



Harbinger of Hope



Gordon R. McNally
RI President 2023-24

GOVERNOR'S MONTHLY NEWSLETTER

RID 3080

July 2023



CREATE HOPE
in the WORLD

Dear Esteemed Rotarians and Friends,

Greetings to each of you as we embark on a new and transformative Rotary year, under the guiding light of our theme, "Create Hope in the World." It is an honor to address you as the District Governor and to witness the remarkable commitment you all bring to our shared mission.

In a world where hope can sometimes feel distant, our Rotary family stands as a beacon of positivity, compassion, and unwavering determination. As we embrace this year's theme, let us reflect on the profound impact we can make by infusing hope into every project, action, and endeavor we undertake.

Our world is in need of hope now more than ever. This year, as we strive to "**Create Hope in the World**," I invite you to focus on three key pillars that will guide our collective efforts:

Community Empowerment: By actively engaging with our local communities, we can create positive change from the ground up. Let us identify and address the unique challenges faced by those around us, working hand in hand to uplift lives, instill confidence, and cultivate a sense of possibility.

Global Collaboration: Hope knows no boundaries, and our global network offers us a unique opportunity to foster international collaboration. By partnering with fellow Rotarians across the globe, we can amplify our impact and bring hope to corners of the world that yearn for positive change.

Inspiration through Action: Hope is most potent when it is backed by action. Let us lead by example, initiating projects that inspire hope, spread kindness, and create ripples of positive influence. Each step we take, no matter how small, contributes to a brighter and more hopeful world.

Together, we have the power to reshape realities and uplift spirits. It is through our dedication, unity, and unrelenting pursuit of a better world that we can truly "Create Hope in the World." I encourage each of you to embrace this theme with open hearts, innovative thinking, and a deep sense of purpose.

As we move forward, let us remember that every effort we make, every life we touch, and every ounce of hope we create brings us closer to the world we envision – a world characterized by compassion, resilience, and boundless optimism.

Thank you for your unwavering commitment to our shared values and our theme, "Create Hope in the World." Together, we are the architects of change and the champions of hope.

Yours in Rotary

Rtn. Arun Mongia
District Governor





First Lady of the District 3080

Dear Friends

It's truly a proud moment for me to connect with you all through the inaugural edition of GML . It has been a fantastic start, incredible to witness so much enthusiasm all over. Since July 1st DG Arun and I have been attending installations. I am enjoying thoroughly interacting with the spouses and also motivated with the support and encouragement to their partners. We consider ourselves extremely fortunate to receive so much love and affection from the Rotarians all around the district.

Let's continue our efforts to "Create Hope in the World."

Regards

Rtn. Charu Mongia

From the Editor's Desk

I am pleased to present the first GML of district 3080 led by the District Governor Rtn Arun Mongia. The GML enjoys every moment of Rotary District 3080 because in life there aren't rewinds only flashbacks.

As your editor for the entire Rotary Year 2023-24, I promise to be a dedicated advocate of our shared values, exemplified by the mantra 'Service above Self.' I am deeply grateful to the leadership for affording me this opportunity to foster communication and unity among us.

The Governor's Monthly Letter (GML) stands as an official newsletter connecting the District Governor with every club and member. It serves as a platform to stay informed about the current affairs of Rotary International and our district, including service projects, news, and updates across the fraternity.

July signifies a 'Transition Month' in Rotary as we celebrate leadership changes not only at the international level but also within our district and clubs. This month of transitions has brought us a series of installations, celebrations, and fellowships. Cheers to them!!

This Rotary Year, we breathe new life into the Governor's Monthly Letter (GML) by introducing an updated format and captivating content structure presented in a beautiful and professional layout.

To achieve this, I call upon all Club Presidents and Secretaries to share their club news and activities with us promptly, enabling us to feature and disseminate your stories to a wide audience.

Together, let's 'Create Hope in the World'.



Yours in Rotary

PP Rtn. Rajiv Bhatia





GLIMPSES OF INSTALLATION FUNCTION

DG ARUN MONGIA
HELD ON 1st JULY





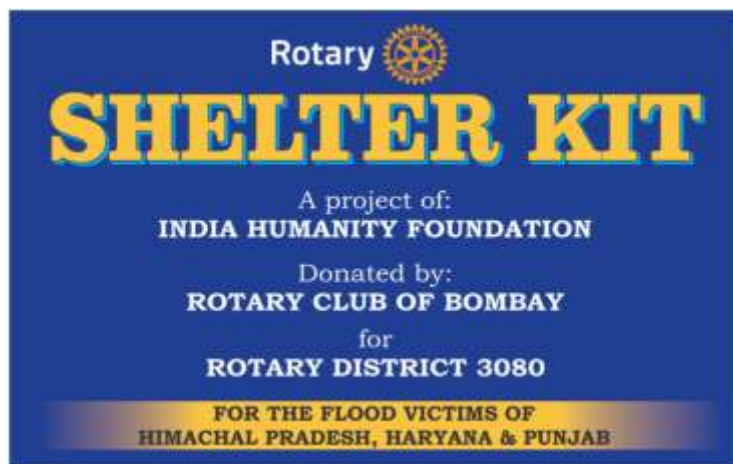
Disaster Relief

July month saw heavy rains, floods and landslides in different parts of the district causing heavy damages and displacing hundreds of families. Rotary District 3080 speeding up its service work, reached among the families affected by natural disaster and provided them disaster relief shelter kits.

The structure of the shelter kit is such that four people can easily live in it. The shelter kit includes 15 by 12 tarpaulin and the material for erecting the shelter, steel trunk, bed, pillow, sheet, carpet, blanket, dinner set, pressure cooker, necessary cooking utensils, The kit contains 65 items a family needs, including heater, bucket, tub, mug, jar, rope, candle, soap. The kit also protects against sun, dust and water. The kit has all the safety material.

Our heartfelt gratitude for the invaluable relief material & shelter kits provided during this challenging time by PDG Jitendra Dhingra, Rotary clubs of Panipat, Yamuna Nagar & Jagadhri.

Also, a big thanks to PRIP Shekhar Mehta, RCKolkattaMahanagar& RC Bombay for providing shelter kits on our request which were sent to Rampur Bushar, Shimla, Solan & Mohali.



CLUBS IN ACTION

INSTALLATION OF THE CLUBS

RC PANIPAT SOUTH



RC AMBALA



RC BARARA



RC PANIPAT RAINBOW



RC KURUKSHETRA



RC SAHARANPUR GREATER



RC PANIPAT SOUTH



RC ROONAGAR



RC MOHALI MIDTOWN



RC YAMUNA NAGAR RIVIERA



RC NAHAN SANGINI



Rotary



- 1 Is it the **TRUTH**?
- 2 Is it **FAIR** to all concerned?
- 3 Will it build **GOODWILL & BETTER FRIENDSHIPS**?
- 4 Will it be **BENEFICIAL** to all concerned?

THE FOUR WAY TEST
OF THE THINGS WE THINK, SAY, DO

RC Shimla
KARGIL VIJAY DIVAS



ANNAPURNA DAY CELEBRATIONS FOOD DISTRIBUTION

RC YAMUNA NAGAR



RC MORINDA



RC SHIMLA HILLS QUEEN



RC CHANDIGARH



RC PANIPAT SOUTH



RC SAHARANPUR GREATER



RC ROORKEE CENTRAL



RC PANIPAT SOUTH



RC ROOPNAGAR



RC AMBALA



RC DEHRADUN CENTRAL



RC AMBALA



Served food to inmates of Old Age Home.

RC YAMUNA NAGAR RIVIERA



RC AMBALA



Distributed 2000 Oral Hygiene Kits to Flood affected people.

RC PANIPAT MID-TOWN AND RC PANIPAT SOUTH



On 18th July Rotary Panipat South In Collaboration With Rotary Mid-town Sent Ration,bed Sheets, Tarpals , Disaster Kits And Utility Items To Flood Victims

ROTARY CLUBS OF JAGADHRI - YAMUNA NAGAR



Sent Relief Material to Land Slides and Flood Affected areas.

TREE PLANTATION

RC RISHIKESH



RC DEHRADUN CENTRAL



RC PANIPAT SOUTH



RC AMBALA



RC PANIPAT SOUTH



RC YAMUNA NAGAR RIVIERA



RC MOHALI MIDTOWN



RC ROOPNAGAR



RC YAMUNA NAGAR RIVIERA



Fogging done by RC Yamuna Nagar Riviera for dengue prevention

RC SHIMLA



RC PAONTA SAHIB



Blood Donation Camp was organised at Nanz Med Pharma 80 unit blood was collected.

RC PANIPAT RAINBOW



Medical Camp

RC AMBALA CENTRAL



Rtn Manmohan Maini completed 60th Blood Donation.

RC RISHIKESH



Doctor's Day Celebration

RC PANIPAT SOUTH



Donated A Ventilator And A Oxygen Concentrator To Hyderabad Charitable Hospital On 16th July.

RC CHANDIGARH



Under TB Eradication Programme Distributed 100 Food Nutrients Packets to the Patients. RC Chandigarh

RC CHANDIGARH



140 pregnant women and lactating mothers were given diagnosis, medicines and advice. 100 tins of sugar free Protein powder



Under Oral Health Programme, 50 patients were checked.



A Total of 30 Units of Blood were Collected.

RC PAONTA SAHIB



Blood donation Camp - 80 units collected

RC NAHAN SANGINI



Heart surgeries of children of age 5 years and 7 years.

RC YAMUNA NAGAR RIVIERA



RC SHIMLA HILLS QUEENS

Doctor - CA Day



RC AMBALA



RC PANIPAT RAINBOW



RC SHIMLA HILLS QUEENS



Track suits given to students of primary school.

RC SAHARANPUR GREATER



Food and stationery to poor students.

RC PANIPAT SOUTH



Club Donated 10 Ceiling Fans And A Ro Water Purifier To School (Shaheed Ravikanth Memorial School)

RC CHANDIGARH



5 WASH sessions were conducted for students at the Govt. school to cover all students.

RC PAONTA SAHIB



Donated girls cycles to the students of Government Girls Senior secondary School main bazar Paonta Sahib

RC CHANDIGARH



Distribution of sanitary napkins to adolescent girls from the government school under awareness to hygiene project. RC Chandigarh

RC ROOPNAGAR



Honored two girls for achieving extra ordinary feats at a young age

RC ROPAR CENTRAL



Handing over box of sanitary pads for needy women in the flood affected area of Patiala.

RC YAMUNA NAGAR RIVIERA



Donated a Gen Set to a NGO who is taking care of home less people

RC ROPAR CENTRAL



Paid one-month full expenses of shop being run for 6 years to provide clothes to the needy persons

RC PAONTA SAHIB



RC NAHAN SANGINI



A hearing aid worth Rs 65000 was given to a girl born dumb and deaf.

RC AMBALA

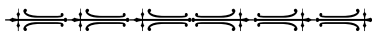


Books donated by by Rotary Ambala to poor students

RC MORINDA



English speaking course by RC Morinda for poor students



HUMAN MILK BANK

- A Project of RC CHANDIGARH

The MoU for this has been signed by Dr Bhavneet Bharti, Director Dr B R Ambedkar State institute of Medical Sciences, AIMS Mohali and Rotary Club Chandigarh to setup this unique facility. President Rtn Anil Chadda informed that this would be a boon to pre-term born babies that require human milk. He informed that PDG Subhash Garg has contributed Rs. 31.00 Lakh for setting up the plant and equipment for this project in Mohali. Dr. Bhavneet Bharti informed that there is a need for human milk especially for the preterm babies (born before 37 weeks of gestation) and their number is believed to be 3.5 millions per year. The milk is obtained from donor mothers voluntarily, which will be stored and preserved and pasteurized which can be used within 3 months, said Dr. Bharti. She informed that the building for this Rotary Project Hope has already been readied and the equipment will be installed shortly and we hope to open it up in August/September,2023.





PALLIATIVE CARE

"In the end,
it's not the mortality
we fear,
but the unnecessary suffering
we can prevent with palliative care."

Death is inevitable and everyone is going to die one day. This is a fact of life no one wants to talk about. Do you want to plan your Death? What a question, planning on your own death, are you crazy, are you saying that I am going to die? Yes, that's what I mean, you are going to die one day. Plan a comfortable and painless death not only for yourself but also for those you care for. That's what Palliative Care is all about. It's everyone's concern and everyone deserves a very dignified death.

You must have seen a lot of patients suffering from incurable disease, Cancer, Multiple Sclerosis, end-stage renal disease, Age-related disorders, etc. These patients have no cure for their ailments and all we can give them is peaceful comfortable life till death. These patients have physical, mental, emotional, social, and spiritual concerns. This can happen to anyone, your parents, siblings, close relatives, friends, and even to you. What is that we can do for such patients? We can give them a pain-free comfortable life and dignified death. Palliative care a very poorly understood and practiced part of medicine has got a great role in managing such patients.

Today as the life span has improved due to advances in medical science and we are dealing with long-term manageable diseases this type of care has become more relevant.

WHY IS PALLIATIVE CARE RELEVANT ?

- ★ Provides relief from pain and other distressing symptoms.
- ★ Affirms life and regards dying as a normal process.
- ★ Intends neither to hasten nor postpone death.
- ★ Integrates the psychological and spiritual aspects of patient care.
- ★ Offers a support system to help patients live as actively as possible until death.
- ★ Offers a support system to help the family cope during the patients' illness and in their bereavement.
- ★ Uses a team approach to address the needs of patients and their families, including bereavement counselling, if indicated.
- ★ Will enhance quality of life, and may also positively influence the course of illness.
- ★ Is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.

CURRENT SCENARIO IN INDIA

- ★ Access to palliative care in India: <2% of 1.2 billion people.
- ★ Suicides in India: 1 in 5 linked to advanced/life-limiting conditions.
- ★ Lack of social security leads to financial devastation during illness.
- ★ Affluent also marginalized without palliative care in private healthcare.
- ★ Many bed-bound or elderly individuals lack access to healthcare.
- ★ Kerala: 1,70,000 elderly live alone, 1,43,000 are women. "Volunteers are the heart and soul of palliative care, bringing comfort and solace to those facing life's toughest battles." Socially marginalized groups: women, LGBTQI, mental health, migrants, prisoners, isolated populations.

Now the question arises for some that I am not a medical professional what can I do as Rotarian? There are mainly three aspects of Palliative Care – Physical, Social, and Spiritual and as a volunteer you have a great role in managing the social and spiritual part. Simply sitting at the patient's bedside and ensuring his comfort brings the sufferer enormous relief. Volunteers might conduct errands, provide transportation, organise respite care for carers, or simply listen to patients and their families. You may converse with them, be their companion, and give emotional support. They can also aid with everyday activities like reading, playing games, and preparing meals. A meaningful approach for regular people to

show compassion, company, and support to those at their most vulnerable is through volunteering in palliative care programs.

Your presence and compassion as a palliative care volunteer would make a huge impact in the lives of patients and their families. Your friendship, help with everyday duties, or simply offering a listening ear would bring comfort and delight during these trying times. Embracing the important attributes of a palliative care volunteer and completing the relevant training will allow you to give the greatest possible care and support to people in need. Your donation, no matter how large or little, will be much appreciated and remembered by people whose lives you have touched with your generosity and sensitivity.

If you are interested in knowing more and working as a volunteer in your area do contact us.



Rtn. Dr. Parvesh K. Sablok
Rotary Paonta Sahib
District Chairman, Palliative Care



Rtn. Dr. Neena P. Sablok
Charter President
Rotary Paonta Sakhi
Palliative Care Consultant



Why Rotary year begins 1st July

Ever wonder why 1 July is the beginning of the Rotary year? Initially, our conventions played a key role in determining the start date of our fiscal and administrative year.

Rotary's first fiscal year began the day after the first convention ended, on 18 August 1910. The 1911-12 fiscal year also related to the convention, beginning with the first day of the 1911 convention on 21 August.

Attendees at Rotary's first convention in Chicago in 1910. Rotary's first fiscal year began the day after the convention ended.

The next August, the Board of Directors ordered an audit of the International Association of Rotary Clubs' finances. The auditors recommended that the organization end its fiscal year on 30 June to give the secretary and treasurer time to prepare a financial statement for the convention and board, and to determine the proper number of club delegates to the convention.

The executive committee agreed and, in April 1913, designated 30 June as the end of the fiscal year. This also allowed for changes to the schedule for reporting club membership and payments. Even *The Rotarian* changed its volume numbering system to correspond to the fiscal year (beginning with Volume 5, No. 1, in July 1914).

Rotary continued to hold its annual conventions in July or August until 1917. Delegates to the 1916 event in Cincinnati, Ohio, USA, approved a resolution to hold future conventions in June, mainly because of the heat in cities where most of them occurred. The next one was held 17-21 June in Atlanta, Georgia.

The term "Rotary year" has been used to signify Rotary's annual administrative period since at least 1913. An article in *The Rotarian* that July noted, "The Rotary year that is rapidly drawing to a close has been signaled by several highly successful joint meetings of Clubs that are so situated as to assemble together easily and conveniently."

Since the executive committee's decision in 1913, the end of the Rotary year has remained 30 June.

OUTSTANDING ROTARIANS OF THE MONTH

BEST
Assistant Governor



PP. RTN. D. P. GULATI
ZONE 9

BEST CLUB
President



RTN. KAVITA GARG
RC Paonta Sahib

BEST
Rotarian



RTN. ANIL CHAUHAN
RC Solan

COMING INTERNATIONAL & DISTRICT EVENTS

SHARING HOPE WITH THE WORLD
SINGAPORE
25-29 MAY 2024
Register today at convention.rotary.org

Rotary SINGAPORE 2024

Rotary DISTRICT 3080 | CREATE HOPE in the WORLD

ROTARY INTERNATIONAL DISTRICT 3080

आयः The नीर

MEMBERSHIP DEVELOPMENT & PUBLIC IMAGE SEMINAR

Hotel LP Vilas, Dehradun | Sunday, 3rd Sep 2023
Host : Rotary Dehradun Central

PRID Kamal Sanghvi
Chief Guest

PDG Col. Dalip Patnalk
Counsellor

PP Rtn Ajay Pal Malik
Project Chairman

Rtn Col. Manoj Gupta
Assistant Governor Zone-99

Rtn Jagat Bhushan Batra
President - Host Club

Rtn Charu & DG Arun Mongia
District Governor (2023-24)

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Rotary Dist. 3080 | CREATE HOPE in the WORLD | Rotaract

You are cordially invited to

AWARENESS ROAD DRIVE

अंग दान-महा दान

27 August, 2023
10:00am onwards
Maharaja Aggarsen college, Jagadhri

BE A HERO
BECOME AN ORGAN DONOR

Gardua McCloudy
RI President

Arun Mongia
District Governor

Sachin Bajaj
RI-District

N.P.S. Bhatia
Region Governor

HOST CLUBS
ROTARY CLUBS, INNER WHEEL & ROTRACT CLUBS
OF
JAGADHRI, YAMUNANAGAR, RADAUR, PAONTA SAHIB & SAHARANPUR

Life can begin after death

ROTARY QUIZ CONTEST

Answer the following question and get a chance to be recognised in a district event

Four Way Test was written by Rtn..... In the yearand this Rtn became RI President in the year.....

Kindly email your answer by 31st August at ynr3080@gmail.com . Don't forget to give your name and club name. You must write **ROTARY QUIZ ANSWER** in the subject. Names of three winners will be chosen by draw and published in next issue with their photographs. Winners will also be recognised in a coming district event.

« Encounter with Rotary »

Rotarians of our district are traveling all over the world. Many times they encounter Rotary logo put by a local club at a public place and they click a selfie/photo with that logo. Here we encourage Rotarians to share such moments with little description. We will be publishing these photos and let's see which remote corners have been covered by 3080 Rotarians.

Kindly email your memories by 31st August at ynr3080@gmail.com . Don't forget to give your name and club name. You must write **ENCOUNTER WITH ROTARY** in the subject.

PP Rajiv Bhatia of RC Yamuna Nagar Riviera encountered Rotary logo at Gananoque, a small town with population of only 6000 in Ontario province of Canada.



CAPTION CONTEST

Try your imagination and give a caption to this picture. Kindly email your caption by 31st August at ynr3080@gmail.com. Don't forget to give your name and club name. You must write CAPTION CONTEST in the subject. Best three captions will be chosen by DG and editorial team and published in next issue with names and photos.



CARVED IN STONE

**"I'd die for my Family.
That's nice. Would you
be willing to be healthy
for them ?**