



R.I. President

Rtn. Gordon McNally

District Governor

Rtn. Arun Mongia

President

Rtn. Jeeten Bhambri

Secretary

Rtn. Anup Sharma

Editor

Rtn. Dr. VJS Vohra

Co-Editor

Rtn. Ashish Ahuja

For Private Circulation Only

[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](http://www.facebook.com/groups/rotarychdmidtown) and YouTube: [http://www.rotarychdmidtown.org/youtube\\_channel/](http://www.rotarychdmidtown.org/youtube_channel/)

Rotary

**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](#)

Volume 48 No. 04 Dated: 25 July 2023

Presentation - **Sahyog Artificial Limbs Project**  
Month Gone by - **Report by Directors**

Guest of Honour

**Dr Ashu Rastogi**

Secretary, Diabetic Society of India

Department of Endocrinology, PGI, Chandigarh

Venue: Hotel Shivalikview, Sector 17, Chandigarh | Date: 28 July 2023 (Friday) | Time: 6.30 pm

## Club Assembly

In our meeting on 21st July 2023 President Rtn Jeeten Bhambri welcomed our members, attending the first Club Assembly of the current Rotary year, to approve the Club Administration budget and to appoint the Statutory auditor for the Rotary year 2023-24, very well presented by Treasurer Rtn Jagvinder S. Bawa.

After due deliberations the house unanimously passed the Administrative Budget and the appointment of the Statutory Auditor.

Our senior most Past President Rtn BL Ramsisaria lauded the efforts and the hard work put in by Treasurer Rtn JS Bawa as well as the whole – hearted support extended by Treasurer 2022-23 PE Rtn Nitin Kapoor, in preparing this budget meticulously and on time.

As per the directive of District Governor Rtn Arun Mongia, President Jeeten recited the Rotary Four-way test, with all the members repeating the same after him. Editor PP Rtn Dr VJS Vohra brought to the attention of the members, that since RY 2018-19, our bulletin, The Midtowner, has been displaying the Four-way test on the top of page 01, and from the online edition, having a link to YouTube, the Four-Way Test song can be enjoyed by clicking on this link. See top left corner on this bulletin.

President Jeeten further urged all members to install their name plates outside their residences, offices etc., which would also carry the Rotary logo, as part of the ongoing Shining Wheel project to enhance Rotary's image / awareness among the general public. Also, the members could place a plaque of the Rotary Four-Way Test on their office desks for the purpose.



Welcome address by  
President Jeeten Bhambri



Budget presented by  
Treasurer Rtn JS Bawa

The invocation by Secretary Rtn Anup Sharma was a poetic masterpiece by Late Harivansh Rai Bachchan :

तू खुद की खोज में निकल  
तू किस लिए हताश है,  
तू चल, तेरे वजूद की  
समय को भी तलाश है  
समय को भी तलाश है..  
जो तुझ से लिपटी बेड़ियाँ  
समझ न इन को वस्ल तू..  
जो तुझ से लिपटी बेड़ियाँ  
समझ न इन को वस्ल तू..  
ये बेड़ियाँ पिघाल के  
बना ले इनको शस्त्र तू  
बना ले इनको शस्त्र तू  
तू खुद की खोज में निकल  
तू किस लिए हताश है,  
तू चल, तेरे वजूद की  
समय को भी तलाश है  
समय को भी तलाश है..  
चरित्र जब पवित्र है  
तो क्यों है ये दशा तेरी...  
चरित्र जब पवित्र है  
तो क्यों है ये दशा तेरी...  
ये पापियों को हक नहीं  
की ले परीक्षा तेरी  
की ले परीक्षा तेरी  
तू खुद की खोज में निकल  
तू किस लिए हताश है

तू चल, तेरे वजूद की  
समय को भी तलाश है  
जला के भस्म कर उसे  
जो कूरता का जाल है...  
जला के भस्म कर उसे  
जो कूरता का जाल है...  
तू आरती की लौ नहीं  
तू क्रोध की मशाल है  
तू क्रोध की मशाल है  
तू खुद की खोज में निकल  
तू किस लिए हताश है,  
तू चल, तेरे वजूद की  
समय को भी तलाश है  
समय को भी तलाश है..  
चूनर उड़ा के ध्वज बना  
गगन भी कपकाएगा...  
चूनर उड़ा के ध्वज बना  
गगन भी कपकाएगा...  
अगर तेरी चूनर गिरी  
तो एक भूकंप आएगा...  
तो एक भूकंप आएगा...  
तू खुद की खोज में निकल  
तू किस लिए हताश है,  
तू चल, तेरे वजूद की  
समय को भी तलाश है  
समय को भी तलाश है..



Meeting called to order by Sergeant-at-Arms PP Rtn Ashok Puri



National Anthem by R'Ann Indu Vohra and PP Rtn Dr VJS Vohra



Invocation by Secretary Rtn Anup Sharma



Inspiring remarks by PP Rtn BL Ramsisaria for well prepared budget



Expression of gratitude by PE Rtn Nitin Kapur



Matching dress at Club Assembly. PP Rtn Harish Sethi and PP Rtn Dr Rita Kalra

### Events of other Rotary Clubs



IPP Rtn Dr Sanjay Kalra and PP Rtn Dr Rita Kalra attended Installation function of President Rtn Sunil Kansal and team of Rotary Chandigarh Central on 08.07.2023



President Jeeten Bhambri and PP Dr Rita Kalra at installation ceremony of President Rtn Anil Chadha of Rotary Club Chandigarh



On 23.07.2023 at Varanasi, as a guest of Rotary Club of Lucknow, PP Rtn Salil Chopra attended Intercity of District 3120, addressed by RI Director Rtn TS Subramaniam



‘Thanks Giving & Installation Ceremony’ was organised on 24th July 2023 by Rotary Club Chandigarh Periphery Zirakpur. PP Rtn Dr Balram Gupta was the chief guest and PP Dr Rita Kalra was Chairperson of the installation function. Others from our club who attended the function were President Jeeten Bhambri, IPP Dr Sanjay Kalra, PP Anil Mehan, PP Ashok Puri and Director Club Service Rtn Pradeep Sisodia. Rotary Club Chandigarh Periphery has been sponsored by Rotary Chandigarh Midtown.

## Mother and Child Health

By: Rtn Dr Rita Kalra, Addl District Secretary, Mother and Child Health, Rotary International District 3080

**Rotary Area of Focus:** Maternal and Child Health emphasizes the importance of providing quality healthcare to mothers and children to improve their overall well-being and reduce mortality rates.

Rotary clubs and members around the world work together to support projects and initiatives that address the challenges faced by mothers and children in terms of healthcare, access to medical services, and health education. Here are some key aspects and examples of Rotary's efforts in the area of maternal and child health:

**Prenatal and Postnatal Care:** Rotary supports programs that aim to improve the health of mothers during pregnancy and after childbirth. This includes providing access to prenatal check-ups, vaccinations, and essential healthcare services.

**Safe Delivery and Obstetric Care:** Rotary projects focus on ensuring that pregnant women have access to safe delivery options and quality obstetric care. This may involve providing medical equipment, training healthcare professionals, and supporting facilities that offer safe delivery services.

**Child Immunization:** Rotary plays a significant role in promoting and supporting immunization programs to protect children from preventable diseases. Rotary clubs often collaborate with local health authorities and organizations to organize immunization campaigns, provide vaccines, and raise awareness about the importance of immunizations.

**Health Education:** Rotary places great importance on health education and raising awareness about maternal and child health issues. Projects often involve community workshops, awareness campaigns, and educational materials to empower communities to make informed decisions regarding menstrual hygiene, nutrition supplements to prevent anaemia, mental health, breast feeding, family planning etc.

**Disease Prevention and Treatment:** When girls and women have access to safe and affordable sanitary materials to manage their menstruation, they decrease their risk of infections. This can have cascading effects on overall sexual and reproductive health, including reducing teen pregnancy, maternal outcomes, and fertility. Poor menstrual hygiene, however, can pose serious health risks, like reproductive and urinary tract infections which can result in future infertility and birth complications. Neglecting to wash hands after changing menstrual products can spread infections, such as hepatitis B and thrush.

**Environment:** Disposable sanitary products contribute to large amounts of global waste. Ensuring access to sustainable and quality products, and improving the management of the disposal of menstrual products, can make a big difference to the environment.

**Economy:** Improving menstrual hygiene and providing access to affordable menstrual materials can help improve girls' and women's access to education, opening more options for jobs, promotions, and entrepreneurship, thus unleashing female contributions to the overall economy, rather than keeping them at home.

It's important to note that specific projects and initiatives may vary between different Rotary clubs and districts based on local needs and resources. Rotary members collaborate with partners, including governments, NGOs, and healthcare professionals, to implement sustainable solutions and make a lasting impact on maternal and child health in their communities and create hope in the world.

To conclude, I quote Azelene Williams, “The children we bring into the world are small replicas of ourselves; the joy of grandmothers and grand fathers. For most of us, dream of being a mother is realised naturally but for few others it is miracle of life.”

NEW MEMBERS  
ORIENTATION PROGRAMME  
(Zone 3, 4, 5, 6)

Rotary ki  
Pathshala

Registration Fee  
Early bird (up to 31st July) Rs. 750/-  
On the spot fee Rs. 850/-

**AUGUST**

**12**

**SATURDAY**

**Venue:**

**ROTARY CLUB PANCHKULA**

Rotary House, Sector 12-A, Panchkula

NEW MEMBERS ORIENTATION PROGRAMME HOST COMMITTEE

<p><b>RTN. ARUN MONGIA</b> Distt. Governor-RID-3080 Tel:- 92553 37011</p>	<p><b>RTN. JEETEN BHAMBRI</b> President Tel: 98155 46216</p>	<p><b>RTN. BL RAMSARARIA</b> Counsellor Tel: 92163 34400</p>
<p><b>RTN. DR RITA KALRA</b> Event Chair Tel:- 98788 80550</p>	<p><b>RTN. PRADEEP SISODIA</b> Organising Secretary Tel: 98140 16373</p>	<p><b>RTN. ANUP SHARMA</b> Secretary Tel: 98140 05141</p>

## Punjab Express

11<sup>th</sup> July 2023- Chandigarh- Page no- 4

### Dr Ruby Ahuja appointed as Chairwoman, CII IWN Chandigarh

PUNJAB EXPRESS BUREAU  
Chandigarh, July 10

When the women are empowered, the society by and large is empowered. To commemorate this thought, The Annual Session for Indian Women Network for the year 2022-2023 was held at the CII Headquarters which witnessed a scintillating performance by Sameera Koser, a renowned gold medalist in Kathak.

During the session, Vivek Gupta, Chairman, CII Chandigarh UT & Director, NEC Packaging Ltd said "Today, women play leading roles in every field of work- business, information technology, law, medical or administrative services. Every year, there is a substantial increase in the percentage of women joining the workforce or becoming entrepreneurs. They are contributing to a greater extent to the economy of the country. These changes give a lot of scope and requirement to provide a better support system to the career women and appropriate guidance to the ones stepping into the



world of profession." Coinciding with the Session, Dr Ruby Ahuja, Consultant Psychologist & Founder, Cognitvee, was elected as its Chairwoman for the year 2023-24. Ms Nagina Bains, Past Chairwoman, CII IWN Chandigarh Tricity Chapter has been an exceptional leader during her tenure. "It was a privilege heading the Tricity Chapter for the year 2022-23, and I am thrilled that the necessary changes have come too," she said. "I am honoured to be appointed as the Chairwoman, CII IWN Chandigarh Tricity Chapter," said Dr Ruby Ahuja. "I am committed to driving positive change and promoting gender equal-

ity in our region. With the support of the CII and our dedicated members, we will strive to create a more inclusive society where every woman has the opportunity to thrive. I plan to dedicate this year at IWN to be a catalyst for change, working together as a team to make a difference. We will prioritize the CII mandate of policy and advocacy, learning and wellbeing, health, and membership development, all aligned with the idea of empowering women. In particular, we will focus on promoting mental health, which is crucial for the youth who represent our future."

Dr Ruby Ahuja is a Consultant Psychologist & Founder, Cognitvee, and has worked as a consultant with the leading hospitals of Chandigarh for the last 20 years. She has been a part of 5 research publications (3 National and 2 International Journals). She has many awards to her credit. She is the author of the bestselling book on teen parenting "The Hidden Mind".

**For this very prestigious appointment, our heartiest Congratulations to R'Ann Dr Ruby Ahuja**

### Updated list of District Awards, presented by DG 2022-23 Rtn VP Kalta on 30th June 2023

#### Zonal awards:

Best Secretary Zone V :

Rtn Anupam Jain

Imagineer Rotarians for Excellence in Rotary Service

- PP BL Ramsisaria
- PP Dr Balram Gupta
- PP Dr VJS Vohra
- PP RK Luther
- PP Ajit Gulati
- PP RTPS Tulsi
- PP Prem Anand
- PP Pallav Mukherjee
- PP Amarjit Singh
- Rtn Arjan Singh
- PP Ashok Puri
- PP Sanjay Bhatia
- PE Jeeten Bhambari
- R'Ann Kadam Bhambari
- PN Nitin Kapur
- R'Ann Neeru Khattar
- R'Ann Nandita Sisodia

- Rtn Pradeep Sisodia
- Rtn Indu Luthra
- Rtn Kulvinder Chhatwal
- Rtn JP Singh
- PP Kanan Diwan
- PP Deepak Sood
- PP Salil Chopra
- Rtn JS Bawa
- Rtn Anup Sharma

#### District Awards:

- Best Bulletin of District –The Midtowner  
Editor: Dr VJS Vohra  
(14th year in succession)
- Best Project – Cervical Cancer Vaccination
- Outstanding contribution to Project Sahyog
- RYLA Vishesh District event hosted
- Sahyog outstanding contribution –DS Bali
- Sahyog Outstanding Contribution – Anil Puri
- Best Dist Team Chair –Dr Rita Kalra
- Recognition to DRR- Rtn Shivansh Sharma
- Highest Registration at District Conference  
Kalpana
- Best Signature project of Rotary Adarsh Gaon  
Trophy to Village Bir Ghaggar
- Best Club for TB Awareness Trophy
- First Area of Focus Trophy for water and sanitation for Rain water well at Bir Ghaggar
- Best President of the district – Running  
Trophy, Certificate and Plaque – Dr Sanjay Kalra
- Best Club – Running Trophy and Certificate

DG's personal gift for PP Salil Bali.

Sahyog Artificial Limbs project was duly recognized by DG VP Kalta as 25 Clubs and 10 Individual Rotarians were presented awards 'For Outstanding Contribution to Sahyog'.

## District Assignments 2023-24 | Rotarians of Chandigarh Midtown

S. No	Name	Committee	Assignment
1.	PP Rtn Ritu Singal	Rotary Motivational Speaker Diversity, Equity & Inclusion	Chairman Vice Chairman
2.	PP Rtn B.L. Ramsisaria	District By-Laws	Vice Chairman
3.	PP Rtn Dr. Balram Gupta	Rotary Information	Vice Chairman
4.	PP Rtn Dr. V.J.S. Vohra	Club Bulletin Promotion Disability Empowerment	Chairman Resource Person
5.	Rtn Pardeep Sisodia	Rotary Leadership Institute	Resource Person
6.	PP Rtn Amarjit Singh	Vocational Awards Rotary Peace Scholarship	Vice Chairman Vice Chairman
7.	PP Rtn RTPS Tulsi	Spiritual Awareness Legal Aid Committee	Chairman Chairman
8.	PP Rtn R.K. Luther	Human Resource Development Old Age Home	Resource Person Resource Person
9.	PP Rtn Ajit Gulati	Old Age Home	Vice Chairman
10.	PP Rtn Sanjay Bhatia	District Permanent Project	Resource Person
11.	PP Rtn Dr Rita Kalra	National TB Control Rural Medical Mission RYLA Vocational Training Mother & Child Care	Chairman Chairman Chairman Chairman Addl. District Secretary
12.	PP Rtn Prem Anand	Wash & Wins	Vice Chairman
13.	IPP Rtn Dr Sanjay Kalra	Dental Care District Youth Exchange Thalassemia Awareness	Vice Chairman Chairman Chairman
14.	PP Rtn Dr Vanita Gupta	Thalassemia Awareness	Vice Chairman
15.	PP Rtn Salil Bali	SAHYOG Prosthetic Limbs	Chairman
16.	Rtn Anupam Jain	Vocational	Addl. District Secretary
17.	PP Rtn Pallav Mukherjee	Rotary Convention	Addl. District Secretary
18.	PP Rtn Deepak Sood	Family Exchange Programme Scholarship Committee	Addl. District Secretary Vice Chairman
19.	PP Rtn Salil Chopra	Basic Education Littracy	Chairman
20.	PE Rtn Nitin Kapur	Dialysis Centres	Vice Chairman
21.	Rtn Shivansh Sharma	Club Bulletin Promotion Rotaract	Vice Chairman Vice Chairman

## दैनिक भास्कर सिटी लाइफ 06-07-2023 विक्टोरियन स्टाइल में हुई 'थैंक्स सेरेमनी'

### Ceremony

रोटरी चंडीगढ़ मिडटाउन क्लब ने मेंबर्स का शुक्रिया अदा करने के लिए पंचकुला में सेरेमनी रखी। इसमें क्लब से जुड़े 100 लोग हिस्सा बने।

सिटी रिपोर्टर | चंडीगढ़



सोसायटी को बेहतर बनाने और अपनी बर्किंग से सालभर सहयोग देने के लिए रोटारियंस को सराहना गया। इस मकसद से रोटरी चंडीगढ़ मिडटाउन क्लब ने पंचकुला में सेरेमनी रखी। इसे वाइब्रेंट और कलरफुल स्टाइल की "थैंक्स गिविंग सेरेमनी" का नाम दिया गया।

जो "विक्टोरियन स्टाइल" थीम में सेलिब्रेट की गई। इस मौके पर डिस्ट्रिक्ट गवर्नर 2023-24 अरुण मोंगिया खासतौर पर हिस्सा बनने के लिए पहुंचे। उन्होंने मिडआउनर्स द्वारा रोटरी के वीजन में स्पिरिट को बरकरार रखने की बात की। साथ

ही इस ग्लैमरस सेरेमनी में 70 डीम कैचर्स रोटारियंस की अचीवमेंट्स के लिए सराहा। सेलिब्रेशन की शुरुआत प्रेसिडेंट डॉ. संजय कालरा ने की। उन्होंने पहले सेशन की बर्किंग को शेर किया। इसके बाद डॉस परफॉर्मेंस का मिलीसला

चला। सेलिब्रेशन में लोटस डॉस एकेडमी के बच्चों ने फोक डॉस किया, जबकि बीर गुलाटी ने फोक सॉना पर प्रस्तुति दी। इस दौरान दो नए मेंबर्स को क्लब से जोड़ा गया। सेरेमनी में 100 के आसपास रोटारियन हिस्सा बने।

## सोसायटी में फंसे लोगों को फूड सप्लाई किया



हम लोग पलेट्स में पानी पहुंचने से मार्केट, मंडी, मेन रोड से डिस्कनेक्ट हुए लोगों को सहयोग कर रहे हैं। टीम की मदद से जीरकपुर के एकता नगर और शिवालयिक विहार में फंसे 500 लोगों के लिए खाना तैयार कर ट्रेक्टर के जरिए सोसायटी के बाहर डिस्ट्रीब्यूट कर रहे हैं। साथ ही अब शेल्टर की व्यवस्था में लगे हैं।  
- जीतन, प्रेसिडेंट, रोटरी क्लब मिडटाउन, पंचकुला

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



Rtn Brigadier Dr Jaswinder Singh Sabharwal is the third generation Army Officer who has served in the Indian Army for 36 years on various Instructional, Managerial, Executive, CEO and Commanding Officer of various Military Hospitals. He even served in the UN Mission, Cambodia on a prestigious appointment and looked after the medical cover of troops from 30 countries through various hospitals. For his meritorious service he was awarded number of medals and decorations including Chief of Army Staff and Army Commander Commendations. Even before joining Rotary Club Chandigarh Midtown formally, he has been taking keen interest in club activities.

Q. What motivated you to join Rotary club?

A. On my retirement, during an interaction with my Rotarian classmate PP. Sunil Jaiswal from Rotary club Allahabad, I realised that the bedrock of basic ethos of the Army and Rotary were essentially the same. Both the Organisations are driven by quality of professional commitment, loyalty, sacrifice, mutual trust and ethical conduct. This motivated me to join Rotary and instead of retiring I decided to re-attire myself in the uniform of Rotary.

Q. How do you evaluate Rotary as the social service platform?

A. Rotary is known for its commitment to community service. I am impressed by Rotary's involvement in a wide range of initiatives including education, healthcare, sanitation, environment, economic development, social issues and empowering marginalised communities through vocational training and skill development. These projects have a positive impact and bring about a tangible change in the lives of individuals and communities.

Q. Most of the people think that Rotary is a group of rich and elite people, so it has a limited membership. What are your views about it?

A. No, membership in Rotary is not limited to elite and rich people. While there may be some affluent and well known members in Rotary clubs, the Organization RI values diversity and includes members from different professions, different backgrounds, different socio-economic status, different perspectives and different experience so that they can work collectively for the benefit of the society. Financial status and social standing do not determine the eligibility for membership. Membership in Rotary is typically based on the individual's commitment to service and willingness to uphold the values of Organisation.

May this Army Officer in the attire of Rotary get many Rotary decorations.

## Donations for Club Projects

For Singhpura School project  
PP Rtn Kanan Diwan Rs 2 Lakh  
**Birthday of Rotarian**  
Rtn Gobind Khandelua 27 July  
**Wedding Anniversary**  
Rtn Anupam Jain and Mr Rakesh Jain 23 July  
**Spreading Happiness and Smiles by Rtn Raj Khattar**

सड़क किनारे एक बनिये की छोटी सी दुकान थी।

अचानक एक दिन उसके सामने एक बड़ा स्टोर खुल गया। स्टोर वाले ने बेनर टांग दिया : "घी 300 ₹ किलो"

बनिये ने भी बोर्ड लगा दिया : "घी 280 ₹ किलो"

स्टोर वाले ने फिर अगले दिन बेनर टांग दिया : "घी 260 ₹"

बनिये ने फिर बोर्ड पे लिख दिया : "घी 240 ₹"

ये रोज की मारामारी देख के एक सज्जन ने बनिये को समझाया कि वो बड़ा स्टोर है, वो घाटा भी उठा लेंगे, तुम उनसे ज्यादा दिन मुकाबला नहीं कर पाओगे इसलिए उसकी बराबरी मत करो।

बनिये ने उन सज्जन की ओर सिर से पाँव तक देखा और बोला : "हम घी रखते ही नहीं"

एक सज्जन परेशान थे,  
दोस्त ने पूछा - क्या हुआ ?

बोले - "लेटर से धमकी मिली है  
कि 'मेरी बीबी से इश्क बंद कर  
दो नहीं तो जान से मार दूँगा!'

दोस्त - "ठीक तो है, बंद कर दो!"

सज्जन - "लेटर गुमनाम है,  
समझ नहीं पा रहा हूँ कि किसकी  
बीबी से इश्क बंद करना है!.."

## Thought

- Sunday: The day... I plan a lot, but actually do nothing.  
- Thinking is difficult, that's why most people judge.

## Thought for the week by Rtn Col JS Chandoak

One of the tests of leadership is the ability to recognise a problem before it becomes an emergency."

----- Arnold Glasow

## **Joy of giving** **Contributed by PP Rtn Dr Balram K Gupta**

One of the great Hollywood actresses, Katherine Hepburn was possibly the only person who won the Oscar Award four times, apart from being nominated a dozen times, but was never present in the grand ceremony to receive it. She had a strong belief that only the affection and love of the people who enjoyed her acting and cinema was the greatest reward for her.

Katherine Hepburn was from a middle class family with a modest upbringing. But, her parents instilled strong values in their growing up days.

One such incident was narrated by herself, in her own words:

“Once when I was a teenager, my father and I were standing in line to buy tickets for the circus. Finally, there was only one other family between us and the ticket counter. This family made a big impression on me. There were eight children, all probably under the age of 12. The way they were dressed, you could tell they didn't have a lot of money, but their clothes were neat and clean.”

The children were well behaved. All of them standing in line, two-by-two behind their parents, holding hands. They were excitedly jabbering about the clowns, animals, and all the acts they would be seeing that night. By their excitement, you could sense they had never been to the circus before. It would be a highlight of their lives.

The father and mother were at the head of the pack standing proud as could be, smiling and enjoying seeing their family happy. The ticket lady asked the man how many tickets he wanted.

He proudly responded, "I'd like to buy eight children's tickets and two adult tickets, so I can take my family to the circus."

The ticket lady stated the price. The man's wife let go of his hand, her head dropped, the man's lip began to quiver. Then he leaned a little closer and asked, "How much did you say?" The ticket lady again stated the price. The man didn't have enough money.

How was he supposed to turn and tell his eight kids that he didn't have enough money to take them to the circus?

Seeing what was going on, my dad reached into his pocket, pulled out a \$20 bill, and then dropped it on the ground. (We were not wealthy in any sense of the word!) My father bent down, picked up the \$20 bill, tapped the man on the shoulder and said, "Excuse me, sir, this fell out of your pocket."

The man understood what was going on. He wasn't begging for a handout but certainly appreciated the help in a desperate, heartbreaking and embarrassing situation.

He looked straight into my dad's eyes, took my dad's hand in both of his, squeezed tightly onto the \$20 bill, and with his lip quivering and a tear streaming down his cheek, he replied; "Thank you, thank you, sir. This really means a lot to me and my family."

My father and I went back to our car and drove home.

The \$20 that my dad gave away is what we were going to buy our own tickets with. Although we didn't get to see the circus that night, we both felt a joy inside us that was far greater than seeing the circus could ever provide.

That day I learnt the value of Giving. If you want to be large... larger than life, Learn to Give.

Love has nothing to do with what you are expecting to get - it is only concerned with what you are Willing to Give, which is everything.

Learn the joy of giving and stay blessed forever.

**Fear never builds the future, But FAITH and HOPE does.**

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, 52 Royal Estate, Zirakpur (Chandigarh-Ambala Expressway)  
E: drvjsvohra@gmail.com | Mob.: +91 9814006829 | www.nevedac.com

Designed & Printed at  
**Satyadeep Offset Printers (P) Ltd.**  
292, Industrial Area, Phase II  
Chandigarh Ph.: 4624942  
E: salil.bindra@gmail.com

**PP Rtn Dr. Sanjay Kalra**  
**TREATMENTS FOR**

- Rejuvenation Therapy
- Stretch marks
- Acne scarring
- Pigmentation

**SCOPE OF SERVICES**

- Fillers Botox
- PRP (Hair, Face)
- Skin Boosters
- Mesotherapy
- Chemical Peels
- Hydratfacial
- Microneedling
- Subcision (Acne Scars)
- Facial Mask
- Dermaplaning

Dr. Sanjay Kalra | Dr. Pratibha Negi Kalra | Dr. Ruchi Kalra

0172-2577604 | +91 93160 40980  
SCO-13, Sector 5, Panchkula  
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 | Facebook.com/NikkaMalJewellers

**INTER SOLAR**  
Make a Smart, Sustainable, & Superior Choice  
**GO GREEN GO SOLAR**

Rtn. Bhupinder Kumar

Visit to: RESIDENTIAL, COMMERCIAL & INDUSTRIAL

**PP Rtn Salil Chopra**  
**Talez**  
Fresh Healthy & Tasty.

- Freshly Baked Bakery Products
- Delicious Cakes & Pastries
- Food From Around The World
- Handmade Chocolates
- Healthy Cookies, Dry Cakes & more

ORDER NOW: 70278 00045

Talez Patisserie & Kitchen  
SCO-45, SECTOR 26, CHANDIGARH, 160026

We are also Available on

**This space can be yours in just Rs. 15,000/- For the whole year!**

Contact: Secretary Rtn Anup Sharma

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

**FOR ALL HEARING PROBLEMS**

ALL INTERNATIONAL HEARING-AID BRANDS & DIAGNOSTIC FACILITIES AVAILABLE AT

**ANAND HEARING CARE**  
SPECIALISTS SINCE 1972

Chandigarh: SCO 26, 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)

**Atul Fasteners Ltd.**  
Manufacturer & Exporters

Self Drilling/Tapping Screws & Special Purpose Fasteners

C-45, Phase-II, Industrial Area, Mohali, Distt. Mohali (Punjab) India 160055  
E-mail: atulfasteners@atulmetal.in  
Phone: (01)0172-4520000, 2221042, Fax: 0172-2271330, Mobile: 98149 25267

**TATA STEEL**  
A WORLD OF QUALITY AND TRUST

**TATA Steelium**  
FOR STEELS AND LIGHT METALS

**TATA ASTRUM**  
FOR AIRCRAFT AND SPACE

PP Rtn. Sanjay Bhatia

**This space can be yours in just Rs. 15,000/- For the whole year!**

Contact: Secretary Rtn Anup Sharma

**Yukti Herbs**  
Rtn. Sakshi Verma  
INDIA'S BEST AYURVEDIC & PANCHKARMA CENTER

**BOOK YOUR APPOINTMENT NOW**

Nadi Parikshan by Ayurveda Experts

Visit Now at- Plot no: 95B, JPL Ind. Area, Sector 82, Mohali - Panjab  
+91 752-786-9388, +91 805-678-6911 | www.yuktiherbs.com  
Clinic Timings: 10:00 AM to 06:30 PM (Monday to Saturday)

Also available at: Amazon, Flipkart, Zomato, Meituan, etc.

|| घर घर युक्ति, रोग से मुक्ति ||

**Jaquar Bathroom Taps**

**Jaquar**

CALL PURCHASE ASSISTANCE: 1800-120-33222 (Toll Free)

Rtn. Rahman Naiyer