



RI PRESIDENT'S MESSAGE



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

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children's Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

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

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

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary

Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

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

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

MESSAGE FROM PRESIDENT'S DESK



Dear Fellow Rotarians

First and foremost I thank all the members for making the Installation Ceremony held on 26 August, 2023 a grand success. As we step into a new month filled with opportunities for service, fellowship, and growth, I am honoured to address you as the President

of our remarkable Rotary Activa Club. I am

confident that our collective efforts will make a positive impact on our community and beyond.

Unity is a core principle that binds us together as Rotarians. In the face of challenges, it is our unity that empowers us to overcome obstacles and create lasting change. Let us continue to foster a spirit of collaboration and inclusivity within our club, ensuring that every member feels valued and heard.

Looking ahead, I encourage each of you to actively engage in our upcoming initiatives and events. Your ideas, enthusiasm, and involvement are crucial to the success of our projects. Let us leverage our diverse skills and talents to amplify the positive impact we can have on our community.

Thank you for your dedication to Rotary Activa Club. I am proud to serve alongside such a passionate and dynamic group of individuals. Let us continue to make a difference, one project at a time.

Rtn. Arun Saxena

President, Rotary Club Delhi Activa

FORTHCOMING MEETINGS

1. Blood Donation Camp at Jagannath Institute of Management Studies, Rohini, Delhi on 11 October 2023.
2. Speaker meeting on 27 October at Vasant Vihar Club

Speaker's Profile

Dr. Vandana Guliya is an esteemed IT Consultant specializing in cybercrime prevention, serving enterprises, educational institutions, and law enforcement agencies. With a presence in both India and the UK, her company delivers comprehensive training programs designed to equip individuals, organizations, and police officers with the knowledge and tools needed to understand and mitigate cyber threats effectively. These training initiatives provide robust defense strategies against cyberfrauds and attacks.



Furthermore, Dr. Guliya's company offers state-of-the-art AI-based automated solutions for intelligent and seamless sales and customer interactions across multiple languages. These solutions enable companies to streamline operations, reduce costs, and allocate resources more efficiently.

Notably, Dr. Guliya is also the founder of "No More Missing," a remarkable campaign that has contributed to the successful recovery of thousands of missing children. This global initiative has made a significant impact in over 42 countries and received accolades from Former President of India, His Excellency Pranab Mukherjee, for its outstanding efforts in reuniting families and safeguarding children.

Speaker Meeting Held On 13 September, 2023

A speaker meeting aimed at addressing the pressing issue of cybercrime and exploring effective solutions to mitigate its impact was organized on 13 September, 2023 at Vasant Vihar Club. With the increasing prevalence of digital technologies in our daily lives, understanding the risks associated with cybercrime has become paramount. Dr. Vandana Guliya, an IT Consultant delivered the talk and shared her insights on various aspects of cyber crime.

1. **Current Cyber Threat Landscape:** She provided an overview of the current cyber threat landscape, highlighting the evolving nature of cybercrimes and the diverse tactics employed by cybercriminals.
2. **Preventive Measures and Best Practices:** The speaker delved into preventive measures and best practices to safeguard against cyber threats. This included tips on securing personal and professional online activities, implementing robust password policies, and staying informed about the latest cybersecurity trends.
3. **Role of Technology in Cybersecurity:** The role of technology in preventing and mitigating cyber threats was discussed. The speaker highlighted advancements in cyber security tools and technologies, emphasizing the need for continuous innovation to stay ahead of cybercriminal tactics.

The Rotary Club Activa's speaker meeting on cybercrime and solutions proved to be an informative and collaborative initiative, bringing together diverse perspectives to tackle the multifaceted issue of cyber threats. By fostering awareness and sharing expertise, the event contributed to the club's commitment to making a positive impact on the well-being of its members and the broader community. The valuable knowledge gained from the meeting will undoubtedly empower individuals and organizations to take proactive steps in securing their digital presence.



Dinner Meeting On 23 September, 2023 At Phd House



Some Helpful Tips And Tricks To Make Life Easier

- 1. Prioritize and Plan:**
 - Make a to-do list to prioritize tasks.
 - Use a planner or digital tools to schedule your day/week.
 - 2. Time Management:**
 - Break tasks into smaller, manageable chunks.
 - Use the Pomodoro Technique (work for 25 minutes, then take a 5-minute break).
 - 3. Declutter Your Space:**
 - Keep your living and working spaces organized.
 - Regularly declutter to reduce stress and increase productivity.
 - 4. Learn to Say No:**
 - Know your limits and don't overcommit.
 - Saying no when necessary helps maintain a healthy work-life balance.
 - 5. Health and Wellness:**
 - Prioritize sleep for better focus and productivity.
 - Incorporate regular exercise into your routine.
 - Stay hydrated and maintain a balanced diet.
 - 6. Digital Detox:**
 - Designate specific times for checking emails and social media.
 - Consider regular breaks from screens to reduce eye strain and mental fatigue.
 - 7. Automate Repetitive Tasks:**
 - Use automation tools for routine tasks (e.g., email filters, task schedulers).
 - Explore smart home devices for added convenience.
 - 8. Continuous Learning:**
 - Cultivate a habit of lifelong learning to stay relevant.
 - Explore online courses, books, and podcasts in areas of interest.
 - 9. Financial Management:**
 - Create a budget and stick to it.
 - Save consistently and plan for long-term financial goals.
 - 10. Positive Mindset:**
 - Practice gratitude to foster a positive outlook.
 - Focus on solutions rather than dwelling on problems.
 - 11. Effective Communication:**
 - Listen actively to others.
 - Clearly articulate your thoughts and ideas.
 - 12. Build a Support System:**
 - Surround yourself with positive and supportive people.
 - Reach out for help when needed.
 - 13. Travel Smart:**
 - Pack efficiently and make a checklist.
 - Use travel apps for navigation and itinerary planning.
 - 14. Learn Basic DIY Skills:**
 - Basic home repair and maintenance skills can save time and money.
 - 15. Self-Care:**
 - Take breaks to recharge.
 - Engage in activities you enjoy regularly.
- Remember that everyone's journey is unique, so feel free to tailor these tips to suit your lifestyle and preferences.

गीता के सभी 18 अध्यायों का सार मात्र 18 वाक्यों में।

वन लाइनर गीता -

अध्याय 1 - गलत सोच ही जीवन की एकमात्र समस्या है।

अध्याय 2 - सही ज्ञान ही हमारी सभी समस्याओं का अंतिम समाधान है।

अध्याय 3 - निःस्वार्थता ही प्रगति और समृद्धि का एकमात्र मार्ग है।

अध्याय 4 - प्रत्येक कार्य प्रार्थना का कार्य हो सकता है।

अध्याय 5-व्यक्तित्व के अहंकार को त्यागें और अनंत के आनंद का आनंद लें।

अध्याय 6 - प्रतिदिन उच्च चेतना से जुड़ें।

अध्याय 7 - आप जो सीखते हैं उसे जिएं।

अध्याय 8 - अपने आप को कभी मत छोड़ो।

अध्याय 9- अपने आशीर्वाद को महत्व दें।

अध्याय 10 - चारों ओर देवत्व देखें।

अध्याय 11 - सत्य को जैसा है वैसा देखने के लिए पर्याप्त समर्पण करें।

अध्याय 12 - अपने मन को उच्चतर में लीन करें।

अध्याय 13 - माया से अलग होकर परमात्मा से जुड़ो।

अध्याय 14 - एक ऐसी जीवन-शैली जिएं जो आपकी दृष्टि से मेल खाती हो।

अध्याय 15 - देवत्व को प्राथमिकता दें।

अध्याय 16 - अच्छा होना अपने आप में एक पुरस्कार है।

अध्याय 17 - सुखद पर अधिकार चुनना शक्ति की निशानी है।

अध्याय 18 - चलो चलें, ईश्वर के साथ मिलन की ओर बढ़ते हैं। (इस सिद्धांत में से प्रत्येक पर आत्मनिरीक्षण करें) ॥ तत्सत् ॥

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Birthdays and Anniversaries



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| Sunil and Sunita Trikha | 3 September |
| Vandana Saxena | 15 September |
| Sujit Kumar Sinha | 21 September |
| Dev Vishwanath & Kara Elizabeth Murphy | 23 September |
| Sunil Kumar | 29 September |
| Sunil Trikha | 29 September |
| Ashish Agarwal | 30 September |

BRAIN TEASERS

1. I speak without a mouth and hear without ears. I have no body, but I come alive with the wind. What am I?
2. I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost every person. What am I?
3. You are in a room with two doors. One door leads to certain death, and the other door leads to freedom. There are two guards, one in front of each door. One guard always tells the truth, and the other always lies. You don't know which guard is which, and you don't know which door leads where. You can ask one yes-or-no question to one of the guards. What question do you ask to guarantee your escape?

Answers :

1. An echo.
2. Pencil lead/graphite.
3. Ask either guard, "If I were to ask the other guard which door leads to freedom, what would he say?" Then choose the opposite door of what the guard indicates.



In case of an emergency, speak only in English. Never say prayers in any other language. You never know what kind of translation problem you can run into. Sharma in the US suffered a heart attack on the road and was picked up by an ambulance. Being religious, he kept repeating - Hari Om, Hari Om, Hari Om.

When the ambulance pulled into his home, his wife came out and screamed to the paramedics: 'Why didn't you take him straight to the hospital?' They replied "Because he kept saying, 'Hurry home Hurry home Hurry home!' 😞😞😞"