



Club of Gurgaon Harmony Iberis  
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Club Bulletin – **HARMONY**

Issue # - 9, March 2021



**Rotary Opens  
Opportunities**

[www.rotaryharmonyiberis.com](http://www.rotaryharmonyiberis.com)

**RI District 3011 Club No - 89710**

## MARCH IS WATER AND SANITATION MONTH

Rtn. Holger Knaack  
RI President

Rtn. Sanjiv Rai Mehra  
District Governor

Rtn. Mukta Malhotra  
President

Rtn. Anjali Rana  
Secretary

### From The President's Desk



**Rtn. Mukta Malhotra  
President 2020-21**

Dear Fellow Rotarians,

I do hope all of you are in good health and taking all precautions against the Pandemic. Wishing you well.

Water and sanitation is defined as the process of cleaning and purifying water so it is safe for use. An example of water sanitation is a filter that removes impurities from water. Rotary members integrate water, sanitation and hygiene into education projects--Nearly 1400 children die each day from diseases caused by lack of sanitation and unsafe water. When people have access to clean water, they live healthier and more productive lives. Contaminated water and poor sanitation are linked to transmission of disease such as Cholera and diarrhoea.

Hand hygiene saves lives. According to WHO - handwashing is one of the most effective action you can take to reduce spread of all diseases. Safe drinking water, sanitation and hygiene are crucial to human health and well-being. We have to promote good hygiene habits through education.

Build wells to extract ground water from underground aquifers. Countries around the world which have clean tap water - DENMARK, ICELAND, GREENLAND, FINLAND, COLOMBIA, SINGAPORE, NEWZEALAND, SWEDEN and CANADA.. Regretfully the whole world is still in the grip of pandemic - however life and work has to go on. Our club is trying their best to do as many projects as possible to help the needy.

I am presenting the BULLETIN for the month of MARCH I do hope you will enjoy reading same.

With Rotary Regards

Rtn Mukta Malhotra  
President 2020-21

### THOUGHT OF THE MONTH

**"A strong and positive attitude creates  
more miracles than any other thing  
because life is 10% how you make it  
and 90% how you take it."**

## RI President's Message



**Holger Knaack**  
**President**  
**Rotary International**

As someone who knows firsthand the great leadership potential of Rotaractors, I always look forward to World Rotaract Week, which we are celebrating from 8 to 14 March. Rotaractors are the focus of all three of my presidential conferences this year, and I was proud when, two years ago, the Council on Legislation voted to elevate Rotaract by including Rotaract clubs as members of Rotary International. Before that, the Council had already made dual membership possible, and shortly after, the Board of Directors decided to do away with Rotaract's age limits.

But we are only just embarking on our journey together. Partnering effectively doesn't happen by itself. It requires both sides to be open and to understand the value of cross-generational alliances. Louie De Real, a dual member of Rotaract and Rotary, explains.

Joint virtual meetings have helped Rotaractors introduce Rotarians to new ideas and tools, pioneering unique ways for clubs to collaborate. In the case of pandemic and disaster response, Rotaract clubs used social media to coordinate efforts, drive information, and fundraise, while Rotary clubs used their networks and resources to amplify support, provide logistics, and bring the goods and services to communities.

Rotaractors' innovative virtual engagement and professional development activities inspired Rotarians to support and follow suit. The pandemic made Rotaract clubs realize that we can immediately connect and partner with Rotary clubs through virtual platforms. With constant collaboration, we realize that Rotary and Rotaract indeed complement each other — that we are part of a single organization with shared goals.

Both sides add value. Rotarians can be mentors and service partners to Rotaractors, while Rotaractors can demonstrate to Rotarians that difficult jobs can be simplified and limitations can be surpassed through digital approaches. This synergy motivates Rotaractors to become future Rotarians: I joined Rotary because Rotarians gave me memorable membership experiences through inspirational moments of collaboration. I needed to be a Rotarian to inspire Rotaractors the same way, now and in the future.

That same synergy leads Rotarians to realize that while Rotaractors may have a different culture, we all share a common vision of uniting people to take action. Rotaract's unique ways of doing things serve as inspiration for innovation, helping Rotary increase its ability to adapt to future challenges. Rotarians and Rotaractors will build the future together, so let's start today.

I see no difference between a Rotary club and a Rotaract club, except perhaps for the average age! Many Rotarians still view Rotaract as our youth organization, but I see it differently. For me, they are part of us, and they are like us. To be successful together, we need to have mutual respect — to see each other as equals. Let's see Rotaractors for who they really are: students and young leaders, but also successful managers and entrepreneurs who are capable of planning, organizing, and managing a Rotary institute — including breakout sessions in five languages — as they did in Berlin in 2014.

As we take this journey together, let's remember the strengths of Rotary and Rotaract. And, as Louie says, let's get started right away in building the future together. In doing so, we open endless opportunities for our organization.

Source: <https://my.rotary.org/en/news-media/office-president/presidential-message>





## Know your Fellow Rotarian

### **Rtn Dr Kritika Chopra Kumar**



Dr Kritika Chopra Kumar is Diligent doctor, certified in Ophthalmology, motivated to learn, grow and excel in the subject. Clear understanding of clinical as well as surgical principles, eager to contribute to the effective patient care through hard work, attention to detail and excellent clinical examination skills. Impressive oral and written communication skills, she has participated in multiple national and international conferences. She has co-authored a chapter, has several publications to her credit with quite a few research projects under way. With her warm and welcoming demeanour, she interacts positively with other medical care providers, patients and families. Management of amblyopia, Retinopathy of Prematurity (ROP) and prevention of childhood blindness- are few topics close to her heart. She's working at Safdarjung Hospital, New Delhi. She's married to a Dr. Rishabh Kumar, Radiation oncologist, AIIMS, New Delhi, and is mother to a charming little toddler, Reyan.

Rtn Dr Kritika Chopra Kumar joined Rotary Club of Gurgaon Harmony Iberis in March 2021.







## Community Service

### Diabetes and Health Check up Camp



Rotary Club of Gurgaon Harmony Iberis successfully completed Diabetes and Health Check up Camp held on 6<sup>th</sup> March at Carlton condominium. 65 patients/ beneficiaries attended this Camp. All targets were met hence we had to close the camp early. President Mukta Malhotra, PP Rtn R.K Bhargava, PE Rtn Abdul Aziz Seyid, SE Rtn Shobha Khatri, Rtn Neera Jolly, Rtn Rama Chawla and Rtn Ajay Agrawal graced the occasion.







## Community Service

### Rotary TEACH project Almirahs Donation



Literacy project under the Rotary TEACH program - Our club donated Almirahs at "GYAN KENDRA" on 8th March 2021. President Rtn Mukta Malhotra attended this event and school authorities were very thankful to our club.

### Donated Shirts at Mother Teresa Ashram



Rotary Club of Gurgaon Harmony Iberis donated 50 Shirts to the Boys at Mother Teresa Ashram, Gurugram on 13th March 2021. The boys were very happy wearing the shirts.





## Community Service

### Diabetes and Health Check up Camp



Rotary Club of Gurgaon Harmony Iberis successfully completed Diabetes and Health Check up Camp held on 13<sup>th</sup> March at Emerald Hills. President Mukta Malhotra, Secretary Rtn Anjali Rana, PE Rtn Abdul Aziz Seyid, SE Rtn Shobha Khatri, Rtn Rohit Kapur, Rtn Rama Chawla, and Rtn Kavya Chopra graced the occasion.

### Donation of 7 Step Ladder



Few days back Anand Ashram (mother Teresa) requested us for a 7 Step Ladder. Rotary Club of Gurgaon Harmony Iberis donated same to them on 24<sup>th</sup> March 2021. President Rtn Mukta Malhotra graced the occasion.







## Community Service

### Donation of Medical Gowns to W Pratiksha Hospital



Rotary Club of Gurgaon Harmony Iberis donated Medical Gowns to "W Pratiksha Hospital", Golf Course Ext Rd, Shushant Lok 2, Sector 56, Gurugram on 24<sup>th</sup> March 2021. President Rtn Mukta Malhotra and Secretary Rtn Anjali Rana graced the occasion.

### Donation of Medical Gowns to Uma Sanjeevani Hospital



Rotary Club of Gurgaon Harmony Iberis donated Medical Gowns to Uma Sanjeevani Hospital, DLF Phase-II, Gurugram on 31st March 2021. President Rtn Mukta Malhotra graced the occasion.





## Community Service

### Ration Donation



Rotary Club of Gurgaon Harmony Iberis donated Ration to Anand Ashram, Gurgaon on 25<sup>th</sup> March 2021. Secretary Rtn Anjali Rana graced the occasion.

### Donation of Folding Beds



Rotary Club of Gurgaon Harmony Iberis donated folding beds to "Parivartan Special Children School" Gurgaon on 26<sup>th</sup> March 2021. President Rtn Mukta Malhotra graced the occasion.







## Youth Services

# Fed Home Cooked Food to needy people by our Rotaract Club



Our Rotaract Club members did a great project.  
They fed home cooked food to 1560 people.  
Thirteen Rotaractors members served  
4 people each day in February and March 2021



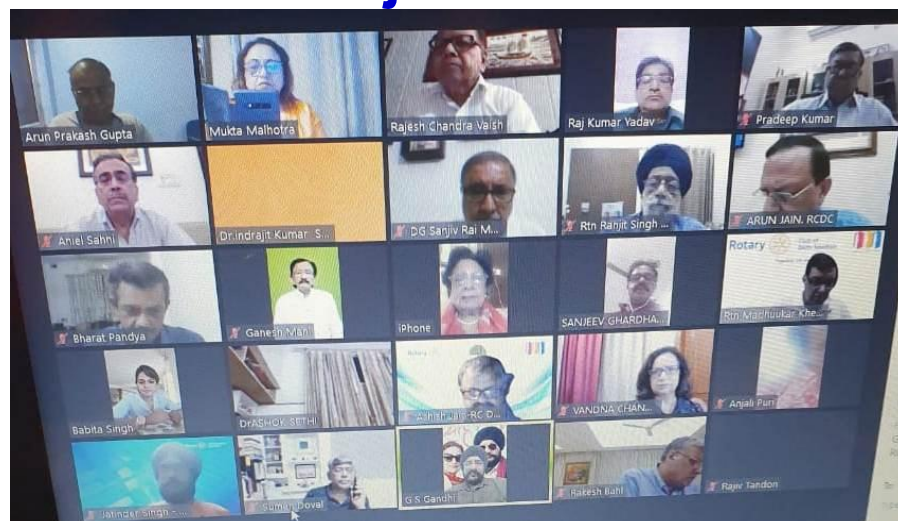
## Events

### One to One meeting with DGE Rtn Anup Mittal



President Rtn Mukta Malhotra and PE Rtn Abdul Aziz Seyid attended One to One meeting with DGE Rtn Anup Mittal, Rtn Shruti Mittal and RI District 3011 Team 2021-22 held on 3<sup>rd</sup> March 2021 at Treehouse, Queens Pearl, Gurgaon. It was very well organized event

### Meeting with RI Director Bharat Pandya and DG Sanjiv Rai Mehra



President Rtn Mukta Malhotra attended a meeting with RI Director Bharat Pandya and DG Sanjiv Rai Mehra ji on 23<sup>rd</sup> March 2021. It was very well organized event.







## Club Service

### Regular Club Meeting



Regular Club Meeting held at DLF Club 5, Gurgaon on 10th March 2021. Meeting was adhering to all Govt. health safety and distancing norms. An orientation programme was organized with the new members as well as prospective members. It was very meaningful meeting for our club.

### Regular Club Meeting



Regular Club Meeting held at DLF Club 5, Gurgaon on 24th March 2021. Meeting was adhering to all Govt. health safety and distancing norms. President Rtn Mukta Malhotra updated the project details successfully completed in March 2021. It was very fruitful meeting.

### Addition of New Members



Our club added three new members – Rtn Kritika Chopra Kumar, Rtn Dr Kavya Jha and Rtn Vibhu Asthana in the month of March 2021.





## From the Secretary's Desk

### Rotary Designated Months

January	Vocational Service
February	Peace and Conflict Prevention/Resolution
March	Water and Sanitation
April	Maternal and Child Health
May	Youth Service
June	Rotary Fellowships

### Calendar of Events

14 April 2021	Regular Club Meeting at DLF Club 5, Gurugram
28 April 2021	Regular Club Meeting at DLF Club 5, Gurugram
April 2021	Projects as planned

### Best Wishes & Felicitations

#### Birthdays

10 April  
15 April  
23 April

Rtn. Vikas Singh  
R'anne Shivani Kapur  
Rtn. Vimal Singhanian

2 May  
14 May  
27 May  
28 May

Rtn. Rakesh Kumar Singh  
Rtn. Anjali Rana  
Mr Daljit Singh Bais  
Rtn. Praveen Bhargava

#### Anniversaries

19 April  
25 April

R'anne Seema & Rtn Vimal Singhanian  
R'anne Ruby & Rtn Rakesh Kumar Singh

17 May

Rtn. Neera Jolly & Mr. N.K. Jolly



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Rotary Opens Opportunities

