# Reach Out



JULY 2023 ISSUE















# Rotary Club of Delhi Vasant Kunj

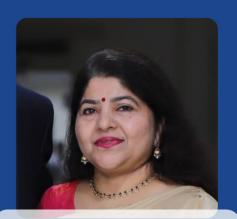
Club ID: 28108 · Chartered on 10/06/1991



Rtn Gordan McInally
RI President 2023-24



Rtn Jeetender Gupta
District Governor 2023-24



Rtn Archana Doval
Club President 2023-24



Rtn Prahlad Kumar Club Secretary 2023-24

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## **Rotary International President**

Rtn Gordan McInally

### **District Governor**

Rtn Jeetendar Gupta

## **Club President**

Rtn Archana Doval

# Rotary Club of Delhi Vasant Kunj District 3011 Club ID: 28108

### **Editor**

Rtn Dr Vijay Sharma

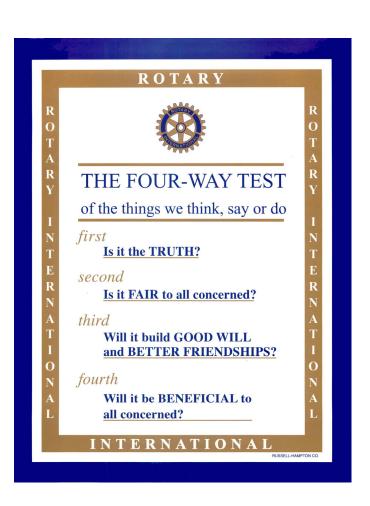
"Hope is being able to see that there is light despite all of the darkness" — Desmond Tutu.

Let us all be that light for the people in need and let's create the hope for others by being available and help in creating a better world for all.

This year the theme of the Rotary International (RI) is "Create Hope in The World'.

The goal is to restore hope — to help the world heal from destructive conflicts and, in turn, to help us achieve lasting change for ourselves. The focus is to promote peace in troubled nations, help those affected by conflict, and maintain the momentum of initiatives begun by past leaders.

I am convinced that our club through its flagship projects would able to create hope in the world



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## Follow Us







# **Presidents** Message

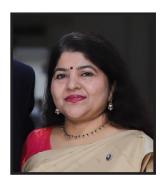
It gives me immense pleasure to revive the "Reach Out' Magazine of the Rotary Club of Delhi Vasant Kunj. The 32-year-old club with rich heritage and legacy survived many hardships but came up as a winner each time. I am a proud member of the club since 2015 and discharged various responsibilities such as Chair New generation, Literacy and Vice –President and currently, I am honored to be President of the club in RY 2023-24.

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change across the globe, in our communities, and in ourselves. Embracing and exemplifying diversity, Rotary values celebrate the contributions of people of all backgrounds, across age, language spoken, ethnicity, race, color, special ability, religion, faith, socioeconomic status, culture, marital status, sex, sexual orientation, and gender identity as well as differences in ideas, thoughts, values, and beliefs. This makes the organization open to all and generates unfathomable results

The Club has dynamic milieu of the members making a bouquet of range of professions, experiences with diverse background. This provides the club a vibrant and advantageous position to think diversely and work in unison. The hard work, devotion and dedication of the past Presidents is highly appreciated and provided new team a platform to work in the right direction.

The News Letter would showcase the projects, member profiles and some interesting articles useful for the Rotarians as well as to the general public.

"You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have, because history has shown us that courage can be contagious, and hope can take on a life of its own." — Michelle Obama



Rtn Archana Doval Club President

# Editor's NOTE

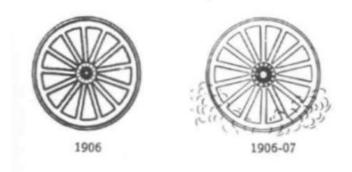
he Rotary emblem, unchanged since 1924, was redesigned many times in the early years of the organization. In 1905, Montague M. Bear, an engraver and member of the Rotary Club of Chicago, sketched a wagon wheel with 13 spokes. When fellow club members began to complain that the design was static and lifeless, Bear added flourishes that made the wheel appear to ride on a bed of clouds. Unfortunately, some members felt the clouds looked like dust, defying the laws of gravity by being kicked up on both sides of the wheel. Bear responded by superimposing a banner with the words Rotary Club over the clouds.

In 1911, Secretary Chesley R. Perry recommended that "action be taken by the National Association to establish the wheel as the basic part of the emblem of every Rotary club." Clubs were invited to submit designs to an emblem committee before the 1912 convention in Duluth, Minnesota.

The word **Rotary** appeared at the top and **International Association** at the bottom. Clubs were encouraged to use a similar design, placing the name of their city at the bottom in place of International Association. The number of spokes and cogs was unspecified. Numerous variations on the emblem were in use by 1918. The Board appointed **Charles Mackintosh**, of the Rotary Club of Chicago, and **Oscar Bjorge**, of the Rotary Club of Duluth, to the Special Committee to Standardize the Rotary Em-

blem. Bjorge drafted an emblem with six spokes and 24 cogs, giving it a sturdy appearance.

In this design, the number of teeth and spokes was intended to reflect a real, working gearwheel, and not any aspect of Rotary's history.





By 1924, Bjorge's design had been modified to include a keyway. This addition has been attributed to Will R. Forker, of the Rotary Club of Los Angeles. He was reported to have said Bjorge's design made no provision for the transfer of power to or from a shaft, rendering the wheel idle. Forker perceived Rotary as a 'living force' and inserting a keyway into the hub made the new wheel a 'real worker.'

In January 1924, the Board formally approved the emblem that was then in use. Not all written descriptions were updated immediately, however. To clear up any confusion caused by the various decisions about the emblem between 1912 and 1929, a standard description of the existing design, with a keyway, was approved by the 1929 convention.

The Rotary emblem, like Rotary's name and other logos, is a registered trademark. Clubs, districts, and Rotary Entities are welcome to use the Rotary emblem subject to the guidelines for the use of the Rotary Marks as set forth by the RI Board of Directors







PP Rtn Dr Vijay Sharma Editor

# Meetings THIS MONTH









#### PROJECT SPOTLIGHT

# Project Annapurna

in the Indian tradition food is indeed worshipped as Ann Devta and Ann-Daata the Giver of Food is held in very high esteem.

Annapurna is the Goddess of Nourishment and Food. Before eating a prayer is made to her. The Goddess Bhavani Vasundhra is manifested as the divine Mother Earth which sustains and nourishes all its beings with all its natural bounties. In our tradition now forgotten, if anyone hungry comes to your door you are supposed not to turn them away.

Adi Sankaracharya in his stothram praising Annapurna, the personification of food says:

# अन्नपूर्णे सदापूर्णे षंकर प्राणवल्लभे । ज्ञान वैराग्य सिध्यर्थं भिक्षां देहिच पार्वति ।।

annapūrņe sadāpūrņe śaṁkara prāṇavallabhe । jñāna vairāgya sidhyarthaṁ bhikṣāṁ dehica pārvati ॥

Annapurna Devi, Goddess of Plenty, you are Lord Shiva's eternal Consort, give us goals together with wisdom.

Gandhiji following Vivekanada, interpreted Dharam for our times as serving the divine through the service of the most needy and deprived. As divinity resides in them too. He gave us a mantra that when in doubt, **think of the poorest and the weakest**. how your decision is going to affect them. if it will help or harm them.

Taittriye Upanishad says "Refuse not food to those who are hungry, When you feed the hungry you serve God, from who is born every living creature"

State Of Hunger in India
According to Food and Agriculture Asso-

ciation (FAO) estimates in 'The State of Food Securitg and Nutrition in the World, 2020 report, 189.2 million people are undernourished in India. By this measure 14% of the population is undernourished in India. While 20% suffer from wasting, meaning their weight is too low for their height.

The Global Hunger Index 2019 ranks India at 102 out of 117 countries on the basis of three leading indicators; prevalence of wasting, stunting in children under 5 years, under 5 child mortality rate, and the proportion of undernourished in the population.

In the year 2020, RCDVK started this initiative of food distribution in order to streamline the availability of the food to the people in need in the vicinity.

This distribution Of food is to be done in as a part Of lan Ahar an initiative by the Government Of Delhi.

Under this Project, the 200 + meals/food packets are distributed on each Saturday of the Month.

#### The Economics of the Project

We get the meals at INR 20 per meal per packet and that is suffice for one person. It has around 500 calories. Out of 52 food distributions to be done in RY 2023-24, 26 would be sponsored by two individuals, 13 will be sponsored by the Club and For remaining 13, we would encourage you, our reader to contribute

#### Facts about Hunger in India

- India is home to the largest undernourished population in the world 189.2 million people
- 51.4% women in the reproductive age 15-49 years are anaemic
- 20% Of children under 5 are underweight
- 34.7% of children under 5 years of age are stunted









# Wheelchair Donation

In true Rotary spirit, the Club continued with the project conceived and conducted by the earlier Team(s). One of the Projects was Gifting of Wheel Chair to the disadvantageous through Indian Spinal Injuries Hospital. The Club, under its Project **Shashkt Divyang**, through its Members gifted wheelchairs.

Both the patients were treated at the Indian Spinal Injuries Centre, this project was intiated and led by PP Rtn. Sant Bhushan Lal.





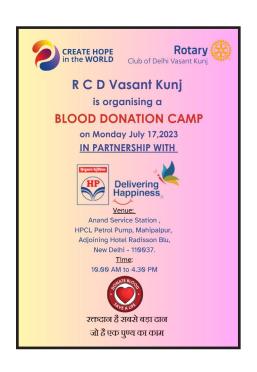


There is a shortage of over 1 lakh units of blood for patients in Delhi and NCR itself. Many accident victims, innocent children suffering from thalassaemia, pregnant women, cancer patients and other people in life threatening situations die due to shortage of blood

Rotary Blood Bank aims to meet the requirement of precious blood by organizing voluntary blood donation camps at education institutes, corporate offices and many other organizations and gatherings. RBB relies totally on voluntary donors and dispenses blood to those in need without asking for replacement donation.

Voluntary blood donation is a self-less service and an expression of love for mankind. Blood knows no caste, creed, colour, religion or race. Rotary Blood Bank (RBB) has three suitably modified air- conditioner vans fitted with couches to help conduct blood donation, wherever access to locations of organizations is difficult due to narrow approach roads or other administrative reasons.

This Blood Donation Camp was held in Partnership with Hindustan Petroleum, the camp was held near HPCL Petrol Pump, Mahipalpur on the 17th of July 2023.



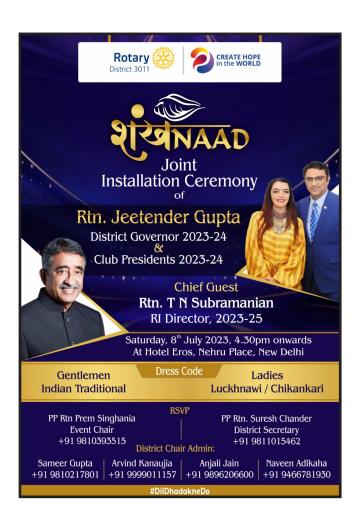




On the 8th of July 2023, Shanknaad, that is the Joint Installation Ceremony of District 3011's District Governer Rtn Jeetender Gupta and the Club Presidents of RY 2023-24 was held at the Hotel Eros, Nehru Place.

The Chief Guest for this event was the Rotary International Director of RY 2023-25 Rtn. T N Subramaniam.

Attached are pictures of Rtn Archana Doval and PP Rtn Suman K Doval along with fellow Rotarians from Zone 12.





President Nirangini, PP Rtn Namrata Suri, President Archana Doval (Left to Right)



PP Rtn Suman K Doval, First Lady Rtn Deepti Gupta, DG Rtn Jeetender Gupta, RI Director TN Subramaniam, AG RB Singh, President Archana Doval (Left to Right)



AG RB Singh, President Nirangini, President Akshay Shastri, Rtn SP Singh, President Archana Doval (Left to Right)

# Financial Planning for Women:

कामकाजी महिलाएं कैसे करें फाइनेंषियल प्लानिंग? बता रहे हैं एक्सपर्ट

महिलाओं के लिए जरूरी है सही फा. इनेंषियल प्लानिंग. इससे आज के दौर की कामकाजी महिलाओं को कैरियर में आने वाले उतार-चढ़ाव से निपटना आसान होगा. महिलाएं अब हर क्षेत्र में सषक्त हो रही हैं. बात चाहे कमाने की हो या स्मार्ट तरीके से निवेष करने की, आज के समय में वे हर पहलुओं के आंकलन के बाद ही अपने पैसे खर्च करती हैं.

भारत में तकरीबन ४१ करोड़ कामक. ाजी लोग है जिसमें तकरीबन १३ करोड़ यानी (२६ प्रतिषत) महिलाएं हैं. कई बार ये देखा जाता है कि वित्तीय मामलों में महिलाएं पुरुशों से पीछे रह जाती हैं. मेरा सुझाव है कि महिलाओं को अपने कैरियर के साथ बचत और निवेष पर भी ध्यान देना चाहिए. हम आज आपको विमेंस डे के मौके पर यहां कुछ जरूरी बातें बता रहे हैं, जिनका ध्यान रखकर नौकरीपेषा महिलाएं सही फाइनेंषियल प्लानिंग कर सकती हैं.

9. नियमित बचत की आदत डाल जेजब सुरक्षित वित्तीय भविश्य की बात आती है, तो नियमित बचत करना बहुत महत्वपूर्ण हो जाता है. बचत की एक अच्छी राषि एक आपके सुरक्षित

भविश्य की दिषा में बढ़ाया गया कदम है, जो कम से कम आपको गारंटी देता है. वे दिन गए जब महिलाएं आर्थिक रूप से अपने पार्टनर पर निर्भर हुआ करती थीं. लिहाजा हर महिला को अपने वर्तमान में आत्मनिर्भर होकर रहने के साथ-साथ अपने भविश्य के बारे में भी सोचने की जरूरत है. नियमित बचत इसकी सबसे पहली कड़ी है.

२. क्षमता के अनुसार जोखिम लें कोई भी दो व्यक्ति एक जैसे नहीं होते और न ही उनकी जोखिम उठाने की क्षमता एक जैसी होती है. चाहे वह पुरुश हों या महिला, रिटायरमेंट के बाद आरामदेह भविश्य के लिए निवेष की रणनीति को समझना आवष्यक है. आपको यह समझना होगा कि बेहतर रिटर्न के लिए छोटे-छोटे जोखिम लेना भी जरूरी है जो भविश्य के लिए बड़ी धनराषि इकट्टा करने में मदद करेगा, क्योंकि जोखिम के बिना जीवन में बड़ी जमाराषि (कार्पस) हासिल करना असंभव है. इसलिए अपनी क्षमता के अनुसार जोखिम लेने की आदत डालें.

## ३. परिवार के साथ फाइनेंषियल मै नेजमेंट

जैसे परिवार में पति-पत्नी मिलकर

अपने बच्चों या अपने माता-पिता की देखभाल करते हैं ठीक उसी तरह से वित्तीय प्रबंधन (फाइनेंषियल मैनेजमेंट) भी बेहद जरूरी है. समाज के मौजूदा मानदंडों को बदलना आवष्यक है जहां पुरुश सभी घरेलू खर्चे का जिम्मा लेते हैं. कामकाजी महिलाएं यदि फैमिली के वित्तीय प्रबंधन पर ध्यान देंगी तो वे अपने करियर के बारे में भी बेहतर ढंग से सोच सकेंगी. यदि महिलाएं काम न भी कर रही हों, उन्हें पुरुश के साथ कदम से कदम मिलाकर आगे बढ़ना रखना चाहिए ताकि परिवार के लिए निर्णय लेने में उनकी बराबरी हो.

#### ४. फाइनेंषियल प्लानिंग करते रहें

बचत तभी हो सकती है, जब आपके पास एक सही फाइनेंषियल प्लानिंग और बजट हो. जब कोई व्यक्ति अपने दैनिक खर्चों को पूरा करने के लिए पर्याप्त पैसा कमाता है, तो उसके बाद बची हुई रकम उनको चमक-दमक के प्रति आकर्शित करती है तािक वे लग्जरी वाला जीवन जी सकें. इस मामले में महिलाओं को अपने भविश्य पर विषेश ध्यान देने की जरूरत है. अपने वर्तमान को बेहतर बनाने के साथ उन्हें अपना भविश्य सुरक्षित रखने के लिए संयमित रखना होगा.

### ५. सलाह लें पर आंख मूंदकर भरोसा न करें

अपनी पहली नौकरी षुरू करने के साथ ही निवेष के बारे में सोचना चाहिए. खर्च के बाद आपके हाथ में जो पैसे बचते हैं उन्हें सही जगह निवेष करना चाहिए. सही सलाह आपको वित्तीय मजबूती दे सकती है तो गलत सलाह से नुकसान भी उठाना पड़ सकता है. इसलिए बेहतर होगा कि हर किसी की सलाह को आँख मूंदकर न मानें, एक से अधिक लोगों से राय लें, फाइनेंषियल एडवाइज से बात करें, सवाल पूछें, संतुश्ट होने पर ही निवेष करें. इस वक्त षुरू किया गया निवेष आपका भविश्य सुरक्षित बना सकता है. आप पब्लिक प्रोविडेंट फंड (च्च्थ), म्युचुअल फंड या त्क सहित अन्य जगह निवेष करके आसानी से बड़ा फंड तैयार कर सकते हैं.

## ६. सुपर टह्रप-अप स्वास्थ्य बीमा

बचत के साथ ही आपको अपनी सेहत पर भी निवेष करने की जरूरत है. इलाज के बढ़ते खर्च को ध्यान में रखते हुए हेल्थ इष्योंरेंस भी जरूरी है. स्वास्थ्य बीमा के क्षेत्र में महिलाओं के लिए कई विषेश प्लान भी हैं. सुपर टहप-अप स्वास्थ्य बीमा (नचमत ज्वच-न्च भ्मंसजी प्देनतंदबम) उन महिलाओं के लिए अतिरिक्त कवर होता है, जिनके पास पहले से ही कोई स्वास्थ्य बीमा पहिलसी है. यह काफी कम कीमत में मिल जाता है और अतिरिक्त कवर भी होता है. इससे उन बड़ी बीमारियों के इलाज के दौरान काफी राहत मिलती है, जिन पर खर्च १५-२० लाख रुपये आता है. इलाज के बड़े खर्चों से खुद को बचाने के लिए सुपर-टहप अप स्वास्थ्य बीमा खरीदने की सलाह दी जाती है.





Rtn K Prahlad Club Secretary

# About Karma THE SPIRITUAL LAW

Karma, the pillar of Vedantic thought and the essence of the human life cycle, means action or deed in general parlance. In a philosophical viewpoint, Karma signifies the linkage between actions and its results. It follows the law of cause and effect and emphasizes that there is a reaction for every action we perform in our daily lives. The dotrine of Karma, whereby one begets good results as aresult of good deeds and bad effects due to performance of negative actions, is a baggage which follows the present and future births as inevitable consequences of acts committed in the journey of the soul towards total liberation or enlightenment.

There are three types of Karma which get nullified or added as a result of our actions and our soul's passbook indicates the Karmic balance at any point of time.

Firstly, the **Sanchita Karma** is our accumulated Karmic balance of the past lives which is carried over to the present life.

**Prarabdha Karma** is the new balance created in the present birth through actions and effects.

Agamya Karma is the overall karmic balance carried forward to the next lifecycle as Sanchita Karma. It is often impossible

to endure the entire Karmic impact in one lifetime and hence it gets carried forward to more subsequent lifecycles. Tulsidas, the erudite Saint defines the Karmic cycle as below: "As long as the stock of Sanchita Karma lasts, a part of it continues to be taken out as Prarabdha Karma for being enjoyed or endured in one lifetime, leading to birth and death cycle. A soul cannot attain Moksha (liberation) from this cycle until the accumulated Sanchita Karmas are completely exhausted."

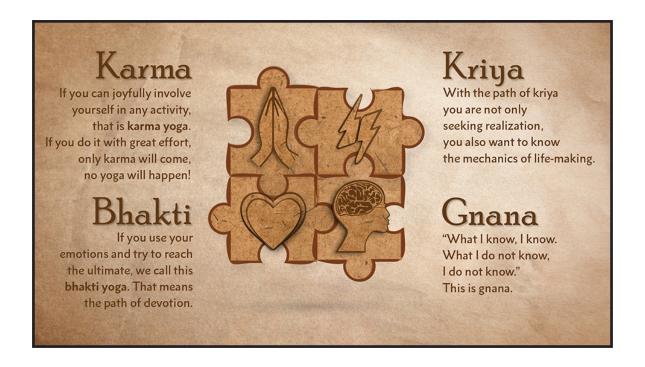
The Bhagwad Gita is replete and fully woven with the fabric of Karma, which is one of the core tenets propounded in the text. **Karma Yoga** (path of selfless service) is extolled as one of the four paths to attain liberation, the other three being **Gnana** (path of knowledge), **Bhakti** (path of devotion) and **Raja** (path of meditation).

As enunciated by Lord Krishna, the Gita emphasizes the need for 'Nishkama Karma 'which means desireless actions, selfless service or actions performed without any expectation of results or consequential benefits. This philosophical concept finds its echo in other religious doctrines as well. The Zen philosophy of life recognizes Attachment as the primary source of suffering and advocates a state of mind with neither assumptions nor prejudices.

Have we adopted Nishkama Karma in our daily lives? The answer is unfortunately negative. Right from a tender age, the society exerts pressure on children for results, scores, ranks etc. without any emphasis on learning the concepts, which is the primary karma of the student community. The same story continues through adulthood into employment zones. Greed for outstanding results is prioritized over meticulous performance which gives rise to negativity across the spectrum. It is absolutely ideal to plan our actions to get

targeted results but the anxiety about the results should not run in tandem with performance, creating a negative impact on the results. If we perform with all our knowledge and skills to a well formulated procedure, positive results will follow. A significant change in mindset and our priorities will take us in the right direction towards desired results. Taking a pause and deriving inspiration from the lofty concept of Nishkama Karma will make our life's journey comfortable, trouble free and valuable.

(Above article is compiled using inputs from various sources and friends)





Rtn Alok Varshney

# Film Producer, Production and the Director

Film Producers and Directors create motion pictures, television shows, and video productions to entertain and inform a viewing audience. They may direct a short, instructional film for their municipality about jury duty or a big-budget, special-effects filled blockbuster for a nationwide release. They oversee many if not all creative aspects of a film and are often involved in its post-production, including editing and sound design. The film Producer/Director's job responsibilities include:

- Selecting a script to turn into a film
- Auditioning and choosing actors and the members of a film's crew
- Approving and monitoring the budget for a film production
- Ensuring that the film is completed on time and within budget

More and more schools are offering Bachelor's and Master's in Film Directing. Most film Directors typically hold a bachelor's in film or a related field and have several years of work experience. They often begin their film Production and Directing ca-

reer as a, film editor, actor, or assistant to an established **Director**.

Many Institutes now offer bachelor's degrees in Film Production with a curriculum that thoroughly covers directing and many other aspects of film production. Film programs typically require students complete one, sometimes several films. Example classes in a film or film directing program include:

- Film and Video Production
- Feature Script Analysis
- Film History
- Post Production

In order to coordinate the talents of what can be a large number of people working together to create a film, directors must develop strong leadership, management, and communication skills. Film directors also use their creative skills to bring a film script to life.

As a film director's reputation grows, he or she may advance to larger, more expensive projects.



**PP Rtn Dr Vijay Sharma** Editor

# **Peace & Conflict Prevention**

One of the first focus areas of Rotary is Peace and conflict prevention/resolution. Today, over 70 million people are displaced as a result of conflict, violence, persecution, and human rights violations. Half of them are children.

Rotary refuse to accept conflict as a way of life. Rotary through its projects provide training that fosters understanding and provides communities with the skills to resolve conflicts.

#### **Rotary Creates Environments of Peace**

Rotary endeavors to address the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources. Rotary believes that peace long lasting peace can be achieved by including and involving the community and innovating ways to empower people to resolve the conflicts within themselves and surrounding environment. The ultimate goal is that to empower people to prevent conflict and in case the conflict arises resolve them. Rotary attempts yo creates environments where this can happen.

#### **Conflicts**

Conflicts are inevitable in any society and to resolve and manage the conflicts is one of the formidable challenges. Laws and laws enforcement mechanism were put in place to resolve the conflicts in order to achieve optimum growth and societal peace

#### Concept

The aim & intent of the project is to prevent conflicts in order to maximize happiness. Happiness would in turn, make it the workplace conductive and work productive.

The need of the hour is to have a multidisciplinary & humanitarian approach to address a "conflicting situation" from various dimensions, with a sole objective of its prevention and if erupted its proper resolution. The person caught in conflicting situation(s) must be treated as societal victim rather than typical role of an "aggressor" and "victim". The need is to understand that reach unresolved conflict and conflicting situation carry seed of potential class & social strife.



**PP Rtn Suman Doval** Director, Youth 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





# Rotary Club of Delhi Vasant Kunj

RI District 3011 | Club ID 28108

solicits your gracious presence on the occasion of



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

Rtn. Mahesh Trikha

Rtn. Ravi Gugnani DGN

Rtn. R B Singh

AG ZONE-12

**JULY 2023 6PM Onwards** 

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

