

RCF CITY Dazzles

RCF City: Growing, Glowing, Giving

RCF City sparkles bright,
With service projects spreading light.
New friends join, the circle grows,
In fellowship, true joy flows!



The Rotary Way



Rotary Membership Month : August

August shines with a special call,
To open our hearts, embrace one and all.
From varied fields, when members unite,
Rotary glows with service bright.

Each new hand, a promise to stand,
For Goodness and Care across the land.
A precious drop in humanity's sea,
Together we build a world more free.

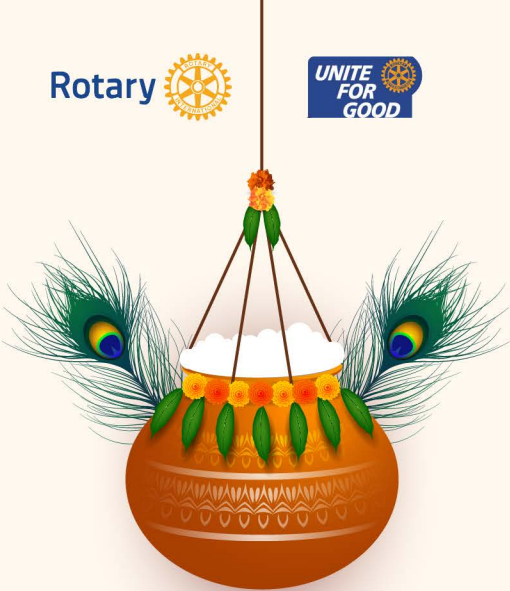
Francesco Arezzo – Rotary International President 2025-26

From the Rotary Club of Ragusa, Italy, Francesco Arezzo takes the helm as RI President starting 1 July 2025. The third Italian and first from southern Italy to lead Rotary, he brings over 30 years of Rotary experience.

His theme, "Unite for Good," inspires Rotarians worldwide to work together across cultures and borders, making a real difference through service.



RI President Francesco Arezzo and his partner, Anna Maria, attend the 2025 Rotary Convention



Dear Readers Rotary Greetings,

August is a month of colours and celebrations — the sacred bond of Raksha Bandhan, the divine joy of Janamashtami, the pride of Independence Day, and the auspicious arrival of Ganesh Chaturthi, marking new beginnings and the remover of obstacles. Each festival reminds us of love, faith, and freedom.

For us in Rotary, August is also Membership Month — a time to welcome new friends, strengthen bonds, and unite for service. Each member is a precious drop, together forming an ocean of hope.

This edition brings you glimpses of festivity, fellowship, and service — may it inspire us all to celebrate traditions and spread goodness.

Happy reading,

Sunita Vij

Editor, RCF City



Message from the President

Dear Friends,

It fills my heart with joy to see our club moving forward with purpose and positivity. The projects we have undertaken are making a real difference, and with every step, the addition of new members is bringing fresh energy and ideas into our fold.

What truly strengthens us is the spirit of fellowship. Each gathering, each moment of laughter and togetherness, reflects the bond we share as Rotarians. The enthusiastic participation of our members, despite challenges, has been the driving force behind our success.

Yes, challenges do come — but the beauty lies in how we face them together, balancing service with fellowship, and finding joy in being dedicated Rotarians. When hearts unite, service becomes a celebration.

Let us continue this journey with the same enthusiasm, making our club not just a team, but a family that serves with love.

With warm regards,

Rtn. Sunita Vij

President, RCF City



Message from the Club Facilitator

Dear Friends,

It is heartening to see our club steadily progressing with the collective efforts of our members and the dedication of the core team. Together, we are helping the club pick up its momentum, setting the tone for a vibrant and meaningful tenure ahead.

The true strength of Rotary lies in trust and support — in confiding in one another, standing by each other, and moving forward as one family. With this spirit, I am confident we will achieve greater heights.

I look forward to a successful year where healthy fellowship blends with healthy contributions to humanity, making our journey both joyful and impactful.

With best wishes,

Rtn. Lov Vij

Club Facilitator – RCF City



तीज की उमंग, गणेश की तरंग !

आया तीज का त्यौहार
लाया बरखा की फुहार
मेहंदी लगाएं ,झूला झुलाएं
सब सखियां मिल त्यौहार मनाएं
सोलह श्रृंगार कर गौरा को मनाएं
अमर सुहाग का वरदान पाएं

रिद्धि सिद्धि के दाता सुनो गणपति
आपकी मेहरबानी हमें चाहिए
पहले सुमिरन करूं गणपति आपका
लब पे मीठी सी वाणी, हमें चाहिए
सर झुकती हूं चरणों में सुन लीजिए
आज बिगड़ी हमारी बना दीजिए
कंठ पर शारदा मां हमेशा रहे
रिद्धि सिद्धि का वरदान हमें दीजिए

Rtn. Laxmi Kabra
RCF City



When the Kitchen Falls Silent, Families Fall Apart

Cooking is not just about food — it is what holds families together.

In 1971, 71% of U.S. households were traditional families. Today, that number has dropped to just 20%. The rest reflects a rise in broken homes, isolation, and loneliness. When the kitchen closes, the family weakens.

A home-cooked meal is more than nutrition — it is love, warmth, and belonging. Sitting around the table draws hearts closer, passes on values, and strengthens ties. Eating alone with screens or relying on takeout turns homes into guesthouses.

The hidden cost is health too — fast food and processed meals fuel obesity, diabetes, and heart disease. While corporations decide what we eat, pharmaceutical companies profit from the fallout.

The solution lies in rekindling the kitchen. Cultures like Japan and the Mediterranean show us that eating together leads to stronger families and longer, healthier lives.

Because a bedroom makes a house — but a kitchen makes a family.

Rtn. Vijailakshmi
Raghavan

RCF City



आयुर्वेदः (आयुः + वेद = आयुर्वेदः) Science of Life

आयुर्वेद एक प्राचीन एवं पारम्परिक चिकित्सा पद्धति है।
भगवान धन्वन्तरी जी आयुर्वेद के देवता हैं।
समुद्र मंथन में भगवान धन्वन्तरी जी के अवतरण के साथ ही आयुर्वेद का भी अवतरण हुआ है।

आयुर्वेद को अथर्ववेद उपवेद मानते हैं। हजारों वर्षों से हमारे ऋषि मुनि इसी चिकित्सा से रोगी मनुष्यों की चिकित्सा करते थे।
आज आधुनिक समय में भी वैद्य द्वारा रोगी मनुष्यों की चिकित्सा की जा रही है।

प्राचीन संहिता, चरक संहिता में एक श्लोक के माध्यम से आयुर्वेद का वर्णन इस प्रकार है—
हिताहितं सुखं दुःखम् आयुस्तस्य हिताहितम्।
मानं च तच्च यत्रोक्तम् आयुर्वेदः स उच्यते॥ (चरक सू. १५)
हितकर आयुः - जीवन में अनुकूल
अहितकर आयुः - जीवन में प्रतिकूल
सुखकर आयुः - स्वस्थ जीवन
दुःखकर आयुः - रोग अवस्था

"Ayurveda deals with happy and unhappy life!
It explains what is appropriate (The promoters of Health) and what is inappropriate (The non promoters of the health).
In relation to the life as well as it measures the life expentently and the nature (Quality) of the life."



आयुर्वेद का प्रयोजन क्या है ?
स्वस्थस्य स्वास्थ्य रक्षणं ।
आतुरस्य विकार प्रशमनं च॥
स्वस्थ व्यक्ति के स्वास्थ्य की रक्षा करना एवं आतुर (रोगी) को विकार (रोग) से शांत करना ही आयुर्वेद का उद्देश्य है।
आयुर्वेद के माध्यम से न केवल रोग का उन्मूलन कर सकते हैं अपितु रोग की स्थिति उत्पन्न होने से भी रोक सकते हैं।
आयुर्वेद में ऋतुचर्या (ऋतु अनुसार आहार - विहार) दिनचर्या, स्वस्थवृत्त पथ्यापथ्य, द्रव्यगुण इत्यादि का भी वर्णन किया गया है।
इसलिए हम सभी को आयुर्वेद को अपनी जीवनशैली में अपनाना चाहिए।

Rtn. Dr. Jyoti Saini

Ayurvedic Medical Officer
Ayush Department
Haryana Govt.

RCF CITY IN ACTION

Share a Meal, Feel the Divine Heal!

On Saturday, 16th August, as part of our ongoing Food Donation Drive, **RCF City** extended love and care to the residents of the **Leprosy Centre, NH-5, Faridabad**.

On the auspicious occasion of Janmashtami, and in the loving memory of Late Mrs. Sudha Kabra (beloved mother of our esteemed member Rtn. Ruchin Kabra), Rtn. Laxmi Kabra and family donated meals, seeking the blessings of the residents and spreading the true spirit of service and devotion.



RCF CITY IN ACTION



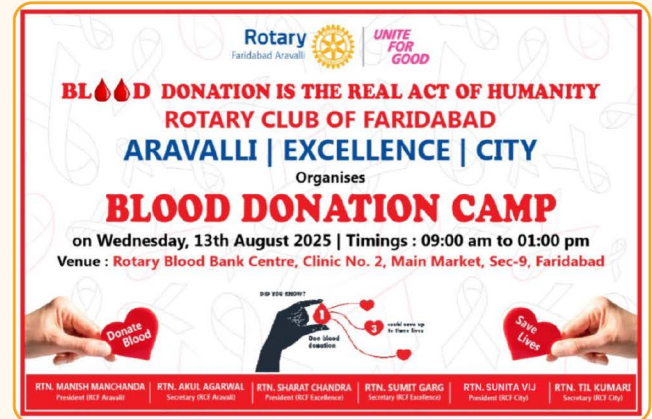
Every Drop Counts!

On 13th August, RCF City, RCF Excellence & RCF Aravalli, with the support of Rtn. Deepak Prasad & Rotary Blood Bank, organised a Blood Donation Camp at Sector 9, Faridabad.

More than **100 units of blood** were collected — heartfelt gratitude to our life-saving donors! ❤️

What a meaningful way to celebrate the birthday of our dedicated, passionate Rotarian , "Rtn. Deepak Prasad, the very heart of Blood Bank Faridabad!"

Donate Blood, Save Lives, Live Healthy!
Need of the hour!



RCF CITY IN ACTION

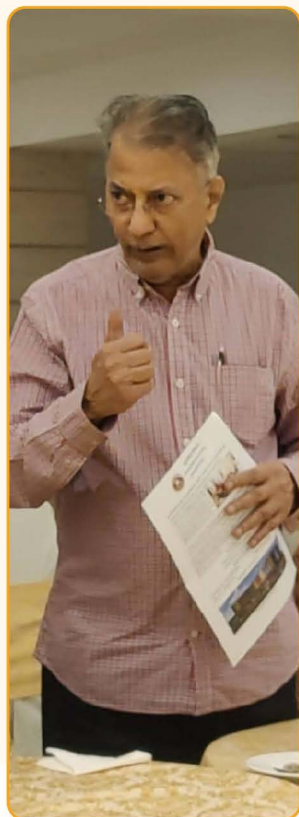
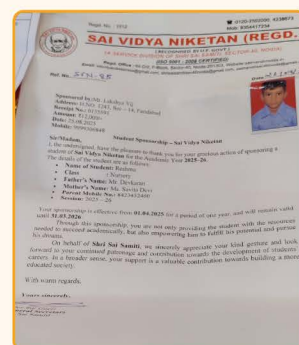
Nurturing Futures through Child Adoption – RCF City

RCF City is delighted to share that, under the referral of **Rtn. Vijay Raghavan Ji**, our members have adopted 7 children from Sai Vidya Niketan, Noida.

₹12,000/- per annum per child covers meals, uniforms, stationery & basic needs. Sponsors receive details of the adopted child along with regular progress updates, ensuring a personal connect.

We were also blessed to receive Baba's Prasadam with the adoption details.

With this initiative, RCF City continues its commitment to nurture young lives and shape brighter futures.





SAI VIDYA NIKETAN
SCHOOL RUN BY
SHRI SAI SAMITI SEC 40 NOIDA

A Charitable Middle School, Sai Vidya Niketan, recognised by the U.P. Government, is already functioning for imparting Education up to 8th Standard.

The School is providing free education to about 310 students. The Students are not charged any fees and are provided with free uniform, socks/shoes, books and stationery, free breakfast and lunch. Hence, all expenses towards their education are fully borne by the Samiti from Mandir funds.



NOW A BUILDING FOR THE SCHOOL IS BEING CONSTRUCTED ON A **TWO-ACRE PLOT IN SECTOR - 2 GREATER NOIDA WEST**. OUR PLAN IS TO IMPART FREE EDUCATION TO AT LEAST **1,000 STUDENTS** TO START WITH, UP TO 12TH STANDARD.

The building is being constructed in 2 Phases. The First Phase of the Project which is under construction is likely to cost **Rs. 15 Crores**. The Building will have a single basement and 6 floors above ground. It is designed as per specific requirements for affiliation with CBSE and shall also have facilities that can be flexibly used in the post - school hours for other educational purposes.

APPEAL FOR DONATION

Generous Donations are requested for achieving the goal of completing the School Building in the earliest timeline.

DONATIONS PLEASE BE REMITTED TO:

Beneficiary Name - Shri Sai Samiti Noida	Account No - 52007663089
Bank Name - State Bank of India	Branch - Sector 18 Noida.
IFSC - SBIN0031811	




RCF CITY IN ACTION

Share a Meal, Feel the Divine Heal!



In continuation with our ongoing food donation drive, at Aparna Garden, RCF City came together for a noble cause — a Food Donation Drive, graciously sponsored by our member **Rtn. Manoj Gulati**.

With every meal shared, hearts were touched and smiles were spread.



THE VIBRANT FELLOWSHIP

Fellowship with a Purpose – RCF City Get-Together

The recent get-together of RCF City was a perfect blend of fellowship, reflection, and service. With enthusiastic participation from members, the evening was filled with motivation and inspiration as we looked back at our journey and discussed the path ahead.

The presence of our seasoned Rotarians added great value, encouraging newer members to come forward and contribute with passion. Inspired by the noble work being done at Sai Vidya Niketan, Noida — where underprivileged children are provided free education, meals, uniforms, and dignity — our members came together to adopt 7 children this year (₹12,000/- per child per annum).

The evening also celebrated birthdays and anniversaries of members for July and August, making it truly joyous.

A meaningful fellowship indeed — where hearts united for service, and celebrations strengthened our bonds.



THE VIBRANT FELLOWSHIP

Ek Shaam, Desh ke Naam!

Celebrating
Independence
Day

A wonderful evening spent with fellow Rotarians at the Kavi Sammelan, where words of patriotism and pride echoed in every verse. A perfect blend of fellowship, culture, and the spirit of freedom.



Birthday Cheers for our Members Dear

Shalu's day shines bright with cheer,
May happiness stay with her all year.

Manisha's smile brings joy anew,
Wishing dreams fulfilled and skies so blue.

Davender, may success your pathway line,
With health, love, and moments divine.

Deepak Prasad, may your spirit glow,
With endless joy wherever you go.

Sanjay Gandhi, with warmth we say,
Joy and peace be yours today.



Gratitude Today, Inspiration for Tomorrow

I extend my heartfelt gratitude to all our readers and to the esteemed members of RCF City. The true pride of our club lies in the strength of its members – enabling us to create cherished memories, serve humanity with dedication, and nurture fellowship with warmth and togetherness.

Looking forward to bringing more engaging and meaningful content in the next edition.

Warm regards,

Sunita Vij
Editor, RCF City

