

August 2025

Rotary Greetings!

Projects for the month of August 2025:

1. Regular Club Meeting, 4th August 2025



Regular Club Meeting – 5th meeting of the Rotary Year 2025-26 was held at Treehouse Queens Pearl Gurugram on 4th August 2025. Guest Speaker was Prof. S. K. Palhan. Prof. Palhan gave a brief of work he is doing for social welfare as well as in education sector. The President thanked him for his valuable insights. It was a very fruitful meeting.

2. PHF Recognition

Rtn. Virendr Siotia was honoured with the Paul Harris Fellow (PHF) recognition. The pin and certificate were presented by PP Dr. Mandeep Kishore Goel.



ROTARY CLUB GURGAON - 15251 **RI DISTRICT 3011, ZONE 32**

3. Tree Plantation Drive at Rotary Public School – 5th August 2025



The Club, in collaboration with the Interact Club of Rotary Public School (RPS), organized a Tree Plantation Drive at RPS, Sector 22. A total of 60 saplings were planted. President Subhash Singla addressed the students on the importance of trees for environmental preservation and encouraged them to actively participate in green initiatives. PP Rtn. Anil Jain, Chairman of the School Management Committee, appreciated the efforts and urged students to make tree planting and nurturing a lifelong habit.

4. Sanitary Napkin Distribution Drive, 10th August 2025



The Club successfully conducted a Sanitary Napkin Distribution Drive for the maids of Ridgewood Estate, organised by PP Rtn. Alka Jain in collaboration with the RWA. Our sincere thanks to DGE Dr. Pushpa Sethi for sponsoring the sanitary napkins, and to all Rotarians—especially Lady Rotarians—for taking time to support this cause.

ROTARY CLUB GURGAON - 15251 **RI DISTRICT 3011, ZONE 32**

5. Regular Club Meeting, 11th August 2025



Regular Club Meeting – 6th meeting of the Rotary Year 2025-26 was held at Treehouse Queens Pearl Gurugram on 11th August 2025. In-House Guest Speaker was Rtn. Dr. Sanjeev Chaudhry, Chairman, Department of Cardiology, Marengo Asia Hospital, Gurgaon, delivered an insightful talk on “Keeping Your Heart Young – Preventing Cardiac Diseases through Lifestyle & Awareness” supported by a PowerPoint presentation. The interactive session concluded with a lively Q&A segment, receiving much appreciation from attendees. It was a very fruitful meeting.

6. Blood Donation Camp at Infinity Tower, DLF Gurgaon



The Club successfully organized a Blood Donation Camp, collecting 26 units of blood on 11th August 2025. The event was attended by Rtn. Amit Singh, Rtn. Shashi Sachdev, Hony. Secretary Rtn. Rajeev Kumar Gupta, and President PP Subhash Chand Singla.

**ROTARY CLUB GURGAON - 15251
RI DISTRICT 3011, ZONE 32**

7. Independence Day celebrations; 15th August 2025



Our Meeting No. 7 (15th August 2025): Merged with Independence Day celebrations. The President was invited as Chief Guest; students of classes I to III actively participated. President expressed gratitude to SMC Chairman PP Anil Jain, Director Principal Ms. Sandeep Rai, and school staff for their support.

ROTARY CLUB GURGAON - 15251 RI DISTRICT 3011, ZONE 32

8. Naval Event – Kalyan Shivir 2025: Well Women Clinic



Naval Event “Kalyan Shivir 2025” Well Women Clinic was held from 19th–21st August 2025 at Varunika Auditorium, Chanakyapuri, New Delhi.

- The Rohtak Mammography Van was stationed for all three days to provide early detection and awareness services for women’s health.
- The event was graced by:
- Mrs. Shashi Tripathi (NWWA President, wife of Chief of Naval Staff)
- DG AFMS Surgeon Vice-Admiral Arti Sarin
- Surgeon Vice-Admiral Kavita Sahai
- DG Rtn. Dr. Ravinder Gugnani & Rtn. Monica Gugnani
- DGN Dr. Pushpa Sethi
- VP Dr. Savita Chopra shared highlights of the camp. The event received much appreciation and applause.

ROTARY CLUB GURGAON - 15251 **RI DISTRICT 3011, ZONE 32**

9. Sewing Machine Distribution; 22nd August 2025



The Club organized a Sewing Machine Distribution Camp at Mahaveer International, Sector-17, Gurgaon.

- Sewing machines were distributed to underprivileged women to empower them towards self-reliance.
- The project was generously sponsored by Rtn. Rajeev Kumar Gupta.
- The event also celebrated Secretary's birthday with a cake-cutting ceremony.
- Special thanks were extended to Mahaveer International President Shri Hitesh Jain ji for hosting and supporting the initiative.

10. Tree Plantation Drive – Rotaract Club of NorthCap University **23rd August 2025**



On 23rd August 2025, Rotaractors of NorthCap University conducted a Tree Plantation Drive at Leisure Valley, Gurgaon, planting numerous saplings with enthusiasm. The initiative highlighted Rotary's commitment to sustainability and a greener future.

ROTARY CLUB GURGAON - 15251 **RI DISTRICT 3011, ZONE 32**

11. RI Presidential Citation Award (RY 2024-25)



The Club proudly received the RI Presidential Citation Award 2024-25. President congratulated IPP Rtn. Manmohan Bharara and his team for their commendable efforts.

12. Regular Club Meeting, 25th August 2025



Meeting No. 7 (15th August 2025): Merged with Independence Day celebrations. The President was invited as Chief Guest; students of classes I to III actively participated. President expressed gratitude to SMC Chairman PP Anil Jain, Director Principal Ms. Sandeep Rai, and school staff for their support.

Regular Club Meeting – 8th meeting of the Rotary Year 2025-26 was held at Treehouse Queens Pearl Gurugram on 25th August 2025.

ROTARY CLUB GURGAON - 15251 **RI DISTRICT 3011, ZONE 32**



In-House Guest Speaker was Rtn. Dr. Savita Chopra, MD Radiology and she spoke on the topic of Obesity

Key Highlights:

- Obesity is not just excess weight but a global health crisis (650 million affected worldwide).
- Rising childhood obesity due to screen time, junk food, and inactivity.
- Myths dispelled: Obesity is not hereditary or due to water retention; lifestyle is the key factor.
- Health risks: diabetes, hypertension, cardiac issues, reduced life span.
- Solutions: Balanced meals, portion control, aerobic workouts, trekking, dancing, fiber-rich diets, reduced refined carbs, intermittent fasting, self-monitoring.
- Takeaway message: "Health is true wealth—fat is not."

The session was highly appreciated by all. The interactive session concluded with a lively Q&A segment, receiving much appreciation from attendees. It was a very fruitful meeting.

ROTARY CLUB GURGAON - 15251 **RI DISTRICT 3011, ZONE 32**

13. Flag Exchange



DGN Dr. Pushpa Sethi and President Subhash Chand Singla exchanges our Club Flag with Rtn. Isabella Miakrah Nyamah visited from Rotary Club of Takoradi-Anaji and attended our meeting held on 25th August 2025.

14. PEM-1, 30th August 2025



President Elect Meet-I was held on 30th August 2025 at Taj Hotel, New Delhi for Rotary Year 2026-27. PE Rtn. Dr. Savita Chopra, PP Brig. (Retd.) V.K. Chopra, PP Rtn. Hitesh Jain, Rtn. Meenakshi Jain attended this seminar from our club.

ROTARY CLUB GURGAON - 15251
RI DISTRICT 3011, ZONE 32

15. Rotary Sanatan Rasoi Project



Our Rotary Sanatan Rasoi project is advancing remarkably well under the leadership of PP Surinder Khullar, PP Dr. Mandeep Kishore Goel, and the Khullar Family at the Geeta Bhawan, New Colony, Gurgaon. We are providing hygienic food at a nominal price of Rs. 10/-. Our Rotary Sanatan Rasoi Project has been successfully completed for three years.

With Rotary Regards
For Rotary Club Gurgaon

Subhash Chand Singla
President

Rajeev Kumar Gupta
Hony. Secretary