



New Delhi Update

Bulletin of Rotary Club of New Delhi

R.I. District 3010

स्वागतम् — सुस्वागतम्

WELCOME DISTRICT GOVERNOR Rtn. AMIT JAIN

A Rotarian of 31 years standing, **AMIT JAIN** joined Rotary in 1979. He was elected to serve as the President of Rotary Club of Delhi City in 1981–82. He was installed as the youngest Club President of the District (301, now 3010) in the distinguished presence of Shri Mohammed Hidayatullah, the then Vice President of India. He created a sort of history by establishing both the Rotaract and Interact Clubs in the same year (1981–82). He was adjudged as the Outstanding Club President by the then District Governor, Lakshmi Sagar of Ambala. He also bagged the Best Club Award in the District and received many other recognitions. Recognising his leadership and organizational skills, he was invited by the then District Governor to be a member of the Reception Committee of the International Conference of Goodwill (1981–82) held at Vigyan Bhawan, New Delhi. He also received a Certificate of Merit from the then R.I. President, Stanley E. McCaffery in 1981–82.

Amit Jain has been a grass roots level Rotarian. He has incessantly worked for his Club. And so, recognitions came sooner than later. Awards at the Club level such Best Rotarian, Best Board Member, Best Past President, Best Committee Chairman, Service



Above Self Award, and many others were bestowed on him. All these bear testimony to his commitment, dedication, and excellent organizational skills.

Since 1982, Rtn. Amit Jain has been very active at District level. He has always been a part of the District Administrative team, having served in various capacities as District Secretary, Administration; Zone Committee Coordination, District Assembly, Meets; District Secretary, Club Service; and Assistant Governor. He was a member of the Nominating Committee to select the DGN and had also led the GSE Team to UK (District 1140) in 1998–99. He had the privilege to host Ambassadorial Scholars from USA. He has demonstrated his organizational capacities by successfully organizing several PETS, District Conference, District Assemblies and District Intercity meets.

Amit Jain is Managing Director of Jain Motor Company Ltd., dealing

in automotive components. He had served as Executive member of Automotive Parts Merchants Association and Delhi Motor Traders Association. He has travelled widely, both in India and abroad. He is associated with various social, business and religious organizations. He is an Executive Committee Member of Civil Lines Welfare Association, Delhi.

Amit is son of Past District Governor, Rtn. A.P. Jain and R'anne Saras Jain, who had served with distinction as the District Governor of our then R.I. District 301 (now District 3010) during 1989–90.

Amit's wife, **Swati**, is a graduate and has been a constant source of support for him. She is into Fashion Designing engaged with elegance. She is a Paul Harris Fellow and is socially very active and supports Amit wholeheartedly in all his Rotary activities.

They have three children, daughters Pradhi and Akriti, and son Devansh—all Paul Harris Fellows.

NEXT MEETING

Thursday 3rd February 2011

Time : 4.00 p.m.

Ashok Hotel, New Delhi

**GOVERNOR'S OFFICIAL VISIT
CHIEF GUEST**

DG AMIT JAIN

Meeting will be followed by
Cocktails and Dinner



THE FIVE ESSENTIAL ELEMENTS OF WELL-BEING

What differentiates a thriving life from one spent suffering?

by Tom Rath and James K. Harter, Ph.D.

Adapted from *Well-being: The Five Essential Elements* (Gallup Press)

As part of the research conducted by Gallup (a HR Consulting Company) a comprehensive global study of more than 150 countries was done, giving us a lens into the well-being of more than 98% of the world's population. From Afghanistan to Zimbabwe, they asked hundreds of questions about health, wealth, relationships, jobs, and communities. They then compared these results to how people experience their days and evaluate their lives overall.

In their initial research, they asked people what "the best possible future" for them would look like. They found that when evaluating their lives, people often give disproportionate weight to income and health: Across the groups they surveyed, "good health" and "wealth" were two of the most common responses. Perhaps this is because these things are easy to measure and track over time. We can monitor our height, weight, blood pressure, and household income. Yet we do not have a standard way to measure the quality of our careers or the health of our relationships.

So to construct a comprehensive measure of individual well-being, Gallup designed an assessment composed of the best questions they have asked over the last 50 years. To create this assessment, the Well-being Finder, they tested hundreds of questions across countries, languages, and vastly different life situations.

Upon completion of the research, five distinct statistical factors emerged. These are the universal elements of well-being that differentiate a thriving life from one spent suffering. They describe aspects of our lives that we can do something about and that are important to people in every situation we studied.

The Five Elements:

These elements are the currency of a life that matters. They do not include every nuance of what's important in life, but they do represent five broad categories that are essential to most people.

- The first element is about how you occupy your time or simply liking what you do everyday: **Your Career Well-being.**
- The second element is about having strong relationships and love in your life: **Your Social Well-being.**
- The third element is about effectively managing your economic life: **Your Financial Well-being.**
- The fourth element is about having good health and enough energy to get things done on a daily basis: **Your Physical Well-being.**
- The fifth element is about the sense of engagement you have with the area where you live: **Your Community Well-being.**

While 66% of people are doing well in at least one of these areas, just 7% are thriving in all five. If we're struggling in any one of these domains, as most of us are, it damages our well-being and wears on our daily life. When we strengthen our well-being in any of these areas, we will have better days, months, and decades. But we're not getting the most out of our lives unless we're living effectively in all five.

Although these elements are universal across faiths, cultures, and nationalities, people take different paths to increasing their individual well-being. For many people, spirituality drives them in all these areas. Their faith is the most important facet of their lives, and it is the foundation of their daily efforts. For others, a deep mission, such as protecting the environment, inspires them each day. While the things that motivate us differ greatly from one person to the next, the outcomes do not.

There are many ways to create thriving Career, Social, Financial, Physical, and Community Well-being. Because these critical elements are within our control, we have the ability to improve them (for example, exercising, spending more time with friends, or using money wisely). However, the single biggest threat to our own well-being tends to be ourselves. Without even giving it much thought, we allow our short term decisions to override what's best for our long term well-being.

Working against our own best interests

We know that physical activity will improve our health, yet we skip exercising. Missing one workout won't give us a heart attack or cause a stroke. So we let ourselves off the hook for a day.

We know that too much sugar and fried foods are bad for our health. But we grab a handful of candy or chips without even thinking. One french fry can't cause diabetes or obesity, right?

As long as we allow short term desires to win, it will be difficult to effect long term behavioural change.

Similarly, we know it's important to spend quality time with our friends and family, but when work is pressing, we don't stop to ask a friend how he is doing.

When we think about our personal finances, we often spend instead of saving. Putting money into a retirement plan would yield several times its original value later on, but spending it on an indulgent purchase is so much more appealing right now.

With so many options to satisfy ourselves in the moment, it can be difficult to make the right long term decisions. It is, after all, in our nature to do things that will provide the most immediate reward. This is wired into our DNA for basic survival. For decades, psychologists have described increases in the ability to delay gratification as a cornerstone of human development from childhood to adulthood.

But the reality is, our short term self still wins and gets dessert, despite objections from our long term self that wants a healthy body and a long life. For example, when we asked more than 23,000 people about their purchasing habits, only 10% said that they buy candy regularly. But when we asked the same group of people later in the survey if there was a bowl of candy sitting right in front of them if they would eat some, more than 70% admitted they would.

As long as we allow short term desires to win, it will be difficult to effect long term

behavioural change. However, we learned from people with the highest levels of well-being that there is a simple solution to this problem: If we can find *short term incentives that are consistent with our long term objectives*, it is much easier to make the right decisions in the moment.

For example, we're more likely to skip a cheeseburger and fries not when we ponder the long term risk of obesity or diabetes, but when we consider the short term reality that devouring it will lead to a "high fat hangover" that ruins *the rest of the day*. Or we might choose to exercise tomorrow morning because we know that just 20 minutes of activity can boost our mood for the next 12 hours.

When we can see an immediate payoff, we are more likely to change our behaviour in the moment. This aligns our daily actions with our long term interests.

Contributed by: Rtn. Vinod Gupta

GOVERNOR'S OFFICIAL VISIT

District Governor, Rtn. Amit Jain is coming to our Club on Thursday 3rd February 2011 on his Official or Goodwill visit. Governor will be accompanied by Assistant Governor of our Zone 1, Rtn. Poonam Gupta and District Directors, Administration Rtn. Kamal Gupta and Rtn. Rajiv Sagar. The programme of GOV is as under:

Governor, Amit Jain arrives at Ashok Hotel 4 pm

Interaction with Interactors and Rotaractors 4 to 5 pm

Meeting with President, Secretary and President Elect 5 to 5.30 pm

Meeting with Board of Directors & Committee Chairpersons 5.30 to 6 pm

Tea Break & Fellowship 6 to 6.30 pm

Regular Weekly Meeting, Chief Guest DG Amit Jain 6.30 to 7.30 pm

Cocktails & Dinner 7.30 pm onwards

First Lady of the District R'ann Swati Jain will be joining us at 6 pm.

All Spouses are invited to the GOV meeting and will be club guests. All members are requested to attend this most important meeting of the Club and welcome Governor Amit Jain on his Official Visit to our Club.

DISTRICT 3010 HEALTH CARE PROGRAMME FOR MCD SCHOOLS



A District Meet of Rotary Club Presidents was held on Saturday 29th January 2011 at Red Cross Bhawan, Golf Links, New Delhi.

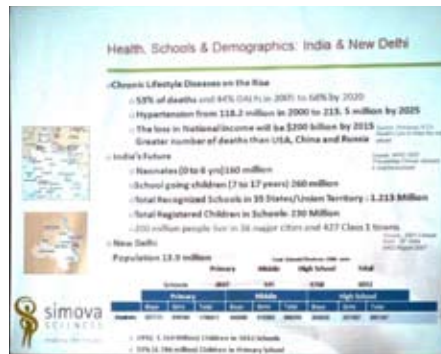


District Governor, Amit Jain called the meeting to order and extended a warm welcome to all present at this District Meet. He said, Many Rotary Clubs in our District

have been doing very good work in the field of literacy with MCD Schools for the past few years. Enthused with the success of this literacy programme we now want to expand and increase this initiative to Health Check-up of these MCD School Children. We have been working on this as to how to do this, how to implement this programme. A pilot project was done sometime back at the MCD Boys and MCD Girls Schools at Malviya Nagar, where Health Check-up of 800 students was done over a period of 4 or 5 days. The findings were astonishing. The Health Check-up was done in association with SIMOVA who have designed a Smart Card which can store all the relevant data about the health of the child.

A presentation on the success of this pilot project was made before the Lt. Governor of Delhi, Shri Tejender Khanna at which many other Delhi Govt. Officials from Education and Health Deptt. were also present. Lt. Governor was very happy and pleased to see the results of the pilot project and wanted Rotary to take up this project in all the MCD Schools of Delhi. There are more than 10 lakh children studying in approx. 2000 MCD schools located all over Delhi in different areas. To start with we have committed to LG that Rotary District 3010 will adopt 60 schools and cater to the Health Check-up of approx. 24,000 children. We are talking to Rotary Clubs in Delhi and our District 3010 to adopt schools for this Health Check-up programme. I am receiving very good response. The project is to support a child for his Health Card based on his Health Check-up. We have to come forward to adopt the schools for this programme. I earnestly appeal to all Presidents of Rotary Clubs in our District 3010 to please come forward and adopt the schools.

Mr. Vidur Kaushik, Managing Director of SIMOVA made a presentation on the Health Check-up programme and the pilot project done at the MCD Schools in Malviya Nagar and its findings. The Student Health management programme is a unique model of total personal Wellness management by integrating modern medicine, information technology and holistic practices, enabling lifetime care. Channelled through an interactive web-based system, the SHM (Student Health Manager) is geared towards providing a comprehensive 'medical programme' incorporating tools for prevention, identification, management and monitoring of health issues, as well as maintaining and promoting well-being. The SHM programme is a prevention oriented solution which is easy to implement, affordable, web-enabled, efficient and effective.



Chronic Diseases are responsible for more than 60% of deaths worldwide. Management of these ailments usually begins at age 35, whereas it should actually begin at age 5. Utilising important baseline information such as past history since birth, family history, lifestyle factors, medical episodes, results of diagnostic tests and ongoing health assessments thru regular Health Check-ups, the SHM forms a cohesive framework for both early detection and management of any chronic disease or other ailments. The data collected is stored on the web and the children is issued a Smart Card with a unique identification number. The data can be assessed by the student who is given a password or by the School Principal and can be forwarded to the Hospital where the student is getting treatment. The Data can also be given to the student in PDF format. The data is beneficial to both the school and the students as more than 40% of population comprises of the youths under 20 years of age.

Rtn. Pran Mehta, Dist. Director, Social Welfare said, Rotary Clubs had adopted MCD Schools in the past. At these schools it was found that the health of the child was not good so the idea of



Health Check-up came and the Delhi Govt. welcomed the idea. It is a tripartite arrangement between Rotary, SIMOVA and Delhi Govt. The Govt. has already issued instructions to its Education and Health Deptt. Officials to undertake this project in association with Rotary and SIMOVA. Govt. will provide medicines and para medical staff. SIMOVA will provide the team of their experts and Rotary will monitor the project and provide funds for Smart Cards to be issued to Students by SIMOVA. Cost of each Card and maintaining and updating the Data per child is approx. Rs. 100 which we Rotarians have to bear. This is a fantastic opportunity. You have a ready-made project. Kindly do your best, whatever you can do to adopt maximum schools for this programme.

PDG Rtn. Hemant Ahuja said it has been very satisfying to see such a great enthusiasm amongst all those present here this afternoon in such large numbers. Here is a wonderful opportunity offered to us. Here is a fine idea presented to you. This is a very good project. We have to make a beginning. Your questions have been very good. Please discuss the proposal with your Board members and also club members since financial involvements are there. Do your best. This will be the best gift you can give to the students of MCD Schools—Not only the Health Check-ups but a Smart Card containing all the health data for the wellness and well-being of the youths. For any further details kindly contact either DG Amit Jain or Rtn. Pran Mehta.

Present from our Club at this Dist. event were Rtns. Pran Mehta, Satinder Narang, Vimal Gupta, Madhumati Singh and Ashish Makhija.

The programme concluded with high tea, courtesy Rtn. Sudhir Budhraj.



A HELPING HAND



A major activity of the Rotaract Club of Sri Guru Gobind Singh College of Commerce was another work for us to take pride in, and another work for us to feel satisfaction in our hearts. The occasion was of another Blood Donation Camp, which is not an activity as a matter of fact, but a habit of the Rotaractors. And the official closure of our biggest project of the session, (Unofficially, we will continue and would not mind contributing more to the cause !).



'Asharan Orphanage', a place to which we also belong because there lives our little friends, was in need of funds to retain the shelter for the precious souls living there. We had taken a pledge in our hearts that we would work for this cause and would try to contribute as much as we can. And I think we have accomplished our short term goal, i.e. collection of about one lakh rupees. To be particular, we have collected Rs.1,18,600 /-. And my heart is elated on this achievement, and this removes all the tiredness of working day-n-night for the cause, i.e. visiting schools, offices, relatives and friends, and numerous other facts.

The event along with blood donation camp, was scheduled on 27th January,

2011. The camp began at the decided time, i.e. 09.30 a.m., and the function at 10.30 a.m. The event was graced with the presence of Mrs. Jolly, Administrator, Asharan Orphanage; Mrs. Pooja Malhotra, Child Psychologist, Adarsh Chain of Schools; PP Rtn. Vimal Gupta, Senior Rotarian of Rotary Club of New Delhi and Dr. J.B. Singh, Principal, Sri Guru Gobind Singh College of Commerce. The function consisted of the inspiring words of the guest, a presentation on the college, Sri Guru Gobind Singh College of Commerce and Asharan Orphanage and a simply marvelous dance performance by our little friends. Our Principal, Mr. Singh handed over the amount to the children.



And after that, all the Rotaractors came into full force along with those already working to bring almost every student of the college to donate his or her blood. We literally pulled the students and brought them to the Rotary Blood Bank's Bus. The work was extremely systematical and all possible caution was taken. And I am happy to say that we managed to collect 96 units of blood, better than the previous year, when it was 82 units of blood. All things were taken care of and the donors were provided with adequate refreshments. And in all, everything went almost perfectly.



Sushant Jain, Rotaract Club, SGGSC

THE BOARD 2010 – 11

President	Pratap Burman
President-Elect	Rajen Mata
Vice President	Ashish Makhija
Secretary	Surendra Singh
Joint Secretary	Vinod Gupta
Treasurer	Pankaj Rai
Sergeant-at-Arms	Prashant Sahgal
Imm. Past President	Sanjay Kapur
Counsellor & Adviser	Asoke K. Ghosh

DIRECTORS:

Satinder Narang	Sanjiv Rai Mehra
Umang Das	Gaurav Bhargav
	P.K.D. Nambiar

Many Happy Returns

NO BIRTHDAYS THIS WEEK

WEDDING ANNIVERSARY

PP Rtn. Raman Ahuja Feb. 04

MINUTES OF LAST MEETING

1. The 281st regular weekly meeting of the Club held on Thursday 27th January 2011 at Ashok Hotel was called to order by President Rtn. Pratap Burman.
2. National Anthem was led by Rtn. Vinod Gupta.
3. President welcomed all present and expressed his disappointment at the thin attendance.
4. A blood donation camp was held this morning on 27th January at Sri Guru Gobind Singh College of Commerce, Netaji Subhash Palace at which 96 units of blood were collected. There were lot of rejections, particularly of girl donors, on account of medical deficiencies.
5. Plans for the forthcoming visit of District Governor on next Thursday 3rd February 2011 were discussed and finalised. The GOV will be followed by Cocktails and Dinner. All spouses are invited and will be club guests.
6. PP Rtn. Satinder Narang was greeted on his forthcoming Birthday on 2nd February. Rtn. Sudhir Malhotra and Rtn. Umang Das were greeted in absentia.
7. Next meeting on 3rd February is the Governor's Official Visit (GOV).
8. Sunshine of Rs. 700 was collected by Rtn. Vinod Gupta.
9. Meeting was then declared adjourned by President Rtn. Pratap Burman.

With Best Compliments from:

Rtn. Umang Das & R'ann Ritu Das

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Please visit us at our Club Website: www.rotaryclubofnewdelhi.com

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