



KOSHISH

October 2024



ROTARY CLUB OF DELHI AKASH MEGAPOLIS

Magical
REFLECTIONS

Rotary
District 3011

MESSAGE

From The
District Governor's Desk
Dr. Mahesh P. Trikha



Dear Magical Presidents and Team,

Another successful month of events and projects has flown by and it makes us realise that we are getting closer to fulfilling our commitments and achieving our goals; for those who haven't begun as yet, there are eight. I want to thank you all for the support and empathy you have shown to the communities around you and for the mammoth work you are doing in every possible area to uplift them. This outpouring of support from all of you for our local community is truly moving and reflects the real spirit of Rotary. Our organisation is not defined by the senseless actions of people who create war and conflict, but by the compassion, determination and community spirit we have seen in action across our region.

While the month of festivities brought about fun and good spirits, we didn't have a District Diwali event like we always do because we wanted to present a customised thank you to all the teams that have worked on projects and events first-hand and tirelessly over the first 100 days of the Rotary Year. That was the main purpose of holding two Diwali Celebratory Events for the teams that were so involved in working for the benefit of the District, the communities and for Rotary as an organisation.

The colours of the festivities also set the tone for one of the biggest events of RI Year 2024 – The World Polio Day Celebrations. 24 October is World Polio Day, a global day to raise awareness and resources for the worldwide effort to eradicate polio. RI District 3011 organised a grand celebration of the event at Dwarka Sports Complex with 1500 Rotaractors and Interactors

forming 'Polio Free Bharat', walking around with placards, in EndPolio Now T-Shirts, performing street plays, talks by senior WHO and UNICEF officials and with delicious snacks. Our Chief Guest at the event was none other than RIDE PDG Fit Lt K.P. Nagesh who motivated everyone to carry on with our relentless fight against the dreaded disease. It was a spectacular event indeed and an appropriate reiteration of our commitment to eradicate Polio.

We look forward to busy months ahead. November is also the month when our focus shifts to TRF and our request is to encourage every Rotarian to make a benevolent contribution to The Rotary Foundation. We have successfully integrated our values into several processes, such as managing our work ethics, transparency in all our activities and putting our funds to good use. Rotary has given us the opportunity to utilise these values to the best of our ability. Your generosity goes a long way in making a difference to the lives of many who need your support so let's begin with donating what we can to make it better for millions around the world.

We also have many events planned for you over the next few months. Please do register for the District Conference if you haven't already and let's make this the most memorable year in the history of RI District 3011.

With Warm and Sincere Regards

Yours Truly
Rtn Dr Mahesh P. Trikha
District Governor 2024-25

Magical
REFLECTIONS

Rotary
District 3011

MESSAGE

From The
Rotary International President's Desk
Stephanie Urchick



With World Polio Day on 24 October, I'm proudly rooting for Rotary as we team up around the world to End Polio Now.

I had the honor of attending a Strike Out Polio event in July at PNC Park, home of the Pittsburgh Pirates MLB team. The Rotary Club of Delmont-Salem hosted the event, which raised \$1.3 million for PolioPlus.

Later in the summer, I joined members of our Rotary family in supporting the Más Millas Menos Polio (More Miles Less Polio) bike ride. Felipe Meza Chávez and his team rode all the way from Ciudad Juárez, Mexico, to One Rotary Center in Evanston, Illinois, to raise money and awareness. The ride took 12 days, and Felipe and his team collected more than \$100,000 to support the fight against polio. It was a joy to greet them as they arrived in Evanston.

And I was thrilled to see Team End Polio raise global awareness around the 2024 Paris Olympics. This world-class roster of athletes, global leaders, and polio eradication supporters came together to advocate for a world where no child has to live in fear of being paralyzed by polio. Some of the athletes on Team End Polio are polio survivors themselves, adding weight to their advocacy.

These are just a few examples of the many ways Rotary has teamed up recently to End Polio Now. It is vital that we continue to seek out and recruit teammates in polio eradication, especially after the challenges our eradication efforts have faced this year.

The Rotary world was heartbroken to learn about

the tragic passing in August of Aidan O'Leary, director for polio eradication at the World Health Organization.

I knew Aidan and worked with him directly. He was a tireless advocate in the fight against polio and a kind, genuine man. We will remember him both for his advocacy and his warmth.

But where there is hardship, there is also hope. I feel hopeful whenever I consider the countless ways Rotary supports the fight every day to eradicate polio.

As people of action, we don't have the luxury of giving in to despair, even in the face of tragedy. The best way to honor Aidan's memory is by teaming up and reaching our goal to End Polio Now.

We made a promise to the children of the world and their families. It is incumbent upon us, together with our global partners, to end this threat once and for all.

There are so many ways we can team up to eradicate polio. You can donate to the End Polio Now campaign, join or initiate a PolioPlus Society in your club or district, or take inspiration from the fundraisers I mentioned above.

I encourage Rotary members around the world to continue to seek out new teammates, so that together, we end polio.

From the
President's
heart...



Sonia Sahny
President 2024-25

As we celebrate the vibrant festivities in India, we are reminded of the privilege of living in a land of diverse cultures and communities. This diversity holds within it the profound power of inclusion—a gift that nature has bestowed upon us, fostering acceptance and the ability to embrace others. Recognizing this strength, we have the opportunity to build a more inclusive society where everyone feels valued and connected.

DURING A RECENT VISIT TO TWO ARYA SAMAJ SCHOOLS TO DISCUSS THE ISSUE OF PLASTIC POLLUTION, I WAS DEEPLY MOVED BY THE ECONOMICALLY MARGINALIZED YOUNG STUDENTS IN GRADES 3 TO 5. THESE STUDENTS DISPLAYED REMARKABLE CONFIDENCE AND BUDDING LEADERSHIP, ENGAGING IN THOUGHTFUL DISCUSSIONS AND ASKING AND ANSWERING QUESTIONS WITHOUT HESITATION. THEIR CURIOSITY AND ENTHUSIASM WERE INSPIRING, AND IT WAS EVIDENT THAT THEY POSSESS THE POTENTIAL TO BECOME FUTURE LEADERS IF GIVEN THE RIGHT SUPPORT AND ENCOURAGEMENT.

These young individuals simply need to feel included and valued, to share their aspirations openly, and to seek guidance from us. It requires minimal effort on our part to support them, yet such support can make a world of difference in helping them reach their potential. Let us commit to extending a hand, guiding them toward a brighter future, as they truly deserve a place at the table. Together, we can work toward empowering the youth and preparing them for the challenges and opportunities that lie ahead. I welcome any ideas in this direction and look forward to collaborating on this path.

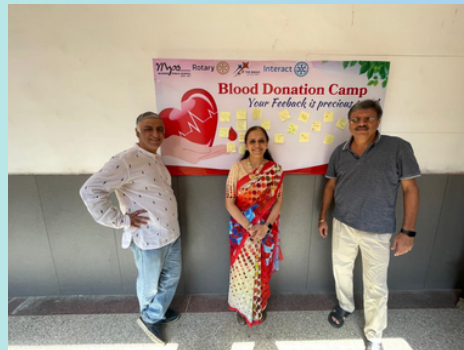
INTERACT in ACTION

BLOOD DONATION CAMPS

Blood Donation camps were organised by Mira Model School, Janakpuri and Modern Public School, Shalimar Bagh on Saturday, 5th October 2024.



The Interact Club of Modern Public School organised a BLOOD DONATION CAMP in association with Rotary Club of Delhi Akash Megapolis and Rotary Blood Centre Faridabad. It saw widespread participation for people were very eager to donate their blood to help those in need. The donors walked out of the camp with smiles and appreciated the efforts of Rotary and Interact Club of MPS for putting together the arrangements and organizing such a successful camp.



CLEANLINESS & TREE PLANTATION

MRV school students participated in cleanliness and tree plantation near their school.



REVITALIZING OUR HEALTH

An Eye-Check up camp was organized at KOSHISH CENTERS on 19th October.



CPR Session at Prince Public School



RCD Akash Megapolis in association with CK Birla Hospital, Punjabi Bagh, organized a CPR Session at Prince Public School, Rohini Sector 24, on 18th October 2024

Ms. Sapna Luthra, Trainer, CK Birla Hospital Punjabi Bagh explained to the students the importance of knowing CPR.

What is a CPR session?

CPR (Cardiopulmonary Resuscitation) is a life-saving technique used during emergencies like cardiac arrest or drowning. It teaches students how to perform chest compressions and rescue breaths, helping sustain vital organ function until medical professionals arrive.

Benefits for students:

Learning CPR builds confidence, responsibility, and enables students to act swiftly in critical situations, potentially saving lives.



DIWALI FELLOWSHIP DINNER

19TH OCTOBER, 2024



A mesmerizing evening was enjoyed by all at PP Rakesh Madan & Madhu's home on as the club members celebrated the festival of Diwali. The nightingales of the house enthralled the crowd with old numbers and everyone shook a leg! It was indeed a night to remember with delectable food and drinks. A teaser of our upcoming fundraiser was the highlight of the evening, with Lokesh Madan, singer of the EKA band presented us with a few songs.

Save the Date

**Fundraiser for Koshish
- an attempt**

(A project to impart non formal education to children of migrant laborers at Rohini)

**Bollywood Night with
Lokesh Madan**

Date: December 15, 2024

Time: 7 PM onwards

**ROTARY CLUB OF
DELHI AKASH MEGAPOLIS**

**Rotary
DISTRICT - 3011**



CREATING AWARENESS

RCD AKASH MEGAPOLIS- Awareness talk on misuse of plastic and distribution of 250 cloth bags in two Arya Samaj Schools for the underprivileged students in South Delhi was conducted on Friday, 25th October. It was an interesting interactive session and students participated with a lot of enthusiasm.



9 TIPS FOR LIVING WITH LESS PLASTIC



1
Bring your own shopping bag



2
Carry a reusable water bottle



3
Bring your own cup



4
Pack your lunch in reusable containers



5
Say no to disposable straws & cutlery



6
Skip the plastic produce bags



7
Slow down and dine in



8
Store leftovers in glass jars



9
Share these tips with your friends



DEEPAVALI at KOSHISH

Students, teachers and volunteers join hands in sending good wishes on the auspicious occasion festival of Diwali.

Wishing you all a very Happy Diwali!



RCD AKASH MEGAPOLIS- students of Delhi Technical University (DTU) doing internship at 'Koshish- an attempt...' celebrated Diwali at our study centres on 30th October. 'Koshish- an attempt...' is RCD AKASH MEGAPOLIS's flagship project for the past 20 years and we touch the lives of more than 300 students in our centres in the age group of 3-10 years every year. At 'Koshish- an attempt...' we impart non formal education to children of daily wage earners and migrant labourers living in JJ colony of Shabad Dairy, Rohini.



KNOW YOUR MEMBERS

PP Vivek Sardana



Born in the family of a National Award Winner artist Late Shri Ishwar Chandra Sardana, PP Vivek Sardana has always been interested in Art from the beginning. He graduated in Commerce from University of Delhi. Professionally he is into Exhibitions – His firm “Different Dimensions” designs and fabricates booths for exhibitors world over, mainly in Europe, USA, Middle East and Far East and this keeps him away from India for more than 5 months in a year.

He was a “Lion” for 3 years before joining Rotary in 1997 and has been taking care of “New Generation Wing” ever since. Charter President of Rotary Club of Delhi Akash has always been closely associated with Interacts and Rotaracts – the youth wing of Rotary. He has been President twice in year 2003-04 and 2014-15. Has held several positions in District from time to time. Currently holding the position of Dist Co-Chair New Generation and Director New Generations in Rotary Club of Delhi Akash Megapolis (Club Delhi Akash merged with Megapolis couple of years back)

Vivek is a keen collector of notes and coins and happens to be one of the top collectors in North India. He has organized 13 exhibitions of his collection so far including one in Germany. He is one of the founder members of Delhi Coin Society. He has also been awarded Gold Medal for his collection by American Biographical Institute.

Vivek is happily married to Savita and they have 2 children – daughter Aarohi and son Siddharth – both are married .

PP Ravi Dayal



Ravi Dayal hails from a family of civil engineers who were instrumental in the engineering of the buildings in New Delhi including Connaught Place. He did his schooling from St. Xavier’s School, New Delhi and completed his Bachelor Degree in Architecture from the School of Planning & Architecture, New Delhi. He specialised in energy efficient Architecture and has won many design competitions in low-cost housing, innovations in housings and solar passive buildings.

Ravi is married to Jyotsana and they forayed into landscaping in 2004. They started a Landscape vertical named Rocks n Roots and started the first Garden Boutique spread over 3000 Sq.Ft. With the grace of the Almighty, we did Aralias and Magnolia for DLF and were associated with development and maintenance of Landscape for real estate developers like Unitech, Emmar, MGF, Ansal to name a few. We had the opportunity to place the first plant when GMR started operations in Delhi and have developed landscape for Delhi Airport T3 , Road leading to the Airport, Multi-Level Car Parking and are now involved with the landscape of the new Terminal 1.

Rocks n Roots was selected as specialised vendor to procure plants from all over India and abroad for the Terminal 2, Bengaluru Airport. We transplanted over 3000 trees, developed the landscape of the forest belt and set up the indoor planation. The project has been awarded as the most beautiful airport in the world by UNESCO.

Ravi & Jyotsna have been active in Rotary since 1994. Ravi was President in the Rotary year 2000-01 & was actively involved with Rotary at the District level having served the District as Assistant Governor and District Secretary Administration.

ACHIEVEMENTS

Wonderful job done by Modern Public School!!!

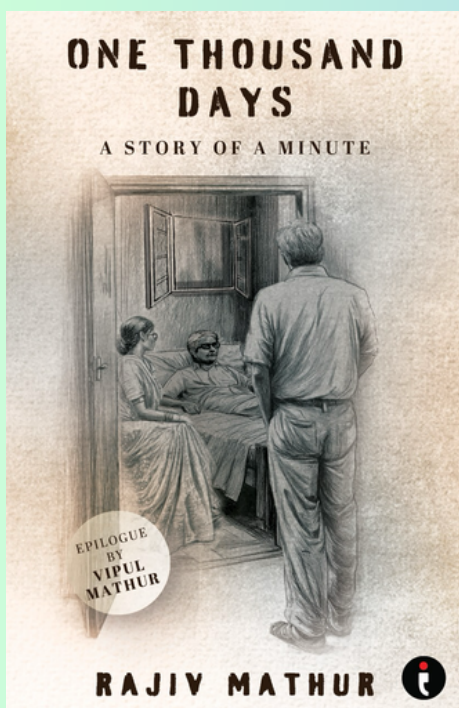
Modern Public School has been awarded the Silver Medal PAN India in School of Innovation Category in the award ceremony organised by Youth Ideathon at IIT Delhi on 10 October 2024.

Stall of Smart Thinkers bagged the second position among the top 100 stalls in the premises of IIT Delhi.

It's a matter of great pride and jubilation for the entire MPS fraternity.



Book Launch of our talented member, Dr. Rajiv Mathur



A journey through life's ups and downs, discovering the true meaning of love, remembrance, and kindness. This story celebrates the bonds of family and friends, as well as the incredible efforts of the medical fraternity. Over the course of 1,000 days, events could have taken a different turn, but they didn't, thanks to a 'minute' of miracle, kindness, quick reactions, and a call to duty.

KNOW THESE FACTS, THEY ARE FUN!
WILL SURELY HELP IN THE LONG RUN!

**TAKING
CARE OF
OUR
GREENS**



**Plant
Watering
tips**

According to the Season:

There are two ways to kill a plant, either we over water it showing our love for plants or we let the soil go bone dry.

The water scheduling is daily in the morning hours during summer. And every third day during winters. The checking technique is to put your hand into the soil. If it's dry then do your watering. But if it's still moist leave the watering for another day. We need to just about give enough water. Don't overdo it. An important tip for winter grass watering is the washing of grass in the early hours as the morning dew which we romanticize is actually acid rain and can make our grass turn yellow. Wash it away before 9 am.

Inputs by Rotary Partner Jyotsna Dayal



2nd October - President Sonia Sahny

Rtn. Rajesh Malhotra

22nd October- Rotary partner Ritu Rehani

25th October- Rtn. Ajay Sharma

26th October- Rotary partner Jyotsna Saran

Rotary
DIST 3011



RCD AKASH MEGAPOLIS

SAVE
THE
DATES



YOUR
PRESENCE
MATTERS!!!

NOVEMBER 2024

- TUESDAY, 5TH NOVEMBER - DILA, MAITREYI COLLEGE @ 8:00 AM.
- FRIDAY, 8TH NOVEMBER- HEALTH CHECK UP AT NAVAL PUBLIC SCHOOL, CHANAKYAPURI @ 8:00 AM
- WEDNESDAY, 13TH NOVEMBER EYE CHECK UP CAMP AT VSAI @ 10:00 AM
- FRIDAY, 15TH NOVEMBER- TUESDAY, 19TH NOVEMBER- CHECK DAM @ ALWAR
- TUESDAY, 19TH NOVEMBER, FELLOWSHIP DINNER AT MASONIC CLUB @ 7:30 PM

ROTARY KNOWLEDGE

ROTARY'S WHEEL EMBLEM

A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate "Civilization and Movement."

THE 4-WAY TEST

One of the most widely printed and quoted statements of business ethics in the world is the Rotary "4-Way Test." It was created by Rotarian Herbert J. Taylor in 1932 when he was asked to take charge of the Chicago based Club Aluminum Company.



Editorial Board

PP Avinash Agarwal & Rotary Partner Pooja Khanna

