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Rtn. Arun Mongia

President
Rtn. Jeeten Bhambri

Secretary
Rtn. Anup Sharma

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www.rotarychdmidtown.org

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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Music Mends Minds
Restoring the Rhythm of Life

OUR MISSION

Music Mends Minds is a nonprofit that creates Musical support groups for individuals with Alzheimer's dementia, Parkinson's, traumatic brain injury, PTSD, and other neurological disorders.

OUR VISION

To foster worldwide communities among afflicted individuals and their families, friends, volunteers, and caregivers, all of whom can thrive on socialization and music-making.

Weekly Meeting

New Year Celebrations

Venue: Kusth Ashram,
Ramdarbar, Chandigarh

Date: 05 January 2024 (Friday)

Time: 5.30 pm

Note the change in Timing & Venue



Dr. Harshneet Kaur

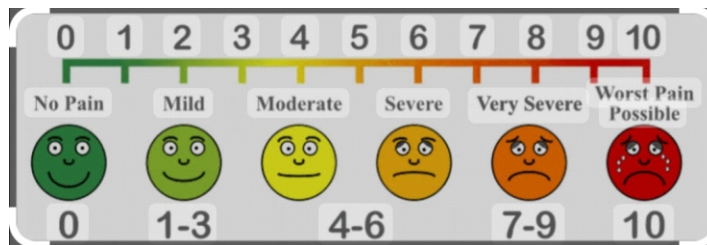
You Don't have to live in Pain - Free Yourself from Pain Forever

A silent pandemic of bodily pains (back, cervical, shoulder, migraine, knee, heel, foot) is going on since ages and a lot of times it is ignored because it's not life threatening. Also due to lack of awareness we keep bearing pain attributing it to ageing, bad posture or overuse, believing we have to live with this pain. At times one also starts exercising believing that by exercising the muscles will become strong and thereby reduce pain. We try stress management, in case of overweight patient starts focussing on weight reduction or various other holistic approaches, forgetting that life without pains is possible.

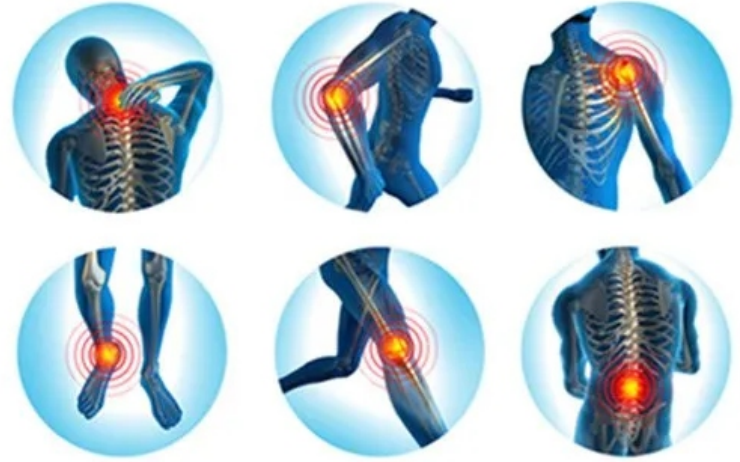
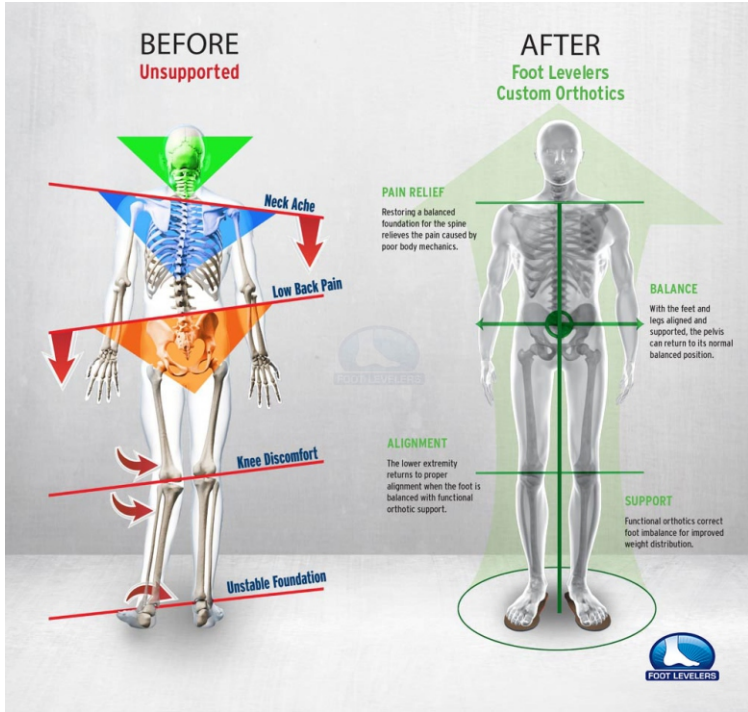
How? For that, first monitor your pain on pain thermometer i.e. VAS (visual analogue scale) to understand the degree of pain. Once you understand your pain level you start working on the root cause of pain accordingly. For example in case of a heart attack we don't treat the heart attack, we treat heart disease which caused the attack.

But with pain we keep treating pain through pain killers, massages, local quacks in vicinity, or by avoiding activities by which pain increases. Many a times it's not the degeneration seen on xray or MRI that is responsible for pain. It is joint dysfunction or joint misalignment which leads to pain. Also, like during an heart attack pain might reflect in left arm, similarly pain originating from the back might reflect in knee or vice-versa. So get assessed by an expert if you are victim to recurrent pains. For joint dysfunction and joint alignment induced problems a physiotherapist will be a better expert to find a solution to these problems. (Like a cardiologist for heart problems or a gynaecologist for gynae issues) Physiotherapy also has many specialisations MPT musculoskeletal conditions MPT chest/cardio MPT sports MPT neuro. So select the right expert for your problem and get quality recovery. From traditional physio practices now physio practices have advanced to the extent of manual therapy (Maitland, Mulligan, McKenzie and many more techniques) to improve joint alignment and dysfunction and are hence able to give patients in pain satisfactory and long lasting results.

Pain Thermometer
Measure where do you stand on this



1	2	3	4	5	6	7	8	9	10
Mild to Moderate Pain			Moderately strong			Severe Pain			
Sometimes mild pain is noticeable and distracting, however, you can get used to it and adapt.			Moderately strong pain may interfere with normal activities. It could be difficult to concentrate. You can't ignore the pain for more than a few minutes.			Severe pain dominates your senses and significantly limits your ability to perform normal daily activities or maintain social relationships. Interferes with sleep.			



Welcome Address by President Jeeten Bhambri



Facilitation of Guest Speaker Dr. Harshneet Kaur by Rtn. BL Ramsisaria joined by President Jeeten Bhambri and Secretary Anup Sharma



Celebrating Birthday of Rtn. IS Dua joined by Dr. Harshneet Kaur, President Jeeten Bhambri



← Facilitation of Lucky Draw Winner Rtn. Pallav Mukerjee joined by Dr. Harshneet Kaur, President Jeeten Bhambri

Facilitation of Lucky Draw Winner Rtn. Dr. Raja Rajan joined by Dr. Harshneet Kaur, President Jeeten Bhambri →





Week Gone By

Successful Completion and Certificate Distributions under Project Udyam

Project Udyam by RCCM-Our step towards adding entrepreneurship skills under vocational services for youth making them self employable sponsored by MSME (Govt. Of India) Training on developing Entrepreneurship skills to 30 candidates was concluded by distributing certificates from DFO MSME Karnal Division Sh. Harpal Singh ji.

Club President Rtn Jeeten Bhambri, PP Rtn Vinod Jawa & Director Vocational Services Rtn Anupam Jain were present on this occasion. *DFO Mr. Harpal Singh interacted with all trainees & assured them further support under no. of Government Schemes. Few students shared their ideas & feedbacks which were deeply appreciated by all. The objective of the programme was to explore the possibilities of self employment for the students and to apprise the schemes/policies of MSME unit. Strict vigilance had been kept on trainees throughout the program under centralised monitoring tools. Lectures on entrepreneurship skills were given by expert faculties under MSME & training on web designing skills was conducted at Hartron skill centre, sector 16, Panchkula arranged by Director Vocational Services Rtn Anupam Jain, President Jeeten bhambri thanked MSME officials for their endeavour to support Rotary for this project.



Susiksha Pathshala at GMS, Rally, Panchkula



Today's session of Rotary Susiksha Pathshala was held at Govt middle school Village Rally, Panchkula. This was on never ever mistake to identify a person personality on the basis of outward appearance but from personality, attitude, knowledge and his behaviour. Told 2 stories on this subject and children enjoyed and would put to practice so that they don't fail in their judgement. The course was held on behalf of rotary club Chandigarh midtown

On Nikshay Mitra Diwas, Rotary Club Chandigarh Midtown gave away TB nutrients to 50 patients at Govt Dispensary, Sec 16, Panchkula. 23 patients were given the nutrients on the spot and 27 packets were handed to the hospital authorities to be distributed to the left over patients in the presence of Rtn Suresh Dhawan, Dr Manjushree and Rtn. Renu Chopra.



Debate Competition at Tribune School, Sec 30, Chandigarh



On 27/12/23 a debate competition was held at tribune school sector 30 chd . Four teams participated. The team which stood first was given trophy's along with certificates . The other team were given participation certificate. A best speaker was given a trophy . Rtn Pradeep Sisodia and ranne Nandita Sisodia were the judges. Rotractor Rashdeep, tanveer along with his team were present . The principal and the teacher were present .

Nikshay Mitra Diwas, Govt. Dispensary, Sector 16, Panchkula





"Sardi ki Vardi"

Bringing Warmth to Hearts and Homes Under the dynamic leadership of President Jeeten Bhambari, Rotary Chandigarh Midtown Club, in collaboration with the vibrant energy of 93.5 Red FM and the dedicated efforts of Rotractor President Aman Garg and his team, started a heartwarming mission this winter. Joining Hands for a Cause: The joint initiative, "Sardi Ki Vardi," was a symbol of unity and compassion. Rotary Club Chandigarh Midtown and Rotaract Club Chandigarh Midtown combined their strengths to support RedFM 93.5's initiative. Together, we stood strong to address the pressing need for warm clothing during the chilly months. A Collective Contribution : The response was overwhelming! Our community rallied together, contributing 24 cartons filled to the brim with winter clothes. Each garment collected was an icon of hope, promising warmth and comfort to those in need across the Tricity Chandigarh area. Unwavering Support from Red FM 93.5: Partnering with a prestigious media entity like Red FM 93.5 elevated this initiative to greater heights. Their unwavering support amplified our reach, spreading the message far and wide, and inspiring more hearts to join this noble cause. Continuing the Movement: But our mission doesn't end here. We're still going strong! For those eager to contribute and extend a helping hand, the donation drive remains ongoing. You can drop off your donations at the Red FM studio or reach out to Aman Garg for further assistance. This initiative wasn't just about donating clothes; it was about warming hearts and spreading kindness in the midst of biting cold. Let's continue to come together, let's keep the flame of generosity burning bright, and let's ensure that no one goes cold this winter! Together, let's wrap our community in the warmth of compassion and care. Thank you for being a part of this incredible journey that change often begins with a single act of kindness and can grow into a movement that transforms lives.



Rtn डॉ शशि जैन से रूबरू दिल से दिल की गुफतगू

R'Ann Bir Gulati w/o PP Rtn. Ajit Gulati is B.Sc. (Hons) in Home Science. In fact, she was a very brilliant student and was studying for being a medical doctor. As the luck would have it, Mr. Ajit Gulati visited their house and had a love at first sight for Bir and convinced her father that medicine was a very lengthy course and she should do B. Sc Home Science. Thus the professional life of Bir Gulati had a turn around but they found their soulmate. Thus their personal life is just like any romantic Hindi movie.

Q. Tell me something about your interest in Rotary.

A. PP Rtn. D.S. Khandelia was a family friend and he wanted my husband to join Rotary, so he invited us to attend a meeting. On that day there was Fancy Dress Competition in the club and I was declared the 1st prize winner but I was not eligible for the prize not belonging to Rotary. I have always been interested in acting and singing from my childhood and was given the title of 'Heer' during my college days. I also got the Best Actress Award. After that meeting my husband decided to join Rotary.

Q. How did you support your husband when he was the President?

A. When my husband took the responsibility of leading the club, I stood by his side to help him execute the projects meticulously and successfully. Besides, we organised some interesting programmes involving all Rotarians and their families. The whole Rotary year was just like a marriage filled with fun, enjoyment and laughter. I will always cherish the sweet memories of this blessed and fruitful year.

Q. You are a melodious singer and we look forward to listening to your folk songs and Shabads. Tell something about it?

A. God has been very kind to give me a gift of good voice and I have been participating in singing competitions from childhood. My husband supported me a lot in promoting my talent. During lockdown, he recorded the first video of my song on his mobile and then there was no looking back. All the videos comprising of Punjabi folk songs, old Hindi songs and ghazals have now been put together and DVD of two and a half hours has been prepared. The whole credit for this goes to my husband. May the bond of this lovey dovey couple becomes stronger and sweeter.



Donations for Club Projects

Acknowledged with thanks donations from Rotarians & A'nns for the Marriage of a Under-privileged girl

1. A'nn Nandita Sisodia - 2000/-
2. A'nn Shivani Kapur - 500/-
3. Rtn. Anupam Jain - 1100/- Suit & Cardigan
4. A'nn Dr. Kadam Bhambari - 500/- Saree & Suit
5. Rtn Manjushri Sharma - 2100/-
6. A'nn Indu Anand - 500/-, Cardigan & Saree
7. A'nn Ritu Chaudhary - 1100/- & Saree
8. A'nn Sudha Puri - 500/- & Saree
9. A'nn Pinki Bawa - 2000/-
10. A'nn Sukriti Salwan - 500/- Cardigan & Clutch
11. Rtn Vanita Gupta - Winter Coat
12. A'nn Neeru Khattar - 1100/- & Suit
13. A'nn Mini - 500/- & Saree
14. Rtn Suman Gupta - 1 Blanket and Woolen Night Suit



Hands Across the Globe: Rotary in Action

ShelterBox + Rotary: A Powerful Partnership Rebuilding Lives After Disaster

Imagine the scene: a devastating earthquake has levelled a village, leaving families huddled in the wreckage, clinging to hope. In the midst of this despair, a green beacon of resilience arrives – a ShelterBox. This sturdy container, packed with life-saving tools and supplies, is more than just emergency shelter; it's a lifeline, a promise of a brighter future.

Behind this lifeline stands a powerful partnership - Rotary International and ShelterBox. Rotary, with its network of 1.4 million dedicated volunteers spanning the globe, becomes the first line of defense after disaster strikes. Rotarians, armed with local knowledge and unwavering compassion, assess needs, coordinate efforts, and navigate the chaos to ensure every ShelterBox reaches the families who need it most.

But these green boxes are far from simple tents. Each one, meticulously curated by ShelterBox, is a testament to thoughtful planning and a deep understanding of human needs in the aftermath of disaster. Inside, you'll find tools to rebuild shattered shelters, blankets to combat the chilling nights, water purification tablets to ensure clean drinking water, and even solar lights to bring back a semblance of normalcy.

Yet, the magic of ShelterBox extends beyond material aid. Educational materials for children ensure their learning continues, even amidst rubble. Mosquito nets offer protection from life-threatening diseases. And perhaps most importantly, psychosocial support resources provide a vital lifeline for emotional healing and community rebuilding.

This comprehensive approach empowers communities to not just survive, but to rebuild their lives with resilience. Rotary clubs, fueled by their dedication to service, go the extra mile. They work alongside families to rebuild permanent homes, establish sustainable water and sanitation systems, and revive local economies. This long-term commitment ensures that disaster recovery isn't just about quick fixes, but about building thriving communities that can weather future storms.

The impact of this partnership is undeniable. To date, over 2 million people in more than 90 countries have received emergency shelter thanks to ShelterBox + Rotary. From earthquakes in Nepal to floods in Pakistan, this dynamic duo has brought hope and stability to countless communities in their darkest hours.

But the story doesn't end there. The impact of a single Rotarian, coordinating distribution with local authorities, the Rotarian teaching earthquake-resistant construction techniques, or the Rotarian organizing sanitation workshops to prevent outbreaks – these are the stories that truly define this partnership.

So, the next time you see an image of a disaster zone, remember that the real heroes are not in the headlines, but in the green boxes and the hands that deliver them. Remember the powerful partnership between ShelterBox + Rotary, weaving a tapestry of hope, one brick, one blanket, one family, one community at a time.

Join the movement. Be the hope. Support ShelterBox + Rotary. Together, we can build a world where no disaster leaves anyone behind.



मानव सेवा है रोटरी का धर्म: अरुण मोगिया

अरुण मोगिया : रोटरी क्लब के मेम्बरों ने एक कार्यक्रम में भाग लिया। रोटरी क्लब के मेम्बरों ने एक कार्यक्रम में भाग लिया। रोटरी क्लब के मेम्बरों ने एक कार्यक्रम में भाग लिया।

"Abhisar - The Spread of Light," a zonal membership development seminar hosted by Rotary Saharanpur Central, was a notable event marked by distinguished speakers and comprehensive discussions on various aspects of Rotary International. Organized by Host President Vikas Nijhawan in coordination with AT Rajesh Kapoor and Project Chair Sunil Bhagat, and assistance from AG Sanjay Midha, the event was a grand assembly of knowledge and fellowship, drawing more than 100 Rotarians from diverse clubs of Zone 15/16 including Saharanpur, Deoband, and Roorkee. This convergence of Rotarians created a vibrant atmosphere of learning and exchange, where experienced leaders and members shared insights and inspired one another.

1. DG Arun Mongia's Session on Club and District Structure: This session provided valuable insights into the organizational framework of Rotary, emphasizing the roles, responsibilities, and privileges of Rotarians within this structure.
2. DGE Rajpal Singh on Rotary History and TRF: Rajpal Singh's enlightening talk covered the historical journey of Rotary International, shedding light on its evolution, milestones, and the pivotal role of The Rotary Foundation (TRF) in driving Rotary's mission and vision.
3. Dr. Rita Kalra on Service Avenues and Focus Areas: Dr. Kalra's session was pivotal in outlining the five avenues of service that form Rotary's core philosophy. She also delved into the seven areas of focus, elaborating on how these guide Rotary's humanitarian efforts. Additional discussions on Rotaract, Interact, fellowships, and RYLA offered a comprehensive view of Rotary's youth and community engagement programs.
4. Dist Chief Secretary Sandeep Jain on the Rotary Foundation: Jain's talk highlighted the global impact of the Rotary Foundation, discussing key initiatives like peace scholarships and global grants. This session underscored the Foundation's role in furthering Rotary's global outreach and impact.
5. Ajay Sharma on Rotary's Ethics and Four-Way Test: Sharma's session was a deep dive into the ethical framework that guides Rotary members, with a focus on the Four-Way Test, a cornerstone of Rotarian ethics and decision-making.

Overall, "Abhisar - The Spread of Light" was more than just a seminar; it was a celebration of Rotary's spirit and a testament to the commitment of its members to service, leadership, and community development.



Empowering Women's Health for Economic Growth

The Interconnected Pathways of Health and Economy

In our journey towards global development, the empowerment of women through healthcare emerges as a pivotal factor. It sheds light on this vital connection, emphasizing how access to quality healthcare is not just a health issue, but a significant economic driver.

Bridging Health and Economic Empowerment

India, with 67% of its population living in rural areas, faces unique challenges in women's health, particularly in reproductive healthcare. Access to this vital information is often limited, leading to issues like early pregnancy and interrupted education. This gap not only affects women's health but also their economic independence and opportunities.

Overcoming Obstacles for Economic Contribution

In Africa, women are dynamic entrepreneurs, with a quarter of the female population engaged in business. However, despite their economic potential, they face significant challenges, including access to financing and gender biases in the banking sector. Malado Kaba of the African Development Bank highlights this paradox, emphasizing the need for better support systems for women entrepreneurs.

The COVID-19 pandemic has further revealed how closely health and economic growth are intertwined. Poor health facilities lead to massive economic losses, and hence, there is an urgent need to prioritize women's access to healthcare, clean water, and sanitation to maintain their role as engines of economic growth.

Unpaid Work and Gender Roles

Another critical issue addressed is the burden of unpaid work disproportionately shouldered by women and girls. This traditional expectation not only hinders women's economic opportunities but also perpetuates gender inequality. Addressing these societal norms is crucial for creating a more equitable environment where women can thrive.

Preventative Healthcare as an Economic Strategy

The importance of preventative healthcare, like cervical cancer screenings and HPV vaccinations cannot be underscored. These health measures are not only medical necessities but also economic strategies, as they ensure women's continued contribution to the workforce and the economy.

The Way Forward

As we reflect on these insights, it becomes evident that investing in women's health is an investment in our collective future. By ensuring women have access to healthcare and education, we unlock their full potential, leading to economic growth and societal transformation. It is a call to action for policymakers, healthcare providers, and communities to prioritize women's health as a cornerstone of economic development.

In conclusion, the empowerment of women through healthcare is a multifaceted issue that impacts not only the health of individuals but the economic vitality of entire communities. As we move forward, it is imperative that we continue to advocate for and invest in women's health, recognizing its critical role in shaping a more prosperous and equitable world



A True Story

In the course of one of his lecture trips, Mark Twain arrived at a small town. Before dinner he went to a barber shop to be shaved. You are a stranger, asked the barber. Yes, Mark Twain replied, this is the first time I have been here. You chose a good time to come, the barber continued. Mark Twain is going to read and lecture tonight. You'll go, I suppose. Oh I guess so. Have you bought your ticket. Not yet. But everything is sold out. You'll have a stand. How very annoying. Mark Twain said with a sigh. I never saw such luck! I always have to stand when that fellow lectures.

Contributed by PP Balram K Gupta





We Wish Rtn Salil Chopra, our Rotary Uncle a speedy recovery and hope to see him back in action soon. Stay Blessed



Celebrating Birthday's & Anniversary's

Birthday - Rotarian	
Dec 24	Rtn. Ravinder Krishan
Jan 05	PP Dr. Rita Kalra
Birthday - Spouse	
Dec 23	R'Ann Neeta Munjal
Dec 29	R'Ann Sushma Kamra
Dec 30	R'Ann Madhu Dhaman
Dec 31	R'Ann Bir Gulati
Jan 01	Dr. Joginder Mukherjee
Jan 02	Manjit Sethi
Wedding Anniversaries	
Dec 24	Brig. Jaswinder Singh Sabharwal and Jyotie Sabharwal
Dec 28	Shazia K Singh and Ajaiveer Singh



PP Rtn Salil Chopra

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