

# ECHOES of UNITY

GOVERNOR'S MONTHLY NEWSLETTER

Volume No.06/ 2025-26, December 2025



**Disease  
Prevention  
and treatment**



# We are people of action

Our Global Network is more than 1.2 million neighbours, friends, and leaders volunteer their skills and resources to solve issues and address community needs.



**Francesco Arezzo**  
Rotary International President  
2025-26



**Rtn. Dr. Ravinder Gugnani**  
District Governor  
2025-26



# *RI President's message*

December 2025

## **Francesco Arezzo**

2025-26 RI president, and member of the Rotary Club of Ragusa, Italy. June 2025.

This month's special issue of Rotary magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences – some numbering in the thousands – in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McInally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?"

As we transition to a new year filled with new possibilities, let us Unite for Good – for healing, friendship, and access to happiness.

With warm regards,  
**Francesco Arezzo**

# *From the Desk of* **Rtn. Dr. Ravinder Gugnani**

District Governor 2025–26

Dear Fellow Rotarians,

As we approach the close of six months of our Rotary Year, December offers us a moment of reflection and gratitude. It is a time to celebrate the milestones we have achieved together, the friendships we have strengthened, and the service we have extended to our communities. Each project, each act of kindness, and each hour of volunteerism has contributed to the larger mission of Rotary—creating hope and making a difference.

December also holds special significance as Disease Prevention and Treatment Month in Rotary. Across our district, clubs have risen to the occasion with impactful initiatives—ranging from health awareness campaigns to medical service projects. A special highlight has been the blood donation drives organized by our clubs, which saw enthusiastic participation from members and families alike.

Equally inspiring has been the commendable work of our Interactors and Rotaractors, whose dedication and energy have amplified the reach and success of these initiatives. Their involvement is a shining example of how the younger generation is carrying forward the Rotary spirit. This season also reminds us of the importance of compassion and generosity. While many of us gather with family and friends, let us not forget those who face challenges and hardships. Our collective efforts—whether through health initiatives, literacy programs, or community outreach—bring light to those who need it most. I encourage every club to continue embracing the spirit of service above self, especially during this festive time.

Looking ahead, the new year will bring fresh opportunities to innovate, collaborate, and expand our impact. Let us carry forward the momentum we have built, ensuring that our district remains a beacon of leadership and service. Together, we can inspire change and leave a lasting legacy.

I extend my heartfelt appreciation to each of you for your dedication and commitment. May this holiday season bring joy, peace, and renewed energy to you and your families.

With gratitude and warm wishes,

**Rtn. Dr. Ravinder Gugnani**



# *From the Desk of* **Rtn. Monika Gugnani**

Creative Head

Dear Rotary Family,

As I pen this forward, my heart is filled with joy and gratitude for the vibrant journey we have shared over the past six months. Each page of our newsletter is not just a record of events, but a tapestry woven with your dedication, creativity, and fellowship.

December has been especially radiant—with inspiring sessions, festive celebrations, and spirited sportsmanship. From the wisdom imparted by B.K. Shivani and Bhai Chamanjeet Singh ji lal to the laughter and togetherness of our Christmas gatherings, and the cheerful energy of the Cricket Tournament under the sunny skies, every moment has reflected the true essence of Rotary: service blended with fellowship, and purpose enriched with joy.

From my perspective, I see this newsletter as more than a publication—it is a mirror of our collective spirit. Behind every project, every celebration, and every initiative are countless hands and hearts working together. I deeply appreciate the efforts of our Rotarians, Interactors, and Rotaractors, whose enthusiasm and commitment have brought life to these pages.

Allow me to extend a gentle blessing to each of you: may your homes be filled with warmth, your hearts with compassion, and your lives with the joy of giving. Rotary is a family, and like every family, it thrives when love, care, and creativity flow freely.

As we step into the new year, let us continue to nurture this spirit—serving with kindness, celebrating with fellowship, and creating memories that inspire generations to come.

With affection and blessings,  
**Monika Gugnani**



# *From the Desk of* **PDG Deepak Talwar**



District Learning Facilitator 2025-26

Dear Rotary Family,

As the winter turned severe and then more intense, the service zeal of Rotary clubs in our prime District 3011 increased to another level. Health checkup camps and blood donation drives by many clubs were a beneficent blessing to communities around us. Full checkup facilities helped attendees take preventive and curative measures, while the long lines of voluntary blood donors were a heartening spectacle—addressing the perennial shortage of blood for those in need within our district.

The district initiated a one of its kind Rotary Premier League, a cricket festival where 8 teams competed in great spirits. Each team was supported by eminent Rotarians who sponsored and encouraged participation. Among them, Rtn. PP Manoj Jain stood out for his generosity, donating the prize money from his winning team to Rotary charitable causes—an inspiring gesture of service through fellowship.

The morning fog and chill in the splendid green environs of cricket grounds near Gurgaon gradually lifted as colorfully dressed Rotarians—players and nonplayers alike—mingled joyfully, enjoying hot savory snacks, refreshing drinks, and a festive atmosphere reminiscent of a grand celebration.

Our generous District Governor organized a soulful bhajan keertan at his Rohtak farmhouse, where Rotarians and families listened mesmerized to the devotional music of Bhai Chamanjeet Singh ji, immersed in contemplative consciousness. Others enjoyed the sunshine, delicacies, and fellowship—captured in affectionate moments that will be relived again and again.

A special program organized by DG Ravi featured Brahma Kumari Sister B.K. Shivani, who imparted happiness and wellbeing insights to a packed audience in a central Delhi auditorium. Vibrations of calm and peace filled the hall as thoughts of love, care, empathy, and unity illuminated the minds of all present. With fellowship and hospitality, it became a rare, memorable, and spiritually uplifting evening in the annals of RI District 3011.

Kudos to our District Governor for thoughtfully handcrafting and curating district events of myriad kinds—creating lasting, fulfilling experiences, delight to the senses, and nourishment for the soul in his inimitable manner.

As 2025 draws to a close, we, the GML Team, wish you, our valued readers, and our DG Ravi—the leader with a determined yet graceful demeanour—and his supportive family a Merry Christmas and a Happy New Year.

**Deepak Talwar**

# *From the Desk of* **Rtn. Anupama Chopra**

District Chair 2025-26  
Chief Editorial Visionary



As we bring the curtain down on the year, it is with immense pride and joy that we reflect on the past six months of vibrant activity, fellowship, and service across our district. Together, we have created moments that will be cherished for years to come.

The highlight of December was the inspiring session with Sister B.K. Shivani, whose words of wisdom reminded us of the power of inner peace and collective harmony. Her presence left us enriched and motivated to carry forward Rotary's values with renewed spirit.

Our District Governor enriched the season further with a soulful Gurbani Kirtan, where Rotarians and their families immersed themselves in the devotional music of Bhai Chamanjeet Singh Ji Lal. December also sparkled with festive cheer as our clubs came together for Christmas celebrations. The warmth of fellowship and the joy of giving truly embodied the essence of the season.

Adding to the excitement, our Cricket Tournament was a resounding success. Families of Rotarians soaked in the sunny weather, cheering enthusiastically from the sidelines. The event was not just about sport—it was about camaraderie, teamwork, and the joy of being together.

Over the last six months, we have witnessed remarkable service projects, impactful community initiatives, and countless moments of fellowship. Each effort has strengthened the bonds within our Rotary family and amplified our collective impact in society.

The GML Team wishes to acknowledge and praise each one of you for the enthusiasm, creativity, and commitment you bring to every initiative. It is your energy and spirit that make our newsletter a reflection of true fellowship and service. Without your participation, none of these successes would shine as brightly.

As we step into the new year, let us carry forward this momentum, embracing both service and fellowship with equal passion. Rotary is not just about what we do—it is about who we are together.

With gratitude and best wishes,

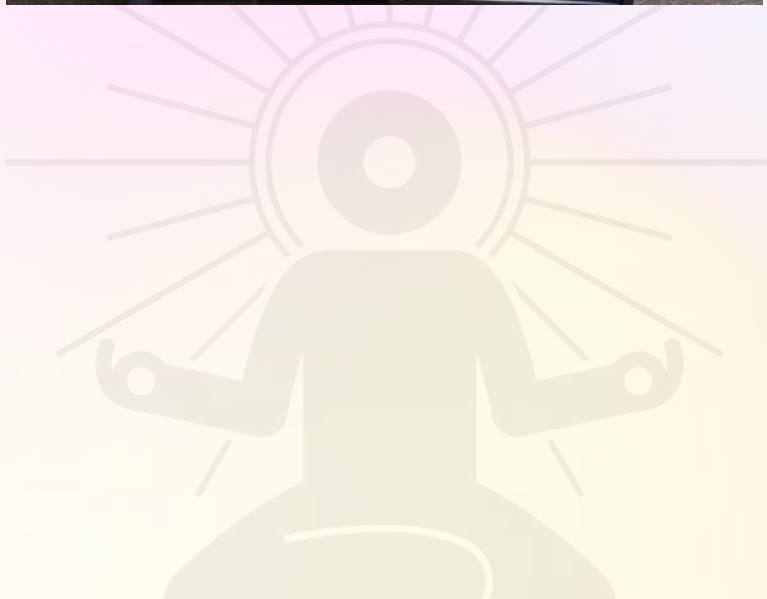
**Anupama Chopra**

# Self-Awakening Session with Sister B.K. Shivani

## Awakening the Inner Self on 7 th December 25



Rotary International District 3011 was privileged to host a transformative Self-Awakening Session with Sister B.K. Shivani on December 7, 2025, at the prestigious Siri Fort Auditorium, New Delhi. The event drew a packed audience of Rotarians, partners, and families, all eager to experience her wisdom and radiant presence.





## Radiance Par Excellence

Sister Shivani, known across the world for her serene aura and ability to touch hearts with simplicity and depth, brought her trademark radiance to the stage. Her calm demeanor and gentle words created an atmosphere of peace and reflection, reminding everyone that true happiness and strength come from awakening the inner self.



She spoke about cultivating inner harmony, compassion, and empathy in daily life, emphasizing that self-awareness is the foundation of meaningful relationships and purposeful living. Her discourse illuminated practical truths—how to manage stress, nurture gratitude, and embrace positivity. Vibrations of calm and peace filled the auditorium as thoughts of love, care, and unity simultaneously lit up in the minds of the audience.

# District Events

The session was not just a lecture but a collective experience of awakening. The atmosphere was as one of rare alignment, where hearts and minds resonated with Rotary's values of fellowship and service. The pin-drop silence during her talk reflected the deep impact her words had on every individual present.



## Fellowship Enriched with Inspiration

The evening was complemented by warm hospitality, with Rotarians and families sharing fellowship over refreshments and conversations. Many reflected on how Sister Shivani's teachings could be applied to their personal lives and community service, reinforcing the Rotary spirit of "Service Above Self."



## A Memorable Milestone for District 3011

The Self-Awakening Session at Siri Fort Auditorium will be remembered as one of the most impactful events of the Rotary year. It was a rare blend of spirituality, fellowship, and inspiration. An evening that uplifted spirits, strengthened bonds, and reminded us all that awakening the inner self is the first step toward creating hope and making a difference.

## Rotary Premier League 2025 - Fellowship, Sportsmanship, and Service in Action 21st December 2025 Wisteria Sports Club, Gurgaon

Rotary International District 3011 successfully hosted the Rotary Premier League (RPL) on 21 December 2025 at the Wisteria Sports Club, Gurgaon. Under the leadership of DG Dr. Ravinder Gugnani and First Lady Rtn. Monika Gugnani, the event brought together Rotarians, partners, and families for a day filled with spirited competition, meaningful fellowship, and a vibrant celebration of Rotary’s values.



The Rotary Premier League was a resounding success, seamlessly blending the excitement of cricket with Rotary’s mission of service and camaraderie. Eight teams—Advitya Royals, Deep Blue Tigers, Studds Panthers, Precision Strikers, Supreme Trident Thunder, Catalyst Chargers, Sarvodya Rangers, and PPSteel Power Hitters—competed with remarkable enthusiasm. Each match was characterized by fair play, vibrant energy, and strong community spirit, reinforcing the league’s theme of “A Celebration of Fellowship, Sportsmanship, and Service.”



PPSteel Power Hitters owned by Rtn. Naveen Pasricha

# District Events



The event was made possible through the generous support of sponsors and partners, including Studds, Sarvodaya Healthcare, 3rdvitya Group, Precision Stamping, Catalysts, Deep Blue Express, Supreme Trident, Scholars Rosary, Color Mate Hair Color, Krish2, Super Screws, and AGL. Their contributions ensured the smooth execution of the tournament and highlighted the importance of collaboration between Rotary and the corporate community.



Catalyst Chargers owned by Rtn. Jitender Nanda



Supreme Trident Thunder owned by Rtn. Virender Mehta

# District Events

A notable highlight of the day was the philanthropic gesture by Rtn. Manoj Jain, owner of the Deep Blue Tigers. He magnified the impact of his team's victory by contributing additional funds to The Bicycle Project. Pink bicycles were later distributed at the District Conference to meritorious girls from government schools, empowering them with improved mobility, dignity, and access to education. This act exemplified Rotary's spirit of service and demonstrated how sports can be a catalyst for impactful community initiatives.



Precision Strikers owned by AKS Mohan Gupta



Advitya Royals owned by AKS Mukesh Agarwal



Sarvodya Rangers owned by AKS Dr. Rakesh Gupta





Deep Blue Tigers owned by Rtn. Manoj Kumar Jain

Beyond cricket, the Rotary Premier League was designed as a full-day celebration for families and members. Attendees enjoyed a wide variety of food and refreshments, creating a festive flavor throughout the day.



Studds Panthers owned by Rtn. Madhu Khurana



To further enhance the experience, a dedicated wellness team offered relaxation and rejuvenation for players and guests alike. These thoughtful inclusions transformed the event into a true fiesta, blending wellness, fellowship, and fun.





The Rotary Premier League 2025 will be remembered not only as a landmark sporting event but also as a celebration of unity, generosity, and the enduring spirit of Rotary. The sunny weather, lively atmosphere, enthusiastic participation of members and their families, and the unique blend of sports, service, and festivity made it a truly memorable occasion.



# Gurbani Kirtan - by Bhai Chamanjeet Singh Ji Lal

A Soulful Evening at Gugnani Farms on December 25th 2025

Rotary International District 3011 experienced a truly uplifting evening when District Governor Dr. Ravinder Gugnani hosted a special Gurbani Kirtan at his sprawling farmhouse in Rohtak. The serene setting, combined with the devotional music of Bhai Chamanjeet Singh Ji Lal, created an atmosphere of peace, reflection, and spiritual awakening for all present.



## Immersed in Devotion

Rotarians, partners, and families gathered in large numbers, filling the hall with anticipation and reverence. As Bhai Chamanjeet Singh Ji Lal began his soulful rendition of Gurbani, the audience was mesmerized. The powerful hymns resonated deeply, transporting listeners into a contemplative state of consciousness.



Rotary  
District 3011  
UNITE for GOOD

**Gurbani Kirtan**  
by  
**Bhai**  
**Chamanjeet**  
**Singh Ji Lal**

Kirtan 12:30 pm to 2:30 pm  
followed by Lunch

Dr. Ravinder Gugnani & Monika Gugnani  
District Governor 25-26



## Fellowship in Harmony

While many immersed themselves in the devotional music indoors, others enjoyed the open grounds, where fellowship thrived amidst the winter sunshine. Guests shared warm conversations, savored traditional delicacies, and captured affectionate moments together. The blend of spirituality and fellowship made the evening both enriching and memorable.

## Hospitality and Togetherness

True to his reputation, Dr. Gugnani ensured that every guest felt welcomed and cared for. His thoughtful hospitality, combined with the soulful kirtan, created an event that touched hearts and strengthened bonds within the Rotary family.





## A Celebration of Unity and Compassion

The Gurbani Kirtan was not just a musical performance—it was a celebration of unity, compassion, and the Rotary spirit of caring for one another. The vibrations of calm and peace filled the venue, reminding everyone of the importance of love, empathy, and togetherness in daily life.





## A Memorable Occasion

This evening at Gugnani Farms will be remembered as a highlight of the Rotary year—an event that nourished the soul, delighted the senses, and brought the district closer as one family.

# Christmas Celebration at Gugnani Farms

Rohtak 25 th December 2025



## Festive Atmosphere and Fellowship

From the moment guests arrived, they were immersed in the spirit of Christmas. The farmhouse was adorned with twinkling lights, festive motifs, and a sparkling Christmas tree. Santa Claus delighted one and all, while carols and music filled the air. Rotarians exchanged greetings, shared laughter, and cheered for one another, embodying the true essence of fellowship.

The Rotary family of District 3011 ushered in the festive season with a grand Christmas celebration at the picturesque farmhouse of District Governor Dr. Ravinder Gugnani in Rohtak. Known for his gracious hospitality, Dr. Gugnani and his family welcomed Rotarians, partners, and children into a beautifully decorated setting that radiated warmth, joy, and togetherness.



## Hospitality and Celebration

True to his reputation, Dr. Gugnani ensured every detail reflected care and generosity. A lavish spread of delicacies and seasonal treats was laid out, offering something for everyone—from traditional festive fare to local favourites. The aroma of hot snacks and beverages mingled with the crisp winter air, creating a cozy and cheerful environment where fellowship thrived.



## Memorable Moments

The families enjoyed music, dance, and games and activities. Cameras captured countless affectionate moments—friends embracing, families smiling, and groups gathered in fellowship—that will be remembered fondly for years to come..





## Rotary Spirit in Action

The celebration was more than a seasonal gathering; it was a reflection of Rotary's values. The joy of giving, the warmth of fellowship, and the unity of purpose were evident throughout the evening. It was a day where service met festivity, and where the bonds of friendship grew stronger under the glow of Christmas lights.



## A Lasting Impression

The Christmas celebration at Dr. Gugnani's farmhouse will be remembered as a day when the district came together as one family, immersed in joy, fellowship, and gratitude.

Dr. Gugnani created an atmosphere that perfectly embodied the spirit of the season and the essence of Rotary.



# National & International News

DG Dr. Ravinder Gugnani takes over as the President of the Cancer Foundation of Rotary Districts 3011 and 3012—a joint initiative dedicated to cancer awareness, early detection, and patient support.

DG Rtn. Amita Mahindru (District 3012), as Executive Vice President, and Rtn. Ajay Narain as Secretary General.

Following the tradition, the President and EVP roles alternate annually between the two districts, reflecting unity and shared commitment.

Together, both the Districts strive to make a meaningful impact in the fight against cancer through compassion, collaboration, and collective action.





# First Lady & Partners: Driving Impact together





# First Lady & Partners: Driving Impact together

Rotary  
District 3011  
UNITE for GOOD  
ECHOES of UNITY



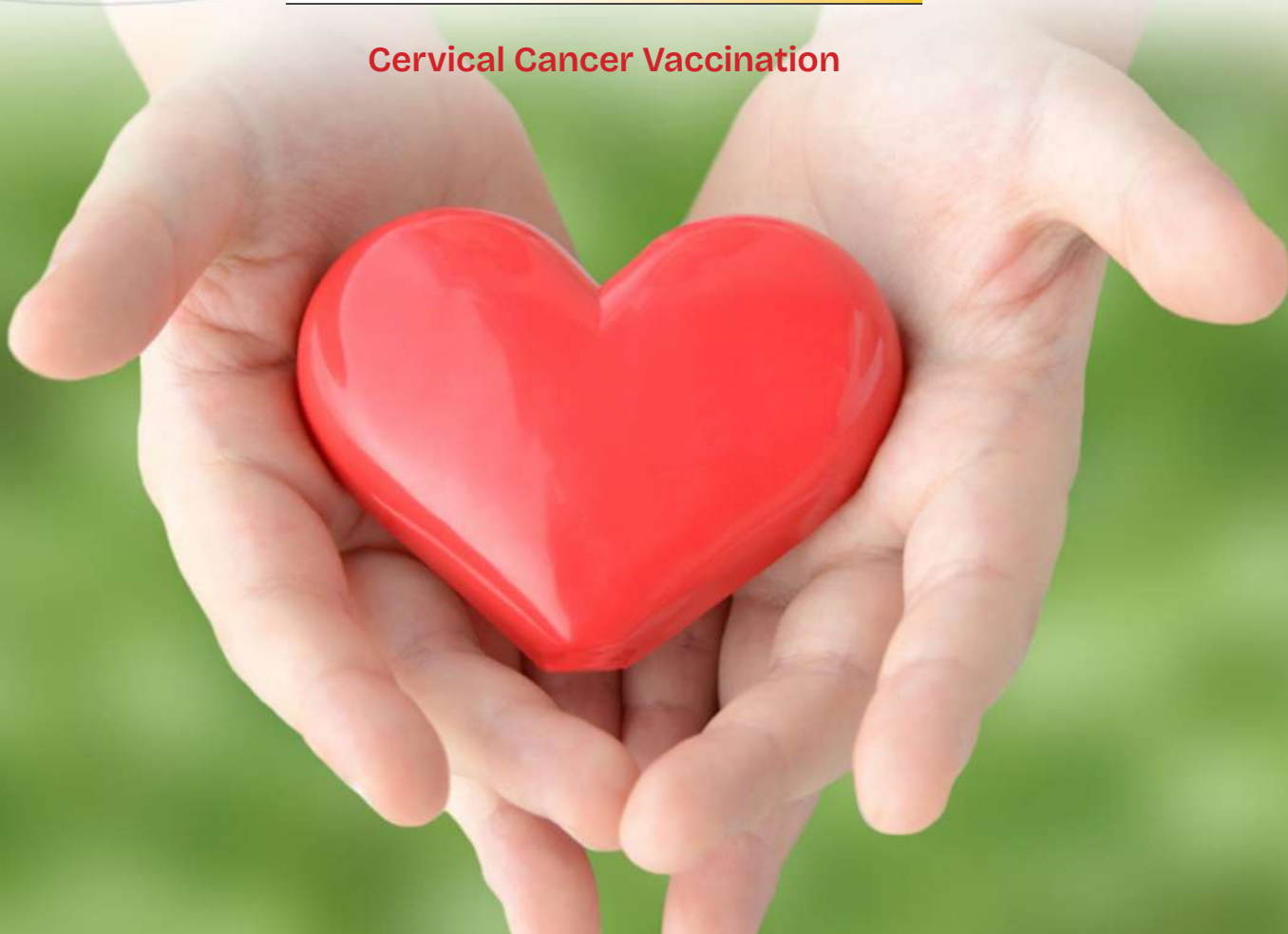
# Special *Updates*

Blood Donations

Rotary Membership Growth Analysis

Zero Plastic

Cervical Cancer Vaccination





# Blood *Donation*

The idea that donating blood helps you “live longer” isn’t magic—but there is real science behind why regular blood donation can support better health when done safely. It benefits both the recipient and, in several ways, the donor too.

## 1. Supports Heart Health

Regular blood donation may help reduce excess iron levels in the body. High iron stores have been linked to increased oxidative stress, which can contribute to heart disease. By donating blood, you may lower this risk and support better cardiovascular function, reducing the chances of conditions like Heart disease.

## 2. Encourages Healthy Blood Renewal

When you donate blood, your body quickly starts replacing the lost blood. This process stimulates the production of new red blood cells, keeping your circulatory system active and balanced. It’s like a natural “reset” that promotes efficient blood cell production.

## 3. Free Mini Health Check

Before every donation, basic health parameters are checked—such as hemoglobin levels, pulse, blood pressure, and screening for infections. This can help detect early signs of issues like Hypertension or anemia, sometimes before symptoms appear.

## 4. May Reduce Risk of Certain Diseases

Some studies suggest that maintaining balanced iron levels through donation could reduce the risk of certain chronic conditions, including Cancer, although this link is still being researched and not definitive.

## 5. Reduce Risk of Certain Diseases

Helping save lives creates a strong sense of purpose and satisfaction. This positive mental state can reduce stress and improve overall well-being, which indirectly contributes to a longer, healthier life.

## 6. Promotes a Healthy Lifestyle

Regular donors often become more health-conscious—they maintain good nutrition, stay hydrated, and monitor their health so they remain eligible to donate.



# Blood donations

# Blood Donation

## Important Reality Check (1 July to 31 December 2025)

Blood donation does not guarantee a longer life, but it contributes to:  
**Better heart health**

- **Balanced iron levels**
- **Early detection of health issues**
- **Improved mental well-being**

These factors together can support a healthier and potentially longer life. While you may gain health benefits, the most powerful outcome is that your donation can save up to 3 lives. That's a direct, meaningful impact few actions can match. In simple terms: donating blood keeps your body active, your health in check, and your purpose strong—and that combination is closely linked to living well and longer.

## Blood Donation Updates (1 July to 31 December 2025)

As many as 400 camps organized and 22790 units collection.

1. RBC Faridabad: 165 camps, 9163 units
2. RBC Delhi: 149 camps, 6881 units
3. RBC Gurugram: 78 camps, 5447 units
4. RC Rewari Main: 8 camps, 1299 units (2 camps with RBC Gurugram: 273 units)

## Top 5 clubs in the district:

1. **RCF Excellence: 33 camps, 2034 units**
2. **RC Rewari Main: 8 camps, 1299 units**
3. **RCF East: 16 camps, 1191 units**
4. **RC Faridabad: 12 camps, 788 units**
5. **RCF Aravali: 26 camps, 1182 units**
5. **RCF Main: 20 camps, 977 units**

The District Blood Donation Team is committed to the mission of “No one shall die/suffer of want of blood” to fulfill the Theme ‘Unite for Good”.

**H.L.Bhutani**  
**District Director Blood Donation**  
**2025-26**

# Zero Plastic

## 100% Plastic Recycling: Building a Circular Future with Rotary District 3011

In an era where plastic pollution has become one of the most pressing environmental challenges, achieving 100% plastic recycling may seem like an ambitious dream. Yet, for Rotary District 3011, this vision is not only achievable—it is already taking shape as a collective mission driven by purpose, partnership, and persistence.

This initiative is not merely about waste management; it is about transforming mindsets, systems, and communities to build a truly circular plastic economy—one where no plastic is wasted, and every piece is recovered, reused, or recycled.

Phasing out non-recyclable plastics and promoting the use of recycled content are vital steps toward creating a viable recycling economy.

No system can function without the backbone of strong infrastructure. Rotary District 3011 is actively supporting the development of decentralized Material Recovery Facilities (MRFs) and structured collection systems across communities.

From residential welfare associations and schools to markets, hotels, and event venues, a network of “Plastic Warriors” is being mobilized to ensure efficient segregation and collection. Covered bins, scheduled pickups, and designated drop-off points are reducing the chances of plastic leakage into the environment.

A defining strength of India’s recycling ecosystem lies in its informal waste workers. Recognizing their invaluable contribution, the initiative emphasizes their inclusion through training, safety measures, and formal recognition—turning an informal workforce into empowered environmental stewards.

### Driving Change: The Role of Citizens

At the heart of this transformation lies citizen participation.

Rotary District 3011 is fostering awareness through school programs, community outreach, and engagement campaigns that encourage households to segregate waste, reduce plastic usage, and adopt sustainable alternatives.

When citizens consciously choose recyclable products, support eco-friendly brands, and participate in clean-up initiatives, they become active contributors to a larger environmental movement. Behavioural change, though gradual, is the most powerful driver of long-term impact.

### A Collective Journey Towards Sustainability

The path to 100% plastic recycling is not without challenges—but it is achievable through collaboration and commitment. By aligning policy, infrastructure, and citizen action, Rotary District 3011 is demonstrating how communities can come together to address one of the world’s most urgent environmental issues.

This initiative is more than a project; it is a movement—one that invites institutions, industries, and individuals to be part of a shared vision for a cleaner and more sustainable future.

As Rotary continues to lead from the front, the message is clear: sustainability is not the responsibility of a few, but the duty of all. Together, we can close the loop on plastic waste and create a legacy of environmental stewardship for generations to come.

**Rotary District 3011’s journey toward 100% plastic recycling is a testament to what is possible when vision meets action—and when communities unite for a common cause.**

# Zero Plastic

Club wise Plastic Collection in Dec (Kgs)		
1	Rotary Club of Delhi Central	393
2	Rotary Club of Fardibad one	330
3	Rotary Club of Faridabad City	314
4	Rotary Club of Delhi Janak	221
5	Rotary Club of Faridabad haritage	136
6	Rotary Club of Gurgaon Cosmopolitan	84
7	Rotary Club of Delhi Compassion	76
8	Rotary Club of Delhi Manthan	43
9	Rotary Club of Delhi Safdarjung	37
10	Rotary Club of Gurgaon	37
11	Rotary Club of Delhi Lutyens	31
12	Rotary Club of Delhi Govinda	26
13	Rotary Club of Delhi Southend	26
14	Rotary Club of E-Club of Progressive	24
15	Rotary Club of E-Club of Progressive	16
16	Rotary Club of Faridabad Sanskriti	16
17	Rotary Club of New Gurgaon	16
18	Rotary Club of Faridabad Midtown	16
19	Rotary Club of Delhi Resources	15
20	Rotaract Club of Delhi South east	12
21	Rotary Club of Delhi Regency Next	12
22	Rotary Club of Faridabad Sanskar	11
23	Rotary Club of Delhi Inspire	11
24	Rotary Club of Delhi South Metropolita	9
25	Rotary Club of Faridabad Sapphires	9
26	Rotary Club of Delhi Heritage	8
27	Rotary Club of Delhi Mankind	8
28	Rotary Club of Faridabad Arth	7
29	Rotary Club of Faridabad Central Youth	7
30	Rotary Club of Delhi West Metro	5
<b>Total</b>		<b>1956</b>

# Rotary Membership Growth Analysis

December 2025

Membership growth is the lifeblood of Rotary and a key factor in sustaining our service, leadership, and impact. A growing membership strengthens our ability to serve communities more effectively by bringing in fresh ideas, diverse skills, and renewed enthusiasm. New members enrich our clubs with varied professional backgrounds and perspectives, helping Rotary remain relevant and responsive to changing community needs. Membership growth also enhances fellowship, prevents stagnation, and ensures strong leadership succession for the future. With increased strength in numbers, Rotary gains greater visibility, financial stability, and the capacity to undertake larger and more sustainable service projects. Most importantly, growing our membership safeguards Rotary's values, secures the involvement of future generations, and empowers us to continue living our mission of Service Above Self while building a lasting legacy of goodwill and positive change.

Happy to share that 8 New Clubs have been formed in our District 3011 with membership around 5600 members and still growing...



# District 3011 Extends Its Mission Far & Wide

## Marches towards A Cancer-Free-India Cervical Cancer Vaccinations

### Collaboration of RID 3011 & RID 3000

Vaccinating young girls and boys against cervical cancer is one of the most effective steps we can take to prevent a serious but largely avoidable disease. The key reason lies in a very common virus called the Human papillomavirus (HPV), which is responsible for nearly all cases of Cervical cancer.

#### 1. Preventing Cervical Cancer at Its Root

HPV is extremely common and spreads through skin-to-skin contact. Certain high-risk strains of HPV can lead to cervical cancer later in life.

The HPV vaccine protects against these high-risk strains, stopping the disease before it even begins. When given at a young age (typically 9–14 years), the immune response is stronger, offering long-lasting protection.

Cervical cancer affects women and can be life-threatening if not detected early. In countries like India, it remains one of the leading causes of cancer-related deaths among women.

#### 2. Vaccinating girls:

- Dramatically reduces their lifetime risk of cervical cancer
- Protects against precancerous lesions
- Reduces the need for invasive treatments later in life

#### 4. A Step Toward Eliminating Cervical Cancer

Countries with high vaccination rates are already seeing a sharp decline in HPV infections and cervical cancer cases. With widespread vaccination, cervical cancer could become a rare disease in the future.

##### In Simple Terms

- Vaccinating young girls and boys:
- Prevents cancer before it starts
- Protects both individuals and communities
- Saves lives in the long run

This is not just a health decision—it's an investment in a safer, healthier future for the next generation.

#### 3. Boys Should Also Be Vaccinated

HPV doesn't only affect girls. Boys can carry and transmit the virus without symptoms, unknowingly spreading it.

##### Vaccinating boys:

- Helps break the chain of transmission
- Protects them from other HPV-related cancers (such as throat, anal, and penile cancers)
- Contributes to herd immunity, protecting the entire population

The HPV vaccine has been widely studied and is recommended by global health authorities like the World Health Organization.

##### It has:

- A strong safety record
- High effectiveness in preventing HPV infections
- Long-term protection

# District 3011 Extends Its Mission Far & Wide

## Marches towards A Cancer-Free-India

### Cervical Cancer Vaccinations

Under the visionary leadership and guidance of our District Governor, Dr. Ravi Gugnani ji, we are pleased to share that Rotary District 3011 and Rotary District 3000 (Tamil Nadu) joined hands to successfully vaccinate 1,074 children across Dindigul, Theni, and surrounding remote villages of Tamil Nadu on 10th and 11th December 2025.

The programme reached children in schools and colleges located in remote and underserved areas, ensuring access to preventive healthcare where it is most needed.

- 1)Dindigul GH -175 Doses,
- 2)Medical college -194 Doses,
- 3)Nursing College - 137 Doses,
- 4)Gurumukhi school -149 Doses,
- 5)Dharshini Hospital - 102 Doses.
- 6)Paravathy's Arts & Science College - 79 Doses,
- 7)Prasiddhi Vidyodaya School - 76 Doses,
- 8)NPR College, Natham - 148 Doses
- 9)SBG School, Dindigul - 14 Doses.

**Total Doses - 1074**



# District 3011 Extends Its Mission Far & Wide

## Marches towards A Cancer-Free-India

Cervical Cancer Vaccinations



We express our sincere gratitude to our generous donors, Macawber Beekay and Serum Institute of India – Schott Poonawalla, whose support made this impactful initiative possible.

This camp primarily covered the second dose of vaccination and was executed smoothly, marking it as a significant success.

**Vandana Bhalla**  
Dist Director.  
Cancer Initiatives.



# 7

## Focus Areas of Rotary

- Peace Corners in each class: with daily reflection cards
- Peace Pole Project: Students write peace messages, install poles in school/community
- Gandhi Peace Circle: Reading, skits, and discussions on non-violence

Peace & Conflict Prevention / Resolution  
UN SDG 16 - Peace, Justice & Strong Institutions

# 1

- Health Awareness Camps: Menstrual hygiene, De-addiction, First-aid
- Nutrition Week: Home-cooked nutritious meals, posters on balanced diets
- Mental Wellness Corners: "Don't Bottle Up" boxes & well-being circles

Disease Prevention & Treatment  
UN SDG 3 - Good Health & Well-being

# 2

- My Wash Day: Weekly WASH cleanliness drives by Interact Clubs
- Toilet Maintenance Buddy System: Students adopt and maintain restrooms
- Rainwater Harvesting Mini-Model: Demonstration projects in schools

Water, Sanitation, and Hygiene (WASH)  
UN SDG 6 - Clean Water & Sanitation

# 3

- Care for Caregivers Talks: Invite mothers/nurses to share stories
- Toy Banks for Anganwadis: Donation drives by students
- Girl Child Education Pledge Days: Awareness + Fundraising Campaigns

Maternal & Child Health  
UN SDG 3, 5  
Health & Gender Equality

# 4

- MyBooksNook: Encourage home libraries
- Writing for a Cause: Letterwriting, essay, or blog campaigns
- Adopt-a-Library: Support underprivileged schools nearby

Basic Education & Literacy  
UN SDG 4  
Quality Education

# 5

- Skill Saturdays: Basic skills: sewing, coding, gardening
- Mini Social Enterprise Fair : Students sell eco-crafts, donate profits
- Eco-Brick Making Drives: Upcycling waste into usable materials

Economic & Community Development  
UN SDG 8, 10  
Decent Work & Reduced Inequality

# 6

- Pollinator Patch Project: Butterfly & bee gardens
- Tree for Every Birthday Campaign
- Solar Lantern Fundraisers for remote schools

Supporting the Environment  
UN SDG 13, 14, 15  
Climate Action, Life Below Water, Life on Land

# 7

# ROTARY MONTHLY THEME CALENDAR

July

2025

## Maternal & Child Health

1 July – Beginning of the Rotary year

August

2025

## Membership & New Club Development

15 August – Interact Club Excellence Award nominations are due

September

2025

## Basic Education & Literacy

October

2025

## Community Economic Development

Rotary Alumni Reconnect Week is celebrated Monday through Sunday during the week of 7 October  
24 October – World Polio Day

November

2025

## Rotary Foundation

5 Nov – World Interact Day  
World Interact Week is celebrated Monday through Sunday during the week of November 5, Interact's anniversary

December

2026

## Disease Prevention and Treatment

15 December – Last day for early registration discount for the Rotary International Convention

January

2026

## Vocational Service

11–15 January – International Assembly, Orlando, Florida, USA

February

2026

## Peacebuilding & Conflict Prevention

23 February – Rotary's anniversary

March

2026

## Water Sanitation, & Hygiene

World Interact Week is celebrated Monday through Sunday during the week of 13 March, Rotary's anniversary  
31 March – Preregistration discounts for the Rotary International Convention

April

2026

## Environmental

30 April – Rotary International Convention registrations and ticket cancellations are due

May

2026

## Youth Service

30 April – Rotary International Convention registrations and ticket cancellations are due

June

2026

## Youth Service

13–17 June – Rotary International Convention, Taipei, Taiwan  
30 June – Club Excellence Award nominations are due



# ROTARY IN ACTION

▶ PEACE & CONFLICT PREVENTION

▶ DISEASE PREVENTION & TREATMENT

▶ ECONOMIC & COMMUNITY DEVELOPMENT

▶ MATERNAL & CHILD HEALTH

▶ BASIC EDUCATION & LITERACY

▶ PUBLIC IMAGE

▶ SUPPORTING THE ENVIRONMENT





## Zone 36



**AG**  
Dr. Joginder Pal Arora



**PRESIDENT**  
Navya Gugnani



**NAME OF THE CLUB:**  
E-club of E.A.R.T.H



**PROJECT NAME:**  
Paws for Shelter

In a heartfelt initiative to improve the lives of street dogs, the club distributed 27 dog houses to club presidents, who took the lead in installing them across their respective neighbourhoods. Built as sturdy, long-lasting structures, these shelters were designed to provide reliable protection, offering a far more reliable alternative to the makeshift, temporary arrangements that street dogs so often have to depend on. Beyond the physical shelter, the initiative reflected a deeper message of empathy and responsibility toward the voiceless animals that share our streets, while also encouraging community ownership and more compassionate neighbourhood engagement.



## Zone 22



**AG**  
Rtn I.P Singh



**PRESIDENT**  
Rtn Rashmi Bhutani



**NAME OF THE CLUB:**  
Rotary Club Of Faridabad Arth



**PROJECT NAME:**  
Gau Poshan Seva – Gopal Gaushala.

During our Gau Poshan Seva at Gopal Gaushala, our members came together to serve and care for the cows by providing nutritious feed and essential support. This initiative reflected our commitment to compassion, sustainability, and respect for all living beings.

Each act of service was offered with devotion and gratitude, reinforcing the value of selfless giving. The peaceful surroundings and the gentle presence of the cows reminded us that caring for animals is an integral part of nurturing a balanced and humane community. Through such efforts, we continue to serve with compassion one act of seva at a time.





## Zone 31



**AG**  
Rtn. Devender Yadav



**PRESIDENT**  
Rtn. Jeevit Vashishtha



**NAME OF THE CLUB:**  
Rotary Club Of Gurgaon Premier



**PROJECT NAME:**  
Kundiya Haven

As the parent club of Interact Club – DAV School, Sector 49, we participated in the auspicious 100 Kundiya Havan in Gurugram. Attended by Rtn. Sanjeev Budhiraja Ji, Rtn. Neha A. Bansal, and Rtn. Nitin Rustogi Ji.





## Zone 3



**AG**

Rtn Richa Sabharwal



**PRESIDENT**

Rtn Sunita Goel



**NAME OF THE CLUB:**

Rotary Club Of Delhi Khubsurat



**PROJECT NAME:**

Blood /donation Camp

RCD Khubsurat successfully organised a Blood Donation Camp at Mankind Research Center, Manesar. Its our third camp till now and reflects our commitment to saving lives and serving humanity.





# Disease Prevention & Treatment

## Zone 5



**AG**  
Rtn. Archana Doval



**PRESIDENT**  
Rtn. Arun Rekha Gogia



**NAME OF THE CLUB:**  
Rotary Club of Delhi West



**PROJECT NAME:**  
Cervical Cancer Vaccination Camp



Rotary Club of Delhi West , Rotary Club of Delhi South, Rotary Club of Delhi Regency Next, Rotaract Club Of Delhi Heights and Rotary Club of Delhi South East organised a Cervical Cancer Vaccination Camp at Delhi International School in Dwarka for 160 Girl Students fortifying their protection.

Macawber Beekay and Rotary Club of Delhi South East sponsored the Vaccinations.

## Zone 5



**AG**  
Rtn. Archana Doval



**PRESIDENT**  
Rtn. Arun Rekha Gogia



**NAME OF THE CLUB:**  
Rotary Club of Delhi West



**PROJECT NAME:**  
Mega Eye Camp



Rotary Club of Delhi West along with RCD Sainik Farms organised a Mega Eye Camp with free Cataract Surgeries and a Health Camp at the Gurudwara in Saket.



## Zone 5



**AG**  
Rtn. Archana Doval



**PRESIDENT**  
Rtn. Arun Rekha Gogia



**NAME OF THE CLUB:**  
Rotary Club of Delhi West



**PROJECT NAME:**  
Mega Health Camp

Rotary Club of Delhi West and Sarvarth foundation in association with Tata Power organised a Mobile Health Camp with free blood tests in Sultanpuri. More than 150 residents availed of the facilities.



## Zone 9



**AG**  
Rtn. Padmini Parameswaran



**PRESIDENT**  
Rtn. Resham Dhawan



**NAME OF THE CLUB:**  
Rotary Club of Delhi Chanakyapuri



**PROJECT NAME:**  
HOPE Ek A.S.H.A. – Old Age Home Support Initiative

Rotary Club of Delhi Chanakyapuri successfully completed the project, HOPE Ek A.S.H.A. at the local old age home. They donated an air purifier and an oxygen concentrator to enhance respiratory care and overall wellbeing for the elderly residents. The equipment will provide tangible health benefits and greater comfort. Sincere thanks to all club members whose support and participation made this possible.





## Zone 9



**AG**  
Rtn. Padmini Parameswaran



**PRESIDENT**  
Rtn. Aditya Rungta



**NAME OF THE CLUB:**  
Rotary Club of Delhi Divine



**PROJECT NAME:**  
Mega Health Camp

Rotary Club of Delhi Divine organised a Mega Health Camp, including Eye Examinations and Mammography at Nanaksar Gurudwara in GK-2, New Delhi. Approximately 300 people benefited from free screenings, consultations, basic treatments and health education sessions delivered by volunteer medical teams, improving access to essential healthcare services.



## Zone 13



**AG**  
Rtn. Raju Agarwal



**PRESIDENT**  
Rtn. Krishan Kumar Gupta



**NAME OF THE CLUB:**  
RCD West Metro



**PROJECT NAME:**  
Mega Health Check Up Camp

The Club successfully conducted a blood donation camp at Satsang Bhawan, Mansarovar Garden, Delhi. The Club achieved 100+ donor registrations in this camp.





## Zone 13



**AG**  
Rtn. Raju Agarwal



**PRESIDENT**  
Rtn. Krishan Kumar Gupta



**NAME OF THE CLUB:**  
RCD West Metro



**PROJECT NAME:**  
Mega Health Check Up Camp

The Club successfully conducted a Mega Health Check up Camp at Gurudwara, Ramesh Nagar, Delhi.. The Club received 123 registrations in this camp. Following tests were conducted : Mammography, PSA Test, CBC, PAP Smear, X-Ray, BP & Sugar Check Up.



## Zone 13



**AG**  
Rtn. Raju Agarwal



**PRESIDENT**  
Rtn. Krishan Gupta



**NAME OF THE CLUB:**  
RCD West Metro



**PROJECT NAME:**  
Cervical Vaccination Camp

The club successfully conducted a Cervical Vaccination Camp at Maxfort School, Pitampura on 31st December 2025 ending the current calendar year on a very good note. 80 shots of the vaccines were administered in the camp.





## Zone 17



**AG**

Rtn. Sunita Verma



**PRESIDENT**

Rtn. Daani Singh Guglani



**NAME OF THE CLUB:**

Rotary Club of Delhi Sainik Farms



**PROJECT NAME:**

Free Medical Camp

On 13th December, Rotary Club of Delhi Sainik Farms successfully conducted a Free Medical Camp at Gurudwara Sri Guru Singh Sabha, Saket, screening around 200 beneficiaries. Eye check-ups and cataract screenings were done by Dr. Shroff's Charity Eye Hospital,

while Apollo Hospital conducted ECG, PFT, blood sugar, and general health tests. Action Medical Institute, Faridabad carried out mammography and X-ray screenings.



## Zone 19



**AG**

Rtn. Amit Arya



**PRESIDENT**

Rtn. Sanchit Gupta



**NAME OF THE CLUB:**

Rotary Club of Faridabad IMT Next



**PROJECT NAME:**

Blood Donation camp

The Club organised a Blood Donation camp at Whirlpool India Ltd, Gurgaon on 12th December and collected 54 units of blood.





## Zone 20



**AG**  
Rtn. Amit Garg



**PRESIDENT**  
Rtn. Ashu LauL



**NAME OF THE CLUB:**  
Rotary Club of Faridabad East



**PROJECT NAME:**  
Health Camp

The Club organised a comprehensive health check up including eye screening and skin ailments. 210 persons benefitted from the eye screening tests and 110 persons benefitted from skin ailments diagnosis. Free spectacles and medicines were also distributed.

**सजग इंडिया** PFI NO. - HARHIN201174659  
फरीदाबाद । मंगलवार, 16 दिसंबर 2025 पृष्ठ 04 । शब्दों - 39 । पृष्ठ-09 । मूल्य 3

## रोटरी क्लब ऑफ फरीदाबाद ईस्ट द्वारा हेल्थ चेकअप कैंप का लोगों ने उठाया लाभ



### सजग इंडिया

Mukesh Mondal

फरीदाबाद।

रोटरी क्लब ऑफ फरीदाबाद ईस्ट द्वारा हेल्थ चेकअप कैंप का लोगों ने उठाया लाभ।

रोटरी क्लब ऑफ फरीदाबाद ईस्ट द्वारा श्री सत्य सई सेवा संगठन, दिल्ली परामर्श, जिला फरीदाबाद के सहयोग से गांव मोहकलाबाद, फली रोड,

फरीदाबाद में एक विस्तृत स्वास्थ्य जांच शिविर का सफल आयोजन किया। जिसमें अक्स पास के क्षेत्र के हजारों लोगों ने लाभ उठाया। यह शिविर प्रातः 10:00 बजे से दोपहर 2:00 बजे तक आयोजित किया गया, जिसमें नेत्र, त्वचा तथा अन्य सामान्य स्वास्थ्य जांच की सुविधा लोगों को मिली। इस शिविर में लगभग 210 व्यक्तियों की

नेत्र जांच तथा 110 व्यक्तियों की त्वचा एवं अन्य सामान्य रोगों की जांच की गई। डॉक्टरों की सलाह के अनुसार भरी-पूरी की विस्तृत चर्चे एवं दवाइयों भी वितरित की गईं। इस शिविर के सफल संकलन हेतु पीपी रोटेरियन संदीप चंदमणी जी एवं श्री सत्य सई सेवा संगठन के सभी सदस्यों का विशेष आभार, जिन्का योगदान अत्यंत

सहायनीय रहा। अध्यक्ष रोटेरियन आशु ला ने विशेष रूप से क्लब के प्रेम्सलोक ए एवं भूटानी, संयुक्त सचिव रोटेरियन राजेश गान्गुली, सचिव दीपक कुमवार, सल्लाह समिति सदस्यों का धन्यवाद किया। अध्यक्ष ने कहा है कि क्लब लगातार समाज सेवा के लिए समर्पित रहते हुए कर्मों व आगे बढ़ रहा है।

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सहायनीय रहा। अध्यक्ष रोटेरियन आशु ला ने विशेष रूप से क्लब के प्रेम्सलोक ए एवं भूटानी, संयुक्त सचिव रोटेरियन राजेश गान्गुली, सचिव दीपक कुमवार, सल्लाह समिति सदस्यों का धन्यवाद किया। अध्यक्ष ने कहा है कि क्लब लगातार समाज सेवा के लिए समर्पित रहते हुए कर्मों व आगे बढ़ रहा है।



## Zone 27



**AG**  
Rtn. Sandeep Goel



**PRESIDENT**  
Rtn. Parag Chutani



**NAME OF THE CLUB:**  
Rotary Club of Palwal Parivar



**PROJECT NAME:**  
General Health Check Up Camp

The Club conducted a general health check up Camp on 16th December, in collaboration with Marengo Asia Hospitals, for the benefit of the surrounding community.





## Zone 28



**AG**  
Rtn. Sonia Luthra



**PRESIDENT**  
Rtn. Manoj Sachdeva



**NAME OF THE CLUB:**  
Rotary Club of Faridabad IMT



**PROJECT NAME:**  
Eye checkup camp

The Club conducted an Eye check up camp on 10th December, at their Interact Club, Govt School, Faridpur, Faridabad benefitting 233 students. In addition, they pinned the Interactors and gave them an awareness session about the Rotary movement. The Club also distributed notebooks and cloth bags to the students.



## Zone 31



**AG**  
Rtn. Devender Yadav



**PRESIDENT**  
Rtn. Jeevit Vashishtha



**NAME OF THE CLUB:**  
Rotary Club of Gurgaon Premier



**PROJECT NAME:**  
Mammography and General Health camp

The Club organised a Mammography and General Health checkup Camp on 3rd December 2025 at Palm Springs Plaza, Gurgaon wherein over 100 people benefitted from the same.





## Zone 36



**AG**  
Rtn. JP Arora



**PRESIDENT**  
Rtn. Dr. Sardari Lal Verma



**NAME OF THE CLUB:**  
Rotary Club of Rohtak



**PROJECT NAME:**  
Eye Check up camp

The Club conducted an Eye check up and general health camp at Thakur Mandir Quilla Mohalla, Rohtak. On this occasion, the Club also donated mattresses to Thakur Mandir for the needy people.



## Zone 31



**AG**  
Rtn. Devender Yadav



**PRESIDENT**  
Rtn Jeevit Vashishtha



**NAME OF THE CLUB:**  
Rotary Club Of Gurgaon Premier



**PROJECT NAME:**  
MEGA Health Check-up Camp

On 24th we successfully conducted a MEGA Health Check-up Camp at DLF Phase 1 – D6 Park, in association with the RWA. Services included Mammography, General Health, Eye, and Dental check-ups. This was also our first Joint Project with Rotary Club of Delhi Govinda.



There were over 60+ beneficiaries and the event was successfully conducted.



## Zone 13



**AG**  
Rtn. Raju Aggarwal



**PRESIDENT**  
Rtn. Krishan Kumar Gupta



**NAME OF THE CLUB:**  
RCD West Metro



**PROJECT NAME:**  
Water Tank Installation &  
Distribution Drive

The Club successfully conducted installation of a new water tank at Bhai Joga Singh Khalsa School, Patel Nagar , Delhi. Along with this Dental Hygiene Kits, Stationery Items & Books were distributed in the School.





# Maternal & Child Health



## Zone 3



### AG

Rtn Richa Sabharwal



### PRESIDENT

Rtn Sunita Goel



### NAME OF THE CLUB:

Rotary Club Of Delhi Khubsurat



### PROJECT NAME:

Menstrual Hygiene Awareness

**RCD Khubsurat** successfully conducted a menstrual hygiene awareness session for 1500 girls in collaboration with Pinkshie foundation. The session covered essential topics such as menstrual hygiene, safe disposal practices, use of tampons & menstrual cups. Sanitary pads were also distributed to all participants.

A small step towards empowering young girls with knowledge for a healthier future.





## Zone 3



**AG**  
Rtn. Richa Sabharwal



**PRESIDENT**  
Rtn. Kaval Verma



**NAME OF THE CLUB:**  
Rotary Club of Delhi South



**PROJECT NAME:**  
Nai Disha - Book Distribution

Rotary Club of Delhi South is closely associated with Nai Disha NGO, to support the education of children of ragpickers and daily-wage labourers—children who strive for a better future despite significant challenges.

As part of this commitment, RCDS contributed ₹25,000 towards books for these underprivileged children, which were distributed to the students on 12th December 2025. It was truly heart-warming to meet the children, interact with them, and witness their enthusiasm for learning.





# 5. Basic Education & Literacy

## Zone 3



**AG**  
Rtn. Richa Sabharwal



**PRESIDENT**  
Rtn. Kaval Verma



**NAME OF THE CLUB:**  
Rotary Club of Delhi South



**PROJECT NAME:**  
Digital, Vittiya and Cyber Suraksha Shivar

With immense pleasure and pride, we launched our Digital, Vittiya and Cyber Suraksha Shivar on 17th December 2025. This is an empowering joint initiative of Rotary Club Delhi South, Acre And Etasha Society.

In this initiative, we will be training 2500 adults of over 40 years of age from underserved communities, for Digital Literacy and Cyber Security, enabling them to navigate the digital world with confidence and safety. This CSR will also cover 100 youth for our Nari Shakti and Atmanirbhar programme.

The inaugural session was attended by 50 women and men from underserved communities, who engaged actively in learning about digital literacy, basic financial awareness, and cyber safety. This initiative aims to empower individuals with the knowledge needed to use digital tools safely and confidently.



## Zone 5



**AG**  
Rtn. Archana Doval



**PRESIDENT**  
Rtn. Arun Rekha Gogia



**NAME OF THE CLUB:**  
Rotary Club of Delhi West



**PROJECT NAME:**  
Fundamental Awareness Session

Rotary Club of Delhi West and Pragyata Foundation organised a very Critical Session on "Good Touch Bad Touch" at the MCD Primary School, Rajinder Nagar, New Delhi.





# 5. Basic Education & Literacy

## Zone 13



**AG**  
Rtn. Raju Aggarwal



**PRESIDENT**  
Rtn. Bharat Agarwal



**NAME OF THE CLUB:**  
Rotary Club of Delhiites



**PROJECT NAME:**  
Meta Smart Glasses Distribution

A noble initiative by Globe Foundation and Rotary partners provided 75 Meta Smart Rayban Glasses to visually impaired girls at the National Association of Blind, R.K. Puram, New Delhi. Each pair costs approx. ₹32,000, making the project value nearly ₹24 lakhs. The Club expressed its gratitude to Ashok Aggarwal ji, Bharat Agarwal and Neeraj Jain ji for sponsoring 10 glasses, 1 glass and 5 glasses respectively.

The project aimed at empowering blind girls with modern technology, enhancing education, independence, and quality of life.

## Zone 17



**AG**  
Rtn. Sunita Verma



**PRESIDENT**  
Rtn. Madhurima Jain



**NAME OF THE CLUB:**  
Rotary Club of Delhi Southend



**PROJECT NAME:**  
Education For All

We are proud to share that on 20th December 2025, our club completed a Community Service Project at Bright Orange Foundation, Wazirabad, Gurugram.

Bright Orange Foundation provides free education to around 300 children from slum areas at this centre, who are unable to attend regular schools, in the age group of 3 to 15 years.

As part of this initiative, our club contributed a donation of ₹90,000/-, supporting the one-month salary of the teachers & cost of running the school.

### A CALL TO LIGHT 18th December, 2025

Dear Fellow Rotarians,  
Warm Greetings.

Close your eyes for a moment.

Imagine beginning every day in darkness. Imagine stepping out of your room unsure of what lies ahead. Imagine depending on someone's hand for tasks we perform without a thought. For many visually impaired girls, this is not imagination. It is life.

Yet within these young girls lives courage, aspiration, and the same dreams we wish for every child. What they lack is not will. What they lack is access.

Rotary District 3011 now has an opportunity to change this reality.

We propose a compassionate initiative to support 75 visually impaired girls of the National Association of the Blind, R K Puram by providing Meta smart glasses made by Ray Ban. These glasses help them navigate independently, recognise surroundings, and move through life with confidence, dignity, and self belief.

Cost per pair Rs. 32,000

Beneficiaries 75 visually impaired girls

This is more than a donation. It is the gift of independence. It is the gift of confidence. It is the gift of dignity. We appeal to every Rotarian and every club to come forward and sponsor one or more pairs.

#### CONTRIBUTION DETAILS

Account Holder Name : Rotary District 3011 A c 2025 26  
Account Number : 50200100135238  
IFSC Code : HDFC0002066  
Bank Name : HDFC Bank  
Branch : Huda Complex, Rohtak

Each contribution will place confidence into the hands of a young girl and light a path she can walk on her own. One Rotarian. One pair of glasses. One young life transformed.

Let us respond with compassion, generosity, and the true spirit of Rotary. Together, we can help these girls step forward with courage and hope.

Warm regards,

Dr. Ravinder Gugnani  
District Governor 2025 26  
Rotary International District 3011





## Zone 18



**AG**  
Rtn. Yogesh Sethi



**PRESIDENT**  
Rtn. Sandeep Yadav



**NAME OF THE CLUB:**  
Rotary Club of Delhi Midwest



**PROJECT NAME:**  
Christmas Care

Rotary Club of Delhi Midwest distributed 450 school Notebooks, one box each of Toothpaste and Toothbrush at Guru Nanak Garib Niwaj Education School located at Gurudwara Nanaksar GK- II on 24th December, 2025 on the occasion of Christmas.

The school provides free education to underprivileged children.

They don't get any assistance from Delhi Govt or Delhi Gurudwara Prabandhak committee but run by donations only. Earlier our club had donated 450 sweaters and 450 Notebooks.

The above project was jointly done by RCD Midwest and Rotary Midwest Trust.



## Zone 31



**AG**  
Rtn. Devender Yadav



**PRESIDENT**  
Rtn Jeevit Vashishtha



**NAME OF THE CLUB:**  
Rotary Club Of Gurgaon Premier



**PROJECT NAME:**  
New Year Gift

On 28th December 2025, we did a milestone project by collaborating with a trust teaching students from integrated families and distributing stationery, dental kits and gifts to the students. We were also joined by our Interact teachers and students for the project.





# 5. Basic Education & Literacy

## Zone 26



**AG**  
Rtn. Meenu Gupta



**PRESIDENT**  
Rtn. Mohit Goyal



**NAME OF THE CLUB:**  
Rotary Club Palwal Sanskar



**PROJECT NAME:**  
Notebook Distribution

RCP Sanskar distributed notebooks at a government girls' school.



## Zone 36



**AG**  
Rtn. JP Arora



**PRESIDENT**  
Rtn. Sahil Arora



**NAME OF THE CLUB:**  
Rotary Club of Rohtak Next



**PROJECT NAME:**  
Cukdu Koo - Cultural & Talent Fest

The Club, alongwith Interact Club of Next Achievers, Pathania Public School, organised "Cukdu Koo - Cultural & Talent Fest" wherein the students showcased their creativity and talent through their performances.





## Zone 3



**AG**  
Rtn. Richa Sabharwal



**PRESIDENT**  
Rtn. Kaval Verma



**NAME OF THE CLUB:**  
Rotary Club of Delhi South



**PROJECT NAME:**  
Nai Disha - Skill Centre – Sewing

Rotary Club of Delhi South has established a Skill Centre on 12th December 2025 Sewing at Nai Disha NGO. We are proud to share that we have donated sewing machines through which over 40 girls are currently receiving training. Even more inspiring is that their learning has now progressed to advanced fashion-stitching skills.



On completion of their training, each participant receives an official certificate from Singer, adding strong credibility to their skill set.

This initiative stands as a shining example of “Our Women, Our Strength.”

## Zone 3



**AG**  
Rtn. Richa Sabharwal



**PRESIDENT**  
Rtn. Kaval Verma



**NAME OF THE CLUB:**  
Rotary Club of Delhi South



**PROJECT NAME:**  
Atmanirbhar and Nari Shakti Vocational Program Launch

The inaugural ceremony of our Atmanirbhar and Nari Shakti Vocational Program of Rotary Club of Delhi South on 10th December 2025 was truly heartening and inspiring. This is an empowering initiative supported by the Global Grant. The program went exceedingly well and reflected the collective commitment of RCDS, Arya Samaj and Etasha Society.





# Economic & Community Development



## Zone 8



**AG**  
Rtn. Madhumati Singh



**PRESIDENT**  
Rtn. Teena Kapoor



**NAME OF THE CLUB:**  
Rotary Club of Delhi Safdarjung



**PROJECT NAME:**  
100 Wheelchairs Donation Program



On the Occasion of World Disability Day, A WHEELCHAIR Donation program was organised at Arya Samaj Mandir Hall Gk 2, Delhi, where 100 specially abled people and children were given the Wheelchairs, along with 200 food packs. DG Rtn. Dr. Ravi Gugnani was the Chief Guest at the Event.



## Zone 14



**AG**  
Rtn. Rohini Raina



**PRESIDENT**  
Rtn. Suman Chopra



**NAME OF THE CLUB:**  
RCD Resources



**PROJECT NAME:**  
Let's Promote Reading



RCD Resources set up its 49th Library at Shanti Gian School, Dwarka on 21st December 2025. It's under the club's flagship project of "Let's Promote Reading"

The contribution of each member with books is highly appreciated.



## Zone 31


**AG**  
 Rtn. Devender Yadav


**PRESIDENT**  
 Rtn. Rahul Agarwal


**NAME OF THE CLUB:**  
 Rotary Club of New Gurgaon


**PROJECT NAME:**  
 Community Service

The Club, on 20th December 2025, distributed 450 notebooks, 200 sanitary pads and 250 dental kits to 250 underprivileged girl students of Govt. Girls Secondary School, Kasan.

The initiative focused on education, health awareness, and dignity for underprivileged girls, complemented by an insightful dental hygiene awareness session, which was warmly received by the students.



## Zone 22


**AG**  
 Rtn I.P Singh


**PRESIDENT**  
 Rtn Rashmi Bhutani


**NAME OF THE CLUB:**  
 Rotary Club Of Faridabad Arth


**PROJECT NAME:**  
 Distribution of Blankets

During our Blanket Distribution Drive sponsored by Rishi & Vikas Sharma, we extended our support to an NGO working for differently abled and underprivileged children, senior citizens, and women. Our members came together to distribute blankets, offering warmth, comfort, and care to those most in need.

Each blanket represented more than protection from the cold, it symbolized compassion, dignity, and solidarity. The grateful smiles and quiet moments of appreciation reminded us that small acts of kindness can bring immense comfort and hope.

Together, we continue to stand with our community, spreading warmth and care one blanket, one heartfelt gesture at a time.





## Zone 22



**AG**  
Rtn I.P Singh



**PRESIDENT**  
Rtn Rashmi Bhutani



**NAME OF THE CLUB:**  
Rotary Club Of Faridabad Arth



**PROJECT NAME:**  
School Outreach Programme



During our School Outreach Program, we distributed notebooks, food packets, and dental care kits to students, supporting their education, health, and well-being. This initiative aimed to encourage learning while promoting good nutrition and oral hygiene among schoolchildren. Each item shared was a step toward a healthier and brighter future, and the cheerful smiles of the students reflected the impact of these simple yet meaningful contributions. Through efforts like these, we continue to invest in our children nurturing young minds and healthy habits, one act of care at a time.

## Zone 22



**AG**  
Rtn I.P Singh



**PRESIDENT**  
Rtn Rashmi Bhutani



**NAME OF THE CLUB:**  
Rotary Club Of Faridabad Arth



**PROJECT NAME:**  
Distribution of Shoes & Food - NAB Blind School.



During our Outreach Program at the Blind School, we distributed shoes and food to the students, with the aim of supporting their daily needs and overall well-being. This initiative was carried out with sensitivity and care, ensuring comfort, nourishment, and dignity for every child.

Each pair of shoes and every meal shared symbolized compassion and inclusion. The warmth and gratitude we experienced reaffirmed our belief that thoughtful acts of kindness can make a meaningful difference.



# Economic & Community Development



## Zone 26



**AG**  
Rtn. Meenu Gupta



**PRESIDENT**  
Rtn. Mohit Goyal



**NAME OF THE CLUB:**  
Rotary Club Palwal Sanskar



**PROJECT NAME:**  
Mass Marriages

Rotary Club Palwal Sanskar held a mass marriage event on 14th December 2025. Ten couples were married and provided with the necessary items.



## Zone 31



**AG**  
Rtn. Devender Yadav



**PRESIDENT**  
Rtn. Kanwal Singh Yadav



**NAME OF THE CLUB:**  
Rotary Club of Gurgaon Central



**PROJECT NAME:**  
Sweater Distribution

The Club, on 12th December 2025, distributed 125 Sweaters to the Primary Wing students from Class Nursery to Vth at SD Modern Sr. Sec. School, Geeta Bhawan, New Colony, Gurgaon.





# Supporting the environment



## Zone 24



**AG**  
Rtn. Lilly Dhall



**PRESIDENT**  
Rtn. Sunita Vij



**NAME OF THE CLUB:**  
Rotary Club of Faridabad City



**PROJECT NAME:**  
Save Environment

The Club, on 15th December 2025, installed Plastic Waste Collection Bins at Yogiji Diji Ltd. , as part of District Plastic Warrior initiative.



# Installations



## Zone 31



**AG**

Rtn. Devender Yadav



**PRESIDENT**

Rtn Jeevit Vashishtha



**NAME OF THE CLUB:**

Rotary Club Of Gurgaon Premier

The club hosted an Orientation Programme at Interact Club – DAV School, Sector 49. This initiative sensitized the students about the essence of Interact and the impactful projects.

The event was well curated by the school Principal and staff members.



# Fellowship



# Fellowship

## Zone 3

 **AG**  
Rtn. Richa Sabharwal

 **PRESIDENT**  
Rtn Sunita Goel

 **NAME OF THE CLUB:**  
Rotary Club Of Delhi Khubsurat


**Rcd Khubsurat** organised its Annual Winter Picnic at Sabz Bagh, Asola. All members enthusiastically participated in the event. It was a slow day with winter sun, we harvested fresh vegetables, fed farm animals & enjoyed Chulhe ka khana. It was a day to rewind, relax and enjoy each other's company.



# Fellowship

## Zone 5

 **AG**  
Rtn. Archana Doval

 **PRESIDENT**  
Rtn. Arun Rekha Gogia

 **NAME OF THE CLUB:**  
Rotary Club Of Delhi West

Rotary Club of Delhi West hosted an unforgettable Fellowship Meet on 13th December 2025 at Vasant Vihar Club for Dinner, themed “The Party of Mughal.”


The night was a full-on royal extravaganza! Gentlemen strutted in dapper Badshah attire, while the R’Annes dressed as regal Begums, sparkling in gorgeous Shararas, Anarkalis, royal jewellery, ghumkas and maang tikka – turning the venue into a dazzling Mughal-e-Azam set. The evening was a true celebration of Rotary’s spirit of service and fellowship!


Members looked regal and lit up the stage with spectacular dances and soulful songs from the Mughal era, making it a true Royal Night of Luxury. The evening was an unforgettable celebration of culture and camaraderie!




# Fellowship

## Zone 9

 **AG**  
Rtn. Padmini Parameswaran

 **PRESIDENT**  
Rtn. Resham Dhawan

 **NAME OF THE CLUB:**  
Rotary Club of Delhi  
Chanakyapuri

The Rotary Club of Delhi Chanakyapuri celebrated the Year's end with a festive gathering at the Chelmsford Club, Raisina Road. Members enjoyed an evening of cheer, laughter and genuine camaraderie, sharing special moments and creating lasting memories. The occasion was a warm fellowship where friendships were strengthened and joyful memories made. The Club is grateful to everyone who made the evening possible and truly memorable.



# Rotaract Club *Report*





# Rotaract Events



## PRESIDENT

Drishti Buttan



## NAME OF THE CLUB:

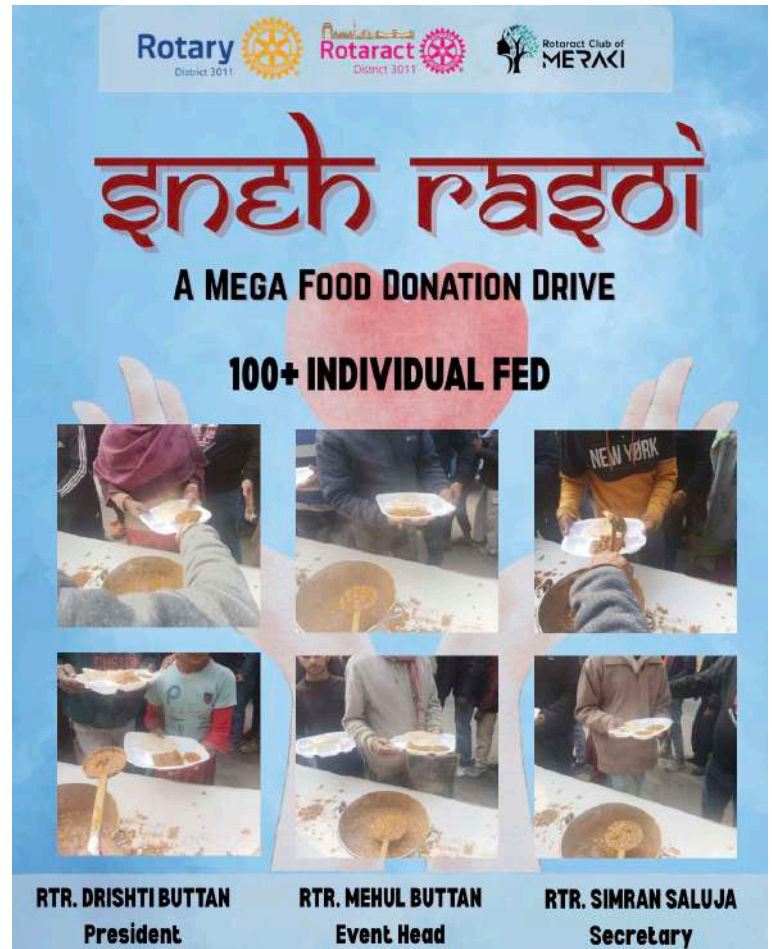
Rotaract Club of Meraki



## PROJECT NAME:

Sneh Rasoi

On 31st Dec 2025, Club of Meraki conducted Sneh Rasoi, feeding 100+ people with warm meals. This heartfelt food donation drive brought nourishment and joy to those in need during New Year's eve!

Rotary District 3011
   
 Rotaract District 3011
   
 Rotaract Club of MERAKI

# सुनहल रसुी

## A MEGA FOOD DONATION DRIVE

### 100+ INDIVIDUAL FED

RTR. DRISHTI BUTTAN President
   
 RTR. MEHUL BUTTAN Event Head
   
 RTR. SIMRAN SALUJA Secretary





# Rotaract Events



## PRESIDENT

Rtr. Reet Sethi



## NAME OF THE CLUB:

Rotaract Club Of Delhi South East



## PROJECT NAME:

HPV Suraksha Sankalp

Conducted on 20th December 2025 at Bal Bharati Public School, Noida, where 152 beneficiaries received the second and final dose of the HPV vaccine, strengthening protection against Cervical Cancer.





# Rotaract Events



**PRESIDENT**  
Rtr. Jaya Seth



**NAME OF THE CLUB:**  
Rotaract Club of Delhi South



**PROJECT NAME:**  
Winter Clothes Donation Drive

Rotaract Club of Delhi South donated 100+ blankets, socks, gloves along with many other winter clothes to those in need. The event took place in Connaught Place on 27th December, 2025. This collective effort helped spread warmth and care during the winter season.



**PRESIDENT**  
Rtr. Kanav Sachdeva



**NAME OF THE CLUB:**  
Rotaract club of Delhi Genesis Midwest



**PROJECT NAME:**  
Merry Mystery

**Merry Mystery - Secret Santa** was successfully organized on 28th December 2025 at The Yellow Door as a Club Services fellowship event. The festive celebration fostered bonding through secret gifting and joyful interactions, positively engaging 80% of the club members.





# Rotaract Events



## PRESIDENT

Rtr. Rahul Bansal



## NAME OF THE CLUB:

Rotaract Club of Delhi Dynamic Leaders



## PROJECT NAME:

Blankets Donation Drive

On 18th December 2025 in New Delhi, the club conducted a Blankets Donation Drive, marking the start of this initiative as Phase 1 to be carried out in phases. The drive benefited 100+ people by providing warmth to underprivileged individuals during winter.





# Rotaract Events



**PRESIDENT**  
Rtr. Riya Singh



**NAME OF THE CLUB:**  
Rotaract club of Lakshmi Bai College



**PROJECT NAME:**  
Christmas Carnival

Christmas Carnival was held on 25th December 2025, at Than Singh ki Pathshala, with 100+ children of all age group.





# Rotaract Events



**PRESIDENT**

Rtr. Akshi Vats



**NAME OF THE CLUB:**

Rotaract Club of Delhi Midtown Maitreyi



**PROJECT NAME:**

Project RAHA Phase 2

RAHA 2.0 Phase 1, webinar on “Contested Bodies: Understanding Gender, Power, and Control”, was successfully conducted on 7th December 2025 via a Webinar. The session engaged 100+ beneficiaries from 15+ Rotaract Districts, fostering meaningful dialogue on gender, power, and societal control.



**PRESIDENT**

Rtn. Vansh Batra



**NAME OF THE CLUB:**

Rotaract Club of Delhi Genesis



**PROJECT NAME:**

Calmora

“Calmora – Where Calm Finds Its Home” was a mental well-being awareness project by Rotaract Club of Delhi Genesis held on 1st December at Army Public School, Delhi Cantt, engaging 700+ students in conversations on emotional health, suicide prevention, and self-acceptance.





# Rotaract Events



**PRESIDENT**

Rtn. Rtr. Esha Nayyar



**NAME OF THE CLUB:**

Rotaract Club of Ingenious Minds



**PROJECT NAME:**

Project Dakshita- 10th edition

On 24 December 2025 at Vasant Udyaan, Rotaract Club of Ingenious Minds held the 10th edition of its flagship Project Dakshita, focusing on menstrual stereotypes and consent. The session engaged 30+ beneficiaries and included sanitary pad distribution.



**PRESIDENT**

Rtr. Arjun Pratap Singh



**NAME OF THE CLUB:**

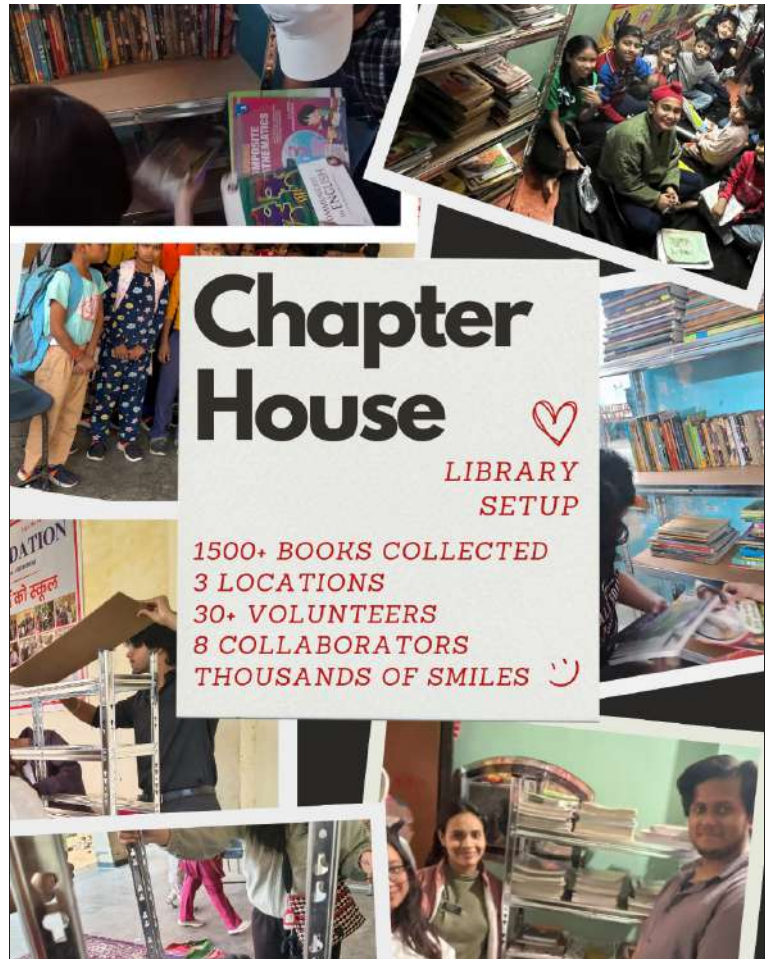
Rotaract club of Sushant University



**PROJECT NAME:**

Chapter House 3.0

In November and December 2025, libraries were set up at Jitgar Foundation, Prayatna School of Excellence, and Garv NGO. With over 1,500 books reaching 500+ beneficiaries across Gurgaon and Delhi.





# Rotaract Events



## PRESIDENT

Rtr. Shefali Prakash



## NAME OF THE CLUB:

Rotaract Club of Delhi Heights



## PROJECT NAME:

Raagini 2.0

Under Project Raagini, our team distributed sanitary pads to slum communities near Najafgarh Metro Station on 28 December 2025, addressing menstrual hygiene and awareness. The initiative reached over 100 beneficiaries, contributing towards dignity, health, and accessible menstrual care.





# Rotaract Events



**PRESIDENT**  
Shreya Goenka

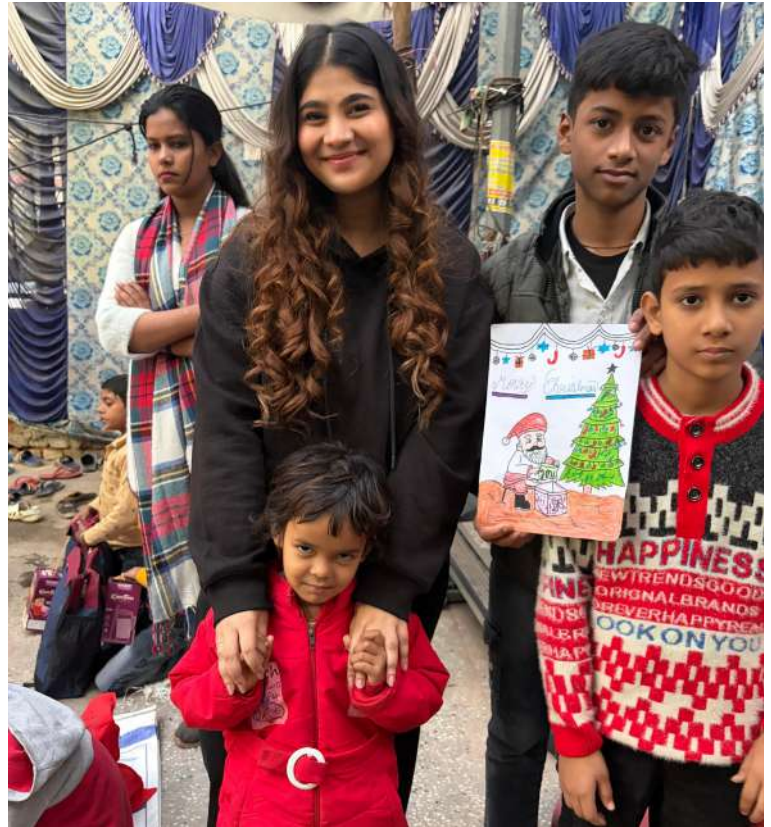


**NAME OF THE CLUB:**  
Rotaract Club of Delhi Elite



**PROJECT NAME:**  
Aghaaz Christmas Edition

In November and December 2025, libraries were set up at Jitgar Foundation, Prayatna School of Excellence, and Garv NGO. With over 1,500 books reaching 500+ beneficiaries across Gurgaon and Delhi.



# Interact Club *Reports*





# Interact Club Report



**NAME OF THE INTERACT CLUB:**  
Red Roses Public School Saket



**NAME OF THE PARENT CLUB:**  
Rotary Club Of New Delhi



**TEACHER INCHARGE:**  
Anshu Singh



**AREA OF FOCUS:**  
Supporting the Environment

The Interact Club of Red Roses Public School organized a Paper Bag Making Activity on 1st December 2025, where students enthusiastically learned to create reusable bags from newspapers and recyclable materials. This meaningful initiative promoted environmental awareness by encouraging reduced plastic usage while simultaneously raising funds for social service projects.



**NAME OF THE INTERACT CLUB:**  
Modern Convent School



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Delhi Govinda



**TEACHER INCHARGE:**  
Ms. Geetika Manchanda



**AREA OF FOCUS:**  
Supporting the Environment

The Rotary Interact Club of Modern Convent School conducted a pollution campaign to address rising air pollution through community outreach. The initiative involved visiting Dwarka Sector 4 Market in New Delhi on 24 December 2025 to spread awareness and distribute masks, with support from Rotary Club of Delhi Govinda.



# Interact Club Report



**NAME OF THE INTERACT CLUB:**  
Rotary Public School



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Gurgaon



**TEACHER INCHARGE:**  
Deepa Nair



**AREA OF FOCUS:**  
Disease Prevention and Treatment



Mega Health Camp in collaboration with the Medanta Hospital, Gurgaon, along with a Blood Donation Camp facilitated by Rotary Blood Bank, Gurgaon-55 units collected



**NAME OF THE INTERACT CLUB:**  
Balvantray Mehta Vidya Bhawan A.S.M.A.



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Indraprastha-Okhla



**TEACHER INCHARGE:**  
Harpreet Kaur



**AREA OF FOCUS:**  
Others

NrityaNaad, a district-level solo classical dance competition organized by Abhyuday Inclusive Interact Club at Balvantray Mehta Vidya Bhawan (ASMA), celebrated India's rich cultural heritage through captivating performances by students from various schools. The event featured classical dance forms, a patriotic opening, and a video showcasing the club's service initiatives, concluding with prize distribution and a vote of thanks, highlighting talent, culture, and inclusivity.





# Interact Club Report



**NAME OF THE INTERACT CLUB:**  
GD Goenka School, Sarita Vihar



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Delhi Rajdhani



**TEACHER INCHARGE:**  
Vibhu Gupta



**AREA OF FOCUS:**  
Economic and Community Development

The club collected dry ration and clothing which was carefully segregated and packed by the students and were subsequently donated to Laughing Home, an NGO working for persons with disabilities, located in East of Kailash.



**NAME OF THE INTERACT CLUB:**  
GD Goenka School, Sarita Vihar



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Delhi Rajdhani



**TEACHER INCHARGE:**  
Vibhu Gupta



**AREA OF FOCUS:**  
Peacebuilding and Conflict Prevention

The activity titled "From Worry to Wonder - Feed the Worry Monster, Enter with a Smile" was thoughtfully designed to help students understand their emotions, identify negative thoughts that trouble them, and recognize that each individual has the power to transform negative thinking into positive thoughts.



# Interact Club Report



**NAME OF THE INTERACT CLUB:**  
Apeejay School, 21-D Faridabad



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Delhi Premier



**TEACHER INCHARGE:**  
Tanya Chhabra



**AREA OF FOCUS:**  
Disease Prevention and Treatment

Our school participated in the Kaleidoscope Event held at Nexus Select City Walk on 6th and 7th December 2025, along with all APJ schools. The focus of our participation was on Thalassemia Awareness and Water Conservation. Students set up pledge trees for both themes, encouraging visitors to write simple pledges to support awareness, prevention, and conservation. Interactive photo booths were also created to spread messages through social media using awareness hashtags. Students actively engaged with visitors and explained the purpose of each display. The initiative was well appreciated and helped spread important messages while enhancing students' confidence and sense of responsibility.



**NAME OF THE INTERACT CLUB:**  
Jain Bharati Mrigavati Vidyalaya



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Delhi Rajdhani



**TEACHER INCHARGE:**  
Mr. Yogesh Kumar



**AREA OF FOCUS:**  
Disease Prevention and Treatment

The Free Mega Health Check-up Camp – delivered free Eye Check-up in association with Tara Netralaya, Hearing Aid services in association with ALPS and Dental facilities to 572 people. The initiative ensured accessible healthcare for all while powerfully promoting preventive health awareness.





# Interact Club Report



**NAME OF THE INTERACT CLUB:**  
Prudence Connect Club



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Delhi Vasant Valley

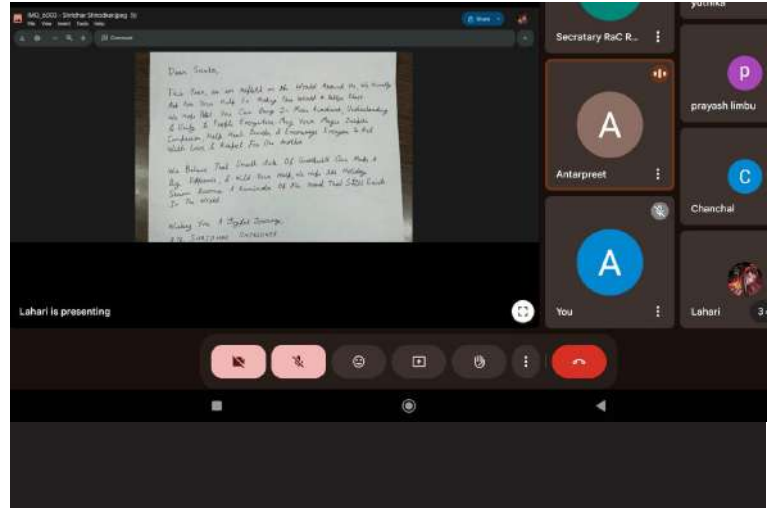


**TEACHER INCHARGE:**  
Mrs. Babita Prasad



**AREA OF FOCUS:**  
Emotional Connection

The Interact Club of Prudence Connect, RID 3011 collaborated with the Rotaract Club of Surana Peenya, RID 3192 for the festive initiative “Dear Santa...”, an event designed to revive the charm of heartfelt, handwritten expression. Members were encouraged to write thoughtful letters, addressed to Santa or to someone special, emphasizing authenticity, creativity and emotional connection without the use of AI.



**NAME OF THE INTERACT CLUB:**  
Nirmal Bhartia School



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Delhi Garden City



**TEACHER INCHARGE:**  
Jasmeet Kaur



**AREA OF FOCUS:**  
Disease Prevention and Treatment

The Heart Health Project is a collaborative Project-Based Learning initiative by Interactors and Grade VII students focusing on understanding lifestyle factors affecting heart health. Students designed surveys and collected community data, which will be organised and analyzed to identify patterns. The project will conclude with a creative presentation, **Heart ki Adalat**, to communicate scientific findings and health awareness.





# Interact Club Report



**NAME OF THE INTERACT CLUB:**  
DAV Kailash Hills



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Delhi Mankind



**TEACHER INCHARGE:**  
Ms. Yamini Verma



**AREA OF FOCUS:**  
Economic and Community Development

Gifts were distributed to small children in underprivileged societies to share the happiness on the occasion of Christmas and new year.



**NAME OF THE INTERACT CLUB:**  
The Healing Touch DAV Veda Vyasa



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Delhi Janak



**TEACHER INCHARGE:**  
Ms. Gurjot Kaur



**AREA OF FOCUS:**  
Healing Session

The Interact Club - The Healing Touch of Veda Vyasa DAV Public School, observed World Disability Day with compassion and inclusivity. A meaningful "Sound Wellness and Healing Session" was organised for 80 specially abled children from the Akanksha Wing (VVDAV) and the Udai Foundation.





# Interact Club Report



**NAME OF THE INTERACT CLUB:**  
Birla Vidya Niketan



**NAME OF THE PARENT CLUB:**  
Rotary Club Of Delhi South



**TEACHER INCHARGE:**  
Ms. Shipra Malhotra



**AREA OF FOCUS:**  
Basic Education and Literacy

We conducted a visit to the **Nai Disha NGO**. The visit included a performance of a nukkad natak on women empowerment, and singing Christmas carols together. We played several games in the ground and spread cheer, laughter and awareness among the students.



**NAME OF THE INTERACT CLUB:**  
St. Xavier's High School



**NAME OF THE PARENT CLUB:**  
Rotary Club Of New Gurgaon



**TEACHER INCHARGE:**  
Shweta Antil



**AREA OF FOCUS:**  
Basic Education and Literacy

The event saw enthusiastic participation from students of various age groups. The young artists showcased their creativity and vision for a developed India through their drawings.



## REELS vs SKILLING MOBILE vs PLAYGROUND

Understanding the Screen-Time Menace — and the Way Forward

### ⚠️ THE REALITY TODAY

- 🕒 Children spend **5-8 hours per day** on mobile screens (reels, shorts, gaming, social media)
- 🌞 Outdoor playtime has reduced to **30-40 minutes/day or less**
- 👶 Screen exposure often starts **before age 2**
  - Screens are increasingly used as:
    - Babysitters
    - Pacifiers
    - Rewards
    - Rewards

➡️ What started as convenience has become dependence.

### 🌐 WHAT GLOBAL RESEARCH & POLICY SAY

- 🕒 **WHO Recommendation (5-17 years):**
  - ✔️ Maximum **1 hour/day** recreational screen time (excluding schoolwork)
- 🇦🇺 **Australia:**
  - ✔️ Mobile phones banned in many public schools
- 🇦🇺 **Australia:** Mobile phones banned
- 🇨🇳 **China:**
  - ✔️ Online gaming limited to **3 hours/week**
  - ✔️ Strong national focus on sports & skilling
- 🌱 This is a global concern, not a cultural debate.

### 🌱 WHAT CHILDREN GAIN FROM PLAY & SKILLING (THE ADVANTAGES)

PLAYGROUND ADVANTAGES	SKILLING ADVANTAGES
✔️ Physical fitness & coordination	✔️ Problem-solving ability
✔️ Emotional balance & stress relief	✔️ Focus & perseverance
✔️ Teamwork & leadership	✔️ Creativity & innovation
✔️ Discipline & resilience	✔️ Hands-on learning

### ⚖️ THE 21<sup>st</sup> COMPARISON

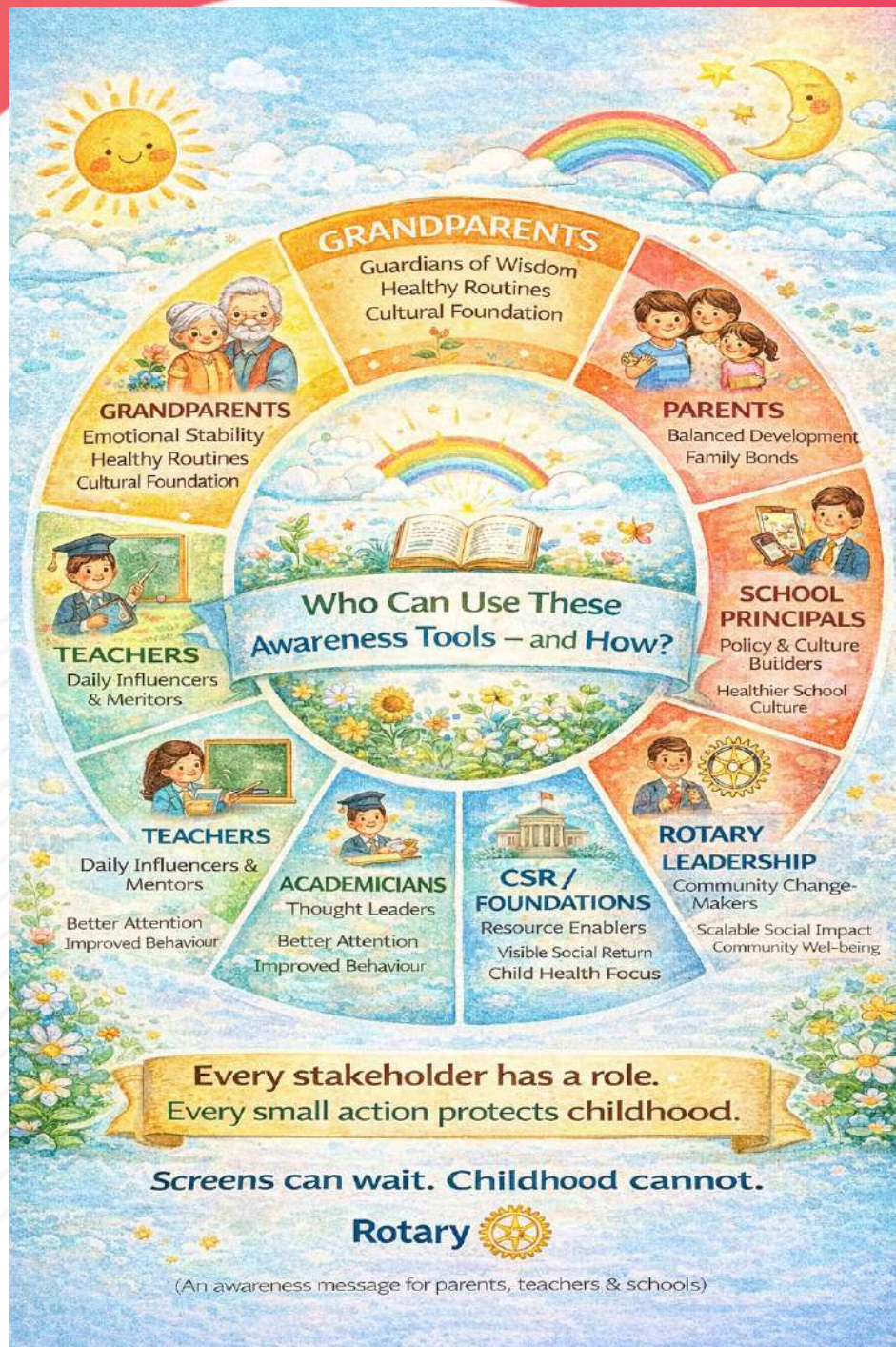
❌ <b>Reels</b> → Short attention	✔️ <b>Skills</b> → Deep learning
❌ <b>Mobile</b> → Passive consumption	✔️ <b>Playground</b> → Active growth

Technology is **important**. But childhood development is **Balance is the solution** — not excess.

## Screens can wait. Childhood cannot.

(An awareness note for parents, teachers & schools)

# Food For Thought





## THE PARENT SCREEN-BALANCE PLEDGE

Name: \_\_\_\_\_

Profession:  Service  Business \_\_\_\_\_

i.) Children: \_\_\_\_\_ Nos.      ii.) Age: \_\_\_\_\_ yrs

City: \_\_\_\_\_

Contact Details: \_\_\_\_\_ (optional)

**As a parent, I pledge to:**

- Limit my child's recreational screen time
- Encourage daily outdoor play
- Not use mobiles as a constant pacifier
- Eat at least one meal a day without screens
- Be a role model by reducing my own screen use
- Encourage skills, sports & hobbies
- Protect my child's sleep time from screens

*✍ Because childhood happens only once.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*✍ Because childhood happens only once.*

(An awareness note for parents, teachers & schools)

## REELS vs SKILLING MOBILE vs PLAYGROUND

A Silent Crisis Shaping Our Children's Future



**THIS IS NOT ENTERTAINMENT ANYMORE.  
IT IS OVER-EXPOSURE.**

### WHAT EXCESSIVE SCREEN TIME DOES

#### TO THE BRAIN

- Reduces **attention span**
- Weakened **memory & learning ability**
- Dopamine addiction similar to gambling

#### TO THE BODY

- Eye strain & early vision problems
- Obesity & low stamina**
- Poor muscle and bone development

#### TO SOCIAL LIFE

- Reduced teamwork & **empathy**
- Poor communication skills
- Low resilience & **patience**

### THE WORLD IS ACTING – ARE WE?

#### ❌ AUSTRALIA

- ✓ Mobile phones banned in public schools across multiple states
- ✓ Purpose:
  - Improve focus in classrooms
  - Reduce cyberbullying

• Result: Better attention, behaviour, and classroom engagement

#### ❌ CHINA

- ✓ Strict limits in classrooms
- ✓ Reduce cyberbullying
- ✓ Encourage physical play

#### ✅ CHINA

- ✓ Strict limits on screen & gaming time for children
- ✓ Online gaming limited 3 hours per week
- ✓ Schools actively promote:
  - Sports
  - Physical fitness
  - Skill-based learning

National priority: Strong, skilled, disciplined youth

**THE FUTURE BELONGS TO SKILLED HANDS, NOT SCROLLING THUMBS.**

Reels vs Skilling | Mobile vs Playground

# VOICES OF UNITY

## GML TEAM 2025-26

The Edit Squad



The Edit Squad

# VOICES OF UNITY

## GML TEAM 2025-26

The Edit Squad



**Rtn. Neeraj Kathuria**  
(Rotary Club of Delhi  
West Metro)  
(Zone 1 to 4) D1



**Rtn. Atul Verma**  
(Rotary Club of Delhi  
West Metro)  
(Zone 5 to 8) D2



**Rtn. Smita Chandra**  
(Rotary Club of Delhi  
Southex)  
(Zone 9 to 13) D3



**Rtn. Niti Day**  
(RC Resources)  
(Zone 14 to 18) D4



**Rtn. Anil Vaid**  
(Rotary Club of  
Faridabad)  
(Zone 19 to 23) F1



**Rtn. Rajiv Sikka**  
(RC of Faridabad  
Industrial Town)  
(Zone 24 to 29) F2



**Rtn. Kusum Gaur**  
(Rotary Club of  
Palwal City)  
(Zone 26) P1



**Rtn. Dr. Ram Kumar Yadav**  
(Rotary Club of  
New Gurgaon)  
(Zone 30 to 32) G1



**Rtn. Rekha Rawat**  
(Rotary Club of  
Narnaul Bellas)  
(Zone 33 to 34) N&R1



**Rtn. Aarti Malik**  
(RC of Rohtak Scholars)  
(Zone 35 to 37) RH1

The Edit Squad