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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?

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Volume 48 No. 18 Dated: 31 October 2023



Venue: Hotel Shivalikview, Sector 17, Chandigarh **Date:** 03 November 2023 (Friday) | **Time:** 6.30 pm

Music Mends Minds Restoring the Rhythm of Life

The Power to Heal with Music

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

Mindscape Series - The Musical Odyssey @ Rotary Chandigarh Midtown weekly meeting on 28th October 2023 at Old age Home Panchkula was a grand success. President Rtn Jeeten Bhambri and Secretary Rtn Anup Sharma coordinated the unique initiative of spreading happiness and uplifting the spirits during festival times for the inmates of Old Age Home, Panchkula.



The event was graced by the presence of distinguished guests Past RI President Rtn Rajendra K Saboo and R'Ann Usha Saboo. Both of them also

enthusiastically participated and their involvement added a touch of inspiration to the gathering, motivating members and inmates Old Age home alike.

Music Mends Minds is the core concept of the event which revolves around the therapeutic effects of music and how it has the potential to mend minds, especially among the elderly suffering from diseases like dementia, Alzheimers, Parkinsonism, depression, stress etc. The event was chaired by Rtn Sunaini Sharma, who passionately shared her insights on the subject. She emphasized the importance of integrating music into the daily lives of the elderly, citing its numerous mental and emotional benefits.

PP Rtn Dr Rita Kalra introduced the concept which was launched online in collaboration with Rotary action



Lighting of Lamp by PRIP Raja Saboo and Usha ji

Group MMM based in California. The founder Rtn Carol Rosenstein says, "I am in awe of your amazing celebration! Beautiful voices in song, open hearts touching and happy chemicals being released by your brains to lift your spirits, increase brain function and even boost your immune systems. Supported by several senior Past Presidents, Rotarians and their spouses, MMM India Chapter echoed her sentiments and all those present participated in singing.

The inmates of the Old Age Home were not mere spectators. They actively participated, shared their stories, and even showcased their musical talents. The event was a harmonious blend of discussion, music, and shared experiences. Saregama Caravan music system was gifted to old age home for adding music to their lives.



Address by PRIP Raja Saboo



Collar to President Jeeten Bhambri



Welcome address by
IPP Dr Sanjay Kalra

"The Musical Odyssey" was a testament to the power of music and its ability to heal, connect, and inspire. Our Club's initiative in highlighting this was well-received and promises to pave the way for more such enriching events in the future. The series will continue to engage people for mental wellness through periodic sessions and will study the impact in times to come. All can join.

Indeed, music has a remarkable power to heal and bring comfort to individuals facing various challenges in life, "Music Mends Minds" is a meaningful and apt phrase that highlights the therapeutic potential of music and can be elaborated as follows.

Many studies have shown that music can have a positive impact on mental and emotional well-being. It can help reduce stress, improve mood, and even assist in cognitive and physical rehabilitation.

The phrase "restores the rhythm in life" is a poetic way of expressing how music can bring order and harmony to people's lives. It can provide a sense of structure and purpose, especially in times of difficulty.

The healing power of music is well-recognized and used in various therapeutic settings, including music therapy, which is a formal, evidence-based practice that harnesses the benefits of music for emotional, psychological, and physical healing.

Music therapy is a well-established field that utilizes the therapeutic power of music to promote healing and improve the overall well-being of individuals. The concept of music therapy has a long history, and many individuals and organizations have contributed to its development. The Rotarian from the USA was involved in promoting or supporting music therapy initiatives. However, it's important to recognize that music therapy is a diverse field with practitioners and advocates worldwide. Here is some more information about music therapy and its potential to heal:

Definition of Music Therapy: Music therapy is the clinical use of music interventions by a credentialed

professional to achieve individualized goals within a therapeutic relationship. This means that trained music therapists use music as a tool to address specific physical, emotional, cognitive, and social needs of their clients.

Emotional and Psychological Healing: Music can help individuals express their emotions, reduce anxiety, manage stress, and improve their overall mental health.

Cognitive Rehabilitation: Music therapy can be beneficial for individuals with neurological conditions, such as Alzheimer's disease and stroke, by enhancing memory, attention, and problem-solving abilities.

Physical Rehabilitation: Music therapy can support physical rehabilitation efforts by promoting movement, coordination, and motor skills.

Pain Management: Music therapy can provide comfort and distraction, reducing the perception of pain.

Social Interaction: Group music therapy sessions can foster social connections and improve communication skills.

Credentials and Training: Music therapists are professionals who have completed extensive training in both music and therapeutic techniques. They typically hold a bachelor's or master's degree in music therapy and must complete clinical training and pass a certification exam to become a board-certified music therapist (MT-BC).

Setting and Populations: Music therapy can be provided in various settings, including hospitals, rehabilitation centers, schools, nursing homes, and private practices. It is used with a wide range of populations, including children, adults, and the elderly.

Rotary's Involvement: Rotary clubs or Rotarians have supported or promoted music therapy initiatives as part of their community service efforts.

Rotary International is known for its involvement in various humanitarian and community service projects worldwide.

Research and Recognition: Music therapy has gained recognition in the healthcare field, and there is a growing body of research supporting its effectiveness. Many hospitals and healthcare institutions now include music therapy as a complementary treatment option. The healing power of music therapy is increasingly

acknowledged and utilized in healthcare and wellness programs. It can be a valuable addition to traditional medical treatments, offering a holistic approach to healing and improving the quality of life for individuals facing various challenges and illnesses.



PRIP Raja Saboo and Usha ji inspiring the inmates of old age home



Meeting in progress



Fellowship



Rotarians, R'Anns and Inmates of old home displaying the Power Music and Singing

Project Hunnar: Vocational Skilling Centre at Village Bir Ghaggar - Introduction:

In a world characterized by constant change and unpredictability, vocational training emerges as a cornerstone for sustainable personal and professional development. It serves as a beacon of hope, illuminating pathways for individuals to acquire essential skills, embrace economic independence, and contribute positively to their communities. Project Hunnar is an ambitious initiative facilitated by a global grant from The Rotary Foundation.

This project aims to establish a Vocational Skilling Centre at Village Bir Ghaggar, empowering the local community especially women with essential vocational skills and fostering self-reliance.

Objective:

Skill Development: To equip individuals, particularly the youth, with vocational skills that match current market demands.

Employment Opportunities: Enhance employability by providing certified training courses that open doors to various industries.

Community Empowerment: Foster a sense of community growth and self-reliance, reducing dependency on external factors.

Execution:

- 1. Infrastructure Development:** Establish a state-of-the-art Vocational Skilling Centre equipped with modern tools and equipment.
- 2. Course Design:** Collaborate with industry experts to design relevant courses in line with current market needs.
- 3. Training and Mentoring:** Engage skilled trainers to provide hands-on training. Additionally, organize mentoring sessions with industry professionals for holistic development.
- 4. Placement Assistance:** Partner with local businesses and industries to facilitate job placements for trained individuals.

Financial Overview: Total Grant Received: \$40,000 from The Rotary Foundation.

Contribution: Host Partner Rotary Chandigarh Midtown \$12500

International Partner Rotary Club Twin Cities Chehalis \$10500

Appeal: We humbly appeal to all generous donors to come forward and support this noble cause. Your contribution, no matter how big or small, will play a pivotal role in changing the lives of many in Village Bir Ghaggar. It will provide them with the skills they need to become self-reliant, thereby uplifting the entire community.

Benefits of Contributing:

- 1. Community Development:** Your contribution will directly impact the lives of many, providing them with essential skills and employment opportunities.
- 2. Recognition:** All significant contributors will be duly recognized for their generosity and support as Paul Harris Fellows and Paul Harris Society members.

How to Contribute: Contributions can be made through your 'My Rotary' account and directed towards Global grant 2349087 or issue a Cheque in favour of The Rotary Foundation India. Alternatively, you can contact our club Secretary Rtn Anup Sharma for more information.

Outcome and Future Steps:

- 1. Skill Enhancement:** With the Vocational Skilling Centre in place, Village Bir Ghaggar will witness a surge in skilled individuals ready to take on various vocational roles.
- 2. Economic Boost:** The project is expected to play a pivotal role in boosting the local economy by creating job opportunities and fostering entrepreneurship.
- 3. Scalability:** Based on the success and impact of the project, there are plans to replicate the model in other needy regions, expanding the scope of Project Hunnar.

Conclusion: Project Hunnar, backed by The Rotary Foundation's global grant, promises to be a game-changer for Village Bir Ghaggar. By focusing on vocational training, it aims to empower the community, ensuring sustainable growth and progress. The project stands as a testament to the power of collaboration and the impact it can have on community development.

In a landscape where the future of work is uncertain and dynamic, vocational training stands as a lighthouse guiding individuals towards a hopeful and sustainable future. It embodies the promise of opportunity, the empowerment of education, and the hope for a better tomorrow for individuals and communities around the globe. Through advocacy, investment, and collective commitment, we can continue to champion vocational training as a vital instrument of hope and progress in our world.

Project Hunnar stands as a beacon of hope for many in Village Bir Ghaggar. With your support, we can ensure its success and make a lasting impact on countless lives. We sincerely hope you'll consider joining us in this endeavour.

Thank you for your kindness and generosity.

IPP Dr Sanjay Kalra

Primary Contact

Host Partner

Rotary Chandigarh Midtown

The Sherlock Holmes of Rotary **How Rotary keeps your donations safe** **By Christina Lanzona**

Charity Navigator has consistently given its highest rating, four stars, to The Rotary Foundation, year after year. In the most recent rating, The Foundation received a perfect score of 100 for financial health, accountability, and transparency - indicating the organization is using its donations effectively and donors can give with confidence.

One reason for the top-tier marks is that Rotary takes any accusations of fraudulent activity seriously. Rotary has an entire department dedicated to investigating fraud and the misuse of Foundation grant funds: Rotary's Stewardship Department.

The good news, though, is such issues don't happen often. In fact, most grant funding is used exactly as intended and leads to sustainable outcomes in Rotary's areas of focus.

What we do

The mission of Rotary's Stewardship Department is to assure Rotary's stakeholders that the funding provided by The Rotary Foundation is properly managed. We operate from the Evanston, Illinois, and South Asia offices, bringing a systematic and disciplined approach to grant oversight, while also assisting clubs and districts in developing localized governance processes for grant implementation, financial management, and document retention.

We also oversee reporting for Rotary grants, the district qualification process, and The Rotary Foundation Cadre of Technical Advisers, a group of Rotary volunteer experts who help plan and evaluate Rotary grants.

We're basically the Sherlock Holmes of Rotary, but with more paperwork.

The investigation begins

We receive allegations from Rotary members and non-members mostly via

email, but sometimes the information is reported directly to a Rotary staff member or a district leader. We take every allegation seriously and work closely with grants staff and club and district leaders throughout the process.

Most of what we do is review grant documentation and financial records to confirm or refute the allegations. We may request the district investigate and collect more information. In some cases, an auditor from the Cadre will conduct an on-site verification of physical assets, vendors, and financial records.

The audit evaluation is then submitted to key Rotary staff, who take further action based on the recommendations. If fraud or misuse is confirmed, we may recommend a member, club, or district be suspended from participating in Rotary grants. In most cases, we're able to recover the misused funds.

Lessons learned

There are varied reasons why grant funding may be mishandled, but in our experience, these rare instances come down to several common themes:

- A lack of transparency among grant sponsors
- Ineffective communication among grant sponsors
- The project is led by one person or a small group, so there's little to no accountability
- Grant funds are handed over to a cooperating organization, and Rotary members are not managing grant funds or actively participating in project implementation
- Poor record-keeping and document retention

Best practices

There are many steps that Rotary members can take to ensure that grant funds are responsibly managed:

- Review relevant documentation. If you are planning a global grant, the

terms and conditions and the area focus policy statements are critical documents.

- Conduct a competitive bidding process for any significant purchases.
- Ensure your club or district has a written financial management plan and is following the other stewardship requirements outlined in the club and district qualification memorandum of understanding.
- Use project planning resources, like the Cadre or Rotary Action Groups, to strengthen your application and increase your project's impact.
- Disclose any potential conflicts of interest to Rotary grants staff.

A note about conflicts of interest

Rotary members tend to have a lot of connections with local or region governments, with schools, churches, hospitals, and leaders in their communities. These connections are great, and they often lead to the development of Rota grant projects.

Conflicts of interest occur when people are in a position to make or influence decision about a Rotary grant that could benefit themselves, their family, the business, or an entity for which they serve in a paid or voluntary leadership or advisory position.

It is important to remember that a link between a Rotary member and an entity involved in a grant must be disclosed to Rotary grants staff during the application process.

To learn more about the Stewardship Department, send the office an email stewardshipdepartment@rotary.org.

Christina Lanzona is the audit, monitoring, and district support specialist for The Rotary Foundation. She lives in Chicago and has a bachelor's degree in public relations and a master's in business administration.

The reasons why our Contributions to TRF are best utilised and handled with utmost transparency.

- PDG Mukesh Arneja, RI District 3012, Delhi

Heartiest Congratulations



Aaron Mann, son of Rtn Surjit Singh Mann, was sworn in as Lt. Colonel in the US Army on 30 October 2023

Donation to Club Projects

Acknowledged with thanks

Gifting Saregama Caravan to Old Age Home, Panchkula

The cost is approx Rs 7000.

PP Rtn Dr Rita Kalra Rs 1000

PP Rtn RTPS Tulsi Rs 1000

Rtn Dr. Manjushri Sharma Rs 1000

PDC R'Ann Neeru Khattar Rs 1000

R'Ann Dr Kadam Bhambri Rs 1000

Rtn SK Dhawan Rs 1000

Rtn Sunaini Sharma Rs 1000

Birthday of Spouse

Dr. Rahul Garg

01 November

Birthday of Rotarian

Rtn Raman Salwan

30 October

Rtn Naveen Aggarwal

31 October

Rtn Ashish Ahuja

31 October

Rtn Prof Dr Dr. IS Dua

02 November

Happiness and Smiles by Rtn Raj Khattar

बहुत कोशिश के बाद सामने आया है ये सच...!!

Air hostess - हवाई सुंदरी

Nurse - दवाई सुंदरी

Lady teacher पढ़ाई सुंदरी

Maid- सफाई सुंदरी

और

Wife - लड़ाई सुंदरी ...

I told my son, "You will marry the girl I choose."

He said, "NO!"

I told him, "She is Bill Gates' daughter." He said, "OK."

I called Bill Gates and said, "I want your daughter to marry my son."

Bill Gates said, "NO."

I told Bill Gates, My son is the CEO of World Bank."

Bill Gates said, "OK."

I called the President of World Bank and asked him to make my son the CEO. He said, "NO."

I told him, "My son is Bill Gates' son-in-law." He said, "OK."

This is how politics works.

Bridegroom to Pandit ji, pointing towards bride:

मैं इसे right पर बिठाऊ या left.

Pandit ji: जहां मर्जी बिठा ले..... इस ने बैठना तेरे सर पर ही है

Rtn शशि जैन से रूबरू दिल से दिल की गुफ़तगू



Rtn. Dr. Anurag Sharma is a renowned and much loved cardiologist in North India with an experience of 21 years. He is the Chairman Cardiac Sciences and Chief Cardiologist at Ojas Super Speciality Hospital, Panchkula. He joined Rotary 13 years back and is also a Paul Harris Fellow.

Q. Though you joined Rotary more than a decade ago but you don't attend weekly meetings.

A. Yes my profession is such that I don't find time to attend weekly meetings but I practice Rotary through my profession and live up to its Principles. I am the founding Director of Kamla Devi Memorial Charitable Society, an organization through which I have been sponsoring the treatment of poor patients admitted in various hospitals. I am also the Founding Member of Society for Ethical and Affordable Healthcare (SPEAK), an organisation that works for creating awareness about the importance of creating an environment of transparency in medical practices.

Q. Kudos Dr. Sharma! You are doing a yeoman service for treating the heart patients. How do you make general people aware about the healthy heart?

A. I have published research articles in National and International journals; prominent ones being American Journal of Cardiology, Indian Heart Journal, Neurology India and Journal of Saudi Heart Association. I regularly contribute articles in National Newspapers regarding the causes, symptoms and various treatment options for heart diseases.

Q. Besides being an excellent heart surgeon, you are a melodious singer. How did you develop an interest in singing along with pursuing medicine ?

A. Singing is God's gift to me. I love to share my gift with my fellow Rotarians. I enjoy enthralling my friends and feel happy.

Wishing you more and more healing powers.

Members are requested to send Rotary articles for the bulletin, sharing their Rotary experience / information. Interesting articles on personal achievements or non-political topics with social message or community service are also welcome. The article should have upto 500 words.

Please send to the Editor on email: drvjsvohra@gmail.com or

Whatsapp: 91 9814006829

Project Udyam - Rotary Empowering Youth with Entrepreneurial Skills

Rotary Chandigarh Midtown partnered for a strategic initiative sponsored by the MSME Government of India to harness the harness of harnessing the untapped potential of India's youth and drive innovation within the nation's enterprises. Thirty students registered for the programs which were launched at Hartron Centre, Sector 16, Panchkula in presence of President Jeeten Bhambari, PP Dr Rita Kalra, DVS Anupam Jain and officers of MSME from Karnal.

Entrepreneurial skill training for youth is crucial in the modern world where the dynamics of employment are changing, and innovation drives economies. Cultivating these skills can empower the young generation, make them self-reliant, and turn them into job creators rather than job seekers.

The partnership between Rotary and MSME represents a significant stride towards empowering Indian youth with entrepreneurial skills particularly focusing on the grassroots level and potentially transformative startups. Dedicated to fostering innovation, skill development, and entrepreneurial mindset among young Indians, it prepares them to be the future drivers of the nation's economy. It also marks a promising step forward in empowering the youth with the right set of skills and opportunities, harnessing their entrepreneurial spirit for the nation's economic progress.

This initiative is poised to make a substantial impact on India's industrial landscape. Rotary clubs interested in conducting the training program in their respective cities, please contact for further query. Let us together build our Nation!



Rtn Anupam Jain
Addl District Secretary
Vocational Service
M: 9815913339

PP Rtn Dr Rita Kalra
District Chairperson
Vocational Training
M: 9878880550

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Chairman

Rtn Anil Breja
Assistant Governor Zone-11

Rtn Vipin Mittal
President

Rtn Rajesh Nanda
Secretary

ROTARY3080

rotary3080.org

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

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Designed & Printed at
Satyadeep Offset Printers (P) Ltd.
292, Industrial Area, Phase II
Chandigarh Ph.: 4624942
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Good Thoughts

Thought by Rtn Raj Khattar

- Every day is a gift. Open it with positivity.
- Learn to speak well and listen better.
- Obstacles are what you see when you take your eye off the goal.

Thought by Rtn Col JS Chandoak

It is less important to redistribute wealth than it to redistribute opportunity.

----- Arthur Vandenberg

Interesting highlights from the October 2023 Rotary International Board of Directors meeting

- Changed the name of the Rotary Citation to the Club Excellency Award, effective 1 July 2024.
- Agreed to eliminate the creation of an annual presidential theme and logo starting in Rotary Year 2025-26.
- Agreed to submit to the 2025 Council on Legislation enactments to remove the requirement to hold an annual district conference.

For advertisements in this bulletin, please contact Secretary Rtn Anup Sharma. Mobile: 91 9814005141

PP Rtn Salil Chopra

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