

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

April 2024
Volume XV No 10

PRESIDENT'S MESSAGE

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Dear Rotary Parivar,
Rotary Greetings,

April marks the beginning of the summer season with nearly 13 hours of sunlight daily, accompanied by a warm breeze. However, thanks to the five western disturbances there were cooler temperatures compared to intense heat last year.

This being Rotary's Environment Month we had two speaker talks related to water conservation : Dr Kadhambari spoke on Rotary's Water Initiatives and Dr Sumana Chakraverty Datta highlighted the water management practiced during the Harapan Civilization, as researched by her during her study of the Indus Civilization.

Our President Elect Rajni Bagla attended the District Training PETS and received the Graduation Certificate.

We had a very successful Blood Donation Camp at Don Bosco Technical Institute Okhla which concluded with collection of 71 units of Blood by Rotary Blood Bank. In May we have planned a Cervical Cancer Vaccination Camp at The Srijan School and an Installation Ceremony of Rotaract Club of Don Bosco Institute Okhla. Let us gear up for both these events.

With warm greetings!
Rtn Harinder Singh Arora
President
Rotary Club of Indraprastha-Okhla

REGULAR MEETING HELD ON TUESDAY 2 APRIL 2024

Rotary
Rotary Club of Indraprastha-Okhla
RI District 3011

SPEAKER MEETING ON
TUESDAY 2ND APRIL 2024, 07.00 PM
AT FRIENDS CLUB LTD. NEW DELHI 65
SPEAKER :



DR.SUMANA
CHAKRAVERTTY DATTA

TOPIC: Indus Valley - HER
RESEARCH WORK
Harrapan Civilization



The President, Rtn Harinder Arora, called the 402 Meeting of Rotary Club of Indraprastha-Okhla to order at 7:40 PM on 2 Apr 2024 at The Friends Club, New Delhi.

The National Anthem was sung led by Rtn PP Dr Amita Rani Gupta. The Four-Way Test was read out by Rtn PP Sunil Bandula.

The President welcomed the Guest Speaker, Dr Sumana

Chakraverty Datta and stated that she would be talking about her Research Work in the Indus Valley on the Harrapan Civilization. Rtn

Subodh Raheja introduced the Guest Speaker.



The Guest Speaker, Dr Datta, gave a very detailed presentation of her Research Work with the help of a Power Point Presentation. She started by stating that the civilization was named after the first city discovered now in Pakistan in 1920. The next discovery was in Mohenjodaro, also located in Pakistan, in 1922. This was followed by discoveries in Kot Dijian in 1946. In India the excavations started much latter, as late as 1955. Although we term it as the Indus Valley civilization, it actually spread far South to the Gulf of Khambhat in Gujarat and to the East till Saharanpur in UP.

The Key Features of the Indus Valley civilization are –

- Standardized weights & measures.
- Seals, pottery, sculpture and jewellery.
- The houses in the cities were well planned and made with sun dried and burnt bricks.
- The houses had separate bathing areas.
- Well developed drainage system for the waste water.

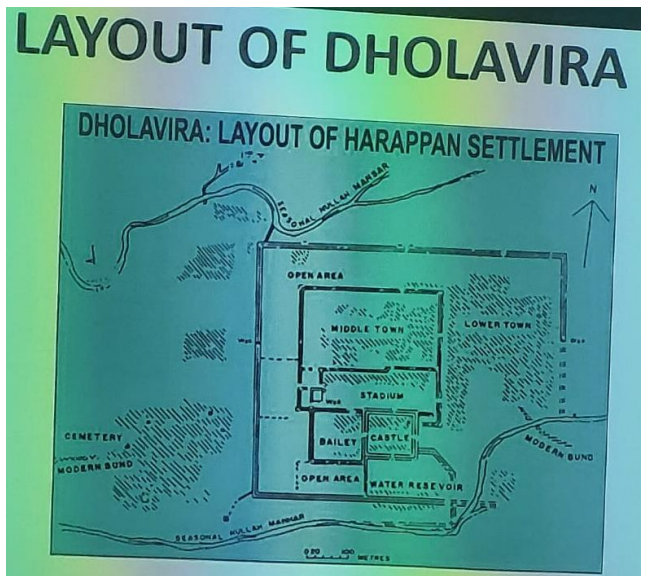


- Wells and other water harvesting structures for availing drinking water.
- Well laid down roads and civic amenities like granary etc.
- Planned industrial facilities.
- Script – Although not yet deciphered.

An interesting feature of this civilization was the discovery of Lothal – The Harappan Dockyard, the key features of which are:

- Excavated in 1955 – 62 by Prof. S R Rao

- Occupied during mature Harappan Period
- Supposed to have been reached by an arm of sea from Bhogavo creek
- It was a fortified city of about 7 Ha.
- The city was divided into Acropolis and Lower Town



Later one discovered the Dholavira area. The key features were:

- It was excavated by R. S Bisht of ASI for 13 field seasons since 1989. Total area of

WATER HARVESTING MECHANISMS ADOPTED IN DHOLAVIRA

16 water reservoirs of different sizes were found here. Two big reservoirs were near the castle. Both these reservoirs were partially cut into solid bedrocks with a flight of steps leading to the bottom and a ramp on the other side.

Dholavira was about 49 Ha. About 10 – 15% of that has been excavated.

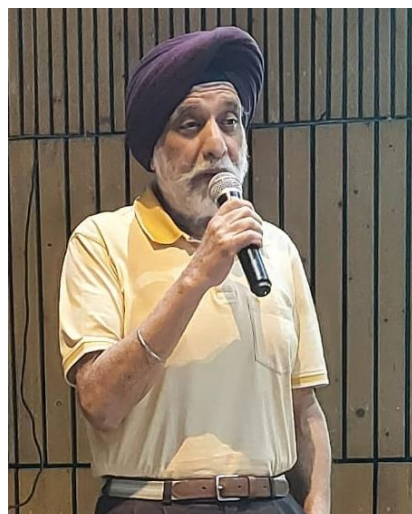
- Several check dams were built across the streams of Mansar and Manhar river to divert the water into the reservoirs.

- The inlet channel for flow of water to the series of reservoirs has been found.
- The evidence of damming of the streams at Dholavira is unique among the contemporary settlements.



It was a very interesting talk fully illustrated by numerous slides. The Vote of Thanks was proposed by Rtn Brig Davinder Singh. A memento was presented to the Guest Speaker by Rtn PP Narender Bhasin.

Birthday Greetings were conveyed to R'Ann Surila Bandula (11 Apr) and Rtn IPP Vandana Bhalla (21 Apr). Next meeting will be on Tuesday 23 Apr with Guest Speaker



Dr Kadambari speaking on "Rotary's Water Initiatives". The Sunshine Collection was Rs 1300 collected by R'Ann Dr Anita Singh.

The President adjourned the meeting at 9:10 PM.



JOSH INTERACT CLUB OF RAGHAV GLOBAL SCHOOL REPORT JANUARY - MARCH (ROTARY YEAR 2023-2024)



During the last quarter of the session the young Interact members of the club were engaged in to a cleaner planet drive where on in the month of November-December they collected around 2000 milk packets which were then send for recycling drive. This activity cautioned the students against snipping the corners off packets of milk to pour the liquid out. It suggested that instead, a slight slit is enough to empty it, and by not cutting all the way through, one can save a



large amount of plastic bits from littering the land. The club members gave a demonstration of cutting the milk packets, washing them and drying, in each class, as well as told the students about the hazardous effect of the milk packets going to the garbage. Students from Grade Nursery to XII got involved in collection of milk packets from their home and submitted the washed and dried packets in the school.

In the month of January-February they collected waste of paper and cardboard which were again send for the recycling drive. The young Interact



members of the club spreader the awareness among the students from grade 1 to 12 through workshops and class demonstration. They were successful in collection of 55-60kg of paper waste.



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Report by Rtn Teacher Incharge MS Monalisa Mitra

REGULAR MEETING HELD ON TUESDAY 23 APRIL 2024



TUESDAY 23RD APRIL 2024, 07:00 PM
Friends Club Ltd, Friends Colony, 110065

Speaker: Dr Kadambari, CEO, PHD RDF
Subject: Rotary's Water Initiatives



The President welcomed the Guest Speaker, Dr Kadambari, CEO, PHD Rural Development Foundation. The subject of her talk was – “Rotary’s Water Initiatives”. Rtn PP Atul Dev was requested to kindly introduce the Guest Speaker.

The President, Rtn Harinder Arora, called the 403 Meeting of Rotary Club of Indraprastha-Okhla to order at 7:45 PM on 23 Apr 2024 at The Friends Club, New Delhi.

The National Anthem was sung by the members. The Four-Way Test was read out by Rtn PP Sunil Bandula.



Rtn PP Atul Dev while introducing the Guest Speaker stated that it was important to know a bit of the background of Rotary’s Water Initiatives. In 2003, at a RI Presidential Conference, Rotary India Water Conservation Trust was set up. This Trust went into collaboration with PHD Rural

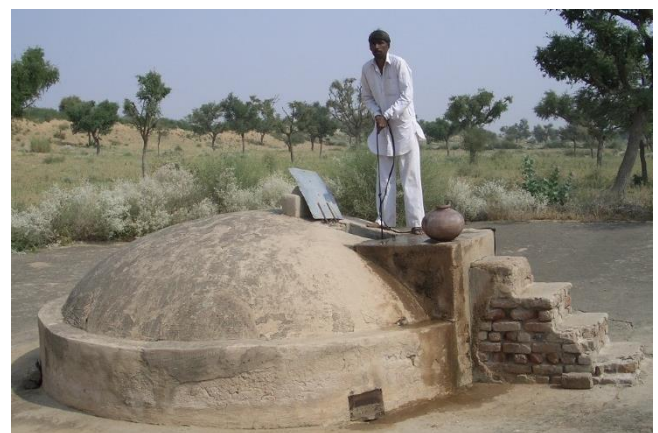
Development Foundation (PHD RDF) for water conservation. PHD RDF impacts lives of more than 1.5 lac community people every year in different districts across 10 States including Delhi, Punjab, Haryana, Rajasthan, Uttar Pradesh, Madhya Pradesh, Uttarakhand, Himachal Pradesh, J&K and Jharkhand. It has been recognised by “TERI Water Sustainability Award”, “Green Ribbon Champion for Water Conservation Award” by Network 18 and “Best NGO for Revival of Rural Water Resources” by Water Digest Awards. Till date this collaboration has constructed over 250 check dams in Rajasthan and other states. Dr Kadambari, who received her Doctorate from TERI University, is herself a professional in CSR projects.

Dr Kadambari made a very detailed presentation of the work being done in water management by the help of a Power Point Presentation.

“It would be stating the obvious, if I stated the obvious that water is essential for agriculture” – stated Dr Kadambari. We have large parts of India



where water is deficient and thus it is



essential we take measure to conserve whatever water we can get from the scanty rainfall. At the same time there are areas where water is exploited by being used for crops that take up a bulk of the water as compared to many other crops. Our main objective is to target those areas where water is over exploited such as in parts of

Haryana and Punjab with their sugarcane and paddy crops. States like Rajasthan are extremely water deficient and thus the need for greater attention. Yet in these areas they are totally dependent on agriculture due to lack of industries.

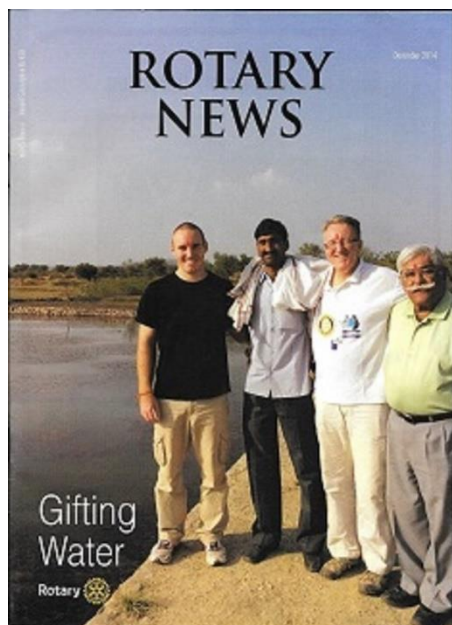
It is in these areas that we concentrated on construction of check dams. A typical check dam is constructed in an area where one finds rainwater flowing away and thus getting



wasted. As the very name suggests, the objective is to check the flow away of the water so that it collects behind a restraining wall and thus is available for a period of time, mostly for agriculture. Water so collected percolates down into the aquifer and thus charge the well around that area from where water can be drawn by the users. At the same time the water as it percolates down also has a effect on the humidity in the soil.

shapes and sizes of check dams that are being constructed with the help of the funds that are being received through Rotary's efforts. Funds have been received from individual clubs in India at the same time from clubs overseas. A check dam is a low maintenance structure and once built is virtually lifelong. At an average a check dam retains water for 7 to 8 months in a year. But we do have check dams that have become perennial too! There is an

Dr Kadambari showed a series of slides of various



interesting story of how an old lady living near one of these perennial water check dams had put in fish in it and was earning about a lakh of rupees annually!!

The ultimate recognition to Rotary's water efforts came when Rotary News carried a Front Page story on the water projects in 2014.

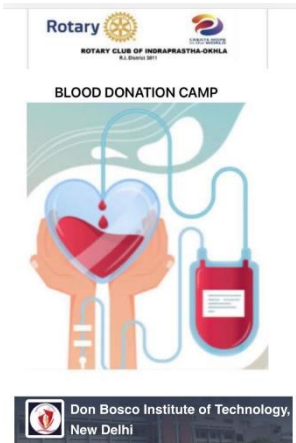
At the end of the talk, Rtn PP Dr Amita Rani Gupta presented a memento to the Guest Speaker. Forecast of events coming up include a Blood Donation Camp at the Don Bosco Technical Institute Okhla (24 Apr) and Cervical Cancer Camp at Srijan School (4 May). Details for both events will be conveyed to members well before the date. Sunshine Collection was

Rs 1500 collected by R'Ann Surila Bandula.

The President adjourned the meeting at 9 PM.



BLOOD DONATION CAMP HELD ON 24 APRIL 2024



Okhla Rd, near Escort Hospital,
Ghaffar Manzil Colony, Jamia Nagar,
Okhla, New Delhi, Delhi 110025
24th April 2024, 9.30 AM-4PM

On 24 Apr 2024, Rotary Club of Indraprastha-Okhla organised a blood donation camp at the Don Bosco Technical Institute Okhla with the help of their Director Dr Vikas Rao and the Institute faculty. The camp took place in the Auditorium of the Institute.

The Director of the Don Bosco Mission, Father Sajjan, was invited to be the Chief Guest. The function started at 10.30 AM with Father Sajjan himself donating blood. The students wholeheartedly participated in the program and 71 units of blood were collected at this camp by the Rotary Blood Bank.



Rotary Blood Bank had arranged for refreshments for those who donated blood in the camp. Students and other people who had participated in this blood donation camp were given Certificates and a small gift hamper.



The entire process to collect the blood was carried out by team of five doctors from the Rotary Blood Bank and student volunteers of the Institute with the faculty members In-charge. The Institute had also arranged for a resting area for anyone who felt dizzy or sick after donating blood.



After the completion of the blood donation, Father Sajjan, Don Bosco Mission Director and Dr Vikas Rao thanked and appreciated our Rotary Club team's participation and Rtn PP Narender Bhasin for organising the camp.



PRESIDENT ELECT ATTENDS PETS : PRASHIKSHAN

REPORT ON PRASHIKSHAN BY RTN PE RAJNI BAGLA



Rotary President Elect Training Programme was an incredible experience. It was a journey filled with unforgettable memories and valuable lessons.

The wonderful PRASHIKSHAN PETS event was held from April 5th to 7th 2024. The venue Hyatt Regency was nestled amidst the mountains in Dehradun.



Each and every moment was full of happiness and energy with great fellowship and making new friends for a lifetime.



The bus journey was filled with games, singing and introductions which were truly special.

The learning sessions led by the esteemed and experienced faculty were meticulously designed to provide

participants with valuable insights into Rotary's organizational structure, objectives and best practices.

The attendees gained a deeper understanding through a series of interactive sessions, workshops and



performed very nicely which showed the efforts put in by each and everyone. It unfolded and revealed the hidden talents of everyone.

DGE Dr Mahesh Trikha and First Lady Sujata and the entire team of organizers had worked tirelessly to make the make us feel at home and comfortable.

presentations.

Participants in zonal presentation were excellent. Every zone





I along with my partner/spouse Anil Bagla returned from the training programme with a wealth of knowledge, insights and inspiration to lead my club effectively and contribute to Rotary's mission. Looking forward to one of the most vibrant Rotary year to create "The

Magic of Rotary". PETS training was a stupendous and successful event!!



OUR CAUSES

Rotary is dedicated to causes that build international relationships, improve lives, and create a better world to support our peace efforts and end polio forever.

Promoting peace

Rotary encourages conversations to foster understanding within and across cultures. We train adults and young leaders to prevent and mediate conflict and help refugees who have fled dangerous areas.

Fighting disease

We educate and equip communities to stop the spread of life-threatening diseases like polio, HIV/AIDS, and malaria. We improve and expand access to low-cost and free health care in developing areas.

Providing clean water, sanitation, and hygiene

We support local solutions to bring clean water, sanitation, and hygiene to more people every day. We don't just build wells and walk away. We share our expertise with community leaders and educators to make sure our projects succeed long-term.

Saving mothers and children

Nearly 6 million children under the age of five die each year because of malnutrition, poor health care, and inadequate sanitation. We expand access to quality care, so mothers and their children can live and grow stronger.

Supporting education

More than 775 million people over the age of 15 are illiterate. Our goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy.

Growing local economies

We carry out service projects that enhance economic and community development and create opportunities for decent and productive work for young and old. We also strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities.

Protecting the environment

Rotary members are tackling environmental issues the way they always do: coming up with projects, using their connections to change policy and planning for the future.

Ending Polio forever

Rotary has been working to end polio for 35 years, and our goal of ridding the earth of this disease is in sight. We started in 1979 with vaccinations for 6 million children in the Philippines. Today, Afghanistan and Pakistan are the only countries where polio remains endemic.

Help us in the final push

THE FOUR-WAY TEST

THE FOUR-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?

EDITOR'S MESSAGE

Dear Fellow Rotarians,

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

We are now in the 'hot season' in this part of the world where the sun is at its strongest. That restricts outdoor activities and consequently our camps and projects. But we have learn't to live with this annual cycle and Rotarians are still out dedicated as ever to the mission in hand. In many ways it is a Blessing in Disguise as it allows the incoming team to sit down and plan their year. PETS and SETS are held to train the incoming leaders. Joint Board meetings are held to pass the baton on. New membership prospects are further explored and of course, finances taken care of.

Our Club sails along with regular meetings and appropriate events and camps. To the incoming team I will once again remind them – You do not have much time left!

Let us keep our **Hope in Rotary** !

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

Greetings in May

Birthdays

10 May – Rtn PP Prof AS Kohli, PHF
12 May – R'Ann Sunila Singh

Wedding Anniversaries

2 May – Rtn Nidhi Prakash & Lord Varun Prakash

May Programmes

4 May – Cervical Cancer Vaccination Camp
Tue 14 May – Regular Meeting (Details later)
Tue 28 May – Regular Meeting (Details later)