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Rotary



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4. Will it be **BENEFICIAL** to all concerned?

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Volume 48 No. 09 Dated: 29 August 2023



Report by Club Directors

Venue: Hotel Shivalikview, Sector 17, Chandigarh | Date: 01 September 2023 (Friday) | Time: 6.30 pm

## Inter District Organ Donation Drive

Awareness and Pledge – Road Trip | Hosted by Zone 5, RI District 3080

[Click here](#) for photos on Facebook

Our meeting on 26th August 2023 at IMA, Sector 35, Chandigarh was dedicated to a Zonal Meeting of Zone 5, for Inter District Organ Donation Drive, as five Rotary clubs from RI Districts 3080, 3011, 3012 and 3100 joined hands for a common cause.

This event was held to create awareness that during the lifetime a person can decide to donate organ to save or transform the life of someone else. It is a legal process, either by consent while the donor is alive or dead with the assent of the next of kin.



Address by Chief Guest  
Dr Suman Singh, DHS



Address by District  
Governor Arun Mongia

Assistant Governor Zone 5 Rtn Sanjeev Checker welcomed the Chief Guest Dr. Suman Singh DHS, Chandigarh, District Governor Rtn Arun Mongia and other delegates from various Rotary clubs and Rotarians of Chandigarh Midtown.



National Anthem

The meeting was called to order by Sergeant-at-Arms PP Rtn Ashok Puri who performed the Collar ceremony for the District Governor and the President.



DG Arun Mongia presents a memento DHS Dr Suman Singh



In view of promoting organ donation, DG Arun Mongia spoke about Rotary for the cause. PP Rtn Rajesh Mittal highlighted the Initiatives by Rotary on Organ donation.

DHS Dr. Suman Singh complimented DG Arun Mongia and Rotary Clubs for their initiative to promote organ donation.

Introduction to Kidney Transplant was given by Dr. Vinay Sakhuja, Former Prof. Kidney Disease at PGIMER and currently he is Director Nephrology, Max Hospital, Mohali.

Information about Organ Donation and National Drive was elaborated by Prof. Vipin Kaushal, Medical Superintendent & Head, Department of Hospital Administration and Biostatistics, PGIMER, Chandigarh and Nodal Officer, ROTTO (Regional Organ & Tissue Transplant Organization) - North.

Q&A, Myths and Misconceptions was taken up by President Rtn Dr MP Singh. Promotion of Organ Donation was discussed by Dr RS Bedi. Dr. Gurvinder Singh, President IMA Chandigarh gave a futuristic view about organ donation.

It was a remarkable display of unity, compassion and impactful action, an informative Organ Donation Awareness event held in association with NOTTO (National Organ and Tissue Transplant Organization) and Rotary, to create hope and enlightenment for thousands of lives.

The organ donation awareness program kicked off on August 25, 2023, from the prestigious AIIMS in Delhi. A team of technical experts from NOTTO, along with Rotarians of Rotary Delhi Manthan, joined us to spread awareness through vibrant street plays with their amazing performances. Rotary Chandigarh Midtown, orchestrating every detail from inception to execution, with enthusiastic participation of Rotractors.

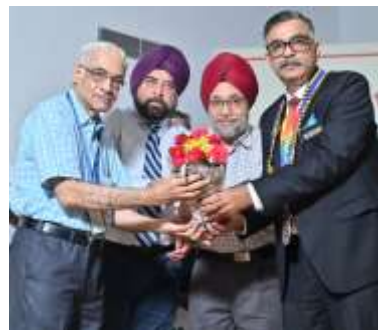


Welcome address by  
AG Sanjeev Checker



Vote of thanks by  
President Jeeten Bhambri

President Rtn Jeeten Bhambri thanked DHS Dr. Suman Singh for her gracious presence, in spite of her busy schedule. He also thanked DG Arun Mongia and all the delegates for their participation and making the event a grand success.



Felicitations by District Governor



Dr Vipin Kaushal    Dr. Gurvinder Singh    Dr. R.S. Bedi    Dr. Vinay Sakhuja



PP Rtn. Rajesh Mittal    President Rtn Dr MP Singh    President Rtn Sunil Kansal    Rtn. Anil Chadda

### Address by Doctors and Rotarians



Rotarians Chandigarh Midtown with DG Arun Mongia and AG Sanjeev Checker



Nukkad play by Young Team from Delhi felicitated by DG Arun Mongia



The event saw an incredible turnout of about 170 delegates

## Prioritizing mental health



**Rotary International President Rtn Gordon McNally**

[Click here](#)

Rotary International President R. Gordon R. McNally wants Rotary to exist everywhere in a style that suits everyone who has the desire to work with us to do good. During this year, he'll focus on three presidential initiatives that Create Hope in the World: prioritizing mental health, building peace through virtual exchanges, and empowering girls.

Rotary members are encouraged to make mental health a priority. Rotary has a unique ability to connect people and cultures, giving hope and receiving it through acts of kindness. Now is the time to expand this culture of care — both within Rotary and in the world at large.

Providing care in such a way benefits not only the communities we live in and work with, but also our members as they take part in addressing mental health. Research shows that performing acts of kindness is the most effective way to protect our own sense of well-being and become more resilient.

Rotary can create the kind of world we want to live in: one where we all feel supported as part of a community and where we help expand access to quality care. Members can do this by:

- Erasing the stigma associated with caring about emotional well-being.
- Raising awareness about mental health needs.
- Working to improve access to mental health services.

Everyone in Rotary has a role in this effort. Members can help each other prioritize self-care in the ways that are most meaningful. Clubs can make sure they offer welcoming environments where everyone who interacts with us is treated with care, respect, and dignity.

We can talk openly about mental health, let people know they're not alone, and encourage them to get professional help if necessary. And we can work with community and national leaders to create or expand access to quality preventive care and interventions for mental health.

### **Peacebuilding through virtual exchanges**

Rotary has a long history of working for peace through personal connections, but the COVID-19 pandemic made it difficult to do that face to face. Inspired by what we learned from that time, Incorporate virtual components into more of their programs, events, and activities. By using innovative technologies to make connections, we give more people the opportunity to experience our global community.

### **Empowering girls**

Focuses should be on elevating the voices and unlocking the power of girls and women around the world. We encourage to keep finding ways to improve girls' health, well-being, education, economic security, and self-determination. Empowered girls become empowered women who can change the world.

### **Condolences**

This is to inform about the sad demise of Shri Anand Swarup Bansal. Our heartfelt condolences to Rtn Mukul Bansal. May the departed soul rest in peace and God give strength to the family to bear the loss.

## Women in Rotary

Contributed by



PP Rtn Dr Rita Kalra

Rotary International has made a significant progress in increasing the representation of women in leadership roles within the organization. Historically, Rotary was an all-men organization, but that changed in 1987 when the Rotary International Council on Legislation voted to admit women into Rotary clubs worldwide.

This was a historic milestone that marked a significant step forward in our pursuit of equality and diversity within the Rotary community. Since then, women have become an integral part of Rotary, and many have assumed leadership positions at various levels of the organization, including: Club, District, Rotary International and The Rotary foundation

As we come together to honor the tireless efforts of the women who have been at the forefront of the Rotary movement for decades our heart is filled with excitement and pride. They have broken barriers, shattered glass ceilings, and paved the way for themselves in Rotary. It is a testament to the strength, resilience, and leadership of women in our society. It is a recognition of the invaluable contributions women make, not only to Rotary but to every aspect of our lives.

The first women to become Rotary club president – Silvyia Whitlock, WGM Chair Sussane Rhea, first women RI President Jennifer Jones, RIPE Stephanie Urchick are few of the exemplary women leaders Rotary has had in past 33 years since women membership was approved. Although you don't see any Sita, Mita, Rita in this privileged list but efforts to promote gender equality and diversity within Rotary have been on going, and the organization continues to work towards increasing the representation of women in leadership roles. The emergence of women in leadership positions brings numerous advantages and benefits to organizations, communities, and society as a whole. Some of the key advantages of women's leadership include:

- Diverse Perspectives
- Enhanced Communication Skills
- Empathy Quotient and Emotional Intelligence
- Ethical Leadership with integrity

For women, Leadership is not merely a title or a position; it is a responsibility and a privilege. It is the chance to serve others selflessly, to inspire action, and to ignite the flame of positive change. Each one of the women out there chose to lead because of their dedication to service, passion for making a difference, and unwavering commitment to the principles of Rotary. Leadership is not always about knowing all the answers, but about asking the right questions and seeking solutions together. Embracing challenges as opportunities for personal and collective growth, and never losing sight of the impact actions can have on the lives of those we serve is our core strength.

And finally, as leaders, women have the power of inspiration such as Leading by example, showing compassion, and being the guiding light that motivates others to join the mission. Together, we can ignite the spark of service in hearts far and wide, creating a ripple effect of goodness that extends beyond our immediate reach. We are an assembly of powerful, compassionate, and visionary women in Rotary who are committed to making a difference. We bring unique perspectives, diverse experiences, and a boundless spirit of service to the table. Together, we will lead us towards even greater heights of impact and change. It is our duty to break down barriers and build bridges that connect hearts and minds and create hope.

Let us remember that equality and inclusivity are not just words on paper; they are the principles that define the true essence of Rotary. Let us take this opportunity to reaffirm our commitment to Mutual empowerment and not just women empowerment because we are synergistically intertwined to support one another regardless of gender, race, or background and have an equal chance to thrive and serve our communities.

As we chart a course for the future, let us not forget the core values that guide us as Rotarians: integrity, diversity, leadership, service, fellowship, Let these principles be the compass that leads us through every decision, project, and endeavor we undertake. As Rotarians, we have the unique opportunity to spread hope through our projects and initiatives that address pressing challenges faced by communities around the globe. By providing clean water, supporting education, promoting health and sanitation, and empowering individuals to lead better lives, we become beacons of hope for those we serve.

Let us stand united, shoulder to shoulder, as we embrace this incredible journey of leadership and service. Together, we will make a profound difference in the lives of others, leaving a legacy of compassion and hope for generations to come. Let us move forward with unwavering determination, for the world is waiting for the positive impact only we as women can create as leaders of Rotary.

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



R'Ann Indu Vohra has done MA in Economics and B.Ed., after which she took up teaching assignment. After her marriage with PP Rtn Dr VJS Vohra she has been associated with him for providing artificial limbs to disabled persons. She also managed the branch of Nevedac Prosthetic Centre in PGI, Chandigarh for over 20 years.

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

A. My journey in Rotary started when my husband joined Rotary Chandigarh Midtown in 1996. I was President of Inner Wheel Club of Chandigarh Midtown in Rotary Year 2004-05. We adopted Asha School for Handicapped Children in Chandimandir, Medical Camps, Computer education, Women Empowerment, Disability Empowerment, Health Camps, Care for Senior Citizens, Adult Education and Polio Eradication etc. Inner Wheel Chandigarh Midtown won many awards and I was honored with Best President Award.

Q. Dr. Vohra seems to be busy 24x7 in Rotary, how much do you appreciate it and his Editorship?

A. I am proud that my husband is busy 24x7 in Rotary activities, in addition to his profession in disability empowerment. He is the Editor of the Club Bulletin 'The Midtowner' for the last 14 years. I am happy for his dedication to his profession and Rotary. It is a great honour that for the last 14 years, District Award for the Best Bulletin / Best Editor has been bagged by Rotary Chandigarh Midtown. For me it has been a very fruitful and extremely satisfactory association with Rotary.

Q. How have you helped and supported PP Dr Vohra during his tenure as President and Project Sahyog?

A. During my husband's tenure as President of our club in 2006-07, he had my whole hearted support and I was actively involved in all the activities of the Club. It was a very memorable period of my Rotary journey.

It was a very proud moment when three Rotary International Past Presidents: then Rotary International President (1997-98) Glen Kinross, accompanied by the World First Lady Heather Kinross, Past RI President (1991-92) Rajendra K. Saboo and Past RI President (1978-79) Sir Clem Renouf visited Nevedac Prosthetic Centre on 10th January 1998 to inspire the disabled persons fitted with artificial limb, beneficiaries of WCS Project. Sahyog Project started in August 2021, has been a wonderful experience for me. I am deeply involved for prosthetic treatment of patients at Nevedac, where we also enjoy Rotary fellowship.

R'Ann Indu Vohra proves it true that 'Behind every successful man, there is woman'. May both of you stand by each other for eternal years.

## Heartiest Congratulations



Rtn Anupam Jain honoured as keynote speaker on 21st century IT Skills & Learning on behalf of HARTRON during IT summit held by Haryana Govt at Hotel JW Marriot, Chandigarh

## Donations for Club Projects

### Acknowledged with thanks

**For Blankets & Tarpals for Flood affected victims** of Mandi, Himachal Pradesh. Request received from Rotary District 3070.

Rtn Bhupinder Kumar Rs 5000

Rtn Vijay Gupta Rs 15000

Rtn Dr Manjushri Sharma Rs 5000

Rtn Dr Col V K Kapoor Rs 10000

### Project Nikshay Divas

Rtn Rakesh Gupta Rs 30000

### Birthday of Spouse

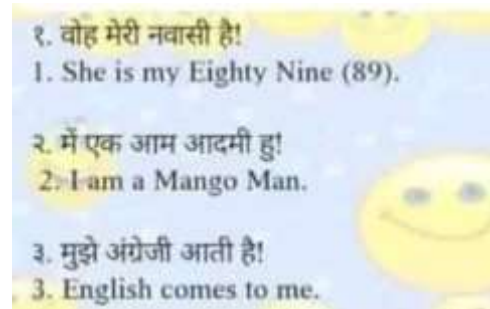
Rtn. Rakesh R. Jain 27 August

### Birthday of Rotarian

Rtn. Vijay Kumar Gupta 29 August

### Happiness and Smiles by Rtn Raj Khattar

मेरी क्या गलती थी बस इतना  
बता दो फेल कर दिया मुझे



### Thought

- Life is like a deck of cards that can never disclose what they are hiding if not played.

- We are shaped and fashioned by what we love.

### Thought by Rtn Col JS Chandoak

Men in general judge more from appearances than from reality. All men have eyes, but few have the gift of penetration.

----- Machiavelli

## Dr Balram Gupta addresses Law students



Chandigarh University (CU) organized orientation program for their students of Law. PP Dr Balram Gupta took two sessions on different groups of Law studies

A promotional poster for a seminar. The top left features the Rotary logo and "CREATE HOPE IN THE WORLD". The text reads: "ROTARY INTERNATIONAL DISTRICT 3080", "आथिर The नीष", "MEMBERSHIP &amp; PUBLIC IMAGE SEMINAR", "Hotel LP Villas resort, Dehradun", "Sunday, 3rd Sep 2023", "Host : Rotary Dehradun Central". At the bottom, it lists: "PDG Col. Dalip Palsak - Co-ordinator", "PP Rtn Ajay Pal Malik - Project Chairman", "Rtn Jagat Bhushan Bains - President - Host Club". On the right, a photo shows Rtn Charu and DG Arun Mongia. The bottom right includes "Rtn Charu &amp; DG Arun Mongia District Governor (2023-24)" and "rotary3080.org".

Registration charges Rs 1800/- Single Rs 3000/- Couple - upto 25th August 2023  
 Spot Rs 2000/- Single Rs 3200/- Couple  
[Registration Web link - https://weblink.rotaryindia.org/weblink.aspx?ID=1634](https://weblink.rotaryindia.org/weblink.aspx?ID=1634)

## What is Luxury now?

Contributed by



PP Rtn Dr Balram K Gupta

The definition of Luxury now a days has been changed.

In the 60s a Car was a luxury.

In the 70s a Television was a luxury.

In the 80s a Telephone was a luxury.

In the 90s a Computer was a luxury...

Luxury is no more going on a cruise and eating food prepared by a renowned chef.

Luxury is eating fresh organic food grown in your own backyard.

Luxury is not having an elevator in your house. Luxury is the ability to climb 3-4 stories of stairs without difficulty.

Luxury is not the ability to afford a huge refrigerator. Luxury is the ability to eat freshly cooked food 2-3 times a day.

Luxury is not having a home theatre system and watching the Himalayan expedition. Luxury is physically experiencing the Himalayan expedition.

Luxury is not getting treatment from the most expensive hospital in the USA.

So what is a Luxury now??

Being healthy, being happy, having a loving family, being with loving friends, living in an unpolluted place.

Luxury is inhaling fresh air, pure water, sun shine, laughter and.....

All these things have become rare. And these are the real "Luxuries".

Have a Luxurious Life and Happy moments.

**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**  
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