

## From the President's Desk

### THE QUARTER THAT WAS

We - the Members of Rotary Club Gurgaon Qutab Enclave have based our efforts in 2023 - 24 on a two-pronged success mantra

1. We shall put smiles on people's faces.
2. We will work hard ; but we will play harder.

All our activities and projects have been designed to focus on our success mantras.

As we look back at Q 1, we have planned and conducted several activities which engaged all our Members. From conducting two tree plantation activities, to distribution of sanitary pads in two labour camps, conducting four Blood Donation camps yielding 616 blood units and celebrating Independence Day with inmates of Mother Teresa's Deepashram - we have done it all.

Hosting a successful GOV cum Installation function which drew kudos from the DG and other distinguished guests, inducting seven new Members, enhancing Public Image of our Club with regular print media inserts and chartering a new Interact Club in St Xavier's School were some other highlights.

We are consciously working towards the achievement of our goals and ensuring a judicious spending of the finances at our disposal.

Our Flagship Project of setting up a Skill Development Centre at DSEU Rajokri through a Global Grant Project partnering with Rotary Club Gurgaon, Rotary Club Cosmopolitan and Rotary Club Central is taking shape. PDG Deepak Talwar is assisting in getting financial help for our Project by reaching out to clubs abroad.

As we present the fourth Edition of Horizon in this Rotary year, we feel ecstatic about our achievements. This Edition is aimed to be a Collector's item with an exhaustive coverage of all the segments of GOV and INSTALLATION ceremony which was made memorable by all the members' participation and hard work. It had many memorable moments for old and new members alike and I am sure we all would like to treasure this for a long time.

As we step in Q 2, we are poised to create an impact on other spheres of activities.

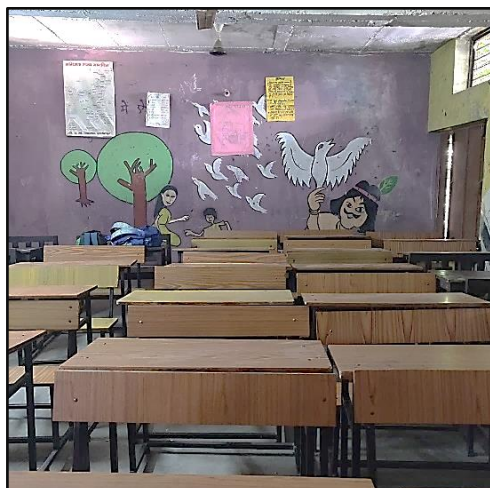
Jai Hind



### Key Club Office Bearers 2023 - 24

President Wg Cdr Baljit S Ahluwalia
President Elect Rajeev Goel
Vice President Sushma Mattu
Hony. Secretary Gita Jain
Treasurer Anil Kumar Bhatnagar
Sergeant at Arms Dr Dinesh Saxena
Joint Secretary Seema Bangia
Director Club Service Meeta Ghosh
Director Vocational Service Reena Sawhney
Director Community Service Neera Verma
Director International Service Sanjeev Sawhney
Director Membership Arun Gupta
Director Youth Services Sunil Khanna
Club Learning Facilitator Ashok Thussu
Chair – CSR Lalit Mattu
Chair - BDC J K Puri
Chair - Public Image Mohin Bangia
Project Chair Muninder Anand
Chair – News Bulletin Anil Kumar Bhatnagar

## Bench donation at Islampur girls school - 5<sup>th</sup> September



There couldn't be a better deed than this on **TEACHERS DAY**. In a heartwarming display of Community Collaboration, Rotary Public School (RPS) recently responded to the initiative taken by Rtn Seema Bangia to hand over an under-disposal lot of 50 Double duo desks to RCGQE for donation to a needy school.



Rtn Gita Jain took the lead by reaching out to the Principal of Islampur School, who eagerly accepted this generous donation.

Rtn Mohin Bangia and PE Rtn Rajeev Goel supervised loading of the benches onto a truck arranged by Islampur School at RPS and despatching it to Islampur. President Baljit Ahluwalia, Rtn Gita Jain, and Rtn Neera Verma were on hand to receive and hand over the benches to the Vice Principal of Islampur School.



What made this gesture even more special was the palpable excitement of the young students, hitherto used to sitting on the floor, as they eagerly unloaded the benches themselves. This donation exemplifies the incredible power of teamwork and community support. Thanks to Rtn Seema Bangia, Rtn Mohin Bangia, Rtn Rajeev Goel, Rtn Gita Jain, Rtn Neera Verma, and above all, President Ahluwalia himself who played a role in making this initiative a resounding success.

### Exciting news! Our 8<sup>th</sup> Interact Club is established on 23<sup>rd</sup> August 2023.

The Interact Club of St. Xavier's High School, sponsored by our club, has been Chartered in the Rotary Year 2023-24. Thanks to the dedicated efforts of President Baljit Ahluwalia and Rtn Sunil Khanna, Director – Youth Services, the Principal consented to have an Interact Club of RCGQE and our proposal, routed through DG was finally approved by RI President on 23<sup>rd</sup> August 2023.



## Club Meeting -14<sup>th</sup> September

The club meeting commenced with President Baljit Ahluwalia briefing the members about the GOV scheduled for September 23rd, emphasizing its significance and encouraging active participation from all members.

We, in our club make it a point to invite eminent guest speakers to break the routine and enhance learning levels. The guest speaker for this meeting was Ms. Ritu Saraswat, the founder of Etyma Healing and Transformation Centre - A Holistic Wellness Company offering solutions for Physical, Mental, Emotional and Spiritual wellbeing. She brings a wealth of expertise in mindset coaching, inner child therapy, and corporate training. Ritu's qualifications include Certifications in Professional Master Class on Inner Child Therapy, a Diploma in Transpersonal Regression Therapy and an MBA.

Ritu delved into the captivating topic of "Personal Energy Economy," delivering an engaging 45-minute talk. During her presentation, she expounded on the dynamics of positive and negative energy and offered invaluable insights on maintaining a positive outlook. She explained how our subconscious beliefs can either hinder or propel us towards realizing our full potential. Ritu explained that decrease in energy is primarily due to:

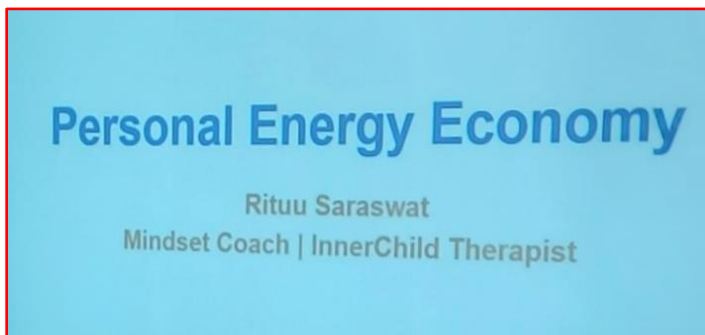
- Sealed Energy - Fixed Mindset, Subconscious Belief
- Blocked Energy – Numbing, Negative Emotions, Shutoff Commands
- Energy Loss – People and Environment
- ILL spent Energy – Inefficient and ineffective use of energy, Energy Rhythm.

Once we are aware of the factors that either give us or take way our energy and we have to consciously focus on factors that give energy and avoid the negative ones. There are three major Energy Boosters that we must regularly resort to:

- Deep Breathing
- Gratitude
- Music

She also emphasized the importance of recognizing our energy patterns during the day to enhance productivity utilizing the time when our energy is on a high and avoiding when it is low.

The interactive session that followed the talk indicated that it was well received. President Ahluwalia and R'anne Anita Ahluwalia presented a gift to Ms. Ritu Saraswat. Vote of Thanks was delivered by PE Rajeev Goel.



## RCGQE Excels at District Level – Two awards



15<sup>th</sup> September was a a red-letter day for RCGQE receiving recognition in two different functions on the same day.

Firstly, in the District Public Image Seminar at PHD House, President Baljit Ahluwalia received the **Certificate of Appreciation** for enhancing the Public Image of Rotary. spearheading several initiatives like BDC, Environment, creating synergy between Clubs and reaching out to other Clubs for several activities and showcasing all activities to the district in a timely manner.



The second function, **NATION BUILDER DISTINGUISHED TEACHER AWARD** was organised by Rotary Club of Delhi Heights at IIC at Lodi Road. One of our teachers of the Interact Club - namely Deepali Choudhury of Amity School Sector - 43 was bestowed with the **Distinguished Teacher Award**.



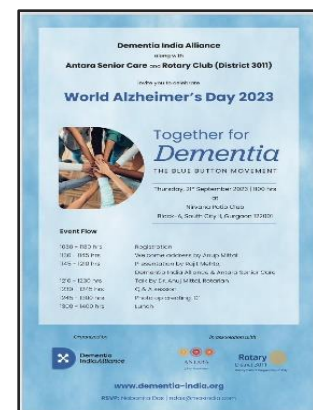
She was presented a citation and a shawl.



## World Alzheimer's Day 2023

The Dementia India Alliance, in partnership with Antara Senior Care and the Rotary District 3011, jointly organized an event titled "Together for Dementia the Blue Button Movement" on September 21st at the Nirvana Club Patio, South City 2, Gurgaon.

The Event was attended by President Baljit S Ahluwalia, Rtn Sunil Khanna, Rtn Dr D N Saksena, Rtn Dr S C Nijhawan, R'anne Anita Ahluwalia, R'anne Dr. Manju Saxena and R'anne Anju Khanna.



# GOV and Installation Ceremony - 23th September – **A REPORT**



GOV and Installation day is the most awaited landmark day for any club in the new Rotary Year. RCGQE had prepared well for this day and was all set for an impressive show.

President Rtn Baljit S Ahluwalia, Hon Secretary Rtn Gita Jain and the Board members welcomed the DG Rtn Jeetender Gupta and First Lady PP Rtn Dr. Deepthi Singh Gupta with a bouquet of flowers, setting the tone for a memorable evening of camaraderie and collaboration. DG Elect Rtn Mahesh Trikha, AG Rtn Vivek J Duggal and Regional Chair Admin PP Rtn Ruchi Rai accompanying the DG were also warmly welcomed.



Mr. Divya Prakash, founder of the NGO Donate an Hour (DoAr) was present with DoAr's Interact club members and Ms. Deepali, the award-winning teacher at Amity International School, Sector 43, Gurgaon was present with her School's Interact Club Board Members for a meeting with DG.



## Meeting the Interact Clubs



DG's review started with a meeting with two Interact clubs – Amity School, Sector 43 and The DoAr School. Teams from these schools have been very active and have done well at District level competitions too. DG was apprised of the activities of the two clubs, shared his own views about the Interact Clubs role and provided valuable guidance.



## Meeting the Board of Directors

DG and First lady met the Board of Directors for the current year. All the Directors introduced themselves before starting discussions. DG shared his immense knowledge of the Rotary system and various options available to the clubs for receiving funds for projects. Members thanked DG for his being fully involved in our flagship project, his valuable support and guidance.





## Installation Ceremony – BOD 2023 - 24

DG Rtn Jeetender Gupta and First Lady PP Rtn Dr. Deepti Singh then joined the club members and a galaxy of dignitaries and prominent guests including PDG Rtn Damanjit Singh & Ms Swarneek Singh, PDG Rtn Anup Mittal & President Ms Shruti Mittal, PDG Rtn Deepak & Ms Rajni Talwar, PDG Rtn Ranjan & Ms Anjali Dhingra, PDG Dr Rtn Sushil Khurana, DGE Dr Rtn Mahesh Trikha, Regional Chair Admin PP Rtn Ruchi Rai, PP Dr Rtn Ashok & Dr Rtn Pushpa Sethi, Ms Rashmi Bhutani, PP Rtn Amit Chaudhry, AG Rtn Vivek J & Ms Shilpa Duggal, President Rtn Amit Jain, President Rtn Subhash & Ms Jugan Verma. Mr. John Rafi, Principal, St. Xaviers School, Sector 49, Gurgaon was a special invitee to receive the Charter for the newly constituted Interact Club at his school.



All the guests received a warm welcome in the club's main hall and greeted with a beautiful rose by the members of Rotary club. The function commenced with PP Rtn Meeta Ghosh as MC on the mike. PP Rtn Lalit Mattu, Rtn Aparna Gupta – Hon Secy 2022-23, PE Rtn Wg Cdr Baljit Ahluwalia, Hon Secy Elect Rtn Gita Jain and AG Rtn Vivek J Duggal took their seats on the dais and PP Rtn Sunil Khanna escorted the DG Rtn Jeetender Gupta to the dais. Sgt At Arms Rtn Dr, D N Saksena collared the President and Hon Secy for 2022–23.



Rising for National Anthem



## Lighting the ceremonial lamp



## Felicitating the dignitaries and esteemed guests



After the felicitation of the dignitaries, PP Rtn Lalit Mattu, Vice President, 2022 – 23, started the process of Change of Guard with his Welcome Address in absence of Rtn Arti Agarwal, Preesident 2022 – 23.. He welcomed the DG, First Lady, all the dignitaries, special guests and members of the club to this very special, festive occasion when a new guard is taking over.





He touched upon the history of the club and its unique distinction of having had 6 women Presidents in its 27 years existence, the last being PP Rtn Arti Agarwal in the last Rotary Year 2022 / 23, very ably assisted by another lady, Hon Secy Rtn Aparna Gupta.

He quoted Swami Vivekanand **“Arise, awake, and don't stop till you reach your goal.”** and said that President Arti followed this dictum in word and spirit. He read out PP Rtn Arti's message sent from Virginia, USA. And then requested Rtn Aparna Gupta,



**Message from Rtn Arti Agarwal  
President – 2022 - 23**

Hon Secy, to present the club's activities in the last Rotary year.



Dear Rotary Leaders, Rotarians, and Friends,

I regret that I couldn't be present in person on this significant day for the club. As I reflect on Rotary Year 2022-2023, it fills me with warmth, as it has been an enriching experience of service, bonding, forging new friendships, and making a positive impact on our community through meaningful projects. We successfully achieved our goals and made a difference in the lives of many.



Rtn Aparna Gupta highlighted the major landmarks topped by providing 4 Solar Plants at 3 different needy locations.

The club won several awards at District level for its achievements in various areas. Elite Club, Elite President,

I want to express my heartfelt gratitude to the Immediate Past District Governor Rtn Ashok Kantoor ji for his unwavering support and guidance throughout the year. I also extend my sincere thanks to, District Governor Jeetender Gupta ji, District Governor Nominee Mahesh Trikha ji, Past District Governor Anup ji, and all the other leaders who have been a tremendous source of motivation during our interactions.

Elite Secretary, Platinum Award for Zonal Coordinator, Rolling Trophy for best Newsletter **“Horizon”** (shared with two other clubs). Two of our Interact Schools won awards too.

I extend my best wishes to President Wg. Cdr Baljit S Ahluwalia and his team for 2023-24 for a successful and fulfilling year ahead.

Warm regards,  
Arti



**CHANGE OF GUARD**

Rtn Lalit Mattu collars incoming President Baljit S Ahluwalia and Rtn Aparna Gupta collars Hon Secy. Rtn Gita Jain.



After collaring President Baljit S Ahluwalia and handing over the Gavel to him, PP Rtn Lalit Mattu addressed the incoming President and said:

“The foundation of this Club was laid with love, fellowship, and service to the community



by the Charter Members and the club traditions have been maintained by the honorable Members year after year. We have weathered many storms but have grown & flourished as our ROOTS are robust. We are a Family and been



together in thick and thin. I on this auspicious day pass on the mantle of our club to you and your team to have good fellowship in the club and serve the community in true Rotary Spirit. God Bless the Rotary Club of Gurgaon Qutab Enclave!”

**PRESIDENT'S ADDRESS**

Addressing the august gathering. President Ahluwalia reiterated that the club has two basic principles:

1. **We shall put smiles on people's faces.**
2. **We will work hard ; but we will play harder.**



He apprised the DG and guests about the “IMAGINE TO HOPE” offsite club assembly arranged in June itself to firm up a plan for the year. PDG Deepak Talwar delivered the keynote address and guided the members on several issues. An AV prepared during this assembly with “SATHI HATH BADHANA” as the theme was highly appreciated. The club has already made rapid strides in just under 3 months based on the DG’s interpretation of HOPE insignia. 3 highly successful Blood Donation Camps, 2 major tree plantation drives, providing benches to a Govt. School, distribution of Sanitary Napkins in labour camps are some of the main events.

The proof of the direction the club is following was in the fact that 7 new members were to receive their pins and a new Interact club at St. Xaviers School to receive its Charter from the DG is this very function.

President Ahluwalia also shared the progress made in our Flagship project, the Skill Development Centre being developed jointly with 3 other clubs of Gurgaon.

President was happy to apprise the gathering that our club was unique in many ways with practices like having a “BUDDY” for every new member, Directors hosting a Board meeting and dinner thereafter for the Board members spouses too, at least one long trip outside lasting about 7 days. A trip to North East is already firmed up in November 2023.

**President Baljit S Ahluwalia presented a cheque to the DG confirming that the club is EREY compliant.**



Introducing the DG, President Baljit S Ahluwalia utilized an innovative audiovisual presentation that included heartfelt video messages from DG's senior PDG, his son residing in London, his wife, his mentor and lastly a close friend from Australia. DG Rtn Jitender was visibly touched and moved by this novel gesture.



**GOVERNOR'S ADDRESS**

DG Rtn Jeetender Gupta in his address to the august gathering started by complimenting the novel way of his introduction that touched his heart. He went on to congratulate the President and his team for initiating path breaking initiatives.

He particularly emphasized the manner in which the Club officials have extolled the implementation of the HOPE insignia.

He urged the Club Members to continue with their efforts towards achieving excellence. **He lauded the efforts of getting four Gurgaon Clubs together for working towards**

**setting up a Skill Development Centre. He sanctioned 5500 USD from the District DDF.**

He also praised the Club's efforts to support the Interact Clubs and complimented the Interact Clubs for their working with innovation, dedication and enthusiasm.



## Members of the Board 2023-24 being introduced to DG and receiving pins



The Board members who were introduced to DG and received pins from him and First Lady included:

Vice President Rtn Sushma Mattu, Honorary Secretary Rtn Gita Jain, Treasurer Rtn Anil Bhatnagar, President-Elect Rtn Rajeev Goel, Joint Secretary Rtn Seema Bangia, Sergeant at Arms Rtn Dr. Dinesh Saxena, Club Learning Facilitator Rtn Ashok Thussu, Director of Youth Services Rtn Sunil Khanna, Director Vocational Services Rtn Reena Sawhney, Director of International Services Rtn Sanjeev Sawhney, Director Club Services Rtn Meeta Ghosh, Director Community Services Rtn Neera Verma, Director Membership Rtn Arun Gupta, Director CSR and Funding Rtn Lalit Mattu, Director BDC Rtn J K Puri and Director Public Image Rtn Mohin Bangia.

**New members of the club of 2023-24 being introduced to DG and receiving pins**



**New members – 2023 / 24**

1.	<b>Rtn Dr. Subhash C Nijhawan and R'anne Shubh Nijhawan</b>
2.	<b>Rtn Anubhav Guglani and R'anne Deepa Guglani</b>
3.	<b>Rtn Ashutosh Anshu</b>
4.	<b>Rtn Sanjay Kakkar and R'anne Archana Kakkar</b>
5.	<b>Rtn Ram Kumar Agarwal</b>
6.	<b>Rtn Udit Kohli</b>



**The new R'annes meet the First Lady of the club and other R'annes**



Rotary Club Gurgaon Qutab Enclave extends a hearty and very warm welcome to the new Rotarians to one of the most vibrant communities which puts **SERVICE** before **SELF**, believes in **WORKING HARD** and **PLAYING HARDER**.





← Dr. John Rafi, Principal, St. Xaviers School, Sector 49, Gurugram received the Charter for the newly constituted Interact club at his school.

AG Rtn Vivek J Duggal addressing the gathering. He lauded the impressive performance of the club in the first 3 months and wished the club to do well in the coming months too. ↓



Hon Secy Rtn Gita Jain announcing the forthcoming events, Birthdays and Anniversaries. ↓

President Elect Rtn Rajiv Goel delivered Vote of thanks. He thanked the DG, the First Lady, all the dignitaries, special guests and members for their gracious presence and the organising team for their efforts in making the event a grand success. ↓



**THE GRAND FINALE**  
**CAKE and CHAMPAGNE**  
↓



The celebrations became more special with the participation of Paramjit Singh Ahluwalia and Tina Ahluwalia, son and daughter of President Baljit S Ahluwalia and R'anne Anita Ahluwalia. Seen here with PDG Rtn Damanjit Singh and Ms. Swarneek Sigh.



It was a joyous, festive atmosphere after the ceremony with guests and members mingling, wetting their throats with aqua of their choice, snacks aplenty and then a sumptuous, delicious dinner. Chit chat and light banter lit up all faces through out this final phase of the ceremony. RCGQE is grateful to DG, First lady, distinguished guests, all the members and the organising team for making it a memorable day in all possible ways.

**Random clicks for the guests and members to cherish**



# Blood Donation Camp - 26<sup>th</sup> September

Our club organized another Blood Donation camp at Netrika Consulting in Udyog Vihar, under the leadership of Rtn J.K. Puri. The camp was held in a fully equipped mobile van, and a total of **60 units of blood were collected**.

It was a successful camp with Rtn J.K. Puri's efforts and the arrangements made by Netrika Consulting and encouraging its staff to donate blood for a noble cause.

Thanks to President Rtn Baljit S Ahluwalia, R'anne Anita Ahluwalia, Rtn Dr D N Saksena, Rtn Rajeev Goel, Rtn Dr S C Nijhawan, R'anne Dr. Manju Saxena, and R'anne Shubh Nijhawan for their presence at the blood donation camp as volunteers.



←  
**Certificate of Appreciation for Blood Donation was presented to team Netrika Consulting by Dr. Mahima on behalf of Rotary Blood Bank.**



**BLOOD DONATION  
ACTUALLY IMPROVES HEALTH!**



## NEWS from home and afar.....



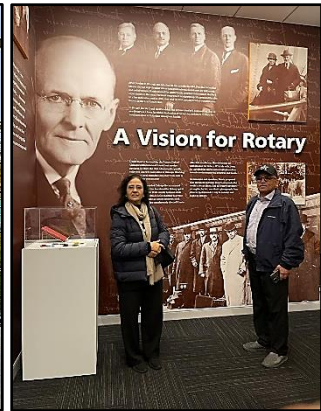
President Wg Cdr Baljit S Ahluwalia and R'anne Ms Anita Ahluwalia attended the GOV and INSTALLATION ceremony of The RCG of Gurgaon Cosmopolitan. They were felicitated by President Amit Kumar Jain of RCG Cosmopolitan. AG Rtn Vivek J Duggal was also present.



## PP Rtn Anila Chaudhary and her husband Rtn Capt. Surender Chaudhary visit RI Office in USA

PP Rtn Anila Chaudhary and her husband Rtn Capt. Surender visited the Rotary Headquarters in Evanston, USA. It was an amazing experience for them although they couldn't meet the RI President who was traveling.

They met the members of Rotary Club of Evanston who were happy to meet these two Ambassadors of RCGQE and gave them the club flag. **A few pictures to give us all a tour of the highest office of the Rotary fraternity.**





<b>October</b>	<b>BIRTHDAYS</b>
<b>10<sup>th</sup></b>	<b>Neera Verma</b>
<b>13<sup>th</sup></b>	<b>Sanjay Kakkar</b>
<b>14<sup>th</sup></b>	<b>Neeru Adlakha</b>
<b>25<sup>th</sup></b>	<b>Anubhav Guglani</b>
<b>27<sup>th</sup></b>	<b>Vanita Naval</b>
<b>29<sup>th</sup></b>	<b>Nitu Ruia</b>
<b>29<sup>th</sup></b>	<b>R K Agarwal</b>
<b>October</b>	<b>ANNIVERSARIES</b>
<b>8<sup>th</sup></b>	<b>Muninder Anand and Renu</b>
<b>11<sup>th</sup></b>	<b>Gita and Rishabh Jain</b>



### Club Calendar for October 2023

<b>3<sup>rd</sup></b>	<b>Tuesday</b>	<b>Installation – Interact Club, Amity School, Sec - 46</b>
<b>5<sup>th</sup></b>	<b>Thursday</b>	<b>Installation – Interact Club, Amity School, Sec - 43</b>
<b>13<sup>th</sup></b>	<b>Friday</b>	<b>District Seminar – PHD House, New Delhi</b>
<b>18<sup>th</sup></b>	<b>Wednesday</b>	<b>Sanitary Napkins Distribution – Islampur Govt. School</b>
<b>20<sup>th</sup></b>	<b>Friday</b>	<b>Club Meeting, Patio, South - City 1</b>
<b>28<sup>th</sup></b>	<b>Saturday</b>	<b>Board Meeting</b>