



UTSAV



CREATE HOPE
in the WORLD

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

February 2024
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PRESIDENT'S MESSAGE

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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,

With February this year bringing us pleasant days and cool nights we embraced the vibrant hues of Basant Panchami while wishing Rotary a Happy 119th Birthday and felt proud to be part of this International Organization which is impacting

togetherness and service to Humanity.

Our activities this month were two very interesting and educational talks. The first by Rashi Kapoor on the Power of Resilience and Positivity to Overcome Hardships which gave us a new perspective to life's ups and downs.

The second speaker meeting was more of an interactive session held by Dr Bulbul Sood on millets as the Magic Food with long history of use by Indians as staple cereal.

We all thoroughly enjoyed both the speaker meetings.

We are working on logistics of holding two health camps and Installation of our Rotaract Club next month.

Looking forward to your participation in all our camps.

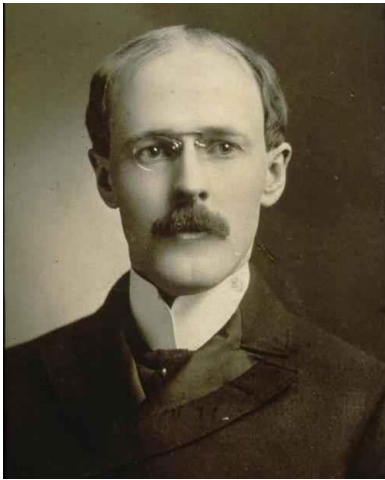
Rtn Harinder Singh Arora

President

Rotary Club of Indraprastha-Okhla

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BRIEF HISTORY OF ROTARY



Whatever Rotary may mean to us, to the world it will be known by the results it achieves.

**Paul Harris
Rotary Founder**

Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the **Rotary Club of Chicago on 23 February 1905**, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.

Over time, Rotary's reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in their communities and around the world.

Our ongoing commitment

That commitment endures today through an organization that remains truly international. Only 16 years after being founded, Rotary had clubs on six continents. Our members now span the globe, working to solve some of our world's most challenging problems.

We're not afraid to dream big and set bold goals. We began our fight against polio in 1979 with a project to immunize 6 million children in the Philippines. Today, polio remains endemic in only two countries — down from 125 in 1988.

Our 1.4 million members join community leaders, friends and partners in a global network that is addressing challenges around the world.

WHO IS A "ROTARY ANN"?

Prior to a decision handed down by the United States Supreme Court in 1987, Rotary was a men's organization, and in many clubs, the wives of the members were called "Rotary Anns". Why were wives of male members affectionately called "Rotary Anns"? This designation was never one of disparagement, but rather grew out of an interesting historical occasion.

The year was 1914 when San Francisco Rotarians boarded a special train to attend the Rotary Convention being held in Houston. In those days few wives attended Rotary events, and until the train stopped in Los Angeles, the only woman aboard was the wife of **Rotarian Brunnier**. As the train picked up additional convention-bound delegates, **Mrs Ann Brunnier** was introduced as the **Rotarian's Ann**.

This title soon became "**Rotary Ann**". Since the clubs of the west were inviting the Rotarians to hold their next convention in San Francisco, a number of songs and stunts were organized which would be performed in Houston. One of the Rotarians wrote a "Rotary Ann" chant. On the train's arrival at the Houston depot, a delegation greeted the West Coast Rotarians. One of the greeters was Guy Gundaker of Philadelphia, whose wife was also named Ann.

During the rousing demonstration, someone started the Rotary Ann chant. The two petite ladies, **Ann Brunnier** and **Ann Gundaker**, were hoisted to the men's shoulders and parade about the hall. The group loved the title given to the two women named Ann. Immediately the same term of endearment was used for all of the wives in attendance and the name "Rotary Ann" was here to stay. **This is abbreviated as R'Ann.**

OUR CLUB INITIATIVE - In our Club, to maintain some semblance of equality, we refer to husbands of our Lady Rotarians as "Lords"! A term not yet universally used, but other clubs are slowly picking it up! We are, however, pioneers in the use of such a designation.

REGULAR MEETING HELD ON TUESDAY 6 FEBRUARY 2024

President Harinder Singh Arora called the 398 Meeting of Rotary Club of Indraprastha to Order at 7:30 PM on Tuesday 6 February 2024 at Friends Club New Delhi.

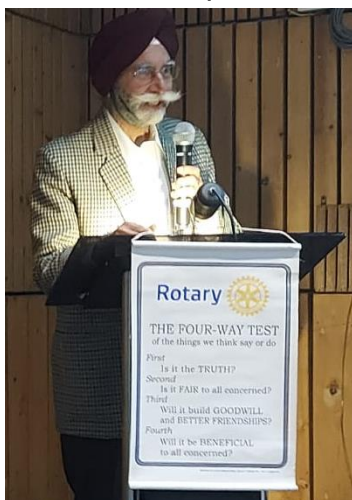
The President requested all members to raise and sing the National Anthem. Rtn PP Sunil Bandula was requested to read the 4-Way Test.



The President welcomed the **Guest Speaker, Ms Rashi Kapoor** and requested her to join them on the head table. He said that Ms Kapoor will be speaking to the Club on an important subject - **Power of Resilience and Positivity to Overcome Hardship**. He requested Rtn PN Renu Mishra to formally introduce the Guest Speaker.

Ms Rashi Kapoor, a Cancer Survivor, in a brilliant talk showed how she had, by maintaining and practising the attitudes of Power of Resilience and Positivity, managed her Hardship which had started unexpectedly and continued for over a decade. And finally overcame it successfully.

Ms Rashi's journey of hardship started from 2012 when she was diagnosed with Pulse Cancer. At that time, she had conceived her second child. Family was very happy. Very soon Rashi discovered she had started bleeding heavily after conception. Life was going very beautifully for Rashi as a happily married woman with two children. Earlier she was a Mathematics teacher and had taught in 12 different schools in Delhi. As a Mathematics teacher she had to stand for long long hours. Over a period, she started developing pain and swelling



in her right knee. She kept ignoring these health issues as women do as she felt responsible for not only for her own family and her in-laws but also for fulfilling other family and social obligations. Her pain kept increasing and she started consulting doctors who kept advising her to continue taking pain killers and do hot water fermentation. She continued with this for some time but got no relief. Then she consulted a different doctor who advised her to get a biopsy done to find out if there was any malignancy.

That was her story of Hardship managed by the Power of Resilience and Positivity which example she now wishes to convey to all her friends and people she comes in contact with.

After a series of Questions from the audience, the President requested Rtn PP Sukh Mohinder Singh to propose a formal Vote of Thanks. The Guest



Speaker was presented a flowerpot as a memento on behalf of the Club by Rtn PP Dr Amita Rani Gupta. The Secretary in her announcements conveyed Birthday Greetings to Rtn Cmde PS Bawa (8 Feb), R'Ann Uma Sharma (8 Feb), Rtn PP Narender Bhasin (19 Feb) and R'Ann Meena Raheja (25 Feb). Wedding Anniversary Greetings were conveyed to R'Ann Surila & Rtn PP Sunil Bandula (19 Feb) and R'Ann Uma & Rtn Shashi Bhushan Sharma (25 Feb). Next regular meeting will be held on Tuesday 25 Feb. Sunshine collection was Rs 1000, collected by R'Ann Dr Anita Singh.



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The President adjourned the meeting at 9 PM.

Meeting Report kind courtesy Rtn PP Sukh Mohinder Singh.

REGULAR MEETING HELD ON TUESDAY 20 FEBRUARY 2024

President Harinder Singh Arora called the 399 Meeting of Rotary Club of Indraprastha to Order at 7:40 PM on Tuesday 20 February 2024 at Friends Club New Delhi.



Millets. He requested Rtn PP Dr Amita Rani Gupta to formally introduce the Guest Speaker.



Dr Bulbul Sood, former Professor, Community Medicine, Lady Harding Medical

College, Delhi, thanked the President and Members for inviting her to speak on a very current topic. She said millets are small, seeded grasses with long history of use in Indian traditions. Millets are probably the first cereal grains ingested by humans. They were domesticated as staple cereals over 10000 years ago in China followed by India. The ancient Yajurveda writings cite foxtail (Kangana, kakun), barnyard millet (khira, aanava) and black finger millet (nachani, mandia), as some of the signs of millets

being consumed in India. Until about 50 years ago, most of the country consumed this traditional cuisine. This decline happened due to the advent of Green Revolution in 1965.

The President requested all members to raise and sing the National Anthem. Rtn PP Sunil Bandula was requested to read the 4-Way Test.

The President welcomed the **Guest Speaker, Dr Bulbul Sood** and requested her to join them on the head table. He said that that Dr Sood will be speaking to the Club on a very current topic that is in the news these days – **Magic of**





There are 10 varieties of millets but 5 or 6 are mostly known and used. More popular are: Bajra, Jowar, Kuttu, Kutki, Mandia (Finger millet), Khira (Barnyard Millet). Jowar is considered as 'King of Millets'. It is the fifth most produced cereal in the world. Now the millets are known as the

Superfood as this highly nutritious rich in protein grain consists of high levels of good nutrients that offer multiple health benefits like promoting digestion, strengthening bones, balancing food glucose levels, aid in weight loss, battling cancer cells and good alternative for gluten free food



and it is easy on the gut. Unlike wheat and rice which have high Glycaemic Index (GI) the millets make themselves ideal as they have high fibre and low GI. This feature makes for keeping the blood sugar levels steady and also lower diabetes symptoms.

Dr Sood said that India has been mainly responsible for popularising the benefits of millets as nutritious and healthy food with great benefits. Recognising the immense benefits of millets the UNO decided to declare 2023 as World Millets Year.

In the interactive session many members participated. Shashi Sharma shared his experience of eating millets preparation for three days during his participation in a seminar. He said the millets upset his digestion and he has decided not to adopt millets. Dr Sood replied that the response to eating millets depended on how good your gut was. Further each body responds differently.

On the other hand, members who have been using millets found them very nutritious and had helped them to get healthier. Premila Bhagat shared that her experience was very good. She had to adopt millets when she was advised to eat gluten free food. She had been eating Jowar Atta for last 11 years. This change helped her to get healthier and manage her weight too. Lord Khemka mentioned his experience was excellent. He had since last six months fully adopted millets in his food and now feels healthier, more energetic and helped him to control his diabetes. Bela Khemka added that she was using millets for various food preparations made earlier with wheat and maida. She said that she was making even bakery products like cakes and breads from millets. She was using millets like bajra, jowar and ragi. She was happy with her experience.

Members wanted to know which millets to use and in what proportion be mixed to replace wheat for making rotis. Dr Sood mentioned that commonly three millets like bajra, jowar and ragi are mixed and mixing proportion must be decided by individuals. Generally, for 10 kgs of wheat atta, one kilo each of millet atta is mixed. Some people like to use chana atta in place of one millet. In this context a mention was made about Multigrain attas available in the market. Members further shared that high prices of all millets were a big disincentive for adoption. While wheat atta is priced around ₹40 per kilo whereas millets atta are nearly double that price. It was agreed that this situation has happened with millets being treated a super food and having more demand than production. This mismatch will correct itself when more producers enter this segment.

Next members wanted to know how to strengthen the gut. Dr Sood said that it is by avoiding use of processed foods and supplements. The problem has been aggravated due to excessive use of pesticides and insecticides in production of wheat, rice, vegetables, etc. This development has made people to use medicines to stay healthy. Various types of vitamins and medicines like B Complex have thus become popular. Dr Sood also advised that some exercise is a must to keep one's gut healthy.

In her summing up Dr Sood emphasised that members start working toward adoption of millets for large multiple benefits and for staying healthier and energetic.

After a marathon session of Questions and Experiences, the President requested Rtn PN Renu Mishra to propose a formal Vote of Thanks. The Guest Speaker was presented a flowerpot as a memento on behalf of the Club by Rtn PP AL Sahni.

The Secretary in her announcements repeated Birthday Greetings and Wedding Anniversary Greetings to Rtn Cmde PS Bawa (8 Feb), R'Ann Uma Sharma (8 Feb), Rtn PP Narender Bhasin (19 Feb) and R'Ann Meena Raheja (25 Feb) and Wedding Anniversary Greetings to R'Ann Surila & Rtn PP Sunil Bandula (19 Feb) and R'Ann Uma & Rtn Shashi Bhushan Sharma (25 Feb), which had already been conveyed during the 6 Feb meeting. She then conveyed Birthday Greetings to a newly re-inducted member - Rtn Premila Bhagat (21 Feb). Next regular meeting will be held on Tuesday 12 Mar. Sunshine collection was Rs 1400, collected by R'Ann Dr Anita Singh.



The President adjourned the meeting at 9:30 PM.

Meeting Report kind courtesy Rtn PP Sukh Mohinder Singh.

OUR MEMBER RE-INDUCTED

Rtn Premila Bhagat

Classification: Cosmetologist

Date of Birth: 21 Feb

Address:

First Floor

C-583 Defence Colony

New Delhi – 110024

Mobile No: +91 98 110 16259

Email Address: premilabhagat@yahoo.com

Past Rotary Service:

1997 – 2009 Rotary Club of Delhi Qutab

2009 – 2020 Rotary Club of Indraprastha-Okhla

Proposed by: Rtn President Harinder Singh Arora

Seconded by: Rtn PN Renu Mishra



Strengths: She was an active Rotarian during both her past tenures. Was well known for bringing in new members as well as arranging guest speakers. Was deeply involved in medical camps and fellowship programmes. Has held various appointments in the Club Boards in both Clubs.

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 Eighth Issue of **UTSAV**, the E-Bulletin of Rotary Club of Indraprastha-Okhla, for the Rotary Year 2023-24.

We are in that time of the year when more time is spent on preparing the next Rotary Year! The new team in place is having its Informal Board Meetings and finalising plans for the Rotary Year 2024-25. At the same time the PE and the Secretary will be attending the PETS/SETS organised by the District. Time for learning for all!

Our Club sails along with regular meetings and appropriate events and camps. All I can say to our present team – Keep up the Good Work!

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

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

Greetings in March

Birthdays

20 Mar – Rtn Shashi Bhushan Sharma
22 Mar – R'Ann Harpreet Kaur Sapra
25 Mar – Rtn PN Renu Mishra

Wedding Anniversaries

5 Mar – R'Ann Dr Anita Singh & Rtn PP Sukh
Mohinder Singh

March Programmes

12 Mar – Regular Meeting (Details later)

21 Mar – Club Charter Day