

FOUNTAIN

MONTHLY CLUB NEWS BULLETIN

ROTARY CLUB OF DELHI CENTRAL

Rtn. Francesco Arezzo
RI President 2025-26

Rtn. Dr. Ravinder Gugnani
District Governor 2025-26

Rtn. Dr. Neelam Sethi
Club President 2025-26

Rtn. Dr. Amit Modi
Club Secretary 2025-26



"When we remove barriers, we unlock potential."

♿ Mission Adopt-A-Divyang 01/12/2025

♿ Mission Adopt-A-Divyang — Empowering Abilities, Spreading Smiles

Under the noble Mission "Adopt-A-Divyang", K R Manchanda Charitable Trust, in collaboration with Rotary Club of Delhi Central (RCDC), organised a meaningful Assistive Aid Distribution Camp for the beneficiaries of the Society for Child Development, held at Roshan Ara Road, Delhi.

With the generous support of Concentrix, in partnership with Rotary Delhi Central Charitable Trust, essential mobility and support aids including wheelchairs, tricycles, specially designed shoes, and socks were distributed to children and individuals with disabilities.

Impact of the Initiative:

Enhanced mobility, independence, and dignity of Divyang beneficiaries.

Improved quality of life and daily functioning.

Reinforced the message of inclusion, care, and social responsibility.

A step towards building a more accessible and compassionate society.

This initiative reflects Rotary's unwavering commitment to service above self, ensuring that every individual, regardless of physical ability, is empowered to lead a life of confidence and self-reliance.

Together, we continue to adopt, support, and uplift lives.

Rotary Club of Delhi Central UNITE FOR GOOD

Wheelchair & Tricycle Distribution

in association with
K R Manchanda Charitable Trust

Date: 1st Dec' 25, Monday

Time: 11:30 AM onwards

Venue: Society for Child Development, Pilli Building Community Center, Behind Roshanara Club, Shakti Nagar, Delhi



Rtn Dr Neelam Sethi
President

Rtn Amit Modi
Secretary

Rtn OP Manchanda
Event Chair &
Director - Sustainability



World Disability Day — Voices for Inclusion & Empowerment 03/12/2025

On 03 December 2025, to mark World Disability Day, a Live Podcast Session was organised as a meaningful platform to celebrate diversity, promote inclusion, and amplify voices that matter.

The podcast fostered thoughtful dialogue on inclusion, accessibility, equal opportunities, and empowerment of persons with disabilities, highlighting real-life perspectives, challenges, and solutions. It aimed to build awareness while inspiring collective action towards creating a barrier-free and inclusive society.

Key Focus Areas:

Importance of accessibility and inclusive infrastructure.

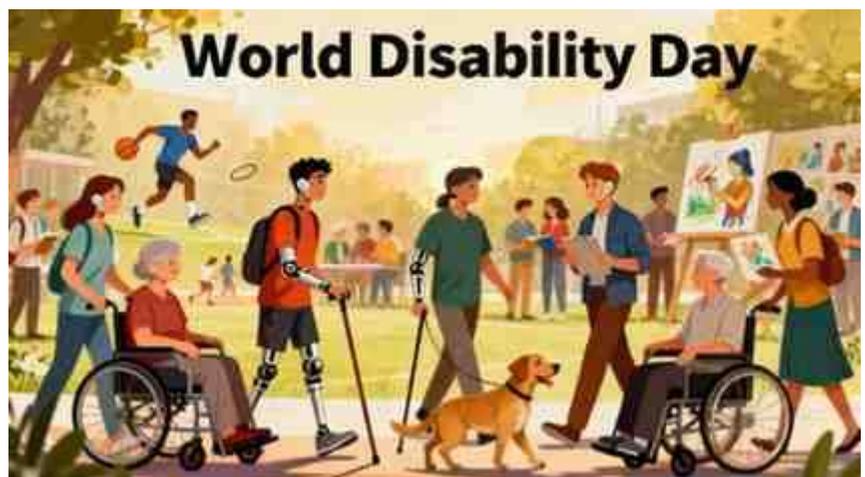
Breaking social barriers and changing mindsets.

Empowering lives through support, advocacy, and community participation.

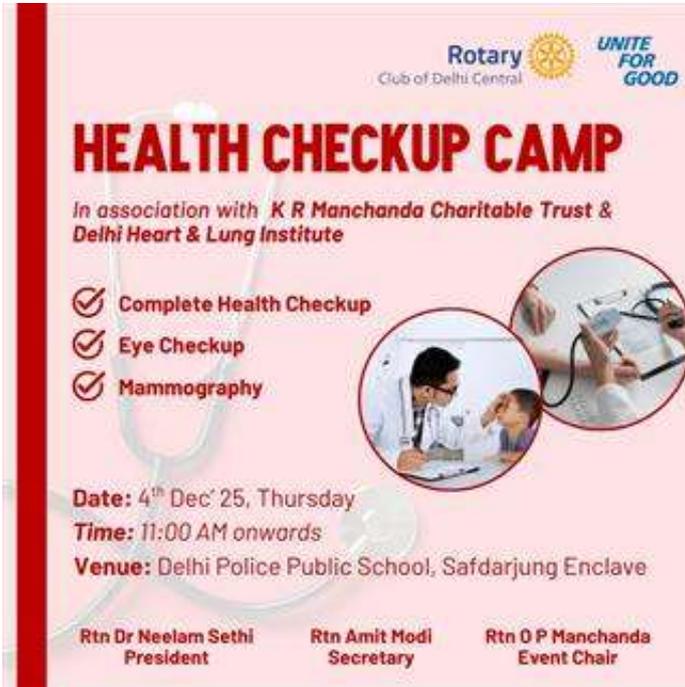
Encouraging empathy, respect, and equal rights.

This initiative reaffirmed Rotary's commitment to dignity, inclusion, and empowerment for all, reminding us that true progress is achieved only when no one is left behind.

Different abilities, equal rights — together we empower lives.



Mega Health Checkup Camp — Caring for Community Health 04/12/25



Rotary Club of Delhi Central UNITE FOR GOOD

HEALTH CHECKUP CAMP

In association with K R Manchanda Charitable Trust & Delhi Heart & Lung Institute

- ✓ Complete Health Checkup
- ✓ Eye Checkup
- ✓ Mammography

Date: 4th Dec' 25, Thursday
Time: 11:00 AM onwards
Venue: Delhi Police Public School, Safdarjung Enclave

Rtn Dr Neelam Sethi President
Rtn Amit Modi Secretary
Rtn O P Manchanda Event Chair

On 04 December 2025, the Rotary Club of Delhi Central (RCDC), in association with K R Manchanda Charitable Trust and Delhi Heart & Lung Institute, successfully organised a Mega Health Checkup Camp at Delhi Police Public School, Safdarjung Enclave.

The camp was aimed at promoting preventive healthcare, early diagnosis, and health awareness among the community by providing comprehensive medical screenings under one roof.

Medical Services Offered:

Complete general health examination.

Blood investigations and diagnostic tests.

Eye check-up and vision screening.

Mammography for early detection of breast health issues.

ECG and cardiac assessment.

Specialist medical consultation and guidance.

Experienced doctors, technicians, and healthcare professionals ensured accurate screening, counselling, and referrals wherever required, enabling participants to take timely and informed decisions about their health.

This initiative reflects Rotary's strong commitment to community well-being and accessible healthcare, reinforcing the belief that prevention and early intervention can save lives.

Because a healthier community builds a stronger nation.



☀ Saksham Divyang — Celebrating Ability, Inclusion & Empowerment 06/12/2025

On 06 December 2025, Rotary Delhi Central Charitable Trust, sponsored by the Rotary Club of Delhi Central (RCDC), proudly hosted the special event “Saksham Divyang” at PHD House, August Kranti Marg, New Delhi. The event was dedicated to recognising, empowering, and celebrating the capabilities of Divyang individuals, while reinforcing Rotary’s commitment to inclusion and dignity for all.

The programme was graced by distinguished dignitaries who added immense value and inspiration to the occasion:

🏆 Chief Guest

Padma Shri Dr Niru Kumar – CEO, Ask Insights; D&I Consultant (2021); Advisory Board Member, Election Commission of India

Guests of Honour

Shri Devesh Chandra Srivastava, IPS – Special Commissioner of Police, Crime Branch

Rtn Dr Ravinder Guglani – District Governor, RI District 3011

A key highlight of the evening was the release of the RDK Magazine “SOUVENIR”, showcasing Rotary’s impactful service initiatives, achievements, and inspiring stories from across the district.

Adding grace and vibrancy to the event, the stage came alive with a mesmerising dance performance by the troupe led by renowned danseuse Ms Radhika Samson, celebrating art, expression, and inclusivity.

The evening concluded with a High Tea, providing an opportunity for fellowship, reflection, and meaningful interaction among members, dignitaries, and guests.

“Saksham Divyang” stood as a powerful reminder that true strength lies in ability, determination, and inclusive support.



🌸 Awakening Your Best Self — A Journey Within 07/12/2025

On 07 December 2025, Rotary International District 3011 organised and hosted a powerful seminar and discourse titled "Awakening Your Best Self" at the prestigious Siri Fort Auditorium, New Delhi.

The enlightening session was delivered by Sister BK Shivani, a globally renowned international motivational speaker and spiritual guide, whose words inspired deep self-reflection, emotional balance, and positive transformation.

The event was graciously hosted under the leadership of District Governor Rtn Dr Ravinder Gugnani, who served as the Chief Host, reinforcing Rotary's vision of nurturing mental well-being, inner strength, and purposeful living.

Key Organisers:

Rotary Club of Delhi Central (RCDC)
RCDC Next

Key Takeaways from the Discourse:

Awakening self-awareness and inner peace.

Managing stress through conscious living.

Building emotional resilience and clarity of thought.

Aligning personal growth with values and service.

The seminar witnessed enthusiastic participation from Rotarians and guests, creating an atmosphere of positivity, mindfulness, and inspiration.

The event beautifully echoed Rotary's belief that personal transformation is the foundation of meaningful service to society.



Club Elections 2027–28 — Official Announcement 08/12/2025

On 08 December 2025, the announcement for the Club Elections for the Rotary year 2027–28 was formally made. The elections are scheduled to be held on Saturday, 20 December 2025.

In accordance with Rotary procedures and to ensure a transparent, fair, and smooth electoral process, the Club President, Rtn Dr Neelam Sethi, appointed Past President Rtn Vinay Singhal as the Returning Officer for the elections.

Key Highlights:

- Election Year: Rotary Year 2027–28
- Election Date: 20 December 2025
- Returning Officer: PP Rtn Vinay Singhal
- Appointment made by: President Rtn Dr Neelam Sethi

This step reflects the club's commitment to good governance, accountability, and democratic values, ensuring continuity of leadership and effective planning for future service initiatives.

Strong leadership today builds a stronger Rotary tomorrow.



Life-Saving Leadless Heart Procedure — Affordable Advanced Care 13/12/2025

On 13 December 2025, a highly advanced Leadless Cardiac Procedure — Dual Chamber Pacemaker Transplantation — was successfully performed by Cardiologist Dr Nitin Parashar and his expert medical team at Dr Prem Sagar Heart Institute, located within Vivekananda Arogya Kendra, Gurugram.

This state-of-the-art cardiac facility was generously donated by PP Rtn Sanjay Agarwal and family, exemplifying Rotary's enduring commitment to accessible and ethical healthcare.

Significance of the Procedure:

- Dual Chamber Pacemaker Implantation Using Advanced Leadless Technology.
- Minimally invasive with reduced complications and faster recovery.
- A procedure generally costs around ₹60 lakhs in private hospitals.

Rotary Impact:

Through this initiative, the procedure was made available at a substantially reduced cost of ₹16 lakhs, making life-saving cardiac care affordable for those in need without compromising on quality or technology.

This landmark achievement underscores Rotary's mission to bridge the gap between cutting-edge medical innovation and compassionate service, ensuring that cost is never a barrier to saving lives.

Service that heals, technology that saves lives.

Nar Seva, Narayan Seva — Health Camp in Remembrance of Shri Atal Bihari Vajpayee 14/12/2025

On 14 December 2025, to commemorate the Birth Anniversary of former Prime Minister Shri Atal Bihari Vajpayee, the Rotary Club of Delhi Central (RCDC), under its humanitarian initiative Project "Nar Seva, Narayan Seva", organised a Mega Health Camp in collaboration with Indraprastha Sanjeevni NGO.

The camp was held at Sanatan Dharma Mata Mandir, Naraina Vihar, Delhi, with the objective of serving humanity as a form of worship, echoing the values and ideals upheld by the late Prime Minister.

Chief Guest

Shri Satyanarayan Jatia, Former Labour Minister and a Cabinet Minister in the government of Late Shri Atal Bihari Vajpayee

Purpose & Impact:

Providing accessible healthcare services to the community.

Promoting preventive healthcare and early diagnosis.

Honouring the legacy of a visionary leader through meaningful service to society.

The initiative beautifully reflected the spirit of "service above self", transforming remembrance into action by touching lives and strengthening community well-being.

A tribute through service — because serving humanity is the highest form of homage.

District Appointment — Leadership & Stewardship

15/12/2025

On 15 December 2025, Rtn Vinit Vidyarthi was appointed as the District Stewardship Subcommittee Chair for the Rotary Year 2026–27 by District Governor-Elect (DGE) Rtn Ajeet Jalan.

This appointment recognises Rtn Vinit Vidyarthi's commitment, integrity, and dedication to Rotary values, and entrusts him with the responsibility of strengthening stewardship practices, ensuring transparency, accountability, and effective utilisation of Rotary funds at the district level.

RCDC congratulates Rtn Vinit Vidyarthi and wishes him success in this important leadership role in service of Rotary.

Rotary International — New Donor Self-Service Tool

Launched- 18/12/2025

On 18 December 2024, the Rotary International South Asia Office introduced a new donor self-service tool aimed at making the donation experience more convenient and transparent for Rotarians and donors. Through this facility, donors with an active My Rotary Account can easily download their tax receipts and gift acknowledgement letters on their own, anytime and from anywhere. This initiative eliminates delays, simplifies record-keeping, and strengthens trust by ensuring quick access to official documentation, reflecting Rotary International's commitment to efficiency, accountability, and enhanced donor support.

Donors are encouraged to activate and regularly use their My Rotary Account to take full advantage of this facility.



CLUB ELECTIONS

20/12/2025

On 20 December 2024, the Club Elections were successfully conducted at Vasant Continental in a spirit of transparency and fellowship. During the meeting, the incoming President-Elect Col Pradeep Batra announced the Board Members for the Rotary year 2026–27, outlining the leadership team for the forthcoming year. In the same session, Rtn Poonam Jain was duly elected as the President for the Rotary year 2027–28, marking an important milestone in the club's leadership succession and reaffirming its commitment to strong governance and continuity in service.

District Cricket Tournament 2025

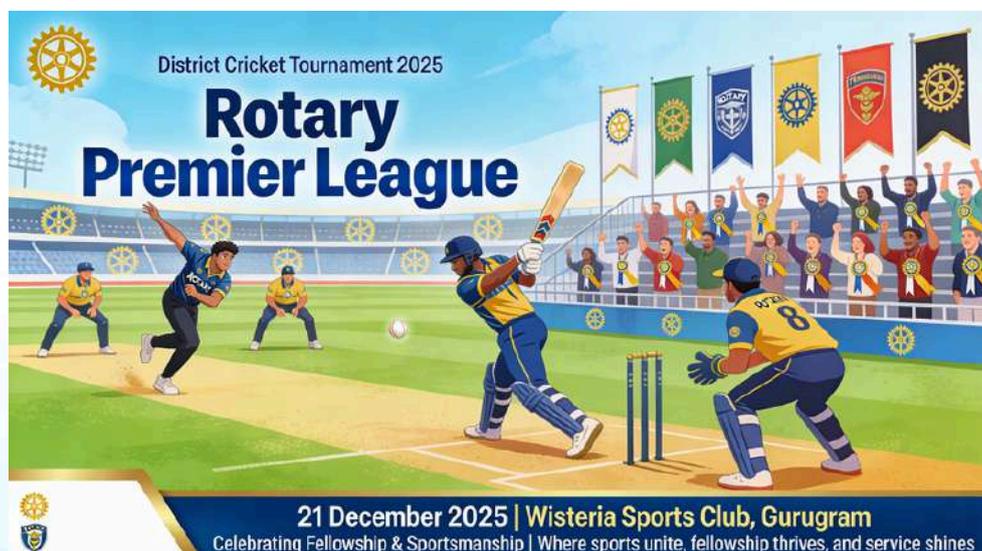
21/12/2025

District Cricket Tournament 2025 — Celebrating Fellowship & Sportsmanship

On 21 December 2025, Rotary International District 3011 organised the District Cricket Tournament 2025 – Rotary Premier League at Wisteria Sports Club, Gurugram. The tournament witnessed enthusiastic participation from eight franchise teams representing clubs across the district and was conducted in the true Rotary spirit of fellowship, sportsmanship, teamwork, and service.

The event provided an engaging platform for Rotarians to connect beyond formal meetings, fostering camaraderie and healthy competition. RCDC Secretary Rtn Amit Modi played an active role as a member of the Organising Team, contributing to the smooth planning and successful execution of the tournament.

Where sports unite, fellowship thrives, and service shines.



Free 21-Day Online Yoga Program 24/12/2025

Free 21-Day Online Yoga Program

On 24 December 2025, Rotary International invited all Rotarians to register and participate in a Free 21-Day Online Yoga Program, beginning 05 January 2026. This thoughtfully designed program aims to promote physical fitness, flexibility, strength, mental clarity, emotional balance, and overall well-being through guided online yoga sessions that can be easily followed from the comfort of home.

Open to participants of all ages and experience levels, the program encourages consistent practice to improve posture, breathing, energy levels, and stress management.

Program Highlights:

- Improve posture, strength, and energy levels.
- Reduce stress and enhance mental clarity.
- Incorporate mindfulness and balanced living into daily life.
- Support overall health and wellness while staying connected to the Rotary community.

Nurture your body, calm your mind, and embrace holistic well-being — a small step for you, a giant leap for your health!

Habuild #HarGharYoga

21-DAY ONLINE

FREE YOGA

STARTS 6TH JANUARY

SAURABH BOTHRA
CERTIFIED YOGA INSTRUCTOR
IIT GRAD | 12+ YEARS EXP.
GUINNESS WORLD RECORD HOLDER

Burn FAT Be CALM Be FLEXIBLE

YOGA EVERYDAY

Free 21-Day Online Yoga Program

Start Your Journey

24 December 2025
Wellness · Balance · Community

Soulful Gurbani Kirtan by Bhai Chamanjeet Singh Ji Lal 25/12/2025

A soulful Gurbani Kirtan by Bhai Chamanjeet Singh Ji Lal was organised by the Gugnani Family at Gugnani Farms, Rohtak, Haryana, on Thursday, 25 December 2025, followed by fellowship, lunch, and Christmas celebrations. Every presence, in whichever capacity, was deeply valued as a spiritually uplifting and joyful gathering was shared together.

Understanding that some friends felt apprehensive about travelling to Rohtak, the programme was thoughtfully divided into flexible segments for everyone's comfort and convenience. Guests were welcome to join at any time that suited them and to attend any part of the programme as per their preference.

Date: Thursday, 25 December 2025.

Venue: Gugnani Farms, Rohtak, Haryana.

11:30 AM – 12:30 PM: Breakfast & Fellowship.

12:30 PM – 2:30 PM: Gurbani Kirtan by Bhai Chamanjeet Singh Ji Lal.

From 2:30 PM onwards: Christmas Celebration & Lunch.



Some Events

The following are the events / achievements that brought laurels to the RCDC simultaneously —

1. NDIM(New Delhi Institute of Management) under the proficient mentoring of Dr VM Bansal, declared India's 'GOLD Standard' in Industry led MBA Education by the Confederation of Indian Industry - Academic Award 2025 in MBA Institutions Category. NDIM received a similar Award from FICCI, declared as best Institute in India for 'Excellence in Creating Employment'.

2. On the occasion of their 36th Wedding Anniversary, Rtn Satish Agarwal & Ms Snigdha, distributed lunch,sweets and fruits to around 650-700 differently abled underprivileged persons at Apna Ghar Ashram, Bawana, New Delhi.

3. Rtn Prof Dr Mona Khare, was invited by the SEPC(Services Export Foundation Council) under the Ministry of Commerce & Industry, Govt of India at IHC to discuss - ' Building Future Ready and Skilled Learners — Competences, Career Awareness & Lifelong Learning.

Under the Project - National Dialogue on School Education Shaping Future- Ready Learners for A Skilled India. She was one of the eminent Panellist's of 7 women all associated to Education in different capacities.

4. RDK received a contribution of INR 11,000/-as donations by PP Rtn Dr Gaurav Khetan, District Chair Projects 2025-26. Ex District Chair Organ Donation, PP RC of Delhi South Ext Club.

5. Padam Shri PP Rtn Dr Ganesh Mani, an eminent Cardiac Surgeon of India , was recently interviewed by Dainik Bhaskar at a Conference HARI-CON 2025, held at Alwar (Raj). The Topic of discussion was — How to prevent Heart Attack..... where Dr Mani advised to avoid 3S: Smoking,Salt,Stress, Alcohol and Laziness.

6. Rtn Dr Ramneek Mahajan of Max Smart Super Speciality Hospital, Saket, Delhi. Shared that leading Orthopaedic Surgeons held a session to discuss advancements in hip arthroplasty with particular emphasis on the Direct Anterior Approach(DAA).It is a minimally invasive technique to reduce muscle trauma & promote faster postoperative rehabilitation.

7. Dr Harjeet Kaur committed to continuous learning, successfully completed an ICP(Indian College of Paediatrics)Certificate Course conducted by IAP(Indian Academy of Paediatrics)the NEXTGEN PEDIATRICS.

'Smart OPD for Intact Futures Certificate Course.'

Aimed at strengthening evidence-based child-centric OPD Care & Holistic Practice.

8. Rtn CA Satish Agarwal authored a Research Book- 115 FAQ's on Research & Analysis Wing (R& AW)for India. It was released as a 'Weekly Publication'.

9. SUKOON- A Live Musical Concert a fundraiser, was organised by Dr R K Sinha, founder of Prajna Foundation for Cultural Interaction and Studies, at Kamani Auditorium, Copernicus Marg, New Delhi.

Featuring the renowned playback singer Ms Supriya Joshi, as well to celebrate the 31st Anniversary of supporting the Girl Child Education.

10. Dr Lalitha shared the Invite to a Wheelchair Cricket Match- Haryana vs Delhi on December 27, 2025 at Manav Rachna University, Sector 43, Faridabad, organised by Special Achiever's Charitable Trust.

Celebration

Date	Event	Member Name
02/12	Wdg Anniversary	Rtn Sanjeev Jain & Ms Kalpana Rtn Ajay Nagpal & Ms Sarita
03/12	Birthday	Rtn Dr Nishit Bhatnagar
04/12	Birthday	Ms Rakhi Mehta
06/12	Birthday	Ms Uma Nayyar
09/12	Wdg Anniversary	Rtn Ranjan Dhingra & Ms Anjali
10/12	Birthday	Ms Vinita Manchanda
11/12	Wdg Anniversary	Rtn Col Dr Sharan Choudhari & Ms Sunita
12/12	Birthday	Rtn Rachna Luthra
12/12	Wdg Anniversary	Rtn Sushil Malhotra & Ms Sujata Rtn CA Satish Agarwal & Ms Snigdha Rtn Yashinder Nayyar & Ms Sushma
13/12	Wdg Anniversary	Rtn Vishal Sehgal & Ms Riddhima
14/12	Birthday	Rtn Sanjay Gupta
15/12	Birthday	Rtn Vinit Sood
17/12	Birthday	Rtn Shalini Subramaniam
24/12	Birthday	Ms Neena Madan
25/12	Birthday	Rtn Dr KK Sethi
28/12	Wdg Anniversary	Rtn Sunil Jain & Ms Poonam

EDITOR TEAM



PP Rtn Dr Harvinder Popli



Rtn Rashmi Batra



Rtr Divya Arya