



R. I. President: Jennifer Jones

District Governor: Ashok Kantoor

ROTARY CLUB OF DELHI SOUTH NEWSLETTER "ASHOKA" June, 2023

STOP PRESS

DISTRICT AWARDS 2022-23

JUNE 30, 2023



**RC Delhi South received the
Highest Category - Pinnacle award !!**



Our Club received an award for the **PINNACLE CLUB**, the highest category amongst the 125 clubs in the District.

Our Club received two more Rolling Trophies:

- The Club with the Best Public Image** - Trophy shared between two clubs in the District, Rotary Club of Delhi South and Rotary Club of Delhi Regency Next, 6 months each.
- The Club with the Best Newsletter** - Trophy shared between 3 Clubs in the District, Rotary Club of Delhi South, Rotary Club of Gurgaon Qutab Enclave and Rotary Club of Delhi Safdarjung, 4 months each.

**Yet another award
we received -
Amarnath Goyal ji
received the
Pinnacle Award for
District Chairmanship
for Clubfoot.**

Breaking News

Folks.... It does not end here....

Major Achievements by our Culb on what is truly a Milestone day.... a hitherto unparalleled day.... a day that deserves to remain etched in our memories...

A) **Arch Klumph Society** yes, you read correctly... our very first member of the so very Prestigious and Exclusive Arch Klumph Society has been named today **Vivek Gour**

B) **Major Donors** - Our latest members of this exclusive band of brothers (and sisters).... None other

than the ever effusive always smiling **Tridibes** and **Sanghamitra Basu**

C) **Major Donors** - Yes, there are more members of this exclusive group added today... - always ready to lend a helping hand and generous to a fault... none other than **Anil** and **Kiran Agarwal**...

As they say, it does not rain.... it pours, and today, the monsoon seems to be in full flow.... the Gods have indeed smiled on RCDS...

Hold Your Heads High My Friends... YOU belong to the most prestigious of Rotary Clubs... RCDS...

Ganesh Katariya



◀ Collected this award for District Zonal Co-ordinator for Polio on behalf of Tridibes Basu



▶ Rajiv received the Pinnacle Award for District Chairmanship of Water!



▲ Collected this award on behalf of the District Leprosy Chair, Pradeep Bahri



PP Deepak Kapoor just received the Governor's Elite Award for the District CSR Chair

Friends - I am very happy to see our Club's first AKS member in our 54 years - Vivek Narayan Gour. This requires a contribution of USD 250,000 to the Rotary Foundation. Vivek has contributed these quarter million dollars in less than 4 years since he joined Rotary. I am happy to say I had the good fortune of having introduced Vivek to Rotary in my previous club.

I am very proud to have Tridibes and Sanghamitra Basu, Arjun and Chitra Mehta also join the august club of Major Donors Level 1.

My gracious thanks to Vivek, Tridibes and Arjun for their generous contributions.

And, I would also like to thank our Rotary Foundation Chair Ganesh Katariya for all the motivation efforts and the background documentation efforts he made to get all these members move up the TRF ladder.

And, I am proud to be a part of the club which is putting these next steps up the TRF ladder.

Lalit Sawhney

PRESIDENT'S MESSAGE TO THE CLUB

Dear Friends,

As I move towards the end of the Rotary Year and start writing the last President's Message, I can't help but recall how many more new friends we have made, and how many Project Partners that I got to work with - from the Project Leads in our club to our partners in our flagship projects and the schools which run our two Interact Clubs.

I was happy to start the month with participation in the international Zoom event to celebrate the completion of the Global Grant for Child Heart Surgeries, and it was a pleasure to visit the clean and bright Sri Satya Sanjeevani Hospital once again. We got to meet five of the little children who benefitted from the surgeries and were getting discharged from the hospital.

I was delighted to join in the handing over of the Medical Machines and Physiotherapy equipment for Leprosy patients donated by AIMIL to the Indira Gandhi Hospital, and happy to see the hospital which is growing so much and building a support system for Leprosy - on every visit of ours. It was a pleasure to go with my senior, grand ole' Amarnath ji to Maharaja Agrasen Hospital at Punjabi Bagh for the inauguration of one more Clubfoot Clinic in the District, which is helping to build on the support system for Clubfoot children in Delhi-NCR. This clinic is set up with one of our partner clubs in the area of Clubfoot Disability, the Rotary Club of Delhi Rajdhani.

Another pleasure was getting to work with excellent people. Starting with our super-friendly PDGs Hemant Ahuja and Deepak Kapur, also from my old School - The Modern School, Barakhamba Road. It was great to see the respect they enjoy in the whole District and how humble they are in dealing with one and all. And, it was an equally great experience to deal with super-efficient President Elect Pramod Agarwal, who is always ready to pick up on new ideas for the upcoming Rotary Year. Another pleasant personality that I got to work with, was Inderjeet ji. I approached him when we suddenly had a vacancy in the club administration mid-way through the year. Not only did he come forward to help, but I saw what experience he had in running RCDS accounts almost over 10 years and what all he taught me about many other activities of the club ! And, not to forget our IPP Anil ji, who is helping us with fantastic efforts to get us almost a crore of CSR funds in the last month of the Rotary Year. And, how can we forget the new members we took in - Vivek Gour, Rajeev Bajaj,



Ajay, Manoj,
P o m e l a ,
Atroley ji, Alok Agarwal
and their spouses.

The most memorable event of the year was the Club Thanksgiving, which made me go over all the year's activities as I worked hard to fill up page after page of the Annual Club Appraisal form and prepare my Thanksgiving message. This made me go through the great times we had over the year, with so many members supporting us meeting after meeting; and this was not only to enjoy the excellent dinners served, but also the wide range of subjects that we covered through the year. We started with an estimate of about 40-50 people attending our meetings at Claridges twice a month, but ended up with 60-70 and even 80 people joining us at our meetings! And, we were fortunately able to get the District Governor to come to our Thanksgiving and honour our hardworking members and partners. Because of shortage of time that evening, I could only circulate my PowerPoint presentation for the Rotary Year on the Club WhatsApp group.

I am now looking forward to the events in the last week of the year - the Skin Bank Inauguration at AIIMS, and the very last event of the year, the District Thanksgiving. I am sure these two functions will be as exciting and memorable as the complete Rotary Year 2022-23.

Three Cheers, friends

Lalit Sawhney
President, 2022-23

From the desk of the
E D I T O R
Change is inevitable



Editorial. Perhaps one of the greatest joys of change, is the energy generated by its expectation. New ideas, new team, new goals, a fresh approach, a new perspective and a new strategy. The impending change of leadership at RCDS is on us today!! Aim of course remains unchanged of Uplifting the marginalised members of society and bringing succour to them across a vast spectrum - healthcare, vocational services, basic education and much more. Healthcare is a vast portfolio at RCDS, which covers Leprosy, polio, clubfoot and gift of life. The desire to achieve more is arrested by the limitation of resources.

Today is July 1, the beginning of a new dawn, a new Rotary year. The old order paves way to the new, the baton changes and the new team led by President Pramod Agarwal assumes charge. His ambitious plans for the year 2023-24 were revealed in a detailed, all-enveloping presentation on May 27. The plans are published in this issue of the newsletter to be perused at leisure. Successive Rotary years have all set stellar benchmarks, motivating the incoming teams to reach for the sky. They have, without exception, always come up trumps!! As has been true for the previous years, so it is for 2023-24. The path is laid, the toil awaits, and there are expectations that the new team will set fresh and new templates of excellence, and fulfil their vows of serving the community!! Amen!!

PP Lalit Sawhney after twelve months of leading the club, is leaving his foot prints which are deep and which have traversed a long but satisfying journey. Despite a truncated board, being a new member without any exposure about most members, and undercurrents which are an inevitable appendage of every organisation, he accepted the challenge, persuaded by an insistent assurance of complete support. Despite initial roadblocks and pullbacks, he managed to not only complete the year creditably, but also excelled across various theatres of operations. Congratulations Mr President, who was ably assisted by the First Lady Jayshree for completing the year successfully, in style and with aplomb. He has covered this extensively in his message in the newsletter, as well as in his address to the club, at the thanksgiving dinner on June 24. IPP Anil has not allowed the dust to settle as he continues to employ his energy, resources of money, contacts, his extensive reach both politically and commercially, to elevate the fortunes of not only the club but the district as well. My crystal ball sees the spread of his wings beyond the contours and the boundaries of his country, and as his good

work continues, so shall the flow of accolades and blessings!! The Rotary year just past and President Lalit are indeed fortunate that an IPP was not stricken by fatigue and continued the traction without let or hindrance and performed with an energy of a man on a mission!! IPP Anil please take a bow, the club is truly beholden.

The robust Indian democracy upholder of constitutional propriety and the largest in the world, gifted itself another parliamentary temple of debate - larger, more lavish, well appointed and planned to seat a vastly increased representation of elected Members of Parliament. There was 'much ado' by the opposition about the project, but lacking numbers in parliament the Government 'without much ado', went ahead and completed the project in record time!! The new parliament building is triangular in shape. It's not common knowledge though, that the earlier plan by the Architect Laurie Baker in 1921, was to construct a hexagonal building a plan which was shelved in favour of Sir Edward Lutyen's circular Council House, which later became the Parliament House. Copies of the original prints of the two designs of the Legislative or the Council House as they were then called, are published in this newsletter. You will observe that at first sight the plan does look triangular, but for the inflection point veering sharply at the narrow end, giving it the hexagonal character. With a burgeoning population necessitating a corresponding increase in the representatives of the people, the new and futuristic Parliament building, is an example of good planning!! We wish the same sense of urgency had seized the Government after independence to adopt and enforce planned development of colonies in towns and cities, and create infrastructure at pace with the habitat development. Chandigarh was planned within three to four years of independence, and is recognised as a fine example of a well planned city. It's not that the Government lacked foresight,

yet the past seventy years have witnessed an abysmal growth of unplanned and ghetto type development in the illegal colonies which have sprouted without check, the reasons not far to seek. It was the case of turning a Nelson's eye and I leave it the readers to reach their own conclusion!! Alas, it has been the bane of organised development and this cavalier approach has gone too deep and too far, to gut it out!!

New Delhi is a world class city whose foundation stone was laid by King George V, at what is referred to as the Delhi Durbar on Tuesday, December 12, 1911 at two O' clock (was it the twain of an ephemeris and a Pandit deciding the auspicious hour!!). It's a calculated guess that, superstition held sway on matters of state even then. This was its seventh avatar as the capital city, built on the ancient and legendary Indraprastha. There is a distinct differential between the two Delhis, the Old and the New now called Lutyens Delhi or by some disdainfully as Lootyens!! Old is steeped in history, and had witnessed the creation of Shahjahanabad or Old Delhi as it came to be called later. It was built by the Mughal ruler Shahjahan in the seventeenth century when he decided to shift the capital from Agra. It was conceived as a walled city as was the custom then, to repel the marauding armies and to protect the residents from danger. The power of the Mughal empire had started waning by the late eighteenth century and which was totally eclipsed after the battle of independence in 1857. British architectural style was rapidly gaining favour as could be seen in Delhi's Civil Lines and the ridge area and later the bungalows of Lutyens Delhi with balustrade parapets, Gothic columns, well appointed manicured gardens and the wide and planned boulevards for future expansion. Conceived as a planned city, New Delhi holds a mirror to the post independence planners of what has been lost by the builder lobby and the Government controlled DDA whose myopic vision just couldn't see beyond the colours of lucre!! Smart cities now proposed, can hardly undo the large swathes of unplanned habitat, narrow roads and an absence of civic facilities.

The original estimate of constructing New Delhi provided by PWD in 1913 was ₹9.1 crores, but with the advent of the first Great War in 1914, it shot up exponentially to over ₹13 crores. It's incomprehensible now that the Viceregal Lodge known as Rashtrapati Bhavan cost only ₹1.31 crores, the Legislative Assembly or the Parliament House cost ₹83.5 lakhs and building New Delhi a mere ₹13 crores. The great war had seriously affected the exchange rate which led to the revision of estimates.

The Ashoka this week carries a melange of contributions by members. Pradeep Bahri's adventurous journey through the Indian hinterland by road on transfer from Cochin to New Delhi, complete with the inevitable minor skirmish with soulmate -to have or not to have an a/c fitted car- with the boss and the light of his heart, the very amiable Sonya scoring a win-as ladies always do!! Pradeep's PR and crooning skills no doubt helped an early resolution!! We also publish Monica Krishan's account of her visit with Sanjeev to Ajmer Sharif and Pushkar, a poignant tale- Azaan or Aarti - a reverent reminder of the two contiguous places of worship, both worshipping that one Supreme Power!! What's the difference?? A fair question!!

Dr Manish Dhawan has been making waves in his area of expertise. He has traversed across the Atlantic to Mexico followed several weeks later to Siberia to participate in presentations and imbibing new skills in the field of orthopaedics. Siberia is one of the most hostile areas known for its forbidding climate in the winters. The Second World War turned favourable for the allies because of a miscalculated decision by Hitler to open another war front in Russia where his armies got bogged in snow and the bitter cold. Siberia is also infamous for where the communist regime would banish the opponents, who perished in the harsh climate. It was a one way ticket!! And our Doctor Dhawan stepped into this forbidding area with much trepidation, the biggest challenge being food. He is a strict vegetarian and the prospects of surviving on bread and cheese was daunting. Despite carrying loads of theplas, packaged food of ITC daals, mutter paneer, he was a starved orthopaedic who soldiered on regardless in the interest of excellence. No pain no gain!!

Delhi seems to have been spared the sizzling summer or have I spoken too soon!! No I have not, and the blushes have been spared by the monsoon showers arriving simultaneously on June 25 at Delhi and Mumbai. The last time this happened was 62 years ago! The tree lined roads are looking fresh and sparkling green, the wilted dust laden tree a memory. Unusual weather patterns are emerging. Nature is frowning and let's never ever forget it wins in the end!!

As we sign off on another satisfying Rotary year, the new one is agog and bursting with energy!! We, the editorial team and I, will continue to share the unfolding of events as we traverse through them, month on month.

Cheers.

Inderjeet Singh
Editor

KNOW YOUR PRESIDENT 2023-24



Pramod Agarwal, an MBA from Indian Institute of Management, Ahmedabad worked with P&G for over 28 years. He has very diverse experience having lived and worked in seven countries across the globe starting with India, Thailand, Japan, Philippines, USA, Singapore and Switzerland. He spent over 20 years outside of India as CFO of businesses of varying sizes. Pramod spent nine years in Singapore as CFO for Asia. He was the key architect of a very long term strategic alliance with the Economic Development Board, Singapore which has proven to be a win-win. Pramod has been at the centre of many restructuring projects, integration of Gillette business into P&G, setting up of greenfield site Manila Service Centre, and so on. These interventions have had a lasting impact on

the business results. Pramod is an avid organization builder and has been instrumental in developing scores of local talent who have reached senior management levels in the company. Pramod continues to serve P&G as non Executive Director of two publicly listed P&G companies in India. He is also an angel investor in multiple start-ups and mentors some of the CEOs regularly.

Pramod was nominated as President Elect and Vocational Services Director for RCDS in 2022-23. As Vocational Services Director he was instrumental in starting the Nari Shakti program in partnership with Etasha Society and helped over 35 girls to achieve financial independence.

His wife Mini, a Chartered Accountant, was also a P&Gér and a Global Tax Manager. Mini has made several paintings inspired by various artists, she is an expert cook and now spends her time playing Bridge including national level tournaments. Their son Tarang is an MBA from Wharton Business School and Partner at Mckinsey Singapore. Their daughter is headed to University of California Los Angeles to do undergrad. Daughter in law Astha works for JP Morgan Chase in Singapore. Mini & Pramod are blessed with grand daughter Mira. Family is happily settled in Gurgaon.

ACTION PLAN

Dear Fellow Rotarians,

Happy New Rotary Year. May this year bring more passion in you for community care and giving and help support the ones who are not so fortunate. Let's create new hope around the world with our actions and words. We will begin the Rotary new year with the distribution of sweets at Mother Teresa home. "Ashirvaad aur mithas ke sath; hum karengae nai saal ki shuruwath".

In the spirit of full transparency and to seek involvement of each and everyone, I am sharing the detailed action plan along with the team leaders and their team. Needless to say,

we would love to have more hands raised for joining various activities. I will gladly update this as often as required. As said at the May 27th assembly, we have an ambitious plan but I also know that with the talent and resources available in our club, we can deliver this in no time and make it even more ambitious as time goes by.

I look forward to your help and support in delivering a high impact action plan to create high impact for those who need us most. Best wishes for the new year and again thanks in advance for help and support.

Pramod Agarwal

ROTARY CLUB OF DELHI SOUTH DISTRICT 3011

ACTION PLAN 2023-24 (JULY TO JUNE) - June 19, 2023

GLOBAL FOCUS AREA	RCDS PROJECT	PROJECT LEADER	PROJECT TEAM
Basic Education & Literacy	1. Education & Literacy program	Rita Basin / S Bahari	Usha Aneja, Nina Bhandari, Dolly Brara, Sarita Kapoor, Manoj
	2. Books - Nai Disha Fall/Summer		
	3. Beti Scholarship at Gurukool, Sankalp, Nai Disha		
	4. Sankalp - education for U/Priv		
	5. TEACH (Teachers training, E Learning, Adult Education, Children bring back to school, Happy School		
	6. Explore Kasturba Ballika Kendra		
Community Economic Development	1. Career Counselling	R Seoni (Vocational Service); Pradeep Kumar (Community)	Lalit Sawhney, Rajeev Bajaj, Pramod Agarwal, Rita Bhasin, Rohit Sadana, Som Dua, Sunil Bhasin
	2. Nari Shakti & Atmanirbhar with Etasha Society at Arya Samaj GK 1		
	3. Sewing machines & Teacher's support @ Nai Disha, GK 1, BVN		
	4. Arya Samaj Vasant Vihar - Build Skill development centre		
	5. Mother Teresa Home		
	6. Community Services		

GLOBAL FOCUS AREA	RCDS PROJECT	PROJECT LEADER	PROJECT TEAM
Disease Prevention & Treatment	Health Camps for under privileged	R Sehgal	L Sawhney
	1. Polio vaccination drive 1 & 2	Amarnath Goyal	RCDS members
	2. Club foot awareness & Support for child	Amarnath Goyal	Dr Manish, Rita Bhasin
	3. Cancer awareness; Mammography, Cervical Vaccination	P Agarwal	Dr V Kapur, L Sawhney, R Sehgal, Dr Shweta
	4. Blood Donation camp 1 & 2	Naman	Sumit/RCDS Members
Environment	1. Tree plantation with a personal touch	Arvinder Brara	Anil Agarwal
Maternal & Child Health	1. Gift of life	Pradeep Kumar	V Gaur
	2. Support SSSS (Share of Global Grant)	V Gaur	L Sawhney
Peace Building & Conflict Prevention	Talk on importance of peace	A Wadhwa	
	Arrange Rotary Peace Scholarship	L Khanna	
Water Sanitation & Hygiene	Hand wash facility in school	S Bahri	P Agarwal
	Explore Rain Harvesting system	R Gujral	P Agarwal
Projects with Global Grants	Leprosy	Pradeep Bahri	T Basu/ RCDS Members
	1. Continue building on 4 pillars		
	2. Strengthen 5th pillar - Reconstructive & Ulcer management surgery		
	3. Add 6th pillar - Vocational Training & Institute		
	4. Commission comprehensive Leprosy care centre at IG Hospital		
GG TBD	Gift of Life - SSSS	V Gaur	P Kumar
GG TBD	Cervical Cancer Vaccination	Pramod Agarwal	R Sehgal
Fellowship location	Fellowship Event	PROJECT LEADER	PROJECT TEAM
Vocational Services Award (TBD)	Co-Sponsor Dist award - explore	Rajeev Seoni	Pramod Agarwal
Fellowship meetings at Claridges	As per dates published	Jayshree	Rajiv, Priyanka, Ila, Rajni, Bhuvana, Archana, Mini
Fellowship at Claridges or outside	As per dates published	Jayshree	Rajiv, Jayshree, Ila, and other RCDS members
Speaker's meeting	As per dates published	Manoj Kumar	Rajiv, Jayshree, Ila, and other RCDS members
Assembly meetings	November 25th	P Agarwal	Tridibes, Naman, Sarvpreet, Rohit
	May 25th	Tridibes	Pramod, Sarvpreet, Rohit
Board meetings at Claridges before the fellowship/Speaker meeting	Monthly frequency	Sarvpreet	Rohit, Ila
OTHER ACTIVITIES	PERIODICITY	PROJECT LEADER	PROJECT TEAM
Public Image Initiatives	No of impressions	Kriti Makhija	Pramod
News Letter	Monthly	Inderjeet Singh	Editorial team
Raise funds for project	Ongoing	P Agarwal	M Chaddha, Anil Agarwal, Kriti Makhija, Rajindar Sehgal, Lakshmi Khanna, Deepak Kapoor

'GREEN MOBILITY' EVENT AT AIIMS

RC Khubsurat gave a gift of 568 Cycles for the Drs , Nurses & Paramedics of AIIMS. DG & Dir & Rtn & Drs took a round on the cycles. DG highlighted the good work being done by Rotary. Director AIIMS praised DG & Rtn for this gift of cycles for green and efficient mobility in AIIMS. As desired by DG, IPP Mr Anil Aggarwal conducted the Program.

Anil Aggarwal



CLUB THANKSGIVING

JUNE 24, 2023

We had a great Thanksgiving event for our Club, a satisfying Rotary year for lots of activities. The year saw great progress on our Flagship Projects of Leprosy Control, Child Heart Surgeries, Clubfoot and a variety of other projects, speaker meetings covering a wide range of subjects, including a Thai Cookery demonstration; and welcoming seven new members and their spouses.

Lots of members and spouses made an effort to join the last meeting of the year; we had 70+ participants. We were particularly happy to have our District Governor Ashok Kantoor and his wife Alka agreeing to join us that evening and help us honour our Rotarians for the Year, selected members and Project partners. We also had District Secretary Rakesh Talwar and District Secretary Sanjeev Jawahar and his wife Vinita join us. And, this was when the DG and the secretaries had to run between 3 different Club Thanksgiving events the same evening.

The year's activities were covered by a Video presentation giving a quick flavour of a range of our year's functions, projects and speaker meetings. Our guests enjoyed the Awards being to Rotarians of the Year - Amarnath Goyal and Inderjeet Singh, Key Project Leads Pradeep Bahri, Vivek Gour, Amarnath Goyal and Key Member Inderjeet Singh, and Project Partners. We were happy to listen to DG Ashok Kantoor's motivating talk congratulating our club and its members for all our large projects and especially helping organise District Events - District Conference, the ICCR Cultural event, the Green Mobility and Skin Bank events at AIIMS, the District events on Water Conservation and Clubfoot Disability, collecting a lot of CSR funds for multiple projects; Naming many of our members individually.

The evening ended with the participants enjoying an excellent Indian dinner and a live counter serving excellent pasta. This was a memorable evening to remember the interesting and busy Rotary Year 2022-23.

Jayshree Sawhney







CONTINUOUS LEARNING AND ACCUMULATION OF LATEST TECHNOLOGY, IS AN ONGOING PROCESS FOR SURGEONS - HOW EVER SENIOR YOU ARE IN YOUR PROFESSION



**DIPLOMA SUPPLEMENT
RECORD OF ACADEMIC ACHIEVEMENT**

This Diploma Supplement follows the model developed by the European Commission (Council of Europe and UNESCO). The purpose of the Supplement is to present additional information data that improve international "transparency" and that facilitate the professional mobility of graduates that have pursued and successfully completed by the individual named on the original certificate or diploma. The content, format and its appearance, it should be free from any other indicators, signatures, stamps or requirements that impede its use. The Supplement is intended to be provided. When information is requested, an organization should provide the information.

The Diploma Supplement is based in a widely spoken European language and that of charge to every student upon graduation.

1. INFORMATION IDENTIFYING THE HOLDER OF THE QUALIFICATION

1.1. Family name(s) / Surname: _____ 1.2. Date of birth (day/month/year): _____
 1.3. Given name(s) / First Name: _____ 1.4. Student identification number or code of institution: _____
 1.5. Matrikel: _____ 1.6. No. 2303 _____

2. INFORMATION IDENTIFYING THE QUALIFICATION

2.1. Name of qualification and of applicant title: _____ 2.2. Name and status of institution (if different from 2.1.): _____
International Commission for Academic Recognition (ICAR) / International Commission for Academic Recognition (ICAR)
 2.3. Addressing student academic progression certificate: _____
International Commission for Academic Recognition (ICAR) / International Commission for Academic Recognition (ICAR)

2.2. Main field(s) of study for the qualification; number of specialties, specialty, specialization among concentrations, interdisciplinary, interdisciplinary: _____
 doctor orthopedics and traumatology

2.3. Name and status of awarding institution: _____
International Commission for Academic Recognition (ICAR) / International Commission for Academic Recognition (ICAR)
 Indian medical council

3. INFORMATION ON THE LEVEL OF THE QUALIFICATION

3.1. Level of qualification: _____ 3.2. Name of program/qualification: _____
 Advanced level The entrance test questions

3.3. Official length of program: _____ 3.4. Hours: _____

4. INFORMATION ON THE CONTENTS AND RESULTS GAINED

4.1. Mode of study: _____
 Full-time

4.2. Program description: _____
 Intra-curricular part: human Cadaver-lab 17 June 2023

CE-2 3 003780

Course	Sections	Total amount of academic hours	ECTS	ECTS grade	Course	Sections	Total amount of academic hours	ECTS	ECTS grade
1. Technical aspects of orthopedics	3 hours		A						
2. Anatomical aspects of orthopedics	3 hours		A						
3. Biomechanical aspects of orthopedics	3 hours		A						
4. Basic reduction techniques	4 hours		A						
5. Possibilities with modular orthopedics of the Ilizarov	4 hours		A						
6. Simulation course in Cadaver-lab	3 hours		A						
Total hours:		30 hours							



I was first Privileged to be invited as an International Faculty for LXVIII Congress 2023 of Mexican College of Orthopedics and Traumatology in May 2023 at Acapulco, Mexico as an expert in Deformity correction and Ilizarov Technology.

I am practicing this art of Orthopedics from last 25 year treating Deformed and Physically Handicap Children and Adults. Orthopedics experts were invited from 22 countries and I was the only one to represent India and gave five Presentations in the Congress.

In June this year received invitation from "Russian Scientific Ilizarov Centre, Kurgan" for a talk on correction of deformed Ankle joint. It was my first at Kurgan as Professor

of Orthopedics.

Kurgan has largest Orthopedic Hospital in the world with 1200 beds, where Principles of Deformity correction, Limb lengthening and Circular frame was described by Professor Ilizarov.

After Kurgan went to Yekaterinburg fourth largest city of Russia. This is the same city where last Tsar Nicholas II and his family was executed. In this city Russian Diploma Exams were being conducted. I requested them to allow me to participate in these exams. Received Russian Diploma with A Grades.

Dr Manish Dhawan

ROTARY SKIN BANK AT AIIMS

DG Ashok Kantoor was keen on taking up a District Project at AIIMS.

IPP Anil discussed the matter with HOD of Burns department of AIIMS and he agreed to set up a Skin Bank.

IPP organised a meeting for DG with Director AIIMS and it was agreed to set up the first of its kind Rotary Skin bank in Burns & Plastic surgery Unit in AIIMS.

AIIMS specified the required machinery & Equipments. IPP Anil put his team to source these items and in consultation with AIIMS finalised the items costing Rs 30 lacs approx. much below the budgeted prices.

DG got the project approved as a CSR project from RISAO.

IPP Anil got a CSR for Rs 21 lacs, gave his own grant of Rs 2.5 lacs and the balance was arranged by DG & the District team:

IPP team worked closely with AIIMS and the suppliers to set up a state of the art Skin bank .

First Rotary Skin bank in North India has been inaugurated on 29th June 2023 by the Director AIIMS and DG Ashok Kantoor.

A large number of Rtn including RCDS President Lalit, Tridibes Basu, Som Dua , Rajni Dua were present.

Another initiative was the offer to donate their skin by First Lady Alka Kantoor, and IPP Anil Agarwal along with several other Rotarians, giving the project a laudable start.

IPP Anil gave vote of thanks on behalf of the District.



LEPROSY CONTROL PROJECT



As the Rotary Year 2022 - 23 comes to a close, please find below a summary of the highlights of this year for the Leprosy Control Project.

1. Healthcare and Rehabilitation

Physiotherapy & Disability Care Camps: In the Rotary year, we reached out to 32 different Leprosy colonies of Delhi/NCR. Conducted 35 Physiotherapy & Disability Care Camps and provided Self-care kits to 550 people, MCR Footwear Grade I to 440 people & Grade II footwear to 489, we have also provided corrective Aid/appliances to 100 people and Tricycles to 55 people affected by leprosy in the leprosy colonies to enhance their mobility.

2. Visit of Rotary Club of Singapore Team

Led by Dr. Shahul Hameed, District Governor Nominee Designate (will serve as DG for Rotary

Year 2025/26 Rotary International District 3310), a three-member team of Rotarians visited New Delhi India and some of our Club Projects and our Club Meeting on 21st January 2023. The members and their spouses who visited were as follows:

- Dr. Shahul Hameed and Michell
- Peter and Tanya
- Tapan Rao

They visited was the Leprosy Colony at RK Puram, which our Club along with partner Rotary Clubs, ACRE and Lepra have been supporting. A Physiotherapy, Disability and Awareness Camp (60th one) had been organized that day at this colony.

On this occasion, five tricycles were handed over by our Club and ACRE to the Leprosy patients who could not walk. Blankets and snacks were distributed to all residents of the colony, and we all had a great

interaction with the residents who were left with smiles on their faces. Our guests from Singapore then joined us Viceroy Hall at The Claridges Hotel for a Lunch Meeting of where our club members and spouses were waiting for them. ACRE team of Shariq and Pawan also were kind enough to join us. During this meeting, a presentation was given on Leprosy Control by Pradeep Bahri. He amongst other things acknowledged with thanks the part played by Mr Shariq of ACRE in making this Leprosy Control Project a great success.

3. Installation of 30 KW Solar Power Plant

@ Mother Teresa Home and distribution of Tricycles, was conducted on 22nd March where Member of Parliament Shri Manoj Tiwari, Deputy Director General (Leprosy), Govt. of India and many others, around 600 people have participated, including patients. These were made possible by ACRE CSR. On grid solar power plant with net metering system works to minimise the energy bills. It is estimated that the impact of this 30 kw solar power plant would provide annual power generation of 40500-45000 KWH which would bring the electricity consumption from grid to approx. 5000-10000 KWH per annum. Since the solar power plant was commissioned on 22 March, from the BSES energy bills it is evident that energy bills have reduced to around 1000 kwh per month. The energy consumption prior to solarisation was ranging from 3000 KWH - 9000 KWH per month it has now reduced to 1000 KWH per month.

On this day we also distributed additional tricycles for the Leprosy affected patients.

4. Awareness

Mass awareness has been conducted on the occasion of Gandhi Jayanti, 2nd October & Anti-Leprosy Fortnight activities, from 30th to 13th Feb 2023. We have reached more than 20 thousand people directly & indirectly. We also got phenomenal coverage in the press on various events organised.

Rotary International District 3011 conducts Mega End Polio and Leprosy Cycle Rally. Second of October is the birth anniversary of Mahatma Gandhi, whose dream was a Leprosy Free India. To commemorate Mahatma Gandhi on his Anniversary and to celebrate the world polio day, Rotary International District 3011 conducted a Mega End Polio and Leprosy Cycle Rally to spread awareness about Leprosy and Polio. This Rally of about 12 kms, with 10 pit-stops being manned by various Rotary Clubs, started and culminated at Delhi Public School, RK Puram.

RI District 3011 Governor, Rtn Ashok Kantoor, Shri Satish Upadhaya, Vice Chairman NDMC said, Director of Education Shri Himanshu Gupta, and eminent guests like Principal Delhi Public School RK Puram, Ms Padma Srinivasan along with teachers and children of the school were present, whole heartedly

supported the Rally. Other dignitaries present were Ms Ritu Choudhary, State Leprosy Officer, Shri Deepak Kapur Rotary's National Polio Plus Chair and District Advisor Leprosy, Dr. N Subramanian, District Advisor Polio, and representatives from our various partners like LEPRa and ACRE.

5. Training of Medical Professionals (552)

Medical Officers-54, ANMs-320, ASHA Workers-86, Male Volunteers-86, District level monitors- 6 was carried out this Financial Year.

6. Active Case Finding – NE District

We received approval of the Mission Director DSHM to carry out Active Case Finding of this 11th District of Delhi - the NE District with the help of resources of the Delhi Medical Professionals. These were 17 facilities of North East District, in which 27 ANMS supervised 87 ASHA workers and 87 Male Volunteers who screened approximately 1,74,000 of the population.

This exercise was conducted under our Leprosy Control Global Grant GG2010288. This was conducted in partnership with LEPRa, NLEP Delhi and NHM Delhi. The Active Case Finding programme was conducted from 9th to 22nd January 2023 with the programme being kickstarted by President Lalit, PP Tridibes and I along with the State Leprosy Officer, the District Leprosy Officer and others in a place called Khajuri Khas! The Review Meeting of this exercise was done on 1st February 2023. It was a different experience to go through the dirty and congested 'galis', from house to house, to find if anyone is showing symptoms of Leprosy. On the cases found we referred them to the hospital and are following up with them.

7. Reconstructive Surgeries

We carried out reconstructive surgeries of 22 Leprosy patients with the help of an NGO called The Leprosy Mission Trust India.

8. Article on our Project published in Rotary News June 2023.

9. Opening of the Rotary

Lepra Comprehensive Leprosy Centre at Indira Gandhi Hospital, Dwarka, New Delhi - We have managed to get two independent rooms at the Indira Gandhi Hospital Physiotherapy department after necessary approvals, and have procured the required equipment for Reconstructive Surgeries and Physiotherapy of leprosy and suspect leprosy patients. We are in the process of recruiting staff for this centre and plan to inaugurate and put it in regular use with effect from August - September 2023.

Thank you for your guidance and support,

Rtn Pradeep Bahri

Rotary Club of Delhi South
Chair - Leprosy Mission

A JOURNEY BY ROAD – FROM KOCHI TO DELHI IN MAY 1993

(PRADEEP BAHRI)



It was March 1993 and while, I continued serving as Manager Engineer at Naval Ship Repair Yard (NSRY) Kochi, I was awaiting my transfer letter to a new post in a new station. Therefore, it came as no surprise when I received my transfer orders from the Personnel Branch of the Navy, directing me to report for duty at the Directorate of Marine Engineering, at Naval Headquarters New Delhi, as Deputy Director, in early June 1993. My tenure at NSRY was interesting and fruitful, ensuring that the Indian Naval ships of the Southern Naval Command were kept floating, moving, and ready for action by excellent maintenance, both breakdown and preventive. Now I was looking forward to joining my new position in Delhi, my hometown.

In those days, a travel to Delhi from Kochi by the fastest combination of trains was 56 hours. Thirty years ago, train was the authorized mode of transportation for an officer (at my rank) and his family, on transfer! For the Kochi to Delhi journey, the train compartment used to get detached from one train enroute and then get connected to a different one, so on and so forth. We were a young family with my wife Sonya, my son Ankit who was 8 years and my daughter Aditi was 6 years old. For a journey this long by train, one had to cater for the children food, games, books, toys, Frootis, water, etc. to keep them hydrated, their hunger satisfied and entertained.

The Packing

For any transfer, our possessions were packed up by us in various wooden boxes labelled as "Pradeep' Uniforms", "Books", "Stereo System", "Kitchen Steel Utensils", "Kitchen - Fragile Items", "Sonya's Sarees and Dresses", "Ankit's Toys", "Aditi's Toys", "Books", "Children's' cycles",..... phew! There was no concept of Movers and Packers in those days and packing by ourselves, a back-breaking job, used to be the order of the day. Once these boxes were packed, we got in touch with one of the transporters, (who used to frequent the Naval Base) - say a paan chewing Pandey or Gupta or Agrawal or Jha ji who, after, many rounds of negotiations, used to fix up a price for transportation of our life's possessions from Kochi to Delhi, safely and in time with preferably no losses, no damage, no accidents! Of course, we also had to hand over many bottles of Rum to the driver of the truck to bribe the 'difficult' police and RTO posts they encountered enroute! As one saw the one truck carrying our life's possessions slowly fade away from view, we prayed to the Almighty that nothing should happen to it enroute and it should reach its destination safely.

The officer's car used to be sent by another truck or by EVK (a train bogie). Both these methods often left the cars dented, scratched, and damaged and when they eventually reached their destination, most of the times these cars did not look a bit like

what they were when they began their journey.

Fortunately, or unfortunately, in February 1993 (just before my transfer orders reached me), I had become the proud owner of a brand-new Prussian Blue Maruti 800. To drive this car was a dream after the secondhand Fiat (its predecessor). To try it out we, Sonya, Ankit, Aditi, and I had taken a trip to Kodaikanal for a weekend holiday, and we loved it. We did not want this 'beauty' to travel on its own perched on a truck or tied inside and the EVK. So 'Houston, we had a Problem!'

After a lot of Chintan, Vichaar & Vimarsh, we took an executive decision and that was - we (all four of us) would drive in our new car from Kochi to Delhi. We were very excited and were patted on the back by our Naval friends and their wives for deciding to undertake this trip. Who doesn't love to hear about adventure.

After the initial euphoria, we realized that there were a few problems in undertaking this approximately 3400 Kms arduous journey by road. Some of these were:

- there was no car GPSs in 1993.
- there were no mobile phones at that time.
- there were few National highways on the route chosen.
- the state highways were not properly mapped.
- condition of the roads was not known.
- There were no credit cards with us - how do we carry money?
- The month of May was going to be extremely warm, and the car was a non-AC one!

We were still sitting on the fence - should we or should we not, till the time Ganesh Katariya gave us a push and made us firm up our minds. Sir, he said, it is doable and will be interesting. Do it, he said. He had undertaken this journey, some time ago, with his father and he convinced us to Nike (Just Do It!).

The Planning

The next few months were full of frenetic activity. The venues for our planning discussions used to be a house in Katari Bagh (Katariya's house) or Ellison Avenue (Bahri's house) or the Officers Institute. Over maps (TTK booklets of 24 pages), lists of Fauji Messes enroute for stay, pit-stops, notes on notepads, important phone numbers, discussion on logistics (what to carry and how), money matters, etc. All this was over games of Pictionary, some rum-pani or whiskey sodas, munchies and playing with the four children - Mandira, Aditi, Shiv, and Ankit. Mandira who was a toddler then, used to be kept busy by her mother Archana by giving her a katori full of namkeen and some toys to play with. The other three kids were very excited and gave their suggestions to us for what all to carry for them. We wrote letters (there were no emails that time) and sent them by snail-mail to



various Naval, Army, Airforce and NCC Messes and requested for accommodation after charting out the draft itinerary. Finally, the route decided was as follows:

- **Day 1** - Depart Kochi to Coimbatore – Stay the night at INS Agrani Naval Officers Mess
- **Day 2 and 3** - Coimbatore to Bangalore – Stay at Army's MEG Area Mess. Stay an extra night in Bangalore so that the children could be shown the sights and sounds of this town.
- **Day 4** - Bangalore to Kurnool – stay at the NCC Mess
- **Day 5 & 6** - Kurnool to Hyderabad – Stay for 2 nights with our dear friends Pat and Luke Mathews
- **Day 7** - Hyderabad to Nagpur – Stay one night at the Airforce Mess
- **Day 8** - Nagpur to Jabalpur – Stay with Archana's parents at Jabalpur
- **Day 9** - Jabalpur to Jhansi – Stay at the Army Mess at Jhansi
- **Day 10** - Jhansi to Agra to New Delhi

By hearsay we tried to find out the condition of the roads. To avoid carrying lots of cash, we carried State Bank Travelers Cheques of small denominations. To counter Koose Munisamy Veerappan the infamous bandit and domestic terrorist, and the Naxalites in the jungles near Bangalore and Kurnool, our only weapon was luck and prayers. Only in April 1993 Veerappan had blown up two vehicles by landmines at Palar in Karnataka (and we were travelling in May 1993).

The Journey Begins

In the last week of May 1993, we were all set and ready to rock and roll! We handed over our bungalow at Ellison Avenue in Kochi Naval Base to the MES guys. Our car was fitted with a carrier for the luggage. On the carrier we tied, with the help of plastic ropes, two hardcase VIP suitcases, containing our clothes. Under the front seats of the car, we stocked our footwear. The back seats were folded (or laid down) and were covered with two sets of gaddas (cotton mattresses) duly covered with a bedcover and with two small pillows. Between the front and rear seats, we placed two cartons of Frootis (each consisting of 27 tetra packs). Any remaining space in this car was stuffed with a first-aid kit, chips, biscuits, games and books for the kids, etc. An 8-litre container of filtered water, called a Camper, was kept at the foot of the co passenger. Finally, after a prayer to the Almighty we set out on our 10-day journey up north.

Our first destination was INS Agrani, an establishment of the Navy in Coimbatore. We took a detour and went to the famous Guruvayur Temple, located in a small town of Guruvayur in Kerala. This temple is dedicated to Lord Krishna. On reaching the temple we learnt that the dress code for the temple was Mundu/ Dhoti/ Visti and being top-less for men and as there were long queues, we decided to do pranam to Lord Krishna from outside the temple and proceeded to Coimbatore.

Once we reached INS Agrani, Coimbatore we were informed that they could not locate our booking (even when one of my friends who was visiting INS Agrani a few days earlier confirmed the same) as they had not received our request letter. This was embarrassing and uncalled for at the first pit stop of our travel, especially when it was an Indian Naval establishment! With my family sitting in the car in sweltering heat, I tried ringing up the Mess Secretary and others, using the escalation matrix, till I finally got a room, and we could stretch our legs for the night. The beds

were not comfortable, the food served was just passable and the damage to my Naval reputation had been done. I wouldn't call this a dream start of a 10-day and 3000+ Kms long journey. I got the 'we told you so' looks from the three members of my small family. However, the next day was a new day, we shook off our sleep and bad experience and started early, onwards.

Our Traveling Routine

After a day or so, we got into a set routine. This was as follows:

We used to try and leave our pit stop at 4.30 am in the morning and stop for breakfast at about 8.30 am at a good restaurant, after about 4 to 5 hours of driving, when the weather was still cool. Every morning Sonya and I woke up early, freshened up, collected our packed breakfasts, picked up the still sleeping children in our laps and put them on the gaddas in the car, packed up and tied the two suitcases on top of the car carrier, and left for our next destination. Our stop at a good restaurant was to wash down our packed breakfast with tea and coffee, for the kids to use the loos and for us to top up our Camper with filtered water. We tried to restrict our driving to 400 to 500 kms per day (no Expressway those days) and attempted to reach our next pitstop before lunch. At the new destination, after checking in we usually had long refreshing showers, followed by soft drinks/ beer and lunch, and then an afternoon nap. In the evening, after cups of tea and biscuits, we played for some time on the Mess billiards / table tennis tables, and then took a trip to the town to sightsee and shop. We also used to fill up our car tank with fuel, check and find out way out of the town and the road leading us to our next destination. We cleared and paid for our Mess Bills at night before we went off to sleep. We also rang up my father in Delhi (our families back home were of course worried) informing him of where we were and where we were heading the next day. This, as per Ganesh, was to ensure that the search area was narrowed for them and others if we were involved in some untoward incident enroute.

Our drive from Coimbatore to Bangalore was a long one. We located the MEG Area Mess and got a warm welcome from the Army. While they were getting our lunch ready, we were invited to use the very inviting swimming pool. Very soon all of us washed away our fatigue and tiredness in these cool, inviting waters. Lunch followed – beer and biryani!

We spent two nights in Bangalore and loved roaming around on the MG Road, visiting the 'Great Kids Kemp' which both the kids loved, an evening trip for a drink to Rajendra Singhji Army Officers Institute (or RSI) on the MG Road. Now we were enjoying ourselves! Next day it was Lalbagh and Glass House in this famous garden. Lalbagh Botanical Garden is almost 200 years old. At the centre of this garden is the Glass House (a greenhouse) designed to mimic the London's former Crystal palace. We all loved this beautiful garden. We also visited the famous Bull Temple or the Nandi Temple and offered our prayers. This temple is famous for its large statue of the sacred bull, Nandi with a height of around 4.6 mtrs and which is 6.1 mtrs long. We also met up and enjoyed the hospitality of our doctor couple family friends, the Thomas's, whom we met for the first time.

All good things come to an end and so did our Bangalore stay, and after two nights here we were on our way through Verappan territory to Kurnool. Bangalore to Kurnool and Kurnool to Hyderabad were two longest stretches of our journey. In Kurnool we had booked to stay with NCC. After some efforts we found the NCC Office. This turned out to be the house cum office of the NCC



Officer stationed at Kurnool. He was on leave and therefore his staff offered his empty house to us for our night stay at Kurnool. It seemed that the officer was either single or divorcee or widower as the house showed all signs of not been under the supervision of a lady. There were empty booze bottles under the beds, the kitchen and bathrooms were not very presentable (to put it mildly) and so were the bedrooms and rest of the house. I could hear 'murmuring in the ranks' of my family. From Sonya, the level was a few score decibels above what you term as murmuring! I got into action. It was ensured that all the JCOs and NCOs of the NCC unit woke up from their slumber and started looking for alternate Mess, Hotel or Guest House accommodation. This was almost impossible as Kurnool was a hot, arid, sleepy hamlet in May 1993. However, in the fauj when everything fails, Danda works! Within the next couple of hours, we were shifted to an airconditioned Police Guest House, an oasis in the desert called Kurnool. The aircon helped the frayed nerves and calmed down the tempers and we had a long, comfortable and welcome rest!

Our First Fight

Kurnool to Hyderabad was a long, hot and arduous trip. Halfway in this journey, I was asked by Sonya to stop the car and what followed was a scene straight out of a Hollywood family drama film. She took off her heavy gold chain which she was wearing, put it in my palm and with tears rolling down her cheeks pleaded (ordered me) to get an air conditioner fitted in the car. That time car a/cs in India were few and difficult to come by. We tried searching for a/c's enroute but did not find any. I used various tactics to appease my angry wife and am not sure I succeeded! Anyway, still not talking to each other, we reached the house of our dear friends Pat and Luke Matthews in Hyderabad. Pat and Luke were our neighbours in Kochi some years ago before they decided to say good-bye to the Navy and try their hand in the civvy street. We had become great friends and our children, despite the difference in ages, were very close. Luke in Hyderabad worked for Al Kabeer, the meat exporters, and lived in a huge bungalow. We made it for our lunch date with Mathews and it was like coming home! The kids had lots of area to stretch their legs and spent time playing with the 'best dog in the world' - Tiffany! Pat is a great cook and Luke an excellent host. Wow, what a combination. We were stuffed with delicious, different varieties of non-veg Malayali Christian dishes. We spent two nights in Hyderabad and saw the beautiful Birla Mandir on top of the hill, Salar Jung Museum, Hussain Sagar lake, Charminar, etc. We did some shopping too.

After the second night at the Matthew bungalow, we left Hyderabad happy, stuffed and spoilt with tons of food - sandwiches, pies, mutton masala fry, cakes! We said goodbye and made our way to the next destination - Nagpur!

When the going was good, you could drive in peace and when the kids woke up it was a pleasure to hear them from the back seat - playing, laughing, fighting, complaining,...! They had overcome their travel fears and sickness and were enjoying themselves on this long journey, seeing new places, meeting different people and trying out different cuisines as we travelled from state to state! In fact, when they grew up, they had this trip firmly implanted somewhere at the back of their brains as they included this in their SOPs for admissions in colleges abroad.

Nagpur was Indian Airforce hospitality all the way. What I remember of this was that the Officer' Mess was huge and the service was excellent!

Hospitality of the Vermas

Our next destination was Jabalpur. We were keen to reach Jabalpur in time for lunch at the residence of our affectionate hosts. At Jabalpur, we were welcomed by the lovely, smiling and affectionate Verma couple. Any guesses who they were? Some more hints - the gentleman was ex-merchant navy engineer, and the lady was an excellent cook! One more hint - they were parents one of the best cooks in our Club? No points for guessing - yes, Archana's parents!

While we were meeting them for the first time in our lives, they made us feel that we had known them for ages! They were very hospitable, and very soon we were made to feel at home. Uncle (Mr. Verma) had hand crafted beautiful side tables out of huge marine engine valve stems as legs and with glass tops. Auntie was soon busy playing with our kids and feeding them with her delicacies. Now we know from where Archana inherited and learnt her Master Chef cooking skills! We loved their beautiful house which was tastefully done and had a garden which was tended to with love and care. Next morning, Auntie was awake at 4 am to prepare our packed food for the journey and our breakfast. She had gone to the effort of packing up food in multiple small packets so that we could open one packet at a time for consumption. Our stay at Jabalpur was made special by the warm and affectionate hospitality of the Vermas.

Out of Jabalpur and off to Jhansi. At Jhansi we again stayed at an Army Mess. Here in the family dining hall, when we went for our meals, had staff in attendance, standing behind us with hawk like eyes fixed on our plates. As soon as they saw the level of sabzi, dal or meat diminish on our plates, they were replenished in quick time. I still remember the 'phulkas' being served to us, hot and steaming, straight from the tawa. These are times when you feel so special belonging to a family called the Indian Military.

Next day, was another long drive from Jhansi to our final destination - Home at New Delhi. We were excited and the light at the end of the tunnel was visible. We left Jhansi and headed to Agra as we were keen to make Ankit and Aditi to see the Taj Mahal. While I sat in the coffee shop of a five-star hotel, watching over our car and the two suitcases tied on the carrier, Sonya took the kids to see one of the 7 wonders of the world. They loved it. And then we headed home to Sarvodaya Enclave, New Delhi.

A reception committee, visibly relieved, were waiting for us - my parents, siblings, and neighbours. And then followed exchange of so many stories over many cups of tea, paranthas and goodies. A week later we showed them all the pictures taken with the help of our Hot-Shot Camera, duly developed in one of the photo labs in Delhi. While we enjoyed ourselves and this trip left lasting memories with all four of us, I was also reprimanded by my parents (with love) as to why I had undertaken this risk of traveling on this unknown path with my wife and young children. I can well imagine their anxieties and their prayers to Almighty for our safe travels, which made it possible. While we have in the last 30 years undertaken various trips by road, it has never again been for 10 day and over almost 3400 kms.

AZAN OR AARTI..... WHAT'S THE DIFFERENCE !!!



Chaos reigned in the narrow streets lined with colourful wares leading to the place of worship. The varied crowd jostled amongst each other to buy their religious offerings at a hurried pace hoping to outrun the other. The goal is common, prayers to the almighty.

My recent trip to Ajmer and Pushkar was just this.

The evening visit to Dargah Sharif commenced with us navigating the lanes teeming with people either making their way there or selling their assortment of wares. Upon reaching the entrance, proper protocol needed to be observed, like covering our heads, removing footwear and washing our hands at designated places. It was a busy time and place, with devotees sitting everywhere. Some deep in thought, others posing for pictures against the Tombs backdrop, while some were simply absorbing the positive vibes the Dargah exuded.

Religious men or "Maulvis" as they are called could be seen performing various religious rituals. Flower adorned "Chadars" of varied monetary value were offered at the shrine with chanting and "dua". Sound of Qawwalis kept the energy levels high specially for the children who got distracted easily. Soon the sound of the holy Azaan reverberated from the loudspeakers. Despite the constant movement, there was an innate sense of peace once we entered the shrine. Heads bowed, with folded hands we sought blessings of the Almighty. The scented rose petals were offered to Allah

and we left with boxes of Prasad.

The next day was a visit to the Brahma Mandir at Pushkar. It was a complete sense of Deja Vu for me. Everything and everyone seemed to be replicated as the day before. We once again manoeuvred our way through the crowded bylanes to reach the entrance. We observed proper protocol once again with covered heads and bare feet. Prayers were being offered everywhere with "pandits" guiding all.

After performing a Puja by the ghats, we entered the temple carrying yellow flower garlands in our folded hands. We offered our humble plates of nariyal, flowers and red "chunni" to the deity and prayed.

The Pushkar Ghats was an ideal backdrop for scenic pictures and for the believers, a quick dip in the holy water. Bhajans could be heard over the loudspeakers while we queued up to offer flowers and sweets to Lord Brahma. The evening Aarti was performed by the head priest, post which we left with Prasad again.

Our Prasad from both the places was the same, such that when I offered a mix of both on a plate, nobody could tell which was from a Mandir or a Mosque. It made me wonder if this was God's way of reminding us once again...Azaan or Aarti ... What's the difference ! That was my biggest learning from the trip.

Monica Krishan





At just 6 years and 6 months old, Kumari Bhumi has already faced more challenges than most children her age. Tragically, she lost her father at a tender age, leaving her and her devoted mother to navigate life's hardships alone. To make ends meet, Bhumi's mother, without a second thought, embraced tailoring work to ensure her daughter's well-being and a chance at a brighter future.

In a world where difficulties often force tough choices, Bhumi's mother made the incredible decision to forgo a second marriage. Instead, she dedicated her life to caring for her daughter, nurturing a bond that radiates love and resilience. It is this love that has brought them to Sathya Sai Sanjeevani Hospital, where miracles happen daily.

Thanks to your selfless contribution, Kumari Bhumi received the critical medical attention she urgently needed. The skilled medical team at our hospital provided her with top-notch care, ensuring her journey to recovery was smooth and filled with hope. Witnessing the transformation in her health has been nothing short of extraordinary.

Your support has given Kumari Bhumi a chance at a normal, healthy life. With her heart now mended, she can look forward to a future brimming with joy, laughter, and countless opportunities. She will be able to embrace her dreams and chase them fearlessly, knowing that kind-hearted individuals like you stand beside her.

We cannot express enough how grateful we are for your unwavering belief in our mission and for your incredible act of kindness. Your generosity has made a profound impact on the life of Kumari Bhumi and her mother, reminding them that they are not alone in their journey.

One-year-old boy named Arsh All Ansari, who hails from Maharahganj in Uttar Pradesh.

Arsh All's father, a hardworking tailor, faces numerous challenges in providing for his family. With limited means, the burden of medical expenses seemed insurmountable when Arsh Ali was diagnosed with Congenital Heart Disease. As you may recall, your generous contribution enabled Arsh All to receive life-saving treatment at the Sathya Sai Sanjeevani Hospital in Palwal.

Before the surgery, Arsh All experienced excessive sweating and fast breathing, symptoms that served as a constant reminder of his fragile condition. However, thanks to your support, the medical team at Sathya Sai Sanjeevani Hospital successfully performed the surgery that has transformed Arsh Ali's life.

Today, we are overjoyed to inform you that Arsh Ali is doing remarkably well. His recovery has been nothing short of miraculous, and he now breathes with ease, free from the discomfort he once endured. The happiness radiating from his parents' faces is a testament to the profound impact your kindness has had on their lives.

Your generosity has not only saved a precious life but has also provided hope and renewed strength to Arsh Ali's family. Your support has reminded them that compassion and humanity still prevail in this world, giving them the courage to face life's challenges with renewed optimism.

Hailing from the Etah district of Uttar Pradesh, Baby Arpit, at just one year and three months old, faced a daunting battle against Congenital Heart Disease. His father, a laborer, struggled to make ends meet, and the burden of medical expenses seemed insurmountable. But thanks to the unwavering support of donors like you, a ray of hope shone upon their lives.

In a race against time, Baby Arpit was rushed to the Sathya Sai Sanjeevani Hospital in Palwal, where a team of dedicated doctors and caregivers awaited him. The initial days were critical, and he was admitted to the ICU, where he fought valiantly for 28 days. The skilled medical staff provided round-the-clock care and kept vigil over his tiny heart.

Your kindness made a tremendous difference during this challenging period. From the bottom of our hearts, we express our deepest gratitude for your unwavering support and faith in our mission. Your contribution not only covered the cost of Baby Arpit's treatment but also provided a glimmer of hope for his family, reminding them that they were not alone in their struggle.

Today, we are thrilled to share that Baby Arpit's health has improved significantly. His tiny heart beats with newfound strength, and his laughter fills the air as he explores the world around him. It is a testament to the transformative power of compassion and the profound impact that each one of us can have when we come together for a noble cause.



Age: 6 year 6 month
Date of Surgery: 10 April 2023
Procedure : ASD Device Closure

KUMARI BHUMI



Age: 1 year 1 month
Date of Surgery: 4 April 2023
Procedure: AV Canal Repair

ARSH ALI ANSARI



Age: 1 year 3 month
Date of Surgery: 3 April 2023
Procedure: VSD Closure + RVOT

ARPIT



Archana, a one-year-two-month-old from Patna, Bihar, was born with a complex Congenital Heart Disease that posed a great threat to her young life. Her loving parents, weighed down by the burden of financial constraints, approached our hospital in a state of profound distress. Her father, a laborer with meager earnings, struggled to provide for his family's basic needs, let alone afford the life-saving treatment Archana desperately needed.

However, it is through your unwavering support that we were able to extend a helping hand to Archana and her family during their darkest hours. Your compassion and generosity allowed us to provide the necessary medical intervention, comprehensive care, and specialized treatment that enabled Archana to overcome her condition and embark on a journey towards a healthy and vibrant future.

Today, we are overjoyed to inform you that Archana's treatment has been a resounding success! Her resilience, coupled with the dedication and expertise of our medical team, has brought about a miraculous transformation in her life. Archana's beaming smile and playful laughter now fill the hospital corridors, and her parents' hearts are brimming with happiness and relief.

None of this would have been possible without your incredible support. Your contribution has not only saved a precious life but has also provided hope and restored faith in the face of adversity. Archana's parents will forever be grateful for the opportunity you have given their beloved daughter-a chance to grow, explore, and experience the wonders of life.



ARCHANA KUMARI

Age: 1 year 2 month
Date of Surgery: 5 April 2023
Procedure: VSD Closure + PDA

Baby Ansh was battling Congenital Heart Disease (CHD), a condition that affects thousands of children worldwide. His delicate heart required immediate attention, and with your kindness, we were able to provide him with free treatment at the Sathya Sai Sanjeevani Hospital in Palwal.

On 8th June 2019, Baby Ansh underwent a life-saving operation. This initial procedure marked the beginning of his journey towards a healthier and happier life. The surgery was successful, but it was only the first step in his long road to recovery.

Since then, Baby Ansh has been under the exceptional care of the dedicated medical team at Sathya Sai Sanjeevani Hospital. Their expertise, combined with your incredible support, has given him the opportunity to grow, thrive, and experience the joys of childhood that were once beyond his reach.

We are delighted to inform you that Baby Ansh has made remarkable progress. His resilience and determination have been awe-inspiring, and he continues to astound us with his contagious spirit. Every day, we witness the sparkle in his eyes and the blossoming of his radiant smile, filling our hearts with boundless hope.

Today, we celebrate Baby Ansh's second chance at life-a chance that would not have been possible without your unwavering belief in our cause. Your compassion has not only transformed a little boy's life, but it has also touched the lives of his family, who now have renewed hope for their future together.



ANSH

Age: 6 year 1 month
Date of Surgery: 28 April 2023
Procedure: BAV

Baby Ayush, a brave little warrior who hails from Nagur, Rajasthan. Born with a congenital heart defect, Ayush's young life was filled with hardship from the very beginning. Every breath he took was a struggle, his tiny body drenched in sweat, and his appetite scarce.

In a world that seemed to offer little hope, Ayush's parents embarked on a journey to find a miracle. They placed their trust in the compassionate hands of the Sathya Sai Sanjeevani Hospital, carrying with them a fragile thread of hope and a prayer for their son's recovery.

And thanks to your selfless contribution, Ayush received the gift of a lifetime-a life- saving treatment, completely free of charge. Your generous support made it possible for Ayush's parents to believe in miracles once more, as the dedicated medical team at Sathya Sai Sanjeevani Hospital mended his broken heart.

Today, we stand before you with immense joy, gratitude, and a deep sense of purpose. Your support has transformed the life of Baby Ayush, offering him the chance to experience a future filled with love, laughter, and endless possibilities.

On behalf of Baby Ayush, his family, and the entire team at Sathya Sai Sanjeevani Hospital, we extend our sincerest thanks. Your compassion and belief in the power of healing have brought smiles to the faces of those who needed it most.



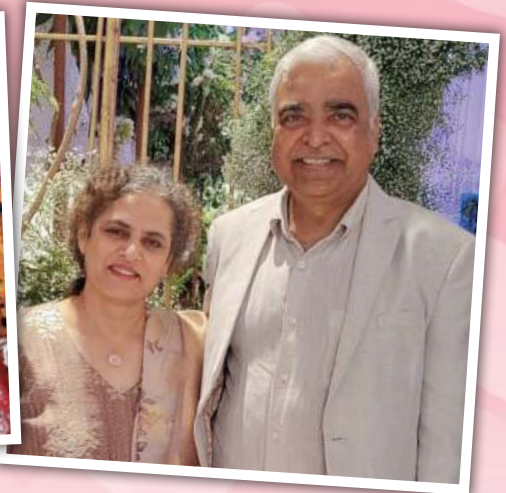
AYUSH

Age: 3 years 9 month
Date of Surgery: 3 April 2023
Procedure: VSD Device Closure

...and they lived happily thereafter!!

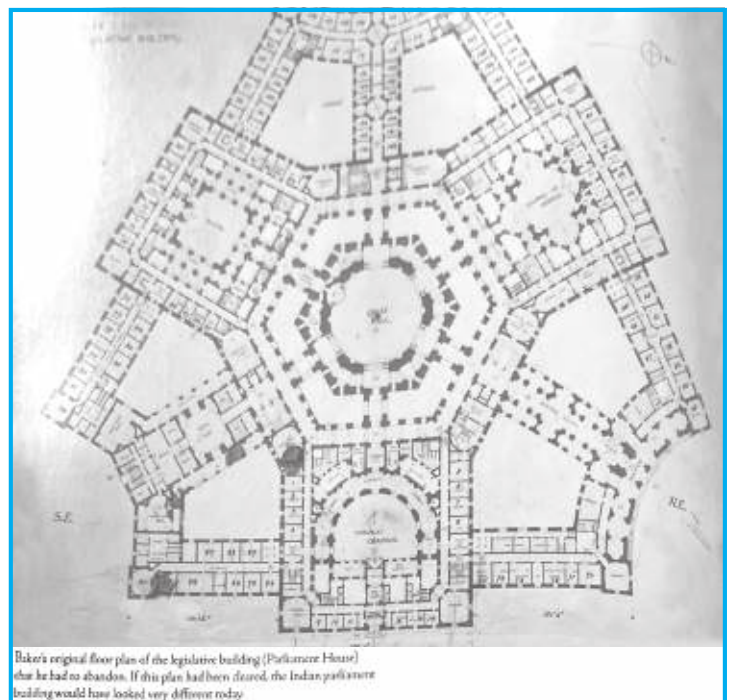
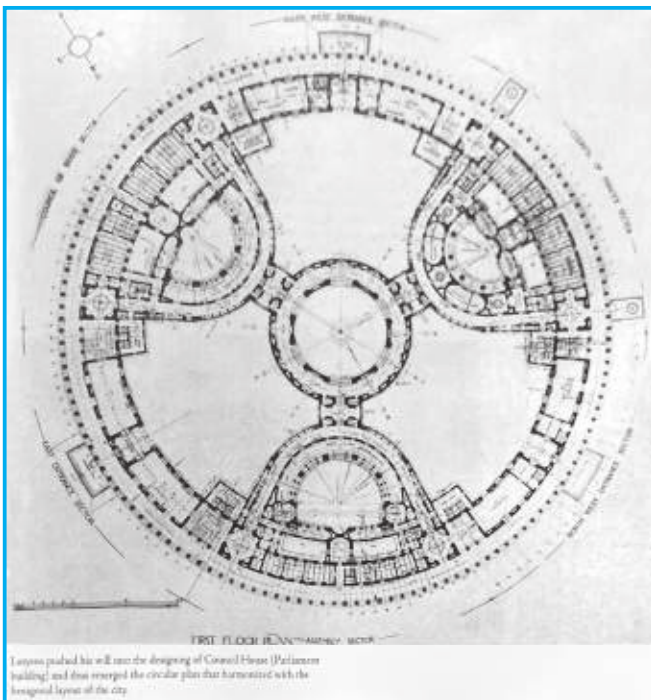
by popular request we are creating a theatre of the newlyweds then, and happily ensconced now with each other

In the month of June, Manoj and Tanuja tied the knot. We invite couples whose anniversaries fall in June to please share photos of their marriage day and another of a recent date.



SNIPPETS HISTORICAL AND INTERESTING...

DELHI LEGISLATIVE BUILDING DESIGNS



The Circular Design of the Legislative Building by Sir Edward Lutyens was selected instead of Laurie Baker's. I guess the triangular Parliament House, not wholly but partly redeems the vision of Laurie Baker!!

Parliament House brings back memories when the immediate turning of the road on the left of Parliament House after crossing Vijay Chowk, led you straight to the Central Secretariat and beyond. The gates were installed much later, perhaps in the eighties and the traffic flow was unhindered. Also many would not be aware that there was a time in Delhi, in fact till the 80's of the last century, when driving down South Avenue, you could drive through Rashtrapati Bhavan to go down Vijay Chowk or cross over to the North Avenue to your destination in North Delhi and beyond. The security syndrome had not yet gripped the political arena which over the years has manifested itself more as a symbol of importance and less as a perceivable source of mitigating a threat.

Culled from my personal experience and memories of a staid and laid back Delhi!!

Inderjeet Singh
Editor

RCDS - SANKALP CENTRES

JUNE 2023

RCDS Sankalp focuses on high-quality, low-cost and replicable interventions to address gaps in the education system. It works Working directly with children and youth as well as through collaborations with various organizations. RCDS Sankalp intends taking up more initiatives which would be beneficial for the underprivileged children. The mission is to see a quantum and a visible change in the learning levels of children. In the next five years,

Sankalp plans to open doors of learning to more underprivileged children by taking up more child centric initiatives. RCDS Sankalp Centres are innovative in learning aiming to improve the quality of education.

The Centres provide education to children in the slums of South Delhi, RCDS- Sankalp has grown in both scope and scale, with programs today reaching

children and youth across 4 locations. **More than 425 children are currently enrolled across all RCDS Sankalp Centres.**

Every month in the Centres special days are celebrated to expose children to specific themes. Children take part in regular major events and festival which bring changes not only in the level of knowledge they gain but also in the abilities to think and acquire habits, skills and attitude. Students are encouraged to embrace other traditions culture just like the way they do their own.

The following special events were undertaken the Centres in June 2023:

- **World Environment Day on 5th**
- **Blood Donor Day on 14th**
- **Sickle Cell Day on 19th**
- **International Yoga Day on 21st**





Rotary
Club of Delhi South



SERVE TO
CHANGE LIVES

THE FOUR WAY TEST

of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all Concerned?
3. Will it build **GOOD WILL** and **BETTER FRIENDSHIP**?
4. Will it be **BENEFICIAL** to all concerned?

Lalit Sawhney
RCDS President: 2022-23

JULY

Bhatia Raju	04-Jul	
Mehta, Arjun	06-Jul	
Gupta, Dr Anand P.	08-Jul	
Kanwar, Manju	08-Jul	
Chadha, Meenakshi	10-Jul	
Dua, Rajni	13-Jul	
Bahri, Sonya	17-Jul	
Agarwal, Pravin K	20-Jul	
Ahuja, Nalini	22-Jul	
Katariya, Archana	30-Jul	

Anniversary

Chhibber, Brig BK	AVSM, VSM	Neena	02-Jul
Wadhwa, Anil		Deepa	12-Jul
Bahri, Cdr Pradeep		Sonya	28-Jul