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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?

[Click Here](#)

Global Grants of Rotary Foundation in Chandigarh Region for Collective Solutions

Time : 6:30pm

at Hotel Shivalik View, Sector 17, Chandigarh



Global Grants of The Rotary Foundation
in Chandigarh region
for Collective Solutions

The
Rotary
Foundation



Followed by Musical Evening
with Dr. Anurag Sharma

Shri Ram - Shri Krishna Consciousness

Rotary Chandigarh Midtown Welcomes Rtn AD Gandhi for a Spiritual Journey through Ramayana and Mahabharata

In an enriching assembly of minds and spirits, Rotary Chandigarh Midtown's latest weekly meeting stood out as a remarkable convergence of history, spirituality, and camaraderie. The meeting featured a special presentation by Rtn AD Gandhi from Rotary Ambala, who led the attendees on an evocative journey through the spiritual landscapes of the Ramayana and Mahabharata, exploring the consciousness of Shri Rama and Shri Krishna.

The session unfolded at Hotel Shivalik-View, where over 50 members from the host club gathered, along with distinguished guests including AG Designate Naresh Bhardwaj, President Anil Verma, and Secretary Surinder Goyal from Rotary Ambala. The atmosphere was charged with anticipation and respect for the profound subjects that were to be addressed.

Rtn Gandhi's speech was not merely a recount of the epic tales, but an intricate tapestry of the moral and spiritual lessons these stories impart. He skillfully narrated anecdotes about the great kings and warriors of Indian history, each chosen for their relevance to the values and challenges of contemporary life. His ability to draw parallels between ancient scripture and modern ethical dilemmas captivated the audience, providing them with insights into leading a life of virtue and purpose.

The event was further embellished by President Jeeten Bhambri, who warmly welcomed the guest and shared updates on the club's ongoing and upcoming projects. A particularly memorable moment was the introduction of the guest speaker by Dr. Balram Gupta. In a unique and thoughtful manner, Dr. Gupta compared Rtn Gandhi to Paul Harris, Rotary's founder, whose 156th birthday coincidentally aligned with the meeting date. This comparison was not only fitting given the philosophical depth of Rtn Gandhi's speech but also served as a reminder of the foundational principles upon which Rotary is built.

The session concluded with Rtn RK Luther delivering a heartfelt vote of thanks, describing the talk as not only enlightening but also a divine experience that enriched everyone's spiritual understanding.





Glimpses of Weekly Meeting



Week Gone By

Sushiksha Sessions by Rotary Uncle

Rotary Susiksha Pathshala Session was held at Government Primary School Village Khera, Lucknow (UP) where we celebrated it as Patriotic day. Children sang patriotic songs and narrated story of Netaji Subhash Chandra Bose. Great spirit was seen amongst children for our Nation. "Mera Bharat Mahan"



Rotary Susiksha Pathshala session was with great difference and glare at faces of students. With the efforts of Principal Manimajra school has been bestowed with SMART board to educate children in modern way. Videos were screened where we could show, explain and express in a better way. Children were thrilled and they danced with such modernization on our video Mother and child love. Principal too witnessed the event with interest and all children expressed gratitude to principal Ma'am for getting them this smart board.

Rotary Susiksha Pathshala Session was held at Government Middle School, Rally Panchkula, Haryana where attendance was so less because girl students didn't attended due to Durga Ashthami. Children told about importance of Durga Puja and how one can reach Vaishnodevi. Children themselves told on their role towards education, institution, teachers and parents.



Rtn. Dr. Balram Gupta at RC Chandigarh Shivalik



Weekly meeting attended of Rotary Chandigarh Shivalik on April 16, 2024. Dr. Sudhir Kumar Batish was the guest speaker to speak on **Quest for Vedic Knowledge System**. Rtn. Dr. Balram Gupta was extended the privilege of giving the expression of gratitude to the learned speaker.

Baisakhi Celebrations at Smarth JIYO



Rotary Club Chandigarh Midtown, in collaboration with RCC Social Substance, celebrated Baisakhi at Smarth Jiyo, a residential care for persons with intellectual disabilities, at Chandigarh. The event was graced by the presence of Rtn. Dr. RajaRajan. The evening event started with bhajan recitation, initiated by Rtn. Dr. Manjushri Sharma, and gleefully joined by all the residents. This was followed by art therapy session, coordinated by NSS volunteers from NSS open unit of Chandigarh, and Rtr. Aman Garg President Rotract Club Chandigarh Midtown.

Updated Glimpses of Signature Project "HUNAR" - Vocational Centre at Vill. Bir Ghaggar



Exploring Tech Wonderland : A Playful Workshop



"Exploring Tech Wonderland: A Playful Workshop"

On April 11, the Rotary Chandigarh Midtown Club, in collaboration with Carmel Convent School and the I-Tinker Foundation, set out on an innovative and joyful trip. The goal was to provide an intensive workshop experience to children who are part of Access of Life, and it was both straightforward and significant.

We opened the doors to a world of limitless possibilities for the Access of Life youngsters, with hearts full of empathy and minds full of creative ideas. With an exploratory mind set, the kids were given an introduction to the fascinating world of technology thanks to the generous support of Open Bot Robots (from Intel) provided by the I-Tinker Foundation.

With their eyes shining with surprise and interest, the children excitedly seized controllers and mobile gadgets, causing laughter to fill the room. They brought their robotic friends to life with each finger movement, going on adventures only their imaginations could conjure up. Every moment, from negotiating complex mazes to planning elegant dances, was evidence of the limitless potential that each youngster possessed.

The noble goal of the Access Life Assistance Foundation, a ray of hope for families facing the powerful enemy of cancer, is at the centre of this endeavour. Access Life extends a compassionate embrace to children undergoing cancer treatment and their devoted caregivers, providing them with a sanctuary of love and support. Through Accommodation, Nutrition, Transportation, and a plethora of holistic services, Access Life supports the path towards healing and wholeness, free of charge.

In the spirit of inclusive education, fifteen children (Cancer fighters) from Access of Life were welcomed into our workshop, where they were embraced with open arms and minds. To further extend the warmth of the hospitality, Carmel Convent School generously provided each child with water bottles, ensuring their comfort and well-being throughout the day. The workshop was conducted by Aman from the I-tinker Foundation and was supported by Dr. Kadam bhambari from Rotary Chandigarh Midtown.

Updated Glimpses of Signature Project "Transformation of Singhpura School"



Project - "Ek Umeed"

Introducing Project "EK Umeed"

Rotary Club Chandigarh Midtown, in collaboration with RCCM Disability Empowerment, is igniting rays of hope through Project "EK Umeed." Spearheaded by the visionary President Vinod Nagpal, whose unwavering dedication has been the driving force, and supported by the illustrious Past President Salil Dev Singh Bali, this initiative stands as a lighthouse of empowerment and inclusivity.

With a resounding impact, "EK Umeed" has extended its benevolent arms to over 5000 individuals in the previous years and continues its noble mission by reaching out to 1000 more this year. Through a dynamic approach, the project aims to provide essential support and facilitate access to vital documents such as UDID, Pension Card, Aadhaar Card, Ayushman Card, and other privileges sanctioned by the Government of India.

But "EK Umeed" is not merely about paperwork; it's about spreading awareness and providing empowerment.

For the Tricity residents, the project aims to enlighten the community about various government schemes designed to enrich lives. From UDID to Pension Card, Aadhaar Card to Ayushman Card, and an array of privileges including Senior Citizen Card, Widow Pension Card, and Girl Child Scholarship Card – "EK Umeed" acts as a catalyst, bridging the gap between citizens and the resources available to uplift their lives.

Moreover, in the light of senior citizens, children, widows, and minor communities who have been left alone by their families, "EK Umeed" shines brighter. It extends its support and compassion to those who may feel forgotten, providing not only essential documents but also a sense of belonging and care.

Every interaction, every document processed, and every awareness session conducted under the umbrella of "EK Umeed" resonates with the spirit of compassion and inclusivity. It's not just about assisting; it's about instilling hope, dignity, and a sense of belonging within every individual touched by its endeavors.

We believe that every effort, no matter how small, contributes to building a more equitable and empowered society.



The Science Behind Serving: Why Helping Others Makes Us Happy

Have you ever mentored a young student struggling with a subject, only to witness their face light up with understanding? Or maybe you volunteered at a local soup kitchen, sharing a warm meal and a friendly conversation with someone in need. There's a certain warmth, a lightness of spirit, that washes over you after these experiences. As Albert Schweitzer eloquently stated, "The purpose of human life is to serve, and to show compassion and the will to help others." But have you ever wondered why helping others makes us feel so darn good? Science actually has some fascinating answers. This blog will delve into the "helper's high," exploring the neurochemical and evolutionary reasons why acts of service bring us such joy.

The Happy Chemicals: Why Helping Feels So Good Imagine this: you spend your afternoon volunteering, helping a neighbour clean their yard. As you chat and work together, a sense of satisfaction washes over you. But what's happening inside your brain to create this warm feeling? The answer lies in a group of special chemicals called neurotransmitters. Think of neurotransmitters as tiny messengers zipping around your brain, carrying signals between neurons. Three key players are especially important for happiness and reward: dopamine, endorphins, and oxytocin.

Dopamine: Often called the "feel-good" chemical, dopamine gets released when we anticipate or experience something pleasurable. Helping others can trigger dopamine release, creating a sense of accomplishment and motivation to keep doing good.

Endorphins: These are your body's natural painkillers. They also play a role in happiness, especially when released during activities like exercise or laughter. Interestingly, helping others can also trigger endorphin release, leading to a natural mood boost.

Oxytocin: Nicknamed the "love hormone," oxytocin is crucial for bonding and social connection. When you help someone, oxytocin levels rise, fostering feelings of trust and closeness with the person you've helped.

This cocktail of happy chemicals is what creates the "helper's high" – that warm, rewarding feeling you get from doing good deeds. It's your brain's way of saying "keep this up, this feels great!"

Projects Coverage



सिटी लाइफ 20-04-2024

आर्ट थैरेपी से स्पेशल लोगों के चेहरे पर आई हंसी

Social Cause

चंडीगढ़ सेक्टर-15 जियो समर्थ होम में स्पेशल लोगों को आर्ट थैरेपी करवाई गई।

सिटी रिपोर्टर | चंडीगढ़



किसी के चेहरे पर खुरियां ले आते तो हर त्योहार और नई शुरुआत को चार चांद लगा जाते हैं। कुछ ऐसा जब उन लोगों के लिए किया जाए जो अपने परिवार से दूर हों तो खुशी दोगुना बढ़ जाती है। ऐसा ही माहौल चंडीगढ़ सेक्टर-15 के जियो समर्थ होम में बनते हुए देखा जब सोशल

स्कूटर्स ने बैसाख शुरू होने के मौके पर स्पेशल लोगों के साथ कुछ खास पल बिताए। कार्यक्रम में रोटी चंडीगढ़ मिडटाउन क्लब ने सहयोग दिया। साथ ही चंडीगढ़ प्रशासन के एनएसएस युनिट के बच्चों ने खास योगदान दिया। इस दौरान स्टूडेंट्स ने स्पेशल लोगों को

फिर से जी रहे हों। इसके बाद डंस भी हुआ और गाने गाए गए। सुर और ताल को फिफ्ट किए बिना सभी संगीत के रंग में रंगे। बॉलीवुड और पंजाबी गानों पर सभी ने डांस किया। वो स्पेशल लोग जो गुमसुम थे, इस एक्टिविटी के दौरान खुश दिखे। इसे लेकर रोटी से डायरेक्टर कम्प्यूटरी सर्विसेज डॉ. मंजु श्री ने कहा - आर्ट थैरेपी को अरुंज किया एनएसएस के बच्चों ने और रोटीयन अमन गर्ग ने। एनएसएस वॉलंटियर्स में ज्योतिषा, श्वेता, परल, दीपि, नीरज, प्रणव, सोहा, आदर्श, मल्लिका, अस्मिता, अमप्रतीरा, सोहा मंडल आदि मौजूद थे।

Dear Leaders I would like to congratulate the following clubs for getting their projects published in Rotaract Magazine by Rotary International

1. Rotaract Yamunanagar (Project: Reflective Collar Drive)
2. RAC Wagnaghat (Project: E-waste collection drive)
3. RAC Chandigarh Himalayan (Project: Choti Si Khawaish)
4. RAC Chandigarh Shivalik (Project: Shelter for stray animals)
5. RAC Chandigarh (Project: Dil Dosti Dance)
6. RAC Chandigarh Midtown (Project: Bowl Out Cancer)

I am proud to say that District 3080 outshines with maximum number of projects being published in April addition of Rotaract Magazine. Link: <https://adithyainmail.com/l/9Cf9d9QJZcOVzcJ13Y1M3g/4gX9I2rcAe4u2N2gJcYVhA/XaCHoWo8LmNKWxgQ6V892GHg>

Heartiest congratulations to all the clubs and leaders.

With regards
Rtr./Rtn. Chinmay Abbhi
DRR 2023-2024
RID 3080, INDIA



Cancer treatment is expensive and is a burden for the poor is further burdened by the disease. We as Rotarians here we can do to help these people. We identify financial health issues and support the chemotherapy and other medical expenses for the affected family members," says Anam Singh, president, Rotaract Club of Chandigarh Midtown, R321080. The club has been organizing a fund-raising event called Bowl Out Cancer to raise vital funds to aid individuals battling cancer in their arduous journey towards recovery. This is the third edition of the program. The first edition of the fundraiser was done in 2017 and the next was in 2021. "We supported two children in the two years, but sadly, both of them succumbed to the disease," he says. This year the club organized 255 games for two days at a rented arena, The Green Palace at the Sector 15 Home Estate Mall, in the city. The event team created extensive publicity for the games through social media, print and radio. Pamphlets and posters strategically placed at restaurants and coffee shops publicized the programme among youngsters. "An unexpected treat was the participation by English cricketer Ishaan Kishan and five others from the New Zealand team. They were visiting the mall and a rare chance occurred," smiles Singh. Over 200 people participated in a variety of games. "The arena changed to a discussion zone of F16s and we changed the programme. RACI. What we explained to them is the cause, they willingly participated in more games and had to be a part of our programme," he says. The



Rotaract club helped the club raise ₹2.5 lakh which is being used to treat a 9-year-old girl battling blood cancer at PGIMER, Chandigarh. "The annual income of her parents is a meagre ₹10,000 and they could not afford the medication and treatment." The club chartered a 1962 prototype bus 15 members. Other service projects done by them include helping to clear perennially clogged drains and visiting orphanages and old age homes to cheer the inmates and provide support to them. The club recently conducted a TB awareness rally and distributed medicine packets to people afflicted with the disease. A blood donation camp was organized in a large scale to help children with haemophilia describe as they need frequent blood transfusions.

ROTARY INTERNATIONAL
RI DISTRICT 3080

Rotary
RI DISTRICT 3080

DISTRICT TRAINING ASSEMBLY

Day & Date : Sunday 2 June 2024
Venue : Hotel M. M. Continental
Ambala Jagadhri Highway,
Mullana, Ambala, Haryana.

Details Follows

Rtn. Inderbir Kaur & Rtn. Rajpal Singh
DG 2024-25 RID 3080

HOST CLUB : ROTARY CLUB JAGADHRI

SAVE THE DATE
2 JUNE 2024
Sunday

Celebrating Birthday's & Anniversary's

Birthday - Spouse	
April 21	Sangeeta Singla
Birthday - Rotarian	
April 20	PP Kanan Diwan
April 23	Rtn. Sanjeev Kumar
April 23	Rtn. Dr. Manjushree Sharma
April 24	Rtn. Chandra Parkash
April 25	Rtn. Anupam Jain



PP Rtn Salil Chopra

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