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**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. 13 Dated: 26 September 2023

### Zonal Fellowship Meeting on World Heart Day

ROTARY CLUBS OF CHANDIGARH - ZONE 5  
IN ASSOCIATION WITH  
IMA CHANDIGARH

PUBLIC AWARENESS TALK BY  
**DR. ANURAG SHARMA (PROJECT CHAIR)**  
**DR HARINDER K BALI / PROF DR. JEET RAM KASHYUP**

September 29 Friday | 05:30 PM - 07:00 PM

**IMA**  
Sector 35, Chandigarh

**Change in Time and Venue**

### Mega Health Check up Camp Wide Media Coverage creates Public Image of Rotary



Rotary Club Chandigarh Midtown, in association with Ojas Hospital Panchkula, Pratham Laboratories, and Rotary Community Corp of Daria organized a comprehensive medical and dental health check camp at Daria Village, Chandigarh on Sunday, 24th September 2023.

Mr. Satya Pal Jain, Additional Solicitor General of India and Ex Member of Parliament from Chandigarh, was the Chief Guest for the inauguration of the camp. Guests of Honour were Municipal Counsellor Mrs Bimla Devi and Assistant Governor Rtn Sanjeev Checker.

This was a unique initiative in the field of health promotion, whereby highly skilled medical professionals were going to the community, and screening them for the presence of non communicable diseases (heart disease, hypertension, diabetes), refractive errors, respiratory infections, and common dental problems. A talk was given on 'Healthy Hearts, Happy Communities' by Rtn Dr. Anurag Sharma, Chairman Cardiology, Ojas Hospital Panchkula. The community

members of Daria village were able to avail the following health care facilities at the health camp: Consultation with cardiologist, Dr. Anurag Sharma, ENT surgeon, Rtn Dr. Nitin Mathur, and optometrist specialists, and dental surgeons. Other facilities available were: Visual acuity measurement, Blood pressure measurement, Blood sugar measurement, BMI measurement and ECG.

More than 300 patients were treated in this mega medical camp, and free medicines were dispensed.

## रोटरी मिडटाउन चंडीगढ़ ने स्वास्थ्य जांच शिविर का किया आयोजन

अमूल्या/देवभूमि मिरर

चंडीगढ़। आज ग्राम दरिया में स्थित स्वास्थ्य केंद्र नजदीक लाला वाला पीर दरिया में रोटरी मिडटाउन चंडीगढ़ द्वारा विशाल स्वास्थ्य जांच शिविर का आयोजन किया गया इसमें आरसीसी दरिया की पूरी टीम ने संयोजक की भूमिका निभाई, शिविर में 300 से 400 लोगों का स्वास्थ्य जांच किया गया तथा लगभग इतने ही लोगों को निशुल्क दवाएं वितरण किया की गई। इस कार्यक्रम में मुख्य अतिथि के तौर पर पूर्व सांसद एवं वर्तमान अपर महाधिवक्ता भारत सरकार श्री सत्यपाल जैन शामिल हुए। रोटरी मिडटाउन चंडीगढ़ के प्रधान जीतन भामरी जी डॉक्टर मंजू श्री शर्मा, सलिल देव वाली, डॉ नितिन माथुर, संजीव चैकर, डॉ अनुराग शर्मा, कार्डियोलॉजिस्ट ओजस हॉस्पिटल डॉक्टर नितिन माथुर डॉक्टर जितेंद्र कुमार एवं प्रथम लैब के पुनीत आहूजा ने विशेष सहयोग किया। कार्यक्रम में चंडीगढ़ भाजपा के प्रदेशाध्यक्ष अरुण सूद व पूर्व सीनियर डिप्टी मेयर



अनिल दुबे, डिप्टी मेयर हरजीत सिंह, पार्षद गीता चौहान तथा स्थानीय पार्षद विमला दुबे, एवं शैलजा शर्मा विशेष तौर पर मौजूद रहीं। रोटरी आरसीसी दरिया के अध्यक्ष बलजीत सिंह सिद्धू ने बताया कि डॉक्टर विनोद शर्मा, दीपक उनियाल, रामकुमार लल्ला, हरिश्चंद्र शर्मा, सुषमा, प्रभा सिंह फ्रेंड्स क्लब के अजय पासवान, सूरज, राहुल ठाकुर, राम शुक्ला, सतीश शर्मा धनंजय पासवान एवं राजेश शर्मा ने भरपूर सहयोग किया।

फास्ट मीडिया

fastmedianewsdesk@gmail.com

पंजाब/

## रोटरी मिडटाउन चंडीगढ़ ने स्वास्थ्य जांच शिविर का किया आयोजन

फास्ट मीडिया (अमूल्या), चंडीगढ़। शिविर को ग्राम दरिया में स्थित स्वास्थ्य केंद्र नजदीक लाला वाला पीर दरिया में रोटरी मिडटाउन चंडीगढ़ द्वारा विशाल स्वास्थ्य जांच शिविर का आयोजन किया गया इसमें आरसीसी दरिया की पूरी टीम ने संयोजक की भूमिका निभाई, शिविर में 300 से 400 लोगों का स्वास्थ्य जांच किया गया तथा लगभग इतने ही लोगों को निशुल्क दवाएं वितरण किया की गई। इस कार्यक्रम में मुख्य अतिथि के तौर पर पूर्व सांसद एवं वर्तमान अपर महाधिवक्ता भारत सरकार सत्यपाल जैन शामिल हुए। रोटरी मिडटाउन चंडीगढ़ के प्रधान जीतन भामरी जी डॉक्टर मंजू श्री शर्मा, सलिल देव वाली, डॉ नितिन माथुर, संजीव चैकर, डॉ अनुराग शर्मा, कार्डियोलॉजिस्ट ओजस हॉस्पिटल डॉक्टर नितिन माथुर डॉक्टर जितेंद्र कुमार एवं प्रथम लैब के पुनीत आहूजा ने विशेष सहयोग किया। कार्यक्रम में चंडीगढ़ भाजपा के प्रदेशाध्यक्ष अरुण सूद व पूर्व सीनियर डिप्टी मेयर अनिल दुबे, डिप्टी मेयर हरजीत सिंह, पार्षद गीता चौहान तथा स्थानीय पार्षद विमला दुबे, एवं शैलजा शर्मा विशेष तौर पर मौजूद रहीं। रोटरी आरसीसी दरिया के अध्यक्ष बलजीत सिंह सिद्धू ने बताया कि डॉक्टर विनोद शर्मा, दीपक उनियाल, रामकुमार लल्ला, हरिश्चंद्र शर्मा, सुषमा, प्रभा सिंह फ्रेंड्स क्लब के अजय पासवान, सूरज, राहुल ठाकुर, राम शुक्ला, सतीश शर्मा धनंजय पासवान एवं राजेश शर्मा ने भरपूर सहयोग किया।



अनिल दुबे, डिप्टी मेयर हरजीत सिंह, पार्षद गीता चौहान तथा स्थानीय पार्षद विमला दुबे, एवं शैलजा शर्मा विशेष तौर पर मौजूद रहीं। रोटरी आरसीसी दरिया के अध्यक्ष बलजीत सिंह सिद्धू ने बताया कि डॉक्टर विनोद शर्मा, दीपक उनियाल, रामकुमार लल्ला, हरिश्चंद्र शर्मा, सुषमा, प्रभा सिंह फ्रेंड्स क्लब के अजय पासवान, सूरज, राहुल ठाकुर, राम शुक्ला, सतीश शर्मा धनंजय पासवान एवं राजेश शर्मा ने भरपूर सहयोग किया।

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चंडीगढ़, (आपका फैसला)। आज ग्राम दरिया में स्थित स्वास्थ्य केंद्र नजदीक लाला वाला पीर दरिया में रोटरी मिडटाउन चंडीगढ़ द्वारा विशाल स्वास्थ्य जांच शिविर का आयोजन किया गया इसमें आरसीसी दरिया की पूरी टीम ने संयोजक की भूमिका निभाई, शिविर में 300 से 400 लोगों का स्वास्थ्य जांच किया गया तथा लगभग इतने ही लोगों को निशुल्क दवाएं वितरण किया की गई। इस कार्यक्रम में मुख्य अतिथि के तौर पर पूर्व सांसद एवं वर्तमान अपर महाधिवक्ता भारत सरकार सत्यपाल जैन शामिल हुए। रोटरी मिडटाउन चंडीगढ़ के प्रधान जीतन भामरी जी डॉक्टर मंजू श्री शर्मा, सलिल देव वाली, डॉ. नितिन माथुर, संजीव चैकर, डॉ. अनुराग शर्मा, कार्डियोलॉजिस्ट ओजस हॉस्पिटल डॉक्टर नितिन माथुर डॉक्टर जितेंद्र कुमार एवं प्रथम लैब के पुनीत आहूजा ने विशेष सहयोग किया। कार्यक्रम में चंडीगढ़ भाजपा के प्रदेशाध्यक्ष अरुण सूद व पूर्व सीनियर डिप्टी मेयर अनिल दुबे, डिप्टी मेयर हरजीत सिंह, पार्षद गीता चौहान तथा स्थानीय पार्षद विमला दुबे, एवं शैलजा शर्मा विशेष तौर पर मौजूद रहीं। रोटरी आरसीसी दरिया के अध्यक्ष बलजीत सिंह सिद्धू ने बताया कि डॉक्टर विनोद शर्मा, दीपक उनियाल, रामकुमार लल्ला, हरिश्चंद्र शर्मा, सुषमा, प्रभा सिंह फ्रेंड्स क्लब के अजय पासवान, सूरज, राहुल ठाकुर, राम शुक्ला, सतीश शर्मा धनंजय पासवान एवं राजेश शर्मा ने भरपूर सहयोग किया।



## Ayurvedic Rasayanas & Panchkarma for Strength and Well Being

[Click here](#) to watch live streaming on Facebook

In our regular meeting on 22nd September 2023 welcome address was given by PE Rtn. Nitin Kapoor who presided over the meeting. Before calling the meeting to order, PP Rtn. Dr. V.J.S. Vohra informed that Sergeant-at-Arms PP Rtn. Ashok Puri was not present because R'Ann Sudha ji is not well and on behalf of all members wished her a very speedy recovery and good health.



**Dr. Suhas Sakhare**

Introducing the keynote speaker Dr. Suhas Sakhare as a distinguished and highly accomplished professional in the field of Ayurvedic medicine and healthcare, Secretary Rtn. Anup Sharma said that Dr. Suhas is dedicated to his craft extended beyond the classroom, as he had undergone specialized training in Panchkarma at the renowned Kottakal Ayurveda Centre in Kerala, and in Pain Management Therapy, which includes Agnikarma and Viddhakarma, in Pune. He has achieved significant milestones, earning his BAMS, MD, and Ph.D degrees from the esteemed Maharashtra University of Health Science (MHUS). Dr Suhas has contributed substantially to national and international publications. He is also an active member of prestigious organizations like All India Ayurved Mahasammelan and is also affiliated with Vishwa Ayurved Parishad.

The invocation by Director Community Services, Rtn. Dr. Manjushri Sharma was an interesting and thought provoking quotes, "We love to speak to those who listen well and we love to listen to those who speak well." AND "The listener does not care how much you know till they know how much you care."

It was an informative and engaging talk on Ayurvedic Rasayanas and Panchkarma for strength and well being, by Dr. Suhas Sakhare who is a highly respected expert on the subject.

The talk was organized by Rtn. Sakshi Verma of Yukti Herbs to promote Ayurveda and healthy living.

Dr. Suhas explained the overall benefits of Ayurveda, the importance of Panchakarma and Rasayana herbs (Ashwagandha, Brahmi, Shilajit).

He said that Ayurveda heals the mind and body and aligns one's soul with the cosmos.



**Rtn Sakshi Verma**



**First Lady R'Ann Kadam Bhambri presents a memento to Dr. Suhas Sakhare. Looking on are PE Rtn Nitin Kapur and Secretary Rtn Anup Sharma**

At the first stage, the experts diagnose the health challenge by evaluating all aspects of one's life - professional, family and social.

The second stage emphasizes the scientific and holistic approach of Ayurveda and Panchkarma, which is a treatment program for the body, mind and consciousness that cleanses and rejuvenates.

Every human is a unique phenomenon manifested through the five basic elements of Ether, Air, Fire, Water, and Earth. The combination of these elements are three doshas (tridosha): Vata, Pitta and Kapha, and their balance is unique to each individual.

When this balance is disturbed it creates disorder resulting in disease.

Dr. Suhas explained the main benefits of Panchkarma:

- Eliminate toxins and toxic conditions from your body and mind.
- Restore your constitutional balance improving health and wellness.
- Strengthen your immune system and become more resistant to illness.
- Reverse the negative effects of stress on your body and mind thereby slowing the aging process.
- Bring about deep relaxation and a sense of well-being.

Dr. Suhas Sakhare further added that in his entire life, he has seen patients becoming better than their previous versions. They never went back to old living habits and changed the way they used to think about life and food.

Rtn. Arjan Singh was pleased to announce that our Club's scholarship program was now in its 15th year. Two deserving girls from the UIET, Disha Rani and Tanuja Ranjan, were awarded the scholarship of Rs. 35,000/- each.



Welcome address by PE Nitin Kapur



Meeting called to order by PP Dr VJS Vohra



Invocation by Rtn Dr Manjshri Sharma



Vote of thanks by R'Ann Kadam Bhambri



Invitation to Rotary Dinner in Dark by President Chandigarh Shivalik Dr SS Makkar



Announcements by Secretary Anup Sharma



Scholarship girls mentored by Rtn Arjan Singh



National Anthem joined by Scholarship girls



Healthy audience, as observed by Dr. Suhas Sakhare. In the front row, Co Editor Rtn Ashish Ahuja doing Facebook live streaming. Editor PP Dr VJS Vohra looks quite relaxed!



Dr. Suhas Sakhare presents birthday gifts to PP Rtn Anil Mehan, joined by R'Ann Rekha Mehan and to Rtn Surjit Singh Mann, joined by PE Nitin Kapur and Secretary Anup Sharma



Rtn Ashish Ahuja receives birthday gift on behalf of his spouse, R'Ann Dr Ruby Ahuja



Rtn Sakshi Verma hands over the scholarship cheques of Rs 35000/- each to Disha Rani and Tanuja Ranjan

## Project Sahyog



Sahyog Beneficiary Yamuna Prasad was discharged on 23rd September 2023 at Paras Artificial Limb Clinic in Gurgaon, Associate of Nevedac Prosthetic Clinic, in presence of President Anchal Khurana and Members of Rotary Delhi Akash Megapolis RI District 3011.

Our Gratitude to Mr Ritesh Dhingra, Multivac Laron India Pvt Ltd. (Introduced by PP Aseem Grover of Rotary Panipat South).

On 04th August 2023 Project Sahyog was launched in Rotary District 3011 at Delhi - Gurgaon by Chair Sahyog D 3080 PP Salil Bali, who informed that Sahyog was launched in Chandigarh in August 2021, and high quality prosthetic limbs have been provided to over 300 beneficiaries through a professional clinical process as per the norms of Rehabilitation Council of India and WHO. Patients are also given proper follow up service, which is very necessary part of the rehabilitation cycle.







## Rotary Club Chandigarh Midtown

In Association with Punjab Art Council and Sparsh Theater Society, Abohar

*Presents* **chorashi pachashi  
chigaasi tey marasi**



Directed by  
**Dr. Gaurav Vij**

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Venue: Punjab Kala Bhawan, Sector 16, Chandigarh

### September 30th, 2023

06.30pm to 08:30pm

Rtn. Jeetan Bhambari  
President

Rtn. J.S. Bawa  
Treasurer

Rtn. Anup Sharma  
Secretary

A Comedy Play "Chorashi Pachashi Chiyaasi Tey Marasi." will be performed at the prestigious Punjab Kala Bhawan on September 30th, 2023, starting at 6:00 PM. The funds raised from this event will be dedicated to the noble cause of Girl Empowerment and Skill Development.

Join Us: Be a part of an event that entertains, enlightens, and empowers. Your support will resonate beyond the event and contribute to the growth and empowerment of our community.

We eagerly anticipate your partnership in making a positive change through the art of theater. Together, we can amplify the message of empowerment and create a lasting impact.

Each Pass will cost Rs 500/-. Please contact the given numbers below for the passes.

Thanks and Regards

Rtn Jeetan Bhambari  
President

PE Rtn Nitin Kapur  
President Elect  
& Event Chair

9815464555  
PP Rtn Salil Bali  
9317635666

Rotary Chandigarh Midtown

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



Ex-Rtn Rakesh Jain is a jeweller by profession and joined Rotary Chandigarh Central in 1991. Thereafter, in 2000 he joined Rotary Club Chandigarh Midtown along with his group of friends. However, he left Rotary in 2020 after being a Rotarian for about 20 years.

Q. Why did you leave Rotary after being a member for about two decades?

A. In fact though I was Rotarian but was never able to attend any weekly meeting because of the clash of timings at my work place. So I always felt guilty that I was not able to fulfil my commitment towards Rotary. Once my wife became Rotarian, I am happy participating in Rotary activities as the spouse, whenever time permits.

Q. As a Rotarian what projects were you involved with?

A. I was involved with the prestigious project of Micro loans which helped many needy persons in their start-ups. I also sponsored the deserving students for free computer courses through the computer centres run by my wife Rtn. Anupam Jain.

Q. How do you support your wife in her Rotary and other community service projects?

A. To quote my wife, "he is my guiding star and big support at the back of everything done by me." (I feel flattered!). I always encourage her to go ahead with social service projects and give her moral support. I give her my opinion in their execution when asked for.

Q. What do you think is the public image of Rotary?

A. It is an association for 'Service before Self' which I feel is the crux of life. Society gives us so much and it is our duty to do something in return. People join from different professions and try to do their best to do community service which has a positive impact. Personally I enjoy fellowships and family picnics whenever I can join.

Wishing your continued support to Rotary Star.

### Thought - Rtn Raj Khattar

- Don't believe everything you hear. There are always three sides to a story. Yours, Theirs, and the Truth.

- If you get tired learn to rest, not to quit.

### Thought - Rtn Col JS Chandoak

Respect the child. Be not too much his parent. Trespass not on his solitude.

----- Ralph Waldo Emerson

### Donations for Club Projects

#### Acknowledged with thanks

Rs One Lac collected by Rtn Arjun Singh from friends and relatives for Scholarship to UIET students.

#### Birthday of Spouse

R'Ann Urmil Luther	23 September
Ajaiver Singh	24 September
R'Ann Amanpreet Chandoak	26 September

#### Birthday of Rotarian

PP Rtn Dr Vanita Gupta	26 September
Rtn. Arjan Singh	28 September

### Happiness and Smiles by Rtn Raj Khattar

पहले जब लोग सोते थे तो शरीर पर आराम मिलता था अब सोते हैं तो मोबाइल को आराम मिलता है

बहुत व्यस्त चल रही है जिंदगी मेरी नहीं ! मोबाइल की या तो हाथ में रहता है या चार्जिंग पर

An extra smart student decided to attend a medicine exam.

See his answers...

The last one is the ultimate!!

1. Antibody - One who hates his body
2. Artery: Study of Fine Paintings or military, not sure
3. Bacteria - Back door of a Cafeteria
4. Coma - Punctuation mark
5. Gall Bladder - Bladder of a girl
6. Genes - Blue denim
7. Labour Pain - Hurt at work
8. Liposuction - A French kiss
9. Ultrasound - Radical Sound that is above human hearing capacity, such as wife's talk.
10. Cardiology - Advanced Study of playing cards
11. Dyspepsia - difficulty in drinking pepsi.
12. Chicken Pox- A Non-Veg. continental dish.
13. CT Scan - Test for identifying person's city
14. Radiology - The study of how Radio works
15. Parotitis - Information about the parrots
- ULTIMATE-----!!!!!!
16. Urology - The study of Europeans.

बूढ़ा पंजाबी- आप मुझे संस्कृत सिखा दो..

पंडित- क्यों? इस बुढ़ापे में नई भाषा सीखने की क्या सूझी?

पंजाबी- देवताओं की भाषा है, स्वर्ग में काम आएगी!

पंडित- अगर नरक गए तो?

पंजाबी- पंजाबी तो आती ही है..!!

## Music Mends minds



The much-anticipated launch of 'Mindscapes: the Musical Odyssey' took off on 20th September 2023 on the zoom platform. Mindscapes is a unique musical experience crafted by a collaboration of Music Mends minds Rotary action Group in California and Rotary Chandigarh Midtown.

The project aimed to take listeners on a journey through various mental and emotional landscapes using the universal language of music. PP Rtn Dr Rita Kalra introduced the concept of Igniting Hopefulness through Mindful Meadows and the core team. She shared the message of founder Rtn. Carol Rosenstein. Mr Anubhav from MMM shared his experience of Music therapy in managing mental illness and showed a video of client talking after 20 years of silence from Parkinsonism.

Chaired by Rtn Sunaini Sharma, the musical journey was captivating. R'Ann Dr Ruby Ahuja, a renowned psychologist explained the importance of mindfulness and importance of music to live in present moment. The attendees shared the experience and singers shared the joy with songs that emit hope. Mindscapes series 1 Musical Odyssey, is available on YouTube as well.

President Jeeten Bhambri said, "The launch of 'Mindscapes: Musical Odyssey' celebrated not only the hard work by the team behind the project but also marked the beginning of a new chapter in experimental music for mental wellness."

There an opportunity to join the healers/ mentors and you can help your loved ones to heal by joining the music therapy session.

Please share and register to be part of igniting Hope Fullness with Mindscape series.



MindScapes Musical Odyssey- Rotary  
Creating Hope

MindScapes Musical Odyssey- Rotary Creating  
youtube.com

<https://youtu.be/cDa4gZH2eaA>

### Offer from a Friend of Rotary

I want to contribute to save River Ghaggar Mission. I have lot of expertise in Environmental Biotechnology and Microbiology. I retired last year from CSIR-IMTECH.

A number of institutions are involved: Irrigation Department, Pollution Control Board, even MP Seechewal from Kapurthala. I offer my scientific expertise to assist the project. We can specially try out biotechnology and Microbiology inputs vital for a solution.

About myself:

- 1) Full name: Dr. Swaranjit Singh
- 2) Designation: Former Professor, Senior Principal Scientist & HoD Environmental Biotechnology
- 3) Years of experience: 30 years in CSIR, Govt of India
- 4) Process of how we will clean River Ghaggar:

Please involve me in your Environmental and Scientific Missions. I will contribute.

I am already a President of Microbiologists Society India and have lot of responsibilities. I will always be happy to contribute to Rotary Club.

**Fear never builds the future, But Creating HOPE in the World does.**

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

PP Rtn Prof Dr Balram K Gupta has been appointed Emeritus Professor in the Institute of Legal Studies, Chandigarh University, an honour given to him in recognition of his rich experience and contribution of over 55 years in the fields of Legal Education, Legal Profession and Judicial Education nationally and internationally. On Dr. Gupta's completion of term as Director of NJA, India, the then CJI, Justice H.L. Dattu wrote, "You have been a great asset to the National Judicial Academy, India, the apex centre for Judicial Education. You have made this institution much stronger by your intellectual contribution." On the occasion of release of Dr Gupta's Book (2022), Dr. Justice DY Chandrachud, Chief Justice of India said, "Every page of this Book embodies his quest for learning, his love for literature and his passion for erudition which are the scholarly attributes which make the personhood of Dr. Gupta as we know him so closely". RI District 3080 honoured Dr. Gupta in 2016 with Lifetime Achievement Award for connecting Rotary with Judiciary.



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