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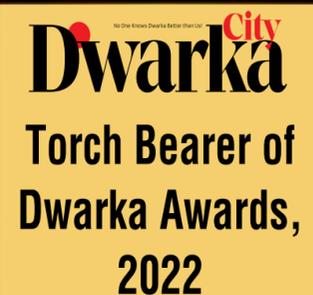
Torch Bearer of Dwarka Awards, 2022

Nomination Invited for:

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2. Best Student – Girl- Academics
3. Best Student- Extra curricular
4. Best Teacher
5. Best Play School in Dwarka*
6. Best NGOs in Dwarka
7. Best Social Religious Organisations
8. Best Society in Dwarka
9. Best DDA Pocket / Society in Dwarka
10. Best Restaurant in Dwarka*
11. Best Salon/ Parlour in Dwarka*

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FEDERATION OF CGHS DWARKA MEETS DY. COMMISSIONER, MCD



Dy. Commissioner, MCD, Najafgarh, Pradip Kumar with Federation representatives Sudha Sinha, N C Mishra, C B Swami, Mahesh Chand and MCD Officials.

By Meenal Verma, DC News:

The Federation of CGHS, Dwarka, an apex body of cooperative Group Societies of Dwarka and the single unified platform to represent the demands and needs of the residents. Over the years, the Federation of CGHS, Dwarka, has grown and become a very powerful association of the sub city. The Federation has always been consistently knocking at the doors of the authorities to place before them their demands that are all genuine for betterment of Dwarka. Sudha Sinha, President of Federation of CGHS Dwarka met Dy. Commissioner Pradip Kumar at his office in Nazafgarh on 25th August to discuss a few pending issues related to MCD. A delegation of Federation including N C Mishra, C B Swami and Mahesh Chand had earlier met Pradip Kumar, when he joined as Dy. Director, MCD Nazafgarh in March. 22. Sudha Sinha, President of Federation of CGHS had submitted a memorandum of demands to MCD and the Dy. Director had then promised to take action. The recent meeting was to know the status of action taken on those issues. During the meeting other concerned officials Kuldeep, Insoector MCD was also present.



Q: Since MCD has been unified, how has it affected your responsibilities?

Ans: Except the name from SDMC to MCD, our works remain the same.

Q: We have heard of some scheme to award the societies for paying house Tax?

Ans: The MCD has announced that if any society whose 90% or more members have paid House Tax, an award of Rs 1 lakhs will be given. The MCD will get facilities worth Rs. 1 lakh in the society.

Q: What all facilities Society can get as reward?

Ans: The MCD will provide benches, lights, swings etc.

Q: There are few societies in Dwarka mainly Sector-9 and 6,

where the garbage is not collected regularly?

Ans: We have a GPS system installed in all our vehicles. This is not possible that the garbage is not getting picked up. We have 4 points in Dwarka from where the monitoring is done continuously. We will revert with complete data of garbage collection.

Q: As it is the peak monsoon and is mosquito breeding season, when will MCD start fumigation?

Ans: We are in the process of starting the fumigation and will inform you soon.

Q: The garbage is lying in the service lane in Sector-4 near DPS apartment and despite reminders to MCD staff, it is still not picked up?

From the Editor's Desk

The festive season is on. Lord Ganesha was welcomed in many Dwarka homes with much enthusiasm. We extend our warmest greetings to all our readers and associates and wish them happiness, success and peace. The Jains are celebrating Das Lakshan Parv. The preparations are on for Ramlila, Navratri and Durga Puja which will be celebrated



with great religious fervor, devotion as well as enthusiasm. All these festivals are symbolic of our cultural diversity, rich heritage and social relevance. We find these very characteristics in our Dwarka sub city, which is a microcosm of the Indian diverse mosaic. Meanwhile Dwarka City continues sincerely with its job of highlighting issues that may seem mundane and commonplace but those that have a critical bearing on the lives of residents. It has relentlessly campaigned for better civic facilities and services for the citizens of Dwarka. Our persistent follow up, representation to concerned agencies and consistently maintaining a pressure and keeping the issue in the limelight have yielded positive results. We continue with our effort to make Dwarka a better place.

Mukesh Sinha
Mg. Editor
9810432185

Ans. Let me have the exact location and I assure you that our staff will get it cleared latest by 10.30am tomorrow.

Q: Federation of CGHS Dwarka has been asking for an office space for quite some time but no positive response has been received till date. How do you help us?

Ans: I know the Federation is doing a commendable job for the benefits of residents of Dwarka. They do deserve to have an office space on the same ground as the other organisation, who have been allotted temporary offices. I am not very sure of the procedure for allotment of offices to social organisations but certainly would find the procedure and recommend your case to higher authorities for allotment of space.

TEACHERS: OUR GUIDING LIGHTS

By Mukesh Sinha, DC News:

It's been five months since I'll Akshita Dondiyal has started going to nursery school and her world has changed! In fact, her teacher is now her world. She walks like her, talks like her, wants to dress like her, ask her what she wants to be when she grows up? "Teacher" pat comes the reply. Akshita is not the only one. Ask any primary school going child and ma-

majority will say that they want to become a teacher when they grow up! Such is the influence of teachers on young minds.

They are children's hero, ideal person and best after their parents. In fact, they take on a more important role than parents and the role of a teacher in a student's life is very crucial right from the time when a child joins a day care centre till the time he or she takes up a professional career. Dr. Radhakrishnan, whose birthday is celebrated as Teacher's Day exemplified the qualities of a true teacher. He believed that the teacher's role was one of the most critical and influential in a person's life and permanently moulded their career. Teacher's Day will be celebrated in all schools of Dwarka. The day, which is celebrated to mark the birth anniversary of former President of India Sarvepalli Radhakrishnan, is celebrated with gaiety in many schools where children entertain their teachers with a line of performances. Teachers are given cards and gifts by children. The world celebrates Teacher's Day on October 15, but in India, this important day is celebrated on September 5, the birthday of Dr. Sarvepalli Radhakrishnan, an academic philosopher and India's second President. Dedicated to this great man's memory, the occasion is looked forward to by students and teachers alike. It provides an opportunity to take a moment and thank

some of the most important people in our lives, the ones who impart knowledge and instruct us. The great and lasting influence a teacher can have on the student's life is undeniable, and a good teacher is remembered forever. On the occasion of Teachers Day, we have an opportunity to repay our gratitude to the people who have shaped our lives and made us what we are today.

Teaching is indeed a job of great responsibility and our culture and tradition always extol the virtues of a learned guru. In earlier times there was the Gurukul system of education, the traditional form of residential school. This created a strong bond between guru and student. Then came the archetypical bespectacled bun and saree wrapped 'teachers' with a strict demeanor. Today bun and saree too has been ousted and trouser donning 'facilitators' has arrived. The rod has long been broken, dissipating all fears, making teachers approachable and friendly. Surbhi Verma, a class 11th student states, "Teachers who are more approachable and willing to hear us out are considered 'cool.' Some of the teachers are our FB friends and we often SMS them or call them whenever in doubt." A modern teacher is not the one who makes students learn by rote, but one who helps them discover the joys of learning. Although the present-day generation of students is very smart, savvy and exposed to outside sources of knowledge and information, the role of teachers cannot be undermined. Says Nidhi Kapoor, a PGT "In fact it has become all the more challenging. The fundamental job of teaching is no longer to dispense knowledge but teachers need to be multifaceted

in order to develop student's critical ability, problem solving, and help in sifting information from a cesspool of knowledge." These days, more and more children live in a household where both parents are working and often, such children rely heavily on their teachers for help, advice and guidance. In the present day of pressures and competitive tensions, parents are not able to give the time or attention to a growing child and quite often carry this deep feeling of guilt. Explains Meeta Jain, a teacher, "We very regularly hear from parents that they are not able to connect with their wards. This is because they are not able to spend quality time or not having the patience to understand the needs and demands of the child. In such a scenario, the role of teachers becomes all the more important. We have to understand each student's psyche, empathize with them and come up with solutions." The teachers also feel that the student -

ment students says, "Present day students are more mature, demanding and confident. The role of the teacher is to channelise their youthful energies into positive directions". According to Rashmi Kapoor, another senior teacher, "The relationship between student and teacher has changed incredibly. The teacher has to work within the parameters and the approach has to be friendly. Use of the rod is obsolete but even raising your voice is censored. But with liberty of open dialogue, it becomes challenging for the teachers to maintain the sanctity of their relationship." Strict or lenient, friendly or grim, saree clad or modern, the role of teachers has remained the same. They have always been and will continue to be our guiding lights. The edifice that we pride on as our career and our achievement is built to a large extent on the foundations laid by our teacher. Let us salute these noble people on Teachers Day.

ROTARY CLUB TO FELICITATE EDUCATIONISTS ON TEACHERS DAY

Rotary Club of Delhi Govinda will be celebrating Teachers Day on 10th September at Radisson Blu Hotel, Sector-13, Dwarka at 4pm. The organizing committee consisting of Mukesh Sinha, S P Singh, Nitin Patel and Anil Sethi informed that Teachers Day is celebrated on 5th September across the country but we will be celebrating on 10th September for the convenience of the awardees as well as our members. According to Mukesh Sinha, the event Chairman, 11 Principals of reputed schools of Dwarka will be felicitated for their contribution in education in a glittering function.

THE AWARDEES

1. Basava Intl. School : Ms. Manimala Roy
2. Bal Bhavan Intl. School : Ms. Jaspreet Kaur
3. DAV School: Ms. Monika Mehan
4. MDH School : Ms. Nandni Bidalia
5. Maxfort School : Ms. Priyanka Bhatkoti
6. Paramount Intl School : Rashmi Bajpai
7. Queens Valley School : Ms. Namita Sharma
8. RD Rajpal School : Ms. Alka Kshatriya
9. St.Mary's School: Ms. Sheelu Mathew
10. Sri Venkateswara School : Ms. Nita Arora
11. Vandana Intl. School: Ms. Vandana Tandon

DWARKA RAMLEELA MAHOTSAV, 22 BHOOMIPUJAN ON 4TH SEPTEMBER

Bhoomi Pujan ritual for Dwarka Ramleela Mahotsav will be held on 4th September at Dusschera Ground, Sector-11 adjacent to Sports Complex. Dwarka Ramleela Mahotsav celebrations held every year at Sector-11 Dusschera ground and organised by Association of Social and Cultural Events Dwarka, have always been the biggest and grandest Ramleela and its preparation starts a month before. The 20th Dwarka Ramleela Mahotsav will start from 26th September to 5th October, 22 and for full ten days, the function ground will be abuzz with cries of shrieking children on stage, dialogues of Ramleela artists and chatter of shoppers at stalls. The Ramleela will conclude with burning of effigies of Raavan, Kumbhakaran and Meghnath. According to Mukesh Sinha, organizer, "Bhoomi pujan of the ground at Sector-11 will be done tomorrow ie on 4th September at 10.30 am.

Ramleela presentation will be done at 11.30 am. There will be havan. Ramleela Dhvaj will be hoisted. Prasad and lunch will be distributed at 12 pm."

Devinder Paul, General Secretary, Sudha Sinha, Convenor and Abha Gurain, Secretary request Dwarkaites to attend the Bhoomi Pujan and take the blessing of lord Rama. R K Sharma and Deepak Kanojia, Vice Presidents inform that the celebration will start from 24th September itself. On 24th, a colourful Dandiya will be organized with Bollywood singers and dancers. On 25th September, the best dancers sort listed from preliminary rounds will perform at Dancing Superstar Grand Finale. Vinod Thakur, the renowned Legless dancer with his team will conduct the show. The participants should send their entry in form of 2 minutes video on 9310339909."

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METRO FEEDER BUS LAST MILE CONNECTIVITY



BY DEVANGSHI BHATTACHARJEE - BA (JMC), Student

Delhi Metro is a world-class metro. To ensure reliability and safety in train operations, it is equipped with the most modern communication systems. It is one of the few metro systems in the world having an operational profit from the very first day. Delhi Metro is India's second urban-mass rapid transportation system after Kolkata Metro. Delhi Metro or Delhi Metro Rail Corporation (DMRC) to be precise, is a metro system serving Delhi and the suburbs such as Gurgaon, Noida and Ghaziabad region in the National Capital Region of India. Delhi Metro Rail Corporation (DMRC) had around 291 electric feeder buses on 42 routes connecting 54 metro stations in Delhi. However, at present, out of the 291 feeder buses only a few are operating covering some routes.

E-rickshaws which were also a part of the last line connectivity like feeder buses and were available for 30 stations. Total 295 e-rickshaws were in operation till they were discontinued. It is estimated that around 2 lakhs people used to travel in feeder buses and E-rickshaws on a daily basis before the pandemic. But Covid-19 outbreak, the transportation services of DMRC came to a halt. The Metro feeder bus depots which are located at Shastri Park, Kohat Enclave, Janakpuri West, Dwarka Sector-9, Chhatarpur, Yamuna Bank, Azadpur and

E-rickshaw depots located in Dwarka Sector-10, Sector-12, Sector-21, Uttam Nagar East and HUDA city centre now give a deserted look. The operation of such services is now limited to a few of these stations. A survey by interns of BA (JMC) with Metro commuters on different stations of Dwarka revealed that discontinuation of feeder buses has made their last mile connectivity uncomfortable, expensive and time consuming. The commuters wanted the feeder bus to be restarted at earliest. The male respondents were neutral whereas female respon-

dents wanted the feeder buses operations to be resumed at earliest. Sunita, a working woman, stated that she has to spend a lot more than usual because of the unavailability of feeder buses and E-rickshaws. Even people, who were casual metro travelers, were in support of feeder buses. Teenagers and senior citizens both wanted the transportation facility provided by the DMRC. The interns met the station manager and shared the findings with the Sector-21 Metro station. The station manager heard the hypothesis of the survey and implied that the discontinuation of

feeder buses and E-rickshaws was due to the Covid-19 pandemic. There are several inoperative metro vehicles lying at different metro stations. He said to reinstate the Last Mile Connectivity, the DMRC would need the go ahead from the higher officials of the Indian government. It is not in the hands of the DMRC to make such decisions. Manoj Rai (an employee in a private company) said "I frequently travel by metro and strongly feel feeder buses should be reinstated at earliest because they are much more convenient than e-rickshaws." Preeti Sharma,

a regular metro user said, "I travel in metro daily and without a doubt, I want the feeder buses back into force not only as it is convenient but also cost effective." Aarti (a college student) said, "I travel in the metro daily. Delhi metro should again start this facility of feeder buses as soon as possible." Riya (a college student) says, "I travel by metro occasionally like during exams day and for other official works. But even then, the feeder buses must come back." Sandhaya and Rahat Khatur opine, "We rarely travel by metro but we need a feeder bus as it drops us to our

destination with the same fare like the normal buses. The feeder buses must come back as the metro commuters consist of all kinds of people from different strata of the society, so feeder buses will be cost effective and convenient for all." Kanishk (an employee) said, "This is my first time in the metro and I don't know about feeder buses." The e-rickshaws were also started under the Delhi metro with a lot of fun fare, but unfortunately it has also failed. The Sector-10 e-rickshaw depot is full of non-functional e-rickshaws and now looks like a junkyard.



"I travel in metro daily and without a doubt, I want the feeder buses back into force not only as it is convenient but also cost effective."

Preeti Sharma
A regular metro user



"I frequently travel by metro and strongly feel feeder buses should be reinstated at earliest because they are much more convenient than e-rickshaws."

Manoj Rai (an employee in a private company)



"I travel in the metro daily. Delhi metro should again start this facility of feeder buses as soon as possible."

Aarti (a college student)

"I travel by metro occasionally like during exams day and for other official works. But even then, the feeder buses must come back."

Riya (a college student)



"We rarely travel by metro but we need a feeder bus as it drops us to our destination with the same fare like the normal buses. The feeder buses must come back as the metro commuters consist of all kinds of people from different strata of the society, so feeder buses will be cost effective and convenient for all."

Sandhaya and Rahat Khatur



PRINT MEDIA HAS MORE IMPACT THAN SOCIAL MEDIA

BY BHASHKAR SWAROOP (JMC) Student

In the 21st century where life is turning digital, it is seen that everyone is mostly dependent on social media for every kind of stuff, whether it be clothing, electronics or even news and recent updates. There is a need to accept the fact that social media is much more convenient and time-saving, but is it as trustworthy and reliable as print media?

Print media is undoubtedly the most traditional form of media and also one of the influential forms of media. Today, in the world of technology, social media has taken over print media and people have shifted towards their phones, laptops and other gadgets for more content consumption. Nowadays, social media is not just used for connecting with people globally

but is also working as an alternative to print media. It is seen that the young generation today spend less time on books or any other kind of printed materials but indulged with their phones and other electronic gadgets. In other words, it can be said that the screen time of people is much higher compared to print media. Most of the educational institutions shifted towards the digital platform during the Covid.

Although, it is a fact that print media is much more reliable, professional and has concrete news than the social media platform. But due to easy availability of information, the majority of people still prefer untrustworthy social media which often consists of fake information. Most of the time the cooked up and exaggerated information affects the user drastically. The fake information spreads



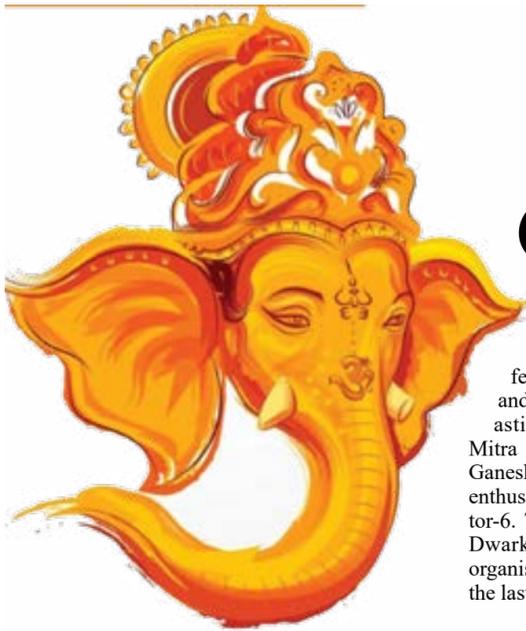
communal hatred and bias and sometimes causes communal violence. The other negative aspect of social media is that it works on the preference of the content writers rather than newspapers. The newspaper consists of all kinds of news and doesn't work on anyone's preference, whereas in social media only that information pops up on the explore page that the user

wants to or likes to see and is interested in. Though social media is much more flexible in terms of availability than print media, it's seen even e-newspapers taking over the traditional type of newspaper. A survey conducted by the interns of BA (JMC) asked people their opinion regarding what is more impactful and reliable- is it social media or print media? It was

found that more than 53% people preferred social media over print media because of its accessibility. It was found that social media is preferred as it gives information every minute. 31% of the people preferred print media because of the credibility of the newspaper. According to them, newspapers might not give them news every minute but have much more research work and concrete news than social media. 22% of the people choose both print and social media as according to them both have their advantages and their disadvantages.

It has been observed that social media is taking over the print media but people still believe in the reliability of print media. Even after years, print media would never lose its credibility even if social media completely takes over. Vijay, a florist says, "For me,

print is better because I can afford it easily." Rakesh Kumar says, "Social media is better as it has an infinite amount of information." Shubham, a college student, says, "Social media is better than print because it is easy to consume." whereas Prachi says, "social media and print are equally important. But newspapers are reliable." According to Neeraj, a college student, "In my opinion social media is better than print, but social media is not as reliable as print media as around 90% of the news are fake." Tushar, a student, says, "Social media is superior to newspapers and magazines because of its accessibility." Simran said, "social media is more convenient. Most of our houses don't even receive newspapers nowadays and they are harder to carry around."



Welcoming Ganapati

Ganesh Utsav- the ten-day festival that begins with installation of beautifully sculpted Ganesh idols in homes and mandaps is the most awaited festival for Maharashtrians. However, the festival now has become pan India and even the north Indians enthusiastically participate. Maharashtra Mitra Mandal, Dwarka is celebrating Ganesh Utsav with religious fervor and enthusiasm at True Friends CGHS, Sector-6. The Maharashtra Mitra Mandal, Dwarka, has been coordinating and organising the festival in the sub city for the last fifteen years and this is the 16th

year of Ganeshotsav celebration. A magnificent idol of Lord Ganesha was installed on 31st August in a tastefully decorated hall of True Friends CGHS. Amidst beats of dhol and cymbals Ganapati was welcomed with great pomp. The mandal will celebrate for five days and the utsav will end with an emotional adieu to lord Ganesha on 4th September. The main highlights of the programmes so far include musical programme by Devyani Natu and group. A bhajan Sandhya by Anandvan Ganeshutsav and children's programme. Last year's musical programme was a big hit in which the local talents of Dwarka gave mesmerizing performances.

Devyani Natu almost drenched the audience with their melodious numbers in Marathi and Hindi. The same is expected this year too. Satyanarayan puja and maha prasad will be held on Saturday. Visarjan will be held on Sunday. The committee this year under whose stewardship the programme is being organized includes Dhananjay Deshpande, President, Rajesh Dorlikar, Secretary, Pradeep Takle, Treasurer, Aniruddha Shukla, Ashish Pitale, Dilip Rozekar, Shyamkant Khanwalkar, Maitreyi Takle and many more. Visarjan will be done on 4th September after Uttar Puja. Alongside this, a number of non-Maharashtrian residents and RWAs had

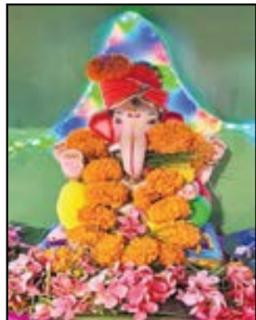
installed idols of Lord Ganesha in their societies. In many societies, cultural programmes and havan and a bhog were organised. A number of residents in the sub city had also installed idols of Lord Ganesh and celebrated the festival with a lot of reverence and enthusiasm. 'Ganpati Bappa Morya', a common chanting that evokes the feelings of devotees is commonly heard during celebrations. The main attraction for foodies in this festival is Modak, a dumpling of rice or flour stuffed with grated jaggery, coconuts and dry fruits. Karanji, similar to modak, is another famous dish that makes an indispensable part of the celebrations.



Shivlok society's Mandir.



Abha Gurain Sector-4



Ashwini Phalnikar DIN CGHS, Sector 4



Maharashtra Mitra Mandal Dwarka, Sector-6



Sudha Sinha Delhi Apartment, Sector-22



Ashish Pitale Park Royal, Sec-9



Sunita Verma Sector-3



Swaroop Naik Jhelum, Sec 5



Sanika Sahastrbuddhe Sector 22



Rajesh Dorlikar Kaveri, Sector-6



Priyanka Kishnawa Sector-3



R K Sharma Sector-9



Stand N Stride Sector-2

GYMMING FEVER CATCHES ON THE SUB CITY

Fitter leaner, healthier - is the new mantra. Dwarkaites seem to be getting more fitness-conscious than ever before. Health and fitness experts across the sub city confirm that there has been a definite rise in people asking and opting for newer exercise regimens and organic diets in a bid to get fit. Physical fitness is no longer a luxury but a necessity and with an increasing number of people heading to gym or taking up other forms of physical activity it is quite evident. Greater amount of awareness regarding health has made people know and understand that improving your health conditions will automatically improve the way of your life; how you enjoy your life and for how long. It is for anyone or everyone who wants to take care of themselves, both mentally and physically, by staying healthy and

getting into shape irrespective of age, gender or status. Says Vijay Nayar, a fitness enthusiast and gym goes, "Practically, physical fitness allows you to be more effective at everything, both at work and at home. A full body workout is a great way to release stress, develop a stronger immunity and stay healthy." Although the fitness craze is not restricted to any age, the younger generation seems more fascinated with the idea of fitness and looking good. All thanks to the film and television or sports personalities who become the trend setters motivating people and ultimate inspiration for the masses to be active, flaunt a hot physique and be desirably good looking. Says Dr. Rakesh Bhatia, "Sedentary lifestyle, increasing work pressure and changing eating patterns have all led to developing various chronic illnesses early in life and

day by day more people are suffering from obesity, muscular and joint pain, diabetes, hypertension, kidney ailments and cardiovascular diseases. Exercise can be a natural cure for all if started early in life". With the growth of gym culture, gym and

fitness centres have thus bloomed to a considerable amount. More people are now trying to be in shape and healthy by joining weight loss clinics, slimming centres and gyms. Earlier only men were more interested in taking up fitness activities or gymming, but

now even women are heading to gym all thanks to better education, liberal mind-set and change in attitude. Informs Arjun, a fitness instructor, "More and more Indians are now taking charge of their health and are ready to give in their sweat to achieve a fitter

image. Feeling Healthy and Good about yourself is not a Luxury it's an absolute necessity!" It is therefore apt to quote Nelson Mandela, who said "Exercise is the key not only to physical health but to peace of mind".

Dwarka City talked to a few more gym owners and gym regulars -



"I come for a workout at Just Fit gym. Good thing here is that it is quite spacious. There are many advanced machines here, which are good for training. I have been doing exercise here for quite some time and focus on muscle strength and enhancing endurance. I take a low carb and high protein diet to keep myself fit."

Rahul Rana
Just Fit Gym, Sec-11



"This is a cross fit gym. There are Olympic weight lifting, gymnastics and conditioning training imparted here. There are aerobics and bikes for conditioning, pull ups and chest expanders for gymnastics and weightlifting classes for 1 hour. The trainers are good and the batch is of 15-16 people only. In a normal gym, you work on machines for bicep and body strengthening, in Yoga it is more useful for flexibility, but in a cross fit gym, you have advantage of both."

Rohit Choudhary
Xpose Fit Gym Sector-7



"I am Dinesh, and I have been going for gymming for the last year. The trainers here are great. There are machines for cardio exercises and other body and endurance building. Yoga exercises are for mind strengthening. I am not fussy about diets and take normal meals to keep myself fit."

Devansh Singh
Just Fit, Sec-11



"I do my work out here at Alysium Gym in Sec-7 near Ramphal Chowk. This is a cross fit gym where we do workout on all domains. In a normal gym, the focus is on muscular strength building. Yoga is for flexibility in body and running is for endurance building. It is a mix of all three here. The exercise class is 1 hour. The trainers are always available."

Manish Sharma, Alysium 26 Gym, Sec-7



"In our gym, we don't provide training in isolation but in a compound way. We train people on weight training, Olympic lifting and gymnastics, so you can say you are a jack of all trades. It is a hardcore style training, meant for all age groups."

Rahul Solanki
Alysium 26, Sec-7



"I have been doing gymming for the last 1.5 years. I find strength training better than doing cardio exercise since my focus is more on muscle toning, and I work on machines. I take a normal diet, that is breakfast in the morning and meals in the daytime and at night."

Priyanka, Just Fit Gym, Sec-11



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BOOSTER VACCINATION CAMP: A GRAND SUCCESS

Following the government's decision to intensify booster vaccination drive in wake of rising cases of Coronavirus, DM, Southwest, Delhi Hemant Kumar Thottwal had asked Federation to organise vaccination camps in various societies of Dwarka. Federation of CGHS, Dwarka, was requested to motivate people to take booster doses and the Federation, under leadership of Sudha Sinha, President, successfully organised camps in few societies.



The phase 2 of Booster Vaccination camp was organised in following societies, Sector-wise-
Hum Sub CGHS, Sector-4
Meerabai CGHS, Sector-5
Sri Niketan, Sector-7
Air Force and Naval CGHS, Sector 7
Krishna CGHS, Sector-9
Shahjahanabad, Sector-11
Gold Croft, Sector-11
Mohinder CGHS, Sector-12
DJA CGHS, Sector-13

Here's reaction of residents after taking vaccination and also experience of doctors giving vaccination-



I am from CGHS dispensary, and I am a vaccinator. We are administering covishield, Corbevax and covaxin. We have administered 49 covishield, 7 covaxin and no corbevax. The camp has started at 9 am. The camp is organised by Delhi government and Federation of CGHS Dwarka. Thanks to Sudha Sinha that vaccine is reaching to large number of people.
Dr. Renuka Thakur at Sri Niketan CGHS.



I have come here for booster dose. The arrangement made by Federation of CGHS are very good and I want appreciate efforts of Sudha Sinha. I have come in Sri Niketan from Rashi Apartments.
Poonam Singh



I am from Raj Nagar, Part -2 Dispensary. I have given 51 doses of Covidshield, 17 doses of Covaxin and 1 corbevax. There was only one vaccinator and there was no laptop so we could not vaccinate many people. Had this facility been provided, we could have done a better job.
Dr. Anu Gupta at AFNOE



I have come to Air Force and Naval CGHS from Harijan Basti. My booster dose was due, and I did not face any problem here. I got my dose in 5 minutes. The arrangements were very good. All covid protocol was followed.
Shruti



We are thankful to Sudha Sinha, who organised the camp in the society. I have taken booster dose. People are not able to take out time for vaccination, so this camp was very convenient for everyone. The camp was organized from 10 am to 3.30 pm. MC took good care and people from nearby societies came and took benefit.
Alok Jain at Krishna CGHS



I have come from Sector-9 for getting booster dose. The camp is organised in very well manner by Federation. People from other societies also coming. The arrangements here are very good.
Kamal Rawat Krishna CGHS.



I have come from Sadh Nagar Dispensary. I have administered 30 Covishield, 7 Covaxin and 2 Corbevax till now. Many residents from Sector-9 are still coming.
Anita, at Krishna CGHS.



We are administering both covishield and covaxin. The camp has started at 9 am. The camp is organized by Delhi government and Federation of CGHS Dwarka. We will try to cover all the beneficiaries. I have administered 84 covishield and 11 covaxin. Children have come but we have asked them to wait.
Neha Goyal, vaccinator at Pochanpur.



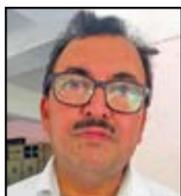
Federation of CGHS Dwarka is doing a good job of providing vaccines in our area. The camp is organised at Holy Chowk and many people are taking benefit. My booster dose was pending, and I too have got myself vaccinated.
Ramesh Jain, Pochanpur



I have come for getting booster dose. The camp is organised in very well manner. People from other societies also coming. I stay in Shyam Apartment and get covishield vaccination. The camp is helpful for all.
Rajeev Sharma at Gold Croft CGHS.



I have come from Sector-12 dispensary. The arrangement here is good for patient as well as us. I have administered 74 Covishield and 20 Covaxin. I applaud the efforts of Sudha Sinha.
Dr. Sudha, Vaccinator



The response here is very good. People of nearby society are coming. Many residents from Rama Apartments have come. We had advertised about this camp. Around 60 people have already got vaccinated by 12.30 pm.
Sakeeb Hussain, President, Shahjahanabad CGHS



I have taken my booster dose today. I did not face any problem and vaccination went on smoothly. I want to thank Sudha Sinha for being instrumental in organising the camp.
Saniya Sharma at Mohinder CGHS



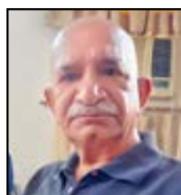
Till now we have administered 30 doses, and we are waiting for more beneficiaries to show up. The camp is open till 3.30 pm. The arrangements are good, and we are given a hall. I would like to thank Sudha Sinha and the Federation for the camp.
Dr. Shalini Rawat at Mohinder CGHS



I am President of DJA CGHS. I applaud the efforts of DM and Sudha Sinha for organising booster camp at our doorsteps. The response was good and people from even Palam and Sadh Nagar came. The response was pretty good.
Jai Kumar Sharma, DJA.



We have administered 100 Covishield and 19 Covaxin. The camp is open till 3.30 pm. The camp is well organised and there were few technical problems but that was solved.
Amandeep Kaur DJA Apartments



The camp was well organised. Around 82 doses of booster were administered. The response was good and there were no issues.
S.P. Bakshi Hum Sab, Sector-4.



The camp started at 9 am. We have administered 25 Covaxin and 70 Covishield. Only one child had come so we have asked him to wait.
Ritu Meera Bai CGHS Sector-5



Rotary Donates Water Cooler At SDM Dwarka Office

By Mukesh Sinha, DC News:

The objective of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and in particular to encourage and foster: The development of acquaintance as an opportunity for service, High ethical standards in business and professions; the recognition of worthiness of all useful occupations; and the dignifying by each Rotarian of his or her occupation as an opportunity to serve society. The application of the ideal of service by every Rotarian to their personal, business, and community life. The advancement of international understanding, goodwill, and peace through a world fellowship and professional persons united in the ideal of service. Rotary is an international organization composed of business and professional leaders that gives humanitarian services; it encourages the high rules of ethics in all occupations and contributes to the development of goodwill and peace around the world. Approximately 1.2 million Rotarians voluntarily work in 31,000 Rotary Clubs that operate in 166 countries. Rotary Club of Delhi, Govinda was founded in 2020 to unite, promote and involve the members in philanthropic activities. Since its inception, the team has organized multiple activities in Dwarka



L to R: K K Bansal, Nitin Patel, Manoj Agarwal, Abhinav Singhal, Dr. Vineet, Arun Roongta, Rajesh Gupta, S P Singh and Mukesh Sinha

and nearby areas. The team Rotary Govinda decided to donate a water cooler to the SDM office as one of the members realized that SDM office is visited by more than 500 people every day for various government related work like EWS/ Marriage/ Caste certificates etc. During the summer, the visitors had to struggle to quench their thirst. Rotarian including M P Garg, S P Singh and Mukesh Sinha, visited the then SDM Pan-kaj Roy Gupta and offered to donate a water Cooler. Due to short supply of the water coolers, the installation was delayed by more than 2 months. Finally, the inauguration of the water Cooler was done by Atul Soni, a Danics officer

and a line SDM, Rajesh Gupta. AKS Chair, Arun Rungta, ADG, Rotary International, 3011. Speaking on the occasion Atul Soni said, "We have experienced high mortality due to heat waves during the summer and also the SDM Dwarka office is visited by a large number of people every day. There was a need for a Water cooler and I am happy to inaugurate the Water Cooler with other office bearers of Rotary Club. I am thankful to Rotary for their contribution in building team India" **Rajesh Gupta, Rotary is one of the biggest service organizations in the world. Rotary helped make India Polio free. My ad-**

vice will be to even go to jhuggi jhopri and catch hold of poor children and teach them. Also, I would like to donate a water cooler to this club." Arun Roongta, ADG, "Rotary Club of Delhi Govinda is doing tremendous work since its inception and I am happy to be part of this noble cause of inauguration of Water Cooler. I wish them all support and help from the parent body." Rotary Club of Delhi Govinda was represented by Rtn. M P Garg, Rtn. S P Singh, Rtn. Nitin Patel, Rtn. Mukesh Sinha, Rtn. Abhinav Singhal, Rtn. K K Bansal, Rtn. Dr. Vineet Verma, Rtn. Yogesh Gupta and Rtn. Manoj Agarwal.

THE PHASE 3 OF BOOSTER VACCINATION CAMP ON 4TH SEPTEMBER 2022 TIMING : 9:00AM- 3:30PM

Arti CGHS Sector 2, Plot No-1A	Som Apartments Plot No -24
New Jai Bharat Apartment Sector 4, Plot No-5	Peepal Apartment Sector 17, Pocket-E
Dakshiyani CGHS Sector-4, Plot No-19	The Satyam CGHS Sector 18, Plot No-5
Lovely Home Apartment Sector 5, Plot No-5	NTPC CGHS Sector 19, Plot No-10
Skylark Apartment Sector 6, Plot No-35	Sadbhavana Apartment Sector 22, Plot No-8

Word Pro : A Battle of Words Season 4 DELHI TOP 25 CHAMPS declared

He wait is finally over to meet the DELHI TOP 25 WORD PRO CHAMPS. Word Pro, A Battle of Words SEASON 4 exams started on July 17, 2022 and culminated on August 14, 2022 with close to 12,500 students from entire DELHI-NCR who appeared for 92 online exams conducted within 6 weeks. This stimulating Inter-School English Quiz has been creating a buzz amongst students since 2017. After two months of rigorous preparations and various rounds, DELHI TOP 25 CHAMPS have emerged, who will battle it out in a Live Battle of Words Quiz at DDU Auditorium in Dwarka, New Delhi on 10 September, 2022. Team WORD PRO visited all the participating schools to declare the Results. Mrs. Sudha Sinha and Mrs. Bhavna Pandey. Directors-Word Pro along with School Principals felicitated the meritorious students who were awarded DELHI EXAM TOPPERS and SUPER ACHIEVERS medals. Thereafter, Jersey Presentation Ceremony was held for the SCHOOL TOPPER and declared as WORD PRO CHAMP 2022. The results and certificates of all the candidates have been published online on the student portal. The Delhi Top 25 Champs Season 4 Are-Amay Prashant Bhake, Arihant Pandita, Bhuvika Mangala, Eeshaan, Ananya Patil, Deeksha Sharma, Aryaman Kapoor, Saanvi Vohra, Guhan Gautam, Aarushi Kharbanda, Nakul Arora, Abeer Nagpal, Jhanvi Gupta, Reet Manish Kumar, Arika Mehra, Diya Yadav, Dhairya Mattoo, Ananya Iyer, Saanvi Gupta, Harshit, Manya Mehra, Pratul Deshwal, Swastika Yadav, Mehpreet Kaur Chawla And Lavaansh Sharma. Along with these students DELHI WORD PRO TITANS (28 students of classes VI to VIII) who have scored 100% in both exams would also be awarded during the Grand Finale.



Queens Valley School, Sector-8



Delhi International School, Sector-23



St. Mary's School, Sector-19



NK Bagrodia Public School, Sector-4



MDH International School, Sector-6



Delhi International School Edge, Sector-18



BGS IPS School, Sector-5



Bal Bhavan International School, Sector-12



Maxfort School, Sector-7



NK Bagrodia Global School, Sector-17



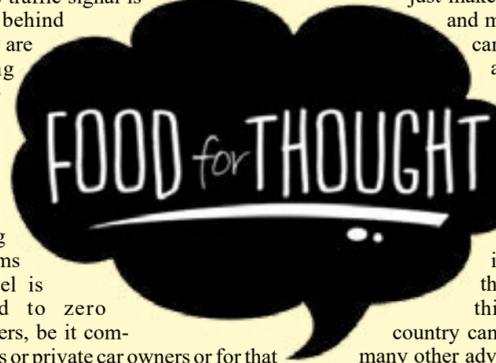
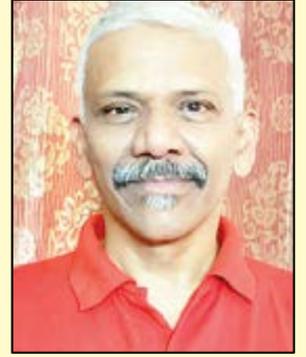
Nirmal Bhartia School, Sector-14

Grand Prix after traffic signals?

SUBBIAH SRIDHAR,
Panchsheel Apartments, Sector - 4

Be it any city or town in India, the impatience at traffic signals is more rampant than anywhere else in the world. Drivers will wait patiently during the red light but once the signal becomes yellow or green, the impatience crops in and repeated honking from behind will make life miserable even if one's vehicle gets delayed in starting by a fraction of a second. Now-a-days, due to the 'Red light on, Engine Off' slogan, many people switch off their engine during traffic signals and rightly so in order to save on fuel and help in reducing pollution level. There are some impatient lots behind, who do not understand and keep honking even if there is little delay in driving ahead once the signal becomes green. The phenomenon of 'Red light on, Engine off' is a good slogan indeed as lakhs of vehicles ply on Delhi roads and it makes sense that one puts off the engine during traffic red signal. It not only saves on fuel consumption but also helps in savings on sky-rocketing fuel prices and reduction in pollution. It is strange that during heavy traffic or resultant traffic jam or due to some VIP movement or long red signals, one will wait patiently but the moment the traffic light is green, some kind of a monster enters the grey matters of drivers making them behave in a crazy manner by honking continuously. Once the traffic signal is green, the cars behind pass-by as if they are on some racing events like Formula One Indian Grand Prix or the Formula One Monaco Grand Prix or the Daytona 500 racing car event. It seems the patience level is almost reduced to zero amongst the drivers, be it commercial car drivers or private car owners or for that matter any kind of vehicles. One needs to apply common sense that even if one drives too fast from one traffic signal there are high chances that they might meet the same slow drivers in the next signal, then what is the purpose of racing their vehicles from one traffic light to another? In many of the traffic signals when the red light is On, it is clearly written 'relax', but where is that relaxing part, instead the drivers of vehicles are more charged during such signals than taking the traffic signals in a relaxing manner. One needs to respect

the signals, after all one needs to give time for the other three traffic plying in other directions as well in a normal crossing. What is the purpose of honking one's own vehicle when it leads only to noise pollution, downing of one's own vehicle's battery and more importantly, when it reflects on one's own irritation or frustration level which becomes rather public. No one bothers with other's honking and it may be mentioned that no one on the road is there just for relaxing or time passing and everyone is going somewhere for some purpose. This point needs to be understood by one and all. Neither anyone will intentionally delay the other nor does it really serve any purpose. Similar is the sense of impatience found among most of the two-wheeler riders. They just make their way between vehicles and many times even hit the car leading to dent or scratch and resultant scuffle. If they do not find a way between the cars, they just ride over the pedestrian platform. This kind of behaviour cannot be found in any other countries. Haste makes waste. If this point is understood by one and all, the better for society and once this is understood, then our country can also become horn-free like many other advanced countries. This honking phenomenon is rather irritating to say the least and it only increases one's blood pressure and irritation level than it does any good for any side of the party driving on roads. So, it is time to think about this issue which has a larger-implications. It helps control one's health issue and avoids unnecessary and avoidable scuffle. Come summer months and as the day time temperature shoots up, so does we see an enormous increase in the number of cases of road rage every year. It is time we give some thought to this burning issue.



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Ek Mutthi Distributes Sarees on Janamastami



Ek Mutthi an NGO working for the upliftment of down trodden strata of the society distributed more than 300 sarees on the occasion of Shree Krishna Janamastami at the gate of Delhi Apartments, Sector-22. Sudha Sinha, the president of Ek Mutthi said, " Helping the needy is the best form of celebration. We decided to distribute sarees to the maid servants of the societies. It was a very satisfying experience when the women collected the sarees with a smile."

OBITUARY



Late Shri Shakti Sharma

October 11, 1947-August 26, 2022

With profound grief and sorrow we announce the sad demise of my loving husband Shri

Shakti Sharma
on 26th August, 2022.

Ms. Mohini Sharma

Daughter/Son-in-law

Ms. Ruchika Sharma/Mr Raman Sharma

Daughter

Ms. Vandana Sharma

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Association of Social & Cultural Events, Dwarka

Dwarka Ramleela Mahotsav, 2022

भूमि पूजन

Date: 04 Sept. 2022

Pooja: 10:30AM
Manchan: 11:30AM
lunch: 12:00 Noon

Venue: Dushera Ground
Sector-11 Near
DDA Sports Complex
Dwarka, New Delhi

RSVP:

9891042545, 9350790021
9810442903, 7836014080, 81788 16464

Mukesh Sinha, President
9810432185

Dwarka City

Dancing Star' 2022

Grand Finale-25th September 2022

Venue: Sector-11, DDA Ground, Near Sports Complex

Free Online Audition Starts on 20th August 2022

Entry - Solo | Duet | Group

No Age
Limit



Cash Prize
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21000/-*

Send your Dance Video on Whats App: 9310339909

*Amount Inclusive of Winners & Runners up

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