

Reflections

CLUB BULLETIN

ROTARY CLUB OF DELHI SOUTH WEST

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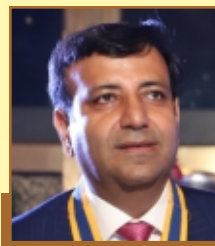
Charter Date: 02.10.1985



Jennifer Jones
RI President



Ashok Kantoor
District Governor



Vikas Dhingra
President



J.M. Singh
Club Secretary



PP Rtn Subhash Dewan
Editor



Editorial



Rtn Geetika Jhamb
Co-Editor

Dear Club Members,

We're at the last leg of the year 2022, which we shall ring out and ring in 2023 shortly. This year 2022 has been a great relief, especially after two & half years of deathly pandemic. Sing rhyme "keep the smile, leave the tear; think of joy, forget the fear. Hold the laughter, ease the pain. Be joyous, 'cause its coming!

On 16th December District 3011 conducted a seminar on Rotary Foundation at Hotel Shangri-La. We have a battery of major donors in our club, PP Rtn. Manoj Bansal, PP Rtn. Vinod Bansal, Rtn. Rashmi Bansal, IPP Rtn. S.B. Singh, Rtn. Gagan Preet, PP Rtn. Lalit Vohra, PP Rtn. Ajeet Jalan, PP Rtn. Sanjeev Verma & Current President Rtn. Vikas Dhingra; three of them, IPP Rtn. S.B. Singh, PP Rtn. Vinod Bansal, were present in the seminar. PP Rtn. Ranjan Chopra, too contributed towards Endowment fund. Our

veteran Rotarian PRID & later Govt. of Uttara Khand, late Sudarshan Agarwal ji, felt no shame in calling himself Rotary Bhikhari. He used to say, "Give, give & give till it hurts" We thank you for the generosity to the Rotary Foundation, and for all the ways you give to our great organisation. We in our club aim that at least all our members should be PHFs.

Maa ki Rasoi is going great guns! What better way than to feed the poor, the destitute, the unprivileged, its even said "army marches on its stomach", means, a well-fed army fights better.

Well all in this issue, rest in the New Year!

Yours In Rotary,

PP Rtn. Subhash Dewan & Rtn Geetika Jhamb

Editors: REFLECTIONS

Ann Daan @ Maa ki Rasoi

7th December, 2022

Who knows the merits attained by offering free lunches and dinners? And that too, to unrelated and unknown people? Ann daan is the most effective remedy for all maladies.

A hungry stomach blesses the people with a full stomach ! Anupam V Kapil

The last month of calendar year 2022 began with ann daan at Maa ki Rasoi where lunch and dinner were served to the differently abled people and all the staff working at the Divya Kala Mela, India Gate on 7th December.

Food was distributed to over 3000 people, making it the largest ann daan in a single event of our club.





Installation Ceremony of Rotaract Club of Visionary League

10th December, 2022

The Rotaract Club of Visioners League held its installation ceremony on 10th December at the Rotary Habitat Centre, Pushp Vihar. Rtr. Vandana and her team were inducted as office bearers at this ceremony.



Blood Donation Camp

10th December, 2022

On the occasion of NCC Day on 10th December, our club, in association with Rotary Blood Bank, held a Blood Donation Camp wherein more than 50 units of blood were collected. The donors became the reason for someone's existence.



Donate Blood, Save Life

Donate Blood, Save Life



ROTARY CLUB OF DELHI SOUTH WEST

Organising

BLOOD DONATION CAMP

रक्त दान महाशिविर

10th December 2022 (Saturday)

from: 9:30am onward

on the occasion of NCC DAY

Venue: Delhi Girls BN NCC, B-6, Safdarjung Enclave,
Opposite Deer Park, New Delhi-110029

Rtn Vikas Dhingra
President

Rtn J. M Singh
Secretary

PP Rtn Lokesh Gupta
Event Chairman

Rtn Arvind Gupta
Committee Chairman
Rotary Blood Bank



in Association with: **ROTARY BLOOD BANK, NEW DELHI**

You can make a difference in the lives of other fellow beings



Winter Sunbathe

11th December, 2022

The long awaited club fellowship event-winter picnic was held at Air Force Station on 11th December. The club members played some exciting games and relished sumptuous food. Needless to say, the hospitality of the PST team was impeccable.









Announcement

We are elated to announce the names of the office bearers for the RY 2023-24, who have been elected unopposed.



Rtn. Mani Bajaj
President Elect
(2024-2025)



Rtn. J. M. Singh
Vice President



Rtn. Sudip De
Secretary



Rtn. Satish Pande
Joint Secretary



PP Rtn. Manoj Bansal
Treasurer

Rotary Foundation Event

16th December, 2022

The Rotary Foundation helps Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

The Rotary Foundation event was held at Shangri La Hotel on 16th December, where IPP Rtn. SB Singh & PP Rtn. Vinod Bansal were major donors. PP Rtn. Ranjan Chopra contributed to the Endowment Fund.





Dental Camp

21st December, 2022

A dental camp was held on 21st December at South Extension.



MY DATE WITH LORD SHIVA AT HIS ABODE MOUNT KAILASH



I had never dreamt that I would be able to make it to the abode of the Almighty. After Sandhya left for her onward journey, I focused on meditation. After meditating in Egypt and Turkey, one morning I saw the advertisement of EAM inviting applications for the toughest of yatras. I immediately jumped upon the opportunity and applied on 4.4.2018 and on 7.5.2018, I was amongst the lucky few who were selected for the yatra via NathuLa in the 9th batch, in a draw of lots conducted by then Hon'ble EAM, Late Sushma Swaraj ji. The yatra involved a lot of preparations to build my stamina as I was among the oldest in the batch embarking on this arduous yatra at the age of 66. First I went to Ladakh for a week to acclimatize by staying at heights. After returning, I used to walk 5 kms a day in 45 minutes, and also did yoga at Sivananda Yoga Centre.

Before the start of yatra on 4.8.2018, we were subject to a stringent medical check up at the Delhi Heart & Lung Institute (DHLI). Thereafter, our passports were collected for applying for a Chinese visa. Next day there was another medical check at ITBP Base Hospital on M-B Road. On 6.8.2018 there was a briefing by MEA, at JL Nehru Bhawan, Janpath, New Delhi.

7.8.2018 All the yatris numbering around 50 including 2 Liaison Officers of Govt of India, one of whom was an IDAS officer from MOD and other Commandant of ITBP flew out of Delhi for Bagdogra enroute Gangtok (5200 ft). Enroute from Bagdogra to Gangtok, lunch was served at a resort on the outskirts of Siliguri. The 5 hr, 125 km journey from Siliguri to Gangtok was along the picturesque Teesta river with a brief halt at Rangpo, a border town between Sikkim and West Bengal.. We reached Gangtok late at night after facing a massive traffic jam enroute due to a heavy downpour.

8.8.2018 At dawn we were in for a pleasant surprise with a clear view of the majestic Mt Kanchenjunga as we had been checked into Hotel Mount Siniolchu the highest point in Gangtok. After breakfast we were driven 25 km by bus through mountainous terrain to 15th Mile (10400 ft), a slow journey.

9.8.2018 Yatris were taken to Tsongmo or Changu Lake, a glacial lake at a height of 12313 ft for acclimatization. The ride on the ropeway to the top was amazing. The lake surface reflects different colours with change of seasons and is held in great reverence by the local Sikkimese people. Attractions at the lake site include joy rides on

decorated yaks and mules. There is also a small Shiva temple on the bank of the lake. Also seen in the precincts of the lake are several species of birds including Brahminy ducks. Thereafter we spent time at Mandakini waterfalls, the most beautiful water falls in Sikkim.

10.8.2018 We were taken to Sherathang (13500 ft) 20 kms away which is the Trade Centre on our side of the China border. We had short walks for acclimatization.

11.8.2018 We visited the shrine built in memory of Baba Harbhajan Singh, an Indian army soldier who died near Nathu La in 1968. This place is so revered that even Army senior officers pay obeisance here before visiting NathuLa. Baba Harbhajan Singh has a fascinating history and legend associated with it. The local people believe that Baba Harbhajan Singh still guards the international boundary between India and China.

Baba Harbhajan Singh- the Hero of NathuLa Pass was an Indian army soldier who died on duty. He slipped and drowned in a glacier near NathuLa while trying to deliver supplies to a remote post. He has been accorded the status of a saint by the Indian Army. It is said that he himself helped the army locate his body three days after death. A few days later, through a dream he instructed one of his colleagues to build a shrine in his name which was accordingly built.

Army officials informed that baba still warns soldiers, 3 days in advances of any impending attack. He is still guarding the international boundary of India. During customary flag meetings between India and China, the Chinese also set a chair aside for Baba. His mandir has 3 rooms-Baba's office, store room and a living room. In the living room, all items of his need are properly kept like bed, shoes, ironed uniform etc. The room is cleaned every morning and on some mornings soldiers have found the bed crumpled and shoes soiled. He still draws a Major's salary and gets 2 months leave every year. Every year on 11th September, his belongings are sent to his hometown. A berth is reserved in a train in his name and is left vacant for the entire journey. A team of soldiers also go to his hometown in the same train.

Thereafter, we visited Sherathang War Memorial and had a distant view of Sarathang Lake. Next day was our D day for departure on the yatra and we had to undergo a fresh medical check up to ascertain our fitness to undertake the yatra. Further provisions for the yatra were distributed amongst the yatris as China doesn't allow bulk entry.

Rtn Vijay Srivastav

To be continued.....

Rotary Cares

We make a living by what we get. We make a life by what we give.

It is in this regard that we feel proud to share that our R'Ann Neeraj Dewan's elder sister Late Mrs. Asha Sethi's family donated her body post her death at a Delhi hospital. The family members consented to Netra Daan to a potential recipient and Deh Daan for purposes of medical research and education.

Human bodies are used to teach students about the structure of the body and how it works. The bodies are also required to train surgeons and other healthcare professionals. The medical institutions receive dead bodies (called cadavers) by voluntary donations as also the unclaimed bodies provided by the Police. These donations are highly valued by staff and students in medical institutions.

Body Donation is much appreciated and contributes greatly to our understanding of the human body. Anyone considering the option of donating their body to science should know that their gift will be great valued. It will play a critical role in helping medical students to master the complex anatomy of the human body and will provide researchers with the essential tools to help our patients of tomorrow.

We laude the bold step taken by R'Ann Neerja ji and PP Rtn. Subhash Dewan ji's family.

In a second case, PP Rtn. Sanjeev Verma played a pivotal role in arranging for an artificial limb for a needy patient Deepak Sahu from Barabanki, UP.

We express our gratitude to Rtn. Sanjeev Verma for this noble work.

November Quiz Questions & Answers

1. How many blood donation camps were held in November?

Ans: Two

2. Name the family member of one of our club's members who donated blood in one of the camps?

Ans: Lavit Vohra, s/o PP Run. Lalit Vohra

3. What is Abhyuday?

Ans: Abhyuday is the name given to the Annual Thanksgiving cum Installation Ceremony of the Rotary Club of College of Vocational studies. Abhyuday refers to new prosperous beginnings.

4. What do you understand by Halloween?

Ans: Halloween is a holiday celebrated each year on October 31st. Halloween's origins can be traced back to the ancient Celtic festival known as Samhain, which was held on November 1 in contemporary calendars. It was believed that on that day, the souls of the dead returned to their homes, so people dressed in costumes and lit bonfires to ward off spirits.

5. Details of which upcoming event scheduled to be held on January 2023 were discussed at the Club's Assembly held at Safdarjung Club?

Ans: 21st Poster Making Competition scheduled on 29th January 2023.

Mrs. Kokila Jindal is the winner of the November quiz. Heartiest congratulations to you !!!

December Quiz Questions

1. Name the president elect for the rotary year 2024-25?
2. Who is the winner of the November quiz ?
3. Name any one Rotarian who donated something in November.
4. Where was the dental camp held?
5. What was the occasion on which the blood donation camp was held?