, leaders like Vivekananda, as well as depiction of functions, such as marriage with wooden dolls of a bride and a groom dressed in their finery.

The higher tiers usually showcase Devis and Devtas: the third step shows Ma Durga and Sherawali Mata.

The fourth is the Devi Darbar with Lakshmi, Parvati, Saraswati and their "Vaahans".

The fifth has Lord Shiva's family, different forms of Shiva and Lord Krishna.

The sixth tier is dedicated to Lord Ram's Darbar and the seventh; Lord Ganesha.

The eighth showcases the Dashavataar of Lord Vishnu: starting from the first Avataar on the left: Matsya, Kurma, Varaha, Vamana, Narasimha, Parasuram, Rama, Balrama, Krishna and the tenth Avataar Kalki.

The highest step has Tirupati Balaji and Lakshmi overlooking

the other deities;and Sai Baba.

Every year I add one new item to the already large collection. The recent addition is that of Ashtalakshmi (8 forms of Goddess Lakshmi).

I try to ensure that the multi coloured dolls on display are eco-friendly and do not use artificial material or synthetic dyes or paints.

Right in front of the display, it is common to make a replica of the man-made water tank with steps, found in the temples in South India. Tableaus of parks, lawns, forests are created with grass grown, using mustard seeds.

The first three days of Puja are dedicated to the worship of the Supreme Goddess as Durga or Parvati; the next three to Lakshmi and the last three to Saraswati. On the 9th day of Saraswati Puja, books and musical instruments are placed before the goddess Saraswati: and she is worshipped as a source of knowledge.

After the tenth day, Vijayadashami, one of the dolls is symbolically made to sleep by being placed horizontally on the step. The Kalash is removed and later the dolls are put away and the steps dismantled.

For me the most difficult part is to wrap the idols and figurines individually, in newspapers or bubble wrap before they are stashed away safely in a huge trunk till the next year. This is important as no chipped or broken idol can be displayed.

During the nine days of the festival, the women, of the neighbourhood have a blast! It is the time of the year when the women and children interact with family, friends and neighbours; display their artistic creativity and musical skills. Bright lamps are lit, colourful kolams (rangoli or floor decoration) drawn, aarti performed, and shlokas recited. It is also the time to show off culinary skills as each day a different mouth-watering prasada especially sundal (made of legumes) is prepared.

Dressed up in silk sarees, hair bedecked with jasmine flowers, the women invite each other to visit their homes to view the Kolu display and chant together devotional hymns such as the Lalitha Sahasranam, Soundarya Lahiri, Mahishasura Mardhini. The women are honoured by gifting betel leaves, coconuts, fruits, flowers, bangles, turmeric, kumkum (vermilion powder) and prasada.



# Literacy Month

## My teachers had always inspired



My teachers had always inspired & motivated me to achieve my potential & I realised that if I wished to benefit society as a whole, this was a good meaningful career option. I knew teaching was challenging but in the long run found it to be an incredibly rewarding profession. My love for children helped me & I could make a lasting difference in their lives. My students grew up to be authors, top professionals, artists & well rounded

individuals with a love & passion for learning.

Along with them I too learnt a lot. I learnt about human nature & became a good communicator, problem solver & organiser. I developed empathy & good relations with my students & could reach out & be a mentor as well as role model to them. This went a long way in promoting their well being & creating learning opportunities for children with special needs as well as gifted ones.

Each school year I got to teach new sets of students with varying characters, experiences & ideas. I could help them develop good behaviour, become creative, positive & find the potential they needed to lead a productive life & turn out their best selves.

Even now, I may be in any corner of the world-- suddenly out of the blue -- a young person will come & say "ma'am recognise me? You taught me in this year & I still remember your smiling face & how you impacted my life" This response from my students sends me home with a sense of pride, fulfilment, priceless joy & unmatched satisfaction that I chose the right noble profession.

**Rajni Dua**

## Suggested Reading



Have very recently finished reading Ruskin Bond's Autobiography, LONE FOX DANCING, I strongly recommend people to read it. Firstly and the main reason being that Ruskin Bond bears such a close physical resemblance to our very own B K Garodia ji and I have mentioned this to Garodia ji too and he did admit to me that yes he too has been mistaken for Ruskin Bond and girls have gotten themselves photographed with him

because of the strong resemblance. Garodia ji was too humble to say that actually it was his own charisma that pulls people towards him. Jokes apart.... Through simple language and flow of words the author takes us to India in the 1940s and through almost 50...60 years of his life. Having lived for most of his life in Jamnagar, Delhi, Dehra (as Dehradun was called earlier) Shimla Mussoorie... the author's narrative is warm, moving and witty. He talks about his early life in a boarding school, his friends, dealing with his parent's separation, finding solace in books, his siblings, his short stint in England, his failed love life, his return to India and finally making India his home. He writes about his final home Mussoorie and how as kids they would just run up from Dehradun to Mussoorie. Beautifully written, one can visualize each description and event of his life. Through all his glorious writing, one was strongly aware of his simplicity, simple and meager living and a strong sense of belonging to India. Definitely a Must and a Great Read.

**Archana Katariya**

## My Experiences as a Teacher



Having done my Ph. D. in Chemistry in the imposing building and the greenery of Forest Research Institute, I joined ONGC as a Chemist in 1982 in the hustle and bustle of the busy Bombay (now Mumbai), I never imagined that one day my Karma will take me to impart Technology knowledge to the budding

youngsters of this great country as a teacher! It was only much later after doing a Post graduate Diploma course in Computer Applications, did I get into the teaching profession, that too changing my specialization to an ever-evolving field!

My first job as a teacher was at Welham Girls' School Dehra Dun, my alma mater, where I worked for precisely a year. I think I was emulating my mother who taught in Welham's for more than three decades. Being a boarding school, I developed strong bonds with my students. I needed to be like a mother, a guide and a friend to them and help them in all aspects of school life. It was during this year at Welham's that I was convinced the teaching profession gives one so much joy, satisfaction and a lifelong learning experience. I remember when I left the school, my class 7 students gave me a small farewell and some of them even cried!

The 22 years of my working in Vasant Valley have been the most fulfilling ones having touched the lives of so many students over these years. Though I taught Computer Science to Class 11 and 12 students, we were expected to know all the students in the senior school. Each teacher also had around 12 to 13 tutees across ages for whom we were mentors in school and looked after their mental, emotional, social, and academic well-being. There have been several of my tutees who needed counselling for various reasons, and one would spend time individually with them to help in resolving their problems at home or in school. So, a teacher's job is not just teaching a subject but also being a "guide by their side". Every Teachers Day, I get wishes from not only my students but also some of the parents.

I can boast of the fact that my students are spread across the world. A couple of my students met me in San Francisco over dinner and when I took out the money to pay, they said, "Ma'am it is our turn now!" On my last visit to Singapore, one of my student's mother called to say that her son would like to meet me. So, there were 5 of my students studying in Singapore, who turned up at my sons place for home cooked food and we reminisced over the years they had spent with me in school.

A few years ago, a parent came to school to tell me that her son who was studying Computer Science at an American University had told her to convey to me that because of the problem-solving skills that I had taught, he was given a standing ovation as he could complete a programming problem in the shortest time. These are the feedbacks which give me immense satisfaction and the realisation that I had indeed found my vocation!

**Sonya Bahri**



## Those Who Can Do, Those Who Can't Teach !!!!



I heard this adage from my teachers while doing my degree in Education. However, it was only when I started teaching that I understood that a desk job would never have worked for me. There is so much vibrancy, energy and creativity in education. No two days are the same. Interaction with children, especially small ones, is so interesting and leads to innumerable humorous episodes. When I started teaching decades ago, the social environment was different. Teachers were held in high esteem, teacher - parent interactions were respectful and cooperative in nature. We had a large number of students to teach.....upto 50 children in a class! That was very very difficult, as one felt inadequate in establishing contact with each child in a day. Personal contact between teacher and student at younger ages is extremely important. I always felt the shortage of time while dealing with large classes. However, I was lucky that I taught in a school which was very liberal in its attitude towards teaching methods, leaving the teachers to innovate and

experiment in class. There was no harassment or policing of teachers in the classrooms. Many schools were doing that, making it very hard for teachers to teach as they wished. Any school has a lot of activities going on and teachers get involved in preparing the students for debates, recitation, plays etc. That is hard work but very engaging.

It is sad that as a rule teachers teaching very young children are paid a pittance in India, as compared to the higher classes. Teaching young ones lays the foundation for further study, but this used to be totally neglected in India. Perhaps things are better now. Social respect for the teaching profession has to be accompanied by financial respect. A lot remains to be done still at the ground level. The last two decades have seen a spurt of fancy schools, with air - conditioned rooms and buses. This is almost surreal in a country like India. This will lead to the generation growing up quite ignorant of the reality of India and the life being led by millions of Indians. We want our future generations to be kind, caring, responsive and responsible toward society, besides being well qualified with huge salaries. Well, hope springs eternal in the human breast! India is such a large country, with so much diversity. That can be a drawback or it can be a great strength.

**Chitra Mehta**

## Experience as a teacher



I still remember the first day I walked through the corridors of Modern School Vasant Vihar in 1970s- a bit nervous but determined to start my career as a teacher. Little did I know that these corridors will become my second home for the next few decades!

Teaching has been an extremely rewarding experience for me as it gave me the opportunity to impact lives of students and help them to achieve their goals. The wealth of a teacher lies in the success of her students and I can truly say this holds true for me as now when I meet my students who are working and pursuing their careers in varied fields, it gives me a sense of pride and fulfilment. Spending 8 hours, day in and day out in school just flew away for me as I got so involved with the children and their needs that time never came in between.

My love for travel and exploring new places helped me to make my subject Geography an interesting and alive subject for my students. Recently a student of mine quoted the following in his article on teachers' day - "Deep studies of continents, nations, oceans, mountains, rivers & people peppered with study of Political systems, social norms, traditions and language prepared us to be a global citizen". I am honored to have received this feedback which encapsulates my teaching style and impact I always wanted.

Teaching is a two-way process in which both, teacher and students, have the opportunity to learn from each other. I learnt a lot from my students along the way and this really helped me to encompass patience and understanding. Despite being known as being 'stricter than the strictest', the students still showered immense love and respect which I truly treasure.

My teaching experience will be incomplete without mentioning my guide & mentor - Mr. Ved Vyas, former principal of Modern School Vasant Vihar. I consider myself very fortunate to have got the opportunity to be mentored by him and also to have worked with him. He gave me multiple opportunities both in academics and volunteer works throughout my career which helped me to become an independent, self-sufficient, and hardworking individual.

Teaching is a noble profession and gives the utmost satisfaction. It helps you to imbibe compassion and sensitivity and impact lives and I am truly grateful that I spent most of my life teaching children. Thanks to my teaching experience, I am now fully involved with Vidya, an NGO working towards upliftment of the underserved community through education.

**Indu Mahajan**



# DOLLY Epitaph

We have very fond memories of our ever smiling friend, Dolly Suri, our Club Service Director. Jayshree and I mourn her loss. We are travelling and missed the Cremation this evening.

I was actively involved with Dolly in organising our club meetings and the fellowships associated with these meetings. And, I can't imagine how she is suddenly no more. So, I want to tell you about the hard work Dolly was putting in, behind her smiling exterior.

She was actively involved in organising the Musical Evening on Sunday, 28th August, reminding the members about bringing the Fellowship cheques, collecting the cheques and depositing them with Claridges Hotel, sign the Dinner & Drinks bills, pay the gratuities, etc.; she was there at the SDMC Primary Boys' School at Katwaria Sarai on Tuesday; she was busy organising the speaker meeting on 10th Sept – had suggested the speaker, fixed up the meeting chair, the person to introduce the speaker and give the Vote of Thanks, and organised the gratuity in advance; she was equally involved in the speaker meeting of 23rd Sept; And, was just setting up a WhatsApp group for organising the meetings in October.

And, while all of us knew Dolly as happy go lucky, and lots of fun – you can all see her pictures being circulated by members on Friday evening from her overseas trips - not many members would know that as Director – Club Service, she had already booked the meeting dates at Claridges in the busy months of October, November and December, and had also been actively involved in fixing up the amount of the Fellowship Charges to be collected in July and January in this Rotary Year.

It is shocking that I talked to her on Thursday late night about the fellowship collections on Sunday, and today she is suddenly gone. While I have known about some of her health issues in the past, this news on Friday was a great jolt. Seventy years was too early for her to go. The only good thing is that she did not suffer at the end. Hope she rests in peace now.

**Lalit Sawhney**

President, 2022-23

Singapore, 2nd September, 2022



**Smt. Gulshan Suri**  
(1952-2022)

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Dolly travelled across continents with us, and despite her several health issues, she never publicly showed her discomfort or sought assistance. She was an epitome of courage, confidence and her ever smiling and glowing visage never showed the physical pain or her emotional trauma. She was our Dolly, who was doughty!!

Dolly was bereft of rancour, and accepted her marital differences with equanimity. Whenever we were travelling, she would discuss her problems but never complainingly. She was large hearted even in despair, and willingly and unconditionally forgave all those who treaded on her gentle persona. She was our Dolly, who was forever forgiving!!

We straddled the Board of RCDS several times together. She was impeccable in her presentations, genteel in her manners and totally committed to her avenues of service. Many a times I prompted her to step up the ladder but she always and adroitly sidestepped the loaded suggestion. She was our Dolly, who was soft but firm in her convictions.

Dolly, completed her mortal journey on Friday, September 2, 2022. Her's was a life of dignity and poise. Neither a crease nor a frown only a smiling Dolly who has forever left her indelible memories for us all at RCDS to cherish and to recall. I am sure she now rests in the embrace of Waheguru free from the ordeal of birth and rebirth!! She was our Dolly, who now Rests In Peace.

In grief.

**Inderjeet Singh**

Editor

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I know Dolly as a very simple, polite... but a very strong and courageous person. She bravely fought her personal issues and rose above them to start her life anew, and emerged victorious. She had several health issues but she never let them overpower her exuberance and zest for life. She travelled around the world with us with full enthusiasm carrying her numerous medicines with her but never let her pain be known to anyone. So much so that when on the Alaskan Cruise, where she and my sister were roomies, she bravely did her chores smilingly without complaining or cribbing and didn't once let on to my sister that she had severe Arthritis. That's what is class and grace! Dolly always had a ready smile and compliment for everyone. She took all her duties seriously and did them with full dedication and commitment. Rishab recognized her potential and brought her into the board as the Director Club Services. And probably she was the first woman to be installed and hold a post in the Board of RCDS, and she did full justice to it. Dolly was always very grateful and acknowledged Rishab's gesture of bringing her in the mainstream. She was a very genuine person, friendly and affectionate and never spoke ill of anyone. I must add that I truly admired her style of dressing. We both bonded with each wonderfully and would find time to catch up over a coffee or luncheon together. I have lost a great friend and will miss her dearly. I wish she has found peace wherever she is... Dolly you will always be in my heart -

**Illa Jain**



# Smt. Gulshan Suri

(1952-2022)



No beauty shines brighter than a lady with  
a golden heart- Dolly, who art in heaven



# Greek Odyssey - A tale of travel through Greece

While summer in Greece is typically busy, we escaped the crowds by going there in late May, the very beginning of summer and tourist season. Due to this, we were able to explore Athens, Mykonos and Santorini in a leisurely manner—all while witnessing these places in their true, tourist-free, element. Highly recommend May as a time to visit, if you're looking to see Greece devoid of the crowds.

We landed in Athens and were instantly transported back centuries ago, as we visited the historical sites of Acropolis and Pantheon. Fascinated by their magnitude and historical relevance, we imagined what life would've looked like in those days. In contrast, though, the city also offered ample modernity. We spent an entire afternoon walking the shopping streets and luxury designer stores that Athens downtown is home to. We ended our day and a half stop in Athens (a timeframe sufficient to cover the major attractions!) with dinner and drinks at the GB garden rooftop, which offers breathtaking panoramic views of the city.

Next, we took the ferry (a bumpy ride) to Mykonos! If you're prone to seasickness, we highly recommend a flight to the islands. Mykonos itself was beautiful. We had all seen pictures of the island on the internet, so, knew what to expect. But it was something else to be there and walk the cobble streets of the chora (Mykonos town). We spent all day exploring little nooks, corners and alleys of the chora, all blue and white, lined with infinite options for shopping, designer clothing and restaurants offering fresh seafood, saganaki and kebabs. If Greek food is not for you, the chora also had enough and more restaurants offering other cuisines. The restaurant Interini is famous and worth a try! We also explored the beach side of Mykonos. Here, we watched the sun set with glasses of wine and champagne, swaying to the beats of a Greek band that played at Scorpios Mykonos' beach resort. The Scorpios restaurant also offered Mediterranean cuisine and the atmosphere transformed from calm in the evening to a party goers' paradise as the evening progressed. We'd specifically recommend spending a Saturday evening there as the Greek band only plays at Scorpios on Saturdays! Among other attractions, we also recommend a visit to Nammos village, which is home to innumerable designer stores. We spent one afternoon walking around the village but if that's not for you, you could also spend the morning there savoring brunch and bites at the Nammos beach restaurant. The beach side also has restaurants such as Buddha Bar, a global restaurant, where one can't go wrong with Asian food. We enjoyed both dinner and people watching here, as everyone was dressed to the nines! Our hotel property, Mykonos Blanc, which offered private beach access was also an excellent experience. The hotel's in-house restaurant, Pasaji, offered delectable seafood options and the private beach was perfect for a lazy afternoon we spent together chatting, eating and napping together as a family! From shopping to food, a relaxing time at the beach, breathtaking views and parties that go on from sunset to sunrise, Mykonos, we felt, had something for everybody!

Our next destination was picturesque! Surrounded by the Aegean and Mediterranean Sea, Santorini imitated the contrast of land and sea with its color palette. Domes and caves in blue and white were a soothing sight for the eyes. We toured the Santorini villages of Oia and Fira and enjoyed their white wine (the best white wine we've tried yet, and yes we've been to Italy and France). It is a lesser known fact that Greece produces some of the best white wine, so we would recommend you try a flight or two! We also had the opportunity to view the famous Santorini sunset. The Santorini sunset is famous for two reasons. The sun setting against the sea and the endless sea of visitors gathered to

ACROPOLIS-ATHENS



MYCONOS



SANTORINI



view it, are both a sight worth witnessing first hand! We spent a day and a half in Santorini, living in a cave style hotel, Art Maisons by Aspaki, which in addition to the cave experience also gave us exclusive balcony viewing access to the sunset. It definitely was a one of a kind experience you won't regret trying!

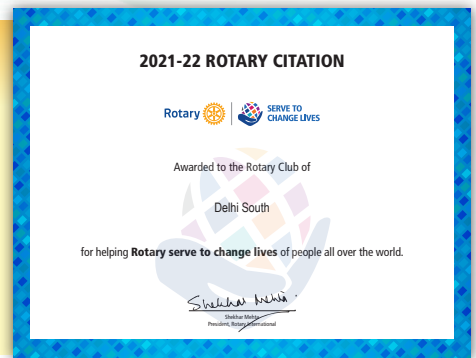
Last but not the least, our kids roped us into taking pictures around the sites of Santorini. Again, infamous for crowds and influencers posing at every step, we were fortunate to take pictures around the Oia village with ease, because we visited in May. We left Santorini and ended the trip with pictures that serve to date as mementos of a wonderful time spent together.

**Rachna & Rohit Sadana**



## RI President Citation

The news of RI President's Citation was received with much approbation and joy. It's indeed a recognition of the performance of RCDS for 2021-22. Team led by PP Anil ably assisted by Secy Kriti, strived tirelessly and relentlessly in pursuit of excellence, excellence was achieved, and Excellence was justly rewarded. Congratulations!!



## Gift of Life

September, 2022

Congenital heart defects (CHDs) are the most common type of birth defects. Rotary Club of Delhi South through its Gift of Life project is committed to ensuring that every child suffering from CHD gets a chance at life. Following needy people benefitted

**Meet Sandeep!**

Our 13 years old "Gift of Life" beneficiary.

**Donate now to save many more precious lives like Sandeep's!**

Delhi South Rotary Service Foundation HDFC Bank  
Current Account no. 50100383330898  
IFSC: HDFC0000483

**Rotary**  
Club of Delhi South

### THE FOUR WAY TEST

of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all Concerned?
3. Will it build **GOOD WILL** and **BETTER FRIENDSHIP**?
4. Will it be **BENEFICIAL** to all concerned?

— Rtn. Anil K. Agarwal —

RCDS President : 2021- 2022

## OCTOBER

Singh, Davinder	01-Oct	
Basu, Tridibes	03-Oct	
Sanwalka, Deepankar	06-Oct	
Anand, Harleen	07-Oct	
Makhija, Kriti	09-Oct	
Krishan, Monica	09-Oct	
Baluja, Raman	11-Oct	
Chhibber, Brig BK AVSM, VSM	15-Oct	
Kanwar, Vijay	15-Oct	
Yoko Hirokawa	21-Oct	
Gulati, Anita	22-Oct	
Madhavan S	26-Oct	
Brara, Arvinder S	28-Oct	
Kanwar, Vijay	Manju	07-Oct
Batra, Dharam	Neelu Batra	14-Oct
Sawhney, Lalit	Jayshree	14-Oct
Anand, Ravindra S.	Satty	23-Oct
Aneja, Ashok K.	Usha	31-Oct
Bhargava, Alok	Ira	31-Oct