



Sampada



संपदा



The Official Bulletin of RCD Resources

January 31, 2024

Volume 2

Issue 29

## Rotary Months Worldwide

**JANUARY IS**

**VOCATIONAL SERVICE MONTH**

"Vocational service gives Rotarians the opportunity to help others escape poverty and gain a measure of self-respect. As business and professional leaders, we have a duty to lead and encourage good others through vocations." *Carole Aron, PDG 0640*

Rotary [www.rotary.org](http://www.rotary.org)

**FEBRUARY IS**

**PEACE AND CONFLICT PREVENTION/ RESOLUTION MONTH**

"Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict – alternatives to passive or aggressive responses, alternatives to violence." *Dorothy Thompson*

Rotary TAKE ACTION: Engage Rotary, Change Lives

**MARCH IS**

**WATER AND SANITATION MONTH**

"Clean water, the essence of life and a birthright for everyone, must become available to all people now." *Jean-Michel Cousteau*

Rotary [www.rotary.org](http://www.rotary.org)

**APRIL IS**

[www.rotary.org/donate](http://www.rotary.org/donate)

**ROTARY ENVIRONMENT MONTH**

"We do not inherit the Earth from our ancestors; we borrow it from our children." *Native American Proverb*

The Rotary Foundation CREATE HOPE in the WORLD

**MAY IS**

**YOUTH SERVICE MONTH**

"We cannot talk about the future without talking about children. They are our future." *PHF James L. Loy 1588-99*

Rotary [www.rotary.org](http://www.rotary.org)

**JUNE DESIGNATION IS**

**ROTARY FELLOWSHIPS MONTH**

"What binds Rotarians together is a unity of desire and a unity of purpose to serve society and to serve mankind...a unity in diversity." *Past RI President C.P.H. Teenstra 1965-66*

Rotary TAKE ACTION: [rotaryfellowships@rotary.org](mailto:rotaryfellowships@rotary.org)

Also See Some Rotary Projects Worldwide Inside!

Visit [www.rcdelhiresources.rotaryindia.org](http://www.rcdelhiresources.rotaryindia.org) for our Cub Activities



## December 2023 Message of RI President 2023-24

In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centers to help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical support, and more worldwide. Members can also work with or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and nonmembers alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available to anyone with an internet connection. You can find it at [positivepeace.academy/rotary](https://positivepeace.academy/rotary).

There is no denying that incidents of violence and atrocities being perpetuated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days.

Together, let's *Create Hope in the World*.

**R. Gordon R. McNally**

(Source: Internet)

### A Note by the Editor-in-Chief

Finally we are getting inputs from the families of our members too! This is a very welcome development. This issue has inputs from two grandsons! The weather had its effects on the Service Projects too. But our members are always in action. Starting this issue it is decided that we include some Rotary Projects Worldwide too – to know the trend internationally. Any more ideas are most welcome!

**Rtn Sunil Kumar Day**





Club Members In Action



रत्नेश्वर महादेव मन्दिर एक और झुका हुआ क्यों है?  
#astrochats #astrology #horoscope #palmistry  
Free Chat with Astrologers  
:https://play.google.com/store/apps/details?...  
youtube.com

राम लला की मूर्ति 5 वर्ष के बच्चे के रूप में क्यों है ?  
#astrochats #horoscope #rammandir  
Free Chat with Astrologers  
:https://play.google.com/store/apps/details?...  
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#astrochats #horoscope  
#rammandirhttps://youtube.com/shorts/8TgnUsp8p6M?feature=share

https://youtube.com/shorts/cGn4qQIRHYI?si=AhjYoO759M6Yg-sh

Some Posts of our President, Rtn Rakesh Banga



SHRI NARENDRA MODI  
Hon. Prime Minister of India



NRI FEDERATION  
Traveller's Envoy .. Investor's Heaven



S. JAISHANKAR  
Minister of External Affairs of India



Dr. MOHAMMAD AMIN  
President (India Chapter)



MR. DEEPAK KAVADIA  
Founder of NRI Federation



DR ANKUSH AGARWAL  
Secretary (India Chapter)



NRI FEDERATION™  
A Non Profit Organisation  
Traveller's Envoy-Investor's Heaven  
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Programs & Services

NRI Federation aims to provide services in various areas not limited to charitable outreach services, namely, providing counseling services in the field of financial investments for foreign investors.

Our heartiest congratulations to Dr. Amin Mohd for this great achievement. Wish him great success with this important new position.



## Know Thy Neighbour – Sunil Kapoor

by Manoj Kumar & Bhavna Gupta



SCAN & LISTEN  
IN SHORT

As they say, the most important talent is the talent to develop one's talent. Sunil Kapoor, a W Block GK-2 resident, possesses this talent in abundance. A noted legal luminary, a gifted writer, a brilliant poet, a remarkable music composer and an exceptional singer – these talents are bundled together in Sunil's persona. What however, is more noteworthy is the fact that he has done full justice in exploiting each of these talents in various phases of his life. Hailing from a background of Bollywood, where his father was a film producer and exhibitor, Sunil inherited the talent of composing music and poetry from his father. After completing his schooling from the prestigious Modern School, New Delhi, Sunil graduated in Law from Delhi University in the late 1970s. Together with his twin brother, who is a Chartered Accountant, Sunil started an Accounting and Law Consultancy firm in South Delhi where

both the brothers have stayed focused on their profession till date. Aided by his daughter and son in law, both Chartered Accountants, and a lawyer nephew, Sunil gradually passed on the mantle of his firm to the next generation stalwarts in his family. This provided him with sufficient time to revive his other interests in music and writing. There was no looking back for him thereafter as he continued to win several awards and accolades for his works. In fact, many of his stories were adapted into Bollywood movies as film makers started seeking him for the services that he renders in different fields that include story, music, screenplay, dialogues, lyrics and singing. Not just this, his experience of handling professional assignments for the Hospitality industry covering the Oberoi and Taj groups also

led him to start his own chain of hotels under the brand of Residency Resorts as well as catering services under the banner of Purple Plate. He has the much coveted experience of running the USI Complex in Delhi Cantonment for over three decades. He finds his peace and quiet that is conducive to the art of writing in the serene environs of Goa where he makes regular visits. He has so far written 27 books out of which 10 have been published. In addition, he has also composed around 300 songs, which have been bought by Zee Music and T-Series. His wife has been his great source of strength and he has proudly used her name in the titles of some of his books. They have two daughters who are well settled in their respective professions. We wish Sunil Kapoor success in all his endeavours at all times.



The year 2024 is being welcomed with open arms, joy, gusto, fanfare, aplomb and pure optimism! Cheers to a fresh start, delightful new beginnings, and endless possibilities for growth in the coming year.

May 2024 be filled with success, happiness, lilting music and cherished moments for you and family HAPPY NEW YEAR!! Sunil Kapoor n Punam Kapoor

नरेश अभिषेक

भक्तजनों आज वो शुभ घड़ी है आई  
आज विराजेंगे मंदिर में राम रघुराई  
राम जन्म भूमि पर फिर आयें भगवान  
जय श्रीराम जय श्रीराम जय श्रीराम  
ए भक्त, प्रभुवर का करो अभिनंदन  
आज अयोध्या आ गये हैं रघुनन्दन  
राम जन्म भूमि पर फिर आयें भगवान  
जय श्रीराम जय श्रीराम जय श्रीराम  
दिव्य भव्य नव्य राम नाम जयकारा  
राम नगरी में हर और दिखा भाईचारा

राम जन्म भूमि पर फिर आयें भगवान  
जय श्रीराम जय श्रीराम जय श्रीराम  
कुछ पल शेष अब होगा अभिषेक  
अयोध्या में आ गये हैं श्री राम नरेश  
राम जन्म भूमि पर फिर आयें भगवान  
जय श्रीराम जय श्रीराम जय श्रीराम  
अयोध्या में हो रही है प्राण प्रतिष्ठा  
राम भगवान के लिए है ये प्रिय निष्ठा  
राम जन्म भूमि पर फिर आयें भगवान  
जय श्रीराम जय श्रीराम जय श्रीराम  
जय श्रीराम जय श्रीराम जय श्रीराम  
सुनील भक्त की कलम से



## International Projects of Rotary in 2023



Another kind of Library!

### Grenada

Grenada's national library, damaged by Hurricane Ivan in 2004 and forced to close a few years later, stands as a picture of decay, with its door padlocked and windows broken. The Rotaract Club of Grenada aims to show that the weather-beaten building is hardly symbolic: The nation, like many of its West Indies neighbors, has a high literacy rate. In July 2022 club members collected more than 500 books and, with assistance from a local carpenter, Rotarians, and friends, constructed three book boxes modeled after the Little Free Libraries. The club placed them in well-trafficked parks in the parish of St. George, home of the country's capital. The club also renovated the library at its adopted Mt. Moritz Anglican School, supplying new shelves, desks, and a fresh coat of paint. "Our national library has not been functional for years so a lot of reading material is not as available as it should be," club member Semone Sargeant says. The installation of the boxes "creates an avenue for persons to read whatever they want, how often they want."

### Ireland

More than half of the 1.3 million people killed worldwide in traffic crashes in 2022 were characterized by the [World Health Organization](#) as "vulnerable road users," that is pedestrians, cyclists, and motorcyclists. Mindful that children are among those most at risk, the Rotary Club of Tullamore & District revived its Be Safe Be Seen campaign, which was paused because of the COVID-19 pandemic. The project emphasizes the importance of wearing high-visibility clothing, especially during dark winter months. Last fall the club worked with emergency services leaders and news organizations to distribute promotional materials to primary schools. Rotarians and first responders also visited schools to spread the message. The project continued for more than a month



with frequent reminders and advertising on local radio. "The overriding aim of the campaign is to protect young people and educate them regarding road safety," says Eoin Sheehan, club president and a consultant orthopedic surgeon at the Midland Regional Hospital Tullamore. "Prevention is always the best way forward."



## Club Members In Action

आज का विचार  
सम्बन्धों को विस्तार दीजिये  
अधिकार नहीं प्यार दीजिये  
विचार संस्कार दया धर्म का  
संगम हो जहां  
समाज को सेवा परिवार दीजिये  
वाणी पर अपनी ध्यान दीजिये  
सबका मान सम्मान दीजिये  
अपने शुद्ध विचारों से  
प्रभु का दर्शन आसान कीजिये।  
आपके जीवन का प्रत्येक पल  
सुन्दर और प्रेरणादायी हो  
इसी कामना के साथ  
कुमुदनी

नव वर्ष की सुखद कामना  
बड़े मान सम्मान अथाह प्रेम  
और हर्ष हो  
भावना मन में यही समाज का उत्कर्ष हो  
प्रार्थना प्रभु से आपका  
मंगल मय नववर्ष हो।  
अति प्रेम सहित  
कुमुदनी।

आज का विचार  
Tuesday  
Day (013-352)  
वसुधैव कुटुम्बकम्  
ये सम्बन्ध शाश्वत है  
धरती और आकाश  
मानव की जीवन धारा है  
अतः स्वयं को स्वयं से  
अलग मत कीजिये  
प्रकृति के विरुद्ध जाने  
से हम अपना भला नहीं  
कर सकते  
अतः सभी धर्मों का  
सम्मान करें, अनेकता  
में एकता है और  
समाज एवं देश का  
कल्याण है।  
आपका दिन शुभ हो।  
कुमुदनी

मन की परिभाषा  
मन बुद्धि का द्वार है भाव मन का  
कर्म भाव का फल है  
भाव के आते ही कर्म शुरू हो जाता है  
भाव सुभाव भी हो सकता है और कुभाव भी  
ये सत्य है सुंदर भाव का फल सुंदर होगा  
जिस प्रकार कमल के बीज से कमल होगा  
और धतूरे के बीज से धतूरा  
भाव प्रेममय हो कर्म बुद्धि और मन का समन्वय हो  
तो वो स्वतः ही शुभ फल का अंश होगा।  
आप सभी का दिन मंगल मय हो।

कुमुदनी

By Rtn Kumudni



## Club Members In Action

सभी हमारे प्रियजनो को नव वर्ष मंगल मय हो  
बहे प्रेम की अविरोध धारा नया वर्ष हो इतना प्यारा  
शुद्ध बयार शुद्ध हो गंगा मान बढ़े और उड़े तिरंगा  
सब भाषा का मान करें देश का सब सम्मान करें

खुशबू से भर जायें उपवन

धरती हो सुखी प्रफुल्लित हो मन

गूंजे जग में सन्देश हमारा

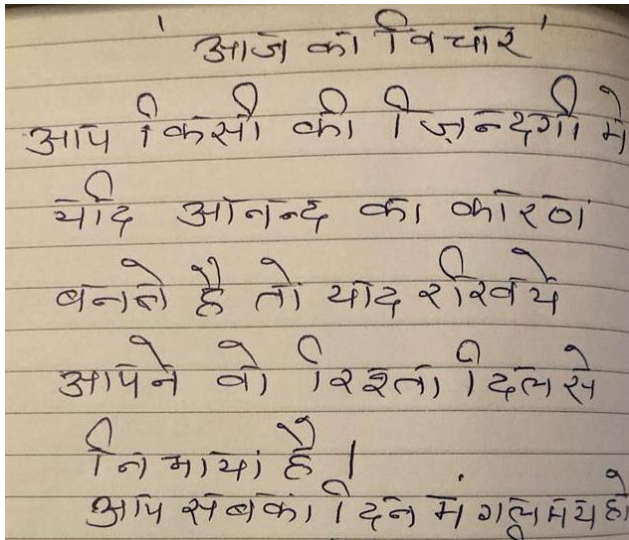
विश्व प्रेम हो सबका नारा

जन जन में उल्लास हर्ष हो

सबको मंगलमय नया वर्ष हो

अति प्रेम सहित

कुमुदनी दिनेश ,।



By Rtn Kumudni

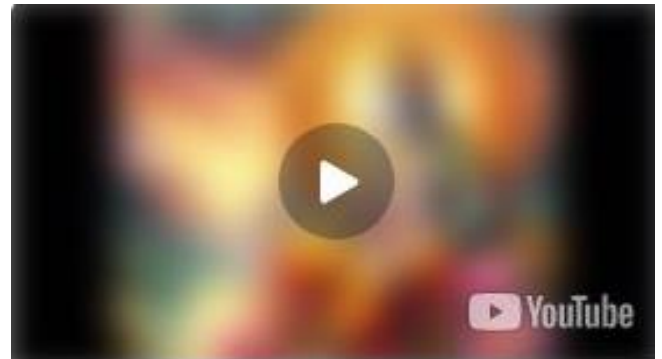


Hari Om Tatsat

Provided to YouTube by TIPS INDUSTRIES LTD  
Hari Om Tatsat · Alok Sahdev  
Hari Om © Tips youtube.com

[https://youtu.be/kS70\\_hC7kH4?si=uBsSPiwqsAahFNR8](https://youtu.be/kS70_hC7kH4?si=uBsSPiwqsAahFNR8)

By the Grandson of Rtn Alok and Rtn Nilu Sahdev



lovely morning prayer by Abir Sahdev on this auspicious day  
#ramdhun #RamDhuni #ramdhunkirtan  
youtube.com

[https://youtu.be/YAGV\\_7BZVgo?si=KHNvH4a1ym1bb\\_nt](https://youtu.be/YAGV_7BZVgo?si=KHNvH4a1ym1bb_nt)

“Grandchildren fill a space in your heart that you never knew was empty.”

“GRANDCHILDREN GIVE US A SECOND CHANCE TO DO THINGS BETTER BECAUSE THEY BRING OUT THE BEST IN US.”



The General Health test for BP, Sugar, ECG, PFT and Dental was conducted by RCD Resources Chattarpur Enclave, New Delhi – 110074. This is for the benefit of residents and staff of all age groups. It started at 01:00 PM and continued beyond 4:00 PM. Patients were registered in a very organized way. There The testing equipment / medical facilities were provided by Fortis, Vasant Kunj. There were a lot of beneficiaries of different age groups. The project was very well organized.



*It's never*  
**TOO EARLY**  
OR  
**TOO LATE**  
*to work*  
*towards*  
**•being the•**  
**HEALTHIEST YOU**

**B** Elements of a Healthy Well-Balanced Life

- ★ Positive Mindset
- ★ Meaningful Relationships
- ★ Stress Reduction
- ★ Eating Healthy
- ★ Exercising
- ★ Getting Enough Sleep
- ★ Quiet Time
- ★ Helping Others







Shri Ram Bhajan: Bhaj Le Man Tu Ram Ram |  
Alok Sahdev | Jai Shree Ram | Ayodhya Ram...  
Shri Ram Bhajan: Bhaj Le Man Tu Ram Ram | Alok  
youtube.com

We are delighted to announce that our new video "Shri Ram Bhajan: Bhaj Le Tu Man Ram Ram Ram by Alok Sahdev" will be released on Upasana TV YouTube channel today at 6 PM. This is a devotional song dedicated to Lord Ram, the supreme personality of Godhead, who is the source

Shree Ram Bhajan - Ram Aayenge | Ram Bhajan 2024 | Ram Bhajan | Ram Song | Audio Jukebox

Enjoy the divine and soothing melodies of Shree Ram Bhajan, a collection of devotional songs dedicated to Lord Rama, the seventh avatar of Vishnu. This audio jukebox features various artists who have lent their voices to praise the glory of Rama, the ideal king and hero of the epic Ramayana. Listen to these beautiful bhajans and feel the bliss of Rama's presence in your life.

<https://youtu.be/ydlcWvflaZk>

Jai Shri Ram

Upasana TV Presentation



Some of the Posts by  
Rtn Alok Sahdev. An IIT  
(Delhi) Graduate

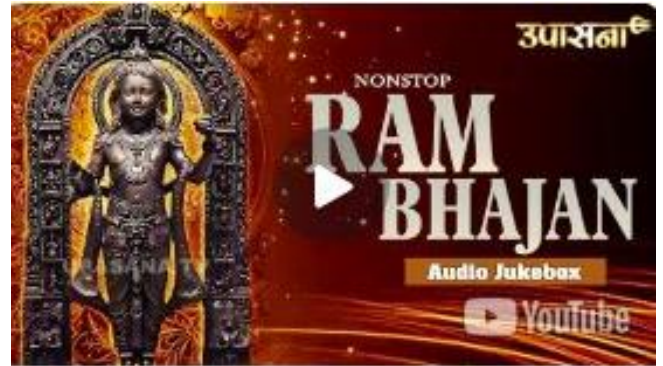
### Club Members In Action

of all virtues and the embodiment of dharma. Alok Sahdev, a renowned singer and composer, has beautifully rendered this bhajan with his melodious voice and soulful music. We hope that this video will inspire you to chant the holy name of Ram and feel his presence in your heart. Please subscribe to our channel and hit the bell icon to get notified when the video is live. Thank you for your support and love. Jai Shri Ram!

Shri Ram Bhajan: Bhaj Le Man Tu Ram Ram | Alok Sahdev | Jai Shree Ram | Ayodhya Ram Mandir Song 2024

<https://youtu.be/UVu325z2Zpo?si=V5SCEs3KG7qlwil6>

Upasana TV Presentation



Shree Ram Bhajan - Ram Aayenge | Ram Bhajan 2024 | Ram Bhajan | Ram Song |...  
Shree Ram Bhajan - Ram Aayenge | Ram Bhajan  
youtube.com



Visit [www.rcdelhiresources.rotaryindia.org](http://www.rcdelhiresources.rotaryindia.org) for our Club Activities



Article of Rtn Manisha Verma

Club Members In Action

दैनिक भास्कर बुधवार, 10/01/2024

maharuma@dbcop.in

आपके परिवार की  
हमसाफर

# मधुरिमा

आज नपुंसिका को DB एंज पर  
भी पढ़ सकते हैं। आजलौड  
करें हीकी एए।

## योगदान पूरा तो सम्मान क्यों आधा-अधूरा!

परिवार की देखभाल और तमाम व्यवस्थाओं के लिए गृहिणी चुपचाप अपनी क्षमता से अधिक कार्य करती रहती है।

इसके लिए उसे सम्मान और स्नेह भी मिलता है, परंतु कई बार अपमान और अवहेलना का दर्श भी सहना पड़ता है। इस स्थिति को बदलना गृहिणी के ही हाथ है।



**आसुख** **मनीषा वर्मा**, काउंसलिंग साइकोलॉजिस्ट

**एक** प्रचलित लतीका है। पति जब दस्तार से लौटता है तो पाता है कि साया घर अस्त-व्यस्त है, बच्चे झगड़ रहे हैं, रसोई भी बिखरी पड़ी है। वह पत्नी से पूछता है तो जवाब मिलता है- 'तुम हमेशा कहते हो न कि आखिर तुम करती ही क्या हो'। तो देख लो, आज मैंने कुछ नहीं किया!

जहां तक स्त्री के काम की बात है, यह लतीका वास्तविकता बर्दा करता है, लेकिन उसकी प्रतिक्रिया विशुद्ध रूप से काल्पनिक है। दरअसल, परिवार के भीतर वह रिश्तों को बनाए रखने को अहमियत देती है, बजाय खुद को अहमियत के, इसलिए आपसी पर ऐसा कुछ नहीं करती जिससे परिवार पर जरा भी असर पड़े।

लेकिन यह वाद कई बार घर के भीतर स्त्री के सम्मान और उसके आत्मसम्मान के विरुद्ध हो जाती है। उसे 'तुम करती ही क्या हो' जैसी बातें सुननी पड़ती हैं। यहां तक कि बच्चे भी 'मम्मी, आप नहीं समझीं, आप तो चुप ही रहो' सरीखी रूखी टिप्पणियां कर देते हैं। लंबे समय में यह व्यवहार उसके आत्मविश्वास पर भी नकारात्मक असर डालता है और कई अहम मामलों में यह वाकई पूरी तरह दूसरों पर निर्भर हो जाती है।

इस मामले में पहली चिम्मेदारी महिला की है कि वह इस स्थिति को बदलने के प्रयास करे। यह उसके और उसके प्रिय परिवार के हित में होगा।

### स्पष्ट बात करें और ग़लत को ग़लत कहना सीखें



सबसे पहले यह आवश्यक है कि ग़लत को ग़लत कहना सीखें। यदि पति या बच्चों का कोई व्यवहार ख़तरा है तो उन्हें निश्चिन्ता से, लेकिन स्पष्ट शब्दों में बता दें कि ऐसा व्यवहार/टिप्पणी स्वीकार्य नहीं है। हो सकता है कि वे अब तक अनजाने में ऐसा करते रहे हों और आपका अपमान करने की उनकी कोई मंशा न रहती हो, किन्तु आपकी आपसि के बाद वे आपकी भावनाओं को समझें। आप आपसि उठाने में जरा भी हूट न दें। निरंतरता दूसरों के खैरे में नब्बोली लाएंगी।



### महसूस कराएं कि घर के काम भी महत्वपूर्ण हैं



घर के छोटे-छोटे काम कोई छोटी बातें नहीं हैं। साफ़-सफ़ाई, भोजन बनाना और बच्चों-बुजुर्गों की देखभाल- ये सभी काम महत्वपूर्ण हैं। आप सारा बोझ अपने कंधे पर न लें, बच्चों को सदातः डाल्ट घर के कामों में मदद करने को। यदि बच्चे बड़े हो गए हैं तब भी दर नहीं हूँ। उन्हें घरेलू चिम्मेदारियों में शामिल करें। अपने जीवनसाथी से भी बात करें।

वे जितने भी व्यस्त रहते हों, कम से कम सुबह की फ़ली चाय और चुट्टी के दिन आपका हाथ बंटाने का निम्मा ले ही सकते हैं। इससे 'तुम करती ही क्या हो' का जवाब खुद-ब-खुद मिल जाएगा। वैसे भी, खाना पकाना, सफ़ाई करना अब जीवन-कोशल है जो हर व्यक्ति को आने ही चाहिए।

### अपना ध्यान रखें, शौक पूरे करें, सुकून तलाशें



अक्सर गृहिणियों की आदत होती है सुबह के कामों के चक्कर में नाश्ता न करना, दोपहर में सबको खिलाकर ही खाना खाना, भले ही कोई घर के बाहर गया हो। इसके अलावा, वे मां बनते ही जैसे अपनी अभिरचियां भी भुला बैठती हैं। एक समय के बाद परिजनों को भी लगने लगता है कि गृहिणी के न तो शौक हैं, न ही कोई पसंद-नापसंद। वैसे भी, जब वे स्वयं ही अपनी उपाधा करती दिखाती हैं तो औरों का ध्यान भी उनकी खुश्री-नाखुश्री की तरफ नहीं जाता। जैसा कि एक अंग्रेजी कहावत है, खाली प्याले से आप चाय नहीं परोस सकते, उसी तरह आप अगर भीतर से स्वस्थ और सुकून में नहीं हैं तो आप परिवार को देखभाल भी सही तरीके से नहीं कर सकेंगी।

अतः अपनी खुराक पर ध्यान दें, अपने शौक पूरे करें, किताब पढ़ें, गाने सुनें, यागवाची करें। परिवार वालों को स्पष्ट दिखना चाहिए कि आपकी पसंद-नापसंद, अफ़ाविकाओं और खुशियां हैं।

### अपना ज्ञान और कौशल बढ़ाएं, निर्भरता कम करें



प्रतिदिन अख़बार चरकर पढ़ें, आसपास होने वाले बदलावों के साथ चलें और समझें। इससे आप खासतौर पर बच्चों से उनके रुचि अनुसार विषयों पर बात कर सकेंगी। उन्हें पता चलेंगा कि मां भी देश-दुनिया की जानकारी रखती हैं और जागरूक हैं। अपना ज्ञान बढ़ाएं। रूखी नहीं कि आप कॉलेज में ही दाखिला ले लें। नए विषयों पर जानकारी रखना, नई विधाएं सीखना और अपनी दक्षता को बढ़ाना आपके आत्मविश्वास को मजबूती प्रदान करेगा।

इंटरनेट के जमाने में यह बहुत आसान है। इससे परिवार में आपकी पूछ-पछ भी बढ़ेगी। किसी भी नई तकनीक से भागें नहीं, सीखने से साफ़ इन्कार न कर दें, बल्कि आगे बढ़कर सीखने में रुचि दिखाएं- चाहे वह स्मार्टफ़ोन चलाना हो या फिर वाहान।

### बजट की समझ बढ़ाएं, निवेश साधनों को समझें



एक कुशल गृहिणी हमेशा से ही घर का खर्च, सामाजिक लेनदेन संपालती आई है। यह अपने आप में एक बहुत महत्वपूर्ण कौशल है। अब एक क्रमद आगे बढ़कर निवेश के साधनों की जानकारी प्राप्त करें। बैंकिंग से संबंधित सामान्य कामकाज स्वयं करने की कोशिश करें। बित्त से जुड़े विषयों पर पति और बड़े बच्चों से चर्चा करें। घर में निवेश को लेकर कोई बड़ा निर्णय होना है तो पर्याप्त सूचनाएं अर्जित करके अपने सुझाव अव्यक्त रखें। गणित लगाना, लेखा-जोखा रखना, आय-व्यय की गणना करना, इन्वेस्टमेंट को जानना-परखना, इन सबमें भी रुचि लें।

हमेशा ध्यान रखें कि जैसे परिवार की खुश्री में आपकी खुश्री है, वैसे ही परिवार की खुश्रियां भी आपकी खुश्री से जुड़ी हैं।

आप प्रसन्न रहेंगी, दूसरों की नजरों में अपने लिए सम्मान पाएंगी, खुद को अहमियत मिलती देखेंगी, तो स्वाभाविक ही परिवार के लिए बेहतर ब्योदात दे पाएंगी।



### इफां **मुश्किलें ज़िंदगी आसान कर देंगी**

कुछ काम ऐसे होते हैं जो हमें मुश्किल लगते हैं। परंतु यही मुश्किल काम हमारी ज़िंदगी बदल सकते हैं।



रोज सुबह एक ही समय पर जागना थोड़ा कठिन लगता है। धीरे-धीरे आदत बना लें तो पूरी दिनचर्या सुधर सकती है।



घर में ही खाने की योजना बनाना और उसे पकाना, सेहत में सुधार लाने के साथ अतिरिक्त खर्चों से भी बचता है।



नौकरी के बाद थोड़ा-सा समय अपने सपनों के लिए निकालें। सपनों को सच बनाने लिए योजना बनाएं और उस पर काम करें।



उन आद्योजनों में जाने से खुद को रोकें जहां आपको मौजूदगी अनिवार्य नहीं है और न ही आपके समय का सूर्ययोग ही हो रहा है।



सुबह के व्यायाम और सर को अपनी आदत में शामिल करें। आलस को दूर करके निर्मित रूप से व्यायाम करें और रोज़ सर पर जाएं।



अपनी भावनाओं पर नियंत्रण करना सीखें। इसके चलते आप जलत नियंत्रित हो सकते हैं या अपने उद्देश्य से भटक सकते हैं।

### गौरतलब है कि... **अधिका** रीटिया, काउंटिनिंग उपरोलें स्वेपट दिखती

### खाद्यों के हैं ग़ज़ब फ़ायदे...

फल और सब्जियों का नियमित सेवन शारीरिक स्वास्थ्य को बनाए रखने के लिए बहुत ज़रूरी है। जैसे शरीर में आयरन की कमी होने पर पालक खाने की सलाह दी जाती है। इसके अलावा, कई ऐसे खाद्य हैं जो शरीर के अंगों के समान ही दिखते हैं। ये खाद्य जिन अंगों की तरह दिखते हैं उनके लिए लाभकारी भी हैं। हालांकि सभी खाद्यों का सेवन चिकित्सक से परामर्श करके ही करें।

कौन-सा खाद्य शरीर के किस हिस्से के लिए लाभकारी है, पढ़िए हर पृष्ठ पर...



Rtn Manisha Verma - A counselor and special educator with expertise to provide crisis intervention and critical incident interventions, Parenting and relationship counselling. She has expertise to work with children with intellectual impairment, autism, cerebral palsy, hyper activity, learning difficulties. She also specializes in developing soft skill curriculum, conduct training for school children, POCSO Act awareness. She had worked in administrative capacities too and has strong public relation, networking and event management skills. She is a registered Special Educator with Rehabilitation Council of India. Presently engaged in vocational and skill training of Persons with Disabilities in the Skill Eco-System under Skill Development Council for Persons with Disabilities.

Visit [www.rcdelhiresources.rotaryindia.org](http://www.rcdelhiresources.rotaryindia.org) for our Cub Activities



## Club Members In Action

### THE SECRET MESSAGE

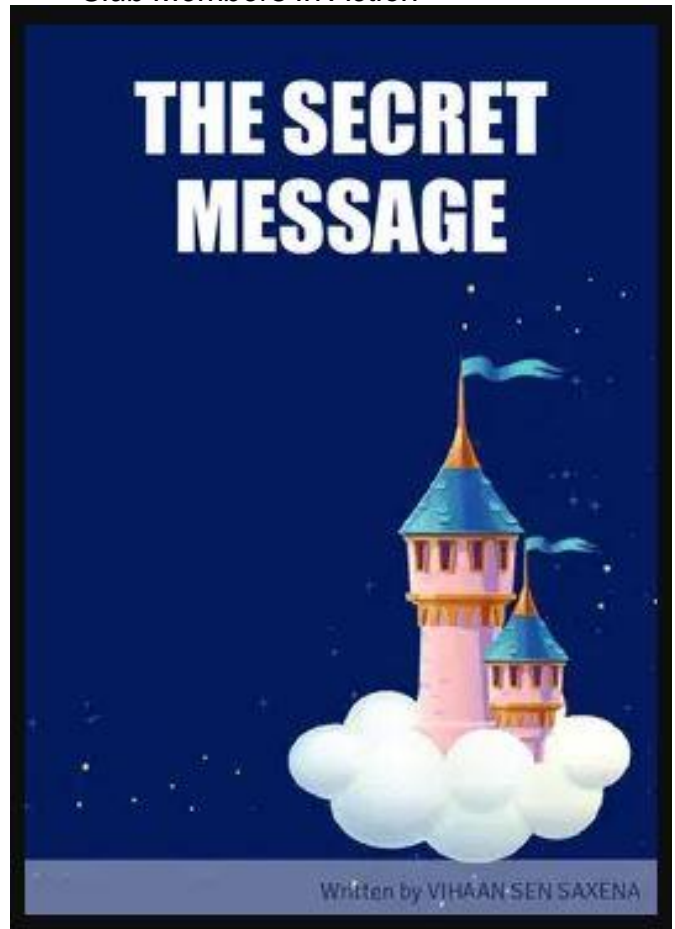
Written by VIHAAN SEN SAXENA

Far away, there was a kingdom named Rosewood Land. The king and queen wanted their daughter to get married. The Princess was very educated and had a mastery of archery. She wanted to marry a knowledge...

Bribooks is a website that helps young children write short stories and publishes them online for them and you can buy physical copies too.

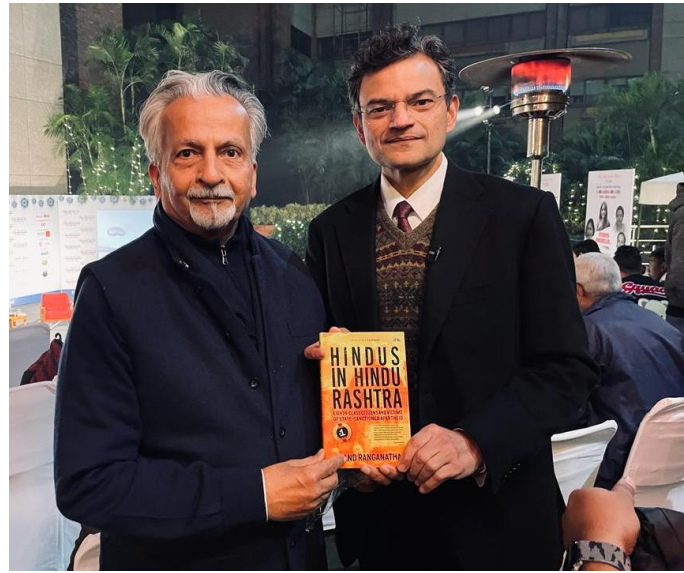
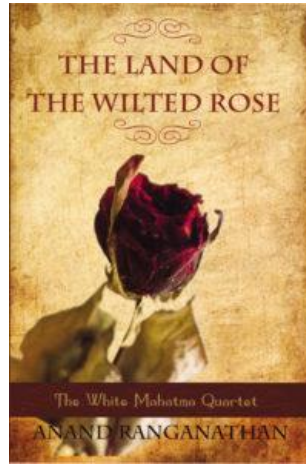
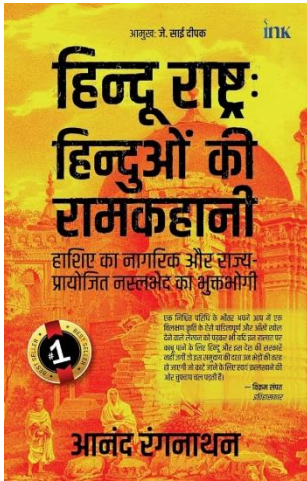
<https://www.bribooks.com/bookstore/the-secret-message-65771e4215870>

Grandson of Rtn Manisha Verma, Vihaan Sen Saxena, a 9 year old boy from Ghaziabad has written a short story book "The Secret Message". The story has a fresh take on the old bedtime stories our grandmothers used to tell us. The centre theme of the story is a typical tale of a prince and a princess, romance with a twist. the story breaks many gender stereotypes. As the story unfolds, the dynamic duo embarks on a quest that transcends traditional fairy-tale boundaries. Through unexpected twists and turns, they not only showcase their individual strengths but also learn valuable lessons about self-discovery and breaking free from societal norms. Vihaan has a unique take on the roles of men and women in the society and that is what precisely reflects in the story. The feat becomes more amazing when you realize that he is only a nine year old boy being raised by a single parent having lost this father during the second wave of COVID-19. As that's how he has come to respect the role of women in the society as he watches his mother managing and taking on multiple roles throughout the day. The Secrete Message book published by Bribooks is a refreshing departure from the ordinary, weaving a narrative that encourages readers to embrace their uniqueness and challenge preconceived notions. It's a testament to the limitless possibilities that come to life when creativity and imagination take center stage in storytelling.

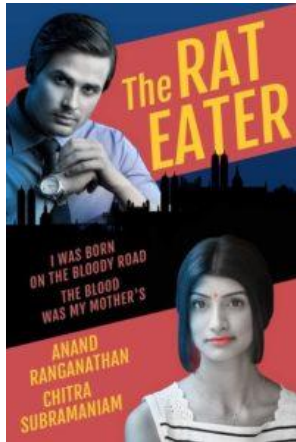
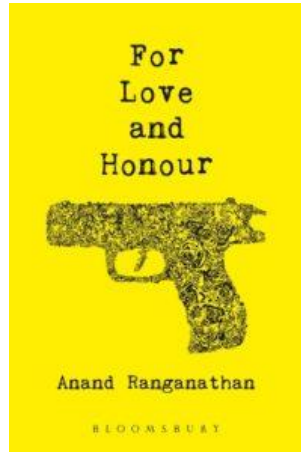


### VIHAAN SEN SAXENA

Hey! I am Vihaan, and through this story, I want to say that age does not matter, your skills do. I am developing my skills in storytelling, and so should you. Thank you!



Rtn Sunil Kumar Day with the writer Anand Ranganathan. The book is a must read and we can all go to the Kunzum Books. Here a coffee is given to every buyer. Also you could sit and read their book.



Anand Ranganathan obtained his BSc (Hons) degree in Chemistry from St. Stephen's College, Delhi, after which he left on a Nehru Centenary Scholarship for Cambridge, UK, where he obtained his BA (Tripos) in Natural Sciences, his MA, and his PhD. After a post-doctoral stint at Cambridge, Anand returned to India to join International Centre for Genetic Engineering and Biotechnology, Delhi, where he ran his lab for 16 years as a Staff Research Scientist.

Scientific contributions from Anand's lab have been published in peer-reviewed journals like The Journal of Biological Chemistry, Chemistry & Biology, The Journal of Infectious Diseases, Journal of Clinical Investigation, and Nature Communications. Anand Ranganathan writes and appears frequently on television debates, on Politics, Media, and Science. His columns have appeared in Swarajya, DNA, Firstpost, and Newslandry. He is also the Consulting Editor of Swarajya. He has written many books.





Our Rtn Sunil Kapoor had the Honour of unfurling the national flag at Bangalore on 26<sup>th</sup> January 2024 morning on the occasion of 75<sup>th</sup> Republic Day. Congratulations to all of us.





*Club Members In Action*



Dr. Amin Mohd with IPS Sanjay Patil, Additional Commissioner of Police, Crime. President's Police Award Winner. Congratulations.



Dr. Amin Modh with Bhayya Ji Joshi at RSS Headquarters at Nagpur





## Club Members In Action

## सुनहरे तिनके

आज बाज़ार से फिर कुछ ले आयी उन कोनो को सजाने के लिये  
जो बच्चों के सामान से खाली हो गए थे  
तभी मुझे कुछ आवाज़ आयी मैंने नज़रें घुमायीं  
मैंने देखा एक छोटी चिड़िया तिनके चुन चुन कर ला रही थी  
शोर मचाकर मुझे बताकर मेरे घर की खिड़की से  
एक छोटा सा कोना माँगकर अपना घर बना रही थी  
मेरे घर की खिड़की उसको वो अधिकार देकर  
इंतज़ार करने लगी उसके लाये तिनको को समेटकर  
अपनी खाली जगह भरने लगी  
वो नन्ही सी चिड़िया घूम घूम कर सुगंधित वृक्षों से  
टहनियाँ तोड़कर अपने नये घर की नींव धरने लगी  
गूँजने लगा बरसों बाद फिर मेरा घर बच्चों की किलकारियों से  
निकाल लिए मैंने छोटे छोटे वस्त्र अलमारियों से  
उनके लिये जो मुझसे एक नया रिश्ता बनाने का इंतज़ार कर रहे थे  
मेरी जिंदगी को एक नये एहसास से भर रहे थे  
मैंने प्रभु के इस अनुपम उपहार को अपने मन में धर लिया  
अपने घर को फिर एक बार खुशियों से भर लिया ।

कुमुदनी ।

## "" THE POWER OF ROTARY ""

"We were a family of 11 people travelling to vietnam for vacation and on 31 th Dec morning when we were travelling from danang airport to hanoi we realised at the danang airport that one of the member of the group has lost her passport. We all had to board the flight and one person lost the passport. What to do now?? We left back one person along with her and 9 travelled to hanoi expecting their arrival soon. Out of 9 traveller one was me , the immediate past president of rotary club of delhiites .I immediately connected to PDG Anup Mittal ji and very positively and humbly he Connected me to Rotarian PP Suresh Guptaji , District Director, District 3011. It was a New Year weekend and even the authorities were on holiday .But Suresh Guptaji was connected with me throughout and took us out from the situation. To our surprise he was able to arrange new emergency certificate (passport) for her within a day. We were so thrilled to get new passport (emergency certificate) that I just can't express in words. Would highly appreciate him for all the help he has given us and his motivating words are still resonating in my ears. Thank u Rotarian Suresh Guptaji, PP of RCD Midtown for being there at the time of emergency. Thanks to PDG Anup mittal ji too.

Just sharing with all of you to let you know that this is the power of Rotary. Rotary Community is always there to help you."

Rtn Reema Garg  
President 22-23  
RCDelhites



## The 4-Way Test

of things we do and say:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?



Club Members In Action



Podcast With Ex. joint Director Election Commission of India. Mohd Amin | By New...  
Podcast With Ex. joint Director Election youtube.com

Exclusive interview  
[https://youtu.be/7Ov\\_500BYz8](https://youtu.be/7Ov_500BYz8)







Our Club distributed eyeglasses at the Senior Girls Secondary School in Chattarpur. Special thanks to Rtn Dheeraj Bhutani, Rtn Vir Philip (A.G.), and Vani Agarwal, President of PARIVARTAN RWA Chattarpur Enclave, for their active participation and support during this event. It's a noble cause to contribute towards improving their eyesight, taking another step towards spreading light and vision.



**District Announcements**

Rotary District 3011 | CREATE HOPE in the WORLD

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

Invite you to

**TRF Seminar & Recognitions**

**Sunday 21 Jan 2024**

2.30 PM to 4.30 PM | Hotel Le Meridien, New Delhi

**Designated Participants:**

1. Council of Governors
2. Club Presidents
3. Club TRF Chairs
4. District Directors
5. District Admin Team
6. District TRF Team
7. TRF Recognition Recipients

Rotary District 3011 | CREATE HOPE in the WORLD

**SPECIAL 26**

**Endowment Fund District 3011 DG & Presidents (Year 23-24)**

A first of its kind initiative by the Presidents of year 23-24 where 25 of them led by DG Jeetender Gupta contributed 1000 USD each to make an Endowment Fund of more than 25000 USD the interest of this fund will come to the District in all the succeeding years. Contributions of 1000 USD each from following Presidents already received:

 Kamal Mangla RCD Panchshila Park	 Richa Sabharwal RCD Sarderjung	 Siddharth Sehgal RCD South End	 Surash Bansal RCD Okhla City	 Charu Gupta RCD Soor High
 Mahit Fatshpuria RCD Infinity	 Virender Mehta RCF NIT	 Madhu Deva RCD CP Raisina Hills	 Manoj Mittal RC Faridabad Imperial	 Pranod Agarwal RCD South
 Manish Agarwal RC Gurgaon	 Nikita Gupta RCF Midtown Next	 Amit Garg RCF Arsh	 Deepak Gupta RCF Aastha	 Dinesh Jangid RCF Midtown
 Sandeep Chopra RC Delhi	 Srinivas Kotni RCD Manthan	 Seema Gupta RC Delhiites	 Sunil Sekhi RCD Qutab	 Sushil Agarwal RCD Divine
 Vinay Rastogi RCF Indl Town	 Divyanshu Agarwal RCD Midwest	 Chetna Kukreja RCF Cosmpolitan	 Manoj Ahuja RCF IWT	 Vinod Goyal RCF Greater

#DilDhadakneDo

Rotary District 3011 | CREATE HOPE in the WORLD

**PICTURE ABHI BAKI HAI**

**PRESIDENT MID YEAR REVIEW**

**SUNDAY 21 JAN 2024**

**10AM to 2PM**

**at Le Meridien, Delhi**  
(Followed by Lunch)

DG Jeetender Gupta & Dr. Deepti  
(District Governor 2023-24)

No Registration Charges

#DilDhadakneDo

**Wild Poliovirus Weekly Update**

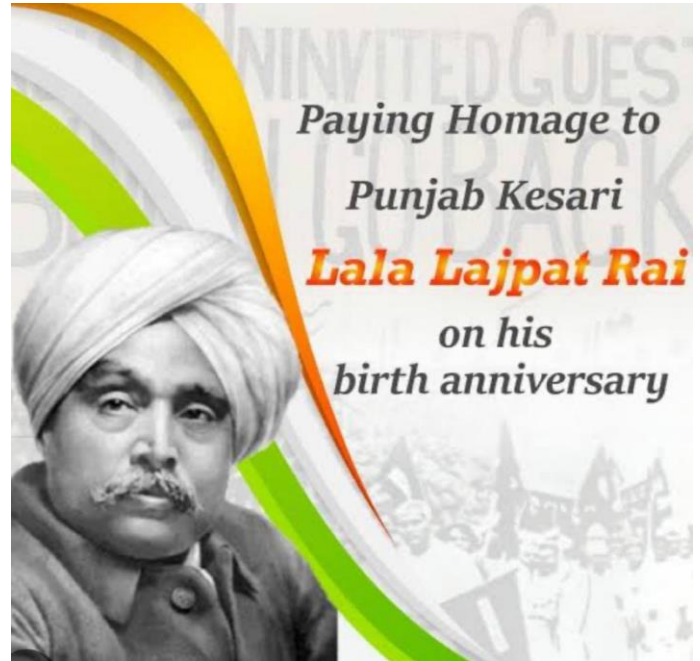
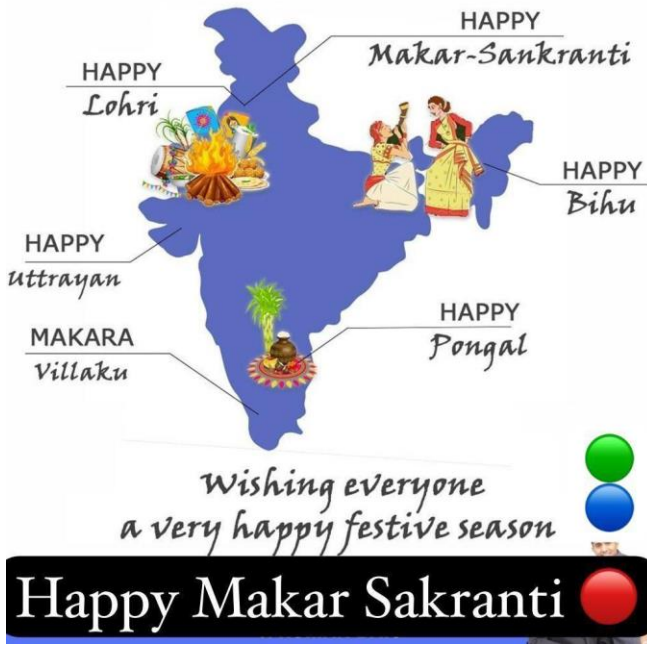
**17 January 2024**

2023

12 children paralyzed by polio

Pakistan: 6 | Afghanistan: 6

[www.polioeradication.org](http://www.polioeradication.org)  
#EndPolio





<b>President / Membership</b> <b>Rakesh Banga</b>
<b>President Elect / Secretary</b> <b>Suman Chopra</b>
<b>Vice President</b> <b>Harish Dang</b>
<b>Joint Secretary</b> <i>Vidushi Lal</i>
<b>Sgt-at-arms / Service Projects</b> <i>Yadunder Lal</i>
<b>Disease Prevention and Treatment</b> <b>Sushil Kumar Trivedi</b>
<b>Vocational Service</b> <b>Himinder Lal</b>
<b>Club Service</b> <b>Sudhir Kapoor</b>
<b>Community Service</b> <b>Dinesh Kumar Shrivastava</b>
<b>International Service</b> <b>Subhash Kalra</b>

<b>Youth Service / Public Image</b> <b>Niti Day</b>
<b>Club Admin</b> <b>Alok Sahdev</b>
<b>The Rotary Foundation</b> <b>Sara Banga</b>
<b>CSR</b> <b>Sunil Kapoor</b>
<b>Supporting the Environment</b> <b>Yogesh Sharma</b>
<b>Peacebuilding &amp; Conflict Prevention</b> <b>Nilu Sahdev</b>
<b>Community Economic Development</b> <b>Gurmukh Kotwani</b>
<b>Water Sanitation &amp; Hygiene</b> <i>Yuvraj Asnani</i>
<b>Maternal and Child Health</b> <b>Kumudni Shrivastava</b>
<b>IPP / Basic Education and Literacy</b> <b>Sunil Kumar Day</b>

**Important Note: Please be informed that 3 members have left us (shown in red) with a promise to come back. Two have no dues but 1 has to clear his dues.**