



R.I President  
Rtn. Jennifer Jones

District Governor  
Rtn. VP Kalta

President  
Rtn. Dr. Sanjay Kalra

Secretary  
Rtn. Anupam Jain

Editor  
PP Rtn. Dr. V.J.S. Vohra

[www.rotarychdmidtown.org](http://www.rotarychdmidtown.org)

Rotary Public Image is being projected by all our Bulletins which are mailed all over the world to large number of non-Rotarians and Rotarians with photos and is having global viewing through our website since Rotary year 2006-07, our Facebook page, [YouTube](#), Whatsapp etc.

Follow our regular weekly meetings on Facebook: [www.facebook.com/groups/rotarychdmidtown](https://www.facebook.com/groups/rotarychdmidtown) and YouTube:  
[http://www.rotarychdmidtown.org/youtube\\_channel/](http://www.rotarychdmidtown.org/youtube_channel/)

Volume 47 No. 19 Dated: 08 November 2022

#### THE FOUR WAY TEST

Of the things we think, say or do  
1. Is it the Truth?  
2. Is it Fair to all concerned?  
3. Will it build Goodwill and Better Friendships?  
4. Will it be Beneficial to all concerned?

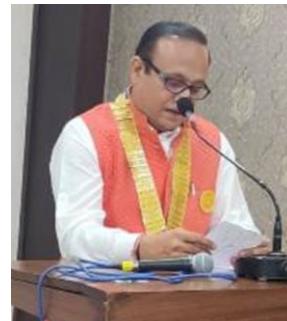
[Click here for four way test song](#)

#### Let's relive our childhood this Children's Day

Coordinated by  
R'Ann Ritu Choudhary

Venue: Hotel Shivalikview  
Chandigarh  
Date: 11 November 2022 (Friday)  
Time: 6.30 p.m.

#### Rotary Cultural Exchange Rotary Friendship Exchange



President Rtn Dr Sanjay Kalra welcomed the guests - 47 Rotarians and R'Anns from Rotary Tumkur RID 3190 who attended the joint Cultural exchange meeting hosted by Rotary Chandigarh Midtown RID 3080 at Chandigarh Press club. Dr Kalra gave a brief insight into the project activities and inspiring achievements of Rotary Chandigarh Midtown.

One of the finest and most popular Rotary fellowship to experience different cultures and build enduring friendships is the Rotary Exchange Program. Truly reflecting the essence and spirit of Rotary, these meetings engage Rotarians to exemplify and embrace diversity, equity and inclusion. This is essential to realizing our vision of a world where people unite and take action to create lasting change and also inspires Rotary leaders to serve as catalysts for peace and social justice. We value diversity and celebrate the contributions of people of all backgrounds, across age, ethnicity, race, color, disability, learning style, religion, faith, socio-economic status, culture, marital status, languages spoken, sex, sexual orientation and gender identity as well as differences in ideas, thoughts, values and beliefs.

## । समाज

(लेखक 32 कवी से साहित्य एवं काकारिता में निटन्टर सक्रिय करिए प्रकार है)



उपस्थित रहा। मुख्य आतोथ के स्वागत का टाम और स्कूल द्वितीय का टाम क

## रोटरी कल्चर एक्सचेंज प्रोग्राम अयोजित

**वर्णीगढ़ : रोटरी टुमकुर 3190 व रोटरी कलब चंडीगढ़ मिडटाउन 3080 के सदस्यों ने चंडीगढ़ प्रेस कलब में आयोजित जॉइन्ट कल्चरल प्रोग्राम में हिस्सा लिया। टुमकुर रोटरी वालों के पारंपरिक स्वागत के लिए ढोल की ताल से ढोलसाम गुप्ता ने रोटरी कोड आफ एथिक्स के बात की ओर मेहमानों का स्वागत किया गया। कलब के प्रेसिडेंट डॉ संजय कालरा ने विधिवत स्वागत किया व प्रोजेक्ट को बारे में जानकारी दी। रोटरी टुमकुर के प्रेसिडेंट डॉक्टर शिव शंकर ने कहा कि यह मात्र संयोग नहीं हो सकता कि नवंबर 1 को पंजाब व कर्नाटक दिवस है। पंजाब के लोक संगीत व गिरे के बाद जरूर हुई दूसरी पारी जिसमें कर्नाटक का ट्रेडिशनल डांस हुआ दिनों ही कलबम के मेहमान पारंपरिक फूलकारी वंशधूषा में एक दूसरे के कल्चर को समझने में लगे दूर थे। ढोल संजय कालरा ने कहा कि ऐसे कल्चरल एक्सचेंज प्रोग्राम एक दूसरे की संस्कृति को समझने में सहायक होते हैं।**



There was a traditional welcome of guests on beats of Dhols with showering of flower petals by Host Rotarians. The invocation on Rotary Code of conduct was delivered by Director Club service PP Rtn Dr Balram Gupta. The Shabad recitation in melodious voice of R'Ann Bir Gulati to invoke blessings of almighty for an auspicious start represented the true colors of Punjab.



PP Rtn Dr Shiv Shankar District membership chair 3190 said it could not be mere coincidence that November 1st is observed as Karnataka day as well as Punjab Day and he went on to share the 65 years history and project account of Rotary Tumkur on behalf of President Shivanna. The mega project of happy schools by providing desks and toilets by their club is being undertaken and requested the Rotary in 3080 to support the project 'Service with Dignity'.



Rtn Dr Manjushri Sharma hosted the event and shared the ingredients to experience the essence of Punjabis and their culture. Folk songs of Punjab were sung live by R'Ann Bir Gulati and PP Rtn Ajit Gulati translated the version in English. As the beats of dhol synchronised with the song, Punjabi mutiars couldn't hold themselves and their happy dancing feet were joined by Carnatic belle. The air was charged with enthusiasm of North and fervour of South. Then came the traditional Gidda performance on the beats of bolian. Dressed in traditional suits and phulkaris, the performance was very vibrant and colourful. As the ball rolled into court of Tumkur, it was melodious and classical singing in Hindi and Kannada. Absolutely astounding!!!!



Both the clubs exchanged flags followed by traditional felicitation of host club President Dr Sanjay Kalra with royal peta, garland and a shawl. While President Shivanna was presented with an Open Hand Memento representing the symbol and emblem of Chandigarh designed by architect Le Corbusier which signifies "Hand to give and hand to take, peace prosperity and unity of Mankind". It's the same as the spirit of Rotary.



The evening ended on happy note with enormous participation of host and guest Rotarians. The delicious Punjabi food was appreciated by one and all. With a promise to stay connected, it was an open invitation by Rotary Tumkur to Chandigarh Midtowners for visit to Tumkur for experiencing their culture and gain opportunities for active project involvement and support. Director International Service Rtn JS Bawa expressed gratitude to the organising team and visiting team for the efforts in making the event successful and mesmerizing experience.



**HOST**

Distt. 3080

**Rotary CLUB OF AMBALA**

**Distt Intercity The Rotary Foundation**

**अनुवृद्धि**

**Sunday 13th November, 2022 at CITY VILAS PALACE**

9th Km Milestone Ambala Chandigarh Expressway



## Rotary District 3080 Sahyog Project

Click here: [Gift of Dignified Life](#)



11 Patients sponsored by Rotary Panchkula Midtown were discharged on 06 November from our Clinic at Zirakpur in presence of Mr Surinder Rathi, District Panchkula President AAP, AG Zone 3 Naveen Gupta, President Panchkula Midtown Pankaj Kapoor, President Mukesh Agarwal (Rotary Club Panchkula), President D.R. Mehra (Rotary Club Pinjore) PP Parveen Goel, PP Dr VJS Vohra, District Disability Chair, Sahyog Chair Salil Bali and Rotarians of Rotary Club Panchkula Midtown. The event was inaugurated online by MLA Derabassi Mr Kuljit Singh Randhawa.

Our gratitude to President Pankaj Kapoor, Rtn Anuj and Deepak Aggarwal of Attrius Technologies and other Rotarians for sponsoring the project.

We also thank President Mukesh Aggarwal and PP Parveen Goyal of Rotary Club Panchkula for announcing financial assistance for providing artificial limbs and assistive devices to 15 new patients.

## Project Sushiksha



Health literacy lessons in progress at Government Model High School, Manimajra by PP Dr Vanita Gupta on Personal hygiene and skin care on 3rd November 2022. About 100 students of class 9 were very enthralled to know about their personal care. Our Interact Club is very active and are brilliant students. The Foundation stone was laid by Rtn Renu Chopra. The event was organised in collaboration with Inner Wheel Chandigarh Midtown. IW President Saroj Jain and other IW members were present along with Principal and faculty for the session.



A health education talk related to skin problems was held in Slum Colony sector 25 Chandigarh on 04th November 2022. PP Dr Vanita Gupta apprised the rural slum women about common issues, role of hygiene, how to prevent skin diseases and solved queries raised.

Over 50 women attended the program. These outreach activities in urban slums are very much needed to spread awareness and sensitize about health problems.

## Adam was not lucky

By: Secretary Rtn Anupam Jain

Husband and wife went shopping to get new sarees for the wife. After seeing numerous sarees, she shortlisted around 100 and further brought it down to 25. Out of these, she asked her husband to choose 5 sarees among them. Then she finally picked up one saree. It took 5 hours to finalise one saree.

The husband settled the bill and commented: "Adam was very lucky. Because he and Eve used to wear only leaves. He need not have wasted too much of time."

Ultimate comment of wife: "Who knows how many trees Adam had to climb and finally choose the leaves as per the wish of Eve? You are lucky. You have to just sit in AC shop....!!!"

Moral: One can never win an argument with wife.

## Rtn शशि जैन से रूबरू दिल से दिल की गुफ़तगू



Rtn Suman Gupta has a Master's degree in English and a long teaching career expanding to thirty years and was awarded the Best Teacher Award. Like her profession, she has been working sincerely and enthusiastically for Rotary also.

Q. When did you join Rotary club and who motivated you to join it?

A. I joined Rotary club in 2014 and PP Prem and R'Ann Indu Anand motivated me to join it.

Q. Why did you join Rotary club?

A. I wanted to be active after my retirement and felt that Rotary was the platform through which I could interact with intellectuals and highly potential people and learn a lot as Learning has no end. So membership of the club has increased my knowledge and groomed my personality.

Q. You have been a very active member of Rotary. Which project do you enjoy the most?

A. Though I enjoy each and every event and project organised by Rotary but any project relating to children interests me the most. Whenever I see children crowding outside the temple for Prasad or begging at traffic lights or working as labours at different places, I like to interact with them and want to know their upbringing and their hardship. I would like to do something for them. Besides, executing any project to the best of my ability is my joy.

Wishing you successful implementation of your dream project.

## Birthday of Spouse

R'Ann Indu Vohra

11 November

## Birthday of Rotarian

Rtn. Dr Devjeet Singh

12 November

## Wedding Anniversary

Rtn. Dr. Shashi & Mr. Naresh Jain

11 November

PDG Yoginder & PP Rtn. Kanan Diwan 12 November

## Extracting Happiness Implanting Smiles by Rtn Raj Khattar

- Wife: I hate you.

Husband: What a co-incidence..!!!

- NOW, THIS IS TOO MUCH !! A husband takes photograph of his wife and then declares himself to be a "WILD-LIFE" PHOTOGRAPHER !!

- A smart wife's note for the husband : I am going out with my friends for dinner. Your dinner is in the recipe book, on page 25 and ingredients are available at Reliance Fresh.

- Wife: "Darling Let's Enjoy our Saturday and Sunday"!

Husband: "Good Idea!, Let's meet on Monday....!"

पेशेट : नर्स मैं तुमसे प्यार करता हू।

नर्स : दम है तो अंग्रेजी में बोल के दिखाओ।

पेशेट : I love you sister

नर्स : Good.

I love you too Brother

## Thought

- Time does not pass; it continues.

- We never lose. Either we win or learn.

## Thought for the Week by Rtn Col. J.S. Chandoak

I wish there were windows to my soul, so that you could see some of my feelings.

---- Artemus Ward

## Best Wishes for Speedy Recovery

President Rtn Dr Sanjay Kalra

First Lady PP Rtn Dr Rita Kalra



## An example of positive thinking

By: PP Rtn Dr Balram Gupta

During my School days, After getting the first beating on my hands from the teacher, I used to wipe my hands on my trousers and then only take the second one ....!

I was very particular about cleanliness.

All my teachers used to stand and take the classes... You know the reason? Respect.... They respected me so much... Nothing else.

During my school days, my teachers used to often request me to bring my father as they were afraid of telling me anything, lest they offend me.

My teachers were very fond of reading what I had written... In fact they would make me write it a hundred times so that they can read it again and again...

Many times the teachers have thrown their valuable chalks to me without me asking for it.

Many times my teachers have made me stand outside the class to ensure 'Z' category security while they were teaching.

Many times I have been asked to attend lower classes to assist those teachers evaluate the students...

How many times I have been honoured/elevated by asking me to stand up on the bench with all others looking up to me ....

How many times I have been given a break from class to enjoy the sunshine & fresh air, when most others were sweating/choking inside the classroom ....

As I knew everything, the teachers used to appreciate my knowledge and have told me many times....Why do you come to school? Why can't you do something else instead.

Hmmmm ..... Those were golden young days.

It's how you look at it that matters .

## Project Susiksha on 31st October

Rotary Chandigarh Midtown celebrated Oral Hygiene month at Govt SSS Chiken, a remote village in foothills of Shivalik Hills and a clean and green dwelling where 400 students study from primary to secondary classes. Dr Sanjay Kalra narrated his favorite story of 32 beings in our mouth and golden rules to keep them health. Abhishek repeated the demonstration of brushing methodology for which the school gave a rainfall clapping. Dr Rita Kalra talked about HPV vaccination and urged girls to get themselves vaccinated.



## UDID camp on 31.10.2022

Our club has completed 800 UDID registrations for disabled people since July, thanks to RCC Disability empowerment President Vinod Nagpal. A camp was held at Asha school for specially abled children at Chandi Mandir Cantt. Principal Mrs Mamta Sharma appreciated the good work being done by Rotary especially in handling the difficult cases of registration. The UDID empowers disabled persons for Govt schemes and other benefits for their social rehabilitation.



## Nahi see Umeed re-started by Chandigarh Midtown

**नहीं सी उमीद** is a creche facility re-started by our club at Maloya colony and this creche is now buzzing with activity. Area of focus is mother and child health and mid day meals which shall be provided to the beneficiaries, children less than 3 years who are looked after when their parents go to work.



Gratitude to PP Kanan Diwan who has kindly consented to sponsor Rs 6000 every month. Our gracious donors are requested to support the program and spread smiles and happiness. Rtn Pradeep Sisodia explained to mothers the importance of nutrition and hygiene for good health of their children. PP Dr Rita Kalra reviewed the adult literacy program in progress and the students were distributed stationery for their writing lessons. The TCS team is monitoring the learning skills of beneficiaries from time to time.

### Project Muscan | Complimentary fitting of dentures



Dentures provided to inmates of seniors home in Panchkula. Fitted five dentures worth Rs 2.0 lacs by Dr Sanjay Kalra Dental Clinic. Present: Dr Ruchir Kalra, Mr SC Malik, PP Dr Rita Kalra and Red cross team

### Blood donation camp | 48 units collected



Organised by RCC Khuda Alisher in collaboration with Rotary Chandigarh Midtown at Tibbi Sahab Gurdwara on occasion of Gurpurab. Youth wing also participated with enthusiasm

### Interviewed by Radio Punjab

At Radio Punjab studio of Chandigarh University, PP Rtn Dr Rita Kalra and DYS Rtn Pradeep Sisodia were interviewed for one hour for Radio Talk show by RJ Geet regarding their perception about Rotary. Rtn Sisodia talked about youth wing of Rotary and how Interact and Rotaract clubs take up community service projects and acquire leadership and team building skills. Rotarians guide and mentor the youth in right direction. Dr Rita Kalra shared her 14 years very meaningful journey of Rotary service to change lives of people. Its theme Imagine Rotary describes that our dreams can turn into reality and our efforts into achievements only if we can imagine it. Talk shows for Rotaractors and Interactors will be organised weekly to build confidence and develop public speaking skills on the current topics. Rotary in action shall also be highlighted in this collaboration.



All correspondence to the Editor: **PP Rtn. Dr. V.J.S. Vohra**

**Sr. Consultant – Artificial Limbs & Orthotics, Nevedac Prosthetic Clinic**

Head Office: Medirehab Systems, 1134, Sector 44-B, Chandigarh – 160047

Clinic: SCO No. 50, Royal Estate, Zirakpur (Chandigarh-Ambala Expressway)

E: [drvjsvohra@gmail.com](mailto:drvjsvohra@gmail.com) | Mob.: +91 9814006829 | [www.nevedac.com](http://www.nevedac.com)

Designed & Printed at  
**Satyadeep Offset Printers (P) Ltd.**

292, Industrial RArea, Phase II

Chandigarh Ph.: 4624942

E: [salil.bindra@gmail.com](mailto:salil.bindra@gmail.com)

**DR SANJAY KALRA** Multi SPECIALITY DENTAL CLINIC  
President Rtn. Dr. Sanjay Kalra

SCD 13, Sector 5, Ground Floor, Panchkula, Haryana | M +91 931504980 | Ekalakalrany2009@gmail.com

**WE GIVE YOU A REASON TO SMILE & LAUGH**

One Visit Dentistry All Ceramic Crowns & Bridges using CEREC-OmniCam The Latest CADCAM Milling Machine

The Most Leading IMPLANT PRACTICE In the Tricity

ROTARY ENDODONTICS | LASER DENTISTRY | PEDODONTICS | SMILE SPA  
[www.sanjaykalradentalclinic.com](http://www.sanjaykalradentalclinic.com)

**DIAMOND POLKI CHOKER SET**



Attractive Price

Rtn Anupam Jain

Call: 9855313339, 0172-4614111, 9592509876

**NIKKA MAL BABU RAM**  
Jewellers (P) Ltd., Ldh.  
SCO: 96, Sector 35-C, Chandigarh  
[www.nikkamal.in](http://www.nikkamal.in) | Facebook.com/NikkaMalJewellers

**INTER SOLAR**  
India's Most Relevant Solar Systems  
Make a Smart, Sustainable, & Superior Choice  
**GO GREEN GO SOLAR**



Rtn. Bhupinder Kumar



Heat Pumps | Solar Water Heating System | Solar PV

Ideal for RESIDENTIAL, COMMERCIAL & INDUSTRIAL use

103 A, Industrial Area Phase 4, Chandigarh - 160022 | Tel: 0172-2511111  
Mobile: 9814034094 | [www.intersolarindia.com](http://www.intersolarindia.com)

**DANBRO**  
BAKERY & CAFE

An array of delights

- Italian and continental food
- Soft breads
- Freshly baked cookies
- Delicious coffee
- Gourmet cakes & more!



Order Via: zomato, Grubhub

MrBrown stores  
• Chandigarh • Delhi • Noida • Kanpur • Lucknow

SCO 45, Sector 26, Madhya Marg, Chandigarh  
Contact: 7087800045/05224113205/7309032602  
[www.danbrobakery.in](http://www.danbrobakery.in)

**IPP Rtn. Salil Chopra**

Rtn. Kulvinder Singh Chhatwal  
[www.thebgsworld.com](http://www.thebgsworld.com)



**COBGS**  
BAWA GLOBAL SYNERGY

**Study in Australia**  
APPLY NOW TO AVAL THE BEST  
OFFICIALLY APPOINTED REPRESENTATIVES & COLLABORATORS OF INSTITUTIONS

Contact for Information, Processing & Scholarships  
[infobgs@gmail.com](mailto:infobgs@gmail.com) +91-98140-08424

**PP Rtn. T.S. Anand**



**FOR ALL HEARING PROBLEMS**

ALL INTERNATIONAL HEARING-AID BRANDS & DIAGNOSTIC FACILITIES AVAILABLE AT



Chandigarh: SCO 28, 1<sup>st</sup> Floor, Sector - 20 D,  
Ph.: +91 172 4661928, Mobile : +91 8288011401

**PP Rtn. Er. R. K. Luther**  
M. Tech. (London), M.B.I.M. (London)

TÜV Rheinland CERT ISO 9001:2008

**Atul Fasteners Ltd.**  
Manufacturer & Exporters



Self Drilling/Tapping Screws & Special Purpose Fasteners

C-45, Phase-III, Industrial Area, Mohali, Distt. Mohali (Punjab) India 160055  
E-mail: [atulfasteners@siteimail.in](mailto:atulfasteners@siteimail.in)  
Phone: (0) 0172-4520000, 2221042, Fax: 0172-2271335, Mobile: 98149 29297

**TATA STEEL**

A WORLD OF QUALITY AND TRUST



**TATA Steelium**  
Helps shape your dreams

**TATA ASTRUM**  
HR SHEETS AND COILS

**PP Rtn. Sanjay Bhatia**

**Rtn. Santosh Gupta**  
Mobile: 9814034094

**Interstellar Testing Centre Pvt Ltd.**  
"CONFIDENCE THROUGH EXCELLENCE IN ANALYTICAL SERVICES"  
Testing service for Air & Water, Drugs, Food Particles, Chemical, Building Material, Helmet, Ayurvedic Medicines and Paper testing.

86, Industrial Area, Phase-1, Panchkula-134 109 (Haryana) Ph.: 0172-2565825, 2561543  
Email: [dr.keshogupta@itclabs.com](mailto:dr.keshogupta@itclabs.com)  
Website: [www.itclabs.com](http://www.itclabs.com)

## Jaquar Bathroom Taps

**Arc**      **Kubix Prime**      **Opal Prime**      **Ornamix Prime**



**Lyric**      **Aria**      **Fonte**      **D'Arc**



**Jaquar**

CALL PURCHASE ASSISTANCE **1800-120-332222** (Toll Free)

**Rtn. Rahman Naiyer**