



Sampada



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The Official Bulletin of RCD Resources

August 31, 2023

Volume 2

Issue 24






ROTARY CLUB OF DELHI RESOURCES
invites you
TO THE THANKSGIVING AND CHARTER
DAY EVENT OF OUR CLUB

Dress code : Smart Casuals

_____ AUGUST _____
SATURDAY **19** AT 7PM
_____ 2023 _____

DINNER AT - PARTY ROOM - BAR AT 6TH
FLOOR ,INDIA HABITAT CENTRE, LODHI ROAD, 110003



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



August 2023 Message of RI President 2023-24

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to

become champions in our effort to illuminate mental health needs near and far.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus..

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will *Create Hope in the World.*

R. Gordon R. McNally



Message of Charter President

This year on 19th August 2023 our Club celebrated its 1st birthday – Charter Day. I am reproducing my small speech of the day

here. We celebrated our Charter Day as our Thanksgiving Day to appreciate our members and non-member friends who supported us along the way. Some could not be there for being out of India or city on the day! But we have delivered their trophies.

"Every President gets this once a year privilege – so it is my turn to share my feelings and gratitude with you today. In all it was very fruitful and productive Charter Year – all round satisfaction that can easily be measured in the following ways:

A. We had a great growth – started with 20 members and then we grew up to 30 – 50% growth. One of the highest in the District 3011!

B. Even more importantly, we have retained most of our members. Now in our second year we have started with 29 members (plus 2 Honorary Members who are never counted and only paying members are counted).

Here I take a moment to urge each member to bring one new member – starting with your partner, if not already a Rotarian.

C. Our members come from a wide range of professions – the most important condition for a good Club.

We have Writers and we have Hoteliers. Then Lawyers. Some CAs. Social Workers. Engineers, PMC, Industrialists, Educationists and more. Young Start-ups are the highlights of our Club. I am an architect who also ventured into a start-up!

D. Somehow, our Club ended-up doing 61 Mammography Camps and most of them with 100% efficiency – we all know that this was not possible without the 200% efforts of the 1st Lady Rtn Niti Day and therefore I may be allowed to call her to stand with me for a picture..... "

I once again say Thank You to all!

Rtn Sunil Kumar Day



We are proud to hold this CPR (Cardiopulmonary resuscitation) Demonstration for the very first time at this school (also our Interact) on 07th August 2023. This was hugely successful and was attended by over 200 audience- mainly students of 12th class with their teachers and school Principal Mr. Chandan Kohli. The camp started at 10:30 am and finished around 11:15 am. There were many students and staff who practiced CPR under the directions of the medical staff of Fortis Hospital, Vasant Kunj. The project was headed by Vice President Rtn. Harish Dang in the absence of the President.



**KENDRIYA VIDYALAYA
SANGATHAN**
KV, JNU,
NEW DELHI

Rotary
District 3011
Zone 12



**Rotary Club of
Delhi Resources**
Club ID 224707



Interact Club of KV JNU Delhi Resources

SPONSORED BY; ROTARY CLUB OF DELHI RESOURCES



Following tree types were planted at the park of the Kendriya Vidyalaya, JNU, New Delhi – 110067, to enhance the ambiance and involve the students with the concept of planting native trees for the benefit of the environment and educating the society, to say the least: 1. Neem – 4; 2. Tota Phali – 4; 3. Amaltas – 3; 4. Sheesham – 5 & 5. Jamun (Java Plum) – 5. Total 21 variety

We appreciate the contribution of Pragyata Foundation in providing some of the plants for the occasion. The project was headed by Vice President Rtn. Harish Dang in the absence of the President.

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Health Talk

Our club organized a Talk on Strong Bones Strong Nation for Students and Staff at KV (Kendriya Vidyalaya, JNU, New Delhi – 110067). This morning talk was by the key note speaker Dr. Shuvendu Ray of Fortis, Vasant Kunj. This was for the benefit of the students and all the staff of the KV (Kendriya Vidyalaya) JNU. Principal Mr. Chandan Kohli made this Talk as part of 12th class assembly in the school auditorium - a large gathering of around 200 got benefited. The Question and Answer session was made interesting by the Charter President Rtn Sunil Kumar Day who announced Appreciation Certificate to students for asking 3 best questions. To make it more interesting and involving all the active participants among students were provided Certificates too.





A Free Cancer Screening Camp, with specific emphasis on Clinical Cancer Testing, Pap Smear and Oral Checkups, etc. at Rajputana Rifles Regimental Centre,, Delhi Cantt, New Delhi – 110010. The testing equipment / medical facilities were provided by Rajiv Gandhi Cancer Institute & Research Center (RGICRC), Rohini, New Delhi. This is for the benefit of the residents of Delhi Cantt. A highly successful camp had total 226 (90 Cancer Screening, 75 Oral and 61 Pap Smears) beneficiaries of different age groups. The project was very well organized camp in all respects.

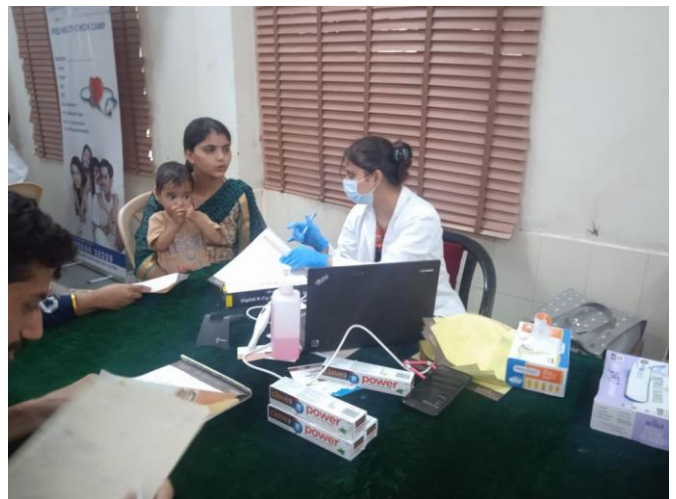




We held our CPR (Cardiopulmonary resuscitation) Camp at Rajputana Rifles Regimental Centre, Delhi Cantt, New Delhi – 110010. This was hugely successful and was attended by over 100 audience. This is for the benefit of the staff and of all age group. The check-up camp started at 10:30 am and finished around 11:30 am. There were many ladies and army staff who practiced CPR under the directions of the medical staff of Manipal Hospitals. The project was very well organized by Maj. Vikrant Singh Palni.



A Free Dental Check-up Camp was conducted by RCD Resources at Rajputana Rifles Regimental Centre, Delhi Cantt, New Delhi - 110010. This is for the benefit of the residents and staff of all age group. The check-up camp was setup by Clove Dental and it started at 9:30 am and finished around 2:00 pm. There were 74 beneficiaries. This camp was held under the guidance of Maj. Vikrant Singh Palni and his team was the perfect host with all-round provisions for medical teams and beneficiaries.



No one would disagree that it would be better to maintain oral health throughout life, never to have had any kind of dental disease.



A Health Check-up Camp, with specific emphasis on Diabetes & Hypertension, was conducted by RCD Resources at Rajputana Rifles Regimental Centre, Delhi Cantt, New Delhi – 110010. This is for the benefit of the residents and staff of all age groups. It started early at 10:00 am and continued till 2:00 pm. Patients were registered in a very organized way. The testing equipment were provided by Rotary Diabetes Center. There were total 53 beneficiaries of different age groups. The project was very well organized.

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An Eye Check-up Camp held at Rajputana Rifles Regimental Centre, Delhi Cantt., New Delhi – 110010. The check-up started at 9:00 am and finished at 2:00 pm. This is for the benefit of the residents and staff of all age group. 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 Vihar, Delhi. There were over 102 beneficiaries of different age groups. This camp was held under the guidance of Maj. Vikrant Singh Palni and his team was the perfect host with all-round provisions for medical teams and beneficiaries.





The General Health and BMI test was conducted by RCD Resources at Rajputana Rifles Regimental Centre, Delhi Cantt, New Delhi – 110010. This is for the benefit of residents and staff of all age groups. It started 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 Manipal Hospitals. There were 102 beneficiaries of different age groups. The project was very well organized.



Health talk

Our club organized Cancer Awareness & Detection Camp at Rajputana Rifles Regimental Centre, Delhi Cantt, New Delhi – 110010. This camp was held for Keynote Address on Preventive Oncology by Dr. Indu Agarwal of RGCIRC, Rohini, New Delhi delivered her educative and informative Speech on the importance of early detection of cancer. Over 100 audience listened with keenness in pin drop silence. So proud and lucky to be part of this Service Camp. For every Mammography Camp we hold we are also holding at least two other Camps. It is Fun all the way. This was meant for the staff & residents of the Delhi Cantt. The eminent speaker spoke at length on the following topics mainly at length addressed to both men & women:

1. Breast Cancer 2. Cervical Cancer 3. Oral Cancer.

Dr. Indu Agarwal was also emphatic on the right diet and regular exercise for everybody.





Our 64th Camp of Mammography was successfully held on 09-08-23 at Rjputana Rifles Regimental Centre, Delhi Cantt, New Delhi - 110010. This camp was held under the guidance of Maj. Vikrant Singh Palni and his team was the prefect host with all-round provisions for medical teams and beneficiaries. 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. We had 16 beneficiaries on a very short notice. It was a great success under the guidance of Rtn. Niti Day, Chair. In a day 20 ladies are checked normally but today we did 22 tests under special circumstances.

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Our club distributed around 250 Books to the students of Classes from 1st to 5th standard at Priya Darshini Govt. Sarvodaya Girls Sr. Secondary School, Fatehpur Beri, New Delhi – 110074. Project was supported by Ratna Foundation.





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Following tree types were planted at the park of the Kendriya Vidyalaya, JNU, New Delhi, to enhance the ambiance and involve the students with the concept of planting native trees for the benefit of the environment and educating the society, to say the least: 1. Tulsi; 2. Aloe Vera; 3. Cardamom; 4. Sheesham & 5. Jamun (Java Plum) – Total 76 variety - To celebrate the Amrit Kall Independence Day 76 students brought soil from their homes and mixed in the planting area

**A beautiful plant is like having a friend
around the house.**



Our club distributed some Books to the 250 students of special studies at Rattan Chand Arya Public School, Sarojini Nagar, New Delhi – 110023. Project was supported by Ratna Foundation.





Flag hoisting at RC Arya Public School, Sarojini Nagar, New Delhi - 110023



R C Arya Public School at Sarojini Nagar felicitated the President and other members of our Club at their Independence Day celebration. There were many activities by the students including a small parade and salute to the flag.



15-08-2023



Celebrations of Independence Day
Charter President Rtn Sunil Kumar Day and Rtn Niti Day
at Delhi Gymkhana Club and Sr. Citizen Lajpat Nagar III





The meeting of 19th August at Party Room of IHC was all fun. It was for Celebrating 1st Charter Day and Birthdays of Vidushi, Ranjeet and Sara. Followed by expressions of gratitude and distribution of Trophies by the Charter President. A new member Mrs. Manisha Verma was inducted in the Rotary Family- a positive sign of membership growth and versatility of the professions of our members.




*Save
the
Date*

For the
Thanksgiving & Charter Day

SAT | 19 | AUG

Time : 7:00 -10:30 p.m

Dinner at ~ Party Room - Bar at 6th Floor
India Habitat Center, Lodhi Road.
New Delhi -110003

*Dresscode : Indian
Formals*



**GOLD**

1. Rtn. Nidhi Vij
2. Rtn. Vikas Vij
3. Rtn. Gurmukh Kotwani
4. Rtn. Yuvraj Asnani
5. Anne Rajni Ohri Lal
6. Rtn. Mohd Amin
7. Rtn. Sarita Pangasa
8. Rtn. Prabodh Kumar Dubey
9. *Mr. Nalin Kohli*
10. *Mr./Mrs. Soin of USA*
11. Mrs. Samoti Meena

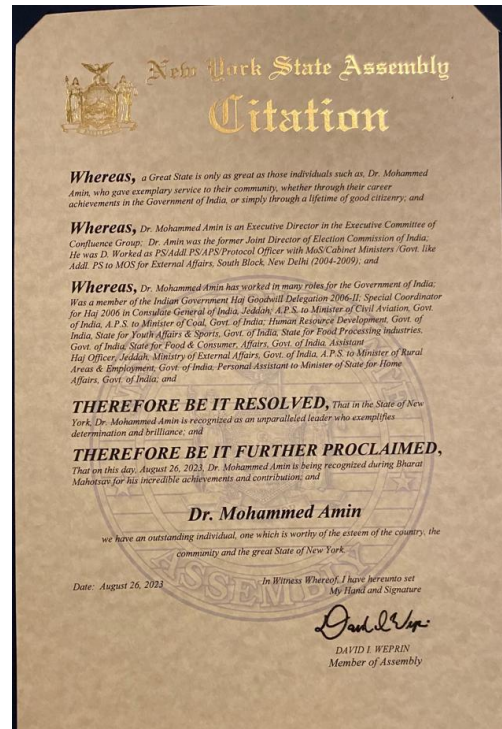
**ELITE**

1. Rtn. Alok Sahdev
2. Rtn. Nilu Sahdev
3. Rtn. Alka Banga
4. Rtn. Harish Dang
5. Rtn. Sudhir Kapoor
6. Rtn. Kumudni Shrivastava
7. Rtn. Sushil Kumar Trivedi
8. Rtn. Dinesh Kr Shrivastava
9. Rtn. Daniela Mariana Tane
10. Rtn. Ranjit Choudhary
11. Rtn. Pradeep Kr Pangasa
12. Rtn. Yogesh Sharma
13. Rtn. Himinder Lal
14. Rtn. Suman Chopra
15. *Major General O P Varshney*
16. Mr Chandan Kohli
17. *Mr. Rajesh Luthera*
18. *Mr. Pradeep V M*

**PINNACLE**

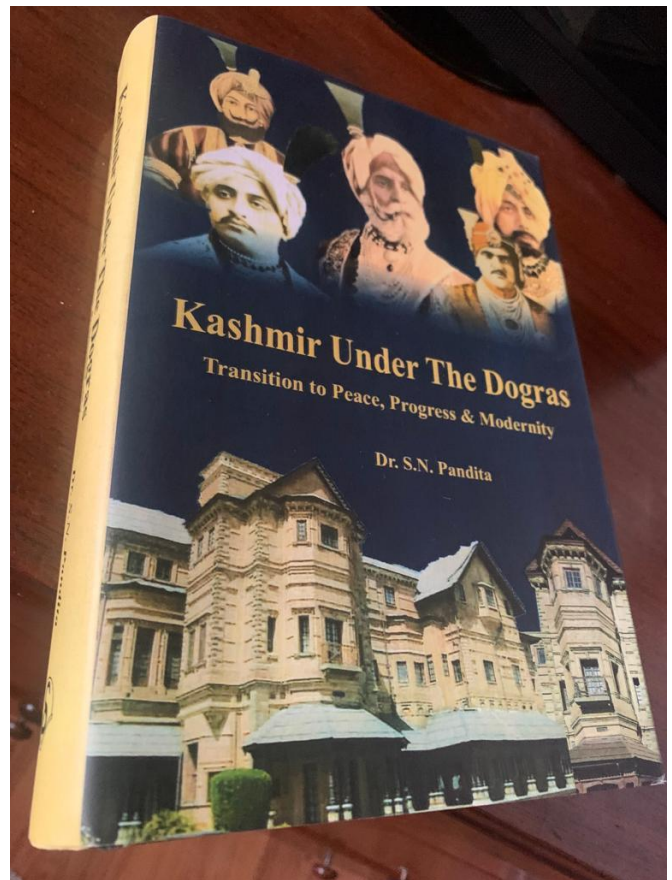
1. Rtn. Subhash Kalra
2. Rtn. Sara Banga
3. *Rtn. Niti Day*
4. Rtn. Rakesh Banga
5. Rtn. Sunil Kapoor
6. Rtn. Vidushi Lal
7. Rtn. Yaduinder Lal





Our Rtn Amin Mohd. was Guest of Honor at New York when the Ganga Jal was added to Hudson River in a public function.

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Charter President Rtn Sunil Kumar Day and Rtn Niti Day spent some high quality time yesterday at the Launch of the Book on the untold but very important history of 101 years of Dogra Rule. A must read for all! Also proud to own a copy signed by Maharaja Karan Singh and author Dr. S N Pandita.

THINK BEFORE YOU SPEAK.
READ BEFORE YOU THINK.

-Fran Lebowitz

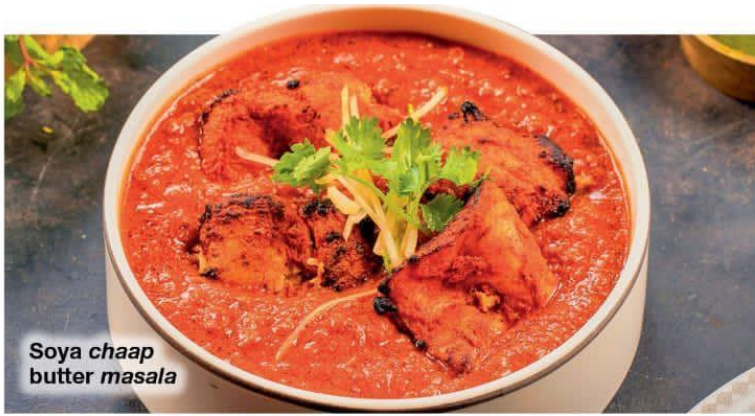




Rakshaa Bandhan with PM Modi.

The students of our Ratan Chand Arya Public School, Sarojini Nagar, New Delhi 110023 were some of the privileged students who had this once in lifetime opportunity.

“Raksha Bandhan is not just a thread; it's love that forever connects our hearts”



Soya chaap butter masala



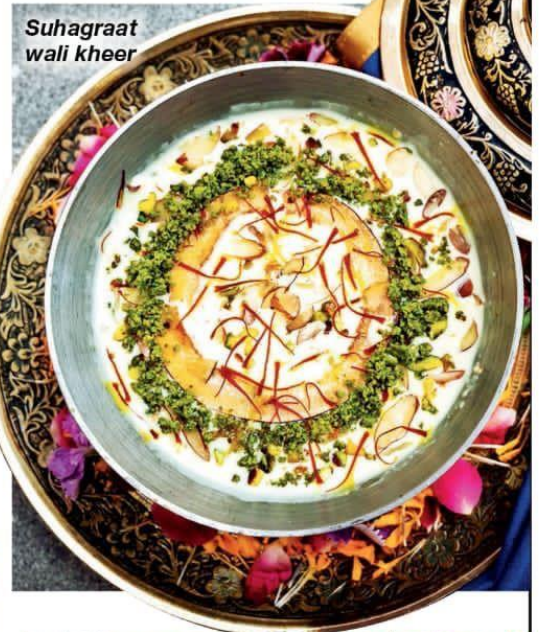
Sajji chicken

Looking for out-of-the-box dishes?

A fine dining restaurant inspired by Chef Harpal Singh Sokhi's culinary journey, **Karigari - Ek Ehsaas**, has recently opened its third flagship outlet in Gurgaon. "The brand excels in honouring the chef's expertise while establishing a legacy of its own. Launched last month, the outlet is known for presenting out-of-the-box dishes, exclusively created for the restaurant by the chef himself," claims the brand's management team.

The team adds, "The brand offers an exclusively curated menu based on the chef's culinary journey over the years. The interiors and ambience of the restaurant tell a story of their own, inspired by the chef's endless memories and culinary experiences. Some of our must-haves include *dohra gucchi* mushroom, *sajji* chicken, *jalebi* waffles, *mirchi ka halwa*, and the new *suhagraat wali kheer*."

Address: Worldmark, Sector 65
Contact: 9319267186



Suhagraat wali kheer



The view of the outlet

Get to know all about Gurgaon's food and restaurants, follow [gurgaontimes.food](https://www.instagram.com/gurgaontimes.food)



Manish Sharma, Chef Harpal Singh Sokhi and Yogesh Sharma

Another Recognition of Karigiri, the famous venture of our Rtn Yogesh Sharma.

"The key to a good meal is simplicity and the right seasoning".



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

१. सच है ?
२. सब के लिए उचित है ?
३. सद्भावना, भाईचारा और मित्रता बढ़ाते है ?
४. सब के लिए लाभदायक है ?



THE FOUR-WAY TEST

Of the things we think, say or do:

first

Is it the **TRUTH**?

second

Is it **FAIR** to all concerned?

third

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

fourth

Will it be **BENEFICIAL** to all concerned?

Celebrations of September / October

September

| | | |
|----|---------------------------------------|-------------|
| 9 | Rtn. Sunil Kumar Day | Birthday |
| 24 | Rtn. Yaduinder Lal | Birthday |
| 28 | Pradeep Chopra | Birthday |
| 30 | Rtn. Sunil Kapoor & Anne Punam Kapoor | Anniversary |

October

| | | |
|----|---------------------------|-------------|
| 3 | Rtn. Niti Day | Birthday |
| 9 | Rtn. Subhash Kalra | Birthday |
| 16 | Rtn. Vikas Vij | Birthday |
| 18 | Rtn. Harish & Anjali Dang | Anniversary |