



R. I. President: Jennifer Jones

District Governor: Ashok Kantoor

ROTARY CLUB OF DELHI SOUTH NEWSLETTER "ASHOKA" January, 2023

PRESIDENT'S MESSAGE TO THE CLUB



Friends,

January was a rather busy month for our Club.

We had blanket distribution carrying on from the last month, all through this winter. And, we had activities on three of our long term projects, Leprosy Control, Child Heart Surgeries and Clubfoot. We also had international activities going on with our Interact Club at Birla Vidya Niketan, and visitors from Rotary Club of Singapore.

On Leprosy Control - we had our Active Case Finding project at Dilshad Garden, Shahdara, a Training programme for Medical Officers at India Gandhi Hospital, Dwaraka, and senior Singapore Rotarians visiting a Leprosy Camp at RK Puram, and participating in a Lunch meeting with our members. The Singapore visitors also visited the Sitaram Bhartia Hospital, listened to presentations on

Leprosy Control and Child Heart Surgeries at the Club Meeting and gave us a very positive response on working with our club on the Leprosy Control project.

On Child Heart Surgeries - we had our new member Rajeev Bajaj and his wife Sonia donate a well-equipped Ambulance to Sathya Sai Sanjeevani Hospital at Palwal in the presence of a large number of our members, a large fund collection for a Global Grant, and our member - Vivek Gour who is leading the effort on Child Heart Surgeries - becoming a AKS Trustee Circle Member with Rotary Foundation.

Our Interact Club at Birla Vidya Niketan, Inayat came 2nd in the World in an International Interact Awards Contest, and also organised an International Interact Symposium with more than 60 participants from 20 countries.

Our Clubfoot team of Dr. Manish Dhawan and the District Chair, Amarnath Goyal organised an excellent District event last week - a Clubfoot Awareness Seminar with a large participation from 10 Rotary Clubs. This also featured an actual practical demonstration of the Plaster Cast procedure for Clubfoot patients and also presented Shweta, a 12 year old patient from our

Safdarjung Clubfoot Clinic who has recovered so well that she is playing Lawn Tennis at the National Level. We also released Booklets in English and Hindi, describing Clubfoot and its treatment, aimed at parents of Clubfoot-affected children, for distribution at Clubfoot Clinics.

And, we had 2 Blood Donation camps at E&Y premises in Gurgaon and Noida, and a lunch sponsorship at Mother Theresa Home in Jangpura.

As we enter February, the Rotary Theme month of Peace & Conflict Prevention / Resolution, we have invited the EU Ambassador to speak to our Club on Indo-EU Relationship, the Current War in Ukraine and the European response, on Saturday 4th February, the District Conference that takes place on 11/12 February, and the Rotary-Rotaract Debate 2022-23 which takes place at India International Centre on Sunday, 19th February. I was also able to attend the Curtain Raiser for the District Conference where our IPP Anil K Agarwal (District Conference Co-Chair) presented the excellent programme for the 2-day conference. Let us attend the interesting programme for the conference.

Sincerely Yours,

Lalit Sawhney
President, 2022-23

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



A bit of history to delve into the origins of a New Year and how and when January 1, was heralded as the beginning of a new year. The credit is claimed by the Romans to honour Janus the Roman god of beginnings and a namesake of the month. It is believed that Julius Caesar in 46 BC introduced the Julian calendar and declared January 1 as the new year. However, it was Pope Gregory XIII who created a revised Gregorian calendar to obviate the problems with the Julian calendar and ordained on January 1, 1582 the beginning thenceforth of a new year on January 1. The world, thus, for the last 441 years, has been celebrating the New Year on January 1.

Whilst the Romans formalised the new year date, the New Year was actually celebrated four thousand years ago in Babylon on the first moon following the vernal equinox, a date late in March with an equal sunlight and darkness, which heralded the start of the New Year. It was on the Ides of March which corresponds to March 15 and incidentally it was on the ides of March that Julius Caesar, a drama chronicled by Shakespeare, was stabbed to death by a coterie of senators led by Brutus!!

New Year resolutions are part of history as old as the Babylonian New Year. In fact in ancient Babylon the farmers resolved as a new year's pledge, to redeem their debts and to return the farming implements to the lenders. And as it happens today, so was it then, that the resolutions were more likely to be broken than honoured!! Man will be man.

New Year is celebrated in different ways in different regions and countries of the world. Of course the common thread that runs through almost all across the world is feasting, music, dancing and fireworks. However, there are some quirky traditions that abound, and which set apart some countries and communities. The Spaniards would set out to party past midnight, but not before they had consumed 12 grapes apiece at the stroke of the midnight chime. It symbolises their hopes and dreams in the ensuing twelve months- a grape for each month!!

The Italians hemmed in by tradition and superstition partake of lentils and pork before they set out to celebrate, but not before they have adorned themselves with red coloured underwear's!! I am still scratching my head to get the reason for this quirky tradition!! Google informs that it guarantees success and luck in the new year!!

The Japanese on New Year's Eve will eat Soba noodles, a buckwheat noodle dish symbolising transition from one year to the other- the long noodle is snipped in two, one half representing the past and the other the future.

The Filipinos eat twelve round fruits representing the twelve months in a year and each representing wealth, prosperity and happiness.

The Irish have a tradition of banging bread on the wall to chase away the evil spirits and bad luck, and to open the door for good luck. It also ensures abundance of food and bread. The banging of course comes with a caution and an advisory, not to bang the bread too hard, lest it becomes unpalatable!! Queer are the ways of celebrations but there's always a tradition or a superstition which communities have been following for centuries.

Returning home the Indians have a borrowed format for celebrating New Year which they inherited from their British masters. A tweak here, or a tweak there, but essentially it is like elsewhere around the world, an evening of fun- music, dance, gourmandising and turning the New Year to much back thumping and hurrahs!! Streets are abuzz with strangers greeting each other with hugs amidst much display of camaraderie, blowing of horns and a general display of bonhomie!! Roaming bands and drummers ever ready to lead groups of inebriated revellers dancing the Bhangra and gyrating to the latest tunes, is the stuff of sound of music.

Lohri catches up swiftly with the lingering aftermath of a decadent celebratory month of December, and New Year's Eve. Lohri is an auspicious event and is celebrated boisterously in honour of the newlywed's and in welcoming childbirths, but most times just as a festival around a roaring fire which is much welcome on a freezing evening, with the traditional fistful rewris, gachak, peanuts and popcorn fed to the fire. Lohri is incomplete without dancing the Bhangra around the fire to the beat of a dhol. The celebrations fire up with vast quantities of rum and whiskey consumed to cheers and prousts, hugs and gyrations, loud singing and a sumptuous menu including the traditional sarson-ka-saag and makki ki roti!!

The Rotarian has finally reappeared in it's printed avatar. The RI Presidential message was most impressive . I strongly urge members to read through it, the essence of which is most appropriate and applicable universally. I quote in part from her very inspiring message since this is precipitous fault line and causes much distress: " Take care of your members. Don't run away, don't take the easy step. Take the extra step. Make sure you are there for them because they could be there for you as well. Be the best you can be. We all say that there is no politics in Rotary. But we all know that there are too many complaints and too many charges. We need to be better with each other. Try to make the Rotary better. Remove the words 'my year' from your vernacular because it is 'our Rotary'!! Well said!!

Much happened, much achieved, much has been planned as RCDS stepped into the calendar year 2023. The year began on a propitious note with an excellent altruistic initiative of two new members of RCDS, infants of our club if I may venture to say so, who have hit the ground running. Rtn Vivek Narayan Gour and Rtn Rajeev Bajaj. Whilst Vivek is actively engaged in alleviating the scourge of congenital heart defects in children at the Sri Sathya Sai Hospitals and which is an initiative of the Sri Sathya Sai Trust, of which he is one of the three trustees, Rajeev's heartwarming spontaneous gesture of donating a fully equipped ambulance to the Sri Sathya Sai Hospital at Palwal is truly laudable and in consonance with the finest traditions of Rotary's selfless service to the community. I am sure we will continue to see them more and more actively engaged on a larger landscape of service.

RCDS Rotarians are making waves. Dr Manish Dhawan a veteran of service and an outstanding orthopaedic surgeon was in the news for a pathbreaking surgery of accidentally amputated fingers and thumb of a factory worker in Uttarakhand. It's a remarkable story of a the journey of over six hours from the site of the accident to the hospital, tracking of the patient's movement and the orthopaedic team of Dr Dhawan alongside a team of plastic surgery doctors, ready to restore the hand to it's primal condition. Full story is covered elsewhere in the newsletter.

We are also witness to the ever evolving interest of our current IPP in his service to community. It augurs well for the future of Rotary, and in particular RCDS. The oft repeated refrain in the past was that the IPP's had strained their sinews and were now entitled to some exclusion from the affairs of the state (sic) Rotary!! Of course they were elevated to the category of wise men, who dole out wise counsel and to good effect!! IPP Anil Agarwal however continues to push the envelope and remains in the midst of action. From motivating members to donate blankets, to his interest in Sankalp, Beti Padao, Gurukul and his impact and growing popularity in the district, are all evidence of his imminent influence in the larger affairs of Rotary.

Wishing you all and your families a very happy new year. Do cast your net wide and may all your hopes and aspirations be answered and the net be full of them.

Cheers.

Inderjeet Singh,
Editor

3000 Blanket Distribution



Our Club distributed 3000 blankets to Girl students in a Gurukul in UP, and to slum dwellers, homeless on the streets, construction workers, poor and needy in New Delhi and Gurgaon. These blankets provided warmth and care from the extreme cold wave prevailing in Delhi – NCR. This Blanket distribution project was flagged off by District Governor Rtn. Ashok Kantoor.

Ambulance Donation

4th January, 2023



New year is a fresh start, a chance to set a new vision, new goals, and aspirations. To start a brand new year, Rotary Club of Delhi South donated an Ambulance-cum-Mobile Medical Clinic named 'ServeVahan' to Sri Sathya Sai Sanjeevani International Centre for Child Heart Care & Research Hospital, Palwal, Haryana.

The Ambulance sponsored by our Rtn. Rajeev Bajaj and R'anne Sonia Bajaj, ServeVahan will be used by Sri Sathya Sai Sanjeevani Hospital to carry out an 'Out-reach programme to serve nearby areas in Palwal, Haryana. Rtn. Rajeev Bajaj and R'anne Sonia Bajaj are also associated with an NGO Serve Samman, which carries out Eye screening, free eye Cataract surgeries and strongly believe in service of humankind, providing opportunities to underprivileged to learn and to unlearn, to embrace employment possibilities.



Inauguration and formal handing over event was held on 4th January 2023. Several members attended the event and visited Sri Sathya Sai Sanjeevani Hospital. Visit to Non-invasive Operation theatre was an eye opener. Club members also visited the newly inaugurated Mother & Child Hospital at the same venue. Birth certificate to one of the newborn was handed over on the day, followed by Lunch Fellowship.

Rare Surgery by Rtn Dr Manish Dhawan

7th January, 2023

44 year old male from Nainital, Uttarakhand, a supervisor in a food processing industry suffered from an injury from a vegetable cutting machine (chaff cutter) on 07/01/2023 at around 8:45am in which his thumb, index, middle and ring fingers of left hand got totally amputated. 3 fingers could be traced out, but the thumb was lost. Patient's attendant immediately contacted Rotarian Dr. Manish Dhawan Senior Consultant, Orthopedics, Sir Ganga Ram Hospital (SGRH), who advised him to wrap the amputated fingers in a sterile gauze, keep them in a polythene bag and put the latter in an ice box without washing the fingers with saline or anything, and bring him to SGRH within 6 hours. Following his advice, patient was rushed to SGRH Casualty at 2:30pm, from where, he was shifted to OT in no time, only to be operated by Orthopedics team led by Dr. Manish Dhawan & Dr. Brajesh Nandan followed by Plastic Surgery team under Dr. Mahesh Mangal and Dr. S.S. Gambhir. As admitted by the doctors, the challenge was not only to rejoin the 3 severely mutilated crushed fingers but to reconstruct the missing thumb. The bony edges of the cut fingers were trimmed and freshened by Orthopedics team. With prior microscopic dissection by Plastic Surgery team, the first step of bony fixation of 3 fingers by K-wiring was performed by Orthopedics team. Thereafter, the 3 fingers were successfully re-implanted by Plastic Surgery by joining the microscopic blood vessels, nerves and tendons in a total 10 hours surgery. In place of the lost thumb, new thumb was reconstructed using 2nd toe of patient's foot in 2nd stage.



Clinical images



Pre-operative images

Post-operative images

NBT

नवभारत टाइम्स

27th January, 2023

पहले तीन कटी उंगलियां जोड़ीं, फिर पैर की उंगली से बना दिया हाथ का अंगूठा

गंगाराम अस्पताल में 18 घंटे की सर्जरी में डॉक्टरों ने किया कमाल

■ घिस, नई दिल्ली : पैर की उंगली से हाथ का अंगूठा बनाया और साथ में तीन कटी हुई उंगलियों को जोड़ा भी गया। घटना में मरीज को तीन उंगली सहित अंगूठा कट गया था। जल्दबाजी में तीन उंगली ही लेकर आया, अंगूठा लाना भूल गए। डॉक्टरों की टीम ने मरीज के दाहिने पैर की दूसरी उंगली निकालकर मरीज के बाएं हाथ में जोड़ दिया। पहली तीनों उंगलियों को जोड़ने में 10 घंटे, जबकि अंगूठा बनाने में 8 घंटे लगे, तब जाकर सह सर्जरी सफल हुई।

दरअसल, मामला 7 जनवरी का है। उत्तराखंड का 44 साल का राखस वहां फैक्ट्री में काम करते हुए घायल हो गया। उसके बाएं हाथ की तीन उंगलियां और अंगूठा चढ़ से कटकर अलग हो गए। मरीज को उत्तराखंड से दिल्ली के सर गंगाराम

डॉक्टरों को नमन...

■ उत्तराखंड में फैक्ट्री में काम करते वक्त घायल हुए राखस का हाथ काम करने लायक बनाया ■ बाएं हाथ की तीन उंगलियां और अंगूठा कटकर अलग हुए, कटी उंगलियां पॉलीथिन में लेकर दिल्ली आया

अस्पताल लाया गया। इसमें आठ घंटे का समय लगा। हादसे का शिकार राखस अपने साथ कटी और कुचली हुई तीन उंगलियां एक पॉलीथिन बैग में लेकर आया था, लेकिन साथ में अंगूठा नहीं था।

गंगाराम अस्पताल के डिपार्टमेंट ऑफ प्लास्टिक एंड कॉन्सल्टेंट सर्जरी के सेवानिवृत्त डॉक्टर महेश मंगल ने कहा कि हमने राखस

के दाहिने पैर की दूसरी उंगली को हाथ के अंगूठे में बदलने का फैसला किया, ताकि उसका हाथ पूरी तरह काम करने लायक बन सके। डॉ. महेश मंगल के नेतृत्व में टीम का गठन किया गया, जिसमें प्लास्टिक एंड रिकंस्ट्रक्टिव सर्जरी डिपार्टमेंट से डॉ. एस. एस. गंभीर, डॉ. निखिल शुनसुनवाला और डॉ. पूजा गुप्ता और हथेली रोग विभाग के डॉ. मनोव धवन शामिल थे। 10 घंटे लंबी सर्जरी के बाद कटी उंगलियों को हाथ की नती, धमनियों, कुचली हुई हड्डियों और टेंडन से जोड़ा गया। पहली सर्जरी में तीनों उंगलियों को फिर से जोड़ दिया गया। दूसरी सर्जरी में मरीज के दाहिने पैर की दूसरी उंगली को काटकर उसके बाएं हाथ के अंगूठे वाली जगह पर ले जाकर जोड़ा गया। इसमें करीब 8 घंटे का समय लगा।

RCDS Blood donation camp

16th & 17th January, 2023

Venue: EY Office Gurgaon and Noida

RCDS organised a very successful blood donation camp at the offices of EY in Gurgaon and Noida on 16 and 17 January 2023 respectively. The event was flagged off by President Lalit Sawhney with our club members Naman Agarwal, Rajeev Seoni and Pankaj Chadha in attendance. The enthusiasm from the donors was infectious with all beds occupied and donors lining up for a noble cause. RCDS also contributed with Naman being one of the first donors and we clocked a whooping 127 units. The success of the event can be gauged by the fact that President received a call from District Chair Aabha Jha Choudhary congratulating us for a very successful camp.



Visit of RC Singapore to Sitaram Bharita Hospital OGP

21st January, 2023

RC Singapore members visited Sitaram Bhartia Hospital to see the Oxygen Generating plant installed by RCDS with help from 45000 USD donation from RC Shanghai, HuaQio Foundation and other clubs and donors from worldwide. They also visited the paediatric ward that was upgraded by Sitaram Bhartia with ventilators and other equipment to more than match the donation from Rotarians for the cause.

Visitors included Rtn TapanRao and Rtn Shahul Hameed, Rtn Peter Brock and their spouses.

Dr Shahul Hameed was instrumental in suggesting the manufacturer of the OGP in NOIDA. The design and oversight of the plant was carried out by Cosmos International's Sumit and IPP Anil K Agarwal.

From the Hospital the GM Ms Verma and Dr Nagpal received the guests. RCDS was represented by Pres Lalit, PP Tridibes, PP Pradeep, IPP Anil, Rtn Pravin, and Anne Ashima.

The delegates were received with garlands in true Indian style.

They were happy to see the OGP in operation and the paediatrics ward.

Dr Nagpal made a brief presentation about the Hospital.

President Lalit talked about and the collaboration of Rotary Clubs in China with RCDS in setting up of the OGP at SitaRam Bhartia hospital.

The prog was followed by distribution of Blankets by the RC Singapore and RCDS for the poor and needy outside the SitaRam Hospital.

IPP Anil and Kiran Agarwal invited the guests from Singapore to cocktails and dinner in the evening at their house.

Reported by PK





Visit of Members of Rotary Club of Singapore

21st January, 2023 | PP Pradeep Bahri

Led by Dr. Shahul Hameed, District Governor Nominee Designate (will serve as DG for Rotary Year 2025/26 Rotary International District 3310), a three-member team of Rotarians visited New Delhi India and some of our Club Projects and our Club Meeting on 21st January 2023. The members and their spouses who visited were as follows:

- Dr. Shahul Hameed and Michell
- Peter and Tanya
- Tapan Rao

The first project site they visited was the Leprosy Colony at RK Puram, which our Club along with partner Rotary Clubs and Lepara have been supporting. A Physiotherapy, Disability and Awareness Camp (60th one) had been organized that day at this colony.

While President Lalit Sawhney accompanied the visitors to the Camp site from their hotel, Tridibes Basu and Pradeep Bahri welcomed the guests at the Leprosy Colony and took them around. They were given a warm reception by the 'Pradhan' (Head) of the colony and other seniors while other members of the colony sat patiently on the ground to listen to them. Also present from our Corporate Partners ACRE were, Shariq and Pawan Tiwari who have been helping us with their generous 'Corporate Social Responsibility' grants for our noble cause of fight against Leprosy. The State Leprosy Officer Dr. Ritu Chaudhary graced the occasion. Our Project Manager Chanda Jha, physiotherapist Lakhinder, our Shoe Technician Shiv Kumar and our Assistant/ Driver Naresh Kumar, with the Leprosy Ulcer Management Van, were also present.

Five tricycles were donated by our Club and ACRE to the Leprosy patients who could not walk. Blankets and snacks were distributed to all residents of the colony and we all had a great interaction with the residents who were left with smiles on their faces.

The visitors were then taken to visit SitaRam Bhartia Hospital to see Oxygen Generating Plant (OGP) and pediatrics ward where the following were present:

RCDS team - President Lalit Sawhney, Tridibes Basu, Pradeep

Kumar, Anil Agarwal, Pravin and Ashima Agarwal

SitaRam Team - Dr Nagpal and Mrs S Varma

The delegates were received with garlands in true Indian style. They were happy to see the OGP in operation and the paediatrics ward. Dr Nagpal gave a brief presentation about the Hospital. President Lalit spoke about and the collaboration of Rotary Clubs in China with Rotary Club of Delhi South in setting up of the OGP at SitaRam Bhartia hospital. This programme was followed by distribution of blankets by the members of the Rotary Clubs of Singapore and Delhi South to the poor and needy outside the Sita Ram Hospital.

Our guests from Singapore then joined us Viceroy Hall at The Claridges Hotel for a Lunch Meeting of your Club where members and spouses were waiting for them. ACRE team of Shariq and Pawan also were kind enough to join us. During this meeting, two presentations were given on two major projects of the club:

- Leprosy Control by Pradeep Bahri and.
- Child Heart Surgeries with Sathya Sai Sanjeevani Hospitals by Vivek N Gour

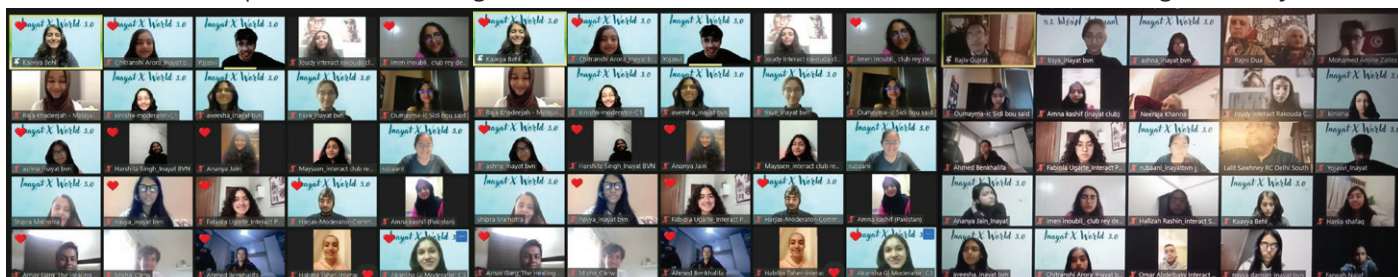
These were very well received by our visitors. Tapan Rao spoke from the RC Singapore side. He told us how happy he was to visit our Project sites and with the work which we were doing on our Leprosy Control Project. He wanted us to also focus on upskilling of people devoted to the cause of Leprosy like the State Leprosy Officer, the Physiotherapists, the Shoe Technicians and others so that they could master the latest technologies and adopt the same and transfer the benefits to the Leprosy patients. He offered to partner with us for a fresh Global Grant on Leprosy.

During the meeting we also had an exchange of our Club Flags which was followed up with lots more conversations over drinks, excellent snacks and a variety of dishes at lunch, laid out on table outdoors so that we could enjoy the sunny weather on a winter day. Our guests and each one of us went back with some memories of a lovely day and thoughts of how to take our friendship and our partnership forward.

International Interact Symposium

28th January, 2023

Inayat X World 3.0 was organised by the Interact Club of Birla Vidya Niketan on 28 January 2023. It was graced by the presence of the President RCDS Rtn Lalit Sawney, Rtn Prateek Jain, Rtn Rajiv Gujral from District Team 3011 and many other members of the Rotary. 18 International Interact Clubs, including clubs from Malaysia, Tunisia, Mexico, Nepal, Pakistan etc covering more than 60 participants were a part of this event. The event was organised as a discussion under three agendas namely, Domestic Violence and Reproductive Rights, Violence against children and Water Conservation in this very enriching session. The three committees came up with constructive solutions at the end of the session and presented their paper. A video on water conservation, prepared by District 3011 as a part of their initiative on the same topic, was showcased during the opening. Best Speaker, High Commendation and Special Mention were given out in each committee and were announced in the closing Ceremony.



International Interact Awards

Our Interact Club of Birla Vidya Niketan participated in the International Interact Award Contest in Dec- Jan 2023 showcasing some very noble acts undertaken by them. Our youngsters did an outstanding job bagging the second position globally coming second only to Guang Rong Junior High School Japan. RCDS's support and enthusiasm was evident as all members continued voting and kept track of number of votes cast. It was an immensely gratifying experience as many of us reached out to our personal friends, colleagues and families to garner votes for our team. It was a truly a team effort with so many RCDS members coming forward and we had active support from our Rotaract teams as well. The project management skills of our Interactors was clearly evident as they were reaching out to every member and student in the school for their vote. Three cheers for our Young brigade and wish them many more successes in the years to come.

Leprosy Control Project – An Update

January, 2023 | Rtn Pradeep Bahri

Active Case Finding – NE District

As I had brought to your notice, during my last report, that we had received approval of the Mission Director DSHM to carry out Active Case Finding of this 11th District of Delhi - the NE District with the help of resources of the Delhi Medical Professionals. These were 17 facilities of North East District, in which 27 ANMS supervised 87 ASHA workers and 87 Male Volunteers who screened approximately 1,74,000 of the population.

This exercise was conducted under our Leprosy Control Global Grant GG2010288. This was conducted in partnership with LEPRO, NLEP Delhi and NHM Delhi.

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.

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

The Active Case Finding programme was conducted from 9th to 22nd January 2023 with the programme being kickstarted by President Lalit, PP Tridibes and I along with the State Leprosy Officer, the District Leprosy Officer and others in a place called Khajuri Khas! The Review Meeting of this exercise is scheduled for the 1st February 2023. It was a different experience to go through the dirty and congested 'galis', from house to house, to find if anyone is showing symptoms of Leprosy.

A Presentation on Leprosy at the JD Institute of Fashion Technology – 6th January 2023



Training Programme On Leprosy For Medical Officer's

Organized by

LEPROSY CONTROL PROJECT (GG2010288)

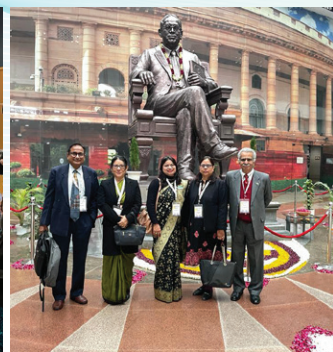
In Collaboration With

**National Leprosy Eradication Programme (NLEP),
HIND KHUSHT NIVARAN SANGH &
INDIRA GANDHI HOSPITAL**

VENUE: Seminar Room, 5th FLOOR,
O.P.D. Block, IGH, Sector-9, Dwarka

DATE
27/01/2023





On a request from the Institute, we gave a presentation on our Leprosy Control Project to the students and staff of the JD Institute of Fashion Technology at Hauz Khas Village on 6th January 2023. President Lalit, PP Tridibes and I really loved interacting with the young minds of this institute and told them about Leprosy, its Myths and Stigmas, how we could raise awareness and how the members of this Institute could help us in creating this Awareness through poster, movies, etc. This was followed by a meeting with Ms Rupal Dalal Managing Director & Managing Trustee, and other staff to work out the way forward. The latest correspondence received from the JD Institute is – “Our students are working for various mediums to promote the Leprosy awareness drive. The products are in the final stages of edits and approvals. We would like to share some of our student work by the coming week.”

Proposed Partnership with Indira Gandhi Hospital, Dwarka – 5th and 17th January

Indira Gandhi Hospital is the latest hospital of the Delhi Government at Dwarka. This hospital got ready in time to tackle Covid cases. By a High Court directive, it has now started functioning as a normal hospital. We (PP Tridibes and I) met Dr. Baghotia on 5th and 17th January 2023 to propose a partnership with the hospital so that we could start a ‘Rotary - Comprehensive Leprosy Control Clinic’ at the hospital. Discussions are still in progress, hopefully with a positive outcome.

Meeting with TLMI – 19th January

On 19th January 2023, Tridibes and I met up with the Operations Director and other members of The Leprosy Mission India (TLMI) at their office near Rakab Ganj Gurudwara. As we are all aware, our Leprosy Control Project till now has been fighting Leprosy under 4 pillars. We intend adding two more pillars – Reconstructive Surgeries and Vocational Training for which we are assessing the feasibility of partnering with TLMI. We have made good progress in our discussions and please watch this space for details!

Visit of RC of Singapore – 21st January

On 21st January 2023, the members of RC of Singapore visited with us the RK Puram Leprosy Colony for an Awareness, Ulcer Management, Disability and Ulcer Management Camp. This was followed by a presentation at The Claridges on our Leprosy Control Project.

Meeting with WHO – 24th January

On 24th January, met up with Dr Rashmi Shukla, National Professional Officer – Leprosy, Rabies and Snakebite (WHO) and briefed her about our project and areas when WHO could help us in our fight against Leprosy. This meeting was over a working lunch at WHO Office.

Second Meeting of Executive Committee of LCF – 24th January

The second meeting of the EC of the LCF was held over Zoom at 6.30 pm on 24th January 2024.

Training Programme on Leprosy for Medical Officers – 27th January 2023 at IG Hospital

We carried out a Training Programme of 65 doctors of IG Hospital, SW District and South District of Delhi at IG Hospital. President Lalit and I were present.

Video Shoot for Navbharat Times – 28th January 2023

We (thanks Kriti) had secured a 5-part editorial video series opportunity with Navbharat Times (digital) on the status of leprosy in India.

The journalist has requested the spokesperson to visit the Navbharat Times office in Noida where the videos will be shot. I was nominated as Spokesperson by PDG Deepak.

The shoot took place at the Navbharat Studio at Noida, near the Film City.

All videos were at least 3 minutes long. The themes of the videos were:

1. What is leprosy and its status in India
2. Leprosy can be treated: know-how
3. Plight of leprosy patients in India, and the discrimination they face
4. What are the key requirements to control leprosy?
5. Different initiatives working for the cause and what can we do as an individual to support?

Anti-Leprosy Day – 30th January 2023

The martyrdom day of Mahatma Gandhi is considered as an Anti-Leprosy Day. I had the privilege of being for this event which was inaugurated by the Honorable MoS, Health and Family Welfare. The event was held at Sarastha Hall, Dr. Ambedkar International Centre, Janpath.

“With a profound grief and a very heavy heart, we inform you that our dear colleague and a friend to many, Mr. R Muthu Subramanian, the Office Manager of Leprosy Control Project passed away on 8th January 2023.

He had a brain haemorrhage on 31st and has been in the hospital since. He was working with this project for over a year and his loss to us will be difficult to fill.

A great colleague and a very noble soul, Subbu is survived by his wife Shanthi and two sons.

May our dear Subbu get a special place in the almighty's abode.”

Regards,

Pradeep Bahri

Every 10 minutes a child is born with Clubfoot!



Clubfoot deformity has been there with us since times immemorial. It is a deformity present at birth and if not treated early results in not just an unpleasant sight for both, the family and care-givers, but also can be highly debilitating to the parent as far as functional aspects are concerned.

Clubfoot, medically known as CTEV, is a deformity at birth, where the feet are inwardly and upwardly twisted like a 'Golf Club'. It is the most common deformity of foot bones and joints in a new born. Worldwide the incidence is 1 in 1,000 live births.

In India, 150 children are born every day with Clubfoot deformity, about 50,000 per year. Fortunately, this disability is completely curable, if treated early enough. Clubfoot deformity can be fully treated, and the Gold Standard of the treatment is 'Ponseti Method'. It involves application of 4-6 serial weekly casts (plaster application), percutaneous tenotomy, bracing and long term follow up of 4-5 years.



However, the problems is unawareness, starting at village level to metro cities, improper use of resources provided by the government and lack of co-ordination between various agencies. While India has a vast network of hospitals and trained Orthopedic Surgeons, unfortunately the problem remains. It can only be tackled effectively when the medical fraternity joins hands with social organizations like Rotary and NGO's like CURE India.

We all need to join hands together, i.e., Rotary clubs will create social awareness in the community, Orthopedic surgeons will treat the child with 'Ponseti Method' of serial casting, and CURE India in turn will help in establishing and day-to-day running of Clubfoot Clinics. In fact, Rotary District 3011 and our current Clubfoot committee District Chairman, Rn. Amarnath Goyal have



been instrumental in starting 6 clubfoot clinics in Delhi-NCR, Safdarjung Hospital, AIMS, Kalavati Saran Hospital, Chacha Nehru Children's Hospital, St. Stephen's Hospital and Badshah Khan Hospital in Faridabad.

We dream that someday we can have a clubfoot deformity free India with the help of integration between doctors, rotarians and government officials.



A Clubfoot Disability Awareness Program was held on 29th January 2023, at Sir Ganga Ram Hospital, sponsored by the Rotary Clubs of Delhi Rajdhani.



Rotary Presidents, its elite members, Director and counsellors of CURE India and eminent doctors, honored the program with their presence. DG Rtn Ashok Kantoor along with all guest of honors were presented with the booklet launched for the parents of children with clubfoot. Medical professionals such as Dr Mathew Vargese, Dr Vikas Gupta and Dr Manish Dhawan spoke about all the aspect of Clubfoot and brought the most important factors in light. Children fully treated from clubfoot were also invited during the program and felicitated with a token of gratitude for their presence.



The program was an immense success that brought us one step closer to our dream. We hope many more such awareness programs can be conducted in future in partnership with other rotary clubs.



RCDS - SANKALP CENTRES

January, 2023



The vision of RCDS Sankalp Centre is Social Change through Education. The main area of work is empowering the underprivileged and the marginalized groups of children through various interventions and initiatives. Sankalp aims to increase coverage and learning levels of children enrolled in schools. The vision is to make each child learn better by imparting to children good quality after school support in learning.

Sankalp Centres work closely with children of slum clusters to develop in them age and grade appropriate competencies by giving them a wide exposure to diverse activities. The focus is on providing them support in learning, communication and life skills. The interventions in the Centres include comprehensive assessment, computer literacy, English speaking program, exposure through educational tours and strengthening community linkages.

Sankalp believes in equality in education to ensure that no child is left behind. 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. This is done through Curriculum based assessments of children.

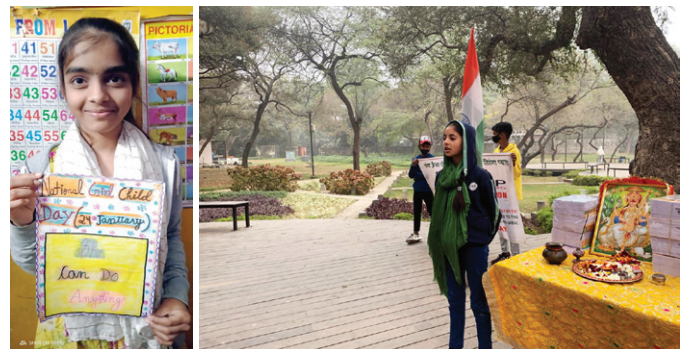
Sankalp intends taking up more initiatives which would be beneficial for the underprivileged children. The mission is to see a quantum and a visible change in the learning levels of children. In the next five years, Sankalp plans to open doors of learning to more underprivileged children by taking up more child centric initiatives.

Every month in the Centres special days are celebrated to expose children to specific themes. Children take part in

regular major events and festival which bring changes not only in the level of knowledge they gain but also in the abilities to think and acquire habits, skills and attitude. Students are encouraged to embrace other traditions culture just like the way they do their own.

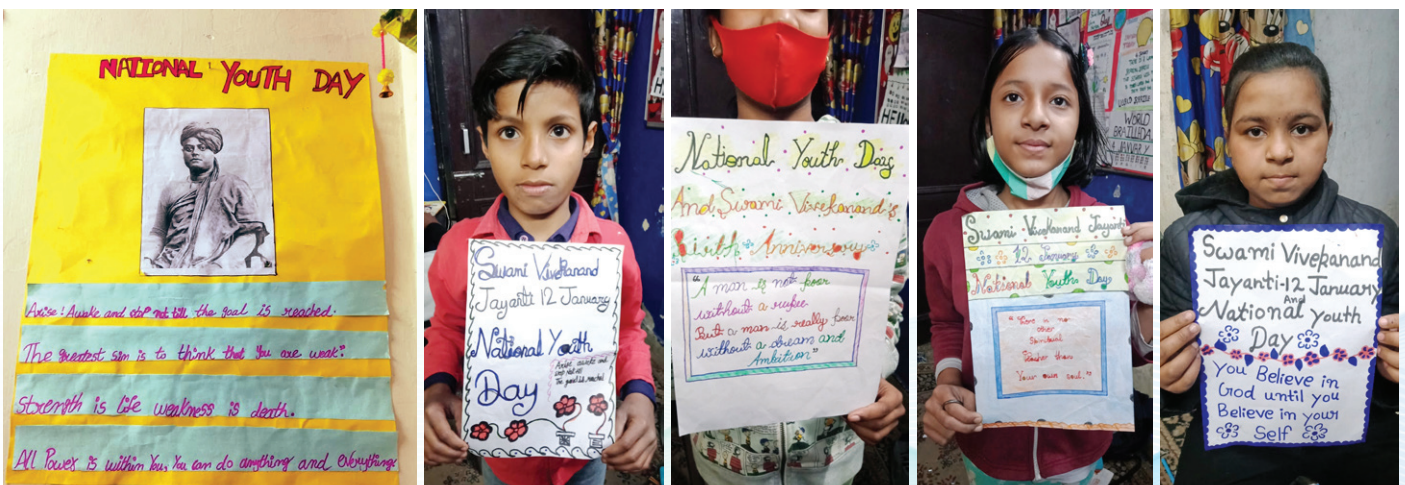
The following special events were undertaken the Centres in January 2023:

- Blanket distribution Drive by Rotary on 2nd, 13th and 17th January
- Celebration of Louis Braille Day on 4th January
- Celebration of Swami Vivekananda Birthday on 12th January
- Celebration of Netaji Subhash Chander Bose Jayanti on 23rd January
- International Education Day & National Girl Child Day on 24th January
- Republic Day & Basant Panchami on 26th January.



12th January, 2023

Arise, Awake and stop not until the goal is reached- Swami Vivekananda. Celebration of National Youth Day across all RCDS Sankalp centers on 12th January.



12th January, 2023

12th January was a special day. Visit of Rotarians Kishen and Bonnie Arora from USA today to all the RCDS Sankalp Centres.



14th January, 2023

14th was another very special day. After nearly 4 years, children of RCDS- Sankalp had an educational cum excursion trip to Qutab Minar. Their excitement had no bounds. Fun filled and a very satisfying day. Some glimpses.



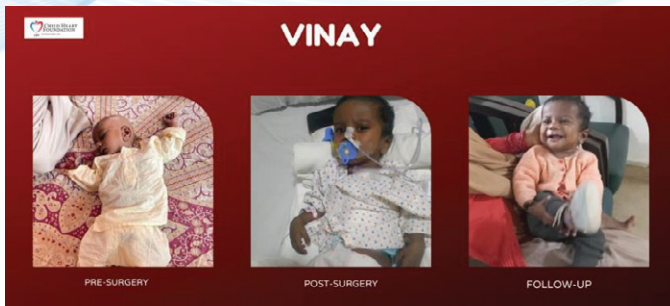
26th January, 2023

ॐ सरस्वतयै नमः, पुष्पाणि समर्पयामि - Basant Panchami is a festival to welcome the spring season in India. Basant means spring and Panchami mean the fifth day. In India, Hindus worship goddess Saraswati on this day. Goddess Saraswati is the goddess of knowledge, music and art. Children of RCDS Sankalp centers celebrated the spirit of Republic Day and Basant Pachami with Saraswati vandana, patriotic songs, speeches, poems and above all our National Anthem. Wishing everyone a happy Republic Day and Basant Panchami. - **Anupriya Chadha**



CHF-DSRF HEART WARRIORS

November 2022 - January 2023



1. VINAY

Vinay, a baby from Ghewra, was diagnosed with a hole in his heart at a very tender age. Vinay had varying symptoms ranging from breathing problems to more acute diseases like pneumonia and cyanosis. His uncle took Vinay to Rajeev Gandhi hospital as his nephew showed symptoms of breathing difficulties. The doctor in Rajiv Gandhi hospital upon examination referred Vinay to Dr. Kohli's care, said his worried uncle. After reaching to Child Heart Foundation Dr. Kohli diagnosed Vinay with DTGA and informed him that he would require the procedure of ASO to help Vinay. The operation is estimated to be 4 lakh rupees. Vinay's father is a daily labourer and a disabled person, and his uncle works at a decor shop. Dr. Vikas Kohli referred him to AIIMS due to the seriousness of his condition. Unfortunately, because of the ongoing conflict between Ukraine and Russia, AIIMS was unable to obtain the machine required for his procedure. Realising Vinay's condition, the CHF team made every effort to raise 4 Lakh rupees for his ASO operation. After struggling for 7 months, we finally informed his worried mother to prepare for the surgery. Vinay had a successful operation with God's blessing, and he is currently healing and becoming healthier by the day. We were in tears as we watched him smile and giggle for the first time. We want to thank everyone who helped us save Vinay. All he needed was you all. Thank you, dear partners, for giving Vinay the "Gift of Life. Vinay's mother said, "she is forever grateful for Dr. Kohli's care towards her son and would remain in debt to Child Heart Foundation for the hope they have shown them".

CHF-DSRF HEART WARRIORS - NOV 22- JAN 23



2. SHEZIN HAMIL

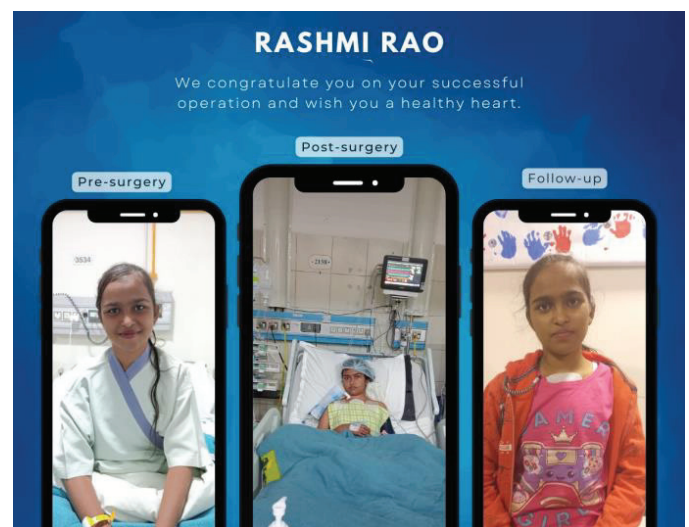
Shezin Hamil is a 7-month-old baby belongs from Banaras, Uttar Pradesh. He is the youngest one and the most pampered child in his family. One day shezin had loose motions & his family took him to their family doctor. After a general checkup, their family doctor told them that Shezin is suspecting a heart issue and advised an echo. Without any delay, his mother took him for an echo test, and after the echo, his defect was confirmed. Salma said all family members were shocked after hearing this news. Then, her mother started searching for a good Pediatric Cardiologist and finally, on YouTube his mother got to know about dr. Vikas Kohli. Then they came to

Delhi to meet dr. Vikas and here Shezin's echo was done free of cost. He was diagnosed with Tetralogy of Fallot (TOF) and needs TOTAL REPAIR surgery and which will cost around 3.75 lakhs.

Shezin's mother recalls how dr. Vikas explained the defect shezin had and the procedure to fix it in detail. His parents were desperate for the funds to get the surgery to help save their beloved baby.

Shezin was then registered under our HRIDAAN Program for financial assistance for the surgery. We managed to get him treated by support from our donors and part funding from our partner DSRF. His parents were more than thankful for saving their child's life. It was an emotional moment for her parents as well as for us.

CHF-DSRF HEART WARRIORS - NOV 22- JAN 23



3. RASHMI RAO

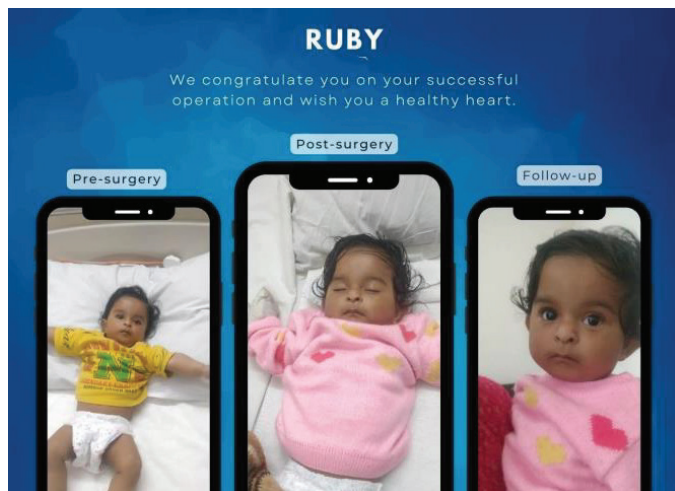
Rashmi Rao, 14, is a shy girl from Azamgarh, Uttar Pradesh. Despite having three siblings, she is the youngest and the most spoiled child in the family. Her father, Ramesh Kumar, works as a Labourer and earns Rs. 3500/month. With his present wage, it is nearly hard for him to support a family of six, and their extended family occasionally assists them financially. Rashmi's parents were informed of her problem when she was six months old. They went to a government hospital, where the doctor discovered a hole in her heart. The parents were distraught, but they quickly realised they had to take command of the situation and gather some bravery for their daughter. After a few years, the parents decided to get her echo done at a hospital in Lucknow based on her condition and symptoms. What happened next destroyed them even further. The physicians informed them that she had ASD & VSD and that very few infants survive in this grave condition. They sought advice from a few individuals and visited many hospitals, including Sri Satya Sai Sanjeevani Hospital. Rashmi's health deteriorated worse. The parents even sought the advice of Dr. K.K. Aggarwal of Medanta Hospital in Gurgaon. Given their difficulties, the Heart Care Foundation of India stepped up and financially assisted them with the first surgery, Glenn, in 2019. However, their grief was not over since she needed another

CHF-DSRF HEART WARRIORS - NOV 22- JAN 23

Operation to live a life free of dread and stress. They approached many hospitals, including AIIMS in New Delhi. Unfortunately, the procedure at AIIMS will not be possible until 2023. Things moved slowly, and they had nearly given up hope. Fortunately, a friend of theirs had already called Child Heart Foundation, and the latter had assisted the family with financial aid and surgery. They phoned the CHF team right away and went to the centre. Dr. Vikas Kohli performed an echo and discovered she had Hypoplastic LV, VSD, DORV, and PS/SP Glenn. Dr. Kohli notified her parents of the diagnosis and that she required FONTAN surgery, with a treatment cost estimate of Rs. 500,000. The parents feel concerned and guilty since it has been two years since her last therapy. They would not

have waited as long if they had the money. Rashmi had also been coughing up blood, and each day had been a nightmare for her parents. On their second visit to CHF, the team decided to help them with the finances. She was suffering and in danger as she waited. After a long wait, her funds were arranged. Immediately her parents were instructed to come to Delhi for the planned surgery. And, with God's help, she had successful FONTAN surgery. She never gave up and battled until she was victorious. She had gone through a lot as a youngster, and her biggest dream was to live a life without shortness of breath or fainting. It gives us great pleasure to see her navigate the stairs without trouble. We wish you a healthy heart and a long and prosperous life.

CHF-DSRF HEART WARRIORS – NOV 22- JAN 23



4. RUBY

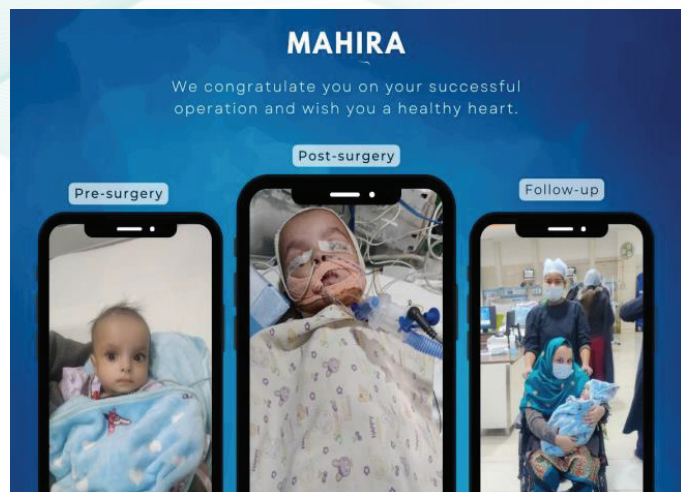
Kalyan Singh said that his daughter Ruby had a low birth weight. Intrigue, the doctors advised Ruby's parents to have an echo for further investigations. Kalyan Singh said he took his daughter to a government hospital as he couldn't afford the cost. The doctors provided vague answers to the parent's questions about their daughter's condition. Disappointed, Kalyan Singh said he took his daughter to dr. Prem Kumar. Upon investigation, dr. Prem Kumar referred Ruby to dr. Kohli as it was out of his domain of expertise. Kalyan Singh said dr. Kohli was very forthcoming and open about their daughter's health. dr. Kohli did several investigations, including an echo, and diagnosed Ruby with PDA. dr. Kohli advised Ruby will need Angioplasty with PDA closure for her treatment. Ruby got registered under the HRIDAAN program. The overall cost of the procedure would cost estimated at 2 lakhs. She already undergone LPA Ballooning, for which Child Heart Foundation came forward and contributed.

Her family had organized Rs 50,000 for second procedure but are unable to raise more so, rest was organized by CHF& DSRF and she is free from heart disease and growing well. The family is extremely thankful for saving their child. The parents said they are forever in the debt to dr. Kohli's service to them.

CHF-DSRF HEART WARRIORS – NOV 22- JAN 23

5. MAHIRA

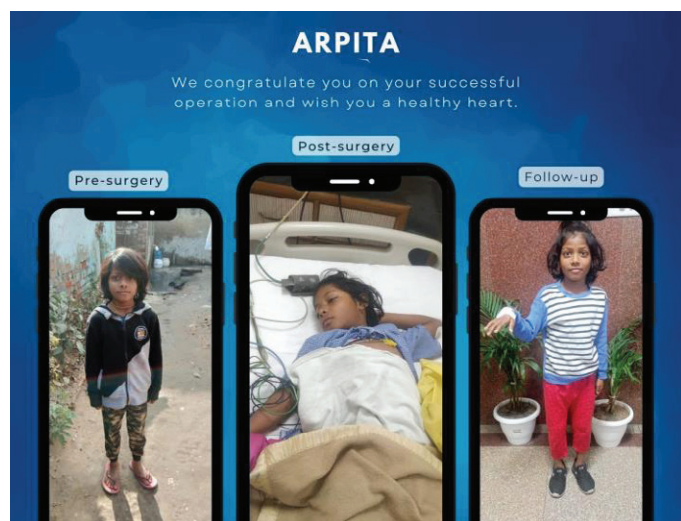
Mahira is only five months old and resides in the Jama Masjid Area of North Delhi. There were no symptoms following her birth. Her parents were unaware of her cardiac problem. Mahira was 3.5 months old when they noticed she was breathing unusually quickly. They rushed her to Kasturba Hospital's emergency department. A doctor from Kasturba notified them of Mahira's heart hole. Her mother was both startled and terrified, and she informed the doctor that her daughter had no holes, to which the doctor replied that she had VSD. Her mother began crying because she was terrified and didn't know what to do. At that point, the doctor informed her about Child Heart Foundation and refer her to our Uday Park centre to see Dr. Vikas Kohli and assured her that he will take care of Mahira. Mahira's mother received a call from the Child Heart Foundation team shortly after, and an appointment with Dr. Vikas Kohli got scheduled. Dr. Vikas Kohli advised them after their third



appointment that Mahira is not gaining weight and that surgery is required. The estimated cost was beyond the family finances as her father is the only earning member and worked as a street hawker and earns a monthly income of Rs. 13,000 /- per month. Her family had organized Rs 30,000 and was unable to raise more so, mahira got registered under the HRIDAAN programme. She got her procedure on an urgent basis.

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

CHF-DSRF HEART WARRIORS – NOV 22- JAN 23



6. ARPITA

10-year-old Arpita's family belongs to Bihar but her father has been working in Delhi as a migrant laborer. Since her childhood, she has been in and out of hospitals due to repeated cold, cough and fever, they have been spending lots on her medicines and treatment.

They could never imagine that she had some bigger health issue, it was when her school teacher called them to school and told them that Arpita had fainted in the playground. Panicked, the family took her to a pediatrician, who suggested her echocardiography test as he suspected some underlying heart disease. The doctor was kind enough to suggest our foundation name.

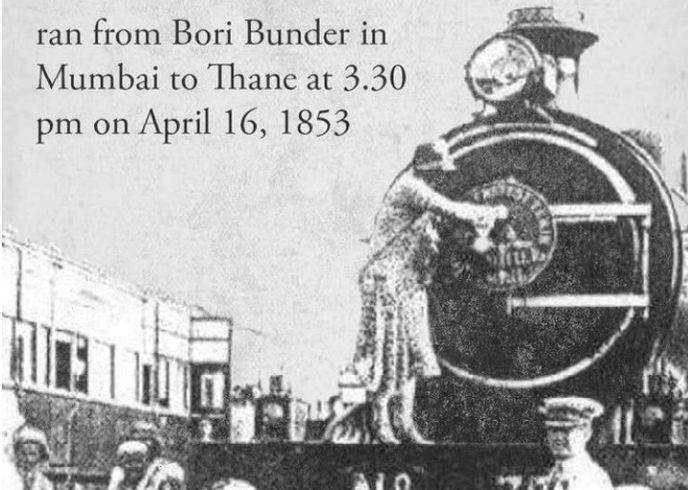
The school teacher called one of the Rotary members who has been associated with our foundation. She came to our center for test, and was diagnosed with heart disease called PDA and requires PDA Device closure. The parents were devastated upon realizing that the child would need immediate intervention. The father works as a housekeeper and his monthly salary is Rs. 9,800 making it extremely difficult for the parents to contribute or fund the surgery, the family couldn't see any way of saving their daughter.

They were not in a position to bear the cost of the procedure. We, at CHF, counselled them and assured of our help. Looking at the financial situation, she registered under the Hridaan project and was successfully operated in AIIMS.v

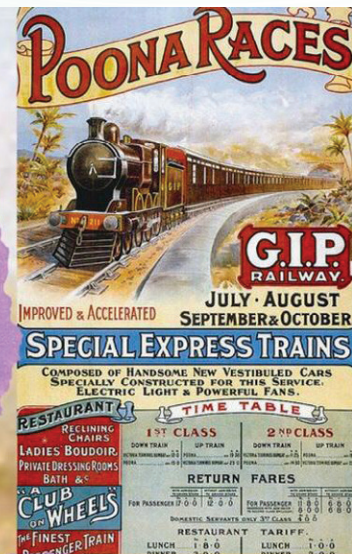
Snippets Historical and Interesting...

THE FIRST TRAIN ON THE INDIAN SUB-CONTINENT

ran from Bori Bunder in Mumbai to Thane at 3.30 pm on April 16, 1853



Notice the 'Club on wheels!' Dressing rooms and Reclining chairs.



Around 1900s - Special seasonal train running from Bombay to Poona in 3.5 hours for Poona Races.

1928- Punjab Mail was the fastest train Bombay to Peshawar in 47 hours



Punjab Mail was called Frontier Mail in 1934 after it got AC coaches

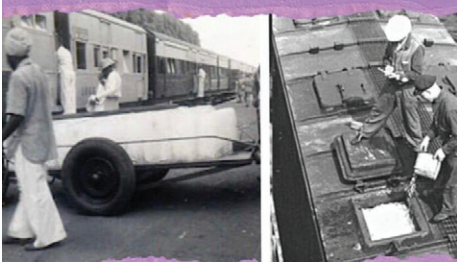
theworldthatbuiltus The first passenger train chugged out of Bori Bunder station in 1853. It ran from Bombay to Thane in an hour and a half. In the next fifty years, many train companies entered the arena. They promised fast, luxurious travel. In the early years, people had a mix of fear and curiosity towards the steam bellowing loud trains. They were made of wood to begin with but later were a combination of metal and wood. The trains had no bars on the windows and everything from food to people could enter from the windows.

There were four classes in most trains. First class had a suite of rooms while second class had cushioned seats. The third class had wooden benches and the fourth class had no seats. Trains boasted hand-pulled 'punkahs' in the beginning and later had electric fans.

Air conditioned coaches started in 1934. 'Barf Ghars' or Ice houses were installed at each station supplying ice to the trains. This ice was put in the floor or roof of the train and a fan helped circulate the cool air to the compartments. Windows had 'Khus' screens which were kept moist to give a fragrant breeze. It was ingenious!

contributed by **Inderjeet Singh**

1934: Frontier Mail : First AC coaches (cooled with ice!)



Ice added to the roof or floor of train at regular intervals



1940s: Dining car, a lost concept. People had to walk out of their coaches to enter the dining car

Train travel was new and luxurious



Coaches inside, wood panelled & spacious

Member's Page

This month we have news of Priyanka and Naman Agarwal's thirteen year old daughter Varnika making a foray into the world of English poetry. She's credited with a book of poems 'What is inked in my mind', an impressive, laudable and mature initiative at such a tender age. I am sure we will hear a lot of this young lady's achievements in the future.

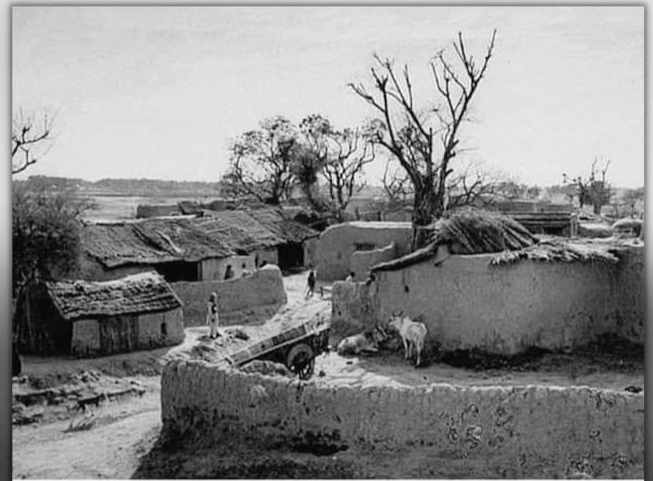
Amarnath jee turned a young 90 or let's say he has entered the tenth decade. We all wish him another decade and more of good health and selfless service to the community. He continues to be the doyen of the Clubfoot initiative, both in the club, and the District.

Kriti Makhija celebrated the publication of her story in 'womencfostories' amongst 10 other women, ladies if you may, from around the world!! Kriti, you have every reason to be 'chuffed'!!

Dr Manish Dhawan performed a rare surgery to rejoin the amputated fingers of a worker in Uttarakhand. It's a remarkable feat of excellence in his area of orthopaedic surgery. The full story is published in this edition of the newsletter.

The stork visited Radhika and Rohan, Rachna and Rohit's daughter and son in law. They were blessed with a baby boy Krishiv. Many congratulations and god bless little Krishiv!!

Inderjeet Singh
Editor



Rurki Village, which is now Sector 17
Chandigarh

**65 ਸਾਲ ਪਹਿਲਾਂ ਕੁਝ ਇਸ ਤਰ੍ਹਾਂ
ਦਿਖਾਈ ਦਿੰਦਾ ਸੀ ਚੰਡੀਗੜ੍ਹ ਦਾ
ਮਸ਼ਹੂਰ ਸੈਕਟਰ 17**

This was what Sector 17,
Chandigarh looked like, 65 yrs ago

FEBRUARY IS

**PEACE
AND CONFLICT PREVENTION/
RESOLUTION
MONTH**

"Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict -- alternatives to passive or aggressive responses, alternatives to violence." Dorothy Thompson

Rotary

TAKE ACTION: Engage Rotary, Change Lives

Rotary
Club of Delhi South

**SERVE TO
CHANGE LIVES**

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

FEBRUARY

Sehgal, Rajinder 06-Feb
Javali, Kirit 12-Feb
Neena Chhibber 12-Feb
Shirin Khajuria 12-Feb
Taneja, Devendra 16-Feb
Gulati, Dr Parveen 17-Feb
Dua, Som Nath 20-Feb
Khajuria, Sanjay 24-Feb

**HAPPY
Anniversary**

Mehta, Arjun 03-Feb
Goyal, Amar Nath 07-Feb
Kalia, Nishant 07-Feb
Agarwal, Naman 11-Feb
Jag Mohan 14-Feb
Baluja, Raman 15-Feb
Sehgal, Rajinder 15-Feb
Malhotra, Manoj 16-Feb
Gupta, Dr Anand P. 17-Feb
Srivastava, Vinay Kumar 18-Feb
Singh, Gurinder 22-Feb
Bhasin, Suneel 23-Feb
Dhawan, Dr Manish 24-Feb

Chitra 03-Feb
Shashi 07-Feb
Shruti 07-Feb
Priyanka 11-Feb
Indu Mahajan 14-Feb
Neeti 15-Feb
Raji Sehgal 15-Feb
Aarti 16-Feb
Pushp 17-Feb
Yoko Hirokawa 18-Feb
Pavan G Singh 22-Feb
Rita 23-Feb
Sheetal 24-Feb