

May 2024
Volume XV No 11

PRESIDENT'S MESSAGE

THE BOARD 2023-2024

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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,

May 2024 is earmarked as a Youth Service Month. It was indeed, for our club members a busy and productive month for organizing activities both at a school and at a college. We started the month with a Cervical Vaccine Camp at the Srijan School where 156 girls were administered their first Cervical Cancer Vaccination dose. The camp was not only successful but also incredibly enjoyable for the members as they created a remarkable camaraderie and sense of community service which has helped in building a genuine connection with the School Team for organising more youth activities. We now plan setting up of The Srijan School Interact Club soon after their Summer Break.

Notably, The Srijan School is the first school which did the Motivational Talks, all on their own, resulting in 167 registration of which 156 girls got vaccinated. At the camp we gifted to the school an Oxygen Concentrator for use in their Infirmary.

A week later a grand event was organised in Don Bosco Skill Institute, The Installation Ceremony of Sankalp Rotaract Club of DBIS. We along with the District DRR and other representatives present promised full support for making a positive impact in the community through our Rotaractors.

In spite of the heat wave in Delhi which followed In the second fortnight, two Regular Speaker Meetings on 14th and 28th May had us playing host to two eminent speakers who engaged us in very interactive and enjoyable sessions.

These are well reported in this issue of Utsav.

With warm greetings!

Rtn Harinder Singh Arora

President

Rotary Club of Indraprastha-Okhla

CERVICAL CANCER VACCINATION CAMP HELD ON 4 MAY



The Srijan School

4B, North Model Town, Delhi 110009
SATURDAY THE 4TH MAY 09.30 AM



CERVICAL CANCER VACCINATION CAMP
Sponsored by

ROTARY CLUB OF INDRAPRASTHA -OKHLA ,
ROTARY DISTRICT 3010 &
The CANCER FOUNDATION
Hon Secy Ajay Narayan Ji

Medical Support: BLK MAX HOSPITAL

On 4 May 2024 a camp was organised at **The Srijan School, Model Town, New Delhi** by Rotary Club of Indraprastha-Okhla and Rotary Cancer Foundation with the support of BLK Max Medical Team. Parents of the students were made aware about cervical cancer and the Human Papilloma Virus (HPV) vaccination, by The Srijan School Teacher-In charge Ms Shradha, who headed the project.

The Srijan School is the first school which did the Motivational Talks all on their own resulting in 167 registrations of which 156 girls got vaccinated.

At the Camp, Rotary Club of Indraprastha-Okhla was duly represented by Rtn President Harinder Arora, Rtn Secretary Rajni Bagla, District Chair Cervical



Cancer Rtn IPP Vandana Bhalla, Rtn PP Dr Amita Rani Gupta, Rtn Shashi Sharma and Rtn PP Sukh Mohinder Singh.

Rtn President Harinder Arora gave green plants as mementos to Ms Suminder Kaur, School Trustee and teachers who helped in organising and conducting the Vaccination Camp. In return the Trustee presented souvenirs to each Rotarian present.



PRESENTATION OF OXYGEN CONCENTRATOR TO SRIJAN SCHOOL



OXYGEN CONCENTRATOR

TO THE SRIJAN SCHOOL INFIRMARY
SATURDAY 4TH MAY 2024 . 10 AM



On the day that the Rotary Club of Indraprastha-Okhla carried out the Camp for Cervical Cancer Vaccination, the Club also gifted to the school an Oxygen Concentrator for use in their Infirmary.

MESSAGE POSTED ON THE SRIJAN SCHOOL WEBSITE

The Srijan School sincerely appreciates the cooperation of parents in making its first Cervical Cancer Vaccination Camp on 4th May 2024, a resounding success. 156 girls could be vaccinated and prevented from four types of cancer by collaborative effort of Rotary Club of Indraprastha-Okhla and Rotary Cancer Foundation with BLK Max Medical Team. We request all parents to stay motivated and cooperate for the second dose which will be administered to same girls after six months.

Warm Regards
Shraddha

DON BOSCO ROTARACT CLUB INSTALLATION HELD ON 10 MAY



Installation Ceremony

The Rotaract Club Don Bosco Institute of Technology - Sankalp

FRIDAY 10th May 24, 1 PM

Venue



Okhla Rd, near Escort Hospital,
Ghaffar Manzil Colony, Jamia Nagar,
Okhla, New Delhi. Delhi 110025

Sankalp - Rotaract Club of Don Bosco Institute of Technology under the guidance of Rotary Club of Indraprastha-Okhla had organized the Installation Ceremony of the Club, which was momentous and a grand affair in Don Bosco Institute Auditorium on 10th May 2024.

During this event the newly elected club office bearers took over as the leaders who will guide the club in the coming year. The ceremony carries profound significance for the emerging Rotaract club members, symbolizing the commencement of their journey into the realms of service and leadership.

Notably, the President and a large number of members from Rotary Club of Indraprastha-Okhla, the sponsoring Rotary Club along with District DRR and other representatives were present to grace the occasion.

Father Sajjan Chairman Don Bosco Institute of Technology, as the Guest of Honour, added a touch of prestige and wisdom to the event. His presence served as a source of





inspiration and guidance for the eager new leaders. It was a day brimming with promise, hope, and a shared dedication to making a positive impact in the



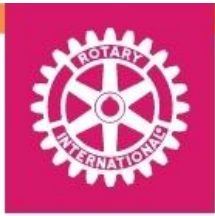
community the Rotaractors are set to serve. This installation ceremony flagged the Rotaract Club's journey towards creating lasting change and fostering goodwill.



The function was attended by:

- 73 enthusiastic Rotractors,
- Guest of Honour Father Dr Sajan M. George - Chairman DBIT,
- Guest of Honour Dr Vikas Rao Vadi- Director DBIT,
- Members of the Institute faculty,
- PHF Rotaractor Kriti Malhotra DRR, (District Rotaractor Representative),
- and good number of our club members.

It started with the welcome of the guests by the Master of Ceremony, Rtr Japleen. She informed the Chief Guest Rtn Dr Pushpa Sethi - Chair Rotary District Youth Service, was unable to come due to



This certifies that the Rotaract Club of

Don Bosco Institute of Technology (Sankalp)

having been duly organized and having agreed, through its officers and members, to be bound by the Constitution and Bylaws of Rotary International, which agreement is evidenced by the acceptance of this certificate, is now a duly admitted member of

ROTARY INTERNATIONAL

and is entitled to all the rights and privileges of such membership.

In witness whereof the signatures of its officers, being duly authorized, are subscribed hereto this **eighteenth day of April 2024**

Admission to membership in Rotary International recommended by



District Governor

President, Rotary International

some emergency, she conveyed her good wishes. This followed the National Anthem and recitation of Four-Way Test. The lighting of lamps amidst Saraswati Vandana was performed.

Thereafter the Rtr President was collared by the DRR. President Harinder Singh Arora handed over the Club Charter and Gavel to Rotaract President Ashish Tom.

Rtr Secretary Daksh Gulati collared the President amidst showering of flowers. Rtr President Ashish Tom introduced his Board of Directors. Rotary President Harinder Singh Arora did the pinning of all the Board Members. The DRR administered OATH to the Rotaractors

Rtr President felt humble and thanked the Institute, the Rotary Club of Indraprastha-Okhla and Rotaractors for electing him as President. He promised to work as a team for the benefit of the society in line with the Rotary Principles. Cultural program was performed with amazing Naatu-Naatu dance and a song to the audience's delight.

President Harinder Singh Arora congratulated Rotaractors and welcomed them to Rotary family. He advised to them to strictly follow the Rotary guidelines, plan and work towards the goals set by them. He assured Rotary Club of Indraprastha-Okhla is always there to support, help and guide.

Chairman Father Dr. Sajan M. George advised Rotaractors to follow the ***principles laid down in*** the Four-Way Test of Rotary. He said the start is good but ensure to act and maintain momentum-- a good practical advice.

Director Dr Vikas Rao Vadi started with the history of formation of Rotaract club, it started with the idea and intention in 2019, but the appropriate time was awaited-mainly the strength of students. He advised to live up to the chosen name SANKALP Rotaract Club and act with full determination to achieve the goals.

President Harinder Singh presented mementos to all dignitaries. Also present at the Ceremony were a large number of Don Bosco Institute of Technology students and members of the staff.

- Report by Director In-Charge Youth Services Rtn PP Narender Bhasin PHF





REGULAR CLUB MEETING HELD ON TUESDAY 14 MAY 2024

Rtn President Harinder Arora called the 404th Meeting of Rotary Club of Indraprastha-Okhla to order at 7:45 PM on Tuesday 10 May 2024.

Members sang the National Anthem which was followed by the reading out of the Four-Way Test by Rtn PP Sunil Bandula. The President welcomed the Guest Speaker, Dr Gilles Chuyen, a Spiritual Guru, and requested him to join them on the dais.



The President requested Rtn PP Dr Amita Rani Gupta to introduce the Guest Speaker, who would be speaking on the **Why and How of Meditation**. Dr Gilles Chuyen, from an early age, has been raising questions about GOD and the meaning of life. This led him to discover our Upanishads and virtually settle down in India for over 30 years. He started his spiritual atonement under Sri Sri Ravi Shankar and was later initiated on to the spiritual path by Gurudev in the Karmic Research Centre. He practices and conducts meditation to focus on chakra cleansing, aura balancing and surrender to Light.



Dr Gilles Chuyen took the floor and explained how he moved to Delhi in the 90s and has lived here since. A choreographer, teacher and master of many forms, he is also a practitioner of dance meditation. Born and raised in the South of France, Gillen was proficient in music and dance from a young age. Starting with folk dance, he moved on to train in modern jazz and ballet in his older years India was a site of special appeal—as a dancer, he was drawn to the dance forms and he had explored Bharatnatyam and Kuchipudi for two years while he still lived in France. After graduation, he applied for an overseas job in the cultural section of the French Embassy. He was posted in New Delhi and wasted no time in packing his bags. It was the mid-90s and he was 24. **For the Frenchman, India was love at first sight. He has lived here since, mastering Indian dance forms and spotlighting them on a global platform.**





What is Meditation and How do we do it? That was the question he was requested to speak on.

Meditation is a practice where an individual uses a technique – such as mindfulness, focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. It's often used to reduce stress, enhance concentration, and promote a sense of well-being. There are various types of meditation, including mindfulness meditation, transcendental meditation, loving-kindness meditation, and body scan or progressive relaxation, among others. These practices can vary in approach and technique but generally involve focused attention and relaxation.

Benefits of meditation.
Meditation can

give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress by focusing on something that calms you. Meditation can help you learn to stay centered and keep inner peace.

Meditation is something everyone can do, here's how. You can sit in a chair with your feet on the floor, you can sit loosely cross-legged on the floor or you can kneel—all are fine. Just make sure you are stable and in a position which you can stay in for a while. Follow the sensation of your breath as it goes in and as it goes out.

After this introduction to Meditation, Dr Gilles Chuyen, took a session of Meditation with the entire club participating. This was welcomed by the members who felt the sensations while Dr Chuyen conducted the meditation with his soft melodious voice.



The President requested Rtn Premila Bhagat to propose the Vote of Thanks to the Guest Speaker. A flower pot was presented to the Guest Speaker as a memento on behalf of the Club by Rtn PP Atul Dev.

The Secretary, Rtn Rajni Bagla conveyed Wedding Anniversary Greetings to Rtn Nidhi Prakash & Lord Varun Prakash (2 May) and Birthday Greetings to Rtn PP Prof AS Kohli (10 May) and R'Ann Sunila Singh (12 May).

Next Regular Meeting was announced for 28 May 2024. Sunshine collection for the evening was Rs 1600.

The President Adjourned the meeting at 9:45 PM.

REGULAR CLUB MEETING HELD ON TUESDAY 28 MAY 2024

Rtn President Harinder Arora called the 405th Meeting of Rotary Club of Indraprastha-Okhla to order at 7:40 PM on Tuesday 28 May 2024.



Members sang the National Anthem which was followed by the reading out of the Four-Way Test by Rtn PP Sunil Bandula. The President welcomed the Guest Speaker, Rtn PP Dr GL Moondra and requested him to join them on the dais.

The President requested Rtn Subodh Raheja to introduce the Guest Speaker, our very own, Rtn PP Dr GL Moondra, who would be speaking on the **My Cancer Anecdote**.



Dr. GL Mundra shared his personal experience of combating and overcoming the Cancer of the Colon which he unfortunately suffered in the recent past. Coming from the horse's mouth, his talk was straight from the heart and spellbound the audience. His



delivery was logically structured commencing with anecdote manifestation, the consequences, the musings, surprises and the revelations, lessons learnt and ending with his advice and suggestions on keeping our gastro system in healthy condition to minimize/prevent occurrence of **Colon Cancer**.

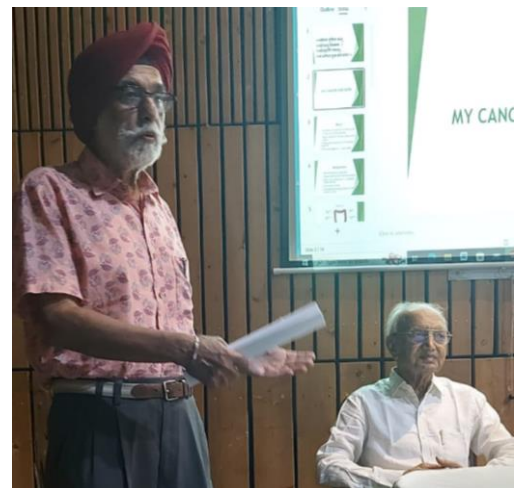


The talk was well received and appreciated by the audience, as evidenced by the questions that followed. We wish Rtn PP Dr Moondra good health and successful completion of the follow-on treatment.



The Vote of Thanks was proposed by Rtn Brig Davinder Singh.

Rtn PP AL Sahni presented a flower pot as



a memento to the Guest Speaker on behalf of the Club.

The Secretary, Rtn Rajni Bagla, announced the next regular meeting on Tuesday 11 Jun, Speaker will be conveyed shortly. The Club Thanksgiving will be held on 28 Jun. Details will be circulated shortly. Sunshine collection was Rs 1200, collected by R'Ann Dr Anita Singh.



The President adjourned the meeting at 9:30 PM.

After the meeting a cake was cut by R'Ann Sunila Singh for her birthday held on 12 May.

OUR CLUB PAUL HARRIS FELLOWS

Multiple Paul Harris Fellows (MPHF)

| | |
|---------------------------|---------|
| Rtn PP Dr GL Moondra | PHF + 8 |
| Rtn Nidhi Prakash | PHF + 8 |
| Rtn PP Ascharaj Lal Sahn | PHF + 1 |
| Rtn Gagandeep Singh Sapra | PHF + 1 |

Paul Harris Fellows (PHF)

Rtn President Harinder Singh Arora
Rtn PP Sunil Bandula
Rtn PP Cmde Parambir Singh Bawa VSM
Rtn IPP Vandana Bhalla
Rtn PP Atul Dev
Rtn PP Dr Amita Rani Gupta
Rtn PP Prof AS Kohli
Rtn PP Pradip Mitra
Rtn PP Harjit Singh
Rtn PP Sukh Mohinder Singh

Help us create lasting change

Solving some of the world's most complex and pressing problems takes real commitment and vision. Rotary members believe that we share a responsibility to take action to improve our communities. Join us, so that we can make an even bigger impact – together.

GET INVOLVED

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

In spite of the severe heat that we have experienced during the month our Club managed its two Regular Meetings as well as a Cervical Cancer Vaccination programme at The Srijan School, as well as the Installation of the newly Chartered Rotaract Club – SANKALP, at the Don Bosco Institute of Technology.

Our Club has virtually completed this Rotary Year with a fairly good bag of activities in camps and regular meetings. To the incoming team I will once again remind them – You are now on the threshold of your year! Are you ready?

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

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

Greetings in June

Birthdays

- 1 Jun – Rtn PP Sunil Bandula PHF
- 2 Jun – R'Ann Teeku Datta
- 5 Jun – Lord Khem Verma
- 10 Jun – Rtn PP Pradip Mitra PHF
- 18 Jun – Rtn PP Ascharaj Lal Sahni MPHf
- 25 Jun – Lord Anil Bagla
- 30 Jun – Rtn PE Rajni Bagla

Wedding Anniversaries

- 1 Jun – R'Ann Jasjit Kaur & Rtn PP Prof AS Kohli

Jun Programmes

- 11 Jun – Regular Meeting (Details later)
- 28 Jun – Club Thanksgiving (Details later)