




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
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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](https://www.youtube.com), 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/)

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. 15 Dated: 10 October 2023

## A Fun and Interactive Session on Mental Stress

Keynote Speaker

**Ms Pranita Goyal**

Spiritual Life Coach and Meditation Trainer

**Venue:** Hotel Shivalikview, Sector 17, Chandigarh | **Date:** 13 October 2023 (Friday) | **Time:** 6.30 pm

## Month's Lekha Jokha

### Director's Report for September 2023

[Click here](#) for Live streaming of meeting and photos also

It was "Lekha Jokha" time again, in our regular club meeting held on 06th October 2023. In their invocation message, Rtn. Kulbir Bhatia and R'Ann Harpreet Kaur Bhatia spoke about humility and gratitude while giving donations. In support of the same, they recited two couplets which convey the message that it is only by the grace of the Supreme Giver that one is able to contribute to noble causes and that all credit should be passed on to HIM through prayers.



President Jeeten Bhambri

President Rtn. Jeeten Bhambri welcomed all Rotarians. R'Anns and thanked his team of Directors for another month of Creating Hope through our club activities. Secretary Rtn. Anup Sharma gave the presentation of projects carried out in the month of September.

Rtn Dr Manjushri Sharma presented the projects as Director Community Service. Detailed presentation, uploaded on facebook, can be viewed by [clicking here](#).

PE Rtn. Nitin Kapur apprised about the amount collected through this fund-raiser play "Churasi, Pachasi, Cheyasi Tey Marasi" and also mentioned that more donations were pouring in for the cause of Girl Empowerment.



Advisor of National Minorities Commission of Govt of India, Mr Arnus Masih and former Mayor of Chandigarh Kewal Krishan Adiwali were our gracious guests for this comedy play at Punjab Kala Bhawan, Sector 16, Chandigarh on 30th September.

In the avenue of International Service, President Jeeten proudly announced about the receipt of first global grant of USD 40,000 received by the District 3080 in this Rotary year and that too, to our Club specifically, for providing vocational training for Women Empowerment. He recognized the tireless efforts of Director International Service PP Rtn. Amarjit Singh for the same.

Rtn. Indu Luthra gave an interesting talk and presentation by about her recent visit to Norway.

President Jeeten also recognized the efforts of Editor PP Rtn. Dr V.J.S. Vohra for his continuing dedication, commitment and passion towards the Club Bulletin since last over 14 years. He mentioned that each weekly issue of the bulletin provides a comprehensive write-up and visuals of Club's activities, projects as well as District and International events. This was affirmed by a round of applause by all those present. President Jeeten said on suggestion of Dr Vohra, he is looking for a young computer

savvy Rotarian to be part of the editorial team, in addition to post of Co-Editor created in this Rotary year, that is, Rtn Ashish Ahuja who was bulletin editor in 2006-07 when Dr Vohra was the President of our club.

The President also announced receipt of lapel pins from the Rotary Foundation in recognitions of various PHF contributions. Sergeant-at-Arms PP Rtn. Ashok Puri was presented a Two-Redstone pin in recognition for his PHF+7 contribution, Treasurer Rtn. J.S. Bawa for PHF+1 contribution and PE Rtn. Nitin Kapur for PHF+1 contribution.



National Anthem by PP Rtn RK Luther and R'Ann Urmil Luther, joined by Sergeant-at-Arms PP Rtn Ashok Puri and Rtn Indu Luthra



Invocation by R'Ann Harpreet Bhatia and Rtn Kulbir Bhatia



Presentations by Secretary Rtn Anup Sharma



Presentation by Director Community Service Rtn Dr Manjushri Sharma



Wedding anniversary gift presented to PP Rtn RTPS Tulse and R'Ann Ranjana Tulse by President Jeeten



Rtn Bhavmit Chandoak collects wedding anniversary gift for his parents Rtn Col JS Chandoak and R'Ann Surinder and birthday gift for his spouse R'Ann Amanpreet



Birthday gift presented to Rtn Rajesh Mahajan



Rtn Naveen Aggarwal receives birthday gift on behalf of his spouse R'Ann Sunita Aggarwal



Gift to R'Ann Raspal and Rtn Kulvinder Singh Chhatwal



R'Ann Ranjana Tulse informs about Breast Cancer Walkathon on 07.10.2023

Glimpses of Director's Report. [Click here](#) to see elaborate presentation on Facebook

## Club Service

Started the month with Monthly report by Directors

Rotary  
Chandigarh Midtown

CREATE HOPE  
in the WORLD

Month's Lekha Zokha  
by Club Directors



Rtn Pradeep Sisodia  
Director Club Service

Rtn Anupam Jain  
Director Vocational Service

Rtn Dr Manjushri Sharma  
Director Community Service

PP Rtn Amerjit Singh  
Director International Service

Rtn Renu Chopra  
Director Youth Service

PP Rtn Salil Chhola  
Director Public Image

## Public Awareness Talk on World Heart Day



## Ayurvedic Rasayanas & Panchakarma for Strength & Well Being by Dr. Suhas Sakhare



Dr. Suhas Sakhare, an Ayurvedic expert, is addressing the members of the Rotary Club of Chandigarh Midtown during the session on Ayurvedic Rasayanas & Panchakarma for Strength & Well Being.



The session was conducted by Dr. Suhas Sakhare, an Ayurvedic expert, in the presence of the members of the Rotary Club of Chandigarh Midtown.



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## Nation Builders Award Event



## Community Service

Annapurna Diwas More than 500 People were fed with langar at GMCH, Sector 32 Chandigarh



## Project MAA



Talk on thalassemia, along with a blood donation, stem cell registry, and organ donation registry, at Panjab University



## A Comedy Play "Chorashi Pachashi Chiyaasi Tey Marasi." for Girl Empowerment



## Vocational Service

Girls training in Beauty Technician course at Rotary vocational center, Haripur



## Youth Service

Workshop conducted at GMSSS, 46 D Chandigarh. Interactors, children and their teachers took part



## Session with children of Prakash High School Maheshpur by PP Salil Chopra



PP Salil Chopra conducted a Session on creating honorary children brigade at Govt high school sector 30 Chandigarh



## International Service

TRF approves Global Grant for Women Empowerment

We are pleased to inform you all that in Rotary year 2023-24, First global grant application for funding to provide vocational training to empower women and improve the economy in Panchkula, India., submitted by the Rotary Club of Chandigarh Midtown and Twin Cities (Centralia-Chehalis), has been approved by Rotary Foundation (India) (RF(I)) and the Trustees of The Rotary Foundation (TRF). The award is in the amount of US\$ 40,000. Rest grants are also in pipeline.

## Public Image

Rotary Chandigarh Midtown under Project Shining Wheel" installed 2 Big Hoardings on 18 feet high poles in the busy main railway road of Chandigarh in presence of Sh. Satyapal Jain, Ex MP and Astt Governor Sanjeev Checker. The Hoardings contain Social Messages for the Public –  
1. End TB 2. Beti Bachao Beti Padoo.

## Continued support from USA for Sahyog project by PP Anil Puri of Rotary Twin Cities Club, RID 5020

PP Ashok Puri informed about his brother PP Anil Puri's email from USA who is sponsoring six patients for fitting of artificial limbs under Project Sahyog.

For the continued support of Puri family to Sahyog project, PP Dr V.J.S. Vohra thanked PP Anil Puri, his wife R'Ann Teresa Puri, his sister Mrs Asha Malhotra and his brother PP Ashok Puri and Bhabhi Sudha Puri,

very dedicated couple of Chandigarh Midtown, for their great concern for artificial limbs for needy disabled persons, for their empowerment, enabling them to lead a normal life with dignity and pride.

Dr Vohra is coordinating with Sahyog Chair PP Salil Bali for organizing plaster cast / measurements of these patients on 12th October.

## Signature Project Govt. Elementary School, Singhpura

Project Chair PP Ashok Puri informed about the construction, renovation, addition and alteration in the Signature Project of our Club Govt. Elementary School, Singhpura. After getting approval from Punjab School Education Board (PSEB) Mohali, the project cost of Rs. 42 lakhs was approved in the third board meeting of our club during September 2023, to be executed in phases with International partner club of USA on 50% sharing basis. Brief profile of this project was explained during last meeting and appeal was made to all Rotarians for their participation with generous contribution towards

this Literacy Signature Project. In lieu of this, President Jeeten Bhambri has sent letter to President of Twin Cities Club USA for concurrence of the proposal.

PP Ashok Puri said we have almost finalised the Master plan drawing of all items to be done with great efforts of PP BL Ramsisaria and same will be approved by PSEB, before start of the project.

In the meantime Civil Contractors are in the process of being finalised. We intend to start construction works of Project during Navratra in October.



PP Ashok Puri and PP Dr VJS Vohra expressing our gratitude to PP Anil Puri for his support



PHF recognition to PP Ashok Puri by PP VJS Vohra



PHF recognition to PE Nitin Kapur by PP RK Luther



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in the WORLD

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### District Governor's message - "End Polio Now"

Dear Hope Creators,

Warm Rotary Greetings!!!

As we continue our journey in Rotary, I want to take a moment to emphasize the incredible impact that our organization has had in the fight against polio through the "End Polio Now" campaign.

As you are aware, Rotary International has been at the forefront of global efforts to eradicate polio. Over the years, we have made remarkable progress in reducing the incidence of this devastating disease.

However, our mission is not complete, and our commitment remains unwavering. We are closer than ever to achieving a polio-free world, but the final steps are often the most challenging. To fulfill our promise to children everywhere and to ensure that no child suffers from the debilitating effects of polio, we must continue to support the "End Polio Now" campaign.

I urge all members in our district to make generous contributions to this vital cause. Your donation has the power to create a significant impact.

Each club member is required to contribute \$100, and the minimum contribution for a club is \$1,500.

We have announced the Awards for Clubs and Rotarians who have made contributions to the Polio Fund as outlined below.

	<b>Contribution</b>	<b>Recognition</b>	<b>Reward</b>
1.	Rotarian \$100	Polio Society Member	Pin + Certificate
2.	All Club Members \$100 100%	Polio Society Club	Pin + Certificate + Trophy
3.	Club \$1500 & Above	Polio Star Club	Certificate
4.	All Club Members	Polio 5 Star Club	Certificate
5.	Rotarian \$1000	PHF	Watch + Pin + Certificate

For every \$100 donation, you will receive a Lucky Draw coupon. Ensure you contribute before October 24th, 2023, on POLIO DAY.

Each member will receive recognition points according to the standard TRF policy for their contributions.

Donate before October 24th, 2023, on POLIO DAY, and have a chance to win exciting prizes.

Continue to raise awareness about the importance of polio vaccination in your local community. Advocate for the cause, organize some fund raising activities, engage with local leaders, and encourage others to support our mission.

Our commitment to eradicating polio is a testament to Rotary's dedication to Service Above Self. Let us seize this opportunity to make a lasting impact on the lives of children worldwide and ensure that the world remains polio-free.

Together, we can write the final chapter in the history of polio. Let us continue to be the People of Action that Rotary is known for.

Yours in Rotary Service,

Rtn Arun Mongia  
District Governor  
RID 3080 | 2023-24

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



R'Ann Shashi Gupta did her MSc. in Zoology and got married to PP Rtn Dr. Balram Gupta in 1972. They celebrated their Golden Wedding Anniversary last year. PP Dr. Balram Gupta joined Rotary Club Chandigarh Midtown in 1977 as its Charter Member. She has been enjoying Rotary with him for the last 46 years.

Q. Being R'Ann in Rotary Chandigarh Midtown, how have you been involved with Rotary?

A. My husband never liked to miss the weekly meetings of the club and the District Rotary Functions. I would attend meetings with him and accompany him to the District Rotary Functions. These meetings were full of Fellowship, Rotary knowledge from the best of Rotary celebrities and of course the Rotary Service Projects. This blending is real strength of Rotary. I experienced all this and enjoyed it to the fullest. Since I love singing, sometimes I share my love with Rotarians and feel happy about it. I fully understand the four way test of Rotary and am proud of the fact that my husband has connected Rotary with Judiciary through his writings and talks. The philosophy of Rotary is equally reflective of the service which Judiciary renders to humanity in doing justice.

Q. You have also been an active member of Innerwheel Club of Chandigarh Midtown, please tell something about your journey of Innerwheel Club.

A. I became its member in 2000-01. I was asked to lead the Club in 2008-09. The theme of the year was Realise your Vision and Make a Difference. To make a difference many meaningful projects were carried out successfully. One of the important projects was adoption of High School in Colony 4 Chandigarh where 900 students were administered M.M.R vaccination. Home Care Nursing Project for underprivileged girls was successfully carried out. I was awarded the outstanding ISO of the District 308 during the year 2011-12. Thus I have remained active both in Rotary Club and Innerwheel Club throughout my long association with them.

Q. How Rotary has helped you in your personal life?

A. Rotary has given a purpose to my life. To be involved with humanitarian cause gives you peace of mind and real contentment. I have also earned lifelong friends who stand by me through thick and thin.

Wishing you more and more enjoyable association with Rotary.

## Cet Well Soon

Wishing a very speedy recovery and good health to:

R'Ann Sudha Puri

R'Ann Jyoti Sabharwal

R'Ann Surinder Chandoak

## Birthday of Spouse

R'Ann Harpreet Bhatia

11 October

R'Ann Pritpal Gulati

13 October

## Birthday of Rotarian

PP Rtn Sanjay Bhatia

09 October

PP Rtn Amarjit Singh

13 October

## Wedding Anniversary

PP Rtn Salil Chopra and Rtn. Renu Chopra

10 October

Rtn. Mohinder S, Kamra and R'Ann Sushma

Kamra

11 October

## Happiness and Smiles by Rtn Raj Khattar

Husband: Darling don't leave me.

I can't live without you.

Wife: No, I am going. You have no place in my heart any more.

Husband: Then keep me in your brain.....

I know it is empty.



## SENIOR CITIZENS, PLEASE BE MORE TALKATIVE

Generally, senior citizens are more talkative. But Doctors say, it's good. See a report below -

Doctors say so. Retirees (senior citizens) should talk more because there is currently no way to prevent memory loss. The only way is to talk more. There are at least three benefits for senior citizens if they talk more .

**FIRST:** Speaking activates the brain and keeps the brain active, because language & thought communicate with each other, especially when speaking quickly, which naturally results in faster thinking reflection and also enhances memory. Senior citizens who do not speak, are more likely to lose memory.

**SECOND:** Speaking relieves a lot of stress, avoids mental illness and reduces stress. We often say nothing, but we bury it in our hearts and suffocate ourselves. It's true , so it would be nice to give seniors a chance to talk .

**THIRD:** Speaking activates the facial muscles & at the same time, exercises the throat & also increases the capacity of the lungs, at the same time, it reduces the risk of eyes & ears deterioration and reduces latent risks such as dizziness and deafness.

**IN SHORT:** retirees, (senior citizens) the only way to prevent Alzheimer's is to talk as much as possible and communicate actively with people.

## My Visit to Norway

Presented by



Rtn Dr Indu Luthra

highest this year was 30 °C! Norway is the Land of the Midnight Sun. Svalbard is the place in Norway



and where the midnight sun occurs for the longest period. Here, the sun doesn't set between 20 April and 22 August.

Norway is the Land of Freezing Temperatures and Northern Lights.

Population of Norway is 5.4 million. It is one of the richest socialist country with wealth from oil reserves shared with its population.

I have visited Norway multiple times to stay with my daughter. My most recent visit was in July this year.

Norway is one of the most beautiful countries on earth. It is a narrow country in northern Europe.

It shares the Scandinavian Peninsula with Sweden and Finland.



The Land of Fjords - Norway's coastline is famous for its Fjords (Fyords), which are sea inlets between steep cliffs. The Fjords were carved out by glaciers, as were the country's mountains.

Lakes dominate the landscape in Norway. There are 65,000 lakes in Norway!



Norway is one of the 10 coldest countries in the world. The temperature goes down to -34°C

## Presented by the President in regular meeting



Scholarship cheque handed over to PP Ashok Puri by PP RTPS Tulsi for school fee for two children



Birthday gift presented to Rtn Arjan Singh by President Jeeten Bhambri. Looking on is Secretary Anup Sharma



President Jeeten Bhambri presents birthday gift to R'Ann Urmil Luther, accompanied by PP Rtn RK Luther

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

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## Good Thoughts

## Punctuality Award

### Thought - Rtn Col JS Chandoak

I always like to hear a man talk about himself, because then I never hear anything but good. ----- Will Rogers

### Thought - Rtn Raj Khattar

- One has to spare a day in a week for self-care and self-love; That day is Sunday.
- Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day.
- Take risks: If you win, you will be happy; if you lose, you will be wise.
- Time never rewinds itself, But memories do.
- Happiness is a mood. Positivity is a mindset.



Presented to Rtn Dr Rajarajan Ganesan by President Jeeten Bhambri. Looking on is Secretary Anup Sharma

**PP Rtn Salil Chopra**

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