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LTN GEN SN HANDA, PHF**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: 06/23-24****01-DEC-2023****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.

Club Assembly

Our club RDQ organised Quarterly Club Assembly for the Quarter ending Dec 2023 at Hotel 4 Points by Sheraton, New Delhi.

The Assembly commenced at the given time at 6.30PM. Tea Cookies were served during High tea fellowship. Collaring of the President and the club Secretary. Meeting was called to order by the President. The Secretary welcomed everyone on behalf of the President and her Own behalf for the Assembly. She read over the Four Way Test of Rotary.

The President Rtn Sunil Sethi recapitulated. Various events/ activities/projects that the Club has Conducted during last four and a half months. As per the directions of RI and Our District 15 major mandatory events have been completed by our club. These included Blood Collection/Donation camps, Speakers Meets on relevant issues, Tree plantation drives, Health Check Up /Screening camps.

Our on-going project at our SDC saw active celebration of important festivals with children of our centre. It was a healthy report of Our Club's activities over the months. Everyone present applauded the performance of the Club till now.

Members suggested that we should plan for Outstation Club Assembly. Planning and sorting out the adm and finances involved can commence immediately.

A committee to suggest various activities and special events for Celebrating our Golden Jubilee may be formed at the earliest.

Members suggested ways and means to augment the Club's Financial Collection for Golden Jubilee to be celebrated during the Rotary Year 2025 /26.

Forthcoming events, birthdays and wedding anniversary of the members were read over by the Secretary.

The Secretary informed the members about Special Invite extended to our Rtn PP Anil Malhotra by the Govt of Bangladesh for celebrating/remembering sacrifices of Security Personnels.

There being no other major point, the Meeting was declared closed.









BLOOD DONATION CAMP

Qutab organised BLOOD AGAIN TO SAVE LIVES blood donation camp at IIMT, Janakpuri on 29 November.

The President and our First Lady arrived well before time to ensure that the Camp takes off in time. The Rotary Blood team was ready in all respects at the given time, 10 AM. Rtn Sanjeev Nayyar, Mohinder Kaur, Alpana Hooda and Anil Malhotra were very helpful in organising and motivating the donors.

The camp was very successful and the total volunteers were 127, out of which 42 were found not fit for donating blood. We collected 85 units of blood.

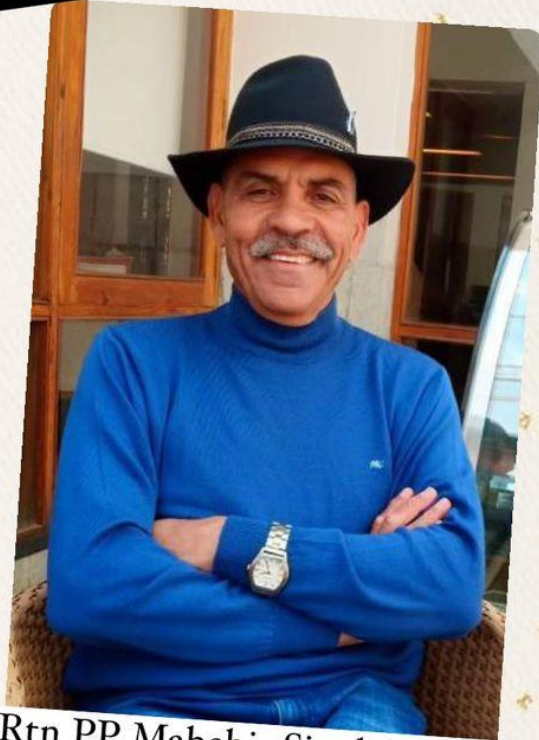




Birthday Greetings



Rtn Poonam Nagrath
02 December

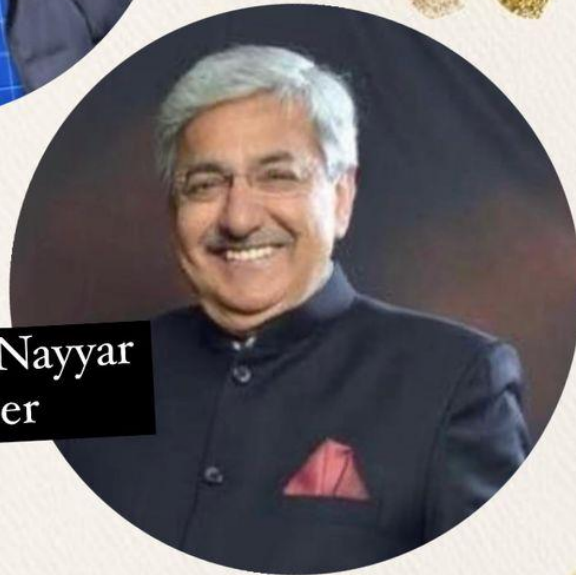


Rtn PP Mahabir Singh Hooda
23 December





Rtn Ashok Vasudeva
26 December



Rtn PP Sanjeev Nayyar
28 December



R'anne Bala Rani
30 December



Anniversary Greetings

Rtn Sunil & Shalini Sethi
01 December



Rtn Virendar & Anita Saluja
14 December



Rtn Rajinder & Sharan Chandhok
11 December

Did You Know?

The year was 1971 and the month November.

“If India pokes its nose in Pakistan, US will not keep its trap shut. India will be taught a lesson.”

- Richard Nixon

“India regards America as a friend. Not a boss. India is capable of writing its own destiny. We know and are aware how to deal with each one according to circumstances.”

- Indira Gandhi

Indian Prime Minister Indira Gandhi articulated these exact words sitting with the US President Richard Nixon in the White House, while maintaining an eye-to-eye contact. This incident was narrated by the then Secretary of State and NSA, Henry Kissinger, in his autobiography.

That was the day when the Indo-US joint media address was cancelled by Indira Gandhi who walked away from the White House in her inimitable style.

Kissinger, while ushering Indira Gandhi into her car, had commented, "Madam Prime Minister, don't you feel you could have been a little more patient with the President?" Indira Gandhi replied, "Thank you, Mr. Secretary, for your valuable suggestion. Being a developing country, we have our backbones straight - & enough will and resources to fight all atrocities. We shall prove that days are gone when a power can rule and often control any nation from thousands of miles away.”

Thereafter, as soon as her Air India Boeing touched down at Palam runway in Delhi, Indira Gandhi summoned the leader of the opposition, Atal Behari Vajpayee to her residence.

Post an hour of discussion behind closed doors, Vajpayee was seen hurrying back. It was thereafter known that Vajpayee would be representing India at the United Nations.

Donald Paul of BBC had jumped in with a question to Vajpayee, "Indira ji regards you as a staunch critic. In spite of that, are you sure you'd be at the United Nations shouting your throat (voice) out in favour of the Incumbent Government?"

Vajpayee had a repartee. "A rose adorns a garden, so does a Lily. Each is beset with the idea that they are individually the most beautiful. When the garden falls in a crisis, it's no secret that the garden has to safeguard its beauty as one. I have come today to save the garden. This is called Indian Democracy."

The resultant history is all known to us. America sent 270 famed Patton tanks to Pakistan. They called the world media to demonstrate that these tanks were produced under exclusive technology, and are/were thus indestructible. The intention was very clear. This was a warning signal to the rest of the world that no one should help India.

America did not stop here. Burma-Shell the only US company supplying oil to India, was told to stop. They were sternly told by US to cease dealing with India anymore.

India's history thereafter was only about fighting back. Indira Gandhi's incisive diplomacy ensured oil came in from Ukraine.

A battle that lasted just a day destroyed a majority of the 270 Patton tanks, in the Thar Desert. The destroyed tanks were brought into India for display at traffic crossings. The hot deserts of Rajasthan still stands as a witness where US pride was decimated.

A war that lasted eighteen days thereafter culminated in the capture of 93,000 Pakistani prisoners of war.

Mujibur Rahman was released from Lahore Jail.

The month now was March - Indira Gandhi recognized Bangladesh as an independent nation in the Indian Parliament.

Vajpayee addressed Indira Gandhi as “Maa Durga.”

These events had a packet of long-lasting manifested fallouts.

- India's own oil company, viz. Indian Oil came into being.
- India expressed itself as a nation of strength in the eyes of the world.
- India led the Non-Aligned Movement (NAM) from the front. Its leadership was unquestioned.

Times and events of such strength however did get submerged into the great depths of yore and lore.

Truthful history till date nevertheless remains as a baton that needs to be passed down generations.

This year is the 52nd anniversary of the Indo Pak Bangladesh war. Our children must read this, lest we forget.

FROM THE EDITOR'S DESK

ANCIENT INDIAN HEALTH TIPS IN SANSKRIT TRANSLATED IN ENGLISH

A MUST READ

1. अजीर्णे 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. अजीर्णे 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.

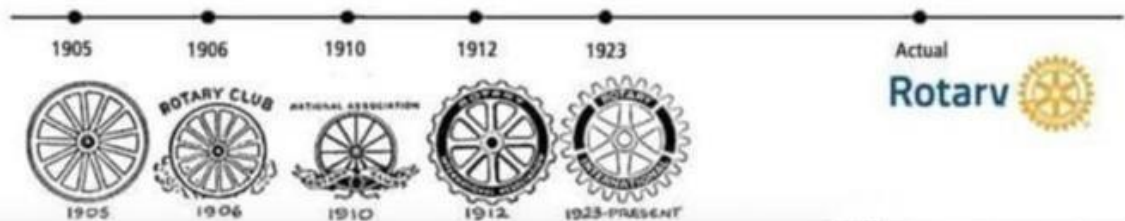
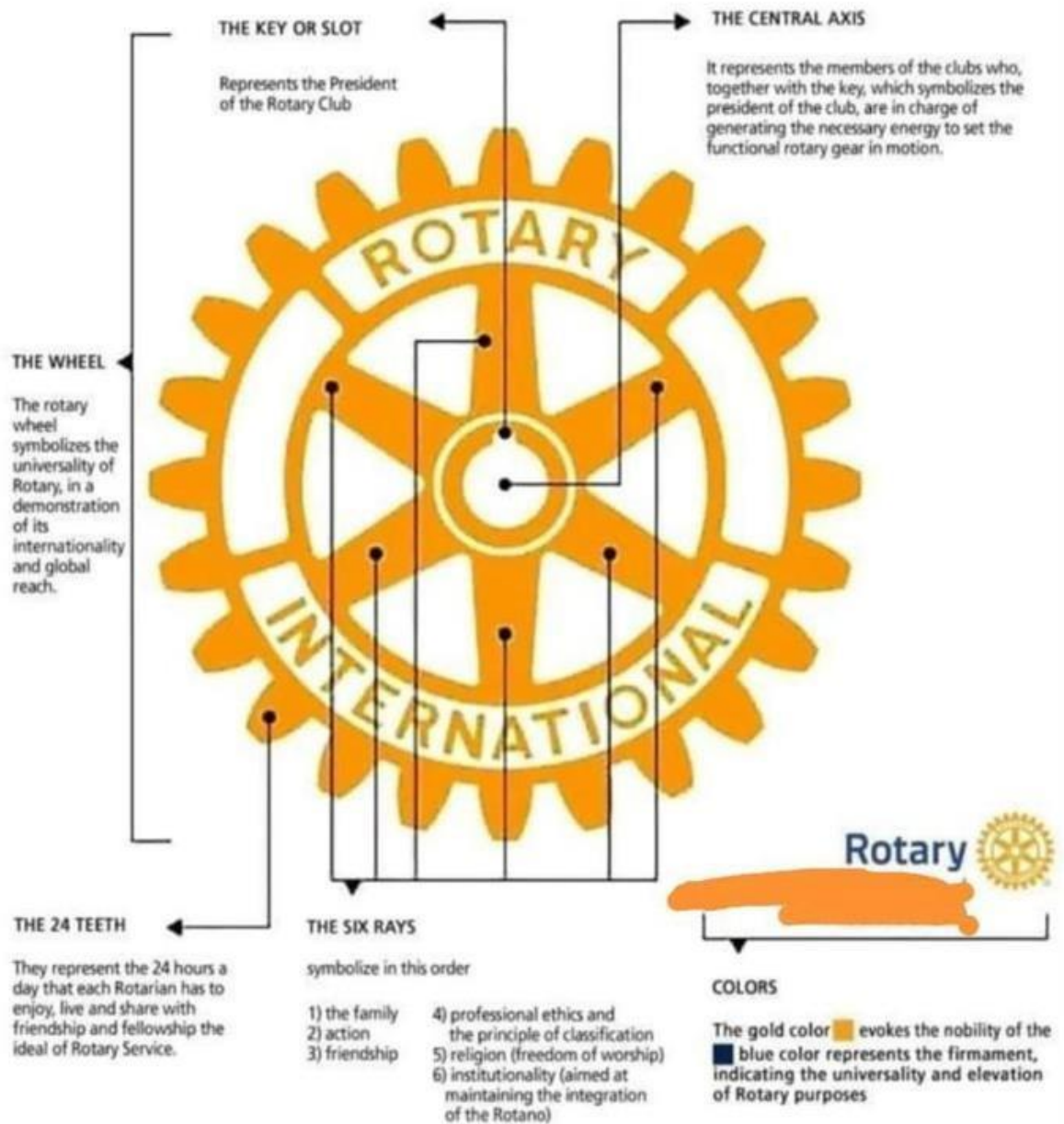
22. सर्वधर्मेषु मध्यमाम् ।

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

Goldern words of wisdom in Sanskrit by our sages.

Please share with your loved ones.

WHAT DOES THE ROTARY WHEEL MEAN?



EVENTS – SEPTEMBER

S.NO.	DATE	EVENT	REMARKS
1	08 December	Board Meeting	Details later
2	09 December	Eye Camp	Details later
3	13 December	Health Camp	Details later
4	20 December	Speaker Meet	Details later
5	29 December	New Year's Celebrations/Fellowship	Details later

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