

ROTARY CLUB OF DELHI WEST

Rotary
District 3011



Kalindi



Newsletter

January 2025

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

RCD WEST AT DISTRICT CONFERENCE - "SANSKRITI"



A two day District Conference " Sanskriti" was held on 4th and 5th January 2025 at The Leela Ambeiance Hotel, Gurugram. DG Dr. Mahesh Trikha and First Lady Sujata Trikha welcomed and felicitated Rotarians and Guests. This year District Conference Theme was Embracing Culture and Empowering change to make this world a better place amongst so many challenges. Many Rotary dignitaries and eminent speakers were present at the Conference like Dr.Payal Kanodia, Kathak dancer Uma Sharma, Mr.Rajat Sharma of Aap ki Adalat , Rtn.Carlyta Maria of Senorita fame, Dr.Neerja Bhatla, Head of Department of Obstetrics and Gynecology at AIIMS, DGN Ajeet Jalan n Anju Jalan.to name a few. Ms. Gauzia Dastangi entertained the audience in her own shyrana style ,the story of Meena Kumari and Ms. Bidisha Roy Das sang some popular film songs of Meena kumari. Rotary thrives because of diversity of its members with diverse professional backgrounds. 1.2 million Rotarians work worldwide to work together and build relationships to serve others. As of this Rotary year 2024 - 2025 there are 136 Rotary Clubs in District 3011 with 5299 members as on 1st January 2025. ROTARY CLUB OF DELHI WEST is one of the most active clubs in the District 3011.Our club got the oppurtunity to showcase our landmark projects and other projects too at the conference.We were proud that our Landmark project Sarvarth Foundation, Rotary Telecom Sector Skill Council(TSSC)project, Skin Donation ,Cervical Vaccination and many other projects were showcased at the Conference. Our Club President Rohit Seth and partner Ritu Seth , PDG Ramesh Chander and partner RajShri, PDG Ashok Kantoor and partner Alka Kantoor, PP Arun Roongta, PP Rakesh Talwar, Joint Secretary Rtn. Sarvadeep Sachdev and partner Mala Sachdev were present at the Conference.Attendence of our club members at the conference was fantastic. The Chief Guest , Hon'ble Governor of Uttarakhand, Lt. General Gurmit Singh spoke to all present and complimented all for the service attitude,and told all to always remember SHE

S - SOCIAL H - HEALTH E - EDUCATION

for our service areas. Highlight of the District Conference was the Election of DISTRICT GOVERNOR 2027 - 2028 by eligible electors.....and the WINNER IS PP RTN PUSHPA SETHI as THE FIRST LADY DISTRICT GOVERNOR of District 3011 !! CONGRATULATIONS to RTN DR PUSHPA SETHI from all at RCD WEST !! CONGRATULATIONS to DG Rtn Dr Mahesh Trikha ,First Lady Sujata Trikha and The District Team for making District Conference "SANSKRITI" a true success !!



Congratulations to our First Lady District Governor for RY 2027 - 2028 , Rtn Dr PUSHPA SETHI and to Rtn Ashok Sethi.

PRESIDENT RTN. ROHIT SETH'S MESSAGE



Dear Fellow Rotarians,

As we welcome the New Year 2025, I take this opportunity to express my heartfelt gratitude to each and every one of you for your tireless efforts in making our Rotary Club a beacon of hope and service to our community. The past year has been a remarkable journey, filled with numerous achievements, friendships, and memories that we will cherish forever. From our community service projects to our fundraising initiatives, we have truly embodied the spirit of 'Service Above Self.' As we embark on a new year, I urge you all to continue striving for excellence, to dream big, and to work together towards creating positive change in our world. Let us make this year even more remarkable, filled with compassion, kindness, and generosity.

Let us continue to inspire and motivate each other to make a difference. I wish you and your loved ones a happy, healthy, and prosperous New Year. Together, let's make it a year to remember! A Magical 2025 !!

Warm regards,

President Rohit Seth, Rotary Club of Delhi West

LOHRI CELEBRATION



Our club celebrated the Lohri festival on 11th January with great enthusiasm and vibrancy. The First Lady, Ritu Seth, created a lively and colorful ambience that brought everyone into the festive spirit. The beats of the dholki, along with energetic songs and dances by our members and R'Annes, made the evening truly unforgettable.

A special highlight of the event was the official release of the Kalindi newsletter, done by PDG Ramesh Chander, PP Rakesh Talwar, President Rohit Seth, and Joint Secretary Sarvdeep. The joyous celebration concluded on a sweet note with delicious Gazak - Til Patti distributed by our president Rohit & first lady Ritu Seth leaving everyone with wonderful memories of the afternoon and Lohri festival.



SPEAKER MEETING - DR AMRITA GHOSH



Rotary Club of Delhi West held a speaker Meeting at The Habitat Centre on 25th , January.

Dr. Amrita Ghosh, a renowned consultant for diabetes, thyroid, PCOS, and weight loss at Fortis C- Doc Hospital delivered an enlightening talk on "Managing Lifestyle Diseases through Holistic Approaches." Her presentation focused on the importance of integrated care, emphasizing diet, exercise, and stress management.

Key Takeaways:

Lifestyle modifications: Dr.Amrita Ghosh stressed the significance of adopting healthy habits, such as balanced diets and regular physical activity, to prevent and manage lifestyle diseases.

Holistic approaches: She highlighted the benefits of incorporating alternative therapies, like yoga and meditation, into treatment plans to promote overall well-being.

Early detection and intervention: Dr. Ghosh emphasized the importance of timely diagnosis and intervention in managing chronic conditions, such as diabetes and thyroid disorders.

The members got engaged in a lively discussion with Dr. Ghosh, seeking advice on various health-related topics. Dr. Ghosh shared motivating stories of her patients who achieved significant health improvements through her guidance.

The meeting also highlighted the Rotary Club of Delhi West's ongoing community projects, focusing on health, education, and social welfare.

The Rotary Club of Delhi West expressed their sincere gratitude to Dr. Amrita Ghosh for sharing her expertise and inspiring the audience to adopt healthier lifestyles.



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

When Stopping a Mobile Number:

To Keep ourselves Safe and Secure, there are certain disciplines we must follow in this mobile-ruled life. One of them is, when choosing Apps, the rule of "MUST-to-have, NOT-to-have" should always be in our mind. What I found is, people install a numerous Apps in their Mobile, and some Apps remain untouched after the first/few uses.


Furthermore, when acquiring a new mobile device, users often do not transfer all the applications from their previous device to the new one.

Another dangerous thing we do is, we don't follow certain disciplines/formalities whenever we stop using a Number. We casually stop using the OLD Number without any worry. The threat is, as per TRAI (Telecom Regulatory Authority of India), a SIM card is deemed to be deactivated in case of non-usage for over 90 days (about 3 months). These days every App we install is attached to our Mobile Number. So, it is mandatory that we must do a "Change of Mobile number" in all of our applications also, whenever a number change takes place. If this is not done, the individual who receives your old number may gain access to your applications, as the Verification OTP will be sent to their number, during the installation of the App. It is essential to submit an application for "Surrendering Mobile Number" in the designated format to the respective Network Operators. So certain rules we must follow in Cyber-Space, to keep ourselves SAFE.

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

ACHIEVEMENTS AND AWARDS

SUCCESS STORIES: EXPANDING ROTARY'S FOOTPRINT IN INDIA



Ashok Kantoor
District Governor
2022-23, RID 3011

A Proactive and Smart Approach to Increase Membership in Rotary District 3011

The key to successful membership growth lies in recognizing how you discover Rotary – simply through invitation or by experiencing its impact firsthand.

Many years ago, I encountered a Rotary Wheel in my children's Paediatrician's office, sparking my interest. Having been engaged in community service since childhood, I approached the Rotary Club of Delhi West and promptly became a member, marking the beginning of a fulfilling journey. Here, I changed the approach to increase membership at the club – Invite Potential Volunteers to Your Project Meetings. The focus was on showcasing Rotary's impact without putting any pressure for immediate joining. Seeing the impact firsthand, local residents approached clubs to learn more about the organization, while others became members. Building on this momentum, efforts were directed towards establishing clubs in unrepresented areas, resulting in the formation of 10 new clubs. Recognizing the importance of diversity, we particularly focused on fostering female membership. These efforts propelled District 3011 to achieve Zone 4's highest membership growth in 2022-23, earning us four of six Membership awards, including three top honours. This success reflects our unwavering commitment to Rotary's mission and impact.



Pleased to share that PDG Ashok Kantoor's article has been published on page 7 of the Annual Report of Rotary Foundation (India) for the Year 2022-23. The screenshot of the article is attached as above for ready reference.

Proud to announce that PP Rtn Deepak Bahl and PP Rtn Arun Roongta together worked to arrange 4 Ambulances to be donated to AIIMS. CSR was arranged from Ecos Mobility and Hospitality. Rtn Arun Roongta worked to seek approval from the Director of AIIMS and Deepak Bahl initiated with the company and arranged funding to the tune of 36 lakhs for 4 Ambulances for AIIMS.



Rotary Gift of life save a child project, supported by Rtn. HMP Singh.
Palak age 6years underwent a successful open heart surgery at Heart Command Center Safdarjung Hospital. She will be able to lead a normal life like others. Thanks to Rtn Arun Roongta and President Rohit Seth for referring her to Rotary Gift of Life Save a Child Project. Rotary Club of Delhi West wishes dear Palak a healthy and a happy life.

ROTARACTORS & INTERACTORS IN ACTION

Installation Ceremony – Interact Club (10 December)

Swami Sivananda Memorial Institute & School hosted the **Installation Ceremony of the Interact Club, Aseem – The Limitless.** It was a momentous event that brought together students, educators, and esteemed guests from the **Rotary Club, Delhi West.** This initiative is dedicated to nurturing leadership skills and instilling the noble motto of "Service Above Self" in young minds.



Udaan: A Festival of Dreams

The Rotaract Club of Lakshmibai College, Parented by Rotary Club of Delhi West, celebrated Makar Sankranti with the children of Wazirpur slums, creating a day filled with joy, learning, and community spirit.

CLUB IN ACTION



Rotary Club of Delhi West in association with Tata Power, organised a Health Camp at Sultanpuri JJ Clusters for the benefit of a large number of residents



Sarvarth Foundation, a Skill Centre by Rotary Club of Delhi West, got a Plastic Bin installed, an initiative of Plastic Warriors. 3rd Such effort by Rotary Club of Delhi West.



Rotary Club of Delhi West organised a Mobile Health Camp in collaboration with Tata Power at Sultanpuri Slums...



Rotary Club of Delhi West in association with DAV Educational and Welfare Society distributed Kambals to 150 safai karamcharis of MCD, Sultanpuri. Deputy Mayor, Sh Ravinder Bhardwaj was the Chief Guest. On the occasion of Lohri festival, hot khichadi was arranged by DAV Educational Society and served. Sh Ravinder Bhardwaj acknowledged the good gesture of Rotary Club of Delhi West for supporting the people serving in this ward and conveyed greetings to our team.



The Plastic Bin for Single Use Plastic Waste, was installed on 7th January at Sarvarth foundation and within a week they have filled it up and in it's first attempt collected 23 kg Single Use Plastic Waste for Recycling.



Rotary Club of Delhi West organised a Mega Health Camp at Kendriya Vidhyalaya, INA ..a large number of Students, Faculty and Staff availed of the Medical Facilities.

CLUB IN ACTION



Rotary Club of Delhi West organised a Mega Health Camp at Kendriya Vidhyalaya, INA for 2 days. a large number of Students, Faculty and Staff availed of the Medical Facilities. More than 700 Students were examined in 2 Days' Camp.



Rotary Club of Delhi West In association with Tata Power, organised a Mobile Health Camp at Sultanpuri JJ Clusters for the benefit of a large number of Residents

Rotary Club of Delhi West organised a Mega Health Camp with Mammography at Naraina Village..

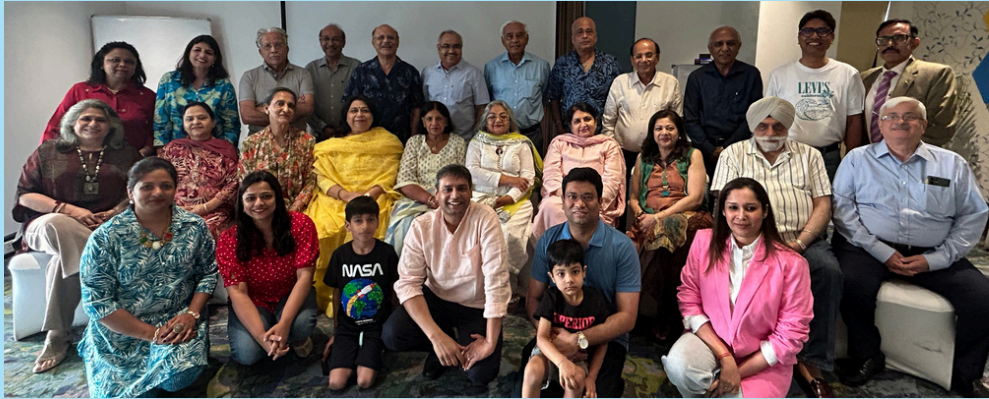


SATHI in collaboration with Rotary Club of Delhi West organised a Basic Life Support, BLS, for the Digital Health Assistant, DHA, Students at DCWA ..Apollo Hospitals managed the Session.



Rotary Club of Delhi West in association with Venkeshwar Hospital and Reliance Industries, Organised a Cancer Awareness and Detection Camp with Mammography at Dwarka..

KALEIDOSCOPE OF MID YEAR MAGICAL MOMENTS



ROTARY CLUB OF DELHI WEST

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BIRTHDAYS

7th Jan - R'Anne Kanika Mathur
20th Jan - R'Anne Alka Tayal
29th Jan- Rtn. Sunil Gupta
29th Jan- R'Anne Bhawna Wadhawan

Congratulations!



ANNIVERSARIES

14th Jan- Rtn. Sunil & Meeta
18th Jan - Rtn. Arun & Deepali
21st Jan- Rtn. Ajay & Savitri
30th Jan- Rtn. Pradeep & Reena
30th Jan- Rtn. Arunrekha & Dr. SB Gogia

UPCOMING MAJOR EVENTS

11th February

A Mega Cancer Awareness and Detection Camp with
Mammography | Kendriya Vidyalaya, INA

15th February

Cancer Awareness and
Detection Camp, GMR

12th February

Cervical vaccination | Kendriya Vidyalaya INA

23rd February

Asst Governor Training Seminar
District Team Training Seminar

22nd February | Club Speaker Meeting with Lunch | 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
Treasurer

Rtn. Bidyut Tamuly
Sgt-At-Arms & Director-
New Generations Services

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Ramesh Chander

PDG Rtn.
Damanjit Singh

PDG Rtn.
Ashok Kantoor

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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