







July 31, 2024

Issue 36

President <u>Rtn, Suman Chopra</u> M: +91-9811619842 sumanchopra@yahoo.com Vice-President 1 Rtn. Anjali Dang M: +91 9910906503 E: anjali.harish.dang@gmail.com Secretary <u>Rtn. Nicoleta Ioana Ciufudean</u> M: +91-9971684410 nicole.ioana@gmail.com

HIGHLIGHTS OF THE MONTH









Volume 3







Issue 36



Junly 2024 Message of RI President 2024-25

Rotary is at its best when we foster a sense of inclusion and belonging in our clubs. In fact, I would go so far as to say that

belonging is *The Magic of Rotary* itself. With a focus on inclusivity and belonging, it is easier to be united in a common purpose. When we are committed to one another and focused on our goals, we are most effective. The world is changing, and our clubs can't afford to stand still. But the changes we make need to be consistent and strategic building on one another toward a greater vision.

The truth is, we're not going to bring peace to the world, end polio, or grow membership by waving a wand and saying some funny words. It's up to you. You create the magic with every project completed, every dollar donated, and every new member inducted.

I love my Rotary family and I know you do too. That's why I know that together, we can make every club and district simply irresistible. This year, let us change the world by embracing *The Magic of Rotary*.

Stephanie A. Urchick

(Source: Internet. Abridged Version)



Message of Dr. Mahesh P. Trikha, D G, District 3011

Dear Magical Club Presidents, District Team and Fellow Rotarians,

I am delighted to write my first message as the District Governor RI District 3011 after the completion of a very successful first month of our RI Year. It always gives me great pleasure to connect with all of you in through person and also all our communication channels like the GML which is perhaps one of the most important medium through which we can update you on all the important news, events and updates across the District.

The month of July has, indeed, flown by and it was full of events, sector-leading and groundbreaking initiatives that have been taken by Clubs, innovation and excellence in projects and of working on digital strategies that will help us in protecting the environment and in the delivery of our digital aspirations for the future.

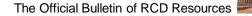
It has been a gratifying and very productive utilization of time as far as Rotary is concerned and for me personally it is getting to know you better and interacting with each one of you at different levels. I was amazed to see the ideas and the plans that are underway for the entire year and your infectious enthusiasm coupled with those 'magical reflections' are bound to give us the most enjoyable year RI District 3011 has ever seen.

Our commitments environmental to sustainability has already made us go completely paperless this year but it doesn't end there; every project big or small has been planned to support the seven focus areas of Rotary and each one of them is sustainable and designed to deliver social community impact and engagement initiatives. It is extremely gratifying to see some of these strategic projects launched already and working efficiently. The huge impact of these will be felt for an everlasting time scale by the communities we serve.

would also request all the Magical Presidents to keep a close eye on their own Club Goals and align them with the District Goals as you move in to the Membership and New Club Development Month. It is imperative to increase our impact, widen our horizons and engage all our Members in every activity. Work together as a team to fulfil your commitments so that you are able to utilize everyone's abilities to the optimum level. Give all the Members an outstanding, personalized experience and enriched to.....

Looking forward to a fabulous journey through Rotary Year 2024-25.

(Source : GML of July 2024. Abridged Version)



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PLANTATION DRIVE

Interactor Project

09:30 - 10:30

Rotary



SPONSORED BY **ROTARY CLUB OF DELHI RESOURCES** ZONE 12 DISTRICT 3011



Contact: MR. CHANDAN KOHLI

Rtn. SUMAN CHOPRA, CLUB PRESIDENT **Rtn. NICOLETA CIUFUDEAN, CLUB SECRETARY** PROJECT CHAIR : Rtn. NITI DAY, CLUB TREASURER 2024-25





THE TRUE MEANING OF LIFE IS TO PLANT TREES, **UNDER WHOSE SHADE YOU** DO NOT EXPECT TO SIT.

...

- NELSON HENDERSON





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The Keynote Address on the topic of cancer was delivered by Dr. Indu Aggarwal, HOD of Preventive Oncology, RGCIRC, Rohini, New Delhi. Her educative and informative Speech on the importance of early detection of cancer was well received by around 150 in audience who listened with keenness in pin drop silence. So proud and lucky to be part of this Service Camp. This was meant for the staff & residents of the Delhi Cantt. The eminent speaker / doctor spoke at length on the topic addressed to both men & women.







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JULY 19, 2024

Rotary

13:30 - 14:30

KEYNOTE ADDRESS On Early Cancer Awareness & Detection

Dr. Indu Aggarwal, HOD, Preventive Oncology, RGCIRC

VENUE : KABUL LINES, DELHI CANTT.



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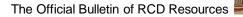


Rtn. SUMAN CHOPRA, CLUB PRESIDENT Rtn. NECOLETA CIUFUDEAN, SECRETARY PROJECT CHAIR : Rtn. SONIL KUMAR DAYV - 991189444





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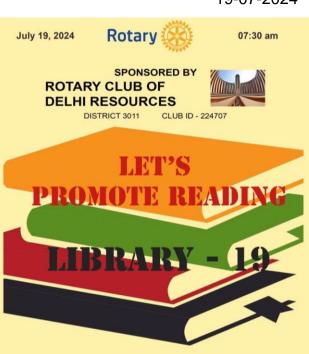
19-07-2024







Let's Promote Reading - This Signature Project of RCD Resources has been initiated / conceived by Rtn. Sunil Kumar Day, Charter President and Rtn. Niti Day to be at multiple locations. There are books of Management / Spiritual / Cookery/ Fiction and General Knowledge for all ages in Hindi and English. The project has been started with about 250 books - a mixture of new and pre-loved books. The #19 Library project was launched on 19th July 2024 at Kabul lines, Delhi Cantt, New Delhi -110010. We were honored when the Chief Guest Mrs. Mehta and Commanding Officer 110 Medm Regt., Col. Menon gracefully received our books for their library.



VENUE : KABUL LINES, DELHI CANTT.

Rtn. SUMAN CHOPRA, CLUB PRESIDENT Rtn. NECOLETA CIUFUDEAN, SECRETARY PROJECT CHAIR : Rtn. SONIL KUMAR DAYV - 9911894444













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We held our CPR (Cardiopulmonary resuscitation) Camp at Kabul Line, Delhi Cantt,. This was hugely successful and was attended by over 100 audience. This is for the benefit of the staff and residents of all age group. The camp started at 10:30 am and finished around 11:30 am. There were many ladies and army staff who practiced CPR under the directions of the medical staff of Venkateshwar Considering Hospital, Dwarka. the CPR popularity and necessity of Demonstration we have decided to hold as many camps as possible for different locations including schools.



Take some time to learn first aid and CPR. It saves lives, and it works.

- Bobby Sherman



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Our Early Cancer Detection Camp was held with specific emphasis on Clinical Breast Cancer, Pap Smears and Oral Checkups, etc. at Kabul Lines, Delhi Cantt,. The testing was carried out by Rajiv Gandhi Cancer Institute & Research Center (RGCIRC), Rohini, New Delhi. That was hugely popular among men and women both. There were 123 registrations (44 Pap Smears; 68 Clinical Breast Examinations & 86 Oral / ENT Checkups).



DISTRICT 3011

19-07-2024

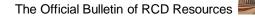


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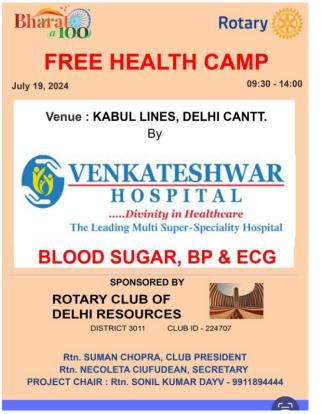


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A General Health Check-up Camp for Blood Pressure and Random Blood Sugar was conducted by Venkateshwar Hospital, Dwarka and organized by RCD Resources with Kabul Lines, Delhi Cantt, This is for the benefit of residents and staff of all age groups. It started at 09:30 am and continued till 2:00 pm. The testing equipment and team of Doctors / medical staff were brought by Venkateshwar Hospital, Dwarka. A highly successful camp had 125 beneficiaries and a GP was further recommendation.



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BMD - the Bone Mineral Density test was conducted by RCD Resources at Kabul Lines, Delhi Cantt. This is for the benefit of residents and staff of all age groups. Patients were registered in a verv organized way. The testing equipment / medical facilities were hired from Venkateshwar Hospital, Dwarka. There were over100 beneficiaries of different age groups. A GP was present for providing any prescription on the BMD report.







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July 19, 2024

Rotary

FREE CAMP

Venue : KABUL LINES, DELHI CANTT.

09:30 - 14:00



SPONSORED BY ROTARY CLUB OF DELHI RESOURCES DISTRICT 3011 CLU



Rtn. SUMAN CHOPRA, CLUB PRESIDENT Rtn. NECOLETA CIUFUDEAN, SECRETARY PROJECT CHAIR : Rtn. SONIL KUMAR DAYV - 9911894444







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PROJECT CHAIR : Rtn. SONIL KUMAR DAYV - 9911894444







Α Free Dental Check-up Camp was conducted by RCD Resources at Kabul Lines, Delhi Cantt. This is for the benefit of residents and staff 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 around 62 beneficiaries of different age groups. The project was very well organized under the guidance of Major Sanjeet.



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The Eye Check-up was conducted by RCD Resources at Kabul Lines, Delhi Cantt, This is for the benefit of residents and staff 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. There were around 90 beneficiaries of different age groups. The project was very well hosted by Major Sanjeet.







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Some Social Moments!

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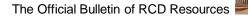














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This was our very 1st Project involving Yoga / Meditation. Acharya Ji came from Pune and our Interactor School of KV JNU did a wonderful organizational The audience received work. the teachings of Acharya Ji in a great spirit.



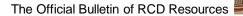














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Our Early Cancer Detection Camp was held with specific emphasis on Clinical Breast Cancer, Pap Smears and Oral Checkups, etc. at ATS One Hamlet, Sector – 104, Noida. The testing was carried out by Rajiv Gandhi Cancer Institute & Research Center (RGCIRC), Rohini, New Delhi. That was hugely popular among men and women both. There were 173 registrations (22 Pap Smears; 56 Clinical Breast Examinations & 87 Oral / ENT Checkups).

















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We held CPR (Cardiopulmonary our resuscitation) Camp at ATS One Hamlet, Sector - 104, Noida. This was hugely successful and was attended by over 100 audience. This is for the benefit of the staff and residents of all age group. The camp started at 10:30 am and finished around 11:30 am. There were many ladies and army staff who practiced CPR under the directions of the medical staff of Max Hospital, Considering the popularity and necessity of CPR Demonstration we have decided to hold as many camps as possible for different locations including schools.



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A General Health Check-up Camp for Blood Pressure and Random Blood Sugar was conducted by Max Hospital and organized by RCD Resources with ATS One Hamlet, Sector - 104, Noida. This is for the benefit of residents of all age groups. It started at 09:30 am and continued 2:00 till pm. The testing equipment and team of Doctors / medical staff were brought by Max Hospital. A successful had highly camp 107 beneficiaries and patient were done on the recommendation of GP.

















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The Bone Mineral Density test was conducted by RCD Resources at ATS One Hamlet, Sector – 104, Noida. This is for the benefit of residents and staff 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 hired from Max Hospital. There were around 89 beneficiaries of different age groups.









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A Free Dental Check-up Camp was conducted by RCD Resources at ATS One Hamlet, Sector – 104, Noida. This is for the benefit of residents and staff 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 around 48 beneficiaries of different age groups.















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The Eye Check-up was conducted by RCD Resources at ATS One Hamlet, Sector -104, Noida. This is for the benefit of residents and staff 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 facilities were provided by Center for Sight. Centre for Sight is registered in many states under the Nursing Home Act by the Directorate General of Health Services. Their eye bank is well established and situated at Preet Delhi. Vihar. There were around 90 beneficiaries of different age groups.













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General Heath Tests for Blood Sugar and ECG was conducted by RCD Resources at ATS One Hamlet, Sector – 104, Noida. This is for the benefit of residents and staff of all age groups. It started 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 Max Hospital. There were 75 beneficiaries of different age groups. The project was very well organized by our Rtn. Nilu and Rtn. Alok Sahdev Ji.







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2024/7/26 10:4

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The 1st Club / Fellowship meeting of the year 2024-25 was held on 27th July, the last Saturday of July over very enjoyable dinner. Due to a short notice many members, new and old could not join.

THE NEXT MEETING OVER DINNER WILL BE HELD ON 31st AUGUST- THE LAST SATURDAY OF THE MONTH.

TOGETHER WE SEE A WORLD WHERE PEOPLE UNITE AND TAKE ACTION TO CREATE LASTING CHANGE ACROSS THE GLOBE IN OUR COMMUNITIES AND IN OURSELVES



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The Keynote Address on the topic of cancer was delivered by Dr. Indu Aggarwal, HOD of Preventive Oncology, RGCIRC, Rohini, New Delhi. Her educative and informative Speech on the importance of early detection of cancer was well received by around 150 in audience who listened with keenness in pin drop silence. So proud and lucky to be part of this Service Camp. This was meant for the staff & residents of the Dundahera Military Station, Gurugram. The eminent speaker / doctor spoke at length on the topic at length addressed to both men & women. This camp was held under the Project Chair, Rtn. Niti Day of our Club.





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Our Early Cancer Detection Camp was held with specific emphasis on Clinical Breast Cancer, Pap Smears and Oral Checkups, etc. at Dundahera Military Station, Gurugram-. The testing was carried out by Rajiv Gandhi Cancer Institute & Research Center (RGCIRC), Rohini, New Delhi. That was hugely popular among men and women both. There were 123 registrations (44 Pap Smears; 68 Clinical Breast Examinations & 86 Oral / ENT Checkups).





(Cardiopulmonary We held CPR our resuscitation) Camp at Dundahera Military Gurugram. Station, This was hugely successful and was attended by over 100 audience. This is for the benefit of the staff and residents of all age group. The camp started at 10:30 am and finished around 11:30 am. There were many ladies and army staff who practiced CPR under the directions of the medical staff of Venkateshwar Hospital, Dwarka.









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Our 68th Camp of Mammography was 31-07-24 successfully held on at Dundahera Military Station, Gurugram. The testing facilities are provided by the Mobile Mammography Van that is a project of Rotary Club Gurgaon. For this all ladies above 40 years should undergo preventive mammography screening once in a year. It was a great success. In a day 20 ladies can be checked to meet 100% target however we had only 19 _ beneficiaries as there were many ladies who were just outside the 40-70 year bracket.



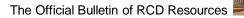














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The Bone Mineral Density test was conducted by RCD Resources at Dundahera Military Station, Gurugram. This is for the benefit of residents and staff of all age groups. It started early at 09:30 beyond 2:00 am and continued pm. Patients registered were in а very organized way. The testing equipment / facilities were hired from medical Venkateshwar Hospital, Dwarka. There were around 100 beneficiaries of different age groups.



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Hospital,







A General Health Check-up Camp for Blood Pressure and Random Blood Sugar was conducted by Venkateshwar Dwarka and organized by RCD Resources Dundahera

with Military Station, Gurugram. This is for the benefit of residents and staff of all age groups. It started at 09:30 am and continued till 2:00 pm. The testing equipment and team of Doctors / medical staff were brought by Venkateshwar Hospital, Dwarka. A highly successful camp had 125 beneficiaries and patient were done on the recommendation of GP.









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A Free Dental Check-up Camp was conducted RCD Resources by at Dundahera Military Station, Gurugram. This is for the benefit of residents and staff 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 around 62 beneficiaries of different age groups















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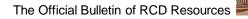








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कैंसर के प्रति जागरूकता EARLY CANCER DETECTION & AV 024/7/31 कैंसर के प्रति जागरूकता कैंसर को हराना है घबराना नहीं ESOURCES हारना नहीं ESS CAMP EARLY CANCER DETECTI

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राष्ट्रीय गौरव त 31st July 20 a International dhi Road, New Educació world 👀 NATIONAL. E DUCATION SUMMIT राष्ट्रीय गौरव पुरस्कार 31st July 2024 India International Centre, New Delhi Vorld NATIONA SUMMIT राष्ट्रीय गौरव य गौरव पुरा 31st July 2024

Club Members In Action – Rtn Alok Sahdev



#ehsan tera hoga , expressing a devotee'sGratefulness sung by #Alok Sahdev #guruPurnimaAll rights belongs to original music label, nocopyright infringement intendedthanks to#ArtofLiving #SpiritualityA soulful rendition of thesong "Ehsaan Te...youtube.comhttps://youtu.be/vuXwCw_PS98?si=fL4OfW-GUukg9g5UVisit www.rcdelhiresources.rota

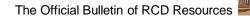
Club Members In Action – Rtn Dr. Mohd Amin



Seema V Jerajani the brilliant mind behind the extraordinary book 'Art of Indian Coiffures', unveiling the captivating Indian Seema hairstyles. is an exceptional educator, with over thirty five years of experience in the hair and makeup industry providing highest standards of education at her SVJ Academy. She has been a jury member at the OMC Hair World Championship 2018 in Paris.

Club Members In Action – Rtn Sunil Kapoor





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Club Members In Action - Rtn Nicoleta Ioana Ciufudean



DR. A.P.J. ABDUL KALAM INSPIRATION AWARDS 2024

Bharat Mc apam, / Delh



AUGUST is Membership Month!!

The Importance of Recruitment

Every Rotary club needs new, qualified members.



The best way to find yourself is to **lose yourself** in the *service of others*.









July 31, 2024

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