



Sampada



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The Official Bulletin of RCD Resources

July 31, 2023

Volume 2

Issue 23



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



July 2023 Message of RI President 2023-24

Even as we face new and serious challenges, rotary takes care of its members and those we serve, works to build lasting peace, and

embeds belonging and inclusion in everything we do. that is why i am asking everyone in rotary to *create hope in the world.*

This year, we're prioritizing projects to support mental health. this effort is deeply personal to me. i know what it's like to see someone suffer in silence. i have also witnessed the power of personal connections, the value of discussing emotional and mental well-being, and the lifesaving impact of preventive care and treatment.

Research shows that performing acts of kindness is an effective step any of us can take to protect our well-being.

The spirit of connection and purpose should inspire every rotary member. when club leaders focus on offering an excellent club experience, we retain more members and attract more prospective members. we must make our clubs as welcoming and as engaging as we can.

And we will continue to empower women and girls by helping them unlock the potential already within them.

As we begin this journey together, i take inspiration from scotland's national poet, robert burns, who in the 18th century spoke of all the world becoming kin, promoting "sense and worth, over all the earth." this has long been my call to action, and i share it now with you.

Let us build peace within and spread it freely. let us create belonging and imagine the future of rotary afresh. let us work together joyously and *create hope in the world.*

R. Gordon R. McNally



Message of President

I am deeply honored to serve as the President of our esteemed club for the year 2023-2024, and I am excited to share our vision and commitment in this special President's note.

This year, our focus is set on two pillars that are fundamental to human well-being: Health and Literacy. These are the cornerstones upon which prosperous communities are built.

In our ever-evolving world, one area of health that deserves our immediate attention is mental well-being. The challenges of our times have underscored the importance of mental health like never before. To address this, we have embarked on a groundbreaking initiative – the development of a dedicated application for mental health wellness. This innovative tool will provide accessible resources, guidance, and support to individuals seeking to improve their mental well-being. It's a testament to our commitment to making a tangible difference in the lives of those we serve.

Literacy remains a potent force for empowerment, and we are determined to enhance it in our community. We'll continue supporting educational programs, providing books to underserved schools, and nurturing the love of learning in young minds. Literacy is the key to unlocking opportunities, and we are committed to ensuring that key reaches as many as possible.

None of this would be possible without the dedication, passion, and tireless efforts of our members and supporters. Rotary Club Delhi Resources has a legacy of service, and together, we will build upon that legacy to create a brighter, healthier, and more literate future for all.

I invite each one of you to join us on this inspiring journey as we work hand in hand, spreading health, knowledge, and hope throughout our community. Thank you for your unwavering support and dedication to the ideals of Rotary **Rtn Rakesh Banga**



Board of Directors 2023-24

President Rakesh Banga
President Elect Suman Chopra
IPP Sunil Kumar Day
Secretary Suman Chopra
Joint Secretary Vidushi Lal
Vice President Harish Dang
Sgt-at-arms Yaduinder Lal
Club Trainer Sunil Kumar Day
Club Service Sudhir Kapoor
Vocational Service Himinder Lal
Community Service Dinesh Kumar Shrivastava
International Service Subhash Kalra
Youth Service Niti Day

Club Admin Alok Sahdev
Membership Rakesh Banga
Service Projects Yaduinder Lal
Public Image Niti Day
The Rotary Foundation Sara Banga
CSR Sunil Kapoor
Supporting the Environment Yogesh Sharma
Peacebuilding & Conflict Prevention Nilu Sahdev
Disease Prevention and Treatment Sushil Kumar Trivedi
Water Sanitation & Hygiene Yuvraj Asnani
Maternal and Child Health Kumudni Shrivastava
Basic Education and Literacy Sunil Kumar Day
Community Economic Development Gurmukh Kotwani

भावों के पुष्पहार

रंग बिरंगे फूल बीच में बैठी तरुणी
जाने कितने भावों को बस पिरो रही है।
भाव कोई माला बन प्रभु पर अर्पित होंगे
और कही यह पुष्प कभी समर्पित होंगे।
पहना कर जय माला कोई नव जीवन शुरू करेगा
कोई उपहार बनाकर इनको भावों से भर देगा।
कोई सजायेगा बालों में कोई श्रंगार करेगा
कोई किसी को देकर उसका प्यार बनेगा।
सोचा नहीं तरुणी ने ये फूल कहां जायेगें
रही सोचती वो ये जग को महकायेगें।
नहीं जानती थी कोई इनका व्यापार करेगा
इज्जत लुटी किसी अबला पर कभी चढ़ेगा।
वो तो यही मानती थी ये वहां जायेगें
भारत मां के किसी लाल पर चढ़ जायेगें।
जिसने अपने जीवन का भी दान किया है
किया देश से प्यार और सम्मान किया है।
बना पोटली भावों की दिन भर बैठी है
अपने सुंदर भाव सभी को भेज रही है।
कभी सजे स्टेज उन्हीं फूलों से दिखते
कहीं उन्हीं से सुंदर कोई सजे सजी है।
अपने अपने पुष्प भाव सबकी महिमा है
बना रहा जैसे जो सबकी ही गरिमा है।
आत्मा कोई हो वो तरुणी हो सकती है
बना हार भावों के शब्द पिरो सकती है।

कुमुदनी

"Rotary will not go
backward nor can it
remain stationary.
It must push forward."

Arch C. Klumph
1916-17 Rotary president
Letter to club presidents, 1929



A Note by Guest Editor

In this very first issue of new Rotary year (10-07.2923 to 30.06.2004), we have all the time and idea to move forward as very rightly said by a famous Rotarian – we cannot go back or remain stationary. Only option is to move forward. The speech of the President Rtn Rakesh Banga on its installation Day is on the same lines and I have reproduced that here – so we can all access anytime

Rtn Sunil Day, Charter President



The Bone Mineral Density test was conducted by RCD Resources at Makoons Pre School, Chattarpur Enclave Phase 2, New Delhi – 110074. 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. There were 55 beneficiaries of different age groups. The testing equipment / medical facilities were provided by Mr. Alok Dey.





A Free Dental Check-up Camp was conducted by RCD Resources at Makoons Pre School, Chattarpur Enclave Phase 2, New Delhi – 110074. The check-up camp was setup by Clove Dental. It started at 10:00 am and finished around 2:00 pm. There were 58 beneficiaries.

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An Eye Check-up Camp held at Makoons Pre School, Chattarpur Enclave Phase 2, New Delhi – 110074. The check-up started at 10:00 am and finished at 2:00 pm. This is for the benefit of the residents of all age group. The testing facilities were provided by Mr. Chandan. There were 82 beneficiaries of different age groups.





Our first Cancer Detection Camp of this Rotary year was held with specific emphasis on Clinical Cancer Testing, Pap Smear and Oral Checkups, etc. at Makoons Pre School, Chattarpur Enclave Phase 2, New Delhi – 110074. The testing equipment were provided by Rajiv Gandhi Cancer Institute & Research Center (RGCIRC), Rohini, New Delhi. That was hugely popular among men and women both. There were about 144 (20 Pap Smear) beneficiaries in all.

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Distribution of Free Specs



Roshni

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DELHI RESOURCES

EK KADAM ROSHNI KI OR

Venue : G.L.T Saraswati Bal Mandir Senior Secondary School, Nehru Nagar, Ring Rd, Nehru Nagar, Lajpat Nagar, New Delhi



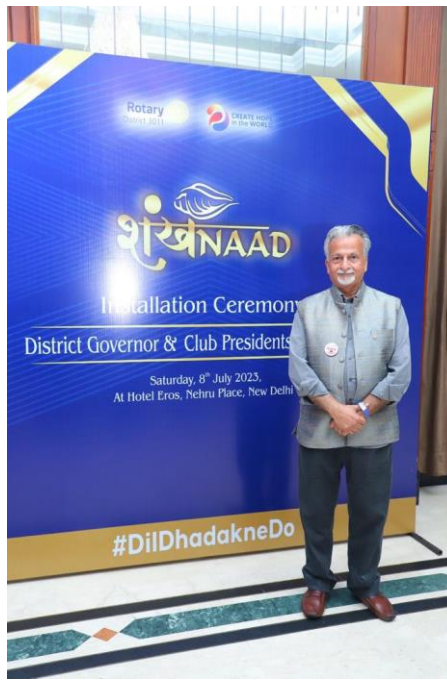
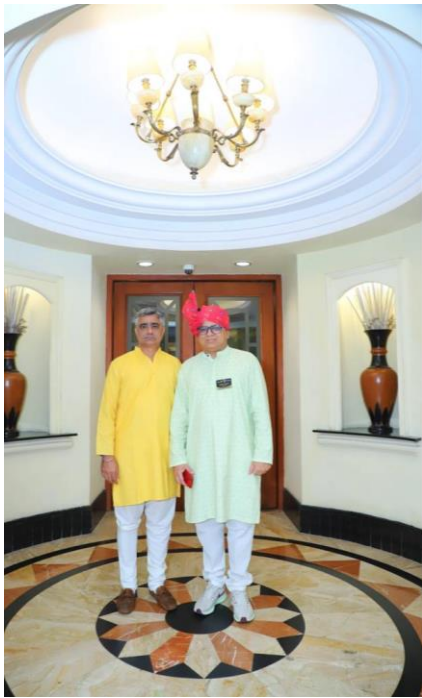
DATE: 5th July'23
TIME : 11 am-12:30 pm



Rtn.**RAKESH BANGA** (President)
Rtn.**Suman Chopra** (Club Secretary)
Rt.**Sunil Kumari Day** (Immediate Past President)
Rtn.**Niti Day** (Project Chair)

On 5th July 2023 RCD Resources distributed 129 Specs at GLT Saraswati Bal Mandir Senior Secondary School, Nehru Nagar, New Delhi - 110065





Shanknaad - District Event

There was a combined Installation Ceremony for all the Club Presidents of the District. This trend has been in practice for a few years. This allows all Presidents and other members to know each other better and get motivated to do better than the rest! It was held at Hotel Eros, Nehru Place, New Delhi.



RCD Resources distributed 50 Specs at, SKV, Andrews Ganj, New Delhi – 110049. These specs were prepared after testing all the students in an earlier camp. This free distribution was done to help the students who were not getting their eyes tested and were not in a position to purchase specs. We know that all the students will do better in their studies and life. Also it will save them funds that can be used elsewhere for equally more essential requirements



RCD Resources distributed 30 packets of Sanitary Napkins (with 6 napkin in each pack) to the working women at SKV, Andrews Ganj, New Delhi - 110049. Each woman was given 3 packets. (The girls students get their napkins for free from the state government and the teachers can afford to buy their own napkins so they were both excluded from this distribution.) We will revisit and give additional supplies for next 3 months. The Sanitary Napkins were supplied by Rtn. Ravi Gugnani of Rotary Club of Rohtak Scholars.



“The use of sanitary pads and the dos and don’ts should be discussed with openness so as to make a hygienic and healthy life for the women.” — Manushi Chhillar






Our Club distributed 50 Specs at Rattan Chand Arya Public School, Sarojini Nagar, New Delhi – 110065 to the students who were tested with weak eye sight in the previous camps. The specs were given for free.

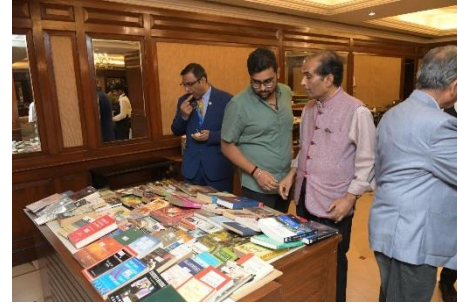


GOV and Installation Ceremony was combined – this saves time and money for our Club. The District Team led by Governor Jeetender Gupta, 1st Lady and other members had a detailed discussion with the new team. DG also gave his suggestions for the way forward! For GOV stands for Governors Official Visit - mandatory once a year event. Our Club's Flagship Project of Rotary Library was on display. All visitors were encouraged to take a book or two home at the end of the event. President's speech at the event has been reproduced in this Bulletin.



Rotary  Rtn Rakesh Banga (President) & Rtn Suman Chopra (Club Secretary) invites you To *Installation ceremony* Of Rtn President Rakesh Banga on 17th JULY 2023, Monday **आरंभ** **VENUE: Maple House, Indian Habitat Centre**

- 7:30pm-Board Meeting
- 8:00 pm-National Anthem
- 8:05 pm-Lightning of Lamp
- 8:10pm-Installation Ceremony
- 8:30pm-Drinks Party
- 9:00pm-Dinner





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 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. There were 125 beneficiaries of different age groups. The testing equipment / medical facilities were provided by Mr. Alok Dey. The project was very well organized by Lt. Col. Divyanshu





Our Free Cancer Screening Camp, with specific emphasis on Clinical Cancer Testing, Pap Smear and Oral Checkups, etc. at 505, ABW., 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 170 (including 20 Clinical Cancer Screening and 22 Pap Smears) beneficiaries of different age groups. The project was very well organized.

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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 the residents and staff of all age group. The check-up camp was setup by two groups - Clove Dental & Dento Hub. It started at 9:30 am and finished around 2:00 pm. There were total 163 beneficiaries (78 by Clove and 85 by Dento). This camp was held under the guidance of Lt. Col. Divyanshu and his team was the perfect host with all-round provisions for medical teams and beneficiaries.

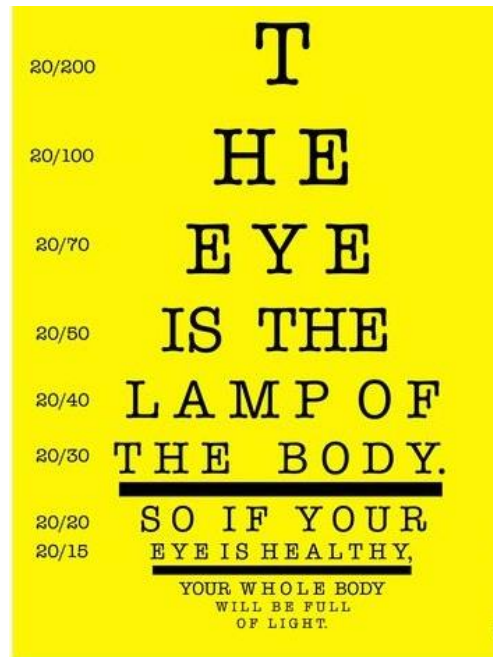




A Health Check-up Camp, with specific emphasis on Diabetes & Hypertension, was conducted by RCD Resources at 505, ABW, Delhi Cantt, New Delhi – 110010. This is for the benefit of the residents and staff of all age groups. It started early at 10:00 am and continued till 2:00 pm. Patients were registered in a very organized way. The testing equipment were provided by Rotary Diabetes Center. There were total 61 beneficiaries of different age groups and they distributed 13 specs for free to EWS patients. The project was very well organized.



An Eye Check-up Camp held at 505, ABW, 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. Total number of beneficiaries were 85 + 61 by Rotary Diabetes Center of different age groups. This camp was held under the guidance of Lt. Col. Divyanshu and his team was the perfect host with all-round provisions for medical teams and beneficiaries.





Our club organized Cancer Awareness & Detection Camp at 505, ABW, Delhi Cantt, New Delhi – 110010. This camp was held for Keynote Address on Preventive Oncology by Dr. Harmeet Goel of RGCIRC, Rohini, New Delhi delivered her educative and informative Speech on the importance of early detection of cancer. Around 80 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.

This camp was held under the guidance of Lt. Col. Divyanshu and his team was the perfect host with all-round provisions for medical teams and beneficiaries.



FREE MEGA HEALTH CAMP
July 21, 2023 09:30 - 14:00

VENUE : 505 ABW

1. CANCER SCREENING

2. BONE MINERAL DENSITY

3. DENTAL CHECK-UP

4. EYE TEST

5. GENERAL TESTING

6. KEYNOTE ADDRESS

7. DIABETIC CENTRE

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DELHI RESOURCES**



ZONE 12 DISTRICT 3011 CLUB ID - 224707

Contact : Lt Col Divyanshu

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

The General Health test was conducted by RCD Resources at 505, ABW, 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 Fortis, Vasant Kunj. There were 179 beneficiaries including 24 ECG of different age groups. The project was very well organized.





“Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.”
– Mary Anne Radmacher



Our 62nd Camp of Mammography was successfully held on 22-07-23 at Delhi Cantt, New Delhi - 110003. 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 and we met 100% target. 35 or so in waiting. Camp to continue when Van is available!!



Our 63rd Camp of Mammography was successfully held on 25-07-23 at Delhi Cantt, New Delhi - 110010. 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 can be checked and we met 100% target





Rotary Club of
Delhi Resources
Club ID : 220797

“Kuch chatpati
shuruat
karte hai”

Rakesh Banga President -RCD RESOURCES.
is inviting you to attend the Board Meeting

Time : 6pm-7pm,30th July
Venue: India Habitat Centre
HABITARIA,GROUND FLOOR

With Gol Gappas & Papdi Chaat



Rtn Suman Chopra - Club Secretary
Rtn Sunil Day - Charter President




Board Meeting No. 9 The 1st for this Rotary Year was held at IHC – our Venue for Club Meetings. It was a delightful experience over *chat-pata* snack food! The Theme Pins of Club Directors, Vice President, Secretary, etc. were distributed to all those who were present. The Minutes of Meeting are uploaded on our website.





In loving memory of



Vidyawati Lal
(w/o Late Sh Mohindra Lal)

October 06, 1936 - July 05, 2023
"Great mother and loving grand mother"


**Prayer meeting on 17. 07. 2023, 4 pm to 5 pm, at
our home - Phullanjali, Parimhal Enclave,
Kasumpti, Shimla**

In remembrance :
Jitinder Lal (son) & family
Himinder Lal (son) & family
Kavindra Lal (son) & family

In loving remembrance

Nitin Kapoor

NOVEMBER 9 1951 - JULY 23 2023



Prayer Meeting
CHINMAYA MISSION, 89 LODHI ROAD (1ST FLOOR AUDITORIUM)
WEDNESDAY, JULY 26, 2023 | 5-6PM

Will always be missed by:
Ranjana Kapoor
Bhavna and Kapil Nayyar
Parul and Anubhav Kapoor
Punam and Sunil Kapoor
Manisha and Sudhir Kapoor
Pooja and Mahesh Goyal

Our heartfelt condolences to Rtn Vidhushi and Rtn Yaduinder for the untimely loss of their grandmother – mother-in-law of Rtn Rajni Ji and mother of Rtn Himinder Ji.


Our heartfelt condolences to Rtn Sunil Kapoor Ji & Rtn Sudhir Kapoor Ji on the untimely loss of their elder brother.



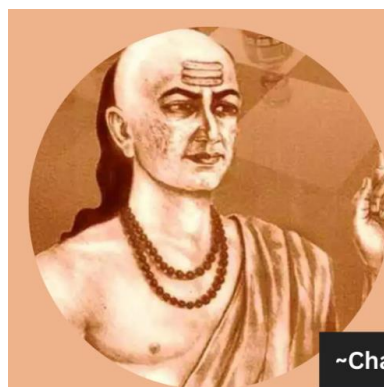
**“किसी भी प्रकार की अवस्था में सर्वप्रथम माता का भरण-पोषण करना चाहिए।”
- चाणक्य**

<http://www.hindisahityadarpan.in>

“There is no love like the love for a brother. There is no love like the love from a brother.”
—ASTRID ALAUDA



“All that I am or ever hope to be, I owe to my angel mother.”
—**Abraham Lincoln**



~Chanakya

“Whoever helps you at the time of illness, misfortune, famines, and invasion is your true brother in the real sense.”



Dig into yummy food amid a grand setting



Chef Harpal Singh Sokhi

Launched in early January 2022, Karigari – Ek Ehsaas is known for serving mouth-watering and one-of-a-kind delicacies, says the brand's management team. "The place has a mesmerising ambience and storytelling behind every small corner of the restaurant," the team adds. "Since its launch, the restaurant has received a lot of appreciation


and love throughout its culinary tenure. Families, couples and even groups of youngsters have made this place their go-to destination. The launch of the second outlet at Advant Navis Business Park was also successful. The brand believes in timely innovations in their menus and events to keep the customers engaged," the team says, adding, "The brand is now all set to enter

Gurgaon with their upcoming third outlet in the chain at Worldmark."

Address: Shop No. 4, Sector 51, World Metro Station
Contact: 9299482676 and 9908974851
Address: Ground floor, lower C, Advant Navis Business Park Mall, Sector 142
Contact: 91191980079 and 93190898271

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

Venture of our Rtn Yogesh Sharma



The Four-Way Test
of the things we think, say or do

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

Celebrations of August /September

August

- | | | |
|----|--------------------------|----------|
| 4 | Rtn. Manisha Verma | Birthday |
| 5 | Rtn. Sara Banga | Birthday |
| 9 | Rtn. Ranjit Choudhary | Birthday |
| 20 | Rtn. Astha Agarwal | Birthday |
| 22 | Rtn. Kumudni Shrivastava | Birthday |
| 27 | Rtn. Suman Chopra | Birthday |
| 28 | Rtn. Sarita Pangasa | Birthday |

September

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