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Rotary The Four Way Test

Of the things we think, say or do

1. Is it **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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Holi Celebrations

Date: 25th March 2024
Venue: #563, Sector 33B, Chandigarh

Note the change in Time and Venue

"Milk: The Complete Food."

In the spirit of camaraderie and shared learning, the weekly meeting of Rotary Chandigarh Midtown on March 15, 2024, held at Hotel Shivalikview, was truly memorable. We had the privilege of hosting PP Rtn PK Jain from Rotary Karnal, an esteemed expert in Dairy Plant Management, who delivered an insightful discourse on "Milk: The Complete Food." His presentation not only expanded our understanding but also underscored the pivotal role of milk in our daily diet.

The introduction and invitation of the distinguished speaker, PP Rtn PK Jain, were graciously conducted by Rtn Dr. Rita Kalra. PP Rtn PK Jain's expertise shed light on the nutritional benefits of milk, emphasizing its significance as a complete food. Our sincere appreciation to him for sharing his profound insights with us.

In a gesture of generosity, PP Rtn PK Jain distributed cow milk desi ghee to all participants, symbolizing Rotary's ethos of enriching lives through acts of kindness.

The event was further enriched by the presence of esteemed guests, including President Rotary Karnal Dr. Vikram Mittal and Sh Vijendra, whose valuable contributions enriched our discussions.

Visiting Rotarian Aureliya from Kenya captivated the audience with her club's commendable initiatives on women's health and empowerment, showcasing Rotary's global impact. Trustee Geetha's impactful work from Aureliya's club further emphasized our commitment to service.

The meeting also saw the participation of visiting Rotaractors from Mumbai and Bhopal, currently engaged in a friendship exchange program, reflecting Rotary's spirit of collaboration and friendship, Rotract Club Chandigarh Midtown being the host if this friendship exchange.

President Jeeten Bhambri took the opportunity to update attendees on the club's ongoing projects, highlighting our dedication to making a positive difference in our community and beyond. PP Palav Mukherjee added an element of fun and learning with an engaging quiz on milk, enriching our knowledge.

A special acknowledgment goes to President Ramesh Sanghwan of Rotary Barara for strengthening the bonds between our clubs with his presence.

As we reflect on the enlightening discussions and connections forged during the meeting, let us continue to uphold the values of service and fellowship in all our endeavours. Together, we can inspire positive change and make a lasting impact.



Visiting Rtn. Aurelia Munene Rotary Club of Muthaiga in Kenya facilitated by President Jeeten Bhambri present are PP Rtn. Dr. Rita Kalra, Secretary Rtn. Anup Sharma



Visiting President Rtn. Ramesh Sanghwan along with fellow Rotarian of Rotary Barara, being facilitated by PP Rtn. BL Ramsarisaria & PP Rtn. Dr. Balram Gupta present are Rtn. Aurelia Munene, President Jeeten Bhambri, First Lady Dr. Kadam, Secretary Rtn. Anup Sharma PP Rtn. Ashok K Puri & PP Rtn. Dr. Sanjay Kalra



Visiting Rotractors Rtr. Madhav Solanki (RC Churchgate), Rtr. Khushboo Saliya (RC Mithibai College), Rtr. Shubham Desai (RCBA) & Rtr. Krishna Devannavar (RC Bombay Uptown) being facilitated by PP Rtn. PK Jain & PP Rtn. Dr. Rita Kalra, Rtn. Dr. Vikram Mittal present are President Jeeten Bhambri, Secretary Rtn. Anup Sharma, Rtr. Ashdeep with fellow Rotractor.

Glimpses of weekly meeting at Hotel Shivalik-View, Chandigarh



Visiting Rotarian
Rtn. Aurelia Munene
Rotary Club of Muthaiga in Kenya



PP Rtn PK Jain
Rotary Karnal
Expert in Dairy Plant Management



PP Rtn. Pallav Mukerjee Introducing
PP Rtn. PK Jain in the meeting present are
PP Rtn. PK Jain, President Jeeten Bhambri
& Secretary Rtn. Anup Sharma



PP Rtn. Ashok K Puri with Prof IS Dua
and A'nn Gunninder Dua residing the
National Anthem at the weekly meeting



Invocation by A'nn Nandita Sisodia at the
weekly meeting present are PP Rtn.
Ashok K Puri & Rtn. Pradeep Sisodia



Vote of Thanks given by PP Rtn. BL Ramsisaria
in the weekly meeting, present are
PP Rtn. PK Jain, President Jeeten Bhambri



PP Rtn. PK Jain facilitated by PP BL
Ramsisaria present are President Jeeten
Bhambri, Secretary Rtn. Anup Sharma,
First Lady Dr. Kadam Bhambri & President
Rotary Karnal Dr. Vikram Mittal



President Rotary Karnal Dr. Vikram Mittal
facilitated by President Jeeten Bhambri
present are PP BL Ramsisaria, Secretary
Rtn. Anup Sharma, First Lady Dr. Kadam
Bhambri & PP Rtn. PK Jain



Rtn. Vijender, Rotary Karnal
facilitated by President Jeeten Bhambri
present are PP Rtn. PK Jain, Secretary
Rtn. Anup Sharma & President Rotary Karnal
Dr. Vikram Mittal



Lucky Draw won by Rtn. IS Dua presented by
PP Rtn. PK Jain present are President Rtn. Jeeten
Bhambri, First Lady Dr. Kadam Bhambri, Secretary
Rtn. Anup Sharma, President Rotary Karnal
Rtn. Dr. Vikram Mittal & Rtn. Vijender



Weekly Meeting Rotary Club Chandigarh
Midtown being held at Hotel Shivalik View
with Guests from Rotary Karnal, Kenya,
Mumbai and Bhopal

Week Gone By

Sushiksha Sessions by Rotary Uncle

Rotary Susiksha Pathshala session held at Government Middle School, Sector 21, Panchkula (Haryana) on WINS (Wash IN Schools). Children assured that they would educate their parents and neighbours to save water and keep toilets clean to lead a healthy and hygienic life.



As the schools either are busy with exams or closed for holidays Rotary services have been engaged till 31st March on request of principal and teachers and students daily at 9.30 am students would gather to watch moral bound videos and listen to stories. A story on pride hatha fall was narrated at Govt Middle School, Sector 21, Panchkula students.

Rotary Susiksha Pathshala session was held at Government Middle School, Sector 21, Panchkula (Haryana) in presence of Vice Principal. A video on how society matters to value you was shown to students. Story of Japanese Children how they keep school, province city and country clean including wash areas Teacher shared the experience of her about children helping parents.



Rotary Susiksha Pathshala Session was with a difference. Grand child of PP Rtn. Saili Chopra & Rtn. Renu Chopra, Lavyaansh Chopra accompanied to the school to meet children and surprisingly, being student of KG, participated so well with the children of class 8th gave his introduction and narrated story of Greedy Dog with moral. It was amazing and the bigger children were so surprised with his confidence and grip on English language. Screened video on dumb

and deaf father whose love to his daughter was more than being perfect father. Teachers appreciated Rotary spirit that is keeping children high on moral values and spreading awareness in the society through sessions.

Sushiksha Sessions by Rotary Uncle

Grandson and Grandfather JODI - PP Rtn. Salil Chopra & Lavyaansh Chopra did Rotary Susiksha Pathshala session at Govt Middle School, Sector 21, Panchkula where Lavyaansh Chopra the grandchild narrated a story of 3 bulls and a lion, Unity is Strength and I took up on Anger leads to scars at heart ♡. It was lovely exposure for the students.



Nikshay Diwas - Distribution of Nutrients to TB Patients at Sec-16, Dispensary, Panchkula



Distributed Nutrients to TB patients (8th time during this rotary year) at Sector 16, Dispensary, Panchkula to 50 patients of which 30 patients came in presence of Rotarians of RCCM and 20 packets of nutrients were handed over to Mr. Neeraj, The coordinator from Govt. District TB cell, Sector 6, Panchkula. The heartening news is many old patients have recovered and stopped coming to the camp and fresh patients have joined for the treatment and receiving the nutrients. Distribution contribution has been made by PP Rtn. Salil Chopra and Rtn. Renu Chopra, also present were PP Rtn. Prem Anand, Rtn Bhupinder Marwah and coordinator TB cell Mr. Neeraj, joined the project for distribution. Great ful to our PP Rtn. Prem Anand & Rtn Bhupinder Marwah sir , for their presence.

Project Sakha - Distribution of Nutrients to TB Patients at Hallomajra, Chandigarh



Project Sakha - Under its flagship project Sakha, Team Rotary Club Chandigarh Midtown distributed nutrition packets to the registered patients of Tuberculosis at Halomajra. Miss Mamta from the Chandigarh health department coordinated the program. Dr. Manjushri Sharma, Director Community Services, along with Dr. Nitish Sharma, interacted with the patients and took an update about their treatment progress. It was nice to see many old patients recovering with the help of supplements provided to them. The nutrition packets for this month were sponsored by Rotarian Dr. Anurag Sharma, We are very thankful to our fellow Rotarians who have come forward and supported this Project with full heart.

Scholarship Program for Under-privileged Girls - RCCM

Our scholarship programme for under-privileged girls was the brainchild of PP Lakshmi Khanna of RC Milano Sud-Est , Italy, and it began in the year 2008. While visiting our club Lakshmi suggested a collaboration between his club and ours. As per offer individual donors from Milano would commit \$1000 each donor each year toward tuition of girl students, and RC Midtown would contribute 25% of the total cost . With this blueprint we moved into this most productive and long lasting programme which is still continuing 14 years later.

PROJECT OUTLINE

This project was to benefit girls from under-privileged families wanting to study engineering. The objective was to help them complete their course and find employment at very good salaries in India. We concentrate on second rung colleges because that is where you will come across students from the EWS class. If we divide engineering colleges into five grades with IITs being at the top and private colleges with indifferent facilities at the bottom then UIET, Chandigarh falls in grade 3 alongside Regional Engineering colleges. The tuition fees at UIET are 90,000 annually. Students who get admission here are normally ranked at 40,000 to 125,000 in the JEE (joint entrance examination). Rank determines the course that a student is going to get. Board and lodging takes the expenses to around 2 lakhs pa. Most of the kids belong to middle and lower middle class families. For obvious reasons their access to top schools and top coaching institutes is limited therefore they rank lower in the JEE. We select students based on their economic background as determined by Family income, support from relatives, access to bank loans or government scholarships. The ones with the minimal access to these means are our target. Our programme commits to pay 2/3 rd of the tuition fee . This is paid twice a year at the beginning of each semester and is directly related to academic performance.

In the last fourteen years we have had two students whose support was stopped because of poor performance. At the end of the course the placement programme ensures that these students get placed in mainly second rung IT companies or at the second rung in top IT companies. Starting salary is normally around five lakh rupees.

One of our earliest recipients with seven years of work experience is now getting almost 30 lakhs. Another has just been promoted to Executive Engineer. One or two are abroad. Several are happily married, and for the first time in their life comfortable. Most are employed and receive handsome salaries. At least half of these girls are from single parent families where the father has either died or abandoned the family. Yet each of these girls and their families have overcome unimaginable hurdles in completing the course. It is most satisfying that today one girl is adding two rooms to her family's one room house. Another girl is guiding and helping her younger brother in his college studies. Two of them are thinking of shifting to work for banks. A few have paid the entire cost of their own weddings as well as those of siblings. And so their world moves on.

Over the years with this focus in mind all three clubs have supported about 40 girls in various disciplines though our main focus has been on girls studying for an engineering degree. Occasionally we have supported girls studying Arts, Literature and even Business. We have during the course of these fourteen years also supported two boys on compassionate considerations. Over 14 years it is estimated that the club has given out about 40 lakh rupees to these students. At-least half of this amount has come from our international partners RC Milano Sud-Est and RC Lugano, Switzerland. The rest of the contributions have come from very generous individual donors. This project has been successful because club members have been amazingly supportive. Equally fulsome support was forthcoming from friends of Rotary, for this most worthwhile cause.

Selection Criteria :

Usually Three Rotarians comprise of the selection panel. for the year 2023 Rtn. Arjan Singh, PP Rtn. Ritu Singal & Rtn. Dr. Manjushri Sharma were on the panel for selection. As the students selected are in Engineering studies the criteria are their financial needs. The panel does cross questioning with candidates about their family financials and then conclude on dispersal of funds. The decisions taken are always collective.

Current Beneficiaries : In the year 2023 Two girls were selected while Four girls were selected in 2022. Each Scholar is given Rs. 80000/- per year, being 65% of the Tuition fees at UIET (University Institute of Engg & Technology). The current six students are in the 1st Year (Two Students) and 2nd Year (Four Students) - Suman Kumari (UIET), Diksha Gupta (UIET), Disha Rani (UIET), Priyanka (UIET), Ritika Mankotia (UIET) & Tanuja Ranjan (UIET)

Having been associated with this our ongoing project since inception , We personally find it an extremely satisfying journey where one sees tangible results at the end of four years of study. Those associated with the project have also found it very gratifying as have others who have followed it from a distance.



Rtn Sakshi Verma hands over the scholarship cheques of Rs 35000/- each to Disha Rani and Tanuja Ranjan



Scholarship Rs 10000/- given to Saloni, a student of CCET, sponsored by Mr Ajit Singh, friend of Rtn Arjan Singh

Very Interesting Paradox – Desk of Rtn. Dr. Balram Gupta

Very interesting Paradox

Many years ago, a Law teacher came across a student who was willing to learn but was unable to pay the fees. The student struck a deal saying, "I will pay your fee the day I win my first case in the court". Teacher agreed and proceeded with the law course. When the course was finished and teacher started pestering the student to pay up the fee, the student reminded him of the deal and pushed days.

Fed up with this, the teacher decided to sue the student in the court of law and both of them decided to argue for themselves. The teacher put forward his argument saying: "If I win this case, as per the court of law, the student has to pay me as the case is about his non-payment of dues. And if I lose the case, the student will still pay me because he would have won his first case...So either way I will get the money". Equally brilliant, the student argued back saying: "If I win the case, as per the court of law, I don't have to pay anything to the teacher as the case is about my non-payment of dues. And if I lose the case, I don't have to pay him because I haven't won my first case yet....So either way, I am not going to pay the teacher anything". This is one of the greatest paradoxes ever recorded.

Who is right and who is the winner?

This is part of ancient Greek history. The lawyer teacher was Protagoras (c.485-415 BCE) and the student was Euthalos. This is known as Protagoras's Paradox. This case was not solved. The most interesting part - this is still debated (even today) in law schools as a logic problem !..

Hands across the Globe

Clean rivers are central to life

UN environment body looks to Rotary's reach to protect freshwater ecosystems

By Diana Schoberg

Salvador Rico's childhood memories are intertwined with the Ameca River near Buenavista in Jalisco, Mexico. Recollections of his siblings swimming in its waters are juxtaposed with the tragic loss of his sister, Agueda, to polio in the 1960s. The family attributed her illness to the sewage-tainted river where she had swum. Witnessing his mother's anguish over Agueda's death left a lasting impression on Rico. He made a solemn vow to himself to make a difference.

Rico found an avenue to fulfill his promise when he joined the Rotary Club of South Ukiah, California, in 2007. Inspired by a cleanup initiative along the Russian River, Rico envisioned similar efforts in Mexico. Partnering with Rotary members in Mexico, Rico spearheaded a comprehensive plan to tackle water pollution, starting with the Ameca River. This initiative, fueled by Rotary's community influence, led to impactful cleanups and advocacy efforts, significantly improving water quality in the region.

Eunice Kamau, from the Rotaract Club of Naivasha, Kenya, echoes the sentiment of safeguarding vital water bodies. Her involvement in a Lake Naivasha cleanup underscores the critical role of community action in preserving freshwater ecosystems.

Recognizing the potential of Rotary's global network, the United Nations Environment Programme (UNEP) has forged a strategic partnership with Rotary for the Community Action for Fresh Water initiative. This collaboration aims to empower Rotary, Rotaract, and Interact clubs worldwide to adopt water bodies for conservation, supported by UNEP's expertise and resources.

The initiative encompasses various levels of engagement, from basic cleanup activities to advanced monitoring and advocacy efforts. By leveraging Rotary's grassroots presence and UNEP's environmental expertise, the partnership seeks to address pressing challenges such as climate change, habitat loss, and pollution threatening freshwater systems.

UNEP emphasizes the significance of community involvement in safeguarding ecosystems, aligning with Rotary's ethos of service. Gavin Reynolds, an expert with UNEP's freshwater ecosystems unit, highlights Rotary's global reach and action-focused engagement as invaluable assets for achieving meaningful impact.

Rotary's longstanding collaboration with the United Nations reflects its commitment to global initiatives. The adopt-a-river concept, conceived by Joe Otin during his tenure as Rotary's representative to UNEP, serves as a blueprint for community-driven environmental stewardship.

In Kenya, the pilot initiative focused on rehabilitating polluted rivers drew inspiration from successful conservation efforts, such as the transformation of the River Thames in England. By collecting data through citizen science initiatives, Rotary clubs contribute to a global repository informing policymakers and donors about freshwater ecosystem health.

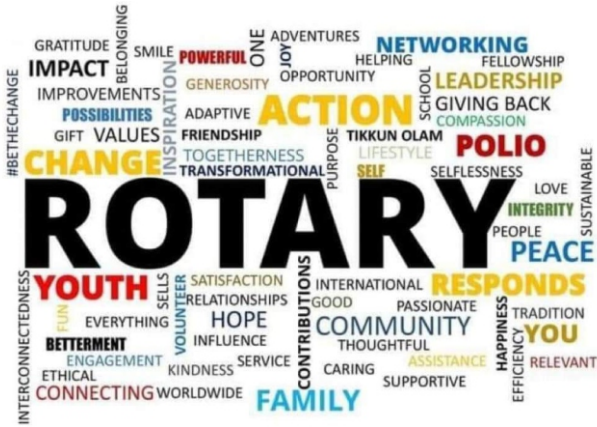
Salvador Rico's tireless efforts exemplify Rotary's dedication to environmental sustainability. His advocacy spans continents, rallying Rotary clubs worldwide to combat water pollution and restore ecosystems. From the Ameca River in Mexico to the Motagua River in Guatemala and Honduras, Rico's mission reflects a promise kept—a testament to Rotary's enduring impact on communities and the environment.

As Rotary and UNEP embark on this collaborative journey, the Community Action for Fresh Water initiative embodies the spirit of partnership and collective action. Together, Rotary clubs worldwide stand poised to safeguard freshwater ecosystems, ensuring a sustainable future for generations to come.

Clean rivers are indeed central to life. Through concerted efforts and unwavering commitment, Rotary and its partners strive to preserve these lifelines for the well-being of humanity and the planet.



Celebrating Birthday's & Anniversary's



	Birthday - Spouse
March 17	R'Ann Judy Mann
	Birthday - Rotarian
March 19	Brig. Jaswinder S. Sabharwal
March 22	PP Ritu Singal



PP Rtn Salil Chopra

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