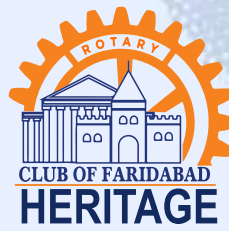


Rotary  
District 3011



Newsletter Sept'2024

## Message from District Governor

“

Dear Magical President!

**Dr. Anshu Gupta Ji**

Greetings!

At the outset, Sujata and I congratulate you on two counts- first, taking over the reins of your Club, Rotary Club of Faridabad Heritage and secondly, taking out the first edition of your Newsletter 'Triumph'...

Rotary is all about leadership and as leaders cultivate a shared culture, promote an inclusive environment, find new ways of facing challenges and opportunities, implement creative ideas, build excitement for new ideas and encourage a flexible mindset. We have full confidence that by the 'grace' of your leadership, you will 'triumph' in all areas to create the 'Magic of Rotary'....

Warm regards,



**Dr Mahesh P. Trikha**

DG 2024-25, RI District 3011

Member RCD South East

Cell 9810036509, Email Dg24.25RID3011@gmail.com



”

## Message from President

“

I am proud to be a Rotarian!

It is with great honor that I step into the role of President for the Rotary Club of Faridabad Heritage for the year 2024-2025. I am deeply grateful for the trust placed in me, and I shall take on this challenge with utmost commitment with the support of our dedicated Board and every member of our Club.

Our Club's foundation is built on strong leadership and a shared commitment to the Rotary principle of "Service Above Self." Together, we have carried out impactful projects that have made a real difference in our community. As we embark on this journey, I will be counting on the collective strength of all our members, and I am especially thankful for the continued guidance and support of IPP Rtn. Sandeep Goyal ji. This year, let us come together to implement more successful projects and bring a change in the society and lives of people.

**Rtn. Anshu Gupta**

**President**



”

## Message from President

“

Rotary club of Faridabad Heritage is a leadership organisation made up of local business professionals and entrepreneurs. We meet regularly and motivate the members to come forward to get to know each other, form friendship enabling us to work hand in hand in the Faridabad community.

The Motto of Rotary is “Service beyond self”, we take this to our heart with all our activities. Theme of the current year is 'Magic of Rotary' - Imagine the magic Rotary can make, where we are inspired each day knowing that we can create magic around us.

**Rtn. Kuldeep Sethi**  
**Secretary**



”

# KRITAGYATA

---

*Tribute  
to* 

**Date :** 6<sup>th</sup> Sept'24

**Event :** Expression of Gratitude, the Thanksgiving for the Rotary year gone by 23-24.

**Venue :** Hotel Delight Grand.

A wonderful evening, we had at our recent Thanksgiving event as we came together to celebrate and honor our past president, Rtn. Sandeep Goyal. The event was a heartfelt tribute to his exceptional leadership and unwavering dedication to our club and community.

## Event Highlights:

- **Inspiring Keynote Speech:** Rt. Sandeep Goyal shared reflections on his time as president, highlighting the milestones and challenges that shaped his journey.
- **Recognition Ceremony:** A special plaque in appreciation of his contributions, acknowledging the impactful initiatives that made a difference in our community.
- **Member Stories:** Many members took the opportunity to share personal anecdotes, showcasing the lasting influence he has had on each of us.
- **Delicious Feast:** We enjoyed a delightful Thanksgiving meal together, fostering camaraderie and gratitude within our Rotary family.
- This event was not only a celebration of Rtn. Sandeep Goyal's achievements but also a reminder of the strength of our Rotary community and the power of service.

# KRITAGYATA

Tribute  
to



# HEALTH CHECK-UP CAMP

**Date:** 15<sup>th</sup> Sept'24

**Venue:** Ballabgarh Samaj Trust

**Screenings at the Camp:** BP, Sugar & Ortho Scanning

**Consultant:** Dr. Keshav Bhatia (General Check-up), Dr. BrijMohan (Ortho Session)

**Event Incharge:** Rtn. Sandeep Goyal



Rotary Club of Faridabad Heritage along with Sarvodaya Hospital organized Free Health Check-up Camp in Ballabgarh. This camp offered various health screenings, including blood pressure, blood sugar, and ortho consultation with experienced team of Doctors. The enthusiasm and proactive approach to wellness made this event a great success. The camps were organized by Ballabgarh Samaj Trust. Approximately 150 people got benefitted.







# BLOOD DONATION CAMP



# SMILES & HOPE

## VISIT TO BALVEER DIVYANG PATHSHALA

---



**Date:** 17th sept'24

**Venue:** Balveer Divyang Pathshala

Rotary Heritage is delighted to share a heart-warming experience from our recent visit to Balveer Divyang Pathshala, an underprivileged school for blind and deaf students. On 17th Sept'24, our Rotary Club members came together to spread joy and support through the distribution of sweets and snacks.

To make the day even more special, we organized fun activities for the students with the help of the school faculty. The children participated and enjoy themselves. The laughter and joy shared during these moments were priceless.

Our visit was not just about the snacks; it was about connecting with the students and showing them that they are valued and loved. Many of us took the time to listen to their stories and share in their joy, fostering a sense of community that we hope to maintain in the future.



# EMPATHY IN ACTION

## A DAY WITH DG MAHESH TRIKHA

---



**Date:** 19<sup>th</sup> Sept'24

**Venue:** Devashraya Animal Hospital

**Chief Guest:** DG Mahesh Trikha

**Guest of Honour:** AG Vipin Chanda

**Project:** Donation of books and machinery for Balveer Blind School, to make the students self-sustained.

**Donation of Medicines:** Worth Rs.1 lac by Rtn. Vinod Gupta.

Rotary Heritage club was honoured when our DG Mahesh Trikha ji along with Mrs. Seema Trikha expressed his interest in visiting Devashraya Animal Hospital. We had AG Vipin Chanda ji, Mrs Anuradha Chanda and all the Club Members for the event. The day started with a lunch at Devam Café at Sarvodaya, followed by his visit to Devashraya. We had specially abled kids from Balveer Divyang Pathshala among us. Rotary Heritage had donated books, mind building games and machines for the production of Gau Sampati products to the school

Rtn. Vinod Gupta donated medicines worth Rs.1lac for the animal hospital. This gesture of his is truly remarkable

# EMPATHY IN ACTION

## A DAY WITH DG MAHESH TRIKHA



# EMPATHY IN ACTION

## A DAY WITH DG MAHESH TRIKHA



# EMPATHY IN ACTION

## A DAY WITH DG MAHESH TRIKHA

---



### The Teachers Training Programme:

Another part of this event is followed by organizing a training secession for the teachers of the school. Team of 4 teachers are attending the training, Seven (7) day secession is planned for them starting from 24th Sept'24 to 30th Sept'24. The teachers will later train the students to make these products and become self-sustained.

### Giving ope to life:


Rotary Heritage, with support of DG Mahesh Trikha, Rotary Heritage is brining hopes to Chanchal, a student of Balveer Divyang Pathshala, born with a Clift palate. Her investigation has been successfully completed and her course of treatment is being planned. Together, we are giving Chanchal the opportunity to speak and smile like never before!



Awareness on Hand Hygiene

हाथ धोये साबुन से, रोग मिटेंगे जीवन से!



A hand holding a red blood drop, symbolizing blood donation or testing. The hand is shown in a grayscale tone, while the blood drop is a vibrant red. The background is a light, neutral color with a red ribbon in the top right corner and a blurred red ribbon in the bottom left corner.

We at Rotary Members pledged to fight against Thalassemia. Our Slogan says;  
थैलेसिमिक जाँच के बाद करें, बच्चों की सगाई!

LET'S PROMOTE THALASSEMIA TESTING BEFORE MARRIAGE



# AWARENESS SESSION ON HAND HYGIENE, THALASSEMIA, & PSYCHOLOGY



Date : 25<sup>th</sup> Sept'24

Venue : Basement Auditorium, Sarvodaya Hospital.

Event Coordinator : Rtn. Kuldeep Sethi, Rtn.Pinki Jatwani, Rtn. Seema Bhatia, Rtn. Bela Goyal.

We are excited to share highlights from our recent awareness session held for Class 12 students, focusing on two critical health topics: Hand Hygiene and Thalassemia, complemented by an insightful talk on Psychology.

The session began with an engaging presentation on the importance of hand hygiene & Thalassemia by Rtn Bela Goyal and Rtn Anshu Gupta respectively.

To complement the health topics, we invited a guest speaker Dr. Sanya Kher from Sarvodaya Hospital to discuss the psychological aspects relevant to students' well-being.



# AWARENESS SESSION ON HAND HYGIENE, THALASSEMIA, & PSYCHOLOGY



# HEALTH TALK AWARENESS ABOUT HEALTHY DIET, HAND HYGIENE



Date : 26<sup>th</sup> Sept'24

Venue : SRS International School, Faridabad

Event Coordinator : Rtn. Kuldeep Sethi

Rotary Heritage in association with Sarvodaya Hospital organized a session for the students of SRS International School. Session on healthy diet a habit was conducted Dietician Manu Gupta, followed by an interactive session by Rtn Kuldeep Sethi on Hand Hygiene. The attendees of 100 people included students from primary class and school faculty.



# Community Awareness Session on Hand Hygiene, Thalassemia & Healthy Diet



Date : 27<sup>th</sup> Sept'24

Venue : Auditorium,5<sup>th</sup> Floor, Sarvodaya Hospital

Event Coordinator : Rtn. Bela Goyal & Rtn. Rakesh Gupta

Rotary Heritage in association with Sarvodaya Hospital organized a session general public and nursing students aimed at educating the public on essential health topics: Hand Hygiene, Thalassemia, and Healthy Diet and Cooking Habit.

Session on healthy diet a habit, proper cooking method was conducted Rtn. Rakesh Gupta and Diatic Department of Sarvodaya Hospital, led an engaging talk on healthy eating and cooking practices:



# Community Awareness Session on Hand Hygiene, Thalassemia & Healthy Diet



- **Balanced Nutrition:** The importance of incorporating a variety of foods into our diets, focusing on fruits, vegetables, whole grains, and lean proteins.
- **Cooking Techniques:** Healthy cooking methods, such as steaming, baking, and grilling, to preserve nutrients while reducing unhealthy fats.
- **Interactive Cooking Demo:** Participants enjoyed a live cooking demonstration, learning simple and nutritious recipes that can be easily replicated at home.

The session kicked off with an informative presentation on hand hygiene and Thalassemia by Rtn Bela Goyal. About 200 people participated in the event.

This was later followed by scanning of Blood Pressure & Sugar.



# AWARENESS ON MENTAL HEALTH, HAND HYGIENE & THALASSEMIA



Date : 27th Sept'24

Venue : Manav Rachna University Campus.

Event Coordinator : Rtn. Kuldeep Sethi & Rtn. Ranjana

Rotary Heritage organized a session for the students at Manav Rachna University on the Awareness Session on Hand Hygiene, Thalassemia, and importance of mental wellbeing.



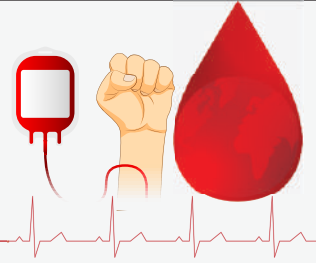
## 1. Hand Hygiene Awareness

The session began with an engaging presentation on the importance of hand hygiene by our Rtn. Ranjana. Students learned about:

- The Role of Hand Hygiene
- Techniques and Best Practices
- Interactive Activities



# AWARENESS ON MENTAL HEALTH, HAND HYGIENE & THALASSEMIA



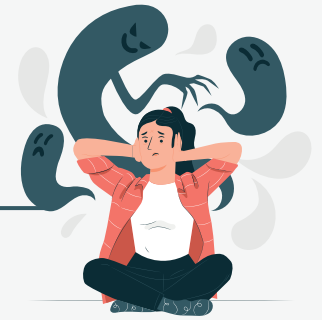
2. The second part of our session was presented by Rtn Kuldeep Sethi focusing on Thalassemia, a genetic blood disorder. Key points discussed included:

- **What is Thalassemia?**
- **Importance of Screening**
- **Support and Resources.**



# AWARENESS ON MENTAL HEALTH, HAND HYGIENE & THALASSEMIA

(Healing Minds, Changing Lives)



## 3. Insights into Psychology

To complement the health topics, we invited a guest speaker Dr. Sanya Kher, from Sarvodaya Hospital to discuss the psychological aspects relevant to students' well-being. Topic covered by her were,

- Stress Management
- Coping Strategies
- Open Discussion





# HEALTH CHECK-UP CAMPS



**Date:** 28<sup>th</sup> Sept'24

**Venue:** Kidhood Play School

**Consultant:** Dr. Mansi (General Check-up), Dr. Asfia (Pediatric)

**Footfall :** 100+ attendees

We are thrilled to report on the success of our recent Health Check-Up Camp at Kidhood Play School, Omax Hights. This event, organized by our Rotary Club, aimed to provide essential health services to children at the local play school and the surrounding community.

We were able to offer a range of health services, including:

- **General Health Check-Ups:** Blood pressure, Suga , and general wellness evaluations.
- **Pediatric Assessments:** Special focus on the children from the play school to ensure their healthy growth and development.

The turnout exceeded our expectations, with 150 of attendees benefiting from the services provided. Many families expressed their gratitude for the free health services, highlighting the importance of such initiatives in our community.



# HEALTH CHECK-UP CAMPS

Date: 28<sup>th</sup> Sept'24

Venue: Shree Ram Park, F- Block, NIT

Footfall : 90 attendees

We are thrilled to share the highlights from our recent Health Check-Up Camp held at Shree Ram Park, F-block, NIT. Organized by the Rotary Club, this event aimed to promote health and wellness in our community while enjoying the beauty of nature.

- **Health Screenings:** Our dedicated volunteers and healthcare professionals offered free screenings for blood pressure, glucose levels, and cholesterol/Thyroid. We are pleased to report that over 90 community members took advantage of these services.
- **Fun Activities for All Ages:** Families enjoyed Zumba session. The day was filled with laughter, learning, and community bonding.

A heartfelt thank you to our dedicated volunteers, local healthcare partners, and everyone who participated in making this event a success. Your support and enthusiasm help strengthen our community and promote healthier lifestyles.



# Thank You!

*for your continued support and dedication.  
All your enthusiasm made these events memorable and successful.*



## ROTARY CLUB OF FARIDABAD HERITAGE

**RTN. ANSHU GUPTA**  
President

**RTN. KULDEEP SETHI**  
Secretary

**RTN. VINOD GUPTA**  
Treasurer