



**R. I. President: Gordon R. McNally**

**District Governor: Jeetender Gupta**

# ROTARY CLUB OF DELHI SOUTH NEWSLETTER "ASHOKA" September 2023

## PRESIDENT'S MESSAGE TO THE CLUB



Dear Members,

Month of September brought mixed feelings for me personally. I am happy that my daughter will do her undergrad program from UCLA but was sad to let her go far away from us and make her fend for herself. Mini and I will come to terms with the strange feeling of being empty nesters. I am sure this phase of life will be sweeter as time goes by. I did spend a good three weeks away from home. And guess what, got a surprise call from Arvindar Brara ji who happens to have Los Angeles as his second home. Braras were kind enough to invite us to their place.

Turning on to the RCDS activities- our Nari shakti project continues to go full swing. 16 students were enrolled in the first batch and enrollment has already started for the 2nd batch. The

program that concluded last year has 47/50 girls completing the program and 42/27 girls placed in good jobs. This is well ahead of the target. We will begin raising funds in early January'24 so we can continue with this great program year after year. We received approvals for our CSR projects worth Rs 1.05 crores. Actions are underway to get them started soon. Your club has agreed to support the salary of a Sewing teacher at Nai Disha and BVN which will ensure uninterrupted training of over 150 students annually.

Amarnath ji shared a profound story of a 4-month-old child and how Dr Gupta did clubfoot treatment. This is immense as our actions do change people's lives and bring happiness all around. We organized a cervical cancer vaccination program at BVN for parents. Thanks to Naman, Vandana ji and Dr Vaneeta ji for their ownership and commitment to the program. Now we have to wait for parents to agree to get the vaccination for their daughters. In another exciting news, to commemorate the contribution of our Dr H.K.Chopra a national stamp was released on Sept 20, 2023 by the Government of India for publishing 12 focused text books of Cardiology in

the last 12 years. We had an exciting young and dynamic speaker in Dr Yash Sharma whose single most important message, "recycled plastic uses 60% less energy and generates 75% less CO2 emission versus virgin plastic. If we continue as is and do not embrace a circular economy, then by 2050 we will cross the threshold of global warming, and pollute our oceans to an extent that there will be more plastic than fish." Certainly, we all want to leave our Mother Earth in a better place than we inherited. Let's make a resolve to embrace the circular economy.

Our DG has given a call for blood donation drive between Oct 1 to 7th and challenged us to donate 500 units of blood in this year. We had one camp sponsored by PWC but we need several more to achieve the ambitious target of 50000 units of blood donation throughout the district. October 24th will be world polio day. Let's plan to raise \$5000++ from our club to support Rotary International in the global flagship project. I am sure the generosity of our club members will over deliver on the modest target.

**Pramod Agarwal**  
President

## From the desk of the **E D I T O R**



**Talk of September, and the foot tapping song 'Come September' promptly springs to mind. The generation of which I am amongst the survivors, still revs up to the energy of 'Come September'!! The music, and Twist the dance which gyrated a full generation of the sixties in the last century, may appear laboured but the creaking joints and the swaying hips still navigate the swing of the twist, albeit gingerly!! Twist was perhaps the first couples dance that was danced in rhythm with a partner of the opposite gender without any body contact. A solo twist was par for the course which set the trend of the solitary gig. The gyrating torsos with the body fulcrum being centred in the solar plexus region, felled many with agonising appendix pains, for such was the power and energy of the dance necessitating surgical intervention at times. It didn't help, that the hula hoop which was a craze about the same time, accentuated the medical problems !!**

The month of September 2023 was a historic centre stage for India, hosting world leaders to the G20. The Government of Bharat pulled all stops to make it a memorable event presenting the country's fabled hospitality. Delhi was dressed up as never before. The two day event left the denizens with goosebumps as the who's who of the leaders of some of the most powerful nations descended on the Indian soil. Whilst, there were expectations of political hurdles on a couple of sensitive and tricky issues, it was a remarkable achievement, that the negotiators led by the Indian G20 Sherpa were able to navigate the slippery path and present a consensus which at one point appeared to be a difficult prospect. Many new initiatives discussed at the summit received support, and the bonhomie and the easy relationship between the Indian leadership with other leaders of the most powerful and influential nations, was much in evidence. India is certainly the flavour of the world at this time. We wish though that we had displayed enough confidence in the internal security apparatus, to permit life to move on normally, rather than to clampdown on the movement of the citizenry across the board. It rankled.

We were regaled with select optics of the summit. There was emphasis on serving alternate serials such as millets which evolved into several delicacies to tingle the wip palettes. It was an all vegetarian cuisine dished out to the world leaders, leaving the hardcore carnivores digestive system in a straitened state!! We can only conjure the presentation of a vast array of Indian delights, culled from the extensive repertoire of the twenty nine Indian states. The guests were spoiled for choice. The word has gone around, that the hotel chain assigned the task of managing the hospitality, had been busy curating exotic vegetarian dishes the past several months using staples peculiar to each state. Obviously the guests were spoilt for choice with such a large amalgam of the staples on offer. Millets are suddenly the foods of choice. They are being promoted extensively by the Government as health foods free of allergens of which wheat in particular with its gluten is prone to. Wheat has been extensively hybridised over the years, and much may change with other foods as the genetically modified experiments reach approval levels. The Borlaug experiments with wheat and the subsequent green revolution radically changed the production level of this staple and from being a grain deficit nation we became wheat surplus!! The scientific tinkering with the genetic and hereditary constituents of grain, was not without mutating its causal antecedents. Gluten is much maligned and rightfully so for many ailments, witting or unwitting as it carries the cross for many ailments, of which there's no plausible explanation.

Almost overnight the millets and their ingestion has become an obsession and many a new entrepreneurial venture will seize the opportunity to service the demand. The market shelves are increasingly being stocked with health products like millet chikkies, cereal biscuits, Jowar Poha, Ragi chips, Roasted Makhana and much much more. This is just the tip of the iceberg, the demand

is estimated to be enormous, and not before long, a surfeit of such foods flooding the market is imminent.

The first speaker meeting on the 22nd was interesting and the speaker articulated well on his chosen subject of Recycled Plastic. The graphics were good and the process of recycling was quite up the alley to most of us for whom otherwise the nuances of the technology would, as the expression goes be just like, Greek and Latin!! The presentation was followed by an animated question and answer session and maybe a few more questions might have been fired but the creeping minutes, the cacophony of the glasses, the tinkling of ice cubes, and the expectations of the pleasures of the beverages that spread the warmth and glow of a relaxed well being, hastened the proceedings. Rajiv's crafting of the menu never ceases to disappoint the palate and the 22nd dinner was no exception. The Chinese meal was a symphony of flavours with taste and pleasure in abundant measure. Addition of a few vegetarian dishes including Daal Makhni and crisp tandoori roti from the Indian pantry completed the vast array of a hedonistic repast!!

It's a measure of support to the efforts of the editorial board, when members contribute articles on varied and topical subjects. Whilst Monica Krishan has contributed her spirited take on the eternally topical, battle of the bulge, Arvinder Brara who celebrated his wedding anniversary a few days ago, has shared how he snared his guileless bride Dolly into matrimony, though it must be said to his credit, and to her ever abiding good nature, that they continue to display that same ardour and passion 55 years hence!!

Per chance, have you felt a wisp of the morning air heralding an impending change of weather, which slowly but surely is creeping in on us? If the denizens of the weather office are to be believed, it promises to be a prolonged and harsh winter with all its embellishments of fog, pollution and foul air. Pollution reminds me of the smog that engulfed London in the mid fifties of the last century, creating a political furore that almost effected the Tories and well nigh perished the term of the Prime Minister, Sir Winston Churchill. The government's response was agile and aggressive and the problem was fixed though, but another smog in the early sixties, effected London but with less damage to health and the general well being. Let's hope north India escapes the severity of pollution as well as the the annual politicking of passing the buck from one state to the other, with disastrous effects on the citizenry but none on the fortunes of the politicians !!

That's all for this month. The editorial board joins me in wishing you all a very pleasant month of October and in staying safe and healthy!!

Cheers.

**Inderjeet Singh**  
Editor

## PANEL DISCUSSION ON CERVICAL CANCER AWARENESS

14th September, 2023



The Interact Club of BVN and RCDS collaborated for a webinar on Cervical cancer awareness and educating on the importance of immunization of girls against this deadly virus. The event which was streamed live on BVN's YouTube Channel was held on 14 Sep 2023 and over 120 parents attended the same.

The event was moderated by the Interact Teacher incharge

Mrs Shipra Malhotra. The panel comprised of our very own Dr Vaneeta Kapur, who has championed the cause of disease prevention especially amongst women, our Asst Governor Vandana Bhalla, Director New Generations Naman Agarwal and Dr Ashima Golia, a gynaecologist and parent at BVN.

Dr. Ashima Golia and Dr. Vaneeta Kapur answered questions on how the HPV can be contacted by girls and how it can turn malignant. The discovery for many participants was the fact that even boys can get infected by HPV and which can turn malignant.

Rtn Vandana Bhalla and Rtn Naman Agarwal elaborated on the role of Rotary and how they can help hold camps in the school premises for administering the vaccine.

The event was a grand success with Principal Ms Minakshi Kushwaha thanking the doctors and rotary for having the event and reiterating the need for vaccination of girls and went on to extend the offer to school staff who are in the permissible age to get the vaccines.

## ROLE OF RECYCLED PLASTIC IN CIRCULAR ECONOMY

22nd September, 2023

Our speaker event of Sep 22 was on the topic "Role of Recycled Plastic in Circular Economy" and was delivered by a young millennial, Mr Yash Sharma, who is a director and on the board of Ganesha Ecosphere, India's largest recyclers of PET bottles. Yash said he was passionate about saving the environment, and he explained to the audience how our traditional linear economy was based on take (from earth)-make- waste, while the emerging circular economy is based on recycling-production-consumption-collection-recycling. Recycling plastic is core to circular economy – it uses 60% less fossil fuel and reduces CO2 emission in the atmosphere by 75% versus virgin plastic, thus making a greener and better tomorrow. What was amazing to learn that if one household switches completely to recycled plastic, the effect on the environment will be equivalent to planting 7 trees! Yash shared a video of Ganesha's plant in Warangal, on how plastic bottles are collected, cleaned,

crushed and made into food grade pellets which are used to making recycled bottles. During a lively Q&A session, Yash dispelled doubts about the safety, hygiene, strength of recycled bottles and assured the audience that it was in no way inferior to virgin plastic. He also explained of the dangers to our health due to micro-plastics created due to mismanagement of plastic waste, as they enter our food chain, and how recycling plastic waste is the solution to this problem. There are government regulations in India which are in the offing, which will mandate manufactures to use a certain percentage of recycled plastic in their packaging. Adopting recycled plastic by manufacturers and consumers will go a long way in saving our planet. At the end of the talk, the audience was more knowledgeable about recycled plastic, and marvelled at the clarity of thought, presentation and achievements of our speaker at such a young age.



## WOMEN & WEIGHT... THE CONSTANT BATTLE !!

Do I look fat? This must sound so familiar to everyone reading this, the question which honestly has no correct answer.

Ever wonder why it's mostly the women that are bothered by it, while the other half happily flaunt their beer or mithai bellies. Somehow I don't believe that health is the prime reason to look picture perfect.

A typical day for the lady of the house begins with planning meals for the entire family, while consciously ticking off items not for self consumption lest the scale moves in the wrong direction the next day. Have we forgotten to enjoy food anymore with the calories count making its way to the menus now. Gone are the days when we unapologetically gorged on pakoras and samosas with hot tea and crispy jalebis. It's replaced by gluten free baked goods with names so delicate that the dishes seem porcelain to touch, let alone eat. Presentation seems to be the driving force nowadays, that I miss the messiness of dripping curries and sugary syrups.

Kitty parties and luncheons are all about diagnosing weight issues, so I wonder why they are hosted at mealtimes at all. Somehow, nobody is ever hungry, will order minimally and the one lady who eats heartily is subject to covert glances constantly. Instagram, facebook etc, Is Social Media to blame or have we simply forgotten to relish a hearty meal? Men on the other hand are far more relaxed, Chilled Beer is a must along with the peanuts and papad, which whether fried or roasted is irrelevant. I, honestly, have never heard male conversations starting with weight gain or loss as

opening remarks.

Airport look, gym look etc seems to be reserved only for women that the pressure of looking perfect at all times is overwhelming. Dietitians seem to be having a field day along with celebrity endorsements adding a feather to their cap. Unfortunately, it is a rat race now with us competing with our previous versions, natural ageing all but forgotten. Body shaming is condoned but only when it's convenient. Acceptance is the key which is easier said than done in our extremely judgmental society with its diabolical beauty standards. It seems we are tuned to look in a certain way and have difficulty in accepting changes even though common sense does tell us otherwise. The right to comment or judge needs to be reserved and not distributed unabashedly.

Women must stop fighting this continuous battle to look perfect and begin indulging in "self love". Mirror, mirror on the wall, who is the fairest of them all ?, seems to be etched in our minds and has taken on huge physical proportions. The need to please the mirror and others has to stop. Let the mirror be a reflection of only your personality. It's time to realise the mental issues that these constant weight judgments cause and rethink before saying, "you look so good, you seem to have lost weight!!" Maybe next time just "Looking Good" is enough!

Lets celebrate ourselves as the awesome person that we are, and not a perfect selfie to be posted each time....cheers !!

- **Monica Krishan**

## ONE DRINK FOR THE ENEMY... TWO FOR A FRIEND!

**Did you know that, Why?**

1. Last Sunday, my first Commanding Officer (CO) after much coaxing joined me for dinner. The couple well into their 80's braved the cold on my request, with a proviso - one drink at home and then dinner at a Club. After we had sipped a drink, I readied to pour the second, on the plea that you give one drink only to the enemy. My CO accepted the second drink, but asked me if I knew the basis of this "one drink for the enemy and more for a friend". He then, went on to give me the logic.

2. When swords and lances were the weapons of war, the battle fields were littered with dead and wounded. At sunset when the sides retreated, the medical detachment went out. They would carry a potent brew and pour one into the mouth of any one who was moaning in pain. The pain killer was a shot of the brew. The Maashal (torch) bearing team that followed would identify the wounded to be either own or enemy. If it was own, the second shot of the brew was poured to further lessen the pain till first aid could be administered or wounded evacuated. However, if it was an enemy wounded then that second shot was denied. That is how this custom of 'One drink only for the enemy' seems to have taken root.

In the services, it's still followed by many.



(As received from a Veteran)

Contributed by: **Inderjeet Singh**

# ...and they lived happily thereafter!!

by popular request we are creating a theatre of the newlyweds then, and happily ensconced now with each other



In September five of our members swore the solemn vows for better or for worse and to be together for the next seven rebirths, and two of them as you can see, are unable to trace the evidence of their nuptials -the wedding day photos!! The Ashoka wishes them a long and happy life together, and a growing clan of grand, great, and great great grandchildren!! God bless them.

## THE UNUSUAL STORY OF MY MARRIAGE 55 YEARS AGO

After graduating from Panjab Engineering College, Chandigarh in Mech Engineering I had an offer from Mahindra and Mahindra to go to UK, but I knew a friend Deepak Singh in Delhi who was a senior management trainee with DCM and told me about the excellent training as an SMT based on a Harvard returned expert who had designed an excellent programme. Also SMTs were viewed as the IAS of the private sector so I applied and got selected. In 1965 I had a handsome salary which one could not finish despite regular bird and bottle parties, visits to Oberoi Hotel etc. My mother heard about the parties and got worried that I might get lured by a party girl so asked me "Son, would you not like to get married". I thought I was being smart and gave her a list of 30 points which if a girl met I will marry her thinking this would not happen and I could continue with my merry party life.

Then a common family friend introduced me and family to Dolly and her family. She played the Sitar and sang a song in French. I thought that's pretty good but wanted to check more. So we went for a walk to Taj Mahal with her brother following 20 steps behind to keep an eye, I asked her a trick question that what if we disagree on something important after marriage. She gave a very good answer that as long as I listen to her point of view fully she will go with my decision as I was more qualified and experienced. Her good looks, many qualities and such a wise answer clinched it. I have learnt that once you come across a good opportunity do not miss it. So I said bye bye to girlfriends in my mind and said yes to marrying Dolly 55 years ago which has been one of the best decisions of my life. These 50 + 5 years of our happily married life feel like 5 years only.

**Arvinder Brara**

## GIFT OF LIFE

CHF-DSRF HEART WARRIORS – SEPTEMBER 2023

### HASAN KHAN

**PRE-SURGERY**



**POST SURGERY**



**POST FOLLOW-UP**



Hasan is just 4.5 years old, a brave young boy who belongs to a small district, in Uttar Pradesh, diagnosed with a Double Outlet Right Ventricle. Hasan's parents, Rajiv Khan and Sabeena, were desperately seeking support for their son's life-saving surgery. Hasan's diagnosis of DORV NRGV has brought immense challenges to his family. The estimation was Rs. 4 lakhs for the required treatment, their financial condition is already strained.

Rajiv, the sole earning member, runs a modest fruit stall and is unable to afford the substantial cost of Hasan's surgery. The symptoms Hasan experienced, such as blue lips, fingers, and toes, serve as a constant reminder of the urgency of his situation. Time was running out, and Hasan was still waiting for the crucial surgery that could save his life. Despite their financial hardships, Hasan's parents are determined to provide the best possible care for their beloved child.

His uncle referred them to Dr. Kohli. Everything seemed to be right when the parents met Dr. Kohli, recalls Rajiv Khan. Hasan's parents have pinned their hope on Child Heart Foundation to help them financially and give their son, a second chance to see this beautiful world.

Hasan got registered under the CHF HRIDAAN program. He needs the procedure on an urgent basis to avert any possible adversity. The parents were unable to raise even a small amount of funds.

With CHF efforts, funding was arranged with the part funding support of DSRF. He was operated successfully on 28/08/2023. Hasan is getting better day by day.

The family is extremely thankful for saving their child. His parents said they are forever in debt to Dr. Kohli's service to them. His parents are grateful to the CHF staff and funders for the timely help. **HASAN KHAN**

SNIPPETS HISTORICAL AND INTERESTING...

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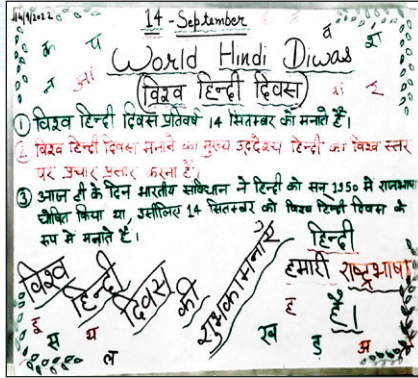
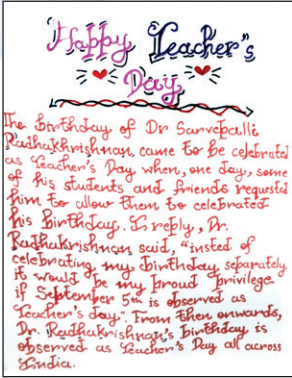
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*Season from 1st October till end of April.*

*Off Season from 1st May till end of September.*

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The aim of RCDS Sankalp Centres is to develop in children age and grade appropriate competencies by giving them a wide exposure to diverse activities, both curricular and co-curricular. Some of the key features of the literacy centres are learning support program, comprehensive assessment, computer literacy, English speaking program, training and capacity building, regular monitoring and strengthening community linkages. Sankalp believes in equality in education to ensure that no child is left behind. Slums are visited on a regular basis and interaction is done with community people to make them aware of their child's rights, etc.

### International Literacy Day

International Literacy Day is celebrated to remind the public of the importance of literacy as a matter of dignity and human rights, towards a more literate and sustainable society. Literacy challenges still persist around the world, especially

for women and children who still lack basic reading and writing skills and are faced with increased vulnerability. In the aftermath of the pandemic, nearly 24 million learners might never return to formal education, out of which, 11 million are projected to be girls and young women. Children were told about the importance of literacy learning spaces to build resilience and ensure quality, equitable, and inclusive education for all.

### Hindi Diwas

This was celebrated on 14th September. The annual celebration of Hindi Diwas commemorates September 14, 1949, the day when the Constituent Assembly of India took the decision to make Hindi the official language of the Union government. It is celebrated to spread awareness about the importance of the Hindi language in the country. Children were informed that Hindi language is one of the oldest languages that obtains much of its academic terminology

from the Sanskrit language written in the Devanagari script. History of Hindi language was also discussed.

### International Peace Day

RCDS Sankalp Centres celebrated this Day on 21st September. Children prepared speeches, made charts and wrote essay on International Peace Day. The International Day of Peace ("Peace Day") is observed around the world each year on 21 September. Established in 1981 by unanimous United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace. Children were told that the theme for the International Day of Peace 2022 is "End racism. Build peace." The Day is dedicated to the aim of making a new world free of racism and racial discrimination.

Other days celebrated were Teachers Day on 5th September and World Tourism day on 27th September 2023.

ROTARY CLUB OF DELHI SOUTH

## THE 4-WAY TEST OF THE THINGS WE THINK, SAY OR DO:

IS IT THE TRUTH?

IS IT FAIR TO ALL CONCERNED?

WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?

WILL IT BE BENEFICIAL TO ALL CONCERNED?

## OCTOBER

Singh, Davinder	01-Oct
Basu, Tridibes	03-Oct
Sanwalka, Deepankar	06-Oct
Anand, Harleen	07-Oct
Makhija, Kriti	09-Oct
Krishan, Monica	09-Oct
Baluja, Raman	11-Oct
Chhibber, Brig BK AVSM, VSM	15-Oct
Kanwar, Vijay	15-Oct
Yoko Hirokawa	21-Oct
Gulati, Anita	22-Oct
Madhavan S	26-Oct
Brara, Arvinder S	28-Oct



## HAPPY Anniversary

Kanwar, Vijay	Manju	07-Oct
Batra, Dharam	Neelu Batra	14-Oct
Sawhney, Lalit	Jayshree	14-Oct
Anand, Ravindra S.	Satty	23-Oct
Aneja, Ashok K.	Usha	31-Oct