



UNITE
FOR
GOOD

ASHOKA NEWSLETTER AUGUST, 2025

ROTARY CLUB OF DELHI SOUTH

R. I. President: Rtn. Francesco Arezzo

District Governor: Rtn. Dr. Ravinder Gugnani

PRESIDENT'S MESSAGE TO THE CLUB



Dear RCDS Family,

We are now into the second month of this Rotary year, and what an energizing start it has been! The first few weeks kept us meaningfully engaged—with Fellowships, the President's Installation, impactful service initiatives, and projects that touched lives in ways both big and small.

Our Interact Club installations were especially heartening. Conducted with great

enthusiasm, they were well-organized and well-attended, reflecting the strength of our youth and the bright future of service through Rotary.

As we now step into the festival season, it is a time not only for celebration but also for reflection. Festivals are about spreading joy, comfort, and togetherness. For us in Rotary, every act of kindness, every initiative of service, is a way of carrying the festive spirit beyond our homes and into the lives of those who need it most.

In this spirit, I encourage each of you to support our flagship projects—the **Leprosy Mission** championed by **Tridibes Basu**, and the **Gift of Life** initiative led by **Kriti Makhija**. Both offer us the opportunity to transform lives in profound ways, and your participation and contributions will be invaluable.

Looking ahead, we have exciting plans—particularly at our **Adopted School**, where your time, presence, and financial support can make a lasting difference for children and their families. Together, we can bring real transformation to their lives.

Let me also share one special highlight: after Diwali, we are planning a fellowship and **goodwill trip to Bhutan**. This promises not only camaraderie and adventure, but also the chance to carry Rotary's spirit of friendship beyond our borders.

Let us continue to build on this momentum. With fellowship, energy, and purpose, let us ensure that the months ahead sparkle with both celebration and service.

With warm regards,

Kaval Verma

President 2025-26

SHARING A BEAUTIFUL MESSAGE IN GRATITUDE OF THE DIVINE

(I read somewhere sometime back)

I did not apply for anything. No one recommended me.

Yet, I was gifted this miraculous body—Without an interview, without merit—pure Grace.

Blood flows ceaselessly from head to toe, Every heartbeat a silent drum of life.

I don't know what kind of divine technology powers this system, But the heart never tires, never rests, until it's time to go

Two eyes, like cameras of a thousand megapixels, Capture the ever-changing Beauty of this world— Colours, light, emotions—etched into memory.

A tongue that performs ten thousand taste tests with precision... Skin, a living sensor, feeling heat, cold, love, pain— A miracle of sensitivity.

A voice box that expresses thought

and emotion through sounds of infinite variety.

And ears that decode every frequency—from whispers of the wind to the laughter of loved ones.

This body, made of 75% water, Holds firm, no short circuit no leakage. Despite millions of pores.

I stand tall, unsupported by anything. Rubber tyres wear out on roads,

But the soles of my feet carry me through a lifetime— Still holding strong.

WHAT AN ASTONISHING, DIVINE CREATION! Nothing man-made can come close.

YOU are the Designer, the Operator, the Sustainer.

Every memory, every thought, every ounce of strength and peace— All come from You.

You live within this body, As the soul, the unseen presence that gives life and purpose.

This is Your divine play, Your masterpiece.

Let me not just exist, but participate— In the selfless joy, the divine rhythm of Your creation.

Bless me with good sense and pure awareness. Let my intellect bow before Your wisdom.

Let gratitude be my constant companion. Let awe fill my every breath.

This is not just a body— It is a temple of Your presence.

Stay Blessed, Stay Safe and Stay Happy my friends of RCDS.

Contributed by **Dolly Brara**

DISTRICT CLUBFOOT DISABILITY AWARENESS SEMINAR

August 2, 2025

AREA OF FOCUS : MOTHER AND CHILD HEALTH

Healing. Hope. Humanity.



Under the leadership of DG Rtn. Dr Ravinder Gugnani, Rotary Club of Delhi South hosted the Clubfoot Seminar on 2nd August 2025 at Sir Ganga Ram Hospital, New Delhi,.

In partnership with Rotary Club of Delhi South and GRIPMER, SGRH, this seminar united Rotarians and medical leaders to address Clubfoot with compassion and action.

This one-of-a-kind seminar was structured to serve both the Rotary community and the medical fraternity:

The Morning Session was for Rotarians, focusing on the burden of Clubfoot in India, the effectiveness of the Ponseti method, and Rotary's role in providing timely care.

The Afternoon Session was a Hands-on training for 70 orthopedic postgraduate students from Delhi in Ponseti casting techniques.

The event drew over 50 Rotarians and 70 medical postgraduates, creating a dynamic and impactful atmosphere.

Led by a distinguished faculty including Prof. Mathew Varghese, Prof. Dr. Manish Dhawan, Dr. Atul Vaish, Dr. Vineet Arora, and Dr. Brajesh Nandan.

Honoured guests included Padma Shri Prof. Dr. D.S. Rana, Padma Bhushan Prof. Dr. B.K. Rao, and Rotary 3011 District Governor Rtn. Dr. Ravinder Gugnani and our President Kaval Verma.

Distinguished Dignitaries Present on Stage:

- **Prof. Dr. Ajay Swaroop** – Chairman, Board of Management, SGRH; Renowned ENT Surgeon (Chief Guest)
- **The District Governor, Rtn. Dr. Ravinder Gugnani** – Privileged to have a Rotarian who is also a distinguished medical specialist (Chief Guest)
- **Padma Shri Prof. Dr. D. S. Rana** – Chairman, Board of Trustees, SGRH; Renowned Nephrologist (Guest of Honour)
- **Prof. Dr. Jayshree Sood** – Vice Chairperson, Board of Management, SGRH; Renowned Anaesthesiologist and Pain Consultant (Guest of Honour)
- **Padma Bhushan Prof. Dr. B. K. Rao** – Former Chairman, Board of Management, SGRH; Renowned Anaesthesiologist (Guest of Honour)
- **Prof. Dr. V. B. Bhasin** – Chairman, Department of Orthopaedics, SGRH; Senior Arthroscopic Surgeon
- **Rtn. Kaval Verma** – President, Rotary Club of Delhi South
- **Rtn. Amarnath Goel** – Senior Rotarian & Philanthropist

Felicitation Ceremony

The emotional heart of the program was the felicitation of 16 children who had overcome severe Clubfoot

deformities, thanks to timely medical intervention and Rotary's support.

Among them, Sangeeta, an abandoned baby with arthrogryposis and multiple deformities, now stands as a beacon of resilience. After 22 surgeries performed at Sir Ganga Ram Hospital, she regained functional mobility. Today, she holds a BA in English Honours, a PG in Social Work, and is beginning her PhD. She works efficiently using voice-to-text tools despite her physical challenges. District Governor Rtn. Dr. Ravinder Gugnani, moved by her story, spontaneously announced the donation of a laptop from Rotary to support her academic journey.

Another inspiring case was Simon, a Clubfoot-treated child who now competes at the junior national level in sports, proving how proper care transforms potential.

Rotary's Lifelong Commitment to Mobility & Dignity

Let us pledge – as Rotarians and orthopedic surgeons – to transform lives, restore mobility, and return dignity to every physically challenged child," said Prof. Dr. Manish Dhawan in his closing remarks.

Going forward, Rotarians across India, in partnership with CURE, will actively work to control and eliminate this debilitating deformity on a pan-India scale, ensuring every child walks with confidence and hope.

INSTALLATION CEREMONY OF INTERACT CLUB OF BIRLA VIDYA NIKETAN

AREA OF FOCUS : BASIC EDUCATION AND LITERACY

A Wonderful Interact Installation at Birla Vidya Niketan!



A Heartwarming Interact Installation at Birla Vidya Niketan!

We're delighted to share that the Interact Installation Ceremony at Birla Vidya Niketan was a beautiful celebration of youth leadership, service, and spirit!

Thoughtfully planned and executed by the Interactors and dedicated Teachers-in-Charge, the event truly reflected the passion and commitment of the young leaders.

Kudos to the outgoing team! President Namya Kasturi and Vice President Tisya Bindal delivered an inspiring speech highlighting the impactful service projects of

2024-25 — a year full of meaningful contributions.

A seamless handover marked the beginning of a new chapter, with Varnika Agarwal stepping in as the new President, ready to lead the charge with energy and vision.

We're excited to witness another dynamic year of service, learning, and leadership from our amazing Interactors!

A big thank you to Amar Goyal ji, President Kaval Verma, PP Som Dua ji, Rajni Dua ji, New Generation Director Rtn. Ajay Kumar, Rtn. Naman and Priyanka Agarwal, R'anne Dolly Brara, Rtn. Raman and Sandra Sobti for their warm presence and encouragement!

INSTALLATION CEREMONY OF INTERACT CLUB OF GYAN BHARTI PUBLIC SCHOOL

AREA OF FOCUS : BASIC EDUCATION AND LITERACY

Successful Interact Installation at Gyan Bharati School!



We are delighted to share that the Interact Installation Ceremony at Gyan Bharati School today was a great success!

The event was beautifully orchestrated by the Interactors and the dedicated Teachers-in-Charge. Outgoing President Kyra Talwar gave a heartfelt address, reflecting on the many impactful service projects completed in 2024-25. The outgoing team deserves a big applause for their commitment and achievements.

What followed was a graceful and inspiring handing over of the torch to the newly installed team, led by President Palak. We look forward to another exciting year of service and leadership from our young Interactors!

We are grateful to PDG Rtn. Hemant Ahuja, District Advisor, New Generation, President Rtn. Kaval Verma, PP Rtn. Lalit Sawhney, PP Rtn. Tridibes Basu, New Generation Director Rtn. Ajay Kumar, R'anne Dolly Brara, Rtn. Raman Sobti, R'anne Sandra Sobti for being a part of the Installation.

WE ARE PLASTIC WARRIORS

August 5, 2025

AREA OF FOCUS : ENVIRONMENT

We Are Plastic Warriors!

Excited to share that we installed a Plastic Collection Bin on August 5, 2025 at Gyan Bharati School!

Big thanks to our Charter Member PDG Rtn. Hemant Ahuja, PP Rtn. Lalit Sawhney, PP Tridibes Basu, Rtn. Ajay Kumar and Sonali Kaushik, Rtn. Raman and Sandra Sobti and R'anne Dolly Brara, for joining hands in this meaningful step towards sustainability.

A special shoutout to our President Rtn. Kaval Verma for leading from the front and our amazing Interactors — you make us proud! Grateful to the RCDS July Monthly Group for making this project possible.

Did you know? The collected plastic will be recycled and used to create furniture items — turning waste into something wonderful! Let's keep making a difference, one plastic bottle at a time.



WE ARE PLASTIC WARRIORS

August 5, 2025

AREA OF FOCUS : ENVIRONMENT

We Are Plastic Warriors!

Thrilled to share that we've installed our 2nd Plastic Collection Bin at Birla Vidya Niketan on 5th August 2025 — our Interact School!

Grateful to our Senior Members Rtn. Amarnath Goyal, PP Rtn. Som Dua, R'anne Rajni Dua, New Generation Director Rtn. Ajay Kumar & R'anne Sonali Kaushik, Joint Secretary Raman Sobti & R'anne Sandra Sobti, and R'anne Dolly Brara for supporting this green initiative.

Special thanks to President Rtn. Kaval Verma for leading the charge and to our inspiring Interactors for their enthusiastic participation. The collected plastic will be recycled into furniture — turning waste into something wonderful!

Let's continue our journey towards sustainability — one plastic bottle at a time!

Special kudos to our Interactor President Varnika, who has taken



this up as her personal project — we're so proud of her leadership! A big thank you to President Rtn. Kaval Verma, Rtn. Amarnath Goyal Rtn. Som Dua, Rajni Ma'am, Rtn. Ajay, Rtn. Raman, Sandra, R'Anne Dolly ji, Rtn. Naman, and R'anne Priyanka for being a part of this meaningful initiative.

Grateful to the RCDS July Monthly Group for making this project possible. Together, let's keep driving change — one plastic bottle at a time!



CERVICAL CANCER VACCINATION DRIVE

AREA OF FOCUS : DISEASE PREVENTION & TREATMENT

Under the inspiring leadership of DG Dr. Ravinder Gugnani, the Rotary Club of Delhi South proudly organised the first Cervical Cancer Vaccination Camp at Sai Dham Faridabad for the RY 2025-26.

With the committed support of Rtn. Vandana Bhalla and President Rtn. Kaval Verma, the camp was a resounding success — 226 children, both girls and boys, were vaccinated.

A heartfelt thank you to President Rtn. Kaval, who continues to lead from the front — always present

on the ground, ensuring that each project is executed with care and impact. Rtn. Amarnath ji, PP Rtn. Som Dua ji, R'anne Rajni Dua ji and R'anne Punita Taneja graced the occasion with their presence and support.

We were deeply honoured by the gracious presence of the Hon'ble Mayor of Faridabad and DGND Rtn. Dr. Pushpa Sethi, whose encouragement added immense value to the initiative.

Together, we continue to serve for a healthier, safer future.



ORAL HEALTH CAMP

AREA OF FOCUS : MOTHER AND CHILD HEALTH

A healthier future starts with a healthy smile!

Our Rotary Club of Delhi South, led by President Rtn. Kaval Verma, recently held a dental health and awareness camp at Sankalp Centre Munirka Village. We screened over 160 children and taught them about the importance

of dental hygiene and the dangers of tobacco.

A huge thank you to Rtn. Dr. Shweta, our Hony. Secretary, and the Dant Pari Foundation for their incredible support! Together, we're building a healthier community, one child at a time.

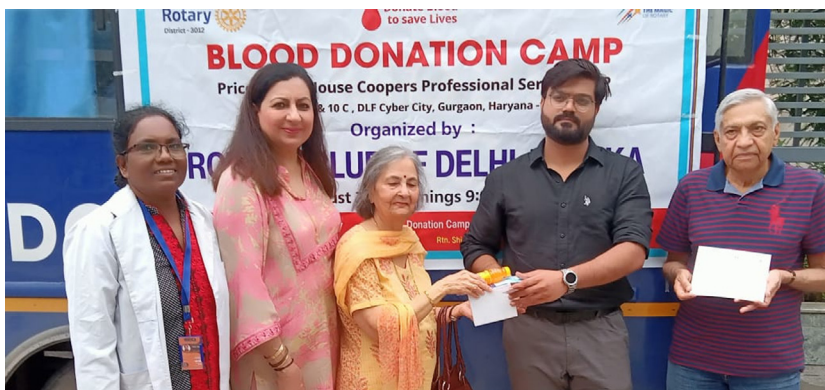


BLOOD DONATION DRIVE

AREA OF FOCUS : DISEASE PREVENTION & TREATMENT

Rotary Club of Delhi South, in collaboration with PwC and Rotary Blood Bank, successfully organized a blood donation drive at PwC's offices in Gurgaon. The initiative witnessed enthusiastic participation from Rotarians, PwC staff, and their families, who came together to support this noble cause. By contributing to the supply of safe and much-needed blood, the drive not only helped strengthen community health but also highlighted the power of collective action.

This effort once again reaffirmed Rotary's enduring commitment to its motto, "Service Above Self," and demonstrated how partnerships between corporates and service organizations can make a lasting impact on society.



SAVE A LIFE

AREA OF FOCUS : MOTHER AND CHILD HEALTH

In July 2025, a doctor from AIIMS reached out to PP Rtn Anil K Agarwal for urgent support to SAVE A LIFE.

Patient: Mrs. Vandana Jain

Age: 48 years

Profession: Teacher in a private school, Saharanpur, U.P.

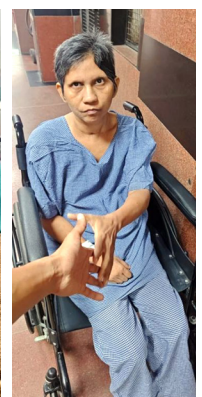
Background: A single mother (her husband passed away during Covid), she is supporting two college-going sons.

In July, Vandana ji had suffered a Brain Haemorrhage and was rushed to AIIMS for treatment. Doctors recommended urgent neurosurgery, with an estimated cost of ₹8 lakhs.

The family was in deep distress and unable to arrange the required funds. But thanks to the generous contributions of PP Rtn Anil K Agarwal and RCDS donors, the amount was raised in time, enabling the surgery to go ahead.

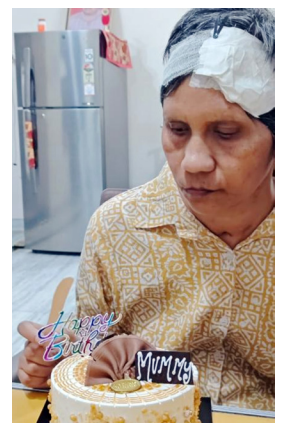
Throughout this critical period, PP Rtn Anil K Agarwal stayed in close contact with her son Tanish to monitor her progress.

On August 1, 2025, doctors declared Vandana ji out of danger, and she was discharged to return to Saharanpur. On August 4, 2025, she travelled back home with her son Tanish.



Just two weeks later, on August 16, her sons celebrated her birthday—a moment that may not have been possible without timely intervention and collective compassion.

A heartfelt thank you to PP Rtn Anil K Agarwal and all RCDS donors whose kindness made this possible. May Vandana ji live a long, healthy, and fulfilling life.



AUGUST SPEAKER MEETING & FELLOWSHIP

SUNDAY, AUGUST 24TH, 2025 AT JAYPEE VASANT CONTINENTAL HOTEL

On August 24th, 2025, we are grateful to Ambassador Rtn. Anil and Ambassador R'anne Deepa Wadhwa ji for inviting Lt. General Raj Shukla for our Speaker Meeting.

Lt. General Raj Shukla, in a career spanning four decades, commanded key formations from counter-insurgency brigades to a Pivot Corps, and led the Army War College. As GOC-in-C of ARTRAC, he advanced strategic futures, technology, and military education.

A professional aviator, prolific writer (70+ publications), and sought-after speaker (180+ talks/seminars worldwide), he is widely regarded for his thought leadership in defence and strategic affairs. For his exceptional service, he was awarded the Param Vishisht Seva Medal (2021). He currently serves as a Member of the UPSC, appointed by the Hon'ble President of India.

Topics Covered

Geopolitics: Rising volatility, strained US ties, cautious engagement with China/Turkey.

Regional: Pakistan-Bangladesh nexus adds security

challenges.

Trade: Diversify ties, strengthen Global South relations.

Defence: Boost startups/private sector; hold DRDO, PSUs accountable.

Technology: Invest in R&D, AI, indigenous platforms, cloud infra.

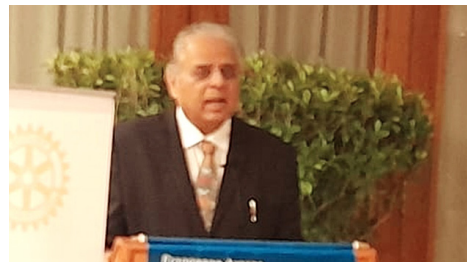
Talent: Incentivize graduates, curb brain drain.

Narrative: Strengthen India's global strategic messaging.

The meeting was held at Jaypee Vasant Continental Hotel and was very well attended. Mr Mahesh Parikh was inducted into RCDS as a new member and Mrs Parikh as the spouse.

The evening was followed by drinks and dinner, where members enjoyed delicious snacks and a delightful meal. The evening was filled with great conversations, laughter, and camaraderie, making it a truly memorable gathering.

Thank you August Monthly Group for your meticulous coordination.



ORAL HEALTH AND AWARENESS CAMP

AREA OF FOCUS : MOTHER AND CHILD HEALTH

On August 30th, 2025, under the leadership of President Kaval Verma, the Rotary Club of Delhi South organized a Oral Health & Awareness Camp at Project Why, Khadar Centre, Okhla. More than 300 children and women were examined. Sessions were held to highlight the value of good oral care. The women actively engaged, raising many questions and seeking guidance. Our heartfelt gratitude to Dr. Shweta, our Honorary Secretary, and to the Dant Pari Foundation for partnering with us in this effort. With every initiative like this, we move closer to creating a community where healthy smiles light the way to a healthier tomorrow.



GREEN ACTIONS WE CAN DO INDIVIDUALLY TOWARDS HAVING BLUE SKIES IN FUTURE

by Rtn. PP Arvinder S. Brara, Chairman Environment



1. INTRODUCTION:

India ranked as the 5th most polluted country in the world with Byrnihat in Meghalaya being the most polluted city globally with high pollution levels due to rapid industrialization and unregulated emissions. Despite some improvements, Delhi remains the most polluted capital and India's cities continue to exceed WHO PM 2.5 guidelines which recommend only five Microgram Per Cubic Meter whereas India's PM2.5 concentration in 2024 averaged 50.6 micrograms per cubic meter. Air Pollution in Delhi worsened with the annual average PM2.5 rising from 102.4 Micrograms Per Cubic Meter in 2023 to 108.3 Micrograms Per Cubic Meter in 2024.

The Indian cities in the world's top 20 most polluted cities are Byrnihat, Delhi, Punjab's Mullanpur, Faridabad, Loni, Gurugram, Ganganagar, Greater Noida, Bhiwadi, Mujaffarnagar, Hanumangarh and Noida. Overall 35 percent of the Indian cities reported annual PM2.5 level exceeding 10 times the WHO Limit of 5 micrograms per cubic meter. Delhi grapples with high air pollution year round and pollution worsens in winter when unfavorable meteorological conditions coupled with paddy straw burning, vehicular emissions, fire crackers, dust from unpaved roads, etc make the air quality extremely hazardous going past 400 Micrograms Per Cubic Meter.

2. HEALTH IMPACTS OF DELHI'S HIGH AIR POLLUTION LEVELS:

22 Lakh children in Delhi have irreversible lung damage due to the poor quality of the air. In addition research shows that pollution can lower children's and adults immune system and increase the risk of Asthma, lungs damage, cancer, epilepsy, diabetes and even diseases like multiple sclerosis.

3. WHAT CAN WE DO INDIVIDUALLY TO HELP REDUCE AIR POLLUTION:

The actions we all can take as Rotarians and responsible citizens are listed on the website www.greenpledges.com. It is a list 10 points out of which the five most important points are as follows:

1. Will minimize use of my personal vehicles by car pooling with friends, family and colleagues whenever possible by approaching them while going to office or common destinations forgetting my ego in the interest of reducing negative impacts on the air environment.
2. Will walk short distance of upto 1 mile and not use any motorized vehicle for the same.
3. Will install solar panels at my residence, office, factory, buildings and commercial establishment which will help to reduce electricity bills while helping the air environment. This can easily be done very

conveniently at the residence and office buildings and should be done on high priority in the National Interest.

4. Will avoid sweeping dust in the house, driveways, etc and use wet cloth/ wet mob instead of Jhadu the typical broom of dry sticks and bristles used for sweeping.
5. Will use CNG vehicles or electric vehicles instead of petrol and diesel vehicle. CNG can easily be installed on all petrol cards and should be preferred by replacing existing diesel cars with CNG Vehicles. As Rotarians & responsible citizens we can afford expensive non CNG vehicles but in the interest of the Air Quality environment in our cities we need to review this and replace Diesel Vehicles with CNG vehicles & install CNG kits in the petrol vehicles.

CONCLUSION:

We are living in Delhi and Indian Cities at great risk to our health due to high Air Pollution levels and need to act on priority to help reduce Air Pollution in Delhi by the 5 point action plan mentioned above and by taking the greenpledge at www.greenpledges.com. We need to act on a war fitting individually as Rotarians and responsible citizens to help in having blue skies for our present and future generations.

HAPPY BIRTHDAY

Rita Kumar	01-Sep
Nishant Kalia	01-Sep
Vinod Poddar	02-Sep
Raman Sobti	08-Sep
Kiran Agarwal	08-Sep
Pradeep Kumar	11-Sep
Chitra Mehta	13-Sep
Sanjeev Krishan	14-Sep
Mahesh Parikh	17-Sep
T.L. Bhandari	20-Sep
Alok Agarwal	21-Sep
Deepak Kapur	26-Sep



HAPPY ANNIVERSARY

Kriti & Sumit Makhija	10-Sep
Simi & Raju Bhatia	21-Sep
Sarita & Deepak Kapoor	21-Sep
Dolly & Arvinder Brara	29-Sep
Vaneeta & Deepak Kapur	30-Sep