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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](#)

Weekly Meeting Rotary Club Chd Midtown
Date: 23rd February 2024
Venue: Salad Bar, Sector 17, Chandigarh

Note the Change in Venue
Celebrating World's Greatest Meal on Rotary Day

Rotary Chandigarh Midtown

World Greatest Meal

Celebrating the 119th Anniversary of Rotary ON
23rd February, 2024

Salad Bar, Hot Millions, Sector 17 Chandigarh
6:30 PM

Dinner Coupon: Rs. 1000 per person

All Funds collected will be donated to the cause.

Club Weekly Meeting: Talk by Dr. Ankush Gulati on "Use of PET-CT in Uterine Cancer"

Rotary Chandigarh Midtown Club Weekly Meeting - 18th February 2024 In the bustling atmosphere of Rotary Chandigarh Midtown Club's weekly meeting on the 18th of February 2024, members were treated to an enlightening and insightful talk by Dr. Ankush Gulati on the topic of "Use of PET-CT in Uterine Cancer." Before delving into the intricacies of his professional expertise, let's take a moment to get to know Dr. Gulati. Hailing from Norway, Dr. Gulati is the eldest grandson of esteemed Rotarians Rtn. Indu and Dr. Jawahar. Born in Forde, his arrival into the world prompted disbelief from his grandmother, who jokingly remarked that only girls were born into their family. Growing up, Dr. Gulati was immersed in a multicultural environment, fluent in Norwegian, English, and Hindi. His education took him from the International School of Bergen to Modern School in New Delhi before returning to Norway to pursue his medical career.

Dr. Gulati's journey in medicine led him to work in various capacities, including a stint in the Norwegian military, as is compulsory for all boys in Norway. Presently, he serves as a consultant in the Department of Nuclear Medicine at the University Hospital of Bergen. His passion for his work is matched only by his love for his family, including his wife, Dr. Rachna, and their two daughters, Vidya and Maya.

During the meeting, Dr. Ankush Gulati's wife, Dr. Rachna, was also present with their daughters Maya and Vidya. Their presence added a warm familial atmosphere to the gathering, highlighting the importance of family support in the pursuit of professional endeavors.

The esteemed speaker was introduced by First Lady Dr. Kadam Bhambari, whose gracious introduction set the stage for Dr. Gulati's engaging presentation.

Now, onto the main event of the evening—Dr. Gulati's talk on the use of PET-CT in uterine cancer. With precision and expertise, Dr. Gulati elucidated on the predictive factors for lymph node metastases in endometrial cancer, shedding light on the importance of metabolic tumor volume (MTV), total lesion glycolysis (TLG), and FDG positive lymph node status. Furthermore, Dr. Gulati shared intriguing findings regarding synchronous cancers and incidental findings in patients, emphasizing the significance of early detection and follow-up for optimal patient care. His talk not only provided valuable insights into the medical field but also sparked thought-provoking discussions among attendees. In addition to our regular meeting agenda, we had the honor of hosting Kavita, daughter of Dr. Indu Luthra, who paid homage to her father on his 6th death anniversary. The event was attended by various senior doctors from PGI, further highlighting the impact of Dr. Luthra's legacy in the medical community.

Furthermore, we are pleased to announce that Rtn. Indu Luthra made a humble contribution of Rs. 51,000 towards supporting cancer patients. This generous gesture embodies the spirit of service that defines our club and reflects our commitment to making a difference in the lives of those in need.

A heartfelt vote of thanks was extended by Rtn. Dr. Balram Gupta, expressing gratitude to all who contributed to the success of the event. A warm appreciation was extended to Kavita daughter of Rtn. Indu Luthra, Dr. Ankush Gulati for his enlightening talk, the various doctors from PGI, and Rtn. Indu Luthra, along with the entire Luthra family, for their invaluable contributions and support.

Of course, no celebration is complete without a toast to our generous sponsors! A heartfelt thank you to Rtn. RTPS Tulsi & R'ann Ranjana, Rtn. RK Luther & R'ann Urmil Luther, and Rtn. Indu Luthra for sponsoring the delicious fellowship. The good food and drinks were the perfect touch to a wonderful evening.



Glimpses of Weekly Club Meeting



Celebrating Birthday of Rtn. Anjali Chabhra gift accepted A'nn Shivani Kapur on her behalf from Dr. Ankush Gulati joined by President Jeeten Bhambri & Secretary Anup Sharma



Celebrating Anniversary of Rtn. RTPS Tulsi & A'nn Ranjana Tulsi facilitated by Dr. Ankush Gulati with his sweet daughter joined by President Jeeten Bhambri & Secretary Anup Sharma



Celebrating Anniversary of Dr. BC Gupta & Rtn. Dr. Vanita Gupta facilitated by Dr. Ankush Gulati joined by President Jeeten Bhambri & Secretary Anup Sharma



Celebrating Anniversary of Rtn. JS Bawa & A'nn Sarabjit Bawa facilitated by Dr. Ankush Gulati joined by President Jeeten Bhambri, First Lady Dr. Kadam Bhambri & Secretary Anup Sharma

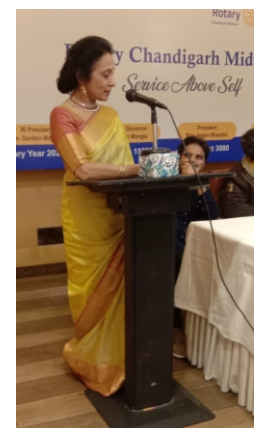


Celebrating Anniversary of Rtn. RK Luther & A'nn Urmil Luther facilitated by Dr. Ankush Gulati joined by President Jeeten Bhambri, First Lady Dr. Kadam Bhambri & Secretary Anup Sharma



Lucky Draw Winner Rtn. Vinay Aggarwal facilitated by Dr. Ankush Gulati joined by President Jeeten Bhambri & Secretary Anup Sharma

Essence of Togetherness spread during Fellowship after the meeting





Week Gone By

Sushiksha Sessions by Rotary Uncle



Meeting Interactors of Govt High school sector 30 Chandigarh in presence of our Coordinator Maam Rashveer Kaur. Children responded well on training given so far and they shown up by narrating what they learnt, Told story on never build up quick opinion about nature of someone but stay patient and don't react instantly.

Socks distribution was done in Sushiksha run by Nandita Sisodia by Rotractor of Rotary Club Chandigarh Midtown. Seven Rotractors made the children play games and distributed socks. The children were very happy to play games with them.

Rotary Susiksha Session was held at Govt Model High school sector 30 Chandigarh in their assembly in the morning hours where principal Mrs Babbar along with all teachers were present and topic was **Indian Sanskar** and teachers were advised to teach them everyday. It was much liked by all students and teaching faculty and students looked promising in following the same.



Govt Primary School Sector 12, Panchkula (Haryana) took Rotary Susiksha Pathshala Sessions with children on eating habits and need of balanced diet to be healthy.

The importance of mid day meals was explained and also menu was set to provide nutritional diet to the students, so as to ensure they eat healthy and stay healthy.

Susiksha Pathshala Session was held at Govt Middle School, Village Maheshpur, Panchkula (Haryana) with class 8th children who discussed their progress so far, attained through the stories of past and then narrated a story on Shri Hanuman ji explaining what damages anger can make in your and others lives.



Utilization and Exploitation depends on an individual, every object in the universe is inherent with both boons and banes. Utilization releases boons whereas Exploitation is a source of banes.

- Ravi Kiran



A beacon of leadership and community spirit. Get ready to meet our club's shining star!

Dr. Rita Kalra exemplifies a rare blend of professional excellence and humanitarian service. As a distinguished HCMS Class I officer, her tenure as Senior Medical Officer, Quality Nodal Officer, and In-Charge of Hospital Administration at Civil Hospital Panchkula has been marked by a series of significant achievements. Under her leadership, the hospital has been recognized as the first and best in the public sector across the country to receive Quality accreditation. This milestone is a testament to her organized approach, innovative skills, and proactive initiatives, setting a benchmark in healthcare administration.

Born and brought up in Bhilai, Chhattisgarh, Dr. Kalra's academic and professional journey is marked by a relentless pursuit of excellence. A

Medicine graduate from MGMC Indore, with further qualifications in DHM, PGD in Maternal and Child Health from IGNOU, and an MBA in Hospital Administration from SMU, her educational background lays the foundation for her distinguished career.

A devoted member of Rotary Chandigarh Midtown since 2009, Dr. Kalra has utilized her expertise in hospital administration to contribute significantly to Rotary's mission and objectives. She has been instrumental in launching several women-centric initiatives, reflecting her deep commitment to empowering women and girls. Projects like Aastha, Hunnar, MAA, and Sudiksha underscore her dedication to addressing critical issues such as health, education, vocational skilling, and economic empowerment.

Dr. Kalra's Rotary projects, such as the Pink Fashion Walk for Breast Cancer Awareness, Mega Medical Camps, and the Kalam Express initiative, underscore her commitment to using her expertise for community betterment. Her efforts during the COVID-19 pandemic, including setting up specialized wards and testing facilities, exemplify her dedication to public health and safety.

Dr. Kalra's active participation in the Rotary International community is noteworthy. Her attendance at nine RI conventions, three RI presidential conferences, one virtual Rotary institute, and her involvement as an RFE team member and visitor to numerous Rotary clubs internationally highlight her commitment to global service and fellowship. Moreover, as a host club contact, she has successfully executed

over five Global Grants, channeling substantial resources towards impactful projects.

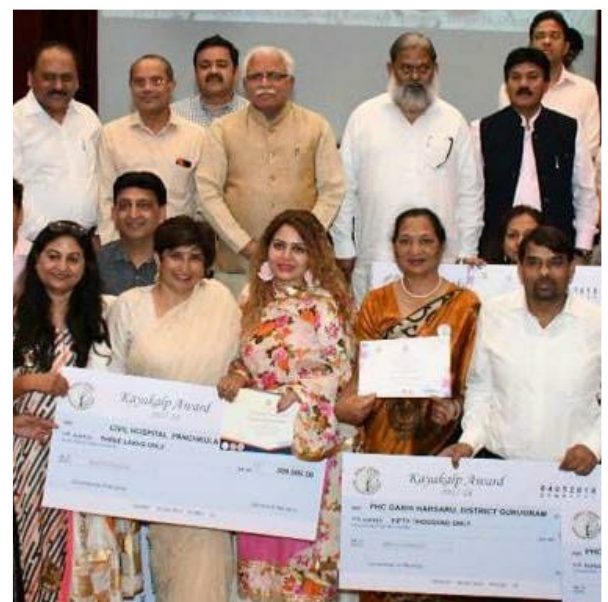
Her contributions have not gone unnoticed, as evidenced by multiple accolades from esteemed bodies, including the Helen Keller award for disability rehabilitation, three felicitations by the Governor of Haryana for excellence in healthcare, and recognition from the Chief Minister of Haryana and the Minister of Women and Child Welfare, GOI, for her work in maternal and child health. Awards such as Super Mom, Star Women 2020, Covid Warrior, and Covid Hero 2021, along with Rotary recognitions like the RI Avenues of Service Award, Best President, Best Club of District 3080 in 2018, and Best Assistant Governor in 2021, underscore her remarkable impact.

Dr. Kalra's journey is further enriched by the support of her partner, Dr. Sanjay Kalra, whose passion for Rotary amplifies their collective contributions to the Rotary Foundation, where they stand as PHS members and Major Donors. Dr. Rita Kalra's story is one of inspiration, showcasing how passion, leadership, and a commitment to service can transform communities and build a better world. Her work continues to inspire fellow Rotarians and healthcare professionals alike, reminding us of the power of empathy,

innovation, and unwavering dedication to the service of humanity.

As a Cadre Technical Adviser for Rotary Foundation, Dr. Kalra recently had the opportunity to embark on a journey that was both profound and enriching. The visit to 8 dialysis centres across Gujarat under GG was not just about technical assessment but also about experiencing the tangible impact of Rotary's work, understanding community needs, and witnessing the power of collective effort.

Embodying the spirit of "सबका साथ, सबका विश्वास, लाएगा रोटरी का विकास" (Together we will, with trust, foster the growth of Rotary), Dr. Rita Kalra's life and work reflect a profound dedication to service, leadership, and the betterment of society, making her a true embodiment of Rotary's ideals and a beacon of inspiration for all.



"Rotary at 119"

We celebrate 119th birthday of Rotary on February 23, 2024. Rotary continues to serve humanity around the globe. Rotary is mosaic of service. This is its strength. As it grows in years, its strength also grows. On this occasion, I would love to share some of the lighter happenings during the Rotary journey. I acknowledge that I have culled the same from the Book: **Know Your Rotary** by Rtn. N.Bhaskaran Pillai.

The Prime Minister who lost the Rotary District Governor election

I.K.Gujral, the former Prime Minister of India, was a member of Rotary Club of Delhi. He was also the President of the club during 1956-57. Subsequently, he stood for the Governorship of erstwhile District 301. He lost the same.

Four DGs from a club of 21 in just 16 years

Rotary Club St. Louis County is a 21 member club chartered in 1947. What is most interesting is that the club has produced 4 District Governors in 16 years for RI District 6060, Missouri, USA. David Robinette was the first DG in 2008-09. Followed by Dr. Todd Lindley for 2010-11. Tom Drennan was DG during 2021-22. District 6060 Governor for 2024-25 will be Jerry Nolen as the fourth DG from the same club.

Kalyan Banerjee had to wait

His name was proposed for membership of Rotary Club of Vapi, District 306(0), Rajasthan in 1971. The proposal was getting delayed. Therefore, Kalyan Banerjee joined the Lions club. It was after a year, the Rotary club invited him to join. He resigned from Lions club and joined Rotary. Kalyan Banerjee not only transformed Vapi into an attractive town. He went on to become the RI President during 2011-12.

All RI Presidents hail from one place

India has so far produced only four RI Presidents. They were all born and brought up in around at Kolkata. This is a strange coincidence. Two of them were from two different clubs in Kolkata, one from UT Chandigarh and the fourth from Vapi, in Gujarat.

Paul Harris Busts in clubs in India, thanks to Pannu

'Innovate or evaporate' is the face book cover page message of Rtn. Bhag Singh Pannu. While he was Governor of District 3090 (2017-18), he decided to donate Paul Harris Busts to all clubs in his district which have their own meeting places. 20 busts were installed during the year. His governorship ended in June, 2018. His passion to install Paul Harris busts continued. He extended the project PAN India.

PP Rtn. Dr. Balram Gupta



Rtn डॉ शशि जैन से रूबरू दिल से दिल की गुफतगू



Rtn. Chander Prakash

Rtn. Chander Prakash started his career from Hindustan Machine Tools and worked there for about thirty years. Thereafter, he took premature retirement from HMT and plunged into stock market. He deals with shares and investments besides looking after their educational venture ie Ashiana Public School, sector 46-B , Chandigarh.

Q. When did you join Rotary club and what motivated you to join Rotary?

A. I joined Rotary Club Chandigarh Midtown in 2012. I was really influenced by the very motto of Rotary ie Service Before Self and was motivated to join the club for some humanitarian purpose.

Q. Which Rotary projects have you been involved with?

A. I have participated in tree plantation project especially Miyawaki forest project. School education projects are very close to my heart because it is important to impart moral and ethical values to young kids since they are the nation builders. I have also tried to involve myself in some philanthropic activities.

Q. What do love the best about Rotary?

A. There are no two opinions about the fact that it is one of the best organisations working for the welfare of the society. I also like to attend weekly meetings because the guest lectures are very informative and thought provoking. Fellowships and celebration of festivals together is additional bonus. Meeting like minded people is a sheer pleasure.

Wishing you more pleasure and happiness in Rotary

Happy 80th Birthday PP Rtn. RTPS Tulsi





More Than Just a Date: Why February 23rd Holds Special Meaning for Rotarians

Forget balloons and cake — for Rotarians, February 23rd isn't just another date on the calendar. It's a day steeped in history, camaraderie, and a shared commitment to changing the world. Imagine, over a century ago, four individuals in Chicago sparked a movement that would touch countless lives across the globe. Their journey began on this very day, February 23rd, 1905, and the ripples of their actions continue to inspire generations of Rotarians to serve, connect, and build a better world. So, dive deeper with us and discover why February 23rd holds a unique and powerful meaning for the millions of hearts that beat in unison under the Rotary banner. Prepare to be surprised, inspired, and perhaps even tempted to join the vibrant melody of service woven on this very special day. Let's turn the pages of history and disclose the magic of February 23rd for Rotarians!

Chicago, 1905: Where It All Began

Imagine Chicago in 1905. The Windy City was bustling with industry, a melting pot of cultures and ambitions. Amidst this vibrant chaos, a young lawyer named Paul Harris yearned for more. Seeking fellowship and camaraderie beyond professional spheres, he gathered three colleagues across diverse backgrounds — a coal dealer, a mining engineer, and a tailor. Little did they know, that their casual meeting over lunch on February 23rd would ignite a flame that would illuminate the world for generations to come.

Was the date itself a mere coincidence? Perhaps. Or was it, as some speculate, a nod to the Roman goddess Februa, associated with purification and renewal? Regardless, February 23rd marked the birth of the Rotary Club, a revolutionary idea for its time. These four men envisioned a space where professionals could connect, share ideas, and use their combined abilities to serve their community. They dubbed their group "Rotary" due to their rotating meeting locations, signifying a commitment to inclusivity and shared leadership.

Their initial goals were simple yet potent: to enhance fellowship, create goodwill and understanding amongst businesses, and ultimately, contribute to the betterment of their society. This desire to serve, woven into the very fabric of Rotary from its inception, would become its defining characteristic.

This wasn't just another lunch meeting; it was a spark igniting a global movement. Little did these four men know, that their casual gathering would evolve into the vibrant melody of service known as Rotary International, touching countless lives and leaving an indelible mark on the world.

From Small Town Club to Global Force: Rotary's Amazing Journey

Imagine starting a club with your friends — just like Rotary's founders did in Chicago, way back in 1905. Their idea? Help their community. Little did they know, their small gathering would blossom into a giant organization changing the world!

Rotary spread like wildfire, popping up across America and then leaping oceans to other countries. Soon, it became "Rotary International," a network of clubs dedicated to service. They fought diseases like polio, built schools, and brought clean water to villages. The amazing thing? They did it all while staying true to their original values: friendship, helping others, and doing what's right.

Even today, Rotary's heart beats with the same energy. They tackle big problems like hunger and poverty, but also smaller things like improving schools and parks. From mountains to oceans, Rotary volunteers are making a difference.

So, February 23rd isn't just a date on the calendar — it's a celebration of everything Rotary stands for. It's a reminder that even small actions, then joined together, can create something huge!

More Than Cake and Candles: Disclosing the Magic of February 23rd for Rotarians

February 23rd has evolved far beyond simply marking the founding anniversary. It has become a potent symbol of:

Celebration: This day rings with the joyous recognition of past achievements and countless acts of service. Rotarians reflect on the remarkable impact they've made, from eradicating polio to empowering communities. It's a time to share stories, raise glasses, and bask in the collective pride of their global network.

Renewal: February 23rd serves as a powerful moment to recommit to Rotary's core values: fellowship, service, integrity, and the pursuit of world understanding. It's a chance to reignite the passion, reaffirm the ideals, and pledge to continue building a better world. Think of it as a collective recharge, where spirits are rejuvenated and dedication deepened.

Action: This day isn't just about looking back; it's a powerful springboard for launching forward. Rotary clubs around the world use February 23rd as a platform to initiate new service projects, tackle pressing community issues, and embark on ambitious initiatives. Imagine the energy as countless hands join forces, translating resolutions into concrete action that impacts lives for the better.

Across the globe, February 23rd comes alive in diverse ways:

Community service projects: Clubs organize drives, build schools, or clean up parks, demonstrating their commitment to local needs.

Awards and recognitions: Dedicated Rotarians are celebrated for their outstanding service and contributions to the organization's goals.

Fundraising events: From galas to marathons, creative initiatives raise funds for crucial causes, supporting future projects and amplifying Rotary's impact.

Intergenerational dialogues: Youth and experienced Rotarians come together, sharing experiences and nurturing the spirit of service across generations.

February 23rd is more than just a date on the calendar; it's a vibrant symbol of the Rotary spirit in action. It's a day to celebrate, renew, and take action, reminding us that even the smallest acts of service when woven together, can create a melody of positive change that stretches across the globe.

Conclusion

As February 23rd draws to a close, remember, it's not just a single day, but a spark that ignites a year of service. It's a reminder that the spirit of Rotary, woven into the fabric of this date, resonates throughout the year, driving countless acts of kindness and leaving an indelible mark on communities worldwide.

The legacy of service, fellowship, and global understanding lives on, passed from generation to generation. From the humble beginnings of a Chicago lunch meeting to the vibrant harmony of initiatives across the globe, Rotary's impact is undeniable. But the journey doesn't end here.

So, don't let the magic of February 23rd fade. Keep the flame of service alive, connect with your local Rotary Club, and join the movement that continues to make the world a better place, one act at a time. Remember, the world needs more heroes, and Rotary needs yours. So, answer the call and be the change you wish to see in the world. Together, let's rewrite the story of humanity, one act of service at a time.



Why Join Rotary?

- R** ealization of "Service Above Self"
- O** pportunities to be involved with community and international projects
- T** eam up with other volunteers to make a difference
- A** ppreciation for your contribution
- R** espect, fellowship and fun
- Y** our skills and talents are shared

Celebrating Birthday's & Anniversary's

Birthday - Spouse	
Feb 19	Shashi Gupta



PP Rtn Salil Chopra

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