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LTN GEN SN HANDA, PHF

QUTAB WHEEL
ROTARY 2023-2024 THE LEAP YEAR
MONTHLY E-BULLETIN
ROTARY DELHI QUTAB
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RI PRESIDENT MESSAGE

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. And by building peace within, we become more capable of bringing peace to the world.

Building peace is the essence of Rotary. Many of our service projects foster the conditions for Positive Peace. We work tirelessly to overcome barriers and create new connections. This year, we'll promote virtual international exchanges for members to strengthen those vital connections.

Peace isn't a dream, and it's not passive. It's the result of working hard, earning trust, and having open conversations that may be difficult. Peace must be waged persistently — and bravely. Everything we do across our areas of focus has the potential to foster the hope that can make peace possible.

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.

Our goal is to create a sense of belonging, from our club meetings to our service activities. We need to continue creating inclusive, welcoming environments where everyone can be their authentic selves. All people of action need to be able to imagine a place for themselves in Rotary — it's up to us to ensure they can do so.

Over the next year, I will be putting a focus on continuing our journey in diversity, equity, and inclusion — ensuring that Rotary reflects the communities we serve and continues to take significant steps toward accessing the full range of human talents and experiences, so that we can better serve humanity. 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.

BLOOD COLLECTION/DONATION CAMP AT PATIALA HOUSE

RDQ held its Blood Collection/ Donation Camp at Central Hall of Patiala House Judicial Complex, near India Gate, Central Delhi.

The Camp was duly assisted by Bar Association of the Court Complex.

The Technical Team of the Blood Collection/ Bank had reached the location with entire paraphernalia at the given time.

The administration arrangements were made by the Bar Association of Patiala House Courts.

It's so heartening to note that the legal fraternity, advocates and the supporting staff provided requisite help and motivation for this Socially Relevant cause.

They personally donate blood and convinced the public to participate in this noble cause.

Our own First Lady of the Club, Rtn Shalini Sethi took the lead and was the first one to donate her blood. She is a regular in donating her blood.

Sizable number of our club members, including the President, the Secretary, the Treasurer, the Club Trainer, the Couple of Directors and other members were present for the Blood Donation.

The spirit to perform for the social cause is visible in the entire club.

Congratulations dear members.

27 Units of Blood was collected during the camp.

There were 15 rejections due to donors not meeting the QR'S of blood collection.

This small initiative will provide lifesaving means to many needy people.

Due to paucity and constraints of the Rotary Blood Bank Team, (the team had prior engagement at other locations) the Blood Donation Camp duration was curtailed.

Our PP Rtn Lalit Asthana was instrumental in arranging the Camp at the Judicial Complex.

The Donors were given refreshments from our Club.

Our Club RDQ has achieved the goal set by the District for Organising and Collection of Blood before 12 October 2023.

Well done, Qutab.







DISTRICT MEMBERSHIP SEMINAR

Our Members participated in District Membership Seminar Conducted at PHD House, South Delhi.

As a routine activity, info about this Seminar was shared with us in time.

Each One Bring One and Each One Retain One are the theme lines of the Seminar.

Very simple and very Relevant approach for Membership Creation and Retention of the existing Members.

The Seminar commenced at the given time.

RDQ members trooped in the Hall collectively led by the President and our First Lady.

The Club Trainer, the past President, the Club Secretary, the Treasurer and other respected Members trooped in alongside the President.

The USP of Our Club is Cohesion and Oneness.

We are known as an actively vibrant gp in entire District.

Our presence was duly recognized by the who's who of the District and the District Officials conducting the Seminar.

It was stressed during Deliberations why this particular theme was chosen and necessity of increasing the Membership count.

The Retention of existing Members is equally important to bolster the efficacy of Rotary.

During the Seminar Clubs were recognised for

Blood Donation and increasing of Members of the club.

Our Club received the recognitions in both the categories as we had achieved the goals announced by the President for such recognition.

High Tea was served after the Seminar during which Fellowship and catching up with members of other Clubs ensued.

It was a wonderful event which showcased the intent of the District Governor and His team in highlighting the importance of Members in Rotary.













SPEAKER MEET

A guest speaker meet was held on 19 October at PHD House Library. The Meeting commenced at the given time. The Meeting was called to order by the President. The collaring of the President was done by the Secretary. National Anthem was rendered by all present.

It was motivating to see the entire Club in attendance to hear and gain useful knowledge from the expert of the field.

Dr Anuj Mittal, the Speaker of the Day is a world renowned Mental Health expert.

He was duly introduced by Rtn Ravi Kapoor.

The Speaker Dr Anuj Mittal shared His views on Mental Health with specific emphasis on Alzheimer's and Dementia.

As per Dr Anuj, Mental Health is an inclusive subject encompassing all aspects of Mental Health like Social, physical, psychological, spiritual well-being. Its a holistic concept. Healthy Mind, Healthy body which keeps the mental faculties performing in desired manner to lead a dignified Life.

The Speaker explained in very simple and easy to understand language what constitutes Alzheimer's, Dementia and other Mental ailments which affect the normal life of an individual to lead dignified life.

Difference between various Mental Ailments were explained and unnecessary dogmas attached with Mental problems clarified.

Alzheimer's once sets in is difficult to treat fully but

Dementia if detected in early onset stage is fully curable and treatable.

Vast research on these subjects have yielded tremendous scope for leading a normal, dignified life on getting desired treatment.

What is Dementia, the causes of onset of Dementia, Various stages of Dementia, the symptoms which indicate the ailment and line of treatment were clearly explained.

The Speaker made good use of audio-visual tools during his discourse.

Everyone present listened in rapt attention. He also discussed various facilities available where a person suffering from such mental issues can be looked after.

As per him, the biggest factor is the Family Support to bring comfort to the one suffering from these mental health problems.

Proper hygiene, sanitation, well ventilated space, away from noise are essentially required to look after such patients.

A large number of members sought answers to their queries on issues personally faced or experienced in their close circuit of friends and family members.

All the questions were attended and resolved to entire satisfaction of individuals.

A vote of thanks to the Speaker was given by PP Rtn Sanjeev Nayyar.

Dr, Anuj was profusely thanked for taking out some time from his busy schedule and enlightening the Members of RDQ on very crucial mental issues faced by a large % of population.

A small gift was presented as a token of our gratitude to the Speaker.

The Meeting was adjourned thereafter.

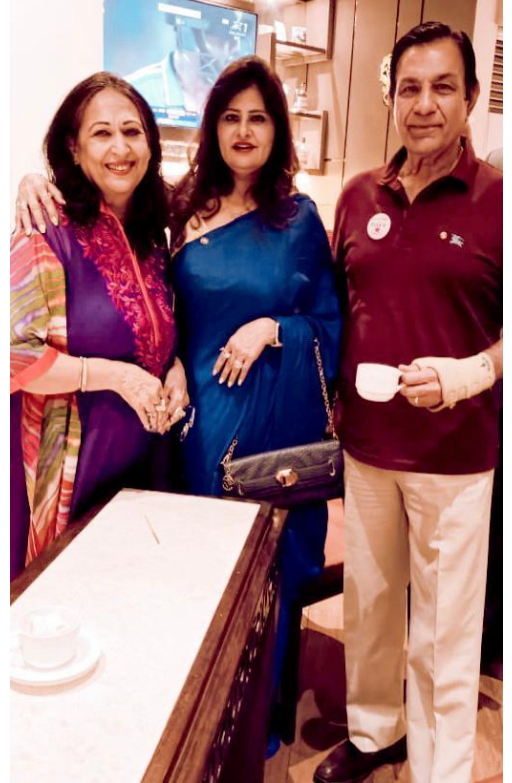
High tea including food for those fasting were available.

It was a well conducted and beneficial Speakers Meet.









QUTAB DIWALI WITH SDC

QUTAB celebrated the Diwali Function with the children and staff of our SDC in Madangir.

The members arrived at SDC well in time. Greetings and mingling with the Children and Staff commenced simultaneously. It was so heartwarming and satisfying to see the Children dressed for the occasion and all were in happy mood. The function started at 11.30 hrs. A student MC welcomed all the members and children for the function. A talk on Diwali festival, its importance and relevance were the first item of the programme from the students. A couple of group dances and talks were presented during the event. The children put up a good, well-rehearsed show. Whether it was a solo talk or group dance, the performance was appreciated by all present. The President, Director SDC and the First Lady too motivated the children in front of present audience and complimented each one of them and staff for putting up an excellent show.

The staff and children were given assorted packets containing sweets chocolates and other useful items like lunch box. Household items were handed over to Staff members. The Children were thrilled to receive such motivation and Diwali gifts. The never-ending laughter and happiness on their faces said it all. The President had brought in a Set of books (around 45 books) which can be useful for students of all classes and age groups. Adult Literacy books can be used by persons residing in neighbourhood of the SDC. More such books would be made available depending on the response of the users. Members shared tea and famous hot Samosas of the locality.

Soon the children as requested by them would be taken for a picnic to Agra. PP Rtn Billu Saluja has kindly agreed to sponsor the transport cost for this trip. Dear members, the staff and children of our SDC look forward for such interaction by all of us with them. Our presence amongst them gives them confidence that someone is there to care for them too. It was a well conducted event and deserves a big 'shaabash!' to PP VEENA MALHOTRA, the Director SDC and other members of the management.







MEGA HOMEOPATHY HEALTH CAMP

Health Minister of Delhi State, Sh. Saurabh Bhardwaj was the Chief Guest & Guest of Honour being renowned Padma Shree Dr. Kalyan Banerjee. There were more than eight homeopathy doctors attending to patients and a health monitoring section for checking BP, blood sugar & other testing facility was set up. The prescribed medicines were provided for free, courtesy Baksons.

We are grateful to Dr. Kalyan Banerjee who was kind enough to sit for more than 4 hours beyond the closing hours of 1.30 pm attending to barrage of patients. Endless stream of residents from our block & neighbouring blocks were seen availing this facility. The Health Check-up Camp provided an opportunity to residents of the locality of East of Kailash & nearby areas to get reliable alternative treatment for their ailments.

Registration for the Camp started at 1000 hrs. Our Club members were present to guide the public to various doctors. Tea and South Indian food were catered for doctors and volunteers helping during the Camp. The organized camp was a kind courtesy by our members – Rtns Ravinder Saluja (President RWA), Romy Nagrath (Secretary RWA) and our F-Block members & their spouses.

The camp was a huge success!







Why is Amritsar called Amritsar?

The names of some cities have very interesting origin stories. Ever wondered what's the story behind the name Amritsar? For the answer, you don't have to look further than the name itself.

The name Amritsar was coined by joining two words Amrit + Sarovar. Amrit means nectar and Sarovar or Saras means pool. The name literally means the pool of elixir or the lake of nectar. It is believed that the water of the lake has healing powers. Here's how it came to be.

Long before you or I were born, the 4th Guru of Sikhs, Guru Ram Das, was looking for a place to settle down with his followers. When he found a suitable place, he purchased a large parcel of land for 700 rupees. Excavating the land, a large lake was built. Soon, apart from his followers, artisans and other villagers too settled down around the lake. Passing caravans of traders would always stop for rest here because of the lake and soon trade started to flourish as well. People started calling the place Ramdaspur, after the founder.

Arjan Dev, the 5th guru of Sikhs, erected a temple on an island at the lake's center. Later, Maharaja Ranjit Singh got the temple decorated with a copper dome that is covered with a foil made of gold. Since then, the building has been popularly known as the Golden Temple. It is this very lake complex that lends its name to the city of Amritsar.

Today, Amritsar attracts millions of tourists every year. They visit the temple, enjoy the delightful food and also visit the Wagah border. Most importantly, they also take a dip in the waters of the lake, hoping that it will heal them.

Article by Ms Sonita Hooda
Daughter of Alpana and Mahabir Hooda

WAR

A world in peace or a world at strike
Where music is the chirping of birds or bombardment at night
You decide,
Hearts torn apart in the wake of battles,
Loss of innocents, and wounds that will never heal,
A deep scar of pain,
Families torn apart; People heart broken.

WW1, WW2, CIVIL WAR, RUSSIA-UKRAINE AND ISREAL- PALESTINE.
People dying, homes crumbling
Yearning for peace and a faithful end.

War, the beast where nations clash
Soldier stand with courage and might,
In the darkest hours they fight.

As lives are lost in the deathly battle grounds,
Yet let us dream of a peaceful world,
Where unity and humanity is all you can find.

Poem by Master Aarav
Grandson of Anil and Veena Malhotra

GREETINGS



Rtn Sadhana Jasuja (Nov 08)



Rtn Raveen Saluja (Nov 10)



Rtn Sanjeev Banga (Nov 15)



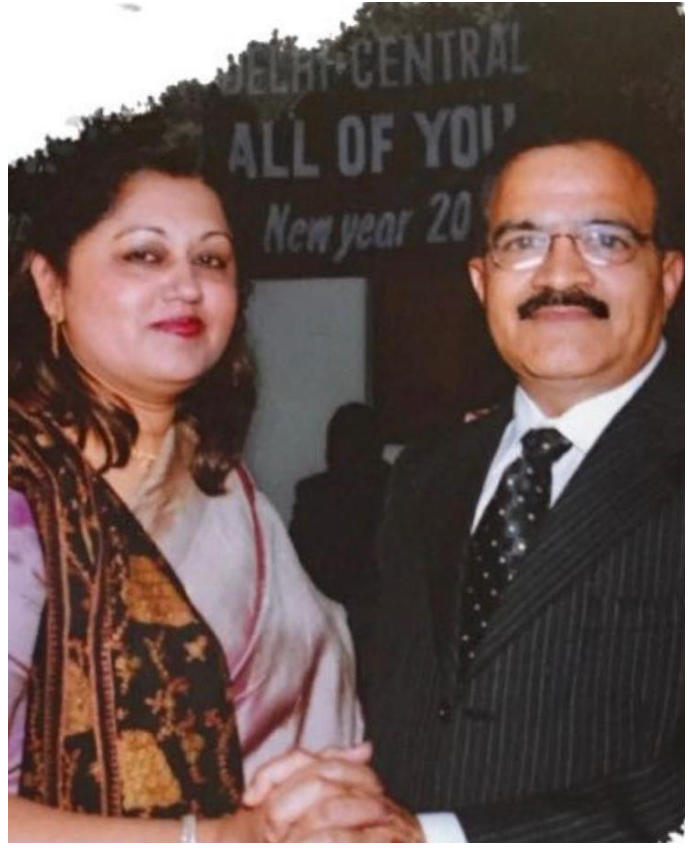
Rtn Shalini Sethi (Nov 17)



R'anne Poonam Ajmani (Nov 19)



Rtn Gen Harinder & Gurpreet Singh (03 Nov)



Rtn Neena & Jag Mohan Malik (22 Nov)



Rtn KK & Bala Ahuja (26 Nov)

FROM THE EDITOR'S DESK

Do you know?

- Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood is flowing through them.
- It is the largest circulatory network that connects the body. So, walk daily.
- Only when the feet are healthy then the convention current of blood flows, smoothly, so people who have strong leg muscles will definitely have a strong heart.
- Aging starts from the feet upwards.
- As a person gets older, the accuracy & speed of transmission of instructions between the brain and the legs decreases, unlike when a person is young.

Please Walk

- In addition, the so-called Bone Fertilizer Calcium will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures.

WALK

- Bone fractures in the elderly can easily trigger a series of complications, especially fatal diseases such as brain thrombosis.

Walk

- Do you know that 15% of elderly patients generally, will die max. within a year of a thigh-bone fracture !!

Walk daily without fail

- Exercising the legs, is never too late, even after the age of 60 years.

W A L K

- Although our feet/legs will gradually age with time, exercising our feet/ legs is a life-long task.

Walk 10,000 steps

- Only by regular strengthening the legs, one can prevent or reduce further aging.

Walk 365 days

- Please walk for at least 30-40 minutes daily to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy.

KEEP WALKING

You should share this important information with all your 40+years" friends & family members, as everyone is aging on a daily basis.

WALK,
STAY HEALTHY

UNBEATABLE THOUGHT

It takes around two years to
learn to speak. But it takes a
lifetime to learn what NOT
to speak

**"Life is so ironic!
It takes sadness to know happiness, noise to appreciate silence, and absence to value
presence."**

~ ZEN ~

EVENTS – OCTOBER

S.NO.	DATE	EVENT	REMARKS
1	3 November	Fellowship/Diwali Celebrations	Details later
2	16 November	Project	Details later
3	25 November	Club Assembly	Details later
4	29 November	Blood Donation Camp	Details later

OUR PERMANENT ONGOING PROJECT QUTAB'S

Qutab' SKILL DEVELOPMENT CENTER
continues to uplift the standards of education and health for
the underprivileged and has been the backbone for the residents of
Madangir.

Our members and staff of the CENTER continue to be fully dedicated
to the cause and achieving very satisfactory results. For example,
all our students have cleared their class promotion examinations
with very good marks.

THERE ARE NO FAILURES.

The skill development center has started computer training
in right earnest. Our own club trainer, PP Rtn Anil Malhotra
has conducted the classes and the standards are improving.

Congratulations to all QUTABIANS,
especially to the DIRECTOR PP VEENA MALHOTRA

ROTARY DELHI QUTAB