

Rotary  
Club  
of New  
Gurgaon



# SAMVAD



RI DISTRICT 3011



## **Shekhar Mehta**

Rotary International  
President 2021-22

The biggest gift we are given is the power to touch a life to change, to make a difference in the circle of life. If we can reach out with our hands, heart, and soul the magic will begin to happen as the wheel begins to roll. Let's turn the wheel together so all humanity thrives We have the power and the magic to serve to change lives .



## Installation Ceremony

Rotary Club New Gurgaon was formed under the wisdom of our Advisor Rtn.Vipul Choudhary who hand helded us from scratch in establishing us. Club would like to thank and acknowledge the gratefulness of President of Rotary Club of Gurgaon (our sponsoring Club) for continuous support and guidance.



## PRESIDENT MESSAGE



**Rtn. Ashok Malik**

Rotary Chartered President  
2020-21

I am honored and privileged to be the Charter President of Rotary Club of New Gurgaon. I had never dreamt in my wildest dreams of becoming member of Rotary Club, Let alone becoming the Charter President of one of the Clubs of Rotary International. In one of the newsletter DG Sanjiv had quoted Roosevelt "If life were predictable, it would cease to be life, and be without flavor". The credit of adding this flavor to my life and initiating me to Rotary goes to our Advisor Rtn Vipul Choudhary and Chairperson of Installation ceremony Rtn Reena Mathur. I am grateful to them.

I am thankful to my club members who found me deserving the honor. I would try my best to come up to their expectations and uphold the ideals of Rotary. Rotary is a service club and Rotarians provide community service and this for me is the main reason to be a Rotarian. It gives me an opportunity for doing something for the community. The sense of satisfaction that comes in the process of giving is the reward

Ours is a young club not only in terms of age of the club but also in terms of age of its members. The average age of the members is below 40 yrs. We have started crawling and would thus be taking baby steps in terms of doing projects under the parental guidance of District 3011 officials and eventually with the support of District Governor would start running and start taking up bigger projects.

In their individual capacity or in small groups, the members of our club have taken up projects like Blood Donation, Tree Plantation, education etc and recently during the covid crisis, some of our members have provided excellent support to the community by providing cooked food and dry ration to needy persons and families and sustained it for over three months. Now all of us have come under the banner of Rotary and these service activities as well as other activities can be done in a more organized way covering larger area and population. We will make all efforts to uphold the principles of Rotary and would come up to the expectation of Rotary. We have undertaken to small projects under the Banner of Rotary Club of New Gurgaon – 1. Distribution of Masks to roadside vendors and dwellers of temporary structures and distribution of sweets to their children. 2. Blood Donation camp with the support of Gurgaon Blood Bank of Rotary Club.

I seek the blessings of all present today for our future endeavors and for a successful year in the service of community.



**ROTARY CLUB OF NEW GURUGRAM (RID 3011)  
THE EXECUTIVE, RY 2020-21**



**Sanjeev Rai Mehra**  
Dist. Governor



**Ashok Kumar Malik**  
President



**Reena Mathur**  
President Elect



**Lt. Col. K.P. Singh**  
Vice President



**Savita Sinha**  
Secretary



**Prabin Dokania**  
Jt. Secretary



**Aman Gupta**  
Treasurer



**Amarjit Singh**  
Trainer



**Shibashish Rudra**  
Sgt-at-Arms

**ROTARY CLUB OF NEW GURUGRAM (RID 3011)  
THE BOARD, RY 2020-21**



**Ashok Kumar Malik**  
President



**Reena Mathur**  
President Elect



**Velu Karthikeyan**  
Director  
Rotary Foundation Chair



**Vipul Choudhary**  
Honorary Member &  
Advisor



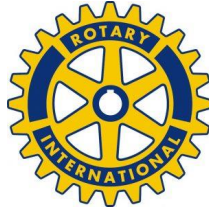
**Neena Agarwal**  
Director, Projects



**Sharad Kumar**  
Director (Hony.), Membership



**Dr. Ajay Wishwas**  
Director, Vice Chair Projects



## GLIMPSE OF INSTALLATION CEREMONY



First Physical Meet with Team members



Lamp lighting ceremony



Pinning Ceremony



Lamp lighting ceremony



## PROJECTS UNDERTAKEN (COVID -19 )

1 Organizing Blood Donation Camp

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2 Distribution of Mask and Santizer's

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3 "Saapno ki Udaan" Distribution of free personal hygiene products to maids and woman laborer's

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4 "Nanhi si Muskaan" Distribution of Popcorn packets to underprivileged kids.

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5 Organizing Pulse Polio Camp

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6 "आशायें" Distribution of stationary to underprivileged students of free school.

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# BLOOD DONATION CAMP



Saturday  
**5**  
September

**GIVE THE GIFT OF life**

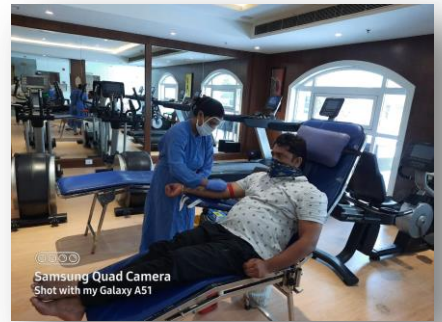
Donate BLOOD

**Blood Donation CAMP**  
11am - 4pm

Venue  
**REGAL GARDEN CLUB**  
Sector 90

Ashok Malik, President  
Savita Sinha, Secretary

**Rotary CLUB OF NEW GURGAON**





## PROJECT “ SAAPNO KI UDAAN”

**ROTARY CLUB OF NEW GURGAON**

Distribution of products to women to maintain personal hygiene (Nivea Moisturiser, Sanitary Pads, Soap etc.) to maids, housekeeping staff, families of guards and other needy families

Sponsored By **RIKALP FOUNDATION**  
RTN VAISHALI MITAL, Chair Person

Supported by **ROTARY CLUB OF DELHI RAJDHANI**

Under the Project **Sapno Ki Udaan**

Venue: **MN ROAD, GATE 1 NEW TOWN HEIGHTS, SECTOR 90**

Time: **3.00 PM, 20TH DECEMBER**

Rotary Club of New Gurgaon **Please join**

Distribution of free personal hygiene products to maids, women labourers of Sector 90 New Gurgaon. Project Sponsored by Sankalp Foundation.





## PROJECT "NANHI SI MUSKAN"



Popcorn packets under project 'Nanhi Si Muskan' distributed to needy children living in Sector 85- 93 of New Gurgaon. Sponsored by Rtn Vaishaly Mittal, of Sankalp Foundation. Inspired and encouraged by hon'ble DG Sanjiv Rai Mehra Distt 3011, Rtn Mohit Anand Bhatia and AG Rtn Sanjeev Kumar Sawhney.





## दो बूंद जिंदगी की।

### POLIO CAMP AT DLF NEW TOWN HEIGHTS CLUB, SECTOR 90





## साक्षरता में सहयोग ।







## GUEST SPEAKER SESSIONS

Rotary Club of New Gurgaon

**SPEAKER MEETINGS**

The invited Speaker for the first meeting was Rtn Ritu Malhotra who talked on


**GANESH'S IMPACT ON OUR CULTURAL ETHOS**

Rotary  


**ROTARY CLUB OF NEW GURGAON**  
invites you to 3rd Speaker meeting

**Topic: Into the world of Rotary**

Guest Speaker  
**Rtn. Mohit Anand Bhatia**  
Secretary, Administration  
Rotary District 3011



Saturday, 31st October, 2020 at 7.30 pm

 Meeting ID: 925 0204 2721  
Pass code: RCNG

Rtn Ashok Kumar Malik  
President  
Rtn Savita Sinha  
Secretary

Rotary  

**ROTARY CLUB OF NEW GURGAON**  
invites you to 2nd Speaker meeting

Topic: Waste Management Practices in New Condominiums - Benefits of Starting Early

Guest Speaker  
**Ms. Sonia Garga**  
Director, Programmes and Strategic Partnership



Saturday, 26th September, 2020 at 7.30 pm

 Meeting ID: 952 0086 9608  
Pass code: 669603

Rtn Ashok Kumar Malik  
President  
Rtn Savita Sinha  
Secretary

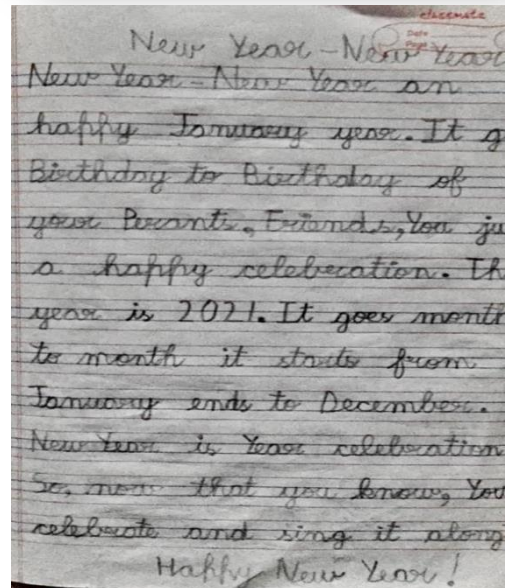


## MEMBERS AND KIDS CORNER



Reena Mathur is an old hand at doing social work. Her earlier work in both Inner wheel Club and Association for Social Health has won her many blessings and accolades. She is also a life member of Indian Red Cross society. Her tremendous efforts to help the society earned her the prestigious position of the Citizen Warden for Civil Lines, Delhi where she served with elan. She is a multi-faceted woman of substance.

As a businesswoman she has been doing catering for over two decades. She has kept the tradition of delicious Kayastha delicacies alive during Holi and Diwali. Her Gujiya, paapdi, kanji and non-vegetarian dishes have been much in demand for many, many years now. She has turned her casual interest in matchmaking into a successful bespoke matrimonial service and has been responsible for over 6000 couples getting married in last 30 years. She loves to laugh and makes everyone around her smile. Believing in buoyant enjoyment of life she radiates a vitalizing energy, the zest and gaiety of an inexhaustible joie de vivre.



Poem written by:  
Aadya Dokania, 6 years, Grade 1



## ENTREPRENEUR CORNER



**Rtn Umakant Singh Yogi**

- FUSION KITCHENS, a proprietorship company was started in the year 2012 by Mr. Umakant Singh Yogi.
- The company is involved with the manufacturing of Modular Kitchens, Wardrobes, Vanities etc.
- Started in 2012 in premises of 2000 Sqmtrs with a taskforce of 15 workers and manual machines – making Modular Kitchens, Wardrobes for different dealers in Delhi NCR.
- In 2017, the company had a tie up with online marketing companies like LIVSPACE and HOMELANE.
- The demand for the product entailed moving to a premises of 5400 Sqmtrs in 2018 to meet the demand.
- In 2019 – the demand increased and the company moved to a premises of 24,600 Sqmtrs. and replaced the manual machines with IMOS software operated CNC machines and Beam Saws.
- At present the company has 2 premises – one of 24600 Sqmtr and another of 3000 Sqmtrs with a Task Force of approx. 300 workers and is the authorised vendor for LIVSPACE and HOMELANE.
- Besides this the company has various dealers in Delhi, NCR to which it is supplying material.



Address:Fusion Kitchens Pvt. Ltd,  
Plot No 213, Sector 4, IMT Manesar,  
Gurugram, Haryana, India



(+91) 9540818600



fusion.kitchen@hotmail.com



## WASTE TO ENERGY INITIATIVE

### A solution for creating pollution free cities

Management of urban solid waste is one of the most neglected areas of urban Development in cities. Landfill sites and garbage dumps are overflowing in most cities, attracting rodents and flies which then spread disease. Unplanned and alarming rate of urbanization has given rise to many environment related problems, such as problem of health and hygiene, sewage, disposal of solid waste, air, water and land pollution and others. But a closer look at the current and future scenario reveals that waste needs to be treated holistically, recognizing its origin, natural resource, type as it has adverse health impacts in the long run.

Waste can be both **wealth**; which has tremendous potential not only for generating livelihoods for the urban poor and can also **enrich the earth** through recycling rather than spreading pollution as has been the case. **Waste to Energy projects can be a solution to overcome the problem of waste management in large municipal corporations/ cities.** These projects can help the cities to manage the waste generated so that the landfill sites are not created in the city (like Bandhwadi landfill on Gurgaon-Faridabad highway).

These projects cannot be implemented alone by the Government; people participation is the key for the implementation and sustainability of such projects. The beginning is to take the ownership



Rtn. Sharad Kumar

of our own waste and support in the collection process of the waste. If the waste is segregated at source the value of the same increases. The waste from large waste producers such as fruits and vegetable mandis, food waste from restaurants, cow dung from gaushala, slaughter house waste, poultry waste, horticulture waste, agriculture residue and any other organic waste which ends up in the landfill can be taken and treated at waste to energy plants. The segregated waste can be collected and taken to such waste to energy plant where it can be treated and energy such as bio-CNG, electricity and heat can be produced from the same. This plant also produces a byproduct which is bio-fertilizer which can help in undertaking organic farming and hence increase the quality and productivity of the agriculture produce. By setting up of such plants there will be NO DUMPING and NO BURNING of waste which causes pollution in the cities.

**TIME TO THINK AND ACT.....**  
**LETS CREATE; CLEAN CITIES.....**



## YOU ARE WHAT YOUR THOUGHT ARE

Quite often in counselling or training sessions people tell me that it easy to say to be happy, change your attitude and look positive in everything. Often people come to me & tell that its superficial and has no permanent solution, being happy or positive is purely momentary. Yes, It is momentary if we forced ourselves to the state of mind of happiness or positivity. However if we follow the process and design the mental map, it stays and is nearly permanent. Let me take you through the process in simplest possible manner.....

We are constantly talking to someone inside us and this communication is usually at unconscious level on auto mode. Notice this and try how you are communicating to yourself, that's your **SELF TALK**. How you talk to yourself is of utmost importance which leads to belief and often creates your belief system. This self-belief is painting an image of yours in your own mind which is **SELF IMAGE**. This Self Image defines how capable you are, what you can do or what not. This directs your feeling every time you face some situation. Your Self Image tells you whether you can do it or not. Either you do it or not your Self Image plays a role in deciding, often auto mode, unknowingly. Since all this is done at unconscious level you don't realise that your behaviour, action and communication is



Rtn. Amarjit Singh

automatically enabling or restricting. This is where our **SELF ESTEEM** is built, our behaviour, action and communication either will attract support, solutions & road map or reasons to not do, limitations etc. This is what is seen by people, this shows our willingness, enthusiasm, confidence & commitment level in our communication, action & behaviour. Based on this people invest their time, money & efforts in our lives, business & so on. This leads to **HABITS**. Anything which we repeatedly do becomes our habits and success achieved through habits.

Now you must be thinking about the ways to manage it... it's simple. Start noticing & taking notes of your Self Talks. At every point of negative reference ask yourself.....is it true? .....Can I do something about it?.... What are alternative options?... Do have anything to loose if I try alternatives?... what I lose or gain? Do it consciously, talk to yourself for 21 days and answer all these automatically floating questions in your mind with alternatives, provide alternatives.... You will see positive changes happening in your day to day life.

Self Talk



Self Image



Self Esteem



Habits



## UPCOMING PROJECTS 2021

JANUARY

Distribution of Stationary to Underprivileged Children

FEBRUARY

Blood Donation Camp

MARCH

Speaker Meeting: Mr Vijay Kumar Dewan, author of "The India Series"

APRIL

Medical Checkup/  
Mamography Camp

MAY

Personal Hygiene Kit Distribution

JUNE

Mamography Camp

### Editorial Board



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Rotary  
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Rotary Opens Opportunities