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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. 35 Dated: 24 February 2024

Weekly Meeting Rotary Club Chd Midtown

Date: 01st March 2024

Venue: Hotel Shivalik View, Sector 17, Chandigarh

Rotary   **CREATE HOPE in the WORLD**

Good Construction Practises



Er Karnail Singh, F.I.E

Celebrating 119th Rotary Birthday with World's Greatest Meal on Rotary Day

Rotary Chandigarh Midtown Celebrates World Rotary Day with a Successful World's Greatest Meal Event

On February 23rd, Rotary Chandigarh Midtown hosted a vibrant celebration to commemorate World Rotary Day. The event, centred around the World's Greatest Meal initiative, aimed to raise funds for polio eradication efforts and stimulates a spirit of camaraderie and purpose among members.

What is the World's Greatest Meal?

This unique initiative brings Rotarians and friends together for a delicious meal with a powerful purpose: to raise funds for the eradication of polio worldwide. It's a chance to celebrate Rotary's commitment to service while making a real difference in the lives of children around the globe.

Highlights of the Event

Delicious meal and fundraising: The event, held at Salad Bar and hosted by Director of Public Image, Rtn Kulvinder Bawa, brought together 40 Rotarians who enjoyed a delightful meal while contributing to a worthy cause.

Gratitude

President Jeeten Bhambri expressed gratitude to the attendees, and Dr. Rita Kalra shared insights into the significance of the World's Greatest Meal and its global impact on polio eradication.

Festive Atmosphere

The celebration wasn't just about fundraising. Fun games, laughter challenges, Tambola, and live music created a lively and enjoyable atmosphere.

Recognition and Appreciation

Special recognition was given to individuals who made significant contributions. Dr. Rita Kalra's generous donation of \$100 earned her a free meal coupon, exemplifying the spirit of giving, while R'ann Shashi Gupta and R'ann Urmil Luther were crowned the "Laughter Queens," adding a touch of lightheartedness to the event.

Overwhelming community support

The event garnered overwhelming support from the community, with contributions totalling \$500 towards the polio fund. Overall, the World's Greatest Meal event was a resounding success, exemplifying Rotary's commitment to service, fellowship, and making a positive impact on the world.





Glimpses of Celebration of Rotary Day by World's Greatest Meal





Glimpses of Celebration of Rotary Day by World's Greatest Meal



Celebrating WGM at Salad Bar, Sector 17, Chd joined by Rotarians and A'nn's of Rotary Club Chandigarh Midtown



Celebrating WGM at Salad Bar, Sector 17, Chd joined by Rotarians and A'nn's of Rotary Club Chandigarh Midtown



First Lady Dr. Kadam Bhambri, Winner of House in Tambola played on WGM joined by President Jeeten Bhambri, Rtn. Anup Sharma, Rtn. Brig. JS Sabharwal & A'nn Ranjana Tulsi



Mr. Lalit Jawa son of Rt. Vinod Jawa, Winner of Line in Tambola played on WGM facilitated by Rtn. Brig. JS Sabharwal



A'nn Ranjana Tulsi, Winner of early five in Tambola played on WGM joined by First Lady Dr. Kadam Bhambri, Rtn. Anup Sharma, Rtn. Brig. JS Sabharwal



A'nn Ranjana Tulsi, Winner of line in Tambola played on WGM joined by First Lady Dr. Kadam Bhambri, Rtn. Anup Sharma, Rtn. Brig. JS Sabharwal



A'nn Raspal Kaur, Winner of line in Tambola played on WGM joined by Rtn. Kulwinder Chatwal, A'nn Ranjana Tulsi & Rtn. Brig. JS Sabharwal



President Jeeten Bhambri, Winner of house in Tambola played on WGM joined by Rtn Anup Sharma & Rtn. Brig. JS Sabharwal



Rtn. Bhavmeet S Chandok, Winner of line in Tambola played on WGM joined by Rtn. Anup Sharma, A'nn Ranjana Tulsi & Rtn. Brig. JS Sabharwal



Rtn. Anupum Jain, Winner of house in Tambola played on WGM joined by Rtn Anup Sharma First Lady Kadam Bhambri & Rtn. Brig. JS Sabharwal



Celebrated Birthday of A'nn Shashi Gupta joined by President Jeeten Bhambri, Rtn Anup Sharma and Rtn. Dr. Balram Gupta



Celebrated Anniversary of A'nn Raspal Kaur & Rtn. Kulwinder Chatwal joined by President Jeeten Bhambri & Rtn Anup Sharma

Week Gone By

Sushiksha Sessions by Rotary Uncle

Rotary Susiksha Pathshala session was held at Govt Middle School, Village Kundi with class Vth children on **Moral Education and Bhariye Values of Morality**. Teachers and Principal appreciated the session and requested to make it on every Saturday between 4 to 6 pm so that the students learn and become good human beings.



Rotary Susiksha Pathshala session was held at Govt Sanskriti Higher Secondary School, sector 20, Panchkula, Haryana on the topic "**How to introduce yourself and why mother tongue is sweet like mother**". The session was highly appreciated by the students and the teachers present.

In a collaborative effort to promote adolescent health awareness, the Rotary Club Chandigarh Midtown partnered with a Government Middle School Rally to organize the "Project Sushiksha" to address crucial issues concerning adolescent health. Through engaging talk 100 participants from class 8th were encouraged to prioritize their physical, mental, and emotional well-being. Key highlights included discussions on nutrition, reproductive health, mental wellness, and the importance of physical activity in children.

Speaking at the event, Dr Rita Kalra emphasized the significance of proactive measures in addressing the unique health challenges faced by adolescents.



Microloans Initiative for Local Entrepreneurs by Rotary Club Chdigarh Midtown



Microloans Initiative for Local Entrepreneurs: Empowering Sandeep and Vahida! In an exciting development aimed at fostering local entrepreneurship and sustainable business growth, a groundbreaking microloan program has been launched to support two promising entrepreneurs, Sandeep and Vahida, who are making significant strides in the garments, jute bags, and bed linen industry. This initiative by Rotary Chandigarh Midtown is providing interest free loans and represents a pivotal step towards economic empowerment and underscores the importance of supporting small businesses as engines of community development and innovation.

Sandeep and Vahida have carved a niche for themselves in the competitive market with their dedication to quality, innovation, and sustainability. PP Prem Anand is chairman of the microloan committee and guarantor for the loanees is PP Dr Rita Kalra.

Kalam Express

Kalam Express: A Beacon of Hope on Wheels for Children with Special Needs

Bringing Healthcare and Education to Doorsteps, In an era where accessibility remains a major challenge for children with special needs (CWSN), the Kalam Express stands out as a revolutionary initiative. This unique 'school on wheels' is more than just a vehicle; it's a lifeline for over 1000 children with motor, sensory, and congenital disabilities who are confined to their homes in and around Chandigarh.

The Genesis of Kalam Express

The Kalam Express was born out of a collaboration between the Indian Oil Corporation (IOL), Rotary Chandigarh Midtown, and the Health Administration. It's a shining example of how Corporate Social Responsibility (CSR) can be effectively channeled to address specific needs in society. The Rotary Club not only played a pivotal role in procuring and modifying the vehicle to make it friendly for Persons with Disabilities (PWDs) but also in bearing the running costs.

What Makes Kalam Express Special?

The vehicle is equipped with physiotherapy equipment, learning kits, and a portable ramp, ensuring easy access for children. The staff comprises a special teacher, a speech therapist, and a physiotherapist, all trained to cater to the diverse needs of CWSN. During the COVID-19 pandemic and subsequent lockdowns, when services were interrupted, Kalam Express continued to provide emotional support and training through online mediums, emphasizing the project's adaptability and commitment.

A Multifaceted Approach to Empowerment

Kalam Express offers more than just medical interventions. It's about holistic development and empowerment. From vocational training and life skills to basic education, the program touches various aspects of a child's growth. For many families, the emotional support and training provided to manage their special needs children have been invaluable. In addition to education and healthcare, the project extends its support to rehabilitation for disabilities caused by polio, with Rotarians sponsoring the cost of treatments like corrective surgeries and braces.

Collaboration: The Key to Success

The success of Kalam Express is a testament to effective collaboration between NGOs, government bodies, and volunteers. This partnership has not only strengthened the health system but also ensured that the principles of diversity, equity, and inclusion are upheld. The involvement of professional psychologists and counsellors as volunteers adds another layer of support for these children.

The Challenge of Sustainability

Despite its immense benefits, the Kalam Express faced challenges, particularly during the COVID-19 pandemic, due to fund shortages. However, the resilience of the program is evident in its revival, thanks to the collaborative efforts of three NGOs, as proposed by the Indian Red Cross Society Panchkula and its Chairperson, the Honorable Deputy Commissioner of Panchkula.

The Road Ahead

The annual budget required to run Kalam Express is approximately Rs 6.0 lakhs, which covers fuel, maintenance, and human resources. With each NGO contributing Rs 2.0 lakhs annually, the program is a model of efficient resource utilization and community engagement.

Conclusion: A Model for Change

As Kalam Express travels from village to village, it does more than just provide services; it carries a message of hope and empowerment. The Rotary's public image is enhanced as the van, branded with their logo, becomes a symbol of disability empowerment right at the doorsteps of those who need it the most.

The Kalam Express is not just a project; it's a movement.

A movement that reaffirms our belief in humanity's power to make a difference, one child at a time. It's a beacon of hope, proving that with the right support and collaboration, every child can reach their full potential, regardless of the challenges they face



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

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.

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.

Rtn Dr Rita Kalra - ADS Maternal and Child Health RID 3080

Rtn डॉ शशि जैन से रूबरू दिल से दिल की गुफतगू

Rtn. Devi Prasad Khandelia is the Charter Member of Rotary Chandigarh Midtown. He is Multiple Paul Harris Fellow.

Professionally, he is the manufacturer of vegetable oils and owns Khandelia Oil & General Mills Ltd.

Q. Will you please describe your journey in Rotary?

A. Since I am the Charter Member of the Club, I am emotionally involved in the club. I have worked on all the positions-Member, Director, Joint Secretary, Secretary, Vice President, President and Sergeant-at-Arms. I have enjoyed working on all the positions and discharged my responsibilities to the best of my capability and capacity.

Q. What projects did you take up during your tenure as the President?

A. I had the honour of leading the Club in the year 1988-89. A lot of work was done for the Lepers' Colony initiated by PP B.L. Ramsisaria. Ten new huts were added in the colony and keys of 42 huts, community kitchen and multipurpose hall were handed over to the inmates in a function organised at PGI. We also donated funds to the PGI for control of Rheumatic fever. I also contributed money for construction of RVTC building project. Half truck load of clothes were handed over to the Governor of Punjab for the flood affected people. In this way, I nostalgically look at my year of leadership with contentment and pleasure.

Q. Sir, you are a philanthropist and always ready to contribute for club projects. Besides, you are a welcoming host for club festivals. How do you feel about it?

A. I feel if the Almighty has been benevolent to us to give some privileges, it is my duty to share a part with the underprivileged. Me and my wife love to host the festivals because the pleasure of celebrating becomes manifold with friends.

Wish you keep spreading happiness and benevolence



Rtn. Devi Prasad Khandelia



MILESTONES OF ROTARY INTERNATIONAL

- 1905 : First Rotary club organized in Chicago, Illinois
1905 : Second club formed in San Francisco
1909 : Rotary Club of New York organized
1910 : Rotary Club of Winnipeg, Manitoba, Canada, becomes the first club outside the US to be officially chartered.
1912 : First Rotary convention held in Chicago
1917 : Endowment fund, forerunner of The Rotary Foundation, established
1932 : Four-Way Test formulated by Chicago Rotarian Herbert J. Taylor
1945 : Forty-nine Rotarians help draft United Nations Charter in San Francisco
1947 : Rotary founder Paul Harris dies 1947 : First 18 Rotary Foundation scholarships granted
1962 : First Interact club formed in Melbourne, Florida
1965 : Rotary Foundation launches Matching Grants and Group Study Exchange programs
1978 : RI's largest convention, with 39,834 registrants, held in Tokyo
1985 : (i) Rotary announces Polio-Plus program to immunize all the children of the world against Polio.
(ii) Council on Legislation opens Rotary membership to women worldwide
1989 : Rotary clubs chartered in Budapest, Hungary, and Warsaw, Poland, for first time in almost 50 years
1990 : Rotary Club of Moscow chartered first club in Soviet Union
1991 : Preserve Planet Earth program inspires some 2,000 Rotary-sponsored environmental projects
1994 : Western Hemisphere declared polio-free
1999 : Rotary Centres for International Studies in Peace and Conflict Resolution established
2000 : Western Pacific declared polio-free
2002 : (i) Europe declared polio-free;
(ii) first class of 70 Rotary Peace Scholars begin study
2003 : Rotarians raise more than US \$118 million to support the final stages of polio eradication
2005 : (i) 23 February 2005: The Rotary Club of Chicago and Rotary International celebrated the centennial of the first meeting of four men whose gathering became a world wide movement.
(ii) Centennial of the "Room 711" meeting and Rotary International convened the Centennial Convention 19-22 June 2005 in Chicago, Illinois, the birthplace of Rotary.
2006 : (i) Rotary opens extension to China and Cuba (source Rotary International)
(ii) Only four countries remain polio-endemic: Afghanistan, India, Nigeria, and Pakistan. Polio cases worldwide have dropped by 99 percent since 1985.
2007 : The Rotary Foundation celebrates the millionth Paul Harris Fellow by recognizing 34 individuals "one from each Rotary zone. The donors receive plaques and certificates honouring their contribution.
2008 : Rotary officially launches its effort to match a US\$100 million challenge grant from the Bill & Melinda Gates Foundation to help eradicate polio.
2009 : Rotary celebrates the 100th RI Convention in Birmingham, England.
2010 : More than 199,000 women are members of Rotary clubs worldwide, with an increasing number serving as district governors.
2012 : Elizabeth S. Demaray begins her term as treasurer, the first woman to serve in this position
2013 : Anne L. Matthews begins her term as the first woman to serve as RI vice president.
2013-15 : Celia De Giay from Argentina and Mary Ann Growney-Selene from Wisconsin became Directors
2017 : Brenda M. Cresse, TRF Trustee (2017-2021) begins her term as treasurer.
2020 : Jennifer E. Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, has become Rotary International's president for 2022-23, it makes her the first woman to hold that office in the organization's 116-year history.

Rotary Across the Globe

District 2232 is working to identify needs, connect with Rotary clubs worldwide, and support those affected by the war

Two years after Russian forces invaded Ukraine, Rotary members around the globe continue to raise funds and send medicine, fuel, and other essential supplies to those affected by the conflict.

A special relief fund created by The Rotary Foundation, now closed to contributions, raised more than US\$17.4 million from donors around the world and has funded 375 grants that have allowed Rotary members to provide different kinds of help.

In addition, many Rotary clubs and districts have organized local humanitarian response initiatives. Guided by District 2232 (Ukraine), these efforts have directed shipments of medicine, medical equipment, ambulances, generators, heating fuel, winter supplies, and other relief to communities in need.

Mykola Stebljanko, a past governor of District 2232, says the huge response since the Russian invasion of Ukraine on 24 February 2022 has strengthened Rotary in Ukraine.

"We have become more active, more effective. We are a more solid organization now," Stebljanko says. "We receive a lot of requests from our communities. Lots of outside clubs want to help us. People see this and ... want to join Rotary."

Steblyanko says clubs in Ukraine have added more than 500 new members in the past two years. The growth has been so rapid, in fact, that the district spends comparatively little time on intentional efforts to attract members. It uses that time instead to help new members understand what it means to be a member of Rotary so they will remain engaged.

The increased service efforts have also drawn media attention.

"Before the war, the media did not want to mention us in the news," Stebljanko says. "At the moment, they like to tell about Rotary because of the help we are giving and because our activities are very impactful."

Myron Uhryn, 2023-24 governor of District 2232, has spent months collecting detailed reports from all regions of Ukraine to document and guide the relief efforts. These analytics, he says, will help his district collaborate with members outside Ukraine who want to help — but may not know how.

District 2232 has also formed a committee to help organize the efforts of clubs and districts outside the country, connecting them with clubs in Ukraine to support those affected by the war.

Uhryn says he receives dozens of letters every day from people all over the world offering their assistance. On a recent video call, he held up a stack of mail he had received just that morning.

"It is why we started collecting analytics," he says. "It is very useful to understand the total situation and exchange information. It makes us more effective, more able to have an impact. We want to continue our network and partnership with other Rotary clubs and districts."



Thank you for your recent online contribution of INR 8300 made by VISA and directed to PolioPlus Fund. The confirmation number for your donation is c1agv170yx2682

Donation of 100\$ towards the Polio Fund by Rtn. Dr. Rita Kalra on WGM, Rotary Day

Celebrating Birthday's & Anniversary's

Birthday - Rotarian	
Feb 25	Mukul Bansal
Feb 26	Major Deepak Chaudhary
Mar 01	Rishi Kant Jha
Wedding Anniversaries	
Feb 04	PE Nitin Kapoor and Shivani Kapoor



PP Rtn Salil Chopra

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