

ROTARACT DISTRICT ORGANISATION, ROTARY INTERNATIONAL DISTRICT 3012

presents

HOPE 7.0

Day 5

5TH JULY 2026



Maternal & Child Health

Rtr. N V Aruna Devi
District Rotaract
Treasurer

PHF. Rtr. Harshita Dhakad
District Rotaract
Representative

Rtr. Ayush Raj
District Rotaract
Secretary

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Rotaract Club of Ashoka Artisans

Rotaract Club of JIMS Vasant kunj

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Rotaract Club of Ardent Creators

Rotaract Club of Dyal Singh College

ZONE 4

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Rotaract Club of SBSEC

Rotaract Club of Delhi Pegasus

Rotaract Club of Ashoka University Youth

Rotaract Club of Hansraj College

What is **HOPE?**

PROJECT H.O.P.E. (***HELPING OTHER PEOPLE EVERYDAY***) is an initiative by the Rotaract District Organization RID 3012, launched in 2020. It was started with an aim to celebrate the commencement of the Rotary year, organised in each tenure from July 1st to July 8th.

This event is dedicated to addressing and raising awareness about the seven Rotary Focus Areas and District Community Projects, with each day dedicated to a different focus area. Our District Projects cater to diverse fields.

The seven Rotary Focus Areas represent key areas of humanitarian concern and action for Rotary International, a global service organization dedicated to promoting peace, fighting diseases, providing clean water, saving Mothers and Children, supporting Education, growing local Economies, and protecting the Environment. These areas serve as guiding principles for Rotaract clubs worldwide in their efforts to make a positive impact in their communities and beyond. HOPE aims to create sustainable solutions and foster a better world through service projects, partnerships, and advocacy initiatives.

With the seventh edition of HOPE i.e. HOPE 7.0, RID 3012 plans to achieve greater heights with the greatest impact ever through its commitment to "SERVICE ABOVE SELF" and "FELLOWSHIP THROUGH SERVICE" to cultivate leadership, promote fellowship, and inspire young adults to serve humanity with integrity and compassion in their pursuit of positive social change and global understanding.

Focus Area of the Day

MATERNAL & CHILD HEALTH

Rotary International's commitment to Maternal and Child Health is pivotal in ensuring that mothers and children have access to the care they need to lead healthy and fulfilling lives. Through initiatives that strengthen healthcare systems, improve access to prenatal and postnatal care, promote childhood immunisation, and provide essential nutrition and medical support, Rotary continues to reduce preventable maternal and child mortality. By supporting health education, expanding access to skilled healthcare professionals, and advocating for quality healthcare services, Rotary empowers families to make informed health decisions and build healthier futures. Through partnerships and community-based interventions, Rotary International continues to create sustainable improvements in maternal and child health outcomes across the globe.

At the Rotaract District Organization level, young leaders focus on Maternal and Child Health through grassroots initiatives and community-driven projects. Our Rotaract clubs often collaborate with hospitals, healthcare providers, NGOs, and community organisations to organise maternal health awareness programmes, child wellness camps, nutrition drives, immunisation support initiatives, and health education campaigns. They contribute to improving healthcare access by distributing essential nutrition and hygiene supplies, conducting awareness sessions on maternal care, infant nutrition, breastfeeding, and preventive healthcare, while supporting families in underserved communities. Rotaract members also engage in fundraising efforts to provide medical assistance and essential healthcare resources where they are needed most. By leveraging their energy and passion for service, Rotaract clubs play a vital role in advancing Rotary's goals of maternal and child health at the local level, making a meaningful impact on the well-being of mothers, children, and families.

In Rotary International District 3012, we aim to improve maternal and child health by promoting accessible healthcare, preventive care, and community awareness to ensure healthier futures for every mother and child. This year, we have raised our expectations and implementation to new heights, striving to create an even greater impact through innovative initiatives, wider outreach, and sustained community engagement.

Message from Rotary International President

RTN. OLAYINKA H. BABALOLA

Dear Rotarians and Rotaractors,

As we begin a new Rotary year, I invite each of you to embrace a simple yet powerful purpose: Create Lasting Impact.

For generations, Rotary has been known for changing lives through service. We have fought disease, promoted peace, strengthened education, supported communities, and brought hope where it was needed most. But our greatest impact begins long before any project. It begins with each one of us.

Rotary transforms those who choose to serve. It shapes our character, broadens our perspective, and reminds us that true leadership is rooted in compassion, integrity, and action. When we grow as individuals, our clubs grow stronger. When our clubs grow stronger, our communities flourish.

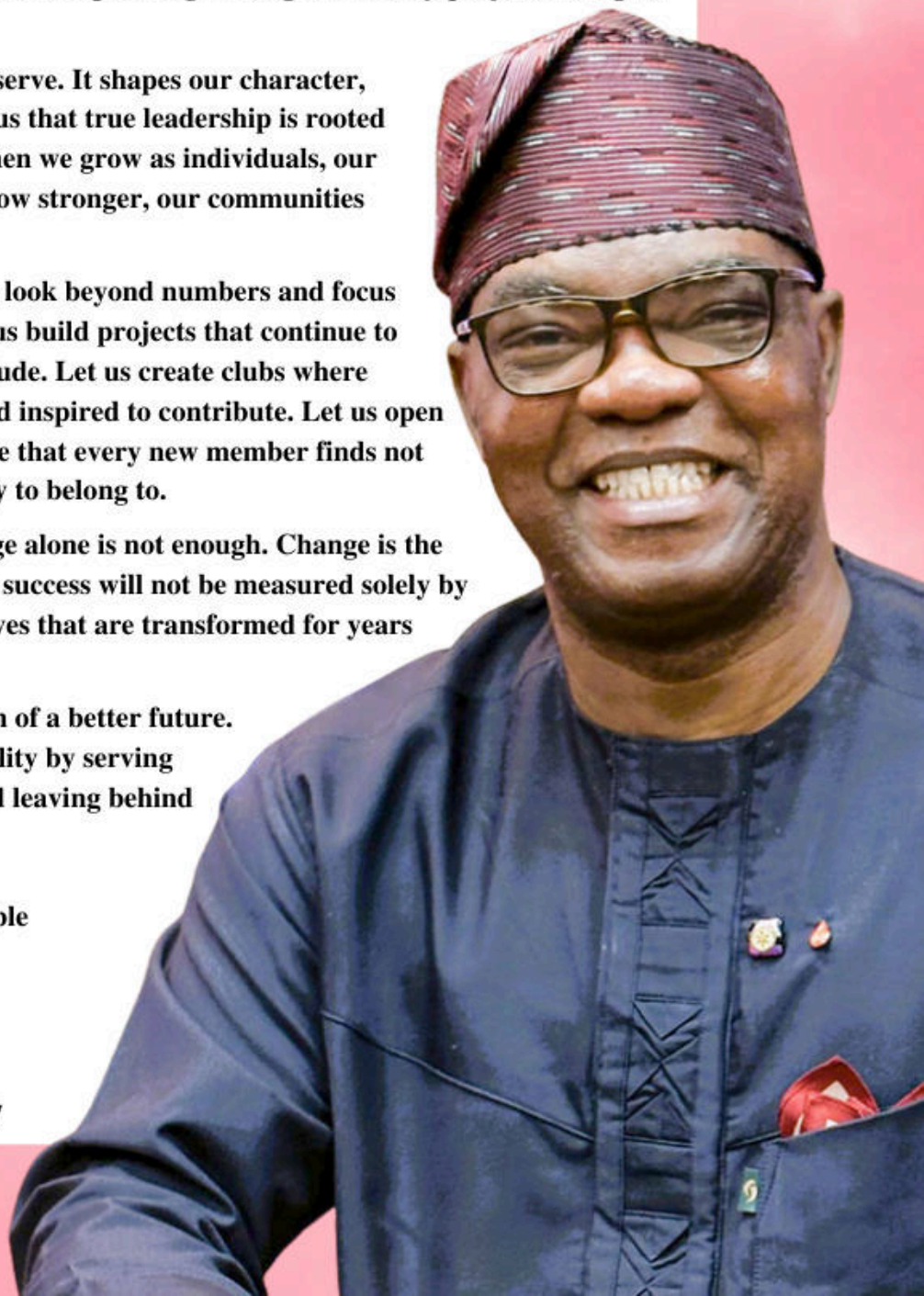
This year, I encourage every member to look beyond numbers and focus on meaningful, sustainable impact. Let us build projects that continue to uplift communities long after they conclude. Let us create clubs where every person feels welcomed, valued, and inspired to contribute. Let us open our doors, embrace diversity, and ensure that every new member finds not only an organisation to join, but a family to belong to.

Creating change is important, but change alone is not enough. Change is the beginning. Impact is what endures. Our success will not be measured solely by what we accomplish today, but by the lives that are transformed for years to come.

As members of Rotary, we share a vision of a better future. Together, let us turn that vision into reality by serving with purpose, leading with humility, and leaving behind a legacy that inspires generations.

I look forward to witnessing the incredible difference we will make together.

Yours in Rotary Service,
Rtn. Olayinka H. Babalola
President, Rotary International 2026–27



District Governor & First Lady

RTN. AMIT GUPTA & DR. SWATI GUPTA

Amit Gupta is a distinguished educationist and committed Rotarian, known for his unwavering dedication to community service and leadership. An alumnus of the prestigious Delhi Public School, Ghaziabad, he holds a graduate degree in Science and an MBA in management.

He currently serves as the Chairman of the esteemed Sanskar Educational Group, Ghaziabad. Additionally, he is the General Secretary of Shree Bankey Bihari Dental College and Research Centre. His family has been actively engaged in the cement C&F business for over five decades.

Driven by the belief that “The purpose of human life is to serve and show compassion,” Amit Gupta joined Rotary in 2009 as a proud member of Rotary Club of Ghaziabad Central. Demonstrating remarkable leadership, he served as Club President in the year 2012-13, and since then, has been wholeheartedly devoted to the service of Rotary.

His wife, Dr. Swati Gupta, has been his constant source of strength and support. A committed Rotarian herself, she served as President of RC Ghaziabad Central in RY 2014-15, receiving the Kohinoor President Award, and served as Assistant Governor in 2020-21.

Her key area of interest lies in literacy, where she has contributed immensely as DLCC over the years.

Amit and Swati remain deeply committed to serving society with compassion and purpose, continuing their Rotary journey with greater zeal.



Message from District Rotaract Committee Chair

RTN. VIDUR CHHARIA

Rotary has profoundly shaped my understanding of leadership, service, and the responsibility that comes with creating opportunities for others. Serving as the President (2019–20) of the Rotary Club of Sahibabad, and as a Major Donor and Paul Harris Fellow (PHF), I have witnessed how empowered individuals and united teams can create an impact that extends far beyond a single project.

To me, Rotaract has always been more than an organization—it is a movement where ideas find purpose, leadership is shaped through action, and service becomes a catalyst for lasting change. It is the passion of young leaders, their willingness to innovate, and their commitment to communities that continue to define the true spirit of Rotaract.

Every initiative we undertake carries a responsibility beyond successful execution. Guided by Rotary's Areas of Focus, our efforts contribute to healthier communities, stronger education, environmental sustainability, economic empowerment, and a more peaceful world. When service is rooted in purpose, every project becomes an opportunity to create impact that extends well beyond the day it is delivered.

The true identity of a club is not defined by the number of projects it undertakes, but by the purpose behind every initiative and the legacy it leaves for others to build upon. The future of our district will be defined by the choices we make today—how we lead, how we collaborate, and how we choose to serve. Let us continue to raise the standard of Rotaract by creating initiatives that inspire confidence, strengthen communities, and leave an enduring legacy of service.

Yours in Rotary Service,
Rtn. Vidur Chharia
District Rotaract Committee Chair
RID 3012



Message from District Rotaract Representative

PHF. RTR. HARSHITA DHAKAD

Rotaract is more than just a community; it is a feeling of belonging, a shared passion for service, and a constant journey of personal growth. It is a privilege for all of us to be part of one of the biggest NGOs in the world,

to have a platform dedicated to the welfare of all. Ultimately, this is a journey of community service and personal growth where we discover our own potential while uplifting others.

I believe we must always put our best foot forward in serving society, for together we can make a lasting difference. No effort is ever too small; you never know how deeply it might touch and transform someone's life. All my best wishes to you as you embark on this journey of creating a better tomorrow. I wish to walk alongside you, so that no step feels uncertain and no challenge feels overwhelming. After all, Rotaract is about fellowship through service- let us come together to truly bring meaning to our motto.

Yours in Rotaract,
PHF Rtr. Harshita Dhakad
District Rotaract Representative,
RDO RID 3012



Message from District Rotaract Secretary

RTR. AYUSH RAJ

Rotaract is built on the belief that every act of service has the power to inspire hope and create lasting change. Project H.O.P.E. (Helping Other People Everyday) beautifully reflects this spirit by encouraging us to serve with purpose, compassion, and commitment.

As we begin this Rotary Year, let us come together to address the seven Rotary Areas of Focus through meaningful community service. Each project we undertake is an opportunity to make a difference, strengthen our fellowship, and remind ourselves that even the smallest efforts can leave a lasting impact.

I encourage every club and every Rotaractor to participate wholeheartedly in this initiative. Together, let us lead with empathy, serve with dedication, and make Project H.O.P.E. a true celebration of "Service Above Self."



Message from the **DISTRICT CORE TEAM**



Rtr. Kyra Mehra
Deputy District Rotaract
Representative

Every meaningful change begins with a single step, and Rotaract gives us the opportunity to take that step together. It is not just a platform for service but a journey that shapes our character, strengthens our bonds, and inspires us to become leaders who create a positive impact. As we continue this journey, I encourage each one of you to serve with sincerity, lead with humility, and embrace every opportunity to learn.

Let us strengthen our fellowship, uphold the values of Rotaract, and work hand in hand to make a meaningful difference!

As we begin a new Rotary year, I wish every Rotaractor of District 3012 a year filled with meaningful service, lasting friendships, and inspiring achievements. May we continue to lead with integrity, serve with compassion, and create a positive impact in our communities.

Here's to new opportunities, stronger collaborations, and an unforgettable year ahead. Wishing you and your club a successful tenure.



Rtr. Ishan Porwal
District Sergeant- at- Arms

Message from the DISTRICT CORE 26-27



Rtr. Tarun Aggarwal
Joint District Rotaract Secretary

Every journey of impact begins with a single act of service, and Rotaract gives us the chance to walk that path together. Beyond projects and events, it is the people we meet, the lives we touch, and the values we carry forward that truly define our journey.

As we move ahead, let us lead with compassion, serve with purpose, and never underestimate the difference even the smallest effort can make. Together, we can create meaningful change and leave a legacy that lasts.

They say one person can't change the world... good thing Rotaract never works alone! Every project, every laugh, every late-night planning session, and every act of service brings us one step closer to making a real difference.

So let's keep showing up, lifting each other up, and serving with big hearts. Here's to creating memories, making an impact, and proving that together, we really can make the world a little brighter.



Rtr. N V Aruna Devi
District Treasurer

OUR NUMBERS

7242+ PEOPLE IMPACTED

63

NO. OF EVENTS CONDUCTED

55

NO. OF COLLABORATIONS

172

TOTAL NO. OF VOLUNTEERS

18

NUMBER OF PARTICIPATING CLUBS

ZONAL ROTARACT REPRESENTATIVE ZONE 1



RTR. BHUMIKA SINGH
ZONAL ROTARACT
REPRESENTATIVE (ZRR)
ZONE 1

Leadership, to me, has never been about standing ahead—it's about walking beside people, understanding their journeys, and empowering them to discover their own potential. As a Trainee Psychologist, I believe that empathy is one of the strongest forms of leadership, and my years in Rotaract have only strengthened that belief. From leading a club as President to serving across district initiatives, every experience has shaped me into someone who values people before positions and purpose before recognition. As your Zonal Rotaract Representative, I hope to build a zone where collaboration replaces competition, ideas are celebrated, and every club feels inspired to create meaningful change. Together, let us make this tenure not just a collection of successful projects, but a journey remembered for the lives we touched, the bonds we built, and the hope we spread.

ROTARACT CLUB OF DSPSR

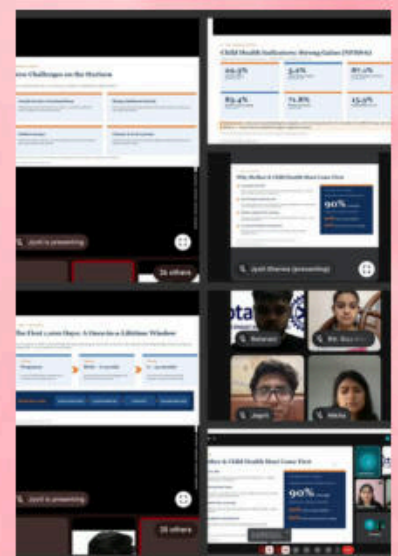
RTR.RIYA SETHI

CONTACT NO. : 83838 90409

ROTARY CLUB OF DELHI
MAURYA

People impacted: 25
No. of collaborations: 01
No. of volunteers: 04

On 5th July 2026, the Rotaract Club of DSPSR organized स्नेह – H.O.P.E. 7.0 Day 05 at Rohini Sector 03 to promote menstrual hygiene and maternal & child health awareness. The event included a Sanitary Pad Distribution Drive, an offline awareness session, and an online webinar on Google Meet in collaboration with the Rotaract Club of S.B.S.E.C. under Project Cradle of Care. The webinar, led by Ms. Jyoti Sharma (Director, Indian Institute of Public Health, Delhi), highlighted maternal nutrition, child health, immunization, and the first 1,000 days of a child's development. Around 30 sanitary pad packs were distributed, directly benefiting nearly 40 women, adolescent girls, and mothers. The initiative increased awareness about menstrual hygiene, maternal care, and child nutrition, encouraging healthier practices and informed decision-making in the community.



ROTARACT CLUB OF ASHOKA

ARTISANS

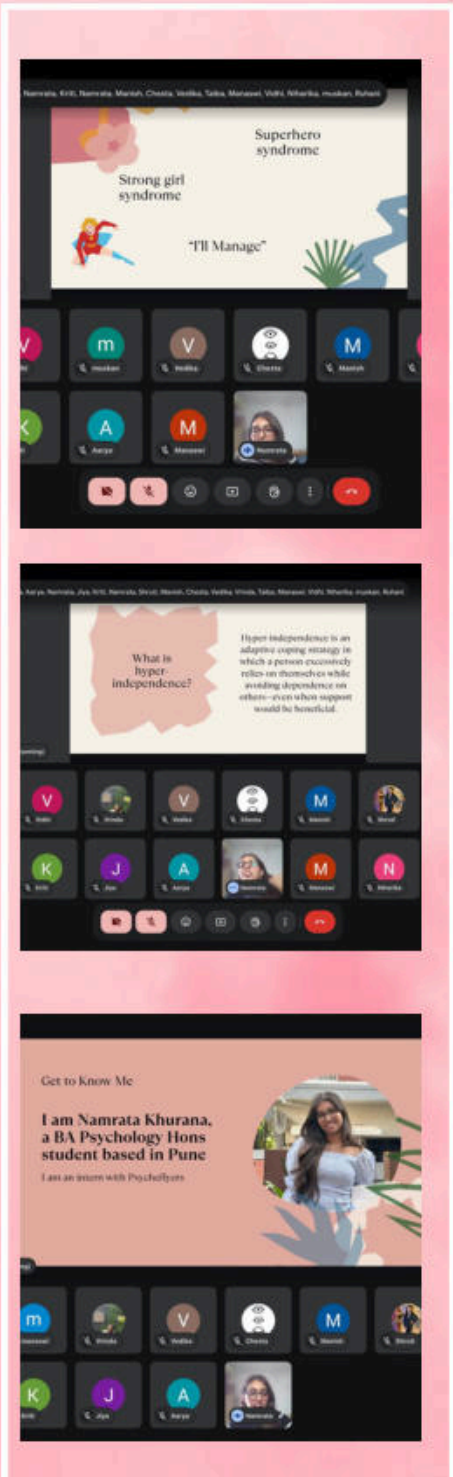
RTR. HARSH

CONTACT NO. : 9148553411

**ROTARY CLUB OF DELHI
ASHOKA**

People impacted: 15
No. of collaborations: 01
No. of volunteers: 02

On Day 5 of HOPE Week, under Project Aanchal, we conducted “Is This Your Hyper-Independence Speaking? ✨ NO! I’ll Do It ✨”, an interactive online workshop. The objective was to create awareness about hyper-independence, encourage emotional openness, and help participants understand the importance of asking for and accepting support. The session was executed through a guided virtual discussion, reflective activities, and open sharing, focusing on vulnerability, self-awareness, and emotional well-being. The beneficiaries included young adults, students, and community members who often shoulder responsibilities alone. As a measurable impact, participants reported increased self-reflection, a healthier perspective toward seeking help, and greater confidence in expressing their needs, fostering emotional resilience and supportive mindsets.



ROTARACT CLUB OF JIMS

VASANT KUNJ

RTR. OM THAKRAL

CONTACT NO. : 96509 90510

ROTARY DELHI IMPERIAL

People impacted: 250
No. of collaborations: 04
No. of volunteers: 09

The Rotaract Club of JIMS Vasant Kunj conducted two impactful community initiatives promoting menstrual health and maternal bonding. In collaboration with FlowCare, Rotaract Club of Ardent Creators, and Project Aaina, Project Suraksha was organized in Masoodpur Village, where 210 sanitary pads were distributed alongside an awareness session on menstrual hygiene, PCOD, and PCOS, helping break taboos and encourage informed discussions. Under Project Amora, in collaboration with FlowCare and Project Rang De, young mothers wrote heartfelt letters to their children and created handprint keepsakes, which will be gifted back after one year, celebrating love, memories, and emotional connection between mothers and their children.



ROTARACT CLUB OF OP JINDAL GLOBAL UNIVERSITY

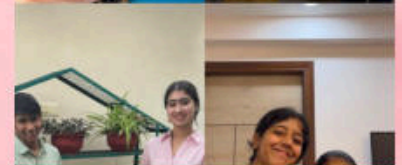
KUSH PRUTHI

CONTACT NO. : 9306551220

**ROTARAY CLUB OF
SONEPAT**

People impacted: 1050
No. of collaborations: 04
No. of volunteers: 37

The Rotaract Club organised a comprehensive series of initiatives under the theme of Maternal and Child Health, focusing on improving the health, nutrition, dignity, and well-being of mothers and children at every stage of care. Cycle of Dignity promoted menstrual health by distributing sanitary pads and spreading awareness on menstrual hygiene. Project Inner Bloom (Aaina Awareness Session) encouraged mental well-being and self-confidence through interactive discussions. Nourish to Flourish and Fruitful Beginnings addressed nutritional needs by distributing healthy snacks and fresh fruits to children and mothers, promoting balanced diets and healthy growth. Through the Little Joys Initiative, toys were distributed to support children's emotional development and bring moments of happiness. Beyond Birth sensitised participants to postpartum challenges, emphasising the importance of maternal mental health and family support, while Nurture First, a workshop on maternal and child health, provided practical knowledge on prenatal care, nutrition, infant health, and early childhood development. Collectively, these initiatives strengthened awareness, improved access to essential resources, and promoted healthier outcomes for mothers, children, and families within the community.



ROTARACT CLUB OF BPIT

RTR. VANYA ARORA

CONTACT NO. : 8860815551

ROTARY CLUB OF DELHI

ROHINI

People impacted: 300
No. of collaborations: 03
No. of volunteers: 08

To promote maternal and child health, ensure access to menstrual hygiene resources, and raise awareness about cervical cancer prevention. For Day 5 of HOPE 7.0, Dr. Seema Prakash conducted a maternal and child health workshop at an MCD school near IP Extension, while volunteers distributed sanitary napkins in the Samaypur Badli and Majlis Park slums, alongside an online session and public campaign focusing on HPV vaccine awareness. Women and children at the MCD school, female residents of the targeted slums, and online attendees. The activities successfully educated mothers on essential healthcare practices, provided crucial menstrual hygiene supplies to vulnerable women to prevent disease, and increased broader community knowledge regarding the life-saving benefits of the HPV vaccine.



ZONAL ROTARACT REPRESENTATIVE

ZONE 2



RTR. ISHITA SANDUJA
ZONAL ROTARACT
REPRESENTATIVE (ZRR)
ZONE 2

Wishing you all a wonderful start to your tenure! May you all achieve tremendous benchmarks and take your club, your zone, your district and rotaract as a whole to another heights!!

From leading my home club as the President to continuing as the Zonal Rotaract Representative; the journey has been truly mesmerising and full of many surprises. You'll never get to know how certain things help you in ways you can't even think of, so always embrace being a rotaractor with the bottom of your heart and carry it with prestige wherever you go.

I hope to be able to grow our zone into the most impactful one and stay as a family that nurtures, provides and encourages one another in every aspect. This H.O.P.E. let us make sure that people's hope in us does not go in vain.

After all, great leaders do not desire to lead but to serve.

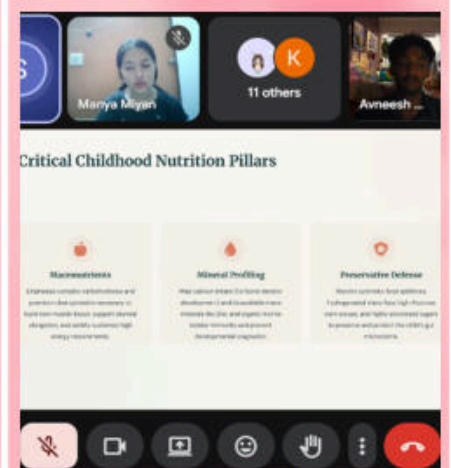
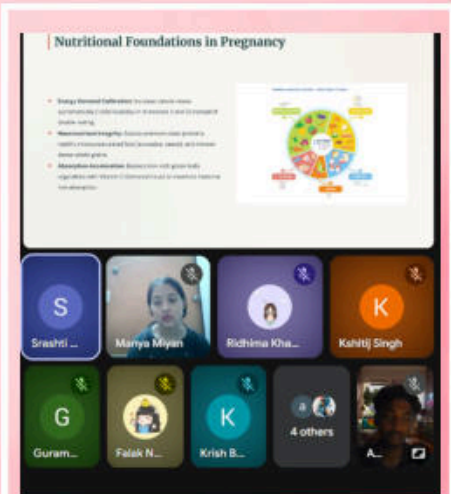
ROTARACT CLUB OF GL BAJAJ

RTR. PRIYA GOEL
CONTACT NO. : 7011147030

**ROTARY CLUB OF DELHI
IMPERIAL**

People impacted: 330+
No. of collaborations: 04
No. of volunteers: 08

Project Vatsalya by the Rotaract Club of GL Bajaj was conducted to raise awareness about maternal health, promote preventive healthcare, and encourage proper hydration through ORS distribution. The initiative included an online session on maternal health, an online social media awareness campaign in collaboration with four partner clubs, and the distribution of 150 ORS packets. As schools remained closed today, ORS packets and a few bananas were distributed in the school yesterday, while the remaining ORS packets were distributed today in nearby slum communities to ensure uninterrupted outreach. The project directly benefited over 300 individuals, including 150 ORS recipients, 30+ bananas, 50 participants in the online session and an online audience of over 100 people. The initiative successfully enhanced awareness about maternal health and hydration while expanding access to essential health resources through coordinated community engagement.



ROTARACT CLUB OF USME

RTR. NAVYA DARGAN

CONTACT NO. : 8384040556

ROTARY CLUB OF DELHI

MAURYA

People impacted: 102
No. of collaborations: 03
No. of volunteers: 15

Project AANCHAL, under HOPE – Day 5 at Tare Zameen Foundation in collaboration with District Projects Elysium and Aaina, featured a session by psychology student Rewa Choudhary on maternal nutrition, stress management, postpartum depression, family planning, and reproductive health. The session concluded with Q&A and the distribution of 1,000 pads, promoting menstrual hygiene and maternal well-being. Project PRAGYA was conducted in collaboration with District Project Elysium, under which a narcotics abuse awareness session was organised for teenagers. Through discussions participants learned the difference between medicines and harmful drugs, the science behind addiction, its impact, coping mechanisms, ways to avoid risky situations, and availability of rehabilitation support. Complementing these initiatives, RaC USME, in collaboration with District Project Aaina, conducted the Know. Claim. Thrive. - social media campaign. An insightful survey of domestic workers was shared through Instagram stories to highlight awareness regarding maternal health rights, healthcare access, and available support services.



ROTARACT CLUB OF DELHI

RTR. TANISH GUPTA

CONTACT NO. : 74177 37597

ROTARY CLUB OF DELHI

VIKAS

People impacted: 250+
No. of collaborations: 03
No. of volunteers: 08

Under HOPE 7.0 – Day 5, the Rotaract Club of Delhi organized Project PAD and Project Jagruk in collaboration with AAINA, along with Project Muskaan in collaboration with Anupushti, to promote maternal and child health and community well-being. The objective was to spread awareness about menstrual hygiene while providing essential support to women and children. During the initiative, we conducted an awareness session, distributed 50 sanitary pad packs to women through Project PAD, and under Project Muskaan, distributed 20 packs containing 200 individual biscuit packets to children. The initiatives reached approximately 250 beneficiaries, creating awareness about menstrual hygiene, encouraging healthy practices, and providing essential nutritional support. Through these collaborative efforts, we strengthened community welfare and contributed to healthier, happier lives.



ROTARACT CLUB OF DOC DSE

RTR. RIYA CHAUDHARY

CONTACT NO. : 9548963795

**ROTARY CLUB OF DELHI
MAURYA**

People impacted: 300+
No. of collaborations: 02
No. of volunteers: 15

Project Shakti was organized with the objective of promoting menstrual hygiene, women's wellness, and maternal healthcare by creating awareness, breaking myths, and encouraging informed health decisions. The Rotaract Club of DOC, DSE conducted a Pad Donation Drive, Menstrual Health Awareness Session, PCOS/PCOD Awareness Session, Fruit Distribution, and an engaging Quiz on maternal and child health to educate participants on menstrual and reproductive health. The day also featured Healthy Beginnings, a collaborative session under Project Nurture & Nourish, where Dr. Samriddhi Kanoongo, Clinical Physiotherapist, shared valuable insights on maternal health, preventive care, and women's well-being. Additionally, Sk Esha Ahmed, a Final Year MBBS student, led an interactive session on Cervical Cancer and HPV Vaccine Awareness, highlighting the importance of early detection and vaccination. A thought-provoking short film on postpartum depression concluded the day, fostering empathy and meaningful discussions. Together, these initiatives empowered participants with knowledge, challenged misconceptions, promoted preventive healthcare, and inspired a more informed, healthier, and compassionate community.



ROTARACT CLUB OF SHAHEED SUKHDEV COLLEGE OF BUSINESS STUDIES

RTR. SAHIL KUMAR SINGH
CONTACT NO. : 9935372349

**ROTARY CLUB OF DELHI
MAURYA**

People impacted: 75
No. of collaborations: 04
No. of volunteers: 09

Project Sakhi, conducted under HOPE 7.0, aimed to promote menstrual hygiene awareness and improve access to essential menstrual hygiene products for underserved women. The initiative was executed through a pad kit donation drive, where Rotaractors prepared and distributed 70+ pad kits across nearby slum communities. The project primarily benefited women and adolescent girls by supporting their menstrual hygiene needs while promoting health, dignity, and well-being. It also encouraged volunteers to recognize the importance of menstrual health and community service. Through direct outreach and the distribution of 70+ pad kits, the initiative improved access to essential hygiene resources, fostered awareness about menstrual health, and reinforced the significance of collective efforts in creating healthier and more inclusive communities.



SAANJH: ROTARACT CLUB OF DELHI ROHINI

RTR. SAUMYA GUPTA

CONTACT NO. : 9310734304

**ROTARY CLUB OF DELHI
ROHINI**

People impacted: 2130+
No. of collaborations: 09
No. of volunteers: 08

Saanjh Rotaract Club of Delhi Rohini's H.O.P.E. 7.0 – Day 5 focused on the Rotary area of Maternal and Child Health through seven initiatives promoting awareness, care, and support for mothers and children. A Campaign addressed myths and stereotypes around maternal and child health, while Sakhi Essentials, with Arohana Foundation, Aaina, and Rotary Club of Delhi Rohini, distributed 1500 pads to 300 women in slums and raised PCOD awareness. Heal 360, with Annpushti and Gyan Adhar Welfare Society, ensured fruit distribution, and Love Delivered supported new mothers through diapers distribution. Unfiltered Parenthood, with Aaina and Shriram Automall, hosted an open dialogue session for mothers. Cure It, with Tanisa Foundation, Rotary Club of Delhi Rohini, and Project POP, conducted a Pap Smear and oral cancer screening camp, while a Campaign with Maternal Clinic, Rohini spread awareness about early symptoms of DMD in growing children. Overall, 9 organizations collaborated, impacting 2130+ individuals and reinforcing the spirit of Service Above Self.



ZONAL ROTARACT REPRESENTATIVE ZONE 3



RTR. SARTHAK GUPTA
ZONAL ROTARACT
REPRESENTATIVE (ZRR)
ZONE 3

Stepping into the role of Zonal Rotaract Representative after serving as a Club President has been a profound shift in perspective one that deepened my understanding that true leadership isn't about titles, but about listening, uplifting, and standing firm through challenges. Zone 3 is brimming with energy and potential, and my vision is to cultivate an environment where collaboration replaces competition, where clubs don't operate in silos but as a connected ecosystem of shared learning and collective strength. I see my role not as a supervisor, but as a connector someone who amplifies your voices at the district level, clears obstacles from your path, and genuinely rejoices in every milestone you achieve. Because at the end of the day, leadership is not about walking ahead with a pointer, it's about walking alongside, rolling up our sleeves together, and building something that outlasts any single term. That's the energy I'm bringing, and I can't wait to see what we create together.

ROTARACT CLUB OF INMANTEC INSTITUTION

RTR. TAMANNA TYAGI
CONTACT NO.: 8595809724

ROTARACT CLUB OF SAHIBABAD

People impacted: 1500
No. of collaborations: 00
No. of volunteers: 10

Committed to nurturing health at every life stage, Rotaract Club of Inmantec Institution organised Vatsalyam focused on care for mothers, children, and young girls. Baal Sneh brought warmth and support to families through the distribution of child care kits containing children cloths, medicine and self care material, ensuring infants receive the essentials for a healthy start. Complementing this, Mamta Pathshala equipped new mothers with practical tips and guidance, empowering them to navigate motherhood with confidence and knowledge. Extending care to young girls, Sahaj Saheli installed sanitary pad dispenser machines in girls' school and college, ensuring dignified, accessible menstrual hygiene and breaking barriers of stigma and inconvenience.

Together, these three initiatives wrapped mothers, children, and young girls in a circle of care — nurturing the next generation from infancy through adolescence, one kit, one lesson, one dispenser at a time.





VATSALYAM

DAY 5
5th JULY, 2026

under
H.O.P.E. 7.0

THEME: MATERNAL & CHILD HEALTH

1



BAAL SNEH

Child care kit distribution

2



MAMTA PATHSHALA

Tips for new mothers

3



SAHAJ SAHELI

Setting up sanitary pads dispenser machines in girls school and college

ROTARACT CLUB OF ARDENT CREATORS

RTR. RADHVI BHATT

CONTACT NO. : 9773939444

People impacted: 210
No. of collaborations: 02
No. of volunteers: 05

Objective (WHY): To promote menstrual hygiene, break myths and taboos surrounding menstruation, and empower women and young individuals through awareness and access to essential menstrual hygiene products.

Execution (HOW): Under Project HOPE 7.0, the Rotaract Club of Ardent Creators organized Project Shakti at Uttejana Foundation, where members conducted an interactive awareness session with 50+ children to address common myths and misconceptions about menstruation, encouraging open and informed conversations. The team also donated 60 sanitary pads to women in need, supporting menstrual hygiene and dignity.

Beneficiaries (WHO): 50+ children who participated in the awareness session and women associated with Uttejana Foundation who received the sanitary pad donations.

Measurable Impact (WHAT CHANGED): The initiative sensitized 50+ children to challenge menstrual myths and foster a more informed and inclusive perspective on menstruation. Additionally, the donation of 60 sanitary pads improved access to essential menstrual hygiene products, promoting health, dignity, and confidence among the women beneficiaries.

If you'd like, I can also make it match the exact wording and tone of your previous HOPE 7.0 reports for consistency across all seven days.



ROTARACT CLUB OF DYAL SINGH COLLEGE

RTR. BHARAT BANSAL

CONTACT NO.: 8076886301

**ROTARY CLUB OF CAPITAL
CITY NEW DELHI**

People impacted: 255
No. of collaborations: 12
No. of volunteers: 16

On Day 5 of HOPE 7.0, the Rotaract Club of Dyal Singh College conducted Project Nurture and Nourish – Empowering Mothers, Protecting Children, comprising four impactful initiatives centred on maternal and child health. Nurture Nest, a two-day drive held on 4th and 5th July at Lakhimpur, reached 100 mothers and children, emphasising the importance of timely immunization and improving access to essential vaccines. Cradle of Care, organised at Tughlakabad, benefited 30 women through BMI assessments and awareness on maternal nutrition and healthy pregnancy practices. Healthy Beginnings, held online, educated 65 participants on preventive maternal and child healthcare measures. Blossom, conducted at Badarpur Border, empowered 60 women through an insightful session on anemia, its prevention, and the significance of proper nutrition. Together, these initiatives fostered healthier families, strengthened community awareness, encouraged preventive healthcare practices, and promoted long-term well-being.



ZONAL ROTARACT REPRESENTATIVE

ZONE 4



RTR. TISHYA JAIN
ZONAL ROTARACT
REPRESENTATIVE (ZRR)
ZONE 4

Every new journey begins with a shared purpose, and I truly believe the greatest achievements are never accomplished alone. They are built through trust, collaboration, and the willingness to grow together, which inspires others to believe in the power of this organisation.

As your ZRR, I hope to foster a Zone where every club feels connected, supported, and empowered. My goal is to strengthen collaboration between clubs, encourage meaningful networking, create opportunities to learn from one another, and ensure that every club has the platform to grow.

Together, let's build such an environment that celebrates every success, embraces every challenge, and leaves behind a legacy of service, leadership, and unity.

This HOPE Week, let's look beyond numbers and milestones. Let's use these days to build trust, strengthen our bonds, and create such impact that carries the spirit of hope throughout the year.

ROTARACT CLUB OF SBSEC

RTR. VIVEK BANSAL

CONTACT NO. : 9971105666

ROTARY CLUB OF DELHI
PREET VIHAR

People impacted: 50
No. of collaborations: 01
No. of volunteers: 10

Rotaract Club of SBSEC organized Project Cradle of Care on 5th July 2026 under Hope 7.0 with the objective of promoting maternal and child health through awareness and education. The project was executed through an online speaker session conducted via Google Meet at 1 PM, featuring Jyoti Sharma, Director of the Indian Institute of Public Health, as the distinguished speaker. The session focused on the nutritional needs of children and mothers, emphasizing the importance of balanced nutrition for child development and encouraging women to prioritize their health from the early stages of pregnancy onwards. The beneficiaries included 50+ participants who attended the session. Day 5 successfully raised awareness about maternal well-being and child nutrition, inspiring a healthier and more informed community.



ROTARACT CLUB OF DELHI PEGASUS

RTR. SRISHTI SRIVASTAVA

CONTACT NO. : 9810345049

**ROTARY CLUB OF DELHI
EAST END**

People impacted: 300+
No. of collaborations: 01
No. of volunteers: 03

On Day 5 of Project H.O.P.E. 7.0, the Rotaract Club of Delhi Pegasus proudly conducted Project Vatsalya under the Rotary Focus Area of Maternal & Child Health. Guided by the spirit of Service Above Self, the club organized a Blood Donation Drive, collecting 24 units of blood to strengthen blood bank reserves and support mothers facing critical medical emergencies during childbirth. To further promote women's health and dignity, the club also conducted a Pad Donation Drive, distributing 1,000 sanitary pads to mothers, encouraging better menstrual hygiene and access to essential healthcare resources. Through these meaningful initiatives, Project Vatsalya created a total direct impact of 300+ beneficiaries, reflecting the club's commitment to improving maternal well-being, promoting preventive healthcare, and building healthier, stronger communities through compassionate service.



ROTARACT CLUB OF ASHOKA UNIVERSITY YOUTH

RTR. RUBALEE BHALLA

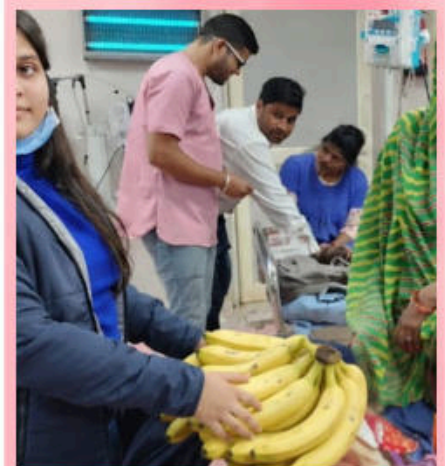
CONTACT NO. : 99715 10841

ROTARY CLUB OF SONEPAT

MIDTOWN

People impacted: 40
No. of collaborations: 00
No. of volunteers: 10

On Day 5 of HOPE, under the theme “Maternal and Child Health,” the objective of the Rotaract Club’s activity was to support the well-being of new mothers and infants by providing essential items and promoting care during a crucial stage of life. The initiative aimed to contribute to the health, comfort, and nutrition of mothers and babies in a maternity ward while spreading awareness about the importance of maternal and child care. To execute this, 7 volunteers from the club organized a donation drive and distributed fruits and diapers in a maternity ward. The activity was carried out through coordinated collection, purchase, and distribution of supplies, with approximately ₹8,000 utilized for the project. The primary beneficiaries of this initiative were 40 mothers and babies in the maternity ward who received direct support. The measurable impact of the drive was the successful distribution of essential items to 40 beneficiaries, helping improve comfort, nutrition, and care while reinforcing the club’s commitment to community health and service



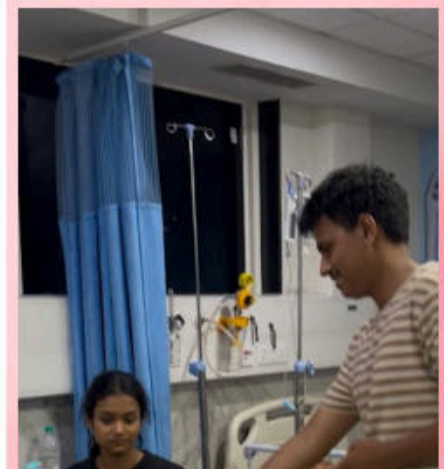
ROTARACT CLUB OF HANSRAJ COLLEGE

RTR. KABIR

 CONTACT NO. : 7982513358
**ROTARY CLUB OF DELHI
UPTOWN**

People impacted: 60
No. of collaborations: 01
No. of volunteers: 03

Under Day 5 of HOPE 7.0, the objective of our initiative was to promote maternal and child health by supporting proper nutrition and spreading awareness about healthy eating habits. Our volunteers visited the maternal and pediatric ward of Dada Dev Government Hospital, Dashrathpuri, where we distributed five dozen bananas to mothers and children, encouraging the importance of nutritious food during pregnancy and childhood. To further strengthen the impact, our club collaborated with the Rotaract Club of GL Bajaj and Project Annpushti by participating in an online awareness session on healthy eating for mothers and children conducted by Ms. Shubhanjali Sharma. The initiative directly benefited patients at the hospital while also educating participants through the online session. Together, these efforts promoted better nutritional awareness, encouraged healthy dietary practices, and reinforced the importance of maternal and child well being.



MOTHERS RAISE HEALTHY CHILDREN, AND TOGETHER WE BUILD A HEALTHIER
 ACTIVITY: FRUIT DISTRIBUTION AT MATERNAL & PEDIATRIC WARD
 DADA DEV GOVERNMENT HOSPITAL, DASHRATHPURI



WE DID  IN COLLABORATION WITH



Message from **TEAM PUBLIC RELATIONS**

In a world that often rushes past, Hope Week reminds us to pause, connect, and care. As the PR Team of RID 3012, it fills us with pride to witness how each project, post, and partnership during this week echoed our collective spirit of service and solidarity. Hope is not just an idea—it is in every meal served, every smile shared, and every hand extended to those in need.

Through the power of communication, we aimed to amplify the voices of change and compassion across districts and digital spaces. This week is not just about visibility—it is about impact. And every club, every volunteer, every story make a difference.

To all the Rotaractors who went the extra mile—your efforts are the reason hope continues to shine in every corner we reach. Here's to keeping the momentum alive, and to telling stories that move hearts and inspire action.

With gratitude and pride,
Public Relations Team
RDO RID 3012



Zone 1

ZRR: Rtr. Bhumika

- Rotaract Club of JIMS Vasant Kunj
- Rotaract Club of GVMITM
- Rotaract Club of Ashoka Artisans
- Rotaract Club of Delhi Shahdra
- Rotaract Club of BPIT
- Rotaract Club of O.P Jindal Global University
- Rotaract Club of Verve
- Rotaract Club of DIHE Green Greater Noida
- Rotaract Club of DSPSR
- Rotaract Club of Delhi Unity
- Rotaract Club of RCCV Ghaiaabad North

Zone 2

ZRR: Rtr. Ishita Sanduja

- Rotaract Club of GVM Girls College
- Rotaract Club of USME
- Rotaract Club of DOC DSE
- Rotaract Club of Shaheed Sukhdev College of Business Studies
- Rotaract Club of Delhi Vikas
- Rotaract Club of Capital City New Delhi
- Saanjh: Rotaract Club of Delhi Rohini
- Rotaract Club of GL Bajaj
- Rotaract Club of Delhi Riverside
- Rotaract Club of Miranda House

Zone 3

ZRR: Rtr. Sarthak Gupta

- Rotaract Club of Dyal Singh College
- Rotaract Club of Noida Youth
- Rotaract Club of Delhi City Nirvana
- Rotaract Club of SRM
- Rotaract Club of Delhi North
- Rotaract Club of Inmantec
- Rotaract Club of DME
- Rotaract Club of Ardent Creators
- Rotaract Club of NIET
- Rotaract Club of Indirapuram Pariwar

Zone 4

ZRR: Rtr. Tishya Jain

- Rotaract Club of Delhi Pegasus
- Rotaract Club of Ashoka University Youth
- Rotaract Club of Delhi Mayur Vihar
- Rotaract Club of PGDAV EVE
- Rotaract Club of SBSEC
- Rotaract Club of IPER
- Rotaract Club of Hansraj College
- Rotaract Club of Physiotherapy Scholars
- Rotaract Club of IIMT
- Rotaract Club of Delhi Capitol
- Rotaract Club of AKGIM

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