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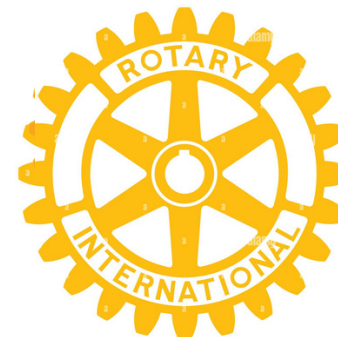
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Rotary
Club of Delhi Qutub
District 3011



CREATE HOPE
in the **WORLD**

QUTAB WHEEL

ROTARY 2023-2024 THE LEAP YEAR

MONTHLY E-BULLETIN

ROTARY DELHI QUTAB

CHARTER DATE: 19 APRIL 1976

EDITOR: PP RTN ANIL MALHOTRA, PHF, MD

R.I PRESIDENT: RTN GORDAN MCINALLY

DG: RTN JEETENDER GUPTA

PRESIDENT: SUNIL SETHI

DISTRICT 3011

ISSUE NO: 09/23-24 01-MAR-2024

RI PRESIDENT MESSAGE

I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members. The top suggestions are illuminating. Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition,



validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education. Our members not only appreciate the greater focus on mental health, but they also believe that making more of the Rotary experience will materially improve their lives. I find it interesting that members are not asking anything dramatically new of their club — rather they want more of what we do best. For example, connection can be improved during meetings simply by assigning seating once each month to encourage people to speak with someone new. Here are some great ways that we can help achieve these results and make Rotary more appealing to those considering membership.

First, we need to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness — the U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is all about. We need to make sure all of our members are fully engaged and that our communities are better aware of this inherent strength.

Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase. And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being. Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle.

QUTAB FELLOWSHIP - PAR EXCELLENCE

Rotary is never static. Some Rotary activity or other keeps happening almost everyday. On 11 February, a very pertinent and Socially important event was organized at Four Points by Sheraton in South Delhi. Fellowship Lunch was organized kind courtesy Rtns Ruhila and Ravinder Nangia. They were the perfect hosts. Fellowship provides an opportunity for Club Members to mingle and discuss Rotary happenings in an informal atmosphere. During such gatherings the better halves also get a chance to know about the Club activities and learn the functioning/ happenings of a Rotary Club and its various activities. The weather was perfect for the Lunch. Sunny Day raised the spirits of everyone high. It was probably the first time where the entire Club was present with the Ladies in tow. It is a massive place and the members kept the Joyous mood and fully enjoyed an excellent weather. **Blue, the dress code of the Day accentuated and simmered everywhere . It was nice to see our ladies and the gentleman decked up in various hues of Blue. It was an occasion for gaity and fun.** An opportunity to discuss happenings of our club in a carefree and informal manner. Piping hot Lunch with variety of sweets satiated the taste buds of everyone. **The Hotel Management had done a commendable job, kind courtesy Kunal, Son of Rtns Veena and Anil Sir. It was good to see him personally making it in time from a different continent. Club Trainer PP Anil Malhotra had personally supervised the adm arrangement s and ensured that everything was in order befitting the occasion.** The hosts were lavishly thanked for the grand event.









AMAZING ENGLISH

From the Editor's Desk

Many parts of the body can be used as verbs in either a physical or a metaphorical sense. You can **head** a company, but if things go wrong you'll have to **shoulder** the blame, or **face** your investors.

A good leader will **back** his employees, but if you don't **toe** the line the management can **skin** you.

Did you **muscle** your way into that job?

You might **eye** someone suspiciously, or wait for the police to **finger** a suspect.

But if you need to get out of town, you can **thumb** a ride or you can ride with me if you can **stomach** the thought.

Use strong **arm** tactic if you want to **elbow** out someone.

I don't always sing along with the radio, but I sometimes do **mouth** the words.

That's Amazing English!

(To all English-Language Lovers)

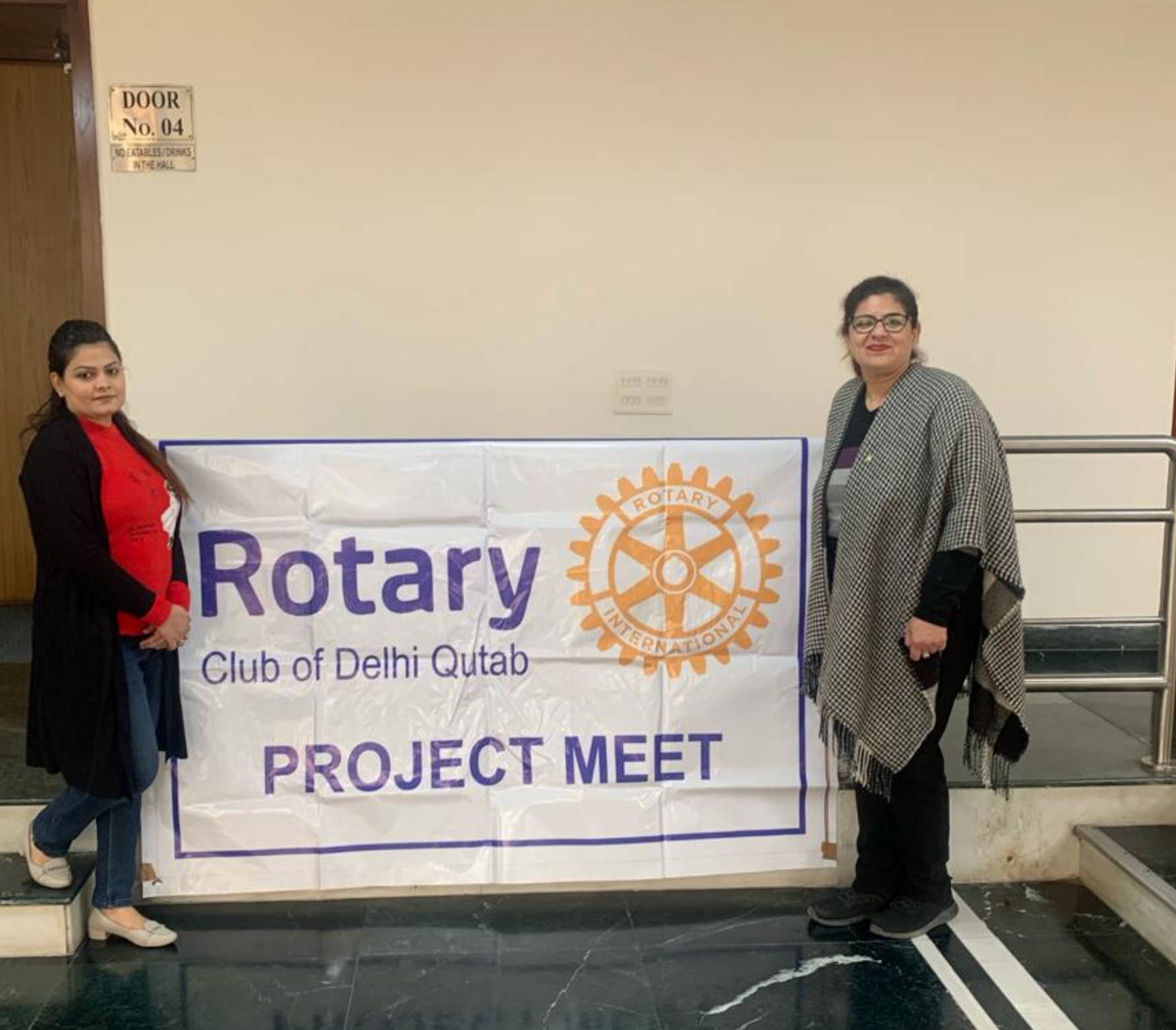
BLOOD DONATION PROJECT

Service above self was proved once again by ROTARY DELHI QUTAB. A blood donation camp was held at the NATIONAL LAW UNIVERSITY, DWARKA, New Delhi, on 16 February 2024.

The President, Sunil Sethi and our First Lady Rtn Shalini arrived at the venue well before time and tied up the details for the day. The Club Trainer, PP Rtn Anil Malhotra, escorted the DEAN, Dr Bajpai, who was the FIRST TO START THE CAMP BY DONATING BLOOD HIMSELF. A total of 89 units of blood was collected. We thank the Dean, staff and students of the University who came in voluntarily. There were 32 rejects too, whose haemoglobin was low and were declared unfit to donate.

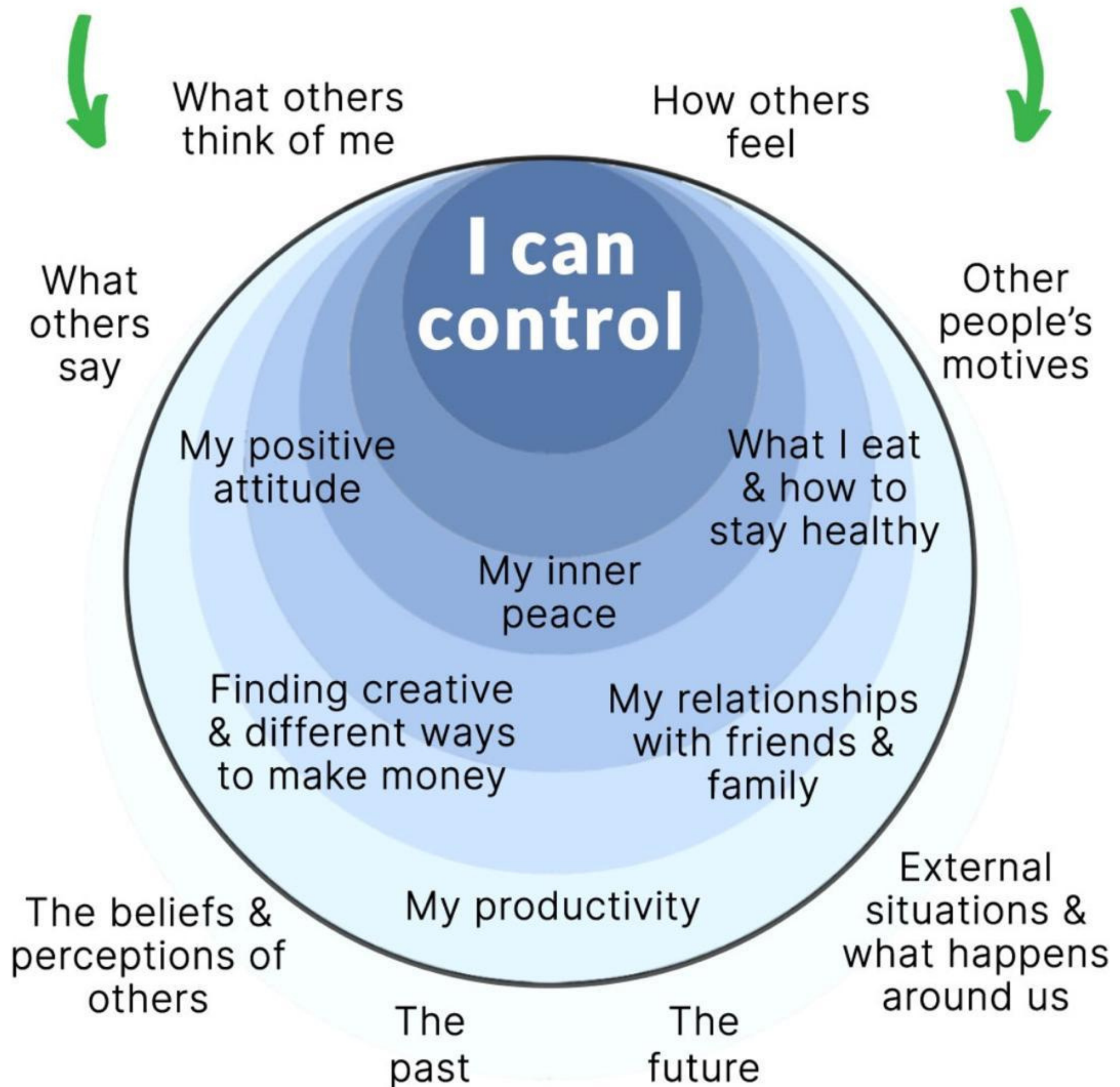
A project, which was done with enthusiasm and good planning, ended successfully.





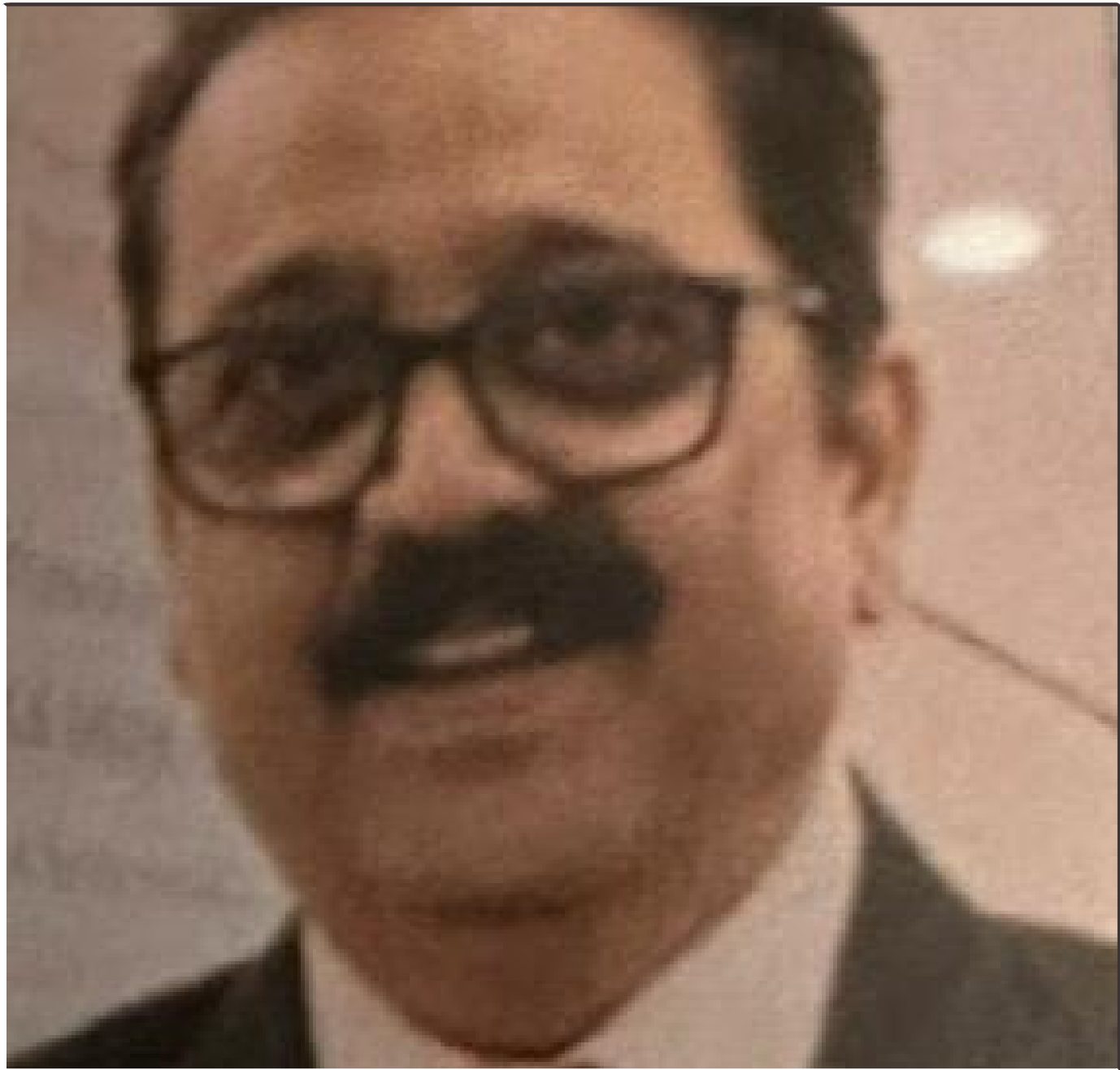
JUST A THOUGHT

I cannot control



Happy Birthday

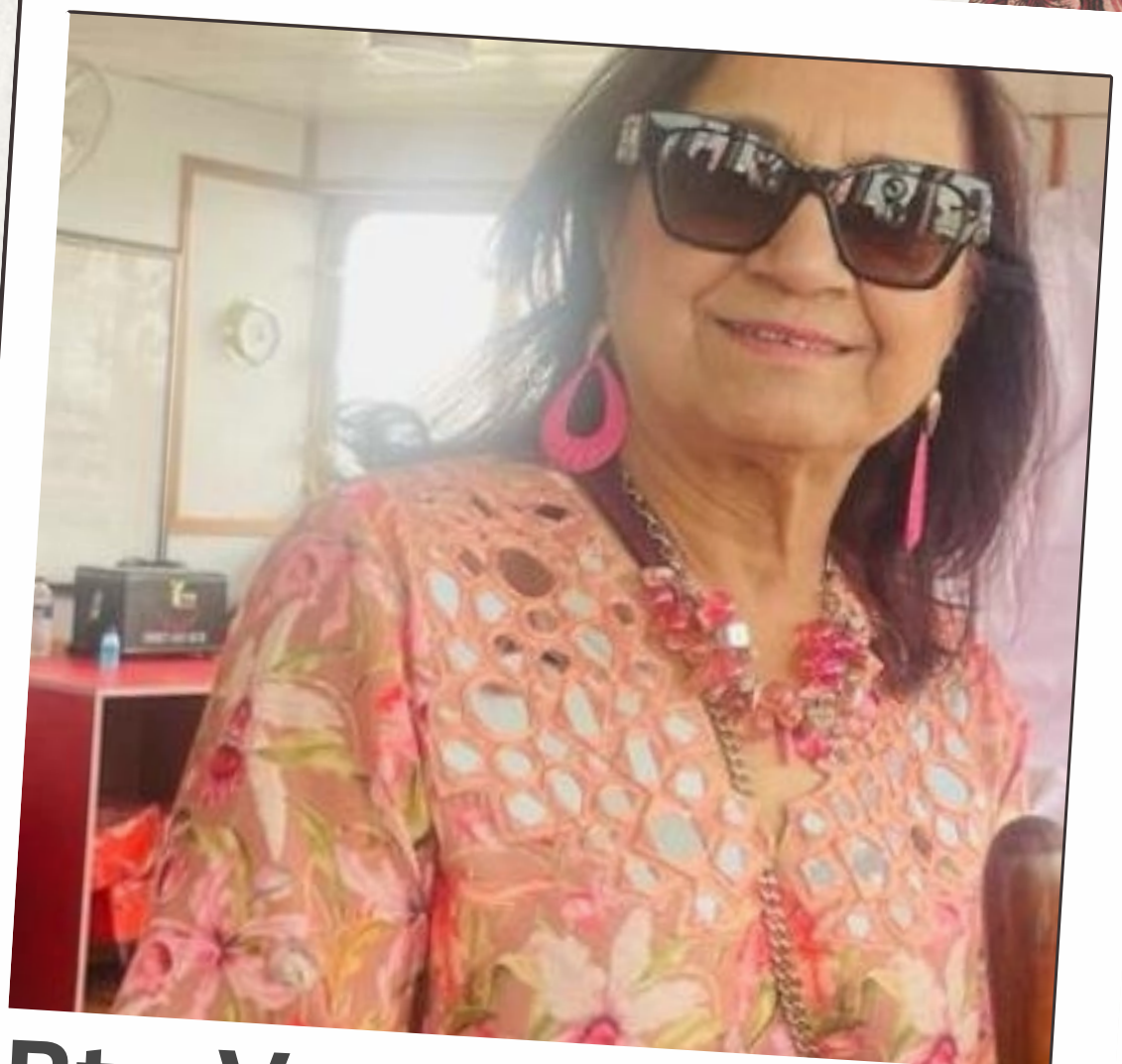
HAPPY RETURNS OF YOUR
SPECIAL DAY



Rtn Sunil Sethi
11th March



Rtn Rajinder Abbot
14th March



Rtn Veena Malhotra
19th March

WEDDING ANNIVERSARY

MAY YOUR DAYS BE FILLED WITH SHARED
DREAMS AND COZY CUDDLES



Rtn Dhanbir S. Saluja and R'anne
Patee Saluja
3rd March



Rtn M S Hooda and Rtn Alpana
Hooda
4th March



Rtn Arvind Ajmani and R'anne
Poonam
8th March



Lord Vinay Wadhwa and Rtn
Girija Wadhwa
9th March

QUTAB'S SKILL DEVELOPMENT CENTER CELEBRATES BASANT PANCHMI

Children and staff of our Skill Development Center celebrated this very beautiful festival of Basant Panchami with songs, dances and a feast for lunch on 14 February 2024. While the world celebrated VALENTINES DAY, we celebrated BASANT PANCHAMI. Prayers- SARASVATI PUJA was done too.

QUTAB YOU REMAIN BLESSED.



DID YOU KNOW

ANCIENT INDIAN HEALTH TIPS IN SANSKRIT TRANSLATED IN ENGLISH

A MUST READ

1. अजीर्णं भोजनं विषम् ।

If previously taken Lunch is not digested..taking Dinner will be equivalent to taking Poison. Hunger is one signal that the previous food is digested

2. अर्धरोगहरी निद्रा ।

Proper sleep cures half of the diseases..

3 मुद्गदाली गदव्याली ।

Of all the Pulses, Green grams are the best. It boosts Immunity. Other Pulses all have one or the other side effects.

4. भग्नास्थि-संधानकरो लशुनः।

Garlic even joins broken Bones..

5. अति सर्वत्र वर्जयेत्।

Anything consumed in Excess, just because it tastes good, is not good for Health. Be moderate.

6. नास्ति मूलमनौषधम् ।

There is No Vegetable that has no medicinal benefit to the body..

7. न वैद्यः प्रभुरायुषः ।

No Doctor is capable of giving Longevity. (Doctors have limitations.)

8. चिंता व्याधि प्रकाशाय ।

Worry aggravates ill-health..

9. व्यायामश्च शनैः शनैः।

Do any Exercise slowly.

(Speedy exercise is not good.)

10. अजवत् चर्वणं कुर्यात् ।

Chew your Food like a Goat.

(Never Swallow food in a hurry.

Saliva aids first in digestion.)

11. स्नानं नाम मनःप्रसाधनकरंदुः स्वप्न-विध्वंसनम् ।

Bath removes Depression.

It drives away Bad Dreams..

12. न स्नानमाचरेद् भुक्त्वा।

Never take Bath immediately after taking Food. (Digestion is affected).

13. नास्ति मेघसमं तोयम् ।

No water matches Rainwater in purity..

14. अजीर्णं भेषजं वारि ।

When there is indigestion taking plain water serves like medicine.

15. सर्वत्र नूतनं शस्तं, सेवकान्ने पुरातने ।

Always prefer things that are Fresh..

Whereas Rice and Servant are good only when they are old.

16. नित्यं सर्वा रसा भक्ष्याः ॥

Take the food that has all six tastes.

(viz: Salt, Sweet, Bitter, Sour, Astringent and Pungent).

17. जठरं पूरायेदर्धम् अन्नैर्, भागं जलेन च ।

वायोः संचरणार्थाय चतुर्थमवशेषयेत् ॥

Fill your Stomach half with Solids,

(a quarter with Water and rest leave it empty.)

18. भुक्त्वा शतपथं गच्छेद् यदिच्छेत् चिरजीवितम् ।

Never sit idle after taking Food.

Walk for at least half an hour.

19. क्षुत्साधुतां जनयति ।

Hunger increases the taste of food..

In other words, eat only when hungry..

20. चिंता जरा नाम मनुष्याणाम् ।

Worrying speeds up ageing..

21. शतं विहाय भोक्तव्यं, सहस्रं स्नानमाचरेत् ।

When it is time for food, keep even 100 jobs aside.

22. सर्वधर्मेषु मध्यमाम्।

Choose always the middle path. Avoid going for extremes in anything

Goldern words of wisdom in Sanskrit by our sages.

OUR PERMANENT ONGOING PROJECT

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.

Computer classes have started in real earnest and students are thrilled with the facility.

THERE ARE NO FAILURES.

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

ROTARY DELHI QUTAB