



COSMO TIMES

ROTARY CLUB OF GURGAON COSMOPOLITAN

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PRESIDENT'S MESSAGE



Dear Rotary Family Members,

Greetings to each of you in the spirit of service and fellowship. As we embark on another enlightening edition of our Club Magazine, I am thrilled to share the exciting news of our collective growth and accomplishments over the past month. The Rotary Club of Gurgaon Cosmopolitan continues to flourish, with nearly a 40% net growth in membership during the last four months, a testament to the enduring strength of our RCGC Family.

In the words of Helen Keller, "**Alone, we can do so little; together, we can do so much.**" This growth is not just numerical; it is a reflection of our shared commitment to making a positive impact in our community and beyond.

Our Club has been actively engaged in meaningful projects, and in the month of October, we passionately contributed to the district's blood donation campaign. Collaborating with the Privy Residential Welfare Association (PRWA), we organized a Blood Donation Camp on 8th October 2023 at Spaze Privy campus in Gurgaon. The collective effort resulted in the collection of 30 units of blood, underscoring our commitment to the well-being of our community.

Our dedication to social welfare remained unwavering throughout the month. We distributed free eyeglasses at Govt. Senior Secondary School (Boys), Badshahpur, Gurgaon, and conducted a review meeting with

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

Govt. Girls Primary School, Badshahpur, Gurgaon. These endeavors reaffirm our commitment to education and the holistic well-being of our community.

Moreover, we took a significant step towards environmental sustainability by planting 4700 trees in collaboration with the RWA of Sector 55, Gurgaon, spanning A and A1 Blocks on 29th and 30th October 2023. Our actions align with the words of Margaret Mead, who said, "**Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.**"

Continuing our mission to serve, the Rotary Club of Gurgaon Cosmopolitan, in association with Canwinn Foundation and Rotary Club of Gurgaon South City, conducted Blood Group testing for school students at Rajkiya Varisht Madhyamik Vidhyalaya, Badshahpur Village, Gurgaon, on 30th - 31st October. A total of 850 students benefited from this health initiative, emphasizing our commitment to the well-being of the younger generation.

I am also pleased to share a moment of pride as IPP Rtn. Abhishek Aneja RCGC presented our Club's flag to Rtn Dr. V K Raju, President Eye Foundation of America and UK, Chairman Goutami Eye Institute. This marks the beginning of a potential collaboration on projects, showcasing our Club's reach and impact on a global scale.

As we move forward, let us remember the wise words of Martin Luther King Jr.: "**Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.**" Let's get together, let's create hope, and let's continue our journey of service, making a positive difference in the lives of those we touch.

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

The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle. By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan (“one who lights up the home”) with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children’s Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children’s Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states. There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference. Right now, there is someone you know in the Rotary world — in your club, from a project you’ve worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It’s what Rotary has always been about, and we can build on it by helping each other find peace at home. We need to learn how to ask not just “How are you?” but also “How are you really?” By doing so, Rotary can continue to Create Hope in the World.

From the District Governor's Desk



Rtn. Jeetender Gupta

I hope this message finds you well. I wanted to share some exciting news and updates from our district. Our efforts have resulted in steady growth in membership, including chartering 10 new clubs and achieving nearly 9% net membership growth. I want to express my gratitude to all the clubs for their support in making this progress possible.

It's crucial that we maintain this momentum and focus on membership retention. However, there are still some clubs that have not reported new members, especially those inducted during club Installations/GOVs. I kindly request that this be done at your earliest convenience. I am thrilled to report that our Blood Donation Campaign, which ran from October 1st to 12th, received an overwhelming response from clubs across the district. This has also revitalized the Blood donation movement in Delhi clubs, which had been affected by the pandemic.

In celebration of World Polio Day on October 24th, we initiated a Polio Fundraiser Week from October 24th to 31st. By the end of October, we had already collected a substantial amount, totaling \$20,000 USD, for the Polio Fund. I'd also like to express my gratitude to the 25 Presidents who initiated the creation of a permanent fund in the form of the DG 2023-24 and President 2023-24 Endowment Fund. The interest from this endowment will support future district leaders.

Project Pankh, in which many clubs and Rotarians came together to provide 1000 bicycles to poor and underprivileged girls, was a highly rewarding experience for many of us. The distribution on Ashtami day made it even more auspicious and relevant. Our vision to eliminate Cervical Cancer and Thalassemia from our region in the next few years is now being transformed into action. A record number of 518 school girls were vaccinated against Cervical Cancer in a single camp held on the first Navratra.

Our Rotary Blood Banks in Delhi, Faridabad, and Gurgaon are equipping themselves to provide free Thalassemia Screening as part of the protocol for blood donation for unmarried donors in the age group of 18-35. We are committed to launching a mental health app, and a prototype has been prepared by RCD Resources, which is currently undergoing testing and refinements.

As we move forward, let us remember the promises we have made and the journey we have ahead of us.

Warm regards,

Rtn Jeetender Gupta
DG 23-24

Source: VOLUME NO.3, 2023-24 || POSTCARDS || GOVERNOR'S MONTHLY LETTER

Co-Chair Rtn. Neha Bansal. Rotary Blood bank presented the shield to President and his team for best service to Humanity initiative taken by Rotary club of Gurgaon cosmopolitan and PRWA. Our Club also celebrated the Birthday of our Rtn. Neha Bansal. It was very well managed event. It was well covered in the print media too.

Eyeglass Distribution



RCGC Eyeglass distributed at Govt. Senior Secondary School (Boys), Badshahpur, Gurgaon on 16th October 2023. Members have planned for a painting competition on 18th Nov 2023 in the school. President Rtn. Amit Kumar Jain, AG Rtn. Vivek Duggal, PP Rtn. Ruchi Rai, IPP Rtn. Abhishek Aneja and Rtn. Sanjeevv Budhiraja attended this event.

Review Meeting at Govt. Girls Primary School Badshahpur, Gurgaon



RCGC members visited Govt. Girls Primary School, Badshahpur, Gurgaon for assessing their need. Kids were to perform Ramlila and photos were clicked with them. President Rtn. Amit Kumar Jain, AG Rtn. Vivek Duggal, PP Rtn. Ruchi Rai, IPP Rtn. Abhishek Aneja and Rtn. Sanjeevv Budhiraja attended this event.

Tree Plantation Drive : 4700 saplings



RCGC President Rtn. Amit Kumar Jain planted 4700 trees along with RWA of Sector 55, Gurgaon across A and A1 Blocks on 29th and 30th October 2023. We are very thankful to RWA Team for helping us to organise such event.

Blood Group Testing Camp – 850 students benefitted



Rotary Club of Gurgaon Cosmopolitan in association with Canwinn Foundation and Rotary Club of Gurgaon South City conducted Blood Group testing for school students on 30th - 31st October at Rajkiya Varisht Madhyamik Vidhyalaya, Badshahpur Village, Gurgaon. Total beneficiaries were around 850 Students. Project was co-ordinated by IPP Rtn Abhishek Aneja.

Flag Exchange with RC Morgantown West Virginia



IPP Rtn. Abhishek Aneja RCGC presented our Club's flag to Rtn Dr. V K Raju, President Eye Foundation of America and UK, Chairman Goutami Eye Institute for possible collaboration on projects, he is Past President Rotary Club of Morgantown West Virginia. They are working on the Eye screenings in India especially for Pre mature babies. IPP Rtn. Abhishek Aneja also briefed him about our clubs work in Eye care with Viaan Eye Centre and Rtn Dr. Neeraj Sanduja.

+PLUS ONE - District Membership Seminar



District Membership Seminar was held at PHD House, New Delhi on 13th October 2023. Awards For the

- 1] Top 5 Club with highest net growth
- 2] Top 5 Club with highest female membership growth
- 3] Adding 5 or more members
- 4] For Blood Donation Drive

Our club were recognised during this event. It was attended by President Rtn Amit Kumar Jain, AG Rtn. Vivek Duggal, PP Rtn. Ruchi Rai and IPP Rtn. Abhishek Aneja.

Regular Club Meeting, Speaker PDG Rtn. Deepak Talwar



Our regular club meeting was held at Hotel IBIS, Golf Course Road, Gurugram on 12th October 2023. Speaker for the day was PDG Rtn. Deepak Talwar and he gave an elaborate talk on "Rotary and My Life" - Integrity, Leadership, Fellowship, Service, Diversity, which was appreciated by one and all. It was followed by the question answer session. He was presented a token of gratitude by AG Rtn. Vivek Duggal.

Induction of New Member



Rtn. Pragati Vashishtha, sponsored by Rtn. Jeevit Vashishtha joined our Club. She was pinned by PP Rtn. Ruchi Rai, new member kit given by PDG Rtn. Deepak Talwar during our regular club meeting was held at Hotel IBIS, Golf Course Road, Sector 53 Gurugram on 12th October 2023.

Rotary Fellowship over Breakfast



Rotary Fellowship over Breakfast was organised at Sitaram Diwan Chand, Sector 46, Gurgaon on 15th October 2023. Every reason is a good reason for fellowship. It was attended by President Rtn Amit Kumar Jain, Rtn Pramod Grover, Rtn Krishan Aggarwal and AG Rtn Vivek Duggal.

Rotary Public Image



It gives me immense pleasure to share with everyone that our PP Rtn. Sarvesh Dutt has been elected unopposed as the Director of Finance for the second term of the Vasant Vihar Welfare Association. The final results of the elections for the Managing Committee of VVWA have been declared by the Returning Officer.

Community Service - Save Life

Our PP Rtn. Ratan Kumar received a phone call from the Resident of Manesar requested them for Platelets help for Mr. Sarvesh, Age 24 was admitted in Aarvy Hospital, Sector 90, Gurgaon suffering from Dengue n typhoid. He contacted Rtn Ravindra Jain and Dr. Sunil Taneja of Rotary Blood bank and provided 3 small packs of Platelets were issued.



From the Desk of the Secretary

Birthdays

November	

Anniversaries

November	
6th	Rtn. Jeevit Vashishtha & Rtn Pragati Sharma
22nd	Rtn. Urmi Gupta & Mr. Ankur Gupta
23rd	R'aane Malini Agrawal & Rtn Pradeep Agrawal

Upcoming events

- | | |
|--------------------------------|--------------------------------|
| 4 th November 2023 | Diwali Fellowship |
| 5 th November 2023 | DRR 3011 Installation Ceremony |
| 18 th November 2023 | Painting Competition |



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**ROTARY CLUB OF GURGAON COSMOPOLITAN
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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