

## E-Bulletin of Rotary Club of Indraprastha-Okhla

Rotary International District 3011

RI President : R Gordon R McNally DG : Jeetender Gupta President : Harinder Singh Arora

**September 2023**  
Volume XV No 3

## PRESIDENT'S MESSAGE

### THE BOARD 2023-2024

**President**

Harinder Singh Arora PHF

**Immediate Past President**

Vandana Bhalla PHF

**President Elect**

Rajni Bagla

**Vice President**

PP Dr Amita Rani Gupta PHF

**Secretary**

Rajni Bagla

**Joint Secretary**

Renu Mishra

**Treasurer**

PP Pradip Mitra PHF

**Sergeant-at-Arms**

PP Sukh Mohinder Singh PHF

**Directors**

Subodh Vir Raheja

PP Sunil Bandula PHF

PP Narender Bhasin PHF

PP Dr Amita Rani Gupta PHF

Nidhi Prakash MPH

**Club Learning Facilitator**

PP Atul Dev PHF

**Councillors**

PP Aschraj L Sahni MPH

PP Arbinder Singh Kohli PHF

PP Cmde PS Bawa VSM PHF



Dear Rotary Parivar,

Rotary Greetings,

The last week of September was tinged with sadness as we lost our beloved R'Ann Swarn Sahni. We all are going to miss her smile, laughter and the warmth with which she always raised our spirits. With a Heavy Heart we pray she Rests in Peace.

Earlier in the month it was a busy and a very fulfilling time as we had a Cervical Cancer Vaccination Camp at Balvantray Mehta Vidya Bhawan Anguridevi Shersingh Memorial Academy, Greater Kailash-II, for the second vaccination of their 83 girls who were earlier vaccinated by your Club. This was followed by a Dental Health Camp at Friends Club for it's staff and families, organised by our Rotary Club.

We also had two very enjoyable, informative and educative Regular Meetings with very learned Speakers, one on Learning Disabilities, held on Teacher's Day (5 Sep) and then another on Keeping our Mind Healthy with mind games being played after the Puja on Ganesh Chaturthi Day (19 Sep).

Members participation in both these events was active, healthy with tremendous enthusiasm, an eye-opener of a practical experience to bond well.

We are now looking forward to the upcoming festival season with the grand Diwali Fellowship being organised by our club.

Best Wishes,  
Rtn Harinder Singh Arora  
President  
Rotary Club of Indraprastha-Okhla

## REGULAR MEETING HELD ON TUESDAY 5 SEPTEMBER 2023

The President, Rtn Harinder Singh Arora, called the 388<sup>th</sup> Meeting Rotary Club of Indraprastha-Okhla to order at 7:40 PM on Tuesday 5 Sep at The Friends Club.

The Members sang the National Anthem led by Rtn Secretary Rajni Bagla. Rtn PP Sunil Bandula read out the 4-Way Test.



The President welcomed the two Guest Speakers Ms Shivani and Ms Ambita Verdi of Soch Foundation. Rtn PP Prof Arbinder Kohli introduced the two Guest Speakers. Explaining their background he stated that Ms Shivani has over 30 years of experience in working with children. She is a trained counsellor and has worked extensively with



children with special needs. Ms Ambita Verdi has over the last 20 years worked with children in different capacities. A trained special educator, she has used the Arts to work with differently abled students. They would be speaking on Learning Disabilities and the processes involved in their treatment.



Sep 5 also being Teachers Day, it was appropriate to hear an informative talk by Ms Shivani and Ms Ambita Verdi, Team leaders of Soch Foundation. In their joint talk both highlighted the nature and dimensions of learning disabilities (LD) and the process of remedial actions to deal with them. They mentioned that though no exhaustive study has been done, incidence of LD is taken to be around 10% of the school going population.

Both the speakers had been associated with different reputed schools in Delhi for many years and during their long teaching careers independently observed that the dimension of learning disabilities is large and just not limited to any single strata of society. They found that such disabilities relate to difficulty in reading in general and also due to weak eyesight, hearing impairment, writing disability, disability to understand number based information like maths, attention deficiency or attention deficit hyperactivity disorder (ADHD), autism, mental and psychological conditions. Some of these disabilities are easily observed or diagnosed



but others need psychological and diagnostic assessment. Based on the diagnosis the customised remedial therapies are used.

Soch Foundation has thus set its approach for remedial therapies to be holistic, create contextual assessments, work out individualised or customised education plans, use of creative Teaching Learning Materials, capacity building programmes and collaborating with all stakeholders. Along with these they conduct lectures and workshops for stakeholder on understanding disability, have regular communication with parents, referring students for formal assessment when needed and creating and distributing remedial material and creation of audio-visual teaching aids. Starting in 2019, the Foundation is associated with 55 schools.

Soch Foundation believes that to meet the challenges of LD, a holistic approach is required and more stakeholders and organisations need to get involved. To deal with this challenge they propose setting up Resource Centres offering all ancillary services like Occupational Therapy, Speech Therapy, Psychological Assessment and Remedial Education. They shared that SOCH Foundation was already in dialogue with the Delhi Government to extend support to set up a Resource Centre.



The talk by the two Speakers was followed by a spirited Q & A session. Formal Vote of Thanks was proposed by Rtn PP Rtn Amita Rani Gupta. Rtn PP GL Moondra presented mementoes to the two speakers on behalf of the club.

The Secretary, Rtn Rajni Bagla, conveyed Birthday Greetings to Rtn PP Harjit Singh (5 Sep) and Wedding Anniversary Greetings to R'Ann Suman & Rtn PP Harjit Singh (2 Sep). Two camps planned during the month are Cervical Cancer Camp 2<sup>nd</sup> dose at Balvantray Mehta Vidya Bhawan, Greater Kailash-II (23 Sep) and Dental Inspection camp at Friends Club (25 Sep). Next meeting will be a Speaker Meeting on 19 Sep (Details follow). The meeting will be preceded by Ganesh Vandana being commencement of Ganesh Chaturthi. Sunshine Collection was Rs 1500.

The President adjourned the Meeting at 9:10 PM.

## **REGULAR MEETING HELD ON TUESDAY 19 SEPTEMBER 2023**



19 Sep being Ganesh Chaturthi, our Regular Meeting stated with the Ganesh Vandana led by Rtn Secretary Rajni Bagla.



The President, Rtn Harinder Singh Arora, called the 389<sup>th</sup> Meeting of Rotary Club of Indraprastha-Okhla to order at 7:50 PM on Tuesday 19 Sep at The Friends Club.

The National Anthem was recited by the members led by Rtn Secy Rajni Bagla. Rtn PP Sunil Bandula read out the 4-Way Test.



Rtn PP Dr Amita Rani Gupta introduced the Guest Speaker Dr Bulbul Sood. The subject of her talk was **Keeping our Mind Healthy**. She introduced the subject to state that in the hustle and bustle of modern life, it's easy to overlook the importance of mental well-being. Just as we prioritize physical health, nurturing our mental health is essential for leading a fulfilling and balanced life.

A healthy mind contributes to overall happiness, productivity, and the ability to cope with life's challenges.

Dr Bulbul Sood gave a very brief overview of what the problem was in keeping the mind healthy and the various actions we need to take to keep it so. First and foremost,



maintaining a healthy mind involves regular exercise. Equally important is a balanced and nutritious diet. Managing stress is a key aspect of mental well-being. Adequate sleep is non-negotiable for a healthy mind. Social connections are integral to mental well-being. Furthermore, engaging in activities that stimulate the brain is vital for its health.

illustrate her point she made the club members play a series of mind games. The mind games were really enjoyed by all present and certainly kept the members alert.

After playing the mind games, Dr Bulbul Sood faced a series of questions on what else one can do to keep the mind active and healthy! The Vote of Thanks was proposed by Rtn PP Atul Dev.

The Secretary, Rtn Rajni Bagla conveyed Wedding Anniversary Greetings to R'Ann Meena & Rtn Subodh Raheja (19 Sep), who were celebrating in Srilanka. She reminded members of the two camps coming up - Cervical Cancer Camp 2<sup>nd</sup> dose at Balwantray School (23 Sep) and Dental Inspection camp at Friends Club (25 Sep). Next Regular Meeting will be held on Tuesday 17 Oct. Sunshine collection was Rs 1350.



The President adjourned the meeting at 9:15 PM.

## CERVICAL CANCER CAMP FOR SECOND DOSE HELD ON 23 SEPTEMBER

Cervical Cancer Vaccination Camp (Second dose) was conducted by the Club in association with BLK-Max Hospital (Kind courtesy Lord Dr Neeraj Bhalla) in Balvantray Mehta Vidya Bhawan Anguridevi Shersingh Memorial Academy, Greater Kailash-II on 23 Sep 2023. A total of 83 girls were vaccination on that date.

We present here a photo feature of the event.

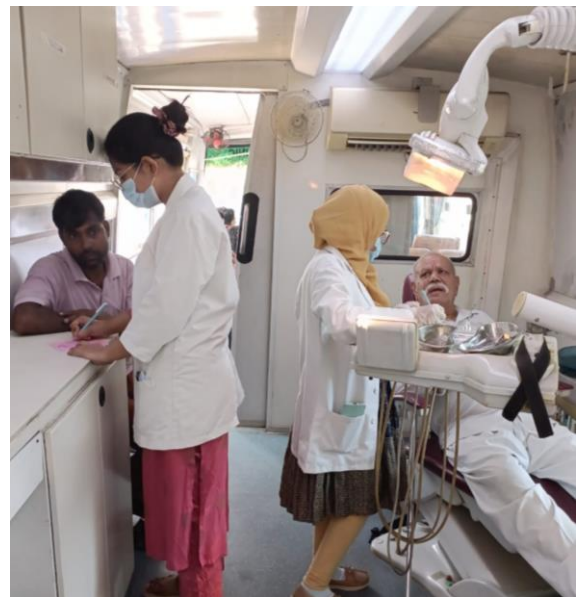




## DENTAL EXAMINATION CAMP HELD ON 25 SEPTEMBER 2023 AT FRIENDS CLUB

Our Club conducted a Dental Examination Camp for the Staff and their families of Friends Club on 25 Sep 2023.

We present here a photo feature of the event.



## ONE OF US PASSES AWAY



UTSAV regrets to inform our members of the sad demise of R'Ann Swarn Sahni on Monday 25 Sep 2023, after a prolonged illness.

Our heartfelt condolences go out to Rtn PP Ascharaj Lal Sahni and the entire Sahni family.

Swarn Sahni was one of our long standing members in the club. A quiet personality but deep in her thoughts and wisdom. She maintained an open house with generous hospitality. Our Club members have seen her garden functions year after year. She instantly connected with new members and thus has endeared herself to each one of our Rotary family.

She was the pillar of strength for the Sahni family and a highly respected member of the Rotary Family.

It will take a long long time for us to forget Swarn Sahni, if ever!

**Farewell, Dear Swarn Sahni, RIP!**

## THE 4-WAY TEST

### THE 4-WAY TEST OF THE THINGS WE THINK, SAY OR DO

- Is it the **TRUTH**?
- Is it **FAIR** to all concerned?
- Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- Will it be **BENEFICIAL** to all concerned?



## ROTRY CLUB OF INDRAPRASTHA-OKHLA FIRST QUARTER REPORT

During the First Quarter of Rotary Year 2023-24 our Club conducted several activities in which our members were fully engaged.

There were two tree plantation drives, a Health Check-Up Camp in the slum areas of Sunlight Colony, distribution of sanitary pads to girls in Delhi State Council of Women (DSCW) School and a Dental Camp for Friends Club Staff and their families.

We celebrated Independence Day with tiny tots of Delhi State Council of Women (DSCW) School followed by an Interact Club Installation function at Balvantray Mehta Vidya Bhawan Anguridevi Shersingh Memorial Academy, Greater Kailash-II.

We conducted two Regular Meetings each month with Speakers invited for each of them.

We have done it all, including conducting a successful GOV cum Installation.

All this has been duly reported in Online E-Bulletin UTSAV, the image maker of the Club with its regular on time issues.

Our Project for Cervical Cancer Vaccination continued with the second vaccination been given to 83 girls of Balvantray Mehta Vidya Bhawan Anguridevi Shersingh Memorial Academy.

As we step into the Second Quarter of the Rotary Year we are confident that we will conduct an even greater number of activities which are the hallmark of our Club activities.

**Rtn Secretary Rajni Bagla**

## EDITOR'S MESSAGE

Dear Fellow Rotarians,

I present to you the Third Issue of **UTSAV**, the E-Bulletin of Rotary Club of Indraprastha-Okhla for the Rotary Year 2023-24.

The month of September started on a low key which got built up as the month progressed and our camps and regular meetings were held. While there was high activity planned for the last week, the extremely sad news of the passing away of our very loved dear Swarn Sahni on 25<sup>th</sup> September put all of us on a sombre mood.

Otherwise too the month of September has been a low-key month after the packed activities the Club has seen in recent months. We have tried to cover each of the events in which our members participated.

Enjoy Reading !

Yours-in-Rotary,  
**Rtn PP Atul Dev**  
Editor **UTSAV**

### Greetings in October

#### Birthdays

- 10 Oct – Rtn PP Dr Amita Rani Gupta PHF
- 11 Oct – Rtn PP Atul Dev PHF
- 12 Oct – Rtn Subodh Vir Raheja
- 14 Oct - Rtn President Harinder Arora PHF
- 22 Oct – Rtn Anil Datta

#### Wedding Anniversaries

- 6 Oct – Rtn Bela Verma & Lord Khem Verma
- 10 Oct – Rtn Brig Devinder Singh  
& R'Ann Sunila Singh
- 27 Oct – Rtn IPP Vandana Bhalla PHF  
& Lord Dr Neeraj Bhalla

### October Programmes

**17 Oct** – Regular Meeting  
Speaker: Shri Satish Chandra  
Former Deputy National Security Adviser

Details of Camps to be conducted will be  
communicated separately