

Reach Out

VOLUME 2



Rotary
Club of Delhi Vasant Kunj





CREATE HOPE
in the **WORLD**

Content

Presidents Message	04
Editors Note	06
Club GOV & Installation	08
Meetings this Month	12
Project Spotlight: Project Hope	14
Dental & Health Camp	16
Mammography Van	18
Musical Evening	19
Meditation in Mediation	20
Palliative & Supportive Care	21
Chandrayaan 3	22

Rotary International President

Rtn Gordan McInally

District Governor

Rtn Jeetendar Gupta

Club President

Rtn Archana Doval

Editor

Rtn Dr Vijay Sharma

Rotary



Club of Delhi Vasant Kunj

District 3011
Club ID: 28108

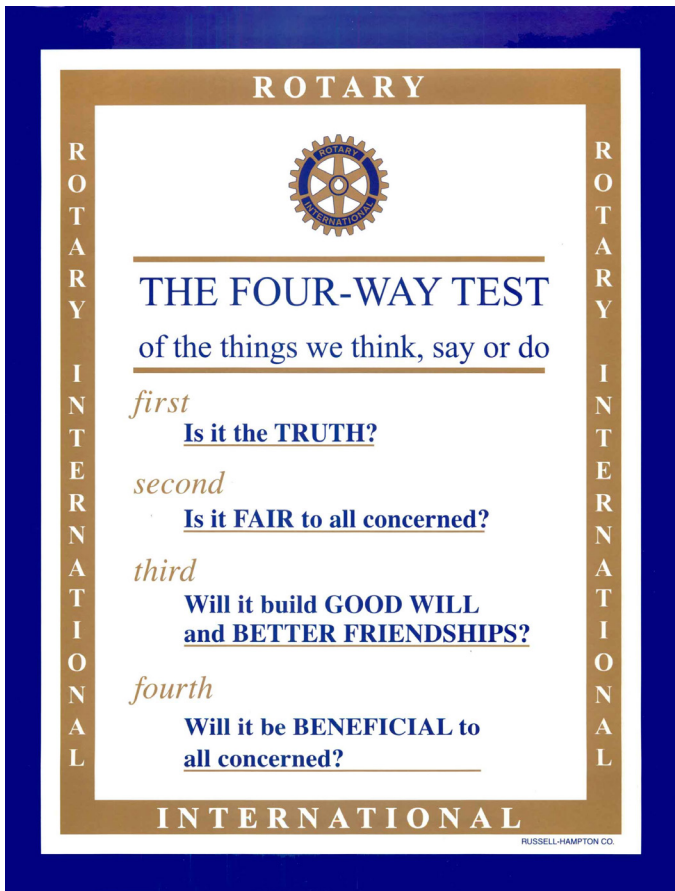
Presidents Message

“Friendship was the foundation rock on which Rotary was built and tolerance is the element which holds it together”

— Paul Harris, 1948.



Rtn Archana Doval
Club President



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Presidents Message

Our new Rotary year (2023-24) started on July 1, 2023 commenced with Project Annapurna, gifting of food initiative to the underprivileged near Safdarjung Hospital, New Delhi.

The GOV (governor's official visit) and Installation of new team was conducted on July 26, 2023. The District Governor Jeetender Gupta and First lady Deepti Gupta made the evening vibrant and inspiring by their valuable inputs and sharing of District Goals. Both were very supportive and suggested some interesting ideas to make projects of the year impactful. The District Secretary, Assistant Governor and other districts team members presence in the event made the conversation meaningful for the future projects of the Club. Rotary members of the other clubs and our club members interacted and exchanged ideas to work in sync for the better and bigger impact projects. The district team along with our District Governor assured us to support all the endeavours of the club.

We have launched our first newsletter of the year showcasing our present and future goals and projects. We had meeting on the installation day with the district team and the partners/NGOs with whom we would be working in the near future in various projects.

The club had seven Regular meetings to discuss the further plan of actions and achievements in the Month of July and August. We would be inducting two new members soon.

The regular camps for health checkup, Dental checkup, eye checkup and Mammography check-up in schools and RWAs have been done so far to reach out to the children and needy people. We have launched the toy gifting drive on the upcoming occasion of Janmashtami with one of the NGO to empower marginalized urban women by training and skilling them in toy making, so that they can support their families and become economically independent.

The club has planned an Olympiad with an NGO (working for the admissions of children to enrol in MCD schools) for the school and underprivileged children of various classes to encourage and motivate them to study and excel in life by acknowledging their hard work and felicitating them.

Our Club Members are helpful and enthusiastic to participate in Projects and district events. The members have shown amazing team spirit during events and projects to make them successful. We would be moving ahead in a festive mood with bigger bolder projects under the Seven Focus Areas of Rotary.

“Rotary is a movement of individuals committed to making the world a better place. It is about creating a better future for generations to come.”

Editor's NOTE

Anything that fails to change doesn't grow and anything that doesn't grow perishes. Habitual Conditioning slows you down. If you don't think beyond your conditioned mind there will be no progress and your past will grip you so hard that you won't be able to escape out of it.

Use your greatest strength, INTELLIGENCE to go to the root of things and cause behind the effect, do not let habitual thinking overpower your intelligence, continue modifying your ways, through a clear stream of reason, for good and Go On Going On. Success, abundance and happiness will surely come your way. Everyone

has a responsibility to lift the community and in turn the humanity. It can happen only if one lifts himself in the first place! All of us need to follow the all-important cycle of LEARN... EARN... and RETURN!

There is a need for all of us to acquire knowledge and share what we know and lead the next generation into a better world. Ensure that the people who walk into your space become better individuals thereby making this wonderful world a more and more beautiful place to be in. Be a living example, an inspiration and a role model and Go on Going On. And contribute towards betterment of your world.

Discipline commonly refers to Rule-following Behavior, Regulations, order, control, and Authority. It may also refer to the science of operant conditioning that studies how ideas and behavior are guided and managed with consequences that increase a behavior (Reinforcements) or decrease a behavior (Punishment). Discipline reinforces good behavior in habits, duty wise performances, insights, and obedience. Self-discipline involves self-restraint and deferred gratification that discourages emotional impulses in favor of ones desires.

All Clubs, Organisations, Associations have disciplinarians that enforce, modify, and enact rules. The role and functions of the disciplinarian may be informal and even unconscious in everyday social settings. Disciplinarians enforce a set of rules that aim at developing all by theories of order and discipline.



PP Rtn Dr Vijay Sharma
Editor

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Club Installation & GOV

On July 26, 2023, Ekyum, the GOV (Governors Official Visit) and Installation of Board of RCD Vasant Kunj was conducted.

The event was attended by District Governor, Rtn Jeetender Gupta and First Lady Deepti Gupta along with District Team. The event was also witnessed by District Leaders including PDG Anup Mittal, PP Ajeet Jalan, PP Namrata Suri, PP Dheeraj Bhutani, AG PP RB Singh and other Presidents of the Clubs in Zone 12.



 **CREATE HOPE**
in the WORLD

 **Rotary**
Club of Delhi Vasant Kunj

Rotary Club of Delhi Vasant Kunj

RI District 3011 | Club ID 28108

solicits your gracious presence on the occasion of

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Aikyam: United to Create Hope in the World

Governor's Official Visit & 32nd Installation Ceremony

Rtn. Archana Doval
President 2023-24

Rtn. K Prahlad Secretary **Rtn. Ashok K. Nandwani** Treasurer

Chief Guest

Rtn. Jeetender Gupta
District Governor

Guests of Honor

Rtn. Ashok Kantoor IPDG **Rtn. Mahesh Trikha** DGE **Rtn. Ravi Gugnani** DGN

Rtn. R B Singh
AG ZONE-12

26 **JULY 2023**
6PM Onwards

Venue: The Paatra,
Jaypee Vasant Continental
BASANT LOK, VASANT VIHAR, NEW DELHI





Meetings THIS MONTH





PROJECT SPOTLIGHT

Project Hope

For the upcoming, auspicious occasion of Janmashtmi, Rotary Club of Delhi Vasant Kunj is partnering with Svatanya India Foundation to:

- Promoting Equity, Diversity and Inclusion of marginalized women
- Financially Empowering and Dignifying Women
- Gifting Joy to Underprivileged Children in the form of Toy Buddies

We are launching an Ambitious Toy Making and Gifting Drive with the aim of Gifting 10,000 toys to Underprivileged Children and Upskilling/Training 300 more women from rural areas to make handcrafted toys.



SVATANYA

Rotary
Club of Delhi Vasant Kunj



YOU CAN BE A PART OF THIS PROJECT

You can partake in this Buy One Gift One Campaign with a Purchase of 1 Unit @ Rs. 999.



Rotary 
Club of Delhi Vasant Kunj

SVATANYA
INDIA
FOUNDATION

PROJECT HOPE

A TOY MAKING AND GIFTING DRIVE

Scan to Participate in
BUY ONE GIFT ONE



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in the WORLD

Dental Camp

RCD Vasant Kunj organized a Dental Camp in association with an NGO Sristi and Resident Welfare Association of Block B-10 Vasant Kunj, New Delhi on 8th August 2023.

There were more than 50 beneficiaries from this Camp. The camp was attended by the residents of the block and the domestic workers working in the colony.

Organic toothbrushes to the beneficiaries and Sanitary Pad distribution to the house helps was also done at the same premises.



HEALTH CAMP

On the 26th of August 2023, Rotary Club of Delhi Vasant Kunj organized a comprehensive Health Camp in Radha Kishan Vidhya Niketan, Pushp Vihar.

The Camp included:

- Heart Checkup by Dr Viveka Kumar (Principal Director & Chief of Cath Laps Pan Max, Cardiac Sciences Max Saket)
- Eye Checkup by Accura Eye Care
- Nutrition Advice from Surendar Sethi, Senior Health Consultant and Certified Nutrition Specialist

ISMN & Fat Loss

- Free Consultation regarding issues of Gall Bladder/Hernia/Gyne/Uro were handled on call

The Club also conducted FREE tests of Blood Pressure, Sugar, ECG, Cholesterol and other tests for Eye and Dental Checkups.

Over a hundred people attended the camp, they were also given free eye drops and organic tooth brushes.



Mammography Van

On the 27th of August, 2023 Rotary Club of Delhi Vasant Kunj joined RCD Vasant Valley and an NGO aeF for Women Empowerment and Training in Self Defence. We also provided a Mammography Van and gave Free Check Ups at the same location.

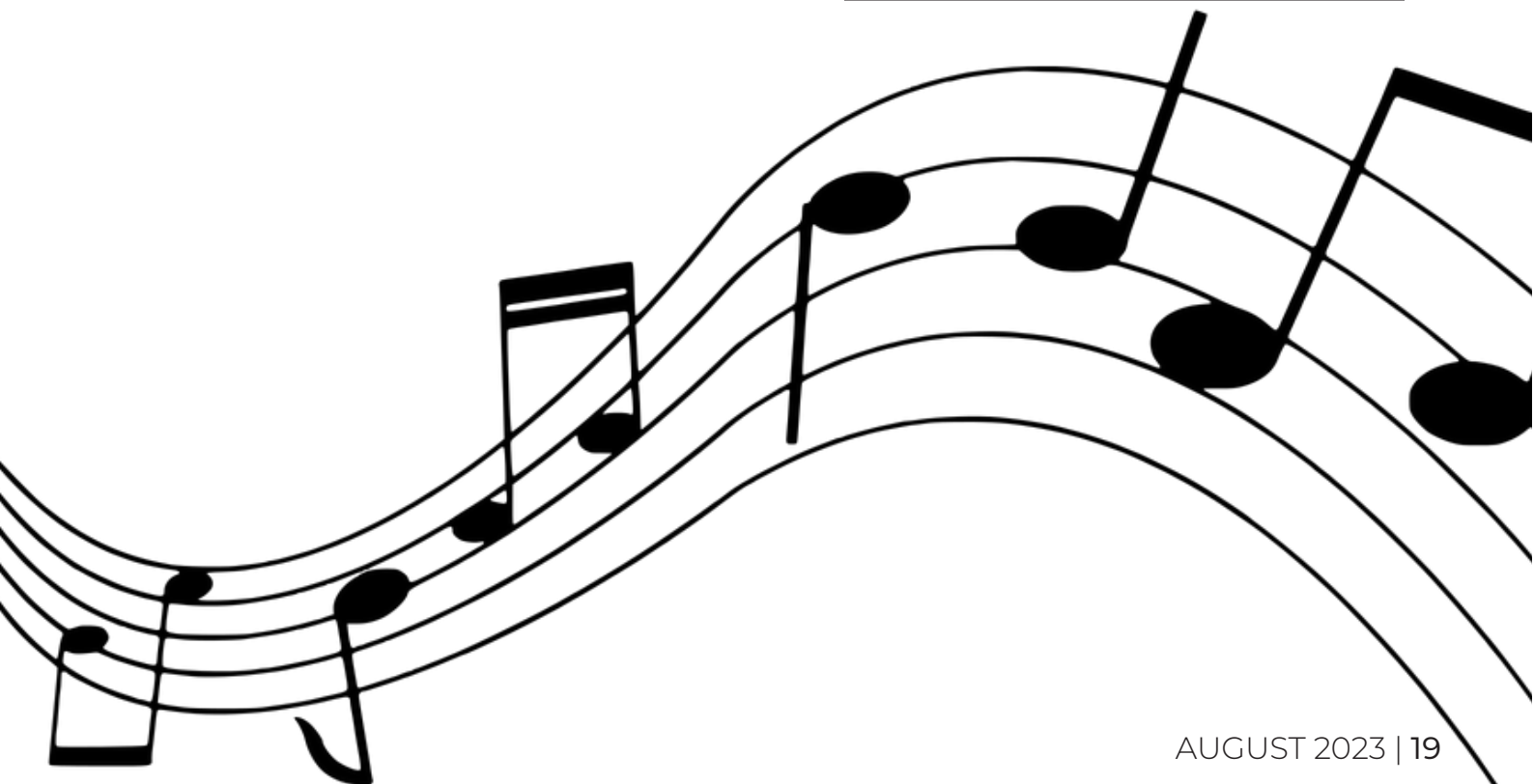
We are organizing another camp on the 2nd of September 2023 near Sector D Pocket 2 Vasant Kunj.



Musical Evening

On August 5, 2023 RCD Vasant Kunj sponsored a Musical Evening in SCWA, New Delhi after conclusion of its 6th Regular Meeting.

The Event was conducted by a Rotarian based out of Bangalore who was visiting Delhi, he performed along with an upcoming singer. After the Event, Dinner was served and enjoyed by all.



Meditation

IN MEDIATION

Mediation is a structured, interactive process where an impartial third party neutrally assists disputing parties in resolving conflict through the use of specialized communication and negotiation techniques.

Meditation is a practice in which an individual uses a technique – such as mindfulness, or focuses the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Mediation is a way of dealing with interpersonal conflicts and Meditation is a way of dealing with intrapersonal conflict

The Mediator is the focal person in the process of Mediation. Self-belief, mindfulness, focus, emotional calmness and stable mind in mediators are the very essential skills to possess. As mediators, we routinely enter the conflicts of others, but do not always understand that, as a consequence, their conflicts also enter us.

Not only the Mediation benefits the mediator in settling the disputes of parties but also benefits the mediators in handling impact on their minds due to conflicts of others among many benefits like self-motivation & self-development.

Through “Meditative Mediation” one become aware of what is happening internally within ourselves and the parties, and helping to bridge the gap between them so they can discover a way out of their feeling of hate, attachment, and suffering. A meditative mediator becomes more proficient in empathy and compassion towards the parties. These combined practices enable mediators to move beyond merely settling disputes but also discovers insightful ways of transforming them.

Benefits of Meditative Mediator

- Willingness to move beyond conversation, gestures & words used by conflicting parties.
- Developing innovative ideas and ability towards finding solutions.
- Increased ability to be open, and focused.
- Developing art of detachment yet fully engaged in the disputes & sufferings.
- Ability to remain calm and balanced in the presence of conflict and intense emotions
- Reduced level of stress and frustrations.
- Ability to engage in disturbing and risky dialogues while talking about sensitive issues without overseeing the emotions of others.
- Experiencing sensitivity.
- Better understanding of the gravity of sufferings of the parties.
- Enhanced intuitive abilities towards actions, reactions and outcomes.
- Spiritual connect to the cosmic energies.



PP Rtn Suman Doval
Director, Youth Service

Palliative & Supportive Care

Palliative and Supportive Care is often misunderstood. It can be confused for HOSPICE and end-of-life care, but they are not the same thing. The aim of palliative and supportive care is to improve the Patient's quality of life and maintain independence by reducing Symptoms, Managing pain, and supporting Patients and their families.

It can be given at any time during Cancer treatment, including right after Cancer is diagnosed or after Cancer treatment is completed.

Sometimes, Doctors will describe a Cancer treatment as either "Curative" or "palliative." Curative cancer treatments are used to eliminate Cancer. Palliative Cancer treatments are used to control

Cancer by relieving symptoms and side effects for as long as possible. One can receive curative and palliative cancer treatments at the same time or you may only receive palliative cancer treatments if a cure is not possible. Cancers that are treated with Palliative treatments can often be managed for a long time.

Hospice, or end-of-life care, is a special kind of care that is a part of Palliative and supportive care. Hospice care is given to people who are expected to live 6 months or less. The goal of hospice care is to improve quality of life and provide comfort in the final stages of an illness, like cancer. Hospice care helps people approach the end of life with PEACE, RESPECT, and DIGNITY.



PP Rtn Dr Vijay Sharma
Editor

Chandrayaan 3

It was and will always be a moment of pride for all Indians when the lander VIKRAM touched down on the South Pole of Moon on 23 rd August at 1804 hrs IST. I am sure every Indian was thrilled to bits.

It is an extra ordinary achievement as no other country in the world could land on the Lunar South Pole. Celebrations Galore were in order. However the western world could not digest the fact that we had left them far behind in the quest for extra terrestrial research. For some of them it was a bitter pill to swallow. Some in the their media have been condemning this feat stating that we in India should be not spending this money on such missions since we are afflicted with poverty, however they forget that they are the ones who subjugated us to this situation by their plundering our country.

We Indians feel so proud of our ISRO scientist who worked Day and Night to accomplish this mission and I am sure they are not resting on their Laurels and are working towards greater Achievements in the near future.

We have proved once again that Indians are the Epitome of Grit and Determination in spite of our short comings. Salutes to our Heroes. Bharat Mata Ki Jai.



Rtn Naveen Sawhney
Director, Club Service



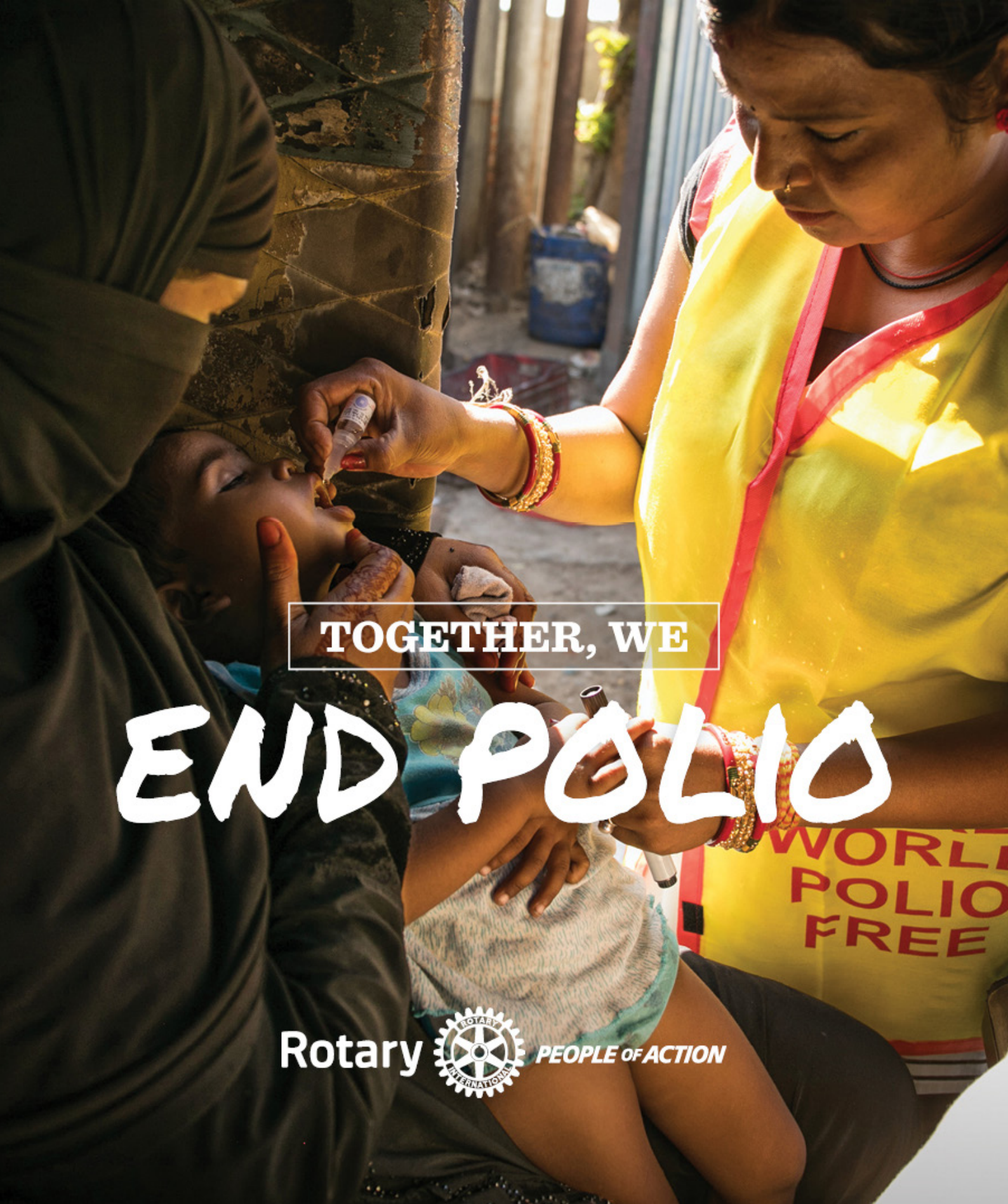
CLUB TEAM

RY 2023-24

Name	Position
Rtn Archana Doval	President
Rtn Anil Narula	Vice President
Rtn K Prahlad	Secretary
Rtn AK Nandwani	Treasurer
Rtn AK Sood	Joint Secretary
Rtn Mohit Aggarwal	Sargent-at-arms
PP Sant Bhushan Lal PP Dr. Vijay Sharma	Club Trainers (Facilitators)
Rtn Naveen Sawhney	Director: Club Service
Rtn Rashmi Diwan Rtn Madhu Gupta	Director: Vocational Service
Rtn Arun Kant Sharda	Director: Community Service
PP Subhash Khanna PP SC Govil	Director: International Service
PP Suman K Doval	Director: Youth Service



CREATE HOPE
in the **WORLD**



TOGETHER, WE

END POLIO

Rotary  PEOPLE OF ACTION

Rotary 
Club of Delhi Vasant Kunj