



R. I. President: Jennifer Jones

District Governor: Ashok Kantoor

ROTARY CLUB OF DELHI SOUTH NEWSLETTER “ASHOKA” November, 2022

PRESIDENT’S MESSAGE TO THE CLUB



Friends,

Two of the highlights during the month of November were our Joint Meeting of 4 Rotary Clubs with LEPRO UK and the Installation of our 2nd Interact Club at Gyan Bharti School, Saket.

As you are aware, a Rotarian from LEPRO UK had introduced our PDG Deepak Kapur three years ago, to the shocking fact about India being the Leprosy capital of the world and accounting for 60% of the Leprosy cases in the world. Our President at that time, Pradeep Bahri took up the challenge to End Leprosy in right earnest, and in the last 3 years we have come a long way in studying the long-standing disease and working on a 14-year plan to eradicate Leprosy – just as Rotary has come close to End Polio. We are a group of 4 Rotary Clubs which had a joint meeting with LEPRO UK, in the presence of our District Governor Ashok

Kantoor and a galaxy of Past District Governors, and shared our progress and discussed the next steps.

We had two more clubs in our District joining our team of four clubs, but the DG wanted us to take a further leap and consider making it a District-wide project. This useful meeting brought home three important conclusions – one, that we have a long way to go, two – that Leprosy can be tackled right away and the task is do-able, and three – that our Club, Delhi South has done a great job on this front so far, in the last 3 years.

The next event to make us proud, was our installing the Charter Team to run our 2nd Interact Club in Gyan Bharti School. This is one of the premier schools in Delhi-NCR, and is led by a Director who has known Interact for tens of years in the past. With the kind of students that this school has, and the senior-level leadership that the school brings to the table, we have no doubt that this Interact Club will provide a healthy competition to our first Interact Club at Birla Vidya Niketan, as was borne out by the new plans drawn up by the Interact team that has just taken over at Gyan Bharti.

Another thing to make us feel proud was the rapid progress being made by the Sathya Sai

Sanjeevani Hospital Trust, where our new member Vivek Gour is one of the three trustees. They have commissioned 4 new hospitals this month, including a 80-bed child heart hospital at Telengana and one at Jamshedpur, to mark their 10th anniversary, and they have just completed their 23,000th child surgery. We plan to visit their Palwal hospital on the coming Saturday, 3rd December, to understand how they are running such a large chain of hospitals without a Billing counter, meet some of the doctors and meet some patients’ parents to figure out how they work, and are so successful.

And, while the Club Assembly which was held at the month-end is reported else where, one interesting speaker was our young Interactor, Hiya Jain who represents Asia at the Rotary Int’l Interact Advisory Council – who told us about the interesting role that she performs at this global forum.

As we step into December, our Christmas Lunch is coming up on Saturday 17th December, and we can look forward to an excellent lunch being served in the nice sunny December weather.

Sincerely Yours,

Lalit Sawhney
President, 2022-23

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



Spoilsport. The dictionary describes it variously as Killjoy, party pooper, wet blanket!! But under the breath unspeakable expletives, denouncing the lineage of pollution, exacerbated by the farm fires raging in neighbouring Haryana and distant Punjab. To the Delhi lungs it matters not the unabashed annual political blame game, it only seeks a permanent relief,

from this perennial scourge!!

Reverting to 'spoilsport', a beautiful October full of revelry and fun has been rapidly shrouded by a mix of farm fires, raging politics and statistical pronouncements serving as a tool for interstate jousting, to prove each other as the offending party. But the lungs only want to breathe easy, breathe in fresh air and enjoy a normal life. It's excruciatingly painful to watch children as young as just out of the crib struggling to breathe on an air not sullied by offending AQI's and solid particulates!! It's their's by birth right, but do we care!!

I go back, seventy and more years in time to the age of my schooling, when with dipping temperatures beginning early October, the schools mandatorily imposed a change over to winter uniforms!! Today, perhaps early December is the new norm. Winter season which then extended from October till March, or more precisely till Holi, has now become a victim of an environmental cataclysm, brought about by a developed world cronyism!!

Winter months then afforded much pleasure. From morning till late afternoon, one basked in the sun and the sum total of the enjoyment was measured by the accumulation of peanut shells, a lunch of a variety of tandoori stuffed paranthas or the ubiquitous makki ki roti and sarson ka saag accompanied by blobs of white home churned butter and the inevitable galgal, ginger and green chillies achaar!! Simple but addictive fare!! Winters brought out your longing for them, and summers a distaste in equal measure. Growing up, we experienced the uniqueness of the four seasons in their full flow - some short, some not so and the others to their full measure!! The human race boastful of it's rich material acquisitions, is poorer for it's neglect and disregard of the laws of nature. Let's desist even now, lest a looming holocaust ravages and consumes, the human civilisation!!

November till early March as nature planned, should have, in ascending order been a pleasant season, achieving it's peak of biting cold from December till mid February and plateauing out by March. It's anything but that. Bethoven's symphony No 5 is a true representative of nature, starting softly, achieving a high crescendo before petering out softly!! That's the winter I remember. Alas, what a loss- but hopefully the Greta Thunbergs of the world would have awakened the collective conscience of the world, to allow nature to restore to it's original state. Amen!!

Looking heavenwards at the caliginous sky and awaiting the abatement of the farm fires, are our legion of diehard golfers who, come hail, rain or high water, are forever ready to battle the elements. Pollution remains a perennial execration responsible for a host of ailments, many chronic others less, but a curse nonetheless. Our battle hardened veterans, remain undeterred and rarely miss a game. We have invited some of them to share a perspective of their experience even

in the worst months of smog and pollution. We salute their diehard spirit and their very resilient lungs!!! Our lady golfers Kausy and Neeraja have shared their moments of gulping the pollutant ridden air, as have Amarjit and Manoj Malhotra. A common thread through all the four diatribes against the elemental hazards and which regardless of the potential to inflict pain, is consigned into the laps of the almighty, with a prayer on the lips and hopes in the bosom, for an enjoyable round of golf!! As they say, the Lord Almighty always favours the brave and our golfers return year after year challenging the noxious conditions with a vengeance!! Whilst, most have let the pen flow, Amarjit's write up is a masterpiece in brevity!! He leaves the reader to twist and turn and create a narrative out of their imagination.

The month of November scoring high on AQI, appears to be heading downhill. The government's 'firman' advising offices, private and government, to substantially operate from home, ban on plying of diesel vehicles other than BS-VI alongside a long list of other curtailments and a natural reluctance to stir outdoors is likely to impact several activities this month. Rotary, however, as I am sure, will continue to serve humanity through it's various service avenues, regardless of the inimical elemental forces!!

Pliable public opinion hostage to cross currents of political blame games, discounts the public pressures, ire and accountability, needed to rescue the people from the scourge of pollution and environmental terrorism!! Polarisation of views and counter views, further disables and thwarts attempts at improving the ghastly scenario, and which in no less measure is exacerbated by excepting it as the divine will of God!!

December it's hoped will be kinder and permit the lungs to rejuvenate and heal it's lesions. It's a month of much elation, the crisp cold weather heralding the joys of bounteous lunches basking under the warmth of the winter sun!! Colourful and radiant woollies, vibrant energy and a general joie de vivre and gaiety make for a happy winter month!! The Yuletide spirit, Xmas carols, a hot rum punch, the traditional Xmas fare of a plum cake, a stuffed turkey, mulled wine and a vast variety of protein and other food makes for a decadent month of December!!

In this issue we have another column 'Snippets, historical and interesting.....'!! We invite members who are privy to historical anecdotes of interest which they may like to share with members. We have culled some interesting food related snippets, for instance the first Goan pao discovered 400 years ago, the birth of pao bhajji in the then Bombay sometime in circa 1960 and the Parsi kheema pao a century and a quarter ago. Ashoka will greatly appreciate similar contributions of regional cuisines with their historical credentials from members to enliven the reading pleasure.

We shall be touching base with you next, dear members, through the medium of this newsletter on the first day of the new year 2023!! In the meanwhile since there's much to enjoy, to soak in the warmth of the sun, do hide the weighing scales and eat, drink and dance with gay abandon and let Goddess Hedone bless you with a swinging time as you wait to usher in the New Year!! Stay blessed, smiling and happy!! Cheers!!

Inderjeet Singh,
Editor

The 21st International Leprosy Congress (ILC)

8th to 11th November, 2022

The 21st International Leprosy Congress (ILC) – 2022 8th to 11th November, 2022, Hyderabad, India Theme: Better Knowledge – Early Diagnosis – Improved Care

The International Leprosy Congress (ILC) is an important event held periodically to bring together key stakeholders from various parts of the world in the field of leprosy. At the last ILC held in Manila Philippines in 2019 the baton was handed over to India to hold the next ILC in India.

The 21st International Leprosy Congress was organized as a hybrid event by Indian Leprosy Association and the Central Leprosy Division of the Ministry of Health, Government of India, alongside the International Leprosy Association (ILA). The conference took place on 8-11 November in Hyderabad,

India. There were about 500–1000 physical delegates and unlimited number of e-delegates. There was an opportunity for more than 100 hours of scientific deliberations.

The theme of the conference was “Better Knowledge—Early Diagnosis—Improved Care.”

My technical paper titled – “Rotary & Lepira Partnership – Helping in Making India Leprosy Free” was selected for physical presentation at the conference and was well received by an audience consisting of people from Lepira UK, various NGOs, Doctors, Leprologists, Dermatologists, delegates from Government of India – Ministry of Health and Family Welfare, and others.

Rtn Pradeep Bahri





GOLF THE CLASSY WAY TO AVOID RESPONSIBILITIES.

Golf in Delhi winters.... Pleasure or Pain!!

It is 6.30 on a nippy Delhi morning and the palaver begins ! Did you see the AQI today ? 320? It was 724 yesterday at Palam. My watch says it is 355 but appears to be 500. It has improved from Very Poor to Poor ! Time to tee off !

We are walking purposefully towards the 1st Tee at the Qutab Golf Course(QGC).

The noise in the background has been shut out. We are focused. Eyes on the ball, as any golfer will tell you, is the most important task at hand. So, eyes on the ball & it is a beautiful first shot off the tee. How very pleasing.

I can hear the caddie say "bahut badiya shot hai madam." And the group of men in my 4-ball shouting GOOD SHOT! What a high! I am so used to caddies & everyone else passing by giving me tips on how to play. Yes, almost after every shot. You would have surmised that I am not a good golfer. Truth be told I started to play golf 7/8years ago & 2 years was given over to Covid. So, I am still very much on the learning curve.

When you go to the course & start to play, there are a million things that can go wrong. And so you wonder, why did it fade so much and why was there no divot ?

And then you will hear the reasons for the poor shot from the caddies- head up ho gaya, madam, backswing kum karna tha, blah blah !

Golf is such a precise game. There is no scope for any error. No scope for lapse in concentration. You should know the right club, how much to swing back & how to follow through. Again, a million things to remember.

I do play a decent game. No, I am not a single digit player. I am trying though. But the game is unforgiving. Not my fault. If I do not practice for a week, I am 2 over on every hole. Oh dear! And then the advice; back swing, head up,,,,. And you wonder, should I continue to play? Is it worth it and in this polluted Delhi weather?

But one continues to shut out the noise and try. When I joined A.F. Ferguson in the 80s, I was the only lady CA in a group of 20 men. So, I am used to receiving advice. Some are genuine, some condescending. You just learn to put your head down, smile & enjoy yourself. Well, even Tiger Woods has had a bad day. So, it happens to the very best. Why not then to mere mortals & why not to me? Ha!

However, I can assure you that there is nothing more pleasing than the sound of the club hitting the ball at the sweet spot and you see the ball soaring a long distance, a la Tiger or Rory! That is precisely why you keep trying.

The palaver can go on, the advice and the Delhi pollution too. Let us just be thankful & focus on the good things in life such as golf.

Kausy Madhavan

Golf ? Why do I play it ? How do I navigate the hazards of pollution? These and many reasons....

I have been asked to describe golf and why we golfers play the game. Well, you have to play golf to understand it as it is not a sport but a lifestyle ! Saying that golf is just a game is like saying an astronaut is just a pilot !

So let me try to describe Golf !

If you ask Wikipedia, it describes golf as a club-and-ball sport in which players use various clubs to hit balls into a series of holes on a course in as few strokes as possible.

But you ask a golfer who is having a bad day, he will tell you they call it golf because all the other four letter words were taken ! He might also describe it as a 5 mile walk filled with disappointments ! Or that it is a game which, however badly you might play, it is still possible to play it worse !

And why do I play golf ?

I can tell you a lot of reasons that an avid golfer will give ! Golfers Live Longer (5 years on average according to a Swedish study !) or Golf Keeps Your Weight Down (a typical 190-pound golfer will burn 431 calories per hour on the course !) or Golf is an excellent exercise (walking all eighteen holes means you would walk approximately four miles !)

But my reasons to play golf ?

Because given its occasional reputation as elitist, golf is truly for anyone. Golfers come in all shapes and sizes - the game does not discriminate in terms of age or gender ! Or in making you suffer ! As they say in golf, the balls lie poorly and the players lie well !

Because my worst day at golf still beats my best day at work ! No round of golf is ever the same. The conditions are never the same, your playing partners are never the same and the way you play is never the same as the last time !

Because when you have a good day at it, you can't wait to get back out there, and when you have a bad day, you can't wait to get back out there ! Even when you tell your caddy that it can't be your ball as it looks too old and he tells you that it's possible as it's been a long time since you started !

Because one hole of golf, never mind one round of golf, can deliver ecstasy and agony in equal measure. Like this golfer who hit two good balls while playing golf when he stepped on a rake !

Because a great shot can be immediately followed by one of the worst ones you have ever hit and that is one of the reasons why it can become such an addictive game. So much so that when a golfer came home to his wife in lingerie... she said he could tie her up and do whatever he wanted. So he tied her to the chair and went to the driving range !

And then, when the weather is turning nippy, the dreaded pollution hits you in the solar plexus leaving you breathless but not helpless!! The pull of the driver, ball in contact with the sweet spot, and visions of a ball taking off on it's long journey supported by a sympathetic adrenaline are the antidotes of pollution!! The golfer's tribe is hardy and not likely to be tripped over by a bally pollution- heave ho as they say!! So we play on.

So all my fellow golfers - have a good round—may the fours be with you ! And ignore the caddy who tells you to keep your head down - he is only doing so you can't see him laughing !!

Manoj Malhotra

A golfer who shot one under at Golf- one under a tree, one under the bush and one under the water!!

Golfing Journey Milan to India

Hello friends,

I have been persuaded to write on my motives for playing golf in the early hours of the day, at times almost at sunrise, despite the pollution levels.

My golfing history began in Milan, where Lakshmi was a member of a club of a golf club not too far from where we lived. Having seen golf being paid in India, I had to adjust to the different requirements needed to play golf in Europe. First novelty was having to pull the golf bag on a trolley, this fortunately was no problem. The second was to determine the trajectory of the ball once the ball was hit in order to locate the landing spot of the ball. This caused long lasting problem for me. As to sight the ball I needed to quickly raise my head. Looking up before you finish the swing is a definite No No in golf. I am still paying for this habit.

Another novelty was, the important inclusion in the golf bag, of an extendable rod with a cup at the end, used to fish out golf balls from streams, streamlets, and small ponds. I actually became quite adept at fishing.

When I came to Delhi from Milan, another readjustment was required. The girls I played with used to have the caddy place the ball on the tee, then the caddy had to correct the stance of the lady to get the desired direction :Wham the ball was Whacked! Should the shot go wrong, the caddy was reprimanded. Unbraiding of the caddy was also common on the Greens for any Putting fiascos. How naive and unprofessional were! All our games were played at a comfortable hour: time and the air was relatively clean.

Then Lockdown was declared, this brought an enforced curtailment of social activity. The isolation shook me. The safest socialising was deemed outdoors. So I masked myself and went off to the golf club. At the gate of the club, the guard checked my temperature, and I would proceed with a masked and gloved caddy for a round of golf.

To beat the heat my golfing friends would tee off at 4.30am or 5am almost predawn. This became the established hour of play. With cooler weather we started play at a little later hour. Now the heat was replaced by Pollution, specially high in the early hours of the morning. The group however has not changed the time. Playing regular golf has improved my game, though I still struggle with ' looking up' issue.

I have decided to ignore the pollution levels and forecasts and concentrate on improving my game further.

Neeraja Khanna

“They call it golf because all the other four letter words were taken.”

(Author unknown)

Enjoying a round of golf with your golfer friends on a pleasant morning is a refreshing experience, it is even more enjoyable when there is thick fog (or more appropriately thick smog). The visibility is reduced to 25-30 meters and that is when maximum number of holes-in-one happen. I came to know of this “raaz” after I had a h-in-o. My drive went to the right, the ball couldn't be seen and all the four caddies in unison agreed it was a h-i-o. Well it was party time for the caddies.

Golf quotes/jokes always open up space for more conversations on the golf course.

One I found really interesting:

“If you break 100, watch your golf. If you break 80, watch your business.”

Amarjit Singh

Sweater Distribution at the Qutab Golf Club

Our Club joined hands with Caddies Welfare Trust (CWT) to distribute 250 sweaters to the caddies of Qutab Golf Club (QGC).

QGC is run by the Delhi Development Authority (DDA) and thus these caddies act as freelancers. RCDS contributed towards 35 sweaters mainly owing to the donations made by President Lalit Sawhney and Hony. Secretary Sarvpreet Singh.

The drive was flagged off in the presence of Secretary IS Kohli of QGC, Trustee of CWT Billy Bedi and President Lalit Sawhney of RCDS while President Elect Pramod Agarwal joined the event virtually through video conferencing. PDG Ramesh Chander Ji also graced the occasion with his presence during the closing stages of the drive.

Secretary IS Kohli really appreciated this new initiative and thanked RCDS for supporting the caddies.

Extremely grateful to the following members of RCDS who especially took out time to attend the drive:

- | | |
|------------------|-------------------|
| 1. Reenu Kochhar | 5. Pramod Agarwal |
| 2. Kausy | 6. Lalit Sawhney |
| 3. S Madhavan | 7. Pradeep Bahri |
| 4. Amarnath Ji | |

Sarvpreet Singh
Hony. Secretary (2022-23)



Leprosy Control Project

Review meeting with Lepra on 14th November 2022



The joint review meeting with LEPROSY CONTROL PROJECT was held on Monday 14th November, 2022 at PHD House, New Delhi.

Rtn Pradeep Bahri, MoC extended a very warm welcome to all present including the Senior Team Members from Lepra, UK and Lepra Society, India. He also acknowledged the esteemed presence of DG Rtn Rajiv Singhal from R I District 3100 who has especially come from Meerut to join us at this meeting. The Four Presidents from 4 host Clubs -- RCD South, RC New Delhi, RCD South End and RCD Regency Next had jointly organised this meeting on Leprosy Control.

The ceremonial auspicious Lamp lighting was done by Distinguished Dignitaries with Invocation of Ganesh Vandana by R'Ann Archana Katariya.

Pradeep Bahri in his opening remarks said that 3.1/2 years ago we used to believe leprosy was a disease of the past and had no idea of its continued prevalence, spread and the suffering it causes. Today India is the world's capital for Leprosy. Leprosy is curable but people are not aware about this. On 21st October 2019 an MoU was signed between Lepra UK and Rotary Club of Delhi South, Rotary Club of New Delhi and Rotary Club of Delhi Southend, at the same venue, to make Leprosy a disease of no consequence in India. Subsequently RCD Regency Next also joined us in this endeavour and our journey for Leprosy Control.

PDG Rtn Deepak Kapur said "Passion" of Rotarians and Rotary Volunteers who are involved in doing good in the world is the reason why we are all here today afternoon at this Leprosy Control meeting. Worldwide experts tell us there are about 1,40,000 Leprosy cases and out of these 93,000 cases, or roughly about 63% of the cases, are in India. Multi Drug Therapy (MDT) is available for free but lot of us are not aware of this. We have to create awareness that Leprosy is curable. We have already sensitised more than 10,000 people. Many (56 till date in 30 leprosy colonies) Physiotherapy, Awareness and Physiotherapy camps have already been conducted in various Leprosy colonies in Delhi NCR. Workshops have also been held to train medical professionals to be able to detect leprosy in people. Special Shoes have been developed and distributed to Leprosy patients free of cost. 100 Tricycles, many walking aids, self-aid kits, etc have been distributed and Solar electricity have been provided in various Leprosy Colonies.

We are planning to shortly start a Lepra OPD Department in a hospital in Delhi exclusively for Leprosy patients.

We intend skilling leprosy cured personnel for making bandages for use by Leprosy Patients dressings to help them make a decent living.

Mr Jimmy Innes from Lepra, UK said you are all very fast learning ways for Control of Leprosy with your passion to cure this disease. Leprosy is very much a problem. We are all committed people like all of you present here this afternoon. We from Lepra are providing all help, assistance and guidance to close this gap. Advocacy, Awareness, Training are all part of our this programme towards effective control of Leprosy. The need today is of scaling up of our efforts both in India and World over. By 2030 we have to ensure a Leprosy transmission free world, that's our goal. The Leprosy Control Project has to be coordinated accordingly to achieve this goal.

It's very hard to find a vaccine to prevent Leprosy though a lot of research is going on towards Leprosy treatment. We need to do much more than what we are already doing. We at Lepra, UK are too proud of our association and partnership with Rotary towards Leprosy Control and making India and World Leprosy free following the example of Rotary's Global Polio eradication efforts.

Rtn Nayan Patel, a Trustee of Lepra, special Representative of Rotary and Rotary Foundation for Polio and Leprosy said it was 3 years ago when an MoU was signed in this very room between Rotary and LEPROSY, UK. Hype on this partnership can be translated into responsibilities to solve complex Global challenges in controlling spread of Leprosy. Polio eradication is a very fine example of partnerships of Rotary with UNICEF, CDC, Bill & Melinda Gates Foundation and various Governments from different countries of the world. India was declared Polio free 8 years ago in 2014. Together we will and we can beat Leprosy. We have a large number of Rotarians who have already agreed to extend their hands of being together to support Leprosy Control in India and make India Leprosy free by 2030.

DG Rtn Rajiv Singhal from Meerut, R I District 3100 said that he was very happy to be here this afternoon with all of you. I will talk to your DG Ashok Kantoor and PDG Deepak Kapur and also Clubs in our District as to how we can associate Clubs in our District join this programme of Leprosy Control.

President Lalit Sawhney of RCD South said Leprosy is not different from Polio. We have conducted so many camps in Leprosy Colonies in Delhi in the past 3 years to create awareness about Leprosy cure and treatment. We need to do much more and have to reach out to all the Leprosy colonies in Delhi. We need more hands. I hope by end of this month our group of four clubs will grow from 4 to 6 and possibly by end of June 2023 from 6 to 10 Clubs. Many Clubs are interested in joining this programme of Leprosy Control and banishing Leprosy totally from Delhi and NCR.

Rtn Dr Madhumati Singh, President of Rotary Club of New Delhi said we ignore Leprosy. WHO says we should banish Leprosy by 2030 and make the world Leprosy free. I suggest each and every Club in our District should have a Leprosy committee, like we have the Polio Committee. We should all go to Leprosy Colonies to help Leprosy Patients and aim to achieve zero transmission of Leprosy atleast in Delhi and NCR in our District 3011.

Rtn Udit Piplani, Secretary of RCD South End said Leprosy is a chronicle disease and is curable. Good and early diagnosis of the disease is very important. The disease does not spread easily and treatment is easy. We should ensure proper rehabilitation to enable the patients lead a life of dignified life. We must Control spread of Leprosy.

We must make patients aware about maintaining better hygiene. Mother Teresa did a lot towards treating Leprosy Patients. We are doing more than 2 or 3 camps every month for creating awareness about Leprosy Control and treatment. You are most welcome to contact RCD South for any information or project on Leprosy Control.

DG Rtn Ashok Kantoor started with wishing A Happy Children's Day since its 14th November today. DG said I had the

opportunity to witnessing the MoU signing ceremony three years ago. Our District 3011 is committed to Control Leprosy. We celebrated a massive Cycle Rally to spread Awareness on End Polio and End Leprosy on 2nd October, 2022, Mahatma Gandhi ji's Birthday. Several media covered this massive Cycle Rally and the message went to the Government. NDMC Vice Chairman and Director of Education, Delhi Govt. have approached us to work together to Control Leprosy in Delhi. Doctors from MCD Hospitals in Delhi have also come forward to support our goal of controlling spread of Leprosy in and around Delhi. Leprosy Patients are confined to their place in Leprosy Colonies. An idea has come why not provide them with some skills to make them earn their livelihood. We are planning to set up a Skill Development Centre at a big Leprosy colony in East Delhi. We are also planning to start an OPD Department exclusively for Leprosy patients in one of the hospitals nearest to a Leprosy colony. Let us give an open offer to all Clubs in our District 3011 to join this campaign of Leprosy Control. He promised all kinds of support the Clubs need from the District, for this project. We are sure with joint efforts of everyone, we will be able to reduce the number of Leprosy patients in Delhi.

Rtn Pradeep Bahri informed that a The Leprosy Control Foundation has been formed and will work towards making Leprosy zero transmission.

DGE Rtn Jeetender Gupta proposing Vote of Thanks expressed gratitude to all the eminent speakers and said Leprosy Control is an ongoing project and assured full support to the program during his tenure as DG in 2023--24.

The meeting was declared adjourned and everyone was invited for Hi Tea.

Rtn Pradeep Bahri









Rotary & Lepra Partnership – Helping in Making India Leprosy Free

Rtn Pradeep Bahri

Till three and a half years ago Rotary Club of Delhi South and our partner Clubs believed that leprosy was a disease of the past and had no idea of its continued prevalence, spread and the suffering it causes. This came to light once PDG Deepak Kapur from our club met with Rotarian Nayan Patel of the Rotary Club of Westminster West, London, in June 2019 where the latter spoke of his involvement with the anti-leprosy initiative of Lepra UK. This led to a meeting with Chair and CEO Lepra. Deepak on return to India spoke to me, Rotarian Pradeep Bahri, that time President of Rotary Club of Delhi South and we started work.

We then got down to learning about leprosy in India where we discovered stigma against the disease, causes its victims to be isolated and shunned.

Though leprosy is completely curable, the taboos and myths around the spread and perceived incurability of the disease exacerbates the situation making the plight of the leprosy patients deplorable. Spread of knowledge is therefore required.

Most of the Leprosy patients in India today are living as outcasts in isolation in approximately 750 leprosy colonies in India, out of which about 40 are in Delhi NCR.

The 'Leprosy Control Project' by Rotary Club of Delhi South with partner Clubs and Lepra was started in October 2019, by the signing of an MOU, to make Leprosy a disease of no consequence in India.

Rotary Club of Delhi South (RCDS)

Rotary brings together a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges. Their work improves lives at both the local and international levels.

Rotary Club of Delhi South is one of the premier Rotary Clubs in North India. We draw our membership from leaders in business, medicine, consulting and legal professions and are in 53rd year of service. We have delivered successful projects in the areas of education, environment, healthcare and other sustainable development goals.

Lepra

Lepra is a UK-based international charity working to beat leprosy. Lepra's patron was Her Royal Highness the late Queen Elizabeth II. Lepra works directly with communities in India, Bangladesh and Mozambique to find, diagnose and rehabilitate people affected by leprosy.

In India, Lepra has worked with people affected by leprosy since 1924 and today supports activities through its Indian registered affiliate LEPRO Society.

Leprosy Control Project: Our goal is to control leprosy and reduce it to insignificant levels with focus on 4 pillars namely, Awareness, Skilling of Medical professionals, Active Case Finding and Healthcare. The objective of the project is to create a robust system to address the imminent need to control leprosy from awareness to rehabilitation and put Leprosy on the healthcare map of our country.

This 14-year project will be carried out in three phases. The project was designed to start with NCR of Delhi, to create a ripple model of learning and success, to then be taken pan India. With successful implementation of the pilot, the model will become a simple 'lift and shift' for the rest of India.

Key Milestones & Achievement

Awareness: The much-needed awareness & advocacy campaign, across all channels - was kickstarted. The aim was to stop ignorance about leprosy and break the chain of stigma, myths & taboos; influence change of archaic laws; bring focus of active case finding, treatment and rehabilitation of leprosy patients and their families.

On Mahatma Gandhi's Anniversary last month and to celebrate the world polio day, our Rotary International District 3011 conducted a mega, End Polio and End Leprosy Cycle Rally to spread awareness.

Skilling We started training in collaboration with NLEP and SLO, for Medical Officers ANMs & Dressers in full force. We have done 10 structured training programmes in which we have trained 448 people to detect leprosy, physiotherapy and palliative care. Many more leprosy patients, family and front-line workers were trained on self-care & physiotherapy through our 56 palliative care camps done so far.

Active Case Finding (ACF): We have started ACF. We have screened **2275 People** during the camps, among the slum children and in leprosy colonies.

Our proposal for conducting ACF in one district of Delhi (population 175,000) with Delhi Government medical help has been approved and being undertaken shortly.

Director of Education has given us in-principal approval to conduct ACF for the 1,800,000 school children of Delhi government schools in Delhi.

Our healthcare focus and on ground connect with leprosy patients to understand their needs has been strong.

Key highlights:

- Access and connect with Leprosy Patients
- Commissioned a mobile ulcer management clinic to serve leprosy patient across Delhi NCR. This provides physiotherapy, ulcer care, physio training, distribution of shoe and self-aid kids.
- Undertook integrated disability care and awareness camps to capacitate and conducting ACF. Totally 56 camps have been conducted till now and we have reached 30 of the 40 Leprosy Colonies in Delhi/NCR.
- Provided relief material in the form of blankets, walkers and tricycles.
- Solar panels were commissioned in 3 colonies
- During COVID served cooked food to 2 Leprosy colonies for many months.

Next Steps

- Continue with our above efforts in all the colonies
- Training for Case finding
- ACF Camps
- Funds collection
- Enhance involvement of Government of India for sustainability

We want to add two more pillars to our 4-pillar approach, namely, Vocational Training and Reconstructive Surgeries.

**मैं अकेला ही चला था जानिब-ए-मंज़िल मगर,
लोग साथ आते गए और कारवाँ बनता गया**

Installation Ceremony Interact Club

at Gyan Bharti School - 22nd November, 2022

22 November 2022 was yet another momentous day for RCDS. After a long wait of almost three decades RCDS's second Interact Club at Gyan Bharti school, Saket took off with the inauguration of its first executive Board led by President Supreet Kaur. The day started on a perfect and an auspicious note. The School Director Mrs Lata Vaidyanathan and RCDS first lady Rtn Jayshree Sawhney unveiled the Wall of Kindness just outside the school premises a noble gesture where the students and teachers have contributed to provide winter wear and blankets to those who need the most and the collections are enough to keep the distribution going for the next one month.

The formal program started with the National Anthem followed by traditional lighting of the lamp and a lovely dance recital with an invocation to the almighty. Students then presented a beautiful skit on theme on caring for the elderly. The performance was so intense and every member of the audience was left spell bound and shaken. This was followed by a very melodious rendition by the students on the empowerment of girl child and a mesmerising flute presentation. Then came the moment when the first President of the Interact Club Itr Supreet Kaur took charge was the Club President along with her team. RCDS President Lalit Sawhney presented the badges to the office bearers and collared the new President. The

President Int Supreet Kaur then along with her colleagues on the executive board took the oath of office with a pledge to dedicate themselves to the cause of humanity.

The President presented her plans for the year including some actions which had already taken off including a fund raiser activity on Diwali through which they had raised over Rs.75,000. One key event that was being lined up was a cricket match for the visually impaired and a health check up for the class IV employees

RCDS President Lalit Sawhney, Director New Generations Naman Agarwal and District Interact Advisor Rakesh Kumar addressed the gathering. The District Interact Advisor was so overwhelmed with the organisation that he had to admit that this was the best inauguration that he had witnessed in the district with such a detailed plan. The School Director Mrs Lata Vaidyanathan and Vice Principal Dr Mudita Sharma blessed the students and the meeting ended with a formal vote of thanks and the National Song.

A big thank you to Secretary Sarvpreet Singh, PP Pradeep Bahri, First lady Jayshree Sawhney and Mrs Sarita Kapoor for gracing the occasion.

Rtn. Naman Agarwal



Club Assembly



The 1st Club Assembly of the Rotary Year 22-23 was held at The Claridges New Delhi.

The President started the proceedings by sharing the details of the work done in the below mentioned areas from July to November '22.

1. DISTRICT LEVEL EVENTS

- Cancer Awareness Cycle Rally – Our club organised the Finisher Plates for the participants and Shields.
- End Polio and End Leprosy Cycle Rally – one of the two Lead Clubs organising the rally, club with the highest Polio contribution in the District. Our club organised the Finisher Plates for the participants and Shields.
- Breast Cancer Awareness Seminar at AIIMS – part of eight clubs hosting the event. Dr. Vaneeta Kapur spoke at the seminar and showed a movie.

2. CLUB LEVEL ACTIVITIES & PROJECTS :

- New Generations - Inaugurating our 2nd Interact Club at Gyan Bharti School.
- Vocational Service - Reviving our connect with the NGO Nai Disha after a long gap. Several areas for working together identified.
- Literacy - Donating stainless steel thalis at the Boys Girls Senior Secondary School at Katwaria Sarai, organising an Oral Hygiene Camp conducted by R'anne Dr. Shweta Javali, and a Blood Testing camp, sponsored by Dr. Vaneeta Kapur. Also made arrangements for getting the steel thalis cleaned every day after the meals.
- Club Foot - Reviving our association with the Club Foot Clinic at Safdurjung Hospital, New Delhi.
- Polio Vaccination Camps – At Jangpura Poly Clinic, Ramesh Nagar Poly Clinic, Central School, Nizamuddin, Kendriya Vidyalaya, Tagore Gardens: 624 children administered polio drops. And, our Polio Ambassador Tridib Basu went around visiting a number of Polio camps in the District.

3. INTRA CLUB ACTIVITIES:

Organised two great Fellowships, one - an enjoyable Musical Fellowship by club members and spouses, and second - a Diwali fellowship with great participation. Reported in Club Newsletters earlier.

The Financial details, Budget vs Expenses report, was discussed in detail at the Assembly.

4. SHARING PROJECTS AND NEW ACTIVITIES:

The President then invited the following members to share their experiences and talk about the projects which they were leading:

- Ms. Hiya Jain – Member of the Interact Advisory Council- Rotary International for the year 2022-23.

The experience in her words.....

"The Interact Advisory Council is an inaugural set up of Rotary International that facilitates the creation of a channel through which youth voice can directly reach the board of directors.

It consists of eight young adults from around the world, selected for their social contributions and leadership roles, each member representing a different country and continent. I am one of the two members from Asia and have the responsibility to put forward ideas on behalf of India.

The committee is supported by one of the members from the Board of Directors, this year our liaison is Mr. Hurst, the RI Director.

In an attempt to maximize youth representation, the council works around reviewing participation models, code of policies, mapping Interact journeys and revising the Interact Handbook. IAC has also collaborated with other youth organizations like the Leos, the Kiwanis, to learn how different their approach is in working at an international level.

In totality, this committee of Rotary International helps Interactors

and Interact Alumni to grow in their journeys and explore what more Rotary has to offer”.

b. Project Presentations were given by :

Rtn. Pradeep Bahri on Leprosy,
Rtn. Naman Agarwal on New Generation Services,
Rtn. Amarnath Goyal and Rtn. Dr. Manish Dhawan on Club Foot Disability,
Rtn. Sonya Bahri on Literacy,
Rtn. Pramod Agarwal on Vocational Services, and
Rtn. Vivek Gour on Child Heart Surgeries.

A. Leprosy:

Rtn. Pradeep Bahri, Chair of Leprosy Control Foundation, informed the members about the presentation which he gave at the 21st International Leprosy Congress in Nov'22.

He shared the following points on the Leprosy Project :

- Myths vs Knowledge about the disease
- How RCDS journey began
- Purpose and Mission of Rotary
- Association with Leprosy UK
- Leprosy Control Project –The Project being divided into 4 Phases over a duration of 14 years.
- Key Milestones Achieved in Spreading Awareness-
Strategic media advocacy campaign across social, print and radio.
Print Media reach of **17 mn+**. Features, opinion articles and releases in publications with overall readership of **18mn**.
Usha Uthup jingle reached 5mn through on-air interaction and 1.8mn through Facebook.
Social Media: On **Facebook** reached out to **312K+**; **37.7K** impressions on **Twitter**.
Leprosy and Polio Awareness Cycle Rally
- Skilling of Medical Professionals:10 Training Programs conducted.
448 Health Care Professionals trained. (Medical Officers – 86, ANMs - 353, Dressers - 9)
- Active Case Finding across Delhi/NCR
- Physiotherapy Camps for treatment support
- Healthcare and Rehabilitation,Ulcer Management,Mobile Clinic, Aids, Care Kits, Footwear
- Food distribution at 2 colonies
- Solar Panel deployment at 3 colonies
- Donation of Tricycles

New Initiatives:

Continue with our above efforts in various colonies
Training for Case finding
ACF Camps
Continue involving the Government of India for sustainability
Funds collection
Add two more pillars to our Project
Start Reconstructive Surgeries
Vocational Training and Job opportunities

B. New Generation Services

Rtn. Naman Agarwal shared the below Progress report of New Generation Services

Project executed:

Tree plantation :

Carried out at Deer Park Hauz Khas on 9 Jul 2022
150 plantations done including varieties of hibiscus, cape, jasmine, and jatropa.

Project was completely funded through Rotaract earnings and contributions

Agreement with the managing committee of the park for upkeep of the trees.

Celebrated Azadi ka Amrit Mahotsav and Friendship's Day with the not so fortunate students RaCDS visited the Srishti Learning Centre,

Kishangarh Mehrauli.Message of patriotism and friendship was spread over games and dance sessions.Sponsored gifts and mouth watering refreshments for the students and staff.

Animal Welfare Centre:

- RaCDS visited Kalyani Animal Welfare in Chattarpur to spend a day with our pawed friends.
- More than 100 abandoned and physically challenged canines were given care and assistance.
- The participants had a terrific day there, feeding dogs and playing with pups and sponsored the meal for the day and medications for the m/o Sep 22.

Old Age Home, Aashirwaad:

- Got the opportunity to meet some kind souls and interact and listen to their stories and enriched themselves with their pearls of wisdom.
- Danced and played games to spread joy and entertain them and shared a meal with them making the event a very fulfilling experience

Diwali Mela and Blood Donation:

- Interact Club of BVN organized a fund raiser Diwali Mela and a blood donation camp on October 15,2022 the day of their Parent Teacher Meeting (PTM).
- Students prepared mock tails, Bakery items, Candles, decorations, bags, manure and many more goods which were on sale and proceeds would go to fund social outreach programs by Interact Club.
- Free stalls were allotted to local artisans and blind school students to sell products providing them avenues for livelihood

Installation of Interact Club at Gyan Bharati and Wall of Kindness- 22 Nov 2022

Way Forward :

A sports day for the less fortunate is being planned at BVN

A cricket match for the visually impaired would be hosted at Gyan Bharti

The RCDS flagship event Rotary-Rotaract Debate comes back to the physical format after 2 years.

We are planning to open a literacy centre at BVN- This would be a big milestone achieved as RCDS can be proud of having its own center for education

International exchange for youth and participation at the International Rotary Convention in Melbourne in May 2023

C. Club Foot Disability:

Background:

RCDS reinitiated the Clubfoot Project after nearly a gap of about 4-5 years by entering into an agreement with CIIT.This involves contributing INR 4 Lakhs annually towards the complete treatment of 100 freshly enrolled Clubfoot deformity.RCDS would pay based on the actual number enrolled during each quarter.

Current Status

- From July'22 – September'22, 16 children have been enrolled and accordingly we are in the process to release the contribution of INR 64000/-. During October'22-December'22, we are looking at an enrollment 20-25 children.
- Landmark achievement –The Club Foot Clinic day is now on Thursday at Safdurjung Hospital,as a result the children are get dedicated care under supervision of Dr Vikas Gupta as against walking into his OPD on Wednesday. This has hugely improved the quality of medical intervention required for the children.

New Initiatives :

Club Foot Seminar is being planned in February 2023 which is being front ended by our very own Dr. Manish Dhawan. The intended outcome of the event is to increase awareness and also use the platform to release a handbook for Patient Care.

D. Literacy Projects

Rtn. Sonya Bahri shared the following :

1. SDMC Boys School, Katwaria Sarai - we have helped this school a couple of years ago too in Rotary Year 2019-20. On 30 th August this year, we had the following events in the school:
 - a. A talk on dental hygiene by Dr. Shweta Javali and her team and distribution of dental hygiene products by Shweta.
 - b. Blood testing for blood group and haemoglobin levels – sponsored by Dr. Vaneeta Kapur
 - c. Distribution of 400 steel thalis (for the adjoining Girls SDMC Primary School also) for midday meal for students – sponsored by Rajinder Sehgal and Lalit Sawhney. To ensure that the children get clean thalis every day for their meals, we employed the existing school didi @ Rs. 1000 a month for washing and cleaning them in the school – Rita Bhasin, Ila Jain, Usha Aneja, Archana, Geeta Gujral, Harleen, Minakshi Chadha and Sonya Bahri have paid this amount to cover the costs till and including June 2023.
 - d. Refreshments to the students – sponsored by Pradeep and Sonya Bahri

The school wants help in:

- a. Building a shed under which the midday meal can be served to the students. Estimate for this is being taken.
 - b. Requirement of a wheelbarrow for the garden area
2. Partnership with Nai Disha for setting up a literacy centre for underprivileged students at Birla Vidya Niketan. BVN will allow use of their classrooms and other facilities free of cost and Nai Disha will run the centre and implement the literacy programmes. RCDS will be financing 50% of the cost for running this centre. Total cost of the project per year is Rs. 18,00,000 approx, out of which RCDS will give Rs. 9,00,000.
 3. Spectacles for students of government schools - cost not known as of now, the project will begin in January 2023. As requested by SDMC and we are still looking at the feasibility of the project.
 4. Health camps to be conducted in a few schools
 5. Sankalp - monthly payment of Rs. 35,000 is given to them for conducting their literacy programmes for the underprivileged, project was undertaken last year.

E. Vocational Services:

Rtn. Pramod Agarwal **Vocational Services** Director shared various projects that his team would like to pursue this year and if successful, continue with the projects in the following Rotary Year 2023-24, as well.

1. Project Nari Shakti - Collaborate with NGOs like Etasha for encouraging women into taking independent careers and make them financially independent so they can be empowered to lead their life and contribute to the society. Etasha goes door to door in the catchment area, speaks to the potential candidates, counsels the parents and provides training in the area of communication, confidence and computers. The course runs for about 4 ½ months and candidates are placed in jobs with companies like Uniqlo in the area of hospitality and sales. Monthly income generated for candidates is between ₹ 13,000 to 18,000 per month. The cost of enrolling one candidate is ₹ 12,000. Effective cost of empowering one woman is ₹ 18,750 assuming a drop-out rate of 20% and an employment rate of 80%. This is considered as realistic, as Etasha tends to place most of their candidates. Initially we will start the pilot with 50 girls and upon success, we would propose to expand it. Etasha will provide us monthly progress reports, grant access to our members to meet the candidates and get involved if there is interest, and be open for any feedback. First phase will cost ₹ 6 lakhs of which ₹ 4.5 lakhs is already raised by Sanskriti Agarwal (daughter of Pramod Agarwal). She herself has contributed ₹ 1 for every ₹ 4 collected from her relatives and friends. Etasha is a Section 12A registered NGO.

2. Nai Disha: We have received a list of asks from Nai Disha.

Immediate requirement is for donation of 6 sewing machines to the women who need help to start their business. The cost of these machines is ₹ 30,000 after a 50% discount from Singer. They have requested for Text Books, which Rtn. Pramod Agarwal has volunteered to procure for them, upto 20,000. Nai Disha has asked for contributions for winter clothing for children. Each child needs a winter dress worth ₹ 2,200 to ensure they do not fall sick. We could consider donating uniforms for 50 children, at a cost of ₹ 1,10,000.

3. Career Guidance: We propose to initiate career guidance in collaboration with Career Guidance India (CARING), to carry out aptitude tests for 500 students from underprivileged sections at a cost of ₹ 350 per test (Original price is ₹ 450 per test, but we have negotiated a discounted rate). The students will be from Grades 10 & 11. We propose to charge ₹ 100 from the students and cover the balance cost, from our Club. The test will provide the road map to the children - on what their aptitude is - in a written report and this will be followed by a 2 hour session with the career guidance experts and an open discussion, proposed to be conducted in January 2023 (Rotary Vocational Service Month). Our aim will be to seek volunteers from RCDS / Rotaract South Club to mentor some of the students. Net total cost of the program this year will be ₹ 125,000 plus admin expenses estimated at ₹ 25,000.

F. Child Heart Surgeries:

Rtn. Vivek Gour shared the following insights:

"One of the great service our club has been doing over the last couple of years is operating on children with heart problems, to give them a normal life.

Till now we are carrying out about 50 surgeries per year. To ensure that many more number of children benefit from this service, we now are planning to conduct additional surgeries at Sathya Sai Sanjeevani Hospital at Palwal.

We are also participating in a Rotary Global Grant of \$ 250,000 plus, where our club has committed to contribute ₹ 20 lakhs. This Global Grant has participation from two other Rotary Clubs, from Bombay Airport and Berlin International, Germany. This will help us get some 13-14 surgeries done at the Sathya Sai Sanjeevani Hospital at Palwal, over Dec '22 and Jan '23. We have raised funds of ₹ 10.6 lakhs already, and now need to raise the balance in November.

To understand this hospital better - which conducts only free child heart surgeries - we have organised a visit to this Hospital on Saturday, 3rd December. The visit will involve meeting the Doctors, going around the Hospital, visit the new Mother and Child Hospital opened there, and meet some patients' parents.

After this Global Grant, we plan to apply for another Rotary Global Grant – say \$ 105,000 to cover 60 child heart surgeries. We would approach some Rotary clubs in the US, Germany and India to participate, with whom some of us have already got Global grants for the same purpose in the past. With some effort, we could get the other clubs to raise 50-60 %, along with with some DDF and RI contributions, and we could probably apply for this Global Grant in the next few months."

G. Secretary on Bylaws Amendment

Hony. Secretary Rtn. Sarvpreet Singh shared the background for amending "Article V Fees and Dues" mentioned in the Club Bylaws (dated 13th Feb'21) and showcased the proposed draft.

He gave a week-wise insight into the events planned in December '22:

- 3rd Dec'22, Visit to Sri Sathya Sai Sanjeevani International Centre for Child Heart Care and Research at Palwal starting from 11am onwards
- 17th Dec'22, Christmas Celebrations over Lunch at The Claridges, New Delhi.
- Lastly, he announced the upcoming Birthdays and Anniversaries for Dec'22.

Sarvpreet Singh
Secretary

Instant gratification versus a definitive record? WhatsApp provides instant gratification, but is eviscerating, as opposed to a definitive and permanence of a print in the newsletter.

We have many a time appealed to members to use the medium of Ashoka the newsletter, to share personal news as opposed to using the WhatsApp which ends up instantly consigned to the bin at the press of the delete button!! Newsletters will be consolidated and abridged as Year books, and will be a permanent and historic record of a Rotary year.

We have two members who have shared landmark events, Neeraja and Lakshmi's daughter's wedding reception and Raji and Bittoo Sehgal's son Yash's new venture which is unique in it's concept of supporting diabetic patients to a smartphone connected glucometer app for palliative support at home to a comprehensive care based eco-system to control and reverse diabetes. We wish them the very best in the future.

Whilst, we keep nudging members to use the medium of the newsletter it's rather unfortunate that even our one on one mail to some members is ignored. What's rather galling is the absence of an acknowledgment, a courtesy one expects from a fellow Rotarian!! Alas!!

Inderjeet Singh
Editor

November Reception

November has been a very busy and hectic month for our household. Our daughter Aditi married Phil Middleton in London over a year ago; we participated in the wedding via Zoom. Soon after the couple relocated to New York. At the end of last month, Aditi and her husband came to Delhi. This was Phil's first visit to India and exposure to Indian hospitality: were invited for dinner at home every evening by Lakshmi's siblings and Aditi's friends. On November 2 Phil's mother and sister came from London. Aditi escorted Phil, his mother and his sister for a day trip to Agra. A day later Phil's brother in law, and nephew arrived in Delhi. Almost straight from the aircraft, Phil's brother in law, his nephew and Phil played 9 holes at the Delhi Golf Club, courtesy Lakshmi's nephew. No Jet Lag issues here at all.

On November 5 we hosted a dinner at the Delhi Golf Club to introduce Phil and his family to our family and friends. Our son Vivek and our daughter in law Maya flew down from London just for 4 days to participate.

Neeraja Khanna

BEATO Co-Founders Note

In August 2015, two school friends, in order to conquer their personal battle with diabetes, gave birth to BeatO – an app to help people with diabetes self-monitor and control their diabetes better.

Co-founder of BeatO, Yash Sehgal was in his thirties when he had to frequent OPDs in Delhi hospitals to deal with his high sugar levels. This opened his eyes to the fact that thousands in India are facing a similar problem and unlike him they do not have access to good quality care.

Armed with an engineering degree and an MBA from IIM Kozhikode he teamed up with his school friend Gautam Chopra, who returned to India leaving behind a flourishing career in Germany and who was also dealing with pre-diabetes, and together they conceived BeatO.

In the last 6 years, BeatO has expanded from being an app that works with India's first smartphone connected glucometer to help people self-monitor at home to India's comprehensive care-based ecosystem to control and reverse diabetes.

At the heart of BeatO's digital solution lies affordability, accessibility and building awareness to ensure that no Indian with a chronic condition like diabetes remains under-served.

Today BeatO has reached over 20,000 pin codes across India and is helping people reduce their HbA1c levels with personalised counselling and care through its clinically verified Diabetes Care Programs.

Winner of the National Start Up Award in 2021 and felicitated by Honourable Prime Minister Shri Narendra Modi today BeatO has over 2 million+ users, 350+ employees and 30+ health coaches in its robust and empathic team.

Recently BeatO raised a funding of \$33 million and is on the path ensure with technology and a scientific mindset they can serve their country and lower the burden of healthcare through their contribution to society.

Courtesy.

Rajender Sehgal

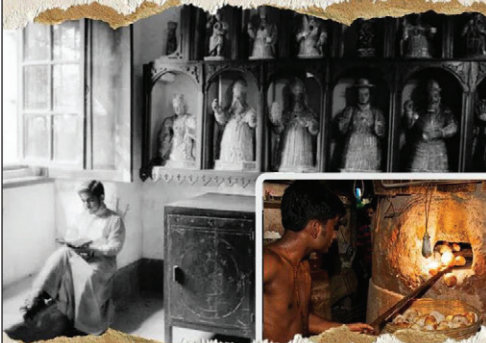
Snippets, historical and interesting...



1700s- Goan bakers and their pao came to Mumbai before British bread



But first, a quick detour to Goa, 400 years ago



Pao was born when Portuguese priests made bread using Goan rice toddy instead of yeast

1860s: Pav Bhaji is born



An old Chinese legend narrates the story of the discovery of tea. The Emperor was relaxing under a tree, and his servant was boiling water for drinking, when a few leaves blew into the water accidentally. The Emperor's curiosity was aroused, and as a herbalist, he decided to try the tea leaves infused water, a concoction

which he seemed to have enjoyed. Tea was discovered. The habit of tea drinking is as addictive as it is pleasant, and is a brew that promotes fellowship!! How about meeting over a cuppa chai, is the popular refrain!!

Every such discovery has a hidden story, and in this issue we share the discovery of the Goan pao some 400 years ago, the stories of Bombay's pao bhaji some hundred and sixty years ago and the quintessential and famous vada pao over sixty years ago!! Both these dishes have quietly slid onto the menu of many a home outside of Mumbai too, and remain amongst the most popular and delectable of street foods in Western India!! They are titillating taste buds all over the country, and are being celebrated abroad in a fusion across cuisines. Amazing how a simple, rustic but a salivating dish, has elevated itself to boardroom dining!!

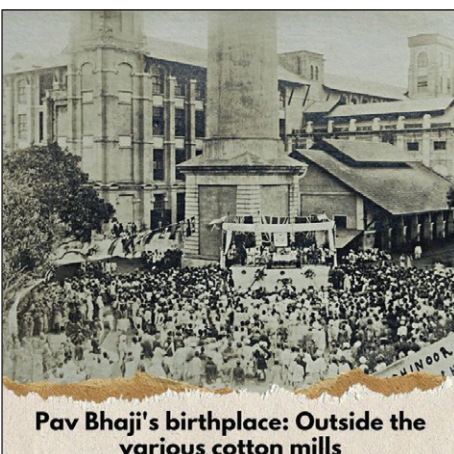
Inderjeet Singh
Editor



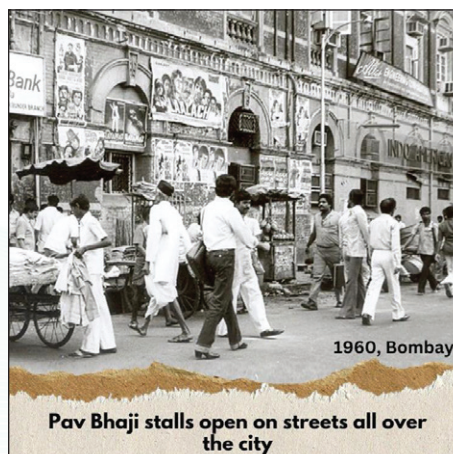
1900s: Kheema Pao is invented by Irani Cafes

theworldthatbuiltus As the tired, harried commuters walked back home after alighting from the local train at Dadar, a man stopped at the hawker stalls just outside the station. It was late and the two men behind the stalls were closing up. The exhausted commuter asked for the 'Batata Vada' from one of the stalls and finding it not enough to assuage his hunger asked for the 'pao' from the neighbouring stall selling omelette pao. People walking by watched curiously and the idea for 'Vada Pao' was born. In my mind, that's what could have happened in 1960. The Vada seller that night was Ashok Vaidya and the above is an imaginary story inspired by Ashok's son, Narendra's recollections.

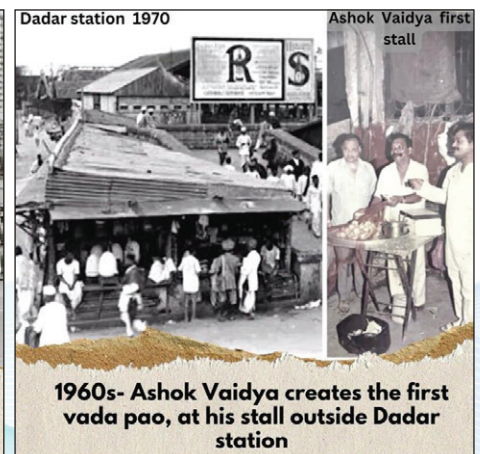
The story of the Goan bread 'Pao' is equally interesting about how the pao is unique to Goa, its taste a result of Portuguese recipe for bread and the unavailability of yeast. I imagine people thinking of substitutes for the yeast 400-450 years ago, standing next to the flour, helplessly. After days of frustration, someone must've noticed the tangy, sour smell of rice toddy and how it resembled the whiff of yeast. Imagine the joy when the bread was baked and it turned out soft, fluffy and golden crusted. The village drunk would've been thanked by all.



Pav Bhaji's birthplace: Outside the various cotton mills



Pav Bhaji stalls open on streets all over the city



1960s- Ashok Vaidya creates the first vada pao, at his stall outside Dadar station

RCDS - SANKALP LITERACY CENTRES

November, 2022



A total of 343 children are enrolled in Sankalp Literacy centers. There have been some new enrollments in the centre in November 2022. 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.

Coaching support to children

Sankalp provides free coaching to enrolled and non-enrolled children in the age group of 6-15 years with the aim to develop and enhance the educational level of poor students of slum areas by creating opportunities for additional learning facilities through specialized coaching. Through this coaching, capacities are built in education and life skills. Progress documentation and monitoring is done regularly to set standards for the child's grade level and to develop goal that can be measured and tracked.

- Class tests are conducted at least two times in every month.
- Database of each and every student is maintained which is updated on a regular basis.
- Initial forms with basic relevant information are filled up for every child.

Regular classes are conducted to teach students and test their performance in all subjects. Every effort is made to give support to the weak children for their studies. This is an area of concern. Improvement is needed in this area. Some children have shown improvement in their writing and reading levels. Sometimes relevant material which is not in the curriculum is also taught to the children.

Events and programs

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.

In the month of November 2022, following days were celebrated across all centres:

- National Cancer Awareness Day on 7th
- National Education Day on 11th
- World Kindness Day on 13th and
- World Childrens' Day on 20th.

Co-curricular activities undertaken at the center

The following activities were also undertaken in the Centre:

- Story reading
- Craft activity from waste paper
- Hands on Science experiments
- Sports competition.

Weekly computer classes, craft classes and English speaking classes are held for children. More than 100 children are enrolled in all these programmes.

(Report submitted by Anupriya Chadha, Associated with Sankalp)




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?

Lalit Sawhney
RCDS President: 2022-23

DECEMBER

| | |
|----------------------|--------|
| Javali, Shweta | 01-Dec |
| Kausy Madhavan | 01-Dec |
| Jain Ila | 03-Dec |
| Mahajan, Rajni | 03-Dec |
| Singh, Jasmine | 07-Dec |
| Aneja, Usha | 12-Dec |
| Singh, Daljit | 14-Dec |
| Sawhney, Jayshree | 19-Dec |
| Anand, Satty | 23-Dec |
| Neeraja Khanna | 24-Dec |
| Neelu Batra | 24-Dec |
| Pavan G Singh | 26-Dec |
| Poddar, Rekha | 27-Dec |
| Goyal, Shashi | 28-Dec |
| Goyal, Amar Nath | 28-Dec |
| Agarwal, Anil K | 29-Dec |
| Singh, Sakshi Khanna | 30-Dec |
| Sadana, Rachna | 31-Dec |



HAPPY
Anniversary

| | | |
|----------------------|-----------|--------|
| Dua, Som Nath | Rajni | 01-Dec |
| Krishan, Sanjeev | Monica | 04-Dec |
| Agarwal, Pramod | Mini | 04-Dec |
| Ahuja, Hemant | Nalini | 14-Dec |
| Kumar Pradeep | Rita | 14-Dec |
| Anand, Hardeep Singh | Harleen | 22-Dec |
| Anand, Sumchit | Divya Vij | 22-Dec |