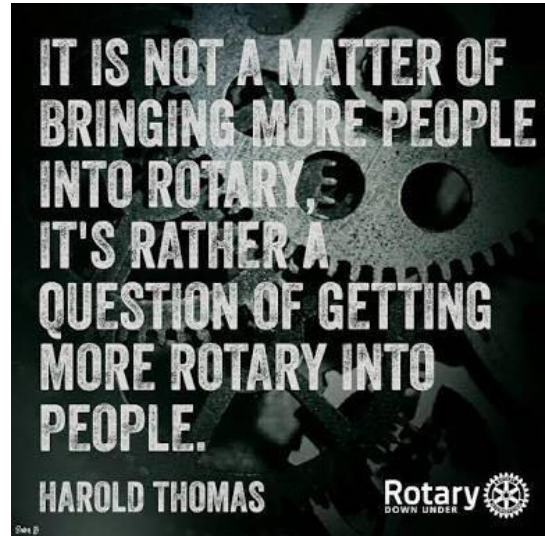
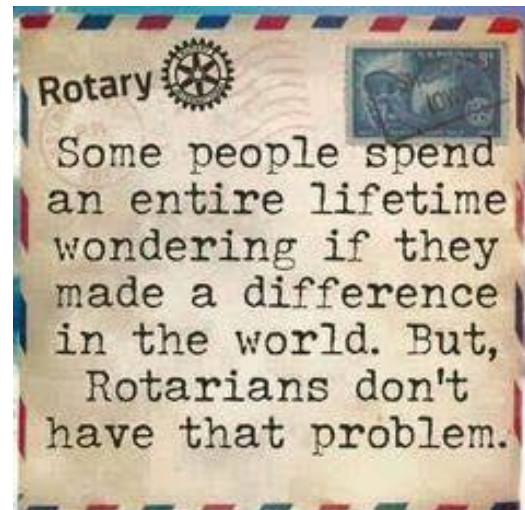
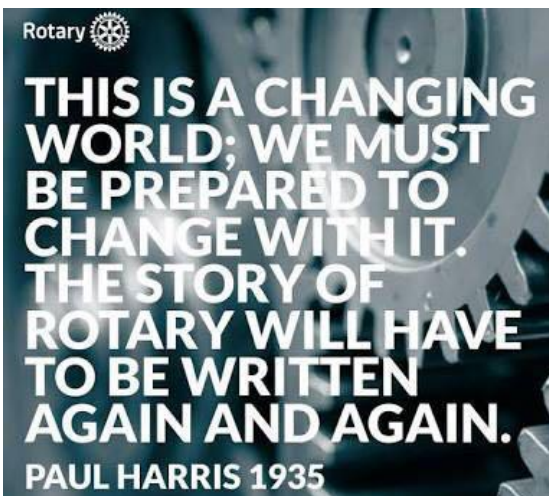
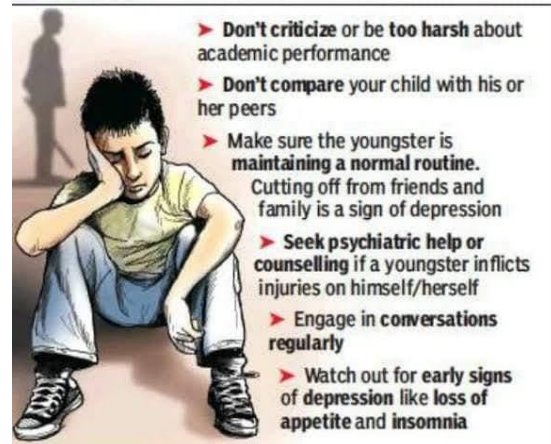




Rotary in a Nutshell



ADVICE FOR PARENTS



**October 2023 Message of
RI President 2023-24**

The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are many great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It's what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just "How are you?" but also "How are you really?" By doing so, Rotary can continue to *Create Hope in the World*.

R. Gordon R. McNally

**Message of Club President**

I am thrilled to share the joyous highlights of our recent Diwali fellowship meeting at the India Habitat Center. In the spirit of togetherness, we came together to celebrate

not only Diwali but also our shared commitment to the Rotary Club of Delhi Resources.

During our gathering, we engaged in meaningful discussions about our mental health wellness application and the process of welcoming new members into our club. It was heartening to see our members actively participating and contributing to these conversations.

The atmosphere was truly celebratory as we rejoiced in India's triumphant victory over New Zealand. It was a moment of shared pride and happiness.

Our time together wasn't just about business; we also had a lot of fun. We enjoyed tongue twister games and entertaining quizzes that added an element of delight to our gathering. To spread the Diwali joy, we distributed gifts to all attendees, fostering a sense of warmth and generosity among us.

Furthermore, we celebrated the birthdays of our members born in October, adding a personal touch to our fellowship.

I want to express my gratitude to each one of you for making this gathering a memorable and enjoyable event. Let's continue to work together, learn, and grow as we move forward with our Rotary mission.

Rtn Rakesh Banga

Message of Editor-in-Chief

A bulletin as we all know is a regular newsletter or a report issued by an organization for record & future reference. In our Club we do the same to list all the projects; meetings & other events we hold / attend or plan.

I also request you to cooperate in providing all the information as requested by our Club President – see the last page of this Bulletin.

Rtn. Sunil Kumar Day





Rotary Rotary Club of Delhi Resources Club ID : 224707

Sponsored by Rotary Club Of Faridabad Arth

SANITARY PADS DISTRIBUTION

ROTARY CLUB OF DELHI RESOURCES IN ASSOCIATION WITH PARIVARTAN RWA

DATE :- 7th October

VENUE :-B block Park , Chattarpur Enclave Phase-2

TIME :- 5 pm onwards

Rakesh Banga - President
Sara Banga - Project Chair
Sunil Day - Charter President

Distribution of Free Hygiene Napkins to Needy Females is a Good Deed”

We are thrilled to announce the successful completion of our sanitary pads distribution event in Chattarpur, New Delhi. This achievement is a testament to the dedication and support of everyone involved.

Our mission to provide access to essential menstrual hygiene products has been realized, Thanks to all who volunteered





To Mark World Mental Health Day
India International Centre & Delhi Psychiatric Society
Invite you to a Discussion on

'Public Mental Health: From Stigma To Positive Acceptance - Way Forward'

Monday 9 October 2023 | 6.30 PM | Seminar Halls Kamaladevi Block
India International Centre | 40 Max Mueller Marg | New Delhi 110003

SPEAKERS



Ashis Nandy
Well-known author,
sociologist and
clinical psychologist
(Lead Speaker)



Nimesh G. Desai
Independent consultant mental
health and former Director,
Institute of Human Behaviour
and Allied Sciences
(Lead Speaker)



P. K. Tripathi
former Chief Secretary
of Delhi



Lavlin Thadani
Writer and filmmaker



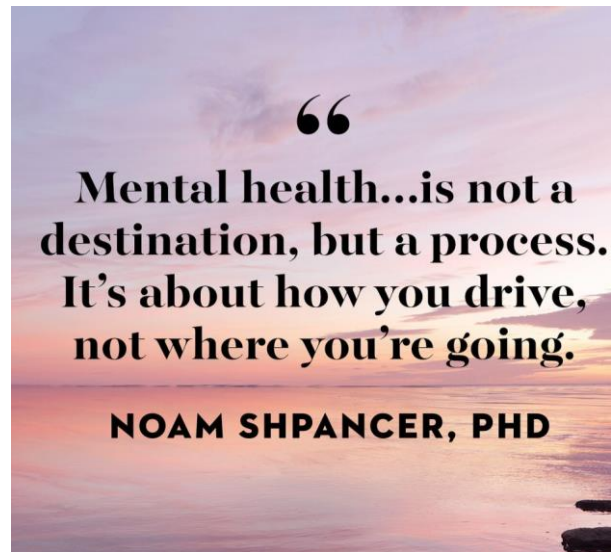
Rita Panicker
Child Rights Activist
and Director,
Butterflies India



Vishal Chhabra
Consultant Psychiatrist
and President
Delhi Psychiatric Society



Suhas Borker
Mediaperson and
Trustee IIC
(Moderator)



“

**Mental health...is not a
destination, but a process.
It's about how you drive,
not where you're going.**

NOAM SHPANCER, PHD

This landmark seminar was duly attended by our Rtn Manisha Verma. Her learnings from this experience are valuable for our Club as we are leading the District with Metal Health App to be launched soon

**Don't compare your life to others.
You have no idea what they have
been through.**

Sam Cawthorn



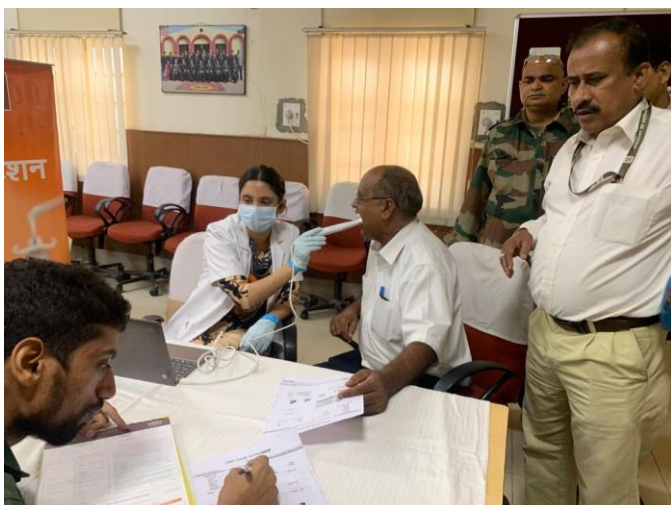
The Bone Mineral Density test was conducted by RCD Resources at 505, ABW, Delhi Cantt, New Delhi – 110010. This is for the benefit of residents of all age groups. It started early at 09:30 am and continued beyond 2:00 pm. Patients were registered in a very organized way. The testing equipment / medical facilities were provided by Mr. Alok Dey. There were 99 beneficiaries of different age groups. The project was very well organized under the guidance of CMO Dr. V K Sachdeva and Col. Vimal Sharma SM. The services were paid for by the Club.

Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities



Our Free Cancer Screening Camp, with specific emphasis on Clinical Cancer Testing, Pap Smear and Oral Checkups, etc. at 505 ABW Military Wing Old Family Welfare Center, Delhi Cantt, New Delhi – 110010. This is for the benefit of residents of all age groups. It started early at 10:30 am and continued beyond 2:00 pm. Patients were registered in a very organized way. The testing equipment / medical facilities were provided by Rajiv Gandhi Cancer Institute & Research Center (RGICRC), Niti Bagh, New Delhi. A highly successful camp had total 89 (71 Oral, 14 Clinical Breast and 4 Pap Smears) beneficiaries of different age groups. The aproject ws very well organized under the guidance of CMO Dr. V K Sachdeva and Col. Vimal Sharma SM.





A Free Dental Check-up Camp was conducted by RCD Resources at 505 ABW, Delhi Cantt, New Delhi – 110010. This is for the benefit of residents of all age groups. It started early at 10:00 am and continued beyond 2:00 pm. Patients were registered in a very organized way. The testing equipment / medical facilities were provided by Clove Dental. There were 65 beneficiaries of different age groups. The project was very well organized under the guidance of CMO Dr. V K Sachdeva and Col. Vimal Sharma SM.





A Health Check-up Camp, with specific emphasis on Diabetes and Hypertension was conducted by RCD Resources at 505 ABW, Delhi Cantt, New Delhi – 110010. This is for the benefit of the staff and residents of all age groups. It started early at 10:30 am and continued till 2:00 pm. Patients were registered in a very organized way. The testing equipment / team were provided by Rotary Diabetes Center. There were total 87 beneficiaries of different age groups. The project was very well organized under the guidance of CMO Dr. V K Sachdeva and Col. Vimal Sharma SM.

Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities



The Eye Check-up was conducted by RCD Resources at 505 ABW Military Wing Old Family Welfare Center, Delhi Cantt, New Delhi – 110010. This is for the benefit of residents of all age groups. It started early at 10:30 am and continued beyond 2:00 pm. Patients were registered in a very organized way. The testing equipment / medical facilities were provided by Rotary Diabetic Center. There were 87 beneficiaries of different age groups. The project was very well organized under the guidance of CMO Dr. V K Sachdeva and Col. Vimal Sharma SM.



FREE MEGA HEALTH CAMP

Oct 13&14, 2023

09:30 - 14:00

TO CELEBRATE 81st EME CORPS DAY

VENUE : ARMY BASE WORKSHOP

1. CANCER SCREENING

2. BONE MINERAL DENSITY

3. DENTAL CHECK-UP

4. EYE TEST

5. DIABETIC CENTRE

SPONSORED BY
ROTARY CLUB OF DELHI RESOURCES



ZONE 12 DISTRICT 3011 CLUB ID - 224707

Contact : Col Vimal Sharma SM

Rtn. RAKESH BANGA, CLUB PRESIDENT
Rtn. SUMAN CHOPRA, SECRETARY
Rtn. SUNIL KUMAR DAY, CHARTER PRESIDENT
Rtn. NITI DAY, PROJECT CHAIR - 9868128079





This District Event was on very interesting and important topic of quality Membership Enhancement for each Rotary Club.. It was attended by the Charter President and the Club President could not attend due to ill health.

Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities

District Event




EACH ONE BRING ONE EACH ONE RETAIN ONE

*District Governor Rtn. Jeetender Gupta &
First Lady PP Rtn Dr. Deepti Singh Gupta*

Invite you to

+1 PLUS ONE DISTRICT MEMBERSHIP SEMINAR

Chief Guest
PDG Rajesh Agarwal
Regional Coordinator - Membership



Date : 13th October 2023
Venue : PHD House,
August Kranti Marg, New Delhi
Timings : 3.30 PM Onwards (Followed by High Tea)

NO REGISTRATION CHARGES.
RSVP



PDG Ranjan Dhingra
District Advisor - Membership
+919810052200

PDG Rajesh Batra
District Chair - Membership
+91-9810025120

PP Mohit Aggarwal
District Chair - Membership
Subcommittee (Delhi)
+919810083608

PP Pappujit Singh Sarna
District Chair - Membership
Subcommittee (Haryana)
+919810039398

#DilDhadakneDo

District Governor Rtn. Jeetender Gupta & First Lady PP Rtn Dr. Deepti Singh Gupta

Welcome You
to

+1 PLUS ONE DISTRICT MEMBERSHIP SEMINAR

Friday, 13th October 2023
PHD House, August Kranti Marg, New Delhi
MOC: PP PRASHANT SAHGAL

Time	Particulars
3.15	Fellowship over tea, coffee & cookies
3.30	Meeting call to order, collaring of DG & National Anthem followed by Watering of plants by Dignitaries
3.35	Welcome Address by DG Jeetender Gupta
3.45	Purpose of Membership Seminar by PDG Ranjan Dhingra
4.00	"Membership Scenario of District 3011" by Regional Coordinator Membership PDG Rajesh Agarwal
4.25	Panel Discussion moderated by PP Mohit Aggarwal, Panelists: DG Jeetender Gupta, PDG Rajesh Agarwal, PDG Ranjan Dhingra, PDG Rajesh Batra
5.05	Concluding remarks by DG Jeetender Gupta
5.20	Recognitions for Membership, Blood Donation & Host Clubs
5.30	High Tea





Rotary   Rotary Club of Delhi Resources
Club ID : 214707

“एक कदम रौशनी की और”

JOIN US ON 18th October: 10Am

In Association with Vision Springs

VENUE : Govt Sr.Secondary Girls School,Next to Chattarpur Temple

Rtn Rakesh Banga- President
Rtn Preeti Sharma - Project Chair
Rtn Sunil Day- Charter President
(With Support by Vani Agarwal- President ParivartanRWA)



A two-day eye check-up camp was held at Girls Senior Secondary School, Chattarpur. On the first day, we examined the eyes of 253 girls, and on the second day, this number increased to 359. During the camp, we identified 100 students with weakened vision. Early eye check-ups play a vital role in ensuring better vision and overall health. This event was thoughtfully organized by the Rotary Club of Delhi Resources in collaboration with Vision Spring, emphasizing the importance of proactive eye care.



Yesterday, at the India Habitat Center, we hosted our club's lively Diwali fellowship gathering. We delved into meaningful discussions about our mental health wellness application and the process of incorporating new members into our club. The atmosphere brimmed with jubilation as we celebrated India's victorious triumph over New Zealand. Our time together was not only productive but also brimming with delightful moments, including engaging tongue twister games and entertaining quizzes. To amplify the festive spirit, we also shared the Diwali joy by distributing gifts to all attendees. Additionally, we celebrated the birthdays of members born in October.

Visit www.rcdelhiresources.rotaryindia.org for our Club Activities



मनोबल

An initiative by Rtn Rakesh Banga,
Rotary Club of Delhi Resources

I SPACE..... **Rotary**
Where You Can Be You **District 3011**
An initiative by Rtn Rakesh Banga,
Rotary Club of Delhi Resources

Account

- My Profile
- Chat History
- Call History
- My Documents
- Give us Feedback
- Help and FAQ's
- Logout

I SPACE..... **Rotary**
Where You Can Be You **District 3011**
An initiative by Rtn Rakesh Banga,
Rotary Club of Delhi Resources

Your Daily Meditation Sun Oct 22

Upcoming Live Event See All

Popular Doctor See All

Mohit Sharma
Experience: 3 yrs
Language: Hindi
Expertise: Neuro Surgeon

Abhishek
Experience: 4 yrs
Language: Hindi
Expertise: Neuro Surgeon

Mahesh
Experience: 0 yrs
Language: Hindi
Expertise: Neuro Surgeon

Home

Popular Doctor See All

Mohit Sharma
Neuro Surgeon
Exp: 3 yrs
Lang: Hindi
Rating: 0.00

Videos

ये बातें आपकी LIFE ही बदल देंगी!

Live Session See All

Home

Live Session See All

Abhishek

Mental Health Article See All

Mental Health
30 Sep 01:38 PM

Father Fitness
29 Sep 08:34 AM

Donate **SOS**

Mental Health App of RCD Resources

This is the first look of our application, and once we receive district approval, we'll launch it to the public.

This application will be a valuable resource for users seeking mental health counseling.

This project will establish our presence at the district level and is poised to become a significant, lifelong endeavor.

Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities



As a member of The Cancer Foundation we organized Breast Cancer Awareness Function at Institute Rotary Cancer Hospital, AIIMS.



As one of our Club's Art and Heritage functions our Charter President the start of Exhibition at India International Center and met Rtn Dr J P Gupta. Dr Gupta is the founder director of two universities after he left teaching at IIT Kanpur. We hope to get him to join our Club.

केवल कर्म ही अपना!

सीता के रखवाले श्री राम थे।
जब हरण हुआ तब कोई नहीं!
द्रौपदी के पांच पांडव थे।
जब चीरहरण हुआ तब कोई नहीं!
दशरथ के चार दुलारे थे।
जब प्राण तजे तब कोई नहीं!
रावण भी शक्तिशाली था।
जब लंका जली तब कोई नहीं!
अभिमन्यु राजदुलारे थे।
जब चक्रव्यू में फंसे तब कोई नहीं!
सच यही है दुनियावालों।
संसार में अपना कोई नहीं!
जो लेख लिखे हैं कर्मों ने।
उस लेख के आगे कोई नहीं!



WHY WEAR A ROTARY PIN?

Recently, Rotarians around the world were asked this question.

Reasons for wearing a pin varied: for publicity of Rotary, for pride, for acceptance and recognition, and for the start of easy conversation with other Rotarians wherever you go.

Past RI President Bob Barth (1993-94, from the Rotary Club of Aarau, Switzerland) felt that a Rotary pin says this about the wearer: "You can rely on me, I am dependable, I am reliable, I give more than I take, and I am available."

We know we can rely on you!

Please let us wear and meet with our lapel adorned at all times of the day.



"रुई का गद्दा बेच कर
मैंने इक दरी खरीद ली,
ख्वाहिशों को कुछ कम किया मैंने
और खुशी खरीद ली ।

सबने खरीदा सोना
मैंने इक सुई खरीद ली
सपनों को बनने जितनी
डोरी खरीद ली ।

मेरी एक ख्वाहिश मुझसे
मेरे दोस्त ने खरीद ली,
फिर उसकी हंसी से मैंने
अपनी कुछ और खुशी खरीद ली ।

इस जमाने से सौदा कर
एक जिन्दगी खरीद ली,
दिनों को बेचा और
शामें खरीद ली ।

शौक-ए-जिन्दगी कमतर से
और कुछ कम किये,
फिर सस्ते में ही
"सुकून-ए-जिन्दगी" खरीद ली ।

मुस्कराया करो
जब भी करो बात
मुस्कराया करो

जैसे भी रहो,
खिलखिलाया करो

जो भी हो दर्द,
सह जाया करो

ज्यादा हो दर्द तो
अपनों से कह जाया करो

जीवन एक नदी है,
तैरते जाया करो

ऊँच नीच होगी राह में,
बढते जाया करो

अपनापन यहाँ महसूस हो तो
चले आया करो ।

बहुत सुंदर है यह संसार,
सुंदर और बनाया करो

इसलिए जब भी करो बात यारों
☺मुस्कराया करो"

Writer not known





2022-23 ROTARY CITATION

Awarded to the Rotary Club of

Delhi Resources

for helping **imagine Rotary** in the lives of people all over the world.

Jennifer Jones
President, Rotary International

Proud Citation from Rotary International for year 2022-23.

District Announcements for November 2023

Rotary District 3011
CREATE HOPE in the WORLD

Save the Date

दीपावली

DISTRICT DIWALI

Saturday, 04 November 2023

Venue : Greenland 44 (Mathura Road, Faridabad)
Time : 7 pm onwards



दीपावली में दीपो का दीदार, खुशियों के साथ मुबारक हज़ार.

शुभ दीपावली!

All members are requested to attend Diwali Function at District level for a new experience

Visit www.rcdelhiresources.rotaryindia.org for our Cub Activities



Sampada



संपदा



The Official Bulletin of RCD Resources

October 31, 2023

Volume 2

Issue 26

Celebrations of November / December

Important Message of Club President

🌸🎉 To all our fellow Rotarians, As we strive to extend warm birthday and marriage anniversary wishes to each one of you, we recognize the need for improved data management. Regrettably, due to lapses in our data maintenance, we missed celebrating a few birthdays and anniversaries this month. Please accept our sincere apologies for this oversight, and rest assured, we take full responsibility for ensuring better data management moving forward. 📅📧📧 We kindly request Rotarian Sara @+91 83685 27047 to take the lead in collecting data and creating an organized Excel sheet encompassing the significant dates of all our members' birthdays and anniversaries. 📅📧📧

25-10-2023

the 4 Way Test

जो हम सोचते हैं , करते हैं ,
कहते हैं क्या वह

1. सच है ?
2. सब के लिए उचित है ?
3. सद्भावना, भाईचारा और मित्रता बढ़ाते है ?
4. सब के लिए लाभदायक है ?



Rotary