



COSMO TIMES

ROTARY CLUB OF GURGAON COSMOPOLITAN

RI DIST 3011 Club ID C000069836

VOL 19

ISSUE 2

AUGUST 2023

PRESIDENT'S MESSAGE



Dear **Fellow Rotarians**,

In the spirit of fellowship and service, it brings me immense joy to share the latest achievements and initiatives undertaken by our Rotary Club. As we journey together through the year, we continue to embody Rotary's core values and make a profound impact on our community. **"Coming together is a beginning, staying together is progress, and working together is success."** - Henry Ford

Corporate Meets Rotary: Bridging the Gap

Our recent Regular Club Meeting, held in partnership with CDSL and members of CPE Study Circle Gurgaon, was a groundbreaking initiative. This endeavor not only facilitated a platform for interaction between Rotary and the corporate world but also presented us with an exceptional opportunity to introduce the essence of Rotary's work to the corporate community.

Welcoming New Member - Rtn. Jeevit Vashishtha

Our Rotary family continues to grow stronger with the induction of Rtn. Jeevit Vashishtha, sponsored by PP Rtn Abhinav Bansal. We pinned Rtn. Jeevit Vashishtha, a symbol of our club's continued commitment to expand our ranks.

Mammography Camp: A Commitment to Health

On 12th August 2023, our club, in association with the RWA of Greenwood Society Sector 45, Gurgaon, organized a Free Mammography Camp. We stand proud to have served 20 beneficiaries, advocating for community health and well-being.

Empowering through Knowledge: Health Awareness Talk

A Health Awareness Talk was conducted in collaboration with Fortis Hospitals Vasant Kunj, Clove Dental, Centre for Sight, and Lens Bus at the Convent of Jesus & Merry School near Bangla Sahib Gurudwara, Delhi, on 16th August 2023. Approximately 1000 students attended this enlightening talk, delivered by IPP Rtn. Abhishek Aneja.

THE 4-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 GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned ?

Let us all keep the above tests in mind before we say, think or do anything

Promoting Well-being: Health Check-up Camps

From 16th to 18th August 2023, our club organized a comprehensive Eye, Dental, and General Health Check-up and awareness camp in partnership with Fortis Hospitals Vasant Kunj, Clove Dental, Centre for Sight, Lens Bus and President Akshay Shastri of the R C Delhi Vasant Valley at the Convent of Jesus & Merry School, benefiting over 1000 students. This event was made possible with the valuable support of Rotaract Club of Young Souvenirs, Rotaract Club of Delhi Yuva, and Rotaract Club of Delhi Elite.

Nurturing Education: Book Donation

On 18th August 2023, our President Rtn Amit Kumar Jain and members of the District literacy team, Rtn Rakesh Kumar and IPP Rtn Abhishek Aneja, visited Khrist Raja Secondary School in Connaught Place Delhi. We contributed novels and books to enrich the school library, promoting a love for reading among students. Additionally, we pledged support for Mehendi Art and paintings activities, aiming to recognize and reward the best students.

Historic Moment: Signing MoU for Skill Development Centre

A significant achievement for our four Gurgaon Clubs in Zone 25 occurred on 22nd August 2023. We came together to sign an MOU for a Skill Development Centre (SDC) Project, enhancing our commitment to vocational training and education. Our collaboration will impact the lives of many, and we have collectively pledged our support.

Rotary Meet and Greet: Building Connections

On 26th August 2023, we had the privilege of participating in the Rotary Meet and Greet initiative of RI District 3011 Zone 29-31. This event fostered connections and built stronger ties within our Rotary family.

Rotary Public Image: Celebrating Dr. Neeraj Sanduja

We take great pride in the recognition received by our member, Dr. Neeraj Sanduja, who was featured in NBT and TOI under their "Leaders of Change" section on Independence Day. It reflects the positive impact our members make on society.

Independence Day Celebration: Azadi ka Amrit Mahotsav

On 15th August 2023, our members celebrated Azadi ka Amrit Mahotsav with patriotic fervor and enthusiasm. Our members participated in various activities, including flag hoisting, cultural events, and the "Har Ghar Tiranga" initiative by the Ministry of Culture.

Our Future Leaders: Rising Stars

I am thrilled to announce the appointments of PP. Rtn. Ratan Kumar as Assistant Governor and PP. Rtn. Ruchi Rai as District Literacy Committee Chair for RY 2024-25. Under the leadership of Rtn. Mahesh Trikha, DG 2024-25 for District 3011, our club's members continue to excel and lead.

"The power of one, if fearless and focused, is formidable, but the power of many working together is better." - Gloria Macapagal Arroyo

Each one of us has the power to make a difference, but when we join forces, our impact is unstoppable. Let's harness the collective power of our Rotary club to leave a lasting legacy of positive change. In the year ahead, let us embrace our Rotary journey with enthusiasm, dedication, and a commitment to the Rotary motto: "Service Above Self." Together, we will inspire, innovate, and ignite positive change in our communities and beyond.

Thank you for your unwavering support, and I look forward to a year filled with meaningful service, fellowship, and shared accomplishments.

Yours in Rotary Service,
Amit Kumar Jain
President, Rotary Club of Gurgaon Cosmopolitan

RI President's Message



Rtn. Gordon R. McInally
President 2023-24, Rotary International

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment. It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care. These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections." This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for leadership as we continue to build awareness. Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services. Together, we will Create Hope in the World.

Rotary Club of Gurgaon Cosmopolitan Team RY 2023-24



Rtn. Amit Kumar Jain
President



Rtn. Naveen Chowdhry
Secretary and President Elect



Rtn. Abhishek Aneja
IPP & Director, Youth Services



Rtn. Shalini Chowdhry
Vice President



Rtn. Krishnan K Agarwal
Treasurer



Rtn. Pramod Grover
Joint Secretary



Rtn. Ish Chandra Seth
Sergeant at Arms



Rtn. Ruchi Rai
Club Learning Facilitator



Rtn. Deepak Jain
Director, Club Services



Rtn. Pradeep Agarwal
Director, Vocational Services



Rtn. Abhinav Bansal
Director, Community Services



Rtn. Gopesh Aneja
International Services



AG Rtn. Vivek Duggal
Chairman Membership



Rtn. Urmi Gupta
Chairman, Service Projects



Rtn. Sarvesh Dutt
Chairman, Rotary Foundation



Rtn. Ratan Kumar
Chairman, CSR



Rtn. Aadesh Poddar
Chairman, Diversity, Equity & Inclusion

Some Events of August 2023

Free Mammography Camp



Our Club in Association with RWA of Greenwood Society Sector 45, Gurgaon organized a Free Mammography Camp on 12th August 2023. 20 mammograms were checked. It was attended by AG Rtn. Vivek Duggal, PP Rtn. Gopesh Aneja, Rtn. Urmi Gupta.

Health Awareness Talk



Rotary Club of Gurgaon Cosmopolitan conducted a Health Awareness Talk with Fortis Hospitals Vasant Kunj, Clove Dental, Centre for Sight and Lens Bus at the Convent of Jesus & Merry School near Bangla Sahib Gurudwara, Delhi on 16th August 2023. Around 1000 students of the school attended this talk. It was a wonderful talk given by IPP Rtn. Abhishek Aneja.

Independence Day Celebration



On 15th August 2023, Members of RCGC celebrated Azadi ka Amrit Mahotsav with patriotic fervour and zeal. They hoisted flags at their home, daughter of Rtn. Abhinav Bansal and Rtn. Amit Kumar Jain participated in cultural events and Rtn. Vivek Duggal, Rtn. Sarvesh Dutt, Rtn. Naveen Chowdhry and Rtn. Amit Kumar Jain, participated in Har Ghar Tiranga initiative by the Ministry of Culture

Eye, Dental and General Health Check up Camps

16th to 18th August 2023 - 3 days





Rotary Club of Gurgaon Cosmopolitan conducted an Eye, Dental and General Health Check up and awareness camp with Fortis Hospitals Vasant Kunj, Clove Dental, Centre for Sight and Lens Bus at the Convent of Jesus & Mary School near Bangla Sahib Gurudwara, Delhi from 16th to 18th August 2023. Around 1000 students of the school have been benefitted from the camp. In this camp Rotaract Club of Young Souvenirs were the co-organisers and volunteers from Rotaract Club of Delhi Yuva and Rotaract Club of Delhi Elite also participated.



On the third day of the camp, Eye Check up of students was done by President Akshay Shastri of the R C Delhi Vasant Valley. Rtn. Arun Rungta of RC Delhi West and Rtn Rakesh Kumar of RC Delhi Vasant Valley supported and attended the camp. The Project was coordinated by IPP Rtn Abhishek Aneja.

Project Meeting at Khrist Raja Secondary School



On 18th August 2023, Rtn Amit Kumar Jain, President RC Gurgaon Cosmopolitan and members of District literacy team Rtn Rakesh Kumar and IPP Rtn Abhishek Aneja visited Khrist Raja Secondary School in Connaught Place Delhi. It is a Girls school from the EWS managed by the Convent of Jesus and Merry School. We handed over Novels and books for the school Library. We also visited the hall where a session on Mehendi Art and paintings was going on and RC Gurgaon Cosmopolitan and RC Vasant Valley have proposed to sponsor 5 Trophies each to the best students in each activity. We also briefed the Principal of the School on the work done by the Rotary District 3011 in the areas of literacy, health and hygiene and the vaccination drive on cervical cancer.

Skill Development Centre – MoU *Historic moment for the four Gurgaon Clubs – Zone 25*



On 22nd August 2023, an MOU for a Skill Development Centre (SDC) Project was signed by the four Presidents - Wg Cdr Baljit S Ahluwalia (Rotary Club of Gurgaon Qutub Enclave), Manish Agarwal (Rotary Club of Gurgaon), Amit Kumar Jain (Rotary Club of Gurgaon Cosmopolitan) and Subhash Verma (Rotary Club of Gurgaon Central) and two Presidents Elect - Naveen Chowdhury and Dinesh Agarwal in the presence of District Chair SDC PP Rtn Amit Chaudhary and Regional Chair SDC PP Tejwant Chhatwal. All this has been done under the supervision of AG Vivek J Duggal.

A call taken by the AG and four Presidents that each one of them will sponsor two children @ the cost of Rs 11000/- per child. All five will contribute Rs 22000/- each.

Regular Club Meeting; Speaker Mr. Amit Kumar Jain, Sr. Manager, CDSL



Our regular club meeting was held at Hotel IBIS, Golf Course Road, Sector 53 Gurugram on 11th August 2023. Speaker for the day was Mr. Amit Kumar Jain, Sr. Manager, CDSL. Speaker Mr. Amit Kumar Jain gave an elaborate talk on “Investor Awareness on Depository Services”. The speaker shared about CDSL & Start deliberation; Investor Projection Fund Trust; BO Account 9.07 Crores situated in over 99% pin codes; DPs registration 588 operating from over 17,000 touch points, which was appreciated by one and all. It was followed by the question answer session.

Induction of New Member



Rtn. Jeevit Vashishtha, sponsored by Rtn. Jeetendra B. Sharma #6547179 Rotary Club of Akurdi Pune RI District 3131 and PP Rtn Abhinav Bansal. He was pinned by PP Rtn. Deepak Jain, new member kit given by Rtn Naveen Chowdhry.

Rotary Zonal Meeting



Rotary Meet and Greet of RI District 3011 Zone 29-31 was held on 26th August 2023 at the Farm House of Rtn. Ravinder Jain District Admin 24-25. It was attended by President Rtn. Amit Kumar Jain, Secretary Rtn Naveen Chowdhry, AG Rtn. Vivek Duggal and PP Ratan Kumar.

Our Future Leaders



PP. Rtn. Ratan Kumar has been appointed as Assistant Governor and PP. Rtn. Ruchi Rai has been selected as District Literacy Committee Chair for RY 2024-25 under the leadership of Rtn. Mahesh Trikha, DG 2024-25 for District 3011.



Our member Dr. Neeraj Sanduja was covered in NBT and TOI on the Independence Day under their "Leaders of Change" section. It is proud moment for RCGC.

Youth Services

INTERACT CLUB OF SHALOM HILLS INTERNATIONAL SCHOOL CELEBRATED WORLD HUMANITARIAN DAY



The Shalom Hills Rotary Interact Club 3011 organized a very informative role play for World Humanitarian Day. The members of Interact Club took part in this role-play and performed before the students of grade 6th. This performance was done within school premises only. Through this role-play, students were given information about those people who have sacrificed a lot for the welfare of the citizens but their identity is still unknown. Those were Mumtaz Ahmed Khan, Vandana Shiva, Lucy Kurien, and Baba Amte. The students gave an outstanding performance and the spectators were highly interested and applauded for the wonderful performance. The role play started with basic information about the Rotary. A banner was also made for the Shalom Hills Rotary Club. The information about these idols was given one by one with narrators delivering the quotes said by each humanitarian. At the end of the performance, the students were requested to take the pledge position and all took an oath together to follow and celebrate each day as humanitarian day and help others.

From the Desk of the Secretary

ROTARY MONTHS

Jul	Start of new Rotary officers year of service
Aug	Membership and New Club Development
Sep	Basic Education and Literacy
Oct	Economic and Community Development
Nov	Rotary Foundation
Dec	Disease Prevention and Treatment
Jan	Vocational Service
Feb	Peace and Conflict Prevention/ Resolution
Mar	Water and Sanitation
Apr	Maternal and Child Health
May	Youth Service
Jun	The Rotary Foundation's 110th Anniversary

Birthdays

September	
6th	Rtn. Krishan Agarwal
12th	Rtn. Gopesh Aneja
14th	Rtn. Urmi Gupta

Anniversaries

September	

Upcoming events

2nd September 2023	“Ayaansh” PEM-I 2024-25
5 th September 2023	District Literacy Seminar 2023-24
8th September 2023	GOV & Installation Ceremony 2023-24



Published by

**ROTARY CLUB OF GURGAON COSMOPOLITAN
FOR PRIVATE CIRCULATION ONLY**