

# ROTARY CLUB OF DELHI WEST

Rotary  
District 3011



# Kalindi



Newsletter

December 2024

[www.rcdelhiwest.rotaryindia.org](http://www.rcdelhiwest.rotaryindia.org)

Charter Date: February 27, 1971

Rtn. Stephanie A. Urchick  
R.I. President

Rtn. Dr. Mahesh P. Trikha  
Distt. Governor

Rtn. Rohit Seth  
Club President

## "SKINSPIRE" - SKIN BANK CRUSADERS SEMINAR



"Skinspire" - Skin Donation Seminar hosted by Rotary Club of Delhi West and Rotary Club of Delhi South was held on 21st December, 2024 at AIIMS, Burns and Plastic Surgery Department, New Delhi.

I am delighted to report the success of today's seminar, which marked a significant milestone in our efforts to promote skin donation awareness. The event, held at AIIMS, brought together esteemed medical experts, Rotarians, and dedicated participants united in their commitment to this noble cause.

### Highlights of the Seminar:

1. Eminent Speakers: The seminar featured distinguished speakers, including Director AIIMS Dr. Srinivas, Dr. Aarti Vij (ORBO), HOD Burns and Plastic Surgery Department Dr. Manish Singhal, Dr. Shivangi Saha, Dr. Nandni, and Dr. Manju. Their insightful presentations enriched our understanding of the critical role of the Skin Bank and the life-saving impact of skin donation for burn victims.
2. Launch of the Skin Donation Information Booklet: A comprehensive booklet was unveiled during the seminar, serving as a ready resource for Rotarians and the public. It provides detailed guidance on skin donation, the process, and answers to common queries, making it a valuable tool for fostering awareness.
3. Engagement and Participation: Rotarians (Skin Donation Crusaders) from across the district participated with enthusiasm, demonstrating their commitment to this meaningful initiative. Their active engagement and thought-provoking questions highlighted the significance of the cause.

Acknowledgments: The success of this seminar would not have been possible without the unwavering support of the AIIMS team, led by Dr. Manish Singhal and Dr. Shivangi Saha. Their coordination and dedication were instrumental in making this event impactful. A special thanks to all the Rotarians who attended and contributed to the seminar's success.

A special note of gratitude to DGE Ajit Jalan, PDG Ramesh Chander, PDG Ashok Kantoor, and District Secretary Sanjeev Jawahar for their presence at the event and their unwavering commitment to this noble cause.

PP Rtn Rakesh Talwar, District Chair – Skin Bank



PRESIDENT RTN. ROHIT SETH'S MESSAGE



Fellow Members,

As we reach the midpoint of our Rotary year, I want to take a moment to express my heartfelt appreciation and pride in each and every one of you!

Together, we've achieved so much in just six short months. From community service projects to fundraising initiatives, we've made a tangible impact on the lives of those around us. Our club's commitment to the Rotary motto of 'Service Above Self' is truly inspiring, and I feel honored to be a part of this dedicated team.

As we move forward into the second half of the year, let's continue to strive for excellence, push beyond our boundaries, and make a meaningful difference in our community.

Thank you for your tireless efforts, unwavering enthusiasm, and generous support. Here's to an even more successful and impactful second half of the year!

Warm regards,  
Rtn Rohit Seth

SPEAKER MEETING -STROKE AWARENESS



Rotary Club of Delhi West held a Speaker Meeting on 14th December, at IHC , Delhi. Our Guest speaker was Dr. Aditya Bhati, Sr. Consultant Neurosurgeon & Spine Surgeon at Indraprastha Apollo Hospital, Delhi. We are proud that Dr. Aditya Bhati is also an active member of our Club ,a keen cricketer who bagged the Fighter of the Match at Unity Cricket Cup organised by Rotary. Dr. Aditya Bhati spoke on Stroke Awareness, \*What is a Stroke? \*Risk Factors for Stroke. \*Prevention and Treatment. B.E.F.A.S.T. was the Key Takeaway.

B: Balance - Watch for sudden loss of balance

E: Eyes - Check for vision loss.

F: Face - Ask the person to smile. Does one side of their face droop?

A: Arm - Ask the person to raise both arms. Does one arm drift downward?

S: Speech - Ask the person to repeat a simple sentence. Is their speech slurred or difficult to understand?

T: Time - Time is of the essence. If the person shows any of these symptoms, call for emergency medical services immediately.

Dr. Bhati shared his expertise on stroke awareness, covering risk factors, symptoms, prevention, and treatment. Members were engaged in a productive Q&A session with Dr. Bhati. Rotary Club expressed gratitude to Dr. Bhati for his informative presentation. His presentation on stroke awareness was informative, engaging, and timely. The Rotary Club of Delhi West is committed to promoting health awareness and supporting initiatives that improve the quality of life in our community.



SARVARTH FOUNDATION

On 4th December, Rotary Club of Delhi West President Rohit Seth and Team inaugurated the newly refurbished building of Sarvarth Foundation. A new Computer Lab with 8 new Computers and Furniture was also inaugurated. R'Anne Deepali Roongta gifted a Dressing Table to Sarvarth Foundation. Rtn. Jaspal Chhabra was generous to contribute Flood Lights to brighten up Sarvarth. The school looks wonderful and vibrant. After the meeting the local residents requested President Rohit Seth and Team to arrange for a Medical Check up Camp once a week. President and Team very promptly arranged to organise this and from 6th December a Medical Ambulance with a doctor, and nurses for a Medical check up are there on every Friday at 10am at Sarvarth Foundation. Free medicines are also distributed. Due to rise in pollution level, face masks were also distributed. Cervical Cancer Vaccination Awareness program at Sarvarth Foundation was held for the benefit of the local residents. Special thanks to Rtn Arun Roongta and the working committee of Sarvarth for their great effort in arranging the facilities that would help a large number of local residents and nereby areas. A great initiative indeed !!



RECOGNITIONS AND AWARDS



Proud to share that at Rotary Institute Kochi, it was decided to give Change Makers Awards along with Cash rewards in following categories: \* Water \* Environment \* Literacy \* Economic & Community Development. Over 200 applications were received. PDG Ramesh Chander was designated as incharge of Literacy Verticle. He also received the Member of Jury Award.

Proud to announce that Rtn Arun Roongta was honoured at NITRD, Nikshaya Mitra on behalf of Rotary Club of Delhi West, RID 3011 as a part of Mission TB Eradication , NTEP, National TB Elimination Program 100 Days in the presence of Honourable MP and the DM, South.

Proud to share that Rtn. Arun Roongta has been appointed as Coordinator of The Cancer Foundation & Chair- Rotary Addiction Prevention Committee for our District 3011. Congratulations !!



We congratulate President Rtn Rohit Seth & PP Rtn Arun Roongta for this very prestigious recognition from MCD , bestowed upon by The Mayor & Deputy Mayor



Certificate of Appreciation from Rotary Foundation for the Rotary year 2022-23. Many thanks to DG during the year Ashok Kantoor ji and the entire club for the unflinching support which helped us achieve this coveted recognition. Let's keep the flag of RCDW high.



ROTARACT CLUB INSTALLATION



A glittering Installation Ceremony of Rotaract Club of Lakshmbai College - "UDIT" took place at Main Conference Hall, University of Delhi on 8th December. Rotary Club of Delhi West being the parent club wishes Rtr President Anika Rai and her Team the very best as they embark on the new journey of growth, service and impactful initiatives.

INTERACT CLUB INSTALLATION



A vibrant Installation Ceremony of the newly Chartered Interact Club of Swami Sivanand Memorial Institute ( SSMI) was held on 10th December, with the blessings of their parent club Rotary Club of Delhi West at SSMI Hall. On the occasion of the SSMI Interact Installation, Rotary Club of Delhi West gifted the Plastic Bin to SSMI Plastic Warriors, an initiative of Plastic Warriors RID 3011, for collection of Single use Plastic Waste for Recycling.

GOOD BYE 2024



On 30th December to bid goodbye to 2024, RCD West club members gathered at Hotel Claridges for a delightful get-together to celebrate the final days of the year. The event was well-attended, with around 25 members joining in. It was a contributory affair, and everyone thoroughly enjoyed the warmth and hospitality of President Rohit Seth and the First Lady, Ritu Seth. A special highlight of the evening was the presence of Justice Saha, whose gracious participation added a unique charm to the gathering. Their thoughtful gift to each attendee added a special touch to the evening. Overall, it was a joyful and memorable occasion. Those who couldn't make it certainly missed out on a wonderful evening.



UNITY CRICKET CUP (UCC)



As the Rotary " UNITY CRICKET CUP" (UCC) dates and an invite was received by our Club to participate, there was excitement and the the Captaincy of Rtn. Bhavya Sethi a Team of our Club RCD West Dream Team II was formed.

Names of RCDWest Dream Team II

- |                               |                            |                      |
|-------------------------------|----------------------------|----------------------|
| 1.(Captain) Rtn. Bhavya Sethi | 2.Rtn.Rakesh Talwar        | 3.Rtn.Arun Roongta   |
| 4.Rtn.Amarjeet Singh          | 5.Rtn.Jaspal Singh Chhabra | 6.Rtn.Vishesh Mathur |
| 7.Rtn.Sunil Gupta             | 8.Rtn.Sarvdeep Sachdev     | 9.Rtn.Chirag Dayal   |
| 10.Rtn.Bidyut Tamuly          | 11.Rtn.S.K.Aggarwal        |                      |

The UCC matches were held at Rotary Public School ,Sector - 22,Gurugram on 1st December at 9:30 am.

Preparations of the match begun .All players started practicing at their own level. New Jerseys were given to each player. The match was of 4 overs, using a COSCO Ball. The RCD West cricket team arrived well in time, warming up before the match started. The Team was excited, full of energy and spirits were high. Our Team's focus was winning and playing their best. The club members cheered their Team cheering,

" Go,RCD West, Go! "Bring home that win and wished them luck.

Our Club qualified for the Quarter Finals. RC Faridabad put up a better performance and won .Dr Aditya Bhati needs a special mention for a " dhamakedar" maiden appearance. Dr. Aditya Bhati bagged the " FIGHTER OF THE MATCH "AWARD. The RCDWestTeam participated with great understanding , UNITY, great efforts and participation spirit.

We are all proud of our Dream Team !

Special thanks to Captain Bhavya Sethi ! Three Cheers to RCD West Dream Team II , Congratulations !!



SUN'S CYBER CORNER - By Sunil Sadasivan (Cyber Security Expert & Resource Person)

Receiving funds from an unknown account can also pose threats.:

Rajiv\*\* registered himself in a Video Review Scam and he got Rs. 775 in his first task. For the next level, the Fraudster asked him to deposit Rs.2,500/- to get him three times reward. ...."Here, Rajiv played a smart card, .....shown disinterest to go ahead and blocked the Fraudster's number.

After 10-12 days, Rajiv's Bank A/c is found frozen by the bank. On approaching the bank, the official told Rajiv that Gujarat Police had instructed them to freeze the A/c. Further, to unfreeze the Bank A/c, the Bank has asked Rajiv to contact Gujarat Police to get a No Objection Certificate (NOC) from the police. On contacting the Gujarat Police team, they informed that your Bank A/c has got a deposit of Rs.775/- which is from a Scammer's account. To unfreeze, Police has asked Rajiv to get a No objection from the initial Person who has filed the case (Actual Victim) and shared his contact number. Subsequently Rajiv did reach out to the person, who told Rajiv that " ....he has lost 32,000 to this Scam and if he pays atleast 15,000 , then he will give a "No Objection" to the police to issue you a NOC."

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These days, Rajiv is busy in visiting Banks, contacting Police, and talking to the initial person, to unfreeze his Bank A/c. Yes, there are cases where Police freeze bank accounts even to Five Layers. In the current digital era, staying informed on frequently evolving sophisticated scam techniques is the only defense against being duped.

BE ALERT....BE SAFE....BE A CYBER LITERATE...!!

\*\*Here, Rajiv is a Fictitious name used to complete the grammar.



CLUB IN ACTION



Rotary Club of Delhi West in association with Venkeshwar Hospital Organised a Health Camp with Mammography at Tilak Nagar



Rotary Club of Delhi West distributed Face Masks to combat high level of Pollution at Sultanpuri

We organised a Cervical Cancer Vaccination Awareness Program at Sarvarth Foundation for the Local Populace



We will be having a medical ambulance with a doctor and nurses for a medical check-up on every Friday at 10am at Sarvarth Foundation. This will be free of cost including tests needed and medicines. Special thanks to Mr. Aron Roongta and the working committee of Sarvarth for their great effort in getting the ambulance. 79 patients examined on Day 1



Rotary Club of Delhi West organised a Blood Donation Camp at Naraina Vihar. A large number of units were collected



A Plastic Bin gifted by Rotary Club of Delhi West to it's Interact Club, Interact Club of Bishnanians, for collection of Single Use Plastic Waste for Recycling



A big Gratitude to Shroff Charitable Eye Hospital who in unison with Rotary Club of Delhi West, over the past 3 months have carried out more than 120 Cataract Surgeries on CSR



CLUB IN ACTION



Rotary Club of Delhi West organised a Mega Eye Camp with free Cataract Surgeries in association with Shroff Charitable Eye Hospital at Sarvarth Foundation, Sultanpuri. More than 250 Residents benefitted from the facilities. Deputy Mayor, Sh Ravinder Bhardwaj was the Chief Guest.



Rotary Club of Delhi West organised a Health Camp at Divyang Mela, India Gate.



Rotary Club of Delhi West facilitated by AIIMS organised a Cervical Cancer Vaccination Awareness Program at Kendriya Vidhyalaya, INA for 150 Parents and 150 Students. AIIMS distributed food packets to all Students.



Rotary Club of Delhi West organised a Mega Eye Camp with free Cataract Surgeries at Okhla Flatted Factories Complex.

Rotary Club of Delhi West organised a Cancer Awareness and Detection Camp with Mammography at MMTC



Rotary Club of Delhi West facilitated by AIIMS organised a Cervical Cancer Vaccination Awareness Program at Kendriya Vidhyalaya, Lodi Road

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## BIRTHDAYS

1st Dec - Rtn. Gurinder Kaur  
8th Dec - R'Anne Rachitta Rai  
12th Dec- Rtn. Ajay K. Gupta  
17th Dec- Rtn. Gagan Kumar

Congratulations!



## ANNIVERSARIES

9th Dec - Rtn. Gurbir and Sandhya  
11th Dec- Rtn. Ashok & Alka  
14th Dec- Rtn. Vishesh & Kanika  
24th Dec- Rtn. Jaspal & Kulsharan

## UP COMING MAJOR EVENTS



Speaker Meeting on  
25th January | 12 PM  
India Habitat Centre

## THE BOARD

Rtn. Rohit Seth  
President

Rtn. Chirag Dayal  
Imm. Past President

Rtn. Arun Rekha Gogia  
V. Pres./President Elect

Rtn. Rakesh Talwar  
Club Learning Facilitator  
Director-Skilling to Employment

Rtn. Gurbir S. Khera  
Hony. Secretary

Rtn. Sarvadeep Sachdev  
Jt. Secretary

Rtn. Gagan Kumar  
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Rtn. Bidyut Tamuly  
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New Generations Services

## ADVISORS TO BOARD:-

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Ramesh Chander

PDG Rtn.  
Damanjit Singh

PDG Rtn.  
Ashok Kantoor

## DIRECTORS:-

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Rtn. Deepak Bahl  
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Rtn. Vishesh Mathur  
Club Services

Rtn. Anil Tayal  
Community Service

Rtn. Arun Roongta  
Vocational Service

Rtn. Ajay Kumar Gupta  
The Rotary Foundation

Rtn. Pradeep Agarwal  
Environment

## EDITORIAL TEAM 2024-25



PP Rtn. Rakesh Talwar  
Advisor



PP Rtn. Manoj Srivastava  
Editor



R'Anne Charu Srivastava  
Editor