



SERVE TO
CHANGE LIVES

Harmony



Rotary Club of Gurgaon Harmony Iberis

District 3011 Club 89710

Newsletter Volume 4 Issue 5

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<http://rotaryharmonyiberis.com>

Charter Date : 12 November 2018

Rtn. Shekhar Mehta
RI President

Rtn. Anup Mittal
District Governor

Rtn. Abdul Aziz Seyid
President

Rtn. Shobha Khatri
Secretary

President's Message

Dear Fellow Rotarians,

November was Rotary Foundation Month. For a relatively young club, we have done exceptionally well. We are a 100% PHF Club and have three Major Donors in IPP Rtn. Mukta Malhotra, Rtn. Vivek Gaur and myself. We have committed to raise US\$ 25,000 for the Foundation, which I am sure we will do.

In November, we launched the "Ujjwal Drishti Abhiyan" program of the District in collaboration with "Vison Spring" a USA based NGO. Under this program, free eye checkups are conducted for school children and free spectacles are provided where required, even for teachers and counsellors! We launched this initiative at Govt. Senior Secondary School at Bajghera where 286 students were screened and 29 were provided with spectacles (including some teachers). As all students were not covered, we plan to return there. Based on this experience, we are planning a mega camp spread over five days at 4 Govt. schools in Nuh, District Mewat. The plan is to cover approximately 1500 students.

We await the disbursement of our District Grant for Cataract Surgeries. Meanwhile, the surgeries continue, funded by our Club resources.

December is "Disease Prevention and Treatment" month. Coincidentally, a lot of our projects are connected to this Focus area of Rotary International.

I am sure you will find this edition of Harmony informative.

Abdul Aziz Seyid

President



Rtn Abdul Aziz Seyid
President



RI President's Message

December 2021



Public health is on everyone's mind due to the global pandemic that still threatens the safety of ourselves and our loved ones. In a sense, COVID-19 has made all of us much more aware of the roles and responsibilities of medical professionals than we were before we had to wear masks and maintain social distance. In addition, while moving through this pandemic, we have also learned about the role we can play in keeping others safe.

December is Disease Prevention and Treatment Month in Rotary. The pandemic unfortunately has schooled most people on the toll that disease takes on our communities. But fighting disease is something that Rotarians around the world have been doing for decades. In fact, it is one of Rotary's seven areas of focus.

As Rotarians, we believe that good health and well-being is a human right — even though 400 million people across the globe do not have access to essential health services. The work we do in establishing clinics, eye hospitals, and blood banks, as well as in building infrastructure for medical facilities in underserved communities, all returns to a central belief that access, prevention, and education are the keys to stopping deadly outbreaks that harm the most vulnerable.

My exposure to health work began with my Rotary club, Calcutta-Mahanagar. There, among other things, I helped pioneer a program called Saving Little Hearts that over the years has provided more than 2,500 free heart surgeries for children from India, Pakistan, Bangladesh, Nepal, and Africa. Before the program went international, it started locally with the goal of performing just six surgeries within our community. Today, our goal is to complete another 20,000 surgeries over the next five years.

The world relies on Rotary to tackle challenges like these and to set an example for others. Over the past decade, medical professionals and government workers have provided free health services to 2.5 million people in 10 countries during Family Health Days, which are organized by Rotarians around the world. Similar health camps in India also provide thousands of surgeries to those in need. Medical missions from India to Africa each year are an excellent example of hands-on service in disease prevention and treatment. Rotary members can also get involved at a local level; clubs in the United States and Mexico, for example, fund a free health clinic in Guerrero, a small town in Mexico. And of course, our effort to eradicate polio is by far the best story in civil-society health care.

This month, think about how your club can focus on preventing and fighting disease. This is the time to take a bigger, better, bolder approach through both club and district projects that can impact more people. Re-evaluate where you are with your goals. Create strategies that can sustain change over years, not months. Everyone deserves a long, healthy life. When you Serve to Change Lives, your actions today can help extend the lives of others.

Shekhar Mehta

President 2021-22



Community Service Project

First Free Eye Check Up Camp under Ujjwal Drishti Abhiyan



Our Club organized First Free Eye Check Up Camp under Ujjwal Drishti Abhiyan which was held on 12th November 2021 at Govt. School, Bajghera School, Gurgaon to provide good eyesight to needy people especially children, thus ensuring they are able to keep up with their education. Approx 286 children and teachers were screened, out of which 29 were identified with weak eyesight and required Spectacles. Their names are registered and new spectacles was specially made as per prescriptions and handed over to the children. It was a pleasure to see the children lining up with COVID appropriate distance and waiting for their turn patiently! Mr. Manoj Lakra said the School was very happy and grateful to Rotary for carrying out this Drive. We also are very thankful to the District for this much needed, wonderful opportunity for the children!

President Rtn. Abdul Aziz, Secretary Rtn. Shobha Khatri and Rtn Kavya Jha graced the occasion.



Community Service Project Cataract Surgeries Camp



As part of Club's "Mission 100" Cataract Surgeries Our Club successfully organised 4th Cataract Surgeries Camp at Perfect Eye and Laser Centre, Dwarka, New Delhi on 22nd November 2021. Six Cataract surgeries were completed on underprivileged patients. This is the fourth in a series of such surgeries where the Club plans to assist such needy individuals. By restoring functional visibility to people, we believe we are enhancing and enriching the quality of their lives, and also assisting them to continue earning their livelihoods. President Rtn Abdul Aziz Seyid graced the occasion.

New Generation Service Installation Ceremony of our Interact Club, Shiv Nadar School



Installation Ceremony of our Interact Club, Shiv Nadar School for the Rotary Year 2021-22 was held on Friday, the 26th November 2021 on virtual platform. President Itr Vedica Karnik and her team installed. It was very well organized event. This event inspired the youngsters to develop their leadership skills while discovering the power of Service above Self. It was attended by President Rtn. Abdul Aziz Seyid from our club.



Club Services

Regular Club Meeting



Our Regular Club Meeting was held at DLF Club 5, Gurgaon on 10th November 2021. Many projects were discussed. It was a fruitful meeting.

Regular Club Meeting; Speaker Dr. Rachna Khanna Singh



Our Regular Club Meeting was held at DLF Club 5, Gurgaon on 24th November 2021. Speaker for the day was Dr. Rachna Khanna Singh is a Mental Wellness Expert, and a TEDs Talk Speaker, with a medical background and focus on_ Relationship, Lifestyle and Stress Management_, providing individual, Group and Corporate Coaching with a strong focus on Hospital and Clinical care. Dr. Rachna Khanna Singh spoke about the effects of the Covid Pandemic on the mental health of the people. There was a great interaction between the speaker and the members.

Event : Guftagoo-5



President Rtn. Abdul Aziz Seyid, AG/IPP Rtn. Mukta Malhotra and Secretary Rtn. Shobha Khatri attended the Guftagoo-5 (Governor Monthly Review Meeting) from our Club which was held on 30th November 2021.

Rotary Public Image



The 17th Masters National Swimming Championship was held at Mangaluru, Karnataka from 26th to 28th November 2021. Rtn. Dr. Deepak Gahlot won Silver Medal in 100 meter Back stroke in his category. Delhi Tops National Masters Swimming Championship. Around 28 state and Union Territories participated in the championship.

The
Rotary
Foundation



Doing Good In The World



The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world. Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects. With your help, we can make lives better in your community and around the world.

Mission - The Rotary Foundation helps Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

What impact can one donation have?

For as little as 60 cents, a child can be protected from polio.

\$50 can provide clean water to help fight waterborne illness.

\$500 can launch an antibullying campaign and create a safe environment for children.

<https://my.rotary.org/en/donate>

From the Secretary's Desk



Rtn Shobha Khatri, Secretary

Rotary Designated Months

July	Start of new Rotary officers' year of service
August	Membership and New Club Development
September	Basic Education and Literacy
October	Economic and Community Development
November	Rotary Foundation
December	Disease Prevention and Treatment
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

8th December 2021	Regular Club Meeting DLF Club 5, DLF Phase-V, Gurugram
22 nd Dec.' 2021	Regular Club Meeting DLF Club 5, DLF Phase-V, Gurugram
December 2021	Community Service projects

Best Wishes & Felicitations

Birthdays

12th December Mr. N.K. Jolly
31st December Rtn Yiyashu Maheshwari

Anniversaries

4th December R'anne Shivani Kapur &
Rtn. Rohit Kapur



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