



R. I. President: Jennifer Jones



District Governor: Ashok Kantoor

District: 3011 Club ID: 15238

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

PRESIDENT'S MESSAGE TO THE CLUB



Friends,

We started the busy month of December with a visit to the Sri Sathya Sai Sanjeevani Hospital at Palwal, where we walked around the neat and clean Heart Hospital, the wards, one of the Surgical units, and the brand new Mother & Child Hospital.

Our next activity was at the Nai Disha NGO at Vasant Kunj, where our club donated 6 Singer Sewing Machines, to allow some of their ladies to take up sewing work / business at their residences. This was followed by our 2nd visit to Etasha, the NGO which is helping us with our Nari Shakti project. Here we were able to learn about their mobilisation effort for underprivileged girl students, their 3-month training at the Etasha centre, and the last stage of getting them suitable employment. We also saw an on the spot donation of Rs. 50,000 for this project by our

member, Naman Agarwal. We also had our Sankalp Literacy team observe the Human Rights Day, the National Energy Conservation Day, the National Maths Day, and Christmas during this month.

December also saw our new member Vivek Gaur participate in the Rotary Institute 2022 event – Vishakha Vista. At this event, he was one of the Trustees of the Sathya Sai Sanjeevani Trust who signed a 3-year MOU with the Rotary International President Jennifer Jones - on the Trust getting Child Health Surgeries done for patients suggested by Rotary Clubs in different parts of the country. He also spoke on the need for these child surgeries for children born with congenital heart defects. Our club is also participating in a RI Global Grant for Child Heart Surgeries, which should also help in our getting 18-19 child heart surgeries done at the Palwal Hospital in 2-3 months' time.

I also took part in a Rotary Foundation District Event, where 3 of us were recognised – Vivek Gour for moving to become an Arch Klumph Society member, and IPP Anil Agarwal and I - becoming Major Donors. And, the Chief Guest RI Director Bharat Pandya talked about Vivek Gour's involvement with above MOU signed with Rotary International.

Of course, the Christmas Lunch at Claridges was the most enjoyable programme of this month – of course, this is featured in more detail in the Newsletter.

This month has also seen the Leprosy Project take up Active Case Finding; the District Leprosy Chair, Pradeep Bahri has written about this in this newsletter.

Another project which has seen a great deal of involvement by a large number of our members, is the one on Blanket Distribution in this cold weather. This was kicked off by the District Governor Ashok Kantoor and his District team, and has proceeded to Gurukul, Gurgaon and different parts of New Delhi. Our grateful thanks to the Project Lead, IPP Anil Agarwal and the members who contributed the blankets, and are helping in distributing them.

And now for some good news:

- Our member, Dr. Manish Dhawan has been invited as Faculty for "International Scientific-Practical Conference on Ilizarov" at Dhaka Bangladesh
- Rohit Sadana has taken over as Director - Club Service, and
- Inderjeet Singh takes over as the Honorary Treasurer.

Here's wishing all the members and their families, a very happy new year and greetings of the season. My wife Jayshree joins me in wishing everyone an enjoyable year ahead.

Sincerely Yours,

Lalit Sawhney
President, 2022-23

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



The dawn of December brings with it a renewed energy to combat the spirited mood unleashed by a month, whose thirty one days are perhaps not enough to pack in a galaxy of events, parties, soirées, fêtes, Xmas bazaars and much much more!! This is a month surfeit of music, dance, gluttony, bingeing, and of unexpurgated and unfettered fun!! As though there's no tomorrow!! December affords an amazing spell of nature, when it's bounty is not restricted to a chill and sunny skies. The mood is uplifting, an all around joy de vivre, a kind of a 'social' jamboree where the world is out on the streets, music is in the air, ovens and grills churning out a variety of hedonistic fare to lift the most jaded of spirits!! The spirit of Yuletide is all pervading.

Merry Christmas!!

It's farewell time to 2022, and to the travails and carcinogenic events of the year with, fervent prayers for a strife less, epidemic free and a happier and joyous year ahead.

There's bounteous joy, and preparations are afoot for an unending spate of parties, which will carry on till the clock strikes the midnight hour on December 31. Fun starts anew on January 1, with a traditional New Year's brunch replete with a jugalbandhi of Champagne and Orange juice, and a vast spread of victuals. Coming close on the heels of non stop gluttony at an Eve just hours earlier, speaks of a human capacity characterised by limitless appetite!! No wonder it's considered one of the deadly seven sins!! Goodbye 2022, welcome 2023!!

Christmas is celebrated in more than 160 countries around the world. Several Islamic nations don't, however, recognise Christmas as an official holiday. Bhutan and North Korea being the other two non Islamic exceptions.

There are weird customs in some countries which are quite apart from the traditional and staid celebrations in most countries. Bad Santa in Austria is rather a ghoulish event as 'Krampus', the evil accomplice of St Nicholas, dressed in weird costumes terrifying naughty children and adults alike, is celebrated during December. Similarly, Uncle Sam as uncle Santa is celebrated in Japan — 'Kentucky for Xmas', a slogan which unknowingly gave rise to a national celebration of eating a Kentucky Fried Chicken on Christmas Day!! There are similar stories emanating from many other countries, but the one that trumps the others in it's absurdity is the assembly of large swathes of Swedes at 3 pm sharp around their TV's to watch Donald Duck wishing Sweden 'Merry Xmas'!! It has become a national obsession. On a personal note I recall my elder brother, senior by many years, narrating his years in the UK. He had arrived in 1948 for studies, and was quiet surprised at his rather sudden and immense popularity among the locals, as Xmas approached. It was considered lucky and propitious, if a person of swarthy complexion was the first to step across the threshold of a house at midnight on Xmas!! I am not privy to the improvement in his host's fortunes, but suffice it to say he quite enjoyed this fussing for several seasons of Xmas, till his return home. England is today overrun by large swathes of people of swarthy complexion. Is it a superstition or do we call it a tradition, which has over time overwhelmed and faded away, now that a dark complexioned person is no more an oddity or a novelty? Who knows, but England's fortunes certainly haven't leaped

to stratospheric heights!!

I am heading to the west coast for a couple of weeks vacation in Mumbai. With it's vast population of Anglo Indians, Goan and Syrian Christians the Xmas celebrations are quite exhilarating. I will be scouting for anecdotal stories of celebrations in the past and how it has evolved over the years!! Might make for an interesting read - perhaps later!!

Last month we had started a column ' Snippets, historical and interesting.... '. This month we bring the advent of Chinese cuisine in India, and you would not be off track if you guessed that the first chop stick of Chow Mein was ingested in Calcutta. Barring the Indo China skirmish of 1962 when the Chinese were virtually lynched, they have thrived in Calcutta and have continued to provide satisfaction and smiles to legions of Bhadraklok with their quality of excellent and very affordable food. Casual visitors to the city, like me, don't miss a chance to touch base with Chinatown, or Tangra which too has many hole in the wall eateries offering excellent fare!!

We have interesting accounts of Xmas celebrations from our editorial team which is published alongside. Xmas of course is just one amongst many celebrations boasting of their hectic social schedule, when they slip on their dancing shoes!! We have excellent write ups from Monica and Archana but Priyanka with her over active social calendar, forwarded a poem by Varnika her 13 year old daughter. It's an absolute cracker, enjoy the content in rhythmic structure. A prosody at it's best.

The travails of navigating an evening with vast quantities of liquid in the system, and finding an exit route, that entails climbing a flight of stairs which appears to have steps that number a hundred, can be an extremely painful venture!! C'est la vie!! But t at last the Claridges has opened the locks on the new restrooms, situated within shooting distance on the ground floor, which are indeed luxurious, beautifully crafted and exquisitely appointed. We have a first person report from Archana Katariya on the state of the ladies restroom alongside a collage of photos. Most impressive.

On my and on behalf of the editorial team, wishing you all the very best in the coming year. Stay safe, stay smiling and stay healthy. God bless.

Cheers

Inderjeet Singh,
Editor



The Fabulous Christmas Lunch get-together

17th December, 2022



We had a magical afternoon on 17th December representative of the Yuletide spirit. The weather gods were very kind and it was a sunny afternoon, cold, yet very comfortable. The venue had beautiful decorations, giving the festive Christmas look, starting from the entrance and going all the way to the Swimming Pool and the outside standing area.

Thanks to all the mobilisation by Rajiv Gujral and Sarvpreet, we had more than 75 participants including Members, spouses and guests; and, the guests included some children too - Lalit Sawhney's children from the US and Rajiv Gujral's children from London. There were raffles and gifts for 21 participants, all gifts donated by members, many of them arranged by Rajiv Gujral. There were gift vouchers for food, restaurants, fancy candles, perfumes, bottles of wine, etc. We have never had so many lucky winners on one day!

The foot tapping music and the singer Vineet Raghuvanshi were very entertaining. We had a lot of youngsters and many seniors on the floor - the Christmas spirit was everywhere.

The food variety was of different kinds, the spread was excellent, with many live counters and Mulled Wine too. Rajiv Gujral had put in a lot of effort to give us a lavish spread (and at a price which was a steal!).

Many members made an effort to stick to the 'Dress Code' of the afternoon - Green, Red and Black.

It was a treat to watch the ladies in their colourful outfits, all matching the dress code.

With all the excitement, we even had our senior member Rajni Mahajan (who had not been too well lately) coming in after quite some time. All in all, it was a memorable event, a great bonding opportunity, organised by Rajiv Gujral and his team of Rohit Sadana, the new Director - Club Service, Sarvpreet, the Secretary, Archana and President Lalit.

Each one of us had a great time. Cheers and God Bless.

Rtn. Jayshree Sawhney



Christmas Fellowship













Visit to Sri Sathya Sai Sanjeevani Hospital at Palwal, for Child Heart Surgeries,

3rd December, 2022

8 members from Rotary Club of Delhi South and Rotary Club of Delhi Rajdhani visited Sri Sathya Sai Sanjeevani Hospital on 3rd December. The members were Rtn. PP Rajiv Gujral, Rtn. Amar Nath Goyal, Rtn. President Lalit Sawhney, Rtn. Jayshree Sawhney, Rtn. Rajeev Bajaj and Rtn. Vivek Gour from Rotary Club of Delhi South, and Rtn. PP Rajesh Gupta and Rtn. IPP Ravinder Goyal from Rotary Club of Delhi Rajdhani.

The visit covered a walk around led by the Chief Cardiologist, covered the neat and clean wards, the Cath Lab {non-invasive surgery unit}, watched a Catheter insertion procedure in progress, and a meeting with two child patients and their mothers. These were patients who had completed their surgeries and were to be discharged in a day. The mothers shared their journey of difficulty, their inability to bear the cost of the surgery and their joy at seeing their child get a fresh lease of life.

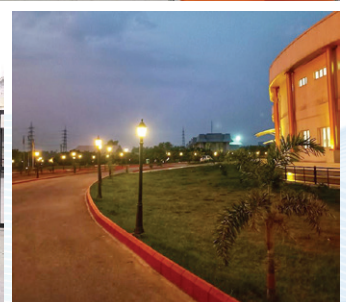
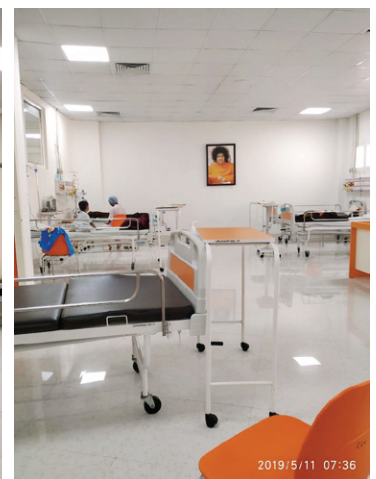
The team then did a walk around of the Mother & Child Hospital within the same premises which has just come up in the last two months, and were shown around by the Head Gynaecologist. Sri Sathya Sai Sanjeevani Hospital is a chain of 4 paediatric cardiac hospitals dedicated to child heart disease and performing around 5000 child heart surgeries & interventions a year, all totally free of cost. The 5-year old Hospital at Palwal had its 23,000th child heart surgery performed last month.

Rotary Club of Delhi South is participating in a Global Grant of \$ 250,000 with RC Bombay Airport, where RC Delhi South wants to collect \$ 25,000. Out of this sum, almost half the amount has already been contributed by Club Members. Rtn. Rajeev Bajaj spontaneously offered a fully equipped ambulance as a donation - which the Hospital has graciously accepted; this is likely to be handed over next month.

The doctors spoke of the urgent need for a small Blood Bank unit within the hospital, and the need for a Bolero vehicle to transport patients, to get blood daily from the blood banks, safe transport of female employees especially in the night, transport of stores, pharmaceuticals, and spares, etc. Visiting member Rtn. PP Rajesh Gupta offered to provide this transport vehicle. Rtn. Rajeev Bajaj announced a spontaneous and compassionate donation of an ambulance. This vehicle, which is brand new will be an asset for the hospital's work; this will be handed over to the hospital in the first week of January.

The visitors enjoyed the informative visit to the most impressive hospital, and thanked Rtn. Vivek N Gour - one of the three Trustees of the Sathya Sai Sanjeevani Trust, for organising the same.

Lalit Sawhney



Rotary Institute – Vishakha Vista

9th-11th December, 2022

At the Rotary institute held in Vizag on 9th to 11th December, the Rotary International President Jennifer Jones signed an MoU with Sri Sathya Sai Child Heart Hospitals to support child heart surgeries as a global programme in general, and with Sri Sathya Sai Child Heart Hospitals in particular.

The effort on the ground will be at the initiative of individual clubs. This will be akin to Rotary's support for polio and is expected to grow over the years. Rotary Guntur committed 2025 child heart surgeries by year 2025 and Rotary Pune Central committed 1000 surgeries in 2023. Rotary Kashipur (U.P.) committed to 35 surgeries.

Present at the signing were RI President Jennifer Jones, RI Past president Shekhar Mehta, Dr Mahesh Kotbagi from Rotary, and Sunil Gavaskar and Vivek Gour, Trustees from Sathya Sai Trust. Sunil Gavaskar spoke of the epidemic proportions

of CHD in India, that 200,000 babies are born each year with this problem, of which 100,000 die in the first year, without access to corrective surgical treatment. He spoke of the need to address this issue which largely affects the poorer sections of our population, which are affected by malnutrition, and welcomed Rotary's support.

Sathya Sai Hospitals perform 5,000 to 6,000 child heart surgeries a year, all totally free of cost to the patient and his/her family. He explained that the 'payable as able' model followed by some hospitals, while being helpful - ends up impoverishing the family already burdened with past medical costs of a dying child. Sathya Sai Trust runs 4 child heart hospitals in Palwal, Kharghar Navi Mumbai, Raipur and Kondapaka, Telangana. A 5th hospital is being planned in the Eastern part of India.

Vivek Narayan Gour

Kanya Gurukul, Village Chotipura, Amroha

27th December, 2022

The visit to the Gurukul which is a living embodiment of Vedic principles & Indian culture, was an awesome experience.

It is spread over 10 acres in lush green surroundings & 900 girls are provided education for the body mind & soul as well as pursuit of academics.

Besides getting high quality education they lead a disciplined & highly virtuous life leading to their harmonious development.

The acharya Ms Sumedha & the teachers welcomed us with roses & took us on a round of the entire Gurukul-the classrooms, auditorium, seminar room, library, play grounds, dormitories, kitchen, dining room, visiting faculty guest house & the gaushala - all of which were beautiful, neat & clean.

It was a pleasure to donate 1000 blankets to the girls in the Gurukul & the poor villagers in the vicinity.

The sparkle in their eyes on receiving the blankets was worth all the effort.

Thanks to IPP Anil Agarwal for organising this blanket donation drive.

Rajni & Som Dua



Nai Disha

Nai Disha, a well known NGO committed to education for underprivileged children and imparting skills as part of their women empowerment program. RCDS donated five Singer sewing machines courtesy Mr Rajindar Sehgal and one electric fashion sewing machine courtesy of Mr Pradeep Bahri to Nai Disha for skilling the women and getting them started as an entrepreneur. Commendable work from Nai Disha and our RCDS Vocational services team with able support from Mr Sehgal and Mr Bahri. More power to Women empowerment. Let's build more Nari Shakti.

Pramod Agarwal



RCDS Blankets Distribution Project 2023



Rotary Club of Delhi South is continuing with its Blankets Distribution for the year 2023 to provide warmth and care to the poor and needy.

We ordered 3000 blankets and RCDS members came forward to support the project :

1. Anil K. Agarwal	500 Blankets	Rs.50,000/-
2. Pramod Agarwal	100 Blankets	Rs.10,000/-
3. Jagmohan Ji	10 Blankets	Rs.1,000
4. Rajinder Sehgal	100 Blankets	Rs.10,000/-
5. Deepak Kapoor	100 Blankets	Rs.10,000/-
6. Amarnath Goyal	100 Blankets	Rs.10,000/-
7. Hemant Ahuja	100 Blankets	Rs.10,000/-
8. Dr. Vaneeta Kapur	512 Blankets	Rs.51,200-
9. Kriti Makhija	100 Blankets	Rs.10,000/-
10. Pradeep Kumar	100 Blankets	Rs.10,000/-
11. Som Nath Dua	200 Blankets	Rs.20,000/-
12. Nishant Kalia	100 Blankets	Rs.10,000/-
13. Kausy Madhavan	200 Blankets	Rs.20,000/-
14. Arvinder Brara	100 Blankets	Rs.10,000/-
15. Vinod Poddar	100 Blankets	Rs.10,000/-
16. Rajeev Seoni	100 Blankets	Rs.10,000/-
17. Anil Wadhwa	100 Blankets	Rs.10,000/-
18. Arjun Mehta	200 Blankets	Rs.20,000/-
19. Divij Dua	100 Blankets	Rs.10,000/-
20. Rita Bhasin	100 Blankets	Rs.10,000/-
21. Rajni Mahajan	100 Blankets	Rs.10,000/-
22. Shirin Khajuria	200 Blankets	Rs 20,000/-

RCDS Blankets distribution project was flagged off by DG, Rtn. Ashok Kantoor from Aradhana Colony, New Delhi on 22nd December, 2022 and many poor people were provided blankets.

On 27th December, 2022, RCDS team visited Gurukul Kanya Mahavidyalaya at Chhotipura, Amroha, Uttar Pradesh and distributed blankets the Girl students and needy people of the

surrounding areas.

RCDS members are personally distributing Blankets in the slums, to the road side beggars, to the homeless, daily wagers & poorest of the poor people in Delhi, NCR.

Rtn. Som Dua, Rajni Dua, Kriti Makhija, Dr. Vaneeta Kapur, Dolly Brara, Anil K. Agarwal, Indu Mahajan, Anil Wadhwa, Hemant Ahuja, Rajinder Sehgal, Amarnath Goyal, Pradeep Kumar, Kausy Madhavan, Pramod Agarwal, Rajni Mahajan, Rajiv Bajaj, Vinod Poddar, Dr. Shirin Khajuria and many more .

RCDS will be organising a Blankets Distribution Camp in Alwar, Rajasthan alongwith Mahant Balak Nath Ji, Hon'ble Member of Parliament and distribute Blankets to the poorest of poor in Alwar.

RCDS will be distributing blankets to slum dwellers in Munirka and Vasant Gaon, in coordination with Sankalp Society.

The project will provide warmth, comfort and relief to the poor people from the cold weather and help them survive the brutal cold wave.

Anil Agarwal



Nari Shakti

Project Nari Shakti was covered by Pioneer Haryana. Over Rs 5 lakhs was raised for the project. Rtn Pramod Agarwal donated Rs 1 lakh, Rtn Naman Agarwal donated Rs 50000/- and balance Rs 370,000/- was contributed by family and friends. MOU was signed with Etasha and project was kicked off that will enroll 50 girls to train them and make them ready for job. This is a start and we will work towards more such projects under Project Nari Shakti.

Pramod Agarwal





SANTA CLAUS IS COMING TO TOWN !!! A WALK DOWN MEMORY LANE !!

Huge trees laden with sparkling ornaments, jingle bells, snow white beard, bright red outfit and a bag full of mysterious presents... our winter break started with these bright and colourful images.

The Army wives were busy planning the various events over hot cups of tea ensuring all age groups were properly covered within the limited budget and time. The meticulous planning was fascinating as were the goodie bags filled with assorted candy and exotic prizes. We eagerly rummaged through the drawers to find anything that showcased the Christmas spirit, our religious beliefs kept aside, as this was simply a time to celebrate with friends and family.

The Club was busy stocking up liquor to beat the winter chill while providing a constant supply of hot potato chips and chicken sandwiches to us poor starved souls ! Lawns manicured, decorations, tents and chairs put up without disturbing the daily activities was a task in itself. This continued chaos and confusion contributed to the merriment of the upcoming festivities which were eagerly awaited. The coveted duty of selling tickets was most sought after as it increased our importance to another level. We proudly roamed around the cantonment with the bagful of tickets innocently accepting refreshments in exchange for them.

Mouth watering aromas of the various cakes and cookies being baked filled the air and we would be scuttling around hoping for some tasting crumbs. The lucky one would race to tell others who waited in anticipation for some. Judgements were reserved for later !

Beautiful decorations, foot tapping music, delectable fare and the various fun filled games made for an awesome celebration. The highlight of course was Santa Claus with his bag filled with presents, but for us the guessing game began with which "uncle" was Santa this year. Checking the present received by others and then exchanging after much discussion was normal and expected. Nothing pretentious, just wholesome family fun was our mantra !

Christmas spilled over to New Years .. another celebration .. another party to plan!

I think the elders finally decided that they needed to be with their peers, hence the parties were age divided. Our efforts to sneak into the Club usually failed, but did not deter us from attempting the same every year. Hiding in the backseat and covering ourselves with blankets also did not prevent us

from getting caught. We would finally make our way to our designated area by cramming into a single Jona(read army jeep), singing unabashedly at the top of our voices, karaoke wasn't a thing back then. Dancing the night away, we welcomed the new year with fruit punch and cheese balls.

New Year, New friends, New location but Same Spirit , are the things that we Army brats are made of !!!

Holidays are always special and I wish you all lots of celebrations and laughter with family and friends . Hope you create memories to last a lifetime !

HAPPY NEW YEAR

Monica Krishan

The Merry Carols

The merry carols call to me
so do the chiming bells
arrived has the season of love and joy
of light, warmth and wishing wells

I sauntered down the cheerful city street
On the chilly night of December
every house has its own christmas tree
and every family is bound together

The tender scent of baked delicacies
the gleam of every bulb hung on the walls
Wreaths, santa hats and jolly spirit
Children giggling, "happy holidays to all!"

There I see a lad silent
At twilight, he prays to the christmas star
lonesome, in ragged clothes, he wishes
with his simple, tearful heart

Then I see a lady, greeting him
soothingly whispers, "its all right, dear"
gifts him a jumper and a slice of cake
I am melted from within, its finally that time of year

I sigh, sweet wholesomeness fills the air around
there is no darkness in this night
then through the midnight sky soars a reindeer
drawn sleigh
in a few hours, its Christams daylight

Varnika Agarwal
(Daughter of Naman & Priyanka Agarwal)

Yuletide and New Year Reminiscences.... Pleasant Memories Always Linger On



The Onset of December heralds in the Holiday Season with a month long of Festivities and Celebrations. As children we always looked forward to the Christmas Holidays which for us studying in boarding schools lasted for three months. The Christmas Party on the last day of school was great fun as our Irish Nuns always had a great treat for us.

Most of us associate this time of the year with sending and receiving of UNICEF Cards which were ordered by the dozens. Displaying them in the Dining Room on the Mantle piece or strung on a thread across a doorway or any available space was a sight to see. A Whole Year of Good Wishes would be sent and received beginning with Christmas.

As teenagers, we looked forward to the Christmas and New Year Parties at the Waltair Club in Vishakapatnam. One has very fond memories of the keenness and eagerness to be on the Dance Floor with that Special Someone, for that Midnight Dance, to catch the Countdown into the New Year and That Mistletoe Moment...Ohhhh... Somethings can never be forgotten.

The month of December in the Navy rings in a month of celebrations beginning with the Navy Day on the 04th of December, followed by a week long of associated events, leading on to the much - looked - forward - to, Navy Ball, then the Christmas Fete followed by the Christmas Eve Dance at the Club, and culminating with the New Year Ball. A boisterous affair - though one had to leave the New

Year party in good time because the 01st of January is always a working day in the Services. I remember when Ganesh was the Flag Lieutenant {ADC} to the C-in-C in Mumbai, after the New Year Celebrations (the first after we got married) Ganesh reported to work donning sunglasses (An absolute No-No in Uniform). The moment the Admiral saw him he yelled "Why The Dark Glasses?" Instead of admitting and owning up to having had too much to drink the previous night with the Boss himself...Ganesh replied, "I have the Red Eye Sir".

Having lived in different parts of the country one has seen people of all religions joining in the festivities with so much joy and happiness. There is an air of Romance and Gaiety all around. As kids one looked forward to receiving gifts at a Christmas party in the Club, where one thought that the club was being generous, until we realized it was our own parents who organized and sent the gifts beforehand, to be handed over to us by Santa Claus.

Many years ago, when we were posted in Cochin, I was requested by the Powers-that-be, to play the role of Santa Claus for the kids' Christmas Party at the Club. After much discussion on whether to be winched down from a helicopter or arrive in an open jeep escorted by motorcycle outriders, or come via a Speed Boat (the Club was situated on a backwater channel), it was finally decided that I would make a grand entry at the venue on board a Fire Engine. Clinging on for dear life to the ladder at the back

of the fire engine (which had its bell clanging away gloriously, akin to the jingling of Reindeer Bells), my sack of gifts on my shoulder, I arrived at the venue and had the time of my life dancing with the children and distributing gifts to them.

Christmas in Kerala is a big festival, akin to Diwali in the North. A Christmas feast we were regularly invited to at someone's home, had a table for 24 laid out with everything that one could think of. Roast Duck, Pork Spare Ribs, Beef Chilly Fry, Chemeen Fry, Squid Stir Fry, Karimeen, Long Beans, Spinach Thoran, Butter Milk Curry, Rum 'n Raisin Cake (with loads of rum), Steamed Chocolate Pudding, Apple Pie. If I've got you drooling - mission accomplished.

Jabalpur, which has a large Christian / Anglo population, has among others, two bakeries adjacent to each other (both dating back to around 1940), one belonging to a Christian, and the other to a Muslim. Both have wood fire "Bhattis" for their ovens, which are famous for their cakes especially their very elaborate beautiful (and tasty) wedding cakes - which they send across the country (yes you read right - across the country,) which are then assembled at their final destinations by their staff who accompanies the same. They are also well known for their Christmas cakes - If you want to have your own cakes baked, they advise you of the ingredients (and quantities thereof) required. Such is the demand on them around Christmas, that they actually allot you a 'time slot', to return

with all the ingredients. The batter (and other stuff - which has normally been soaking in rum / brandy / other liqueurs) is mixed in your presence, poured into the baking tins and a slip of paper with your name is placed on top of the batter before being put into the 'bhatti' to bake. There is, thereafter, no doubt about the ownership of each cake as the names on the slips of paper clearly say it all - a very important aspect, given the exotic ingredients that some customers provide. To give you an idea of the scale and demand, around 200 cake tins are put into the Bhatti at a time, - a cycle that keeps repeating itself endlessly starting from about 10 odd days before Christmas every year. This helps people who want to bake in large numbers but obviously do not have large baking facilities at home. Best Christmas Cakes we've ever had for sure.

Over the years...With Commercialization setting in Having seen the Steady Crescendo turning into a Frenzy.....Resolutions Forgotten Sooner than Made.....It's like everyone is Running to Catch a Bus they will Miss.....Running Towards the end of the Year.. and then one realizes, the 01st of Jan is like any other day.... Life goes on, we are the same individuals as we were the previous year.....Now give me my Quilt and Warm Bed, Happy to just be at home, sleeping through the 12 o' clock Mistletoe Moments.

Archana Katariya

The Resting Rooms

For most part of 2022, beginning from early March, visiting Claridges posed a unique problem of its own. Problem being that the Loos at the Lobby level went under the Knife, so every time one needed to visit the loo, one had to trudge all the way to the first floor, walk through the bar and find the loo.

As someone once asked "What is the Most Difficult Thing To Do In Claridges?" The Answer "Going To The Loo". This had become quite a part of conversation and a Bane too. Imagine trudging up to the first floor everytime one wanted to visit the loo.... For nearly 09 months this renovation went on and one could not imagine what was taking so long. Finally after about 09 months one heard that the Rest Rooms at the Claridges were renovated and ready. And WOW they were. A Very Japanese Feel to the entire place. They certainly were World Class and all who were advised to pay a visit agreed completely. Wall paper with Hues of Pink and Cherry Blossoms now adorn the Walls, gold finished taps in the basins, All Japanese systems in place with heated seats and remote controlled water systems, The Rest Rooms are now a treat to visit.

Cant say about the Kings' Loos.. some thought it gaudy Some passed the judgement that they were too ostentatious but we Queens are happy with ours.

Archana Katariya



Leprosy Control Project-An Update

Rtn Pradeep Bahri



Delhi has many Leprosy cases under treatment. About 1000 cases were registered in 2021-22 and out of which many cases were with Grade II and Grade I disability. Fresh cases in children were also found in 2021-22. These indicators show that we may have large number of hidden cases in the community and recent transmission due to following reasons:

1. Leprosy disease has a silent course in the early stage and usually patients do not report voluntarily
2. Lack of awareness
3. Migration from another state for treatment

Delhi is divided in 11 Districts. While the Delhi Government carried out Active Case Finding (ACF) by house to house survey for detecting people suffering with Leprosy for 10 Districts, they could not do that for the 11th District. During our meetings with the Delhi government, we at the Leprosy Control Project were requested if we could help and pitch in for the ACF of this 11th District of Delhi - the NE District.

We therefore had submitted a proposal to conduct Active Case Finding in the North East district on the lines of Leprosy Case Detection campaign 2022 in 17 facilities of North East District, in which 27 ANMS will supervise 87 ASHA workers and 87 Male Volunteers who will

screen approximately 1,74,000 of the population.

We are happy to report that our proposal has been approved by Mission Director, DSHM. This is a huge exercise and we have worked out a schedule for this with activities beginning in mid - December 2022, with training of health workers, printing of training material, meetings with DM, etc. This exercise will be conducted under our Leprosy Control Global Grant GG2010288. This is being conducted in partnership with LEpra, NLEP Delhi and NHM Delhi.

As the first part of this exercise, Training of Medical Officer's (17), ANM (27) and District Level Monitors was conducted on 14th December 2022.

Training of ASHA Worker's (87) & Male volunteers (87) was conducted on 19th and 20th December 2022. Training of ASHA and Male volunteers is very important as they do the initial screening of the people affected (suspected cases).

The District coordination committee meeting at North East district was held on 22 December 2022, under the chairmanship of Addl. DM, North East.

We will be conducting the Active Case Finding programme from 9th to 22nd January 2023.

ACRE CSR

Rtn Pradeep Bahri

As we are aware, Asset Care and Reconstruction Enterprise Ltd (or ACRE) have been associated with us for the last two financial years and have worked closely for the cause of our Leprosy Control Project. They have till now given us two CSR Grants in the last 2 years and this financial year too, they have approved a grant of Rs. 25 Lakhs for the Leprosy Control Project. This Grant will be given to us in two instalments – the first of Rs. 12.5 Lakhs has already been received.

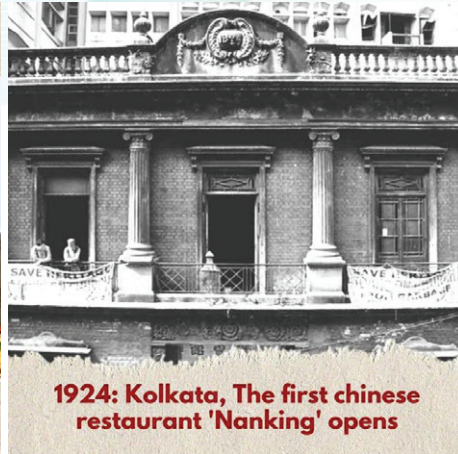
Thank you Kriti for your hard work in helping us get this grant.

INDO-CHINESE FOOD

1920s: Kolkata - Indo Chinese cuisine is born



The unique mix of Bengali and Chinese taste.



1924: Kolkata, The first chinese restaurant 'Nanking' opens



1960s: Chinese restaurants become popular all over the country, Indo-Chinese street food springs up



1975: Mumbai, Chef Nelson Wang invents Chicken Manchurian, Chicken Lollipop, Chili Chicken to name a few



1980s, Kolkata, Hong Family creates the SCHEZWAN sauce. It becomes world famous

theworldthatbuiltus It was in the 1700s that the first Chinese immigrants came to India to work in sugar factories and tanneries. Later many took up skilled jobs as carpenters, dentists and hairdressers. They settled in areas that came to be called ChinaTown. On its streets, Chinese food was sold for the tired workers returning home in the evenings. Calcutta locals started sampling the food out of curiosity. To attract more of the local people, the food started changing. Dishes were made with chilies, hot sauces, battered and deep fried chunks of chicken and vegetables coated in slurpy broths made with a mix of indian and chinese spices, noodles and rice stir fried with sauces and spices, hot and tangy.

Right from the start, Indo-Chinese food became increasingly popular, spreading through the country. It was a new cuisine, very different from either parent but a darling of everyone. By the 1970s, Indo Chinese chefs were in every major city and the dishes were part of all menus. In 1975, Chef Nelson Wang who had migrated from Kolkata to Mumbai was working in the Cricket Club when he was requested to prepare 'something different, spicy and hot! Tossing battered chunks of chicken in oil, he made chicken pakoras that were tossed in tangy, spicy sauce and Chicken Manchurian was born.

Though many stories exist about the possible origins of the Schezwan sauce, I've picked the one from Hong Family, probably because of the simplicity of the story. They run the oldest Chinese restaurant of Kolkata, Eau Chew Restaurant and the sauce was created through years of natural progression of an old recipe.

contributed by **Inderjeet Singh**

Indo - Chinese dishes born in India



Gobhi Manchurian, Chicken Manchurian, Kung Pao Aloo, Chicken Lollipop, Chili Chicken, Schezwan rice, Schezwan chicken.....



**Birthplace of Indo Chinese food
China Town, Kolkata**

Sankalp Spreading Awareness

"Know me for my abilities, not my disability." – Robert M. Hensel

Children of RCDS Sankalp spread awareness on the International Day of Persons With Disabilities.



Christmas Celebration



This Christmas will be one to remember for children of RCDS Sankalp. From pot / stone painting to getting tatoos done to many indoor / outdoor fun activities and games and gifts from generous donors who acted as Santas. All this truly made Christmas special and merry for our children.

Dr. Anupriya Chadha
Founder, Sankalp Society

JANUARY

HAPPY Birthday

Bhasin, Suneel	05-Jan
Kapoor, Deepak	07-Jan
Malhotra, Manoj	08-Jan
Brara, Dolly	11-Jan
Bhatia Simi	14-Jan
Agarwal Ashima	24-Jan



HAPPY Anniversary

Agarwal, Anil K	Kiran	22-Jan
Gujral, Rajiv	Geeta	24-Jan