



R.I. President
Rtn. Gordon McNally

District Governor
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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CLUB ASSEMBLY & AG's Visit

Date : 1st May 2024 Time : 6:30pm
at Hotel Shivalik View, Sector 17, Chandigarh

Rotary   **Club Assembly**



Assistant Governor's Club Visit
2023-2024

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

Rotary Chandigarh Midtown's club meeting showcased a powerful gathering of leaders and visionaries from the Rotary clubs of the Chandigarh region. The primary focus was on discussing and advancing collective solutions through Global Grants and Corporate Social Responsibility (CSR) initiatives. The participation was robust, featuring insightful deliberations that were both inspiring and fruitful. PDG Yoginder and Rtn Kanan Diwan started the program with an impressive Invocation.

President Rtn. Anil Chadha (Rotary Chandigarh) Shared an overview of current projects such as the Gift of Life, Happy Schools, Health and Wellness Centres, and TB Free Chandigarh. He encouraged enthusiastic participation from all Rotarians in the tricity for ongoing and future projects.

President Rtn. Dr. M.P. Singh (Rotary Classic Chandigarh) discussed efforts to sensitize the community about cancer prevention and treatment, highlighting the critical importance of awareness campaigns.

President Rtn. Dr. Surinder Makkar (Rotary Chandigarh Shivalik) provided insights into the grant for free surgical treatment of cleft lip and palate patients and a newly approved global grant for burn victims management.

President Rtn. Sunil Kansal (Rotary Chandigarh Central) Talked about the CSR grant for their magnanimous artificial limbs project, menstrual hygiene awareness, and the distribution of sanitary napkins along with the Happy School Project.

President Rtn. Arun Kamboj (Rotary Chandigarh Uptown) shared excitement about the Friendship Exchange Program in Sri Lanka and reaffirmed commitment to ongoing global grants.

PP Rtn. Amarjit Singh (Director International Service) Highlighted the club's achievements in securing Global Grants and encouraged participation in Project Aastha for cervical cancer vaccination, TB screening, Happy school project and the RVTC project at the adopted village Bir Ghaggar for youth empowerment.

Rtn Pradeep Sisodia expressed gratitude to all participants and speakers for their contributions. Scholarships were given to six meritorious girls for their higher studies by Project chair Rtn Arjan Singh. Rtn. Ritu Singal along with Rtn. Anurag Sharma & Rtn. Manjushree Sharma have sponsored scholarships for two girls.

The meeting concluded with a musical evening coordinated by IPP Dr. Sanjay Kalra, featuring melodious bhajans and ghazals. Dr. Anurag Sharma, along with Neeru Khattar, Madhu and Suresh Dhawan, and Dr. M.P. Singh and Rtn Anup Sharma captivated the audience with their performances.

The meeting underscored the importance of collaboration among Rotary clubs to make a lasting impact through Global Grants. The initiatives discussed promise to not only enhance community well-being but also foster a legacy of profound communal benefit.



Global Grants of The Rotary Foundation in Chandigarh Region explained by Tri-city Presidents



President Rtn. Anil Chadha
(Rotary Club Chandigarh)



President Rtn. Dr. Surinder Makkar
(Rotary Club Chandigarh Shivalik)



President Rtn. Sunil Kansal
(Rotary Club Chandigarh Central)



President Rtn. Dr. M.P. Singh
(Rotary Club Classic Chandigarh)



President Rtn. Arun Kamboj
(Rotary Club Chandigarh Uptown)



Director Intl. Service Rtn. Amajit Singh
(Rotary Club Chandigarh Midtown)

Distribution of Scholarships



Bhajan Sandhya & Facilitation





Week Gone By

Sushiksha Sessions by Rotary Uncle

Rotary Susiksha Pathshala Session was held at Govt Middle School, Sector 21, Chandigarh amongst students of class 6th. It was taught how service to humanity brings you near to divine power GOD and what we you can help and assist the needy. Children were touched that keeping fast and doing Pooja may bring less and slow fruits but serving people would do wonders.



Rotary Susiksha Pathshala Session was held at Government Middle School, Vill. Rally, Panchkula, Haryana. Where a story was told on how helping others can bring us nearer to God and also gets God's blessings.

These sessions are motivational sessions and they create a vibe in these children and also inculcate our traditional values which would pay us throughout.

Rotary Susiksha Pathshala Session was held at Government Primary School, Village Fatehpur, where it has been fixed now onwards every Tuesday there will be sushiksha sessions. We had a story to share "Kar Bhala ho Bhala", only in this life. Children participated very well and shared their feelings



Rotary susiksha pathshala session was held at chamkaur sahib school in district ropar Punjab organised by Rotary club ropar central with the efforts of rtn Ajmer Singh President of club. It was fantastic session with great involvement of children who narrated the stories from screened videos on parents love, role of namaste and every day be teachers day in their own words Director, principal were mesmerized with our presentation. They want repeat visit in June during their summer season

Sushiksha Sessions by Rotary Uncle



Rotary Susiksha Pathshala Session was held at Government Primary School, Village Bahisa, Lucknow on stories related to family & being united.

UNITY is STRENGTH has been taught a number of times by elders and in school but the way it has been explained by Rtn. Salil Chopra is acknowledged and appreciated.

Rotary Susiksha Pathshala Session was held at Government Middle, School Khera, Lucknow where a story on "**Moral values**" was told about a good neighbour and his importance.

How being good to others help us be a good Human Being ourselves as well.



We & The Ocean

Children themselves told on their role towards education, institution, teachers and parents. Blue Horizons: A Journey to Environmental Consciousness Dive into the wonders of the deep blue with "We and the Ocean," a captivating workshop hosted at GSSS MMT School in collaboration with Rotary Club Chandigarh Midtown and Envirovision. Guided by the insightful Charu Gupta (Founder of Envirovision), 50 enthusiastic grade 7 students started an exploration of environmental consciousness.

From "Fish in the Tank" to crafting trendy handbags from old t-shirts, students actively participated in the mission to reduce, reuse, and recycle. They delved into the heart of plastic pollution, unravelling its complexities and discovering their role in making a positive impact. Amidst the excitement of exploring vibrant marine life and re-purposing old garments, the workshop seamlessly blended education with entertainment. Dr. Kadam Bhambari (First Lady) from Rotary Chandigarh Midtown Club enriched the experience with her expertise.

As the workshop concluded, students left with not just knowledge but also tangible reminders of their commitment to a greener future. Notebooks and pens, courtesy of Rotary Chandigarh Midtown Club, were distributed, symbolizing the journey towards sustainable living.

More than a workshop, it was a celebration of Earth Day and the power of collective action. "We and the Ocean" inspired young minds to preserve the beauty of our oceans and tread lightly on the sands of time.



Nikshay Mitra - Distribution of Nutrients to TB Patients

As a routine we observe Nikshay Divas which is a date for distribution of High protein nutrients, being distributed to the TB patients at Sector 16, Dispensary, Panchkula, Haryana. Besides presence of Government officials present were Six Rotarians from Rotary Club Chandigarh Midtown - Rtn. B L Ramsisaria, Rtn. R K Luther sir, Mr. Rajeev Aggarwal, Rtn. Suresh dhawan , Rtn. Prem Anand and Rtn. Renu Chopra to distribute to 22 patients and 28 packets were handed over to Mr. Neeraj Saini from Civil Hospital, Sector 6, Panchkula for distribution to rest of patients when they come to collect from TB Hut, the centre we created specially for TB patients in civil hospital, The nutrients donation was done by Past Rtn Rajeev Aggarwal.



I DECIDED NOT TO CRY by PPRtn. Ritu Singhal

The autobiography : **I Decided Not To Cry** of Past Assistant Governor and President Rtn. Ritu Singhal is being released on May 3, 2024. The Rotary family is familiar with the life story of our own Ritu. She had joined Rotary in October, 2006. It was on 29th April, 2007, she faced the greatest tragedy. Vikas her husband shot himself dead. The business was in shambles. She was neck deep in debt. Two minor daughters to nurture. Nothing seemed to be right. All gloom. Engulfed in darkness. Totally shattered. She decided, **Not to Cry**. Fully determined. To face, the live challenge of life. Fought and fought for 12 years.

It was March 2019, Ritu was selected for the **Economic Times Women Entrepreneur of the year award**. She bounced back with an equal thud.

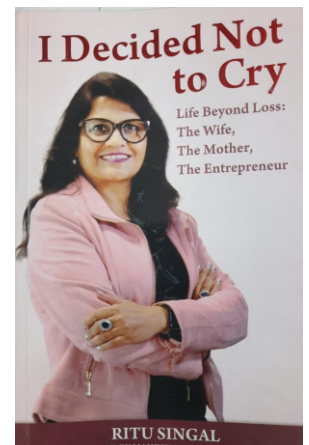
Ritu, tough times do no last. Tough people do. You have proved it. May you go on for ever. Failures could not break you. You dared to make another start. You are the warrior. You could have thought that destiny has crippled you. No. You decided to count your blessings. Your life journey is a saga of grit, Of faith, Of determination. You did not hand over the brush of your destiny to anyone. You have painted your destiny with your own brush. With your own hands. Your story is, step by step, you have climbed the Mount Everest. The collection of Failures is a collection of Experiences. These experiences ultimately led you to success. We are tested in our darkest moments.

Mohammad Ali had said: **If my mind can conceive it, my heart can believe it and then I can achieve it.**

Ritu was going through difficult times. Yet, she went up the ladder in Rotary Ranks each year. She became the President of Rotary Club Chandigarh Midtown in 2012-13. She was fighting battles on different fronts. She blended Rotary and led the club admirably well. She applied the Rotary four way test in true Rotary spirit. To find out the Truth. She demonstrated that Rotary values matter the most in business circles. She is the living example. I vividly remember, she used to smoothly flow with quotable quotes in Rotary weekly meetings. The Rotary Institute of the year 2012 was held in Hyderabad. **A Commemorative Collection of Inspiring Stories of Peace** was brought out by past RID Yash Das. Ritu through her poem on Peace gave ventilation to her feelings: **Peace Comes to me with**

your smiles. In the joy on your face when I am winning my race. The flavour still continues. It has been truly said that more than houses, we live in our minds.

This book : **I Decided Not To Cry** be the best recipe for every girl and woman. Let this book be prescribed in every school and college. Women seldom fight out. You fought so well. Your fight was your Fundamental Duty to renounce practices derogatory to the dignity of women. You have survived storms. Even the hurricane could not uproot you. You have played your different roles : As a Wife, a Mother and an Entrepreneur. Good nature is the richest fruit of every human life. You have played well. You have made everyone happy. May you live long. Your autobiography will make you live longer.



PP Rtn. Dr. Balram Gupta

RYLA - Mussoorie

Participants travelled hundreds of miles to be a part of this One of a kind program. During their stay at the RYLA venue, Himalayan Adventure Institute, the participants thoroughly enjoyed themselves by participating in activities like Trekking, Rappelling, Zip-lining, Yoga, Target Shooting, Archery, Tent Pitching, River Crossing, Rock climbing & many more which kept them engaged throughout their stay.

They tasted the feel of adventure, team spirit, self determination and self confidence along with the camaraderie they got to experience. They also had a session on Evacuation, Rescue, First-Aid, Leadership Development and Team Building, The participants were also briefed about Rotary, Rotaract, and Interact along with and it's 7 areas of focus.

Rtr. Aman Garg, Garv Bhambri, Vihaan Gandhi, Shrey Sisodia, Ojas, Ranvir Singh, Ranveer & Shubham represented Rotary Chandigarh Midtown in RYLA Mussoorie, and were awarded in many activities they participated in.





KHUSH RAHO - Five Mantra's for Happiness

Happiness is a matter of attitude and mind. Worldly possessions and high bank balances do not necessarily contribute to it. Our helper at home goes out happily on his bicycle with his wife and their child every Sunday to enjoy the weekend. Whereas, many 'Haves' despite their luxurious cars even in a five-star ambiance may not be all blissful.

Let's share some mantras to achieve happiness. First of all, good health. Regular exercise regimens including yoga and meditation to one's contentment pay rich dividends. With age, some medical issues may be there, Never forget that age is just a number. Further, willpower and courage take care of everything. If I were a doctor, I would prescribe " Tablet ' Smile' 1 TDS and Tablet 'Laughter' SOS " liberally. Say bye to impatience.

Second, 'love and help' one and all as a matter of nature. They are contagious, thankfully in a positive manner. They get reflected from others like an image from a mirror. Students of Science, remember Newton's Third law of motion (ie. every action has an equal and opposite reaction). Love and help get reflected like an echo, at times with even more intensity. A heartfelt affection from others can be invaluable. Be happy with self-satisfaction in every sphere. Fame and success will accrue in due course.

Third, indulge in joyful hobbies and passions you like without any fixed ideas. Let the child in you be re-born. A young child can make a game of anything. I remember a pleasant scene at a high altitude. A child of five years had a small wooden board. He used to sit on the same on snow, come down a slope, and kept repeating to his heart's fulfillment. So neither costly gadgets are necessary nor knowledge of rocket science. Just DIY (Do it yourself) and enjoyment should be the keywords.

Fourth, Travel- there are choices in abundance within 'home' as well as abroad. Its encouraging that the present Central Govt is highly exploiting the vast tourism potential in the Country. Inevitable constraints sometimes need to be appreciated. Visiting abroad gives a sense of happiness and learning. Coincidences and opportunities are galore during visits. Surprisingly, many of them can result in everlasting friendships. A chance meet abroad with a tourist group from Pakistan albeit for a short duration is unforgettable for me. Their simple and affectionate gestures have left an everlasting impression. I for one on that day wished 'Partition' had not happened. Every travel besides adventure is a supreme blessing. Time and finances will work out as long as ' will ' is there.

Fifth, last but not least, Ah ha! just create sweet memories. Yes, memories of relations, friends, pets, travel, or anything imaginable. One can lose money, valuables can be stolen, the property can become debatable, but memories remain safe in the locker of heart. Sweet memories are a wonderful catalyst for ' Happiness'.

Rtn. Col J.S. Chandoak

From the desk of PP Rtn. Dr. Balram K Gupta

WOMAN

When God created woman he was working late on the 6th day.....
An Angel came by and asked - "Why spend so much time on her"
The lord answered - "Have you seen all the specifications I have to meet to shape her" She must function in all kinds of situations,
She must be able to embrace several kids at the same time,
Have a hug that can heal anything from a bruised knee to a broken heart,
She must do all this with only two hands,"She cures herself when sick and can work 18 hours a day

"The Angel was impressed "Just two hands.....impossible! And this is the standard model" The Angel came closer and touched the woman" "But you have made her so soft, Lord".

"She is soft", said the Lord,"But I have made her strong. You can't imagine what she can endure and overcome"

"Can she think" The Angel asked...

The Lord answered. "Not only can she think, she can reason and negotiate"

The Angel touched her cheeks...."Lord, it seems this creation is leaking! You have put too many burdens on her"

"She is not leaking...it is a tear" The Lord corrected the Angel...

"What's it for" Asked the Angel.....

The Lord said. "Tears are her way of expressing her grief, her doubts, her love, her loneliness, her suffering and her pride."...

This made a big impression on the Angel,"Lord, you are a genius.

You thought of everything. A woman is indeed marvellous"Lord said."Indeed she is. She has strength that amazes a man. She can handle trouble and carry heavy burdens. She holds happiness, love and opinions. She smiles when she feels like screaming. She sings when she feels like crying, cries when happy and laughs when afraid. She fights for what she believes in. Her love is unconditional. Her heart is broken when a next-of-kin or a friend dies but she finds strength to get on with life

"The Angel asked: So she is a perfect being..

The Lord replied: No. She has just one drawback" She often forgets what she is worth".

Author Unknown

Rotary Club of Morisset

"The significance of Rotary is that it has become one of the most active & effective lay forces on the side of righteousness, co-operation & goodwill.

..... it also acts as a severe restraint on what is evil & corrupt"

-HRH Prince Philip.

Rotary

DID YOU KNOW?

A Paul Harris Fellow (PHF) pin is presented in recognition not only to Rotarians, but to any individual who **donates** or in whose name a **minimum of US \$ 1,000.00** is donated to The Rotary Foundation.

The implication is that a **PHF pin is not a Rotary pin** and does not single you out as a Rotarian if you wear it on its own.

To be identified and distinguished as a Rotarian who has contributed to the foundation, please wear your PHF pin together with a Rotary pin.

Rotary

Rotarian

adjective

Relating to or characteristic of Rotary International, a worldwide charitable society of business and professional people.

THE PILLARS OF ROTARY!

ROTARY INTERNATIONAL
RI DISTRICT 3080

Rotary
RI DISTRICT 3080

DISTRICT TRAINING ASSEMBLY संकल्प

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

Speakers: Rtn. Sudarshan Chugh, Rtn. Ajay Sharma, Rtn. Manish Tomar

RI District 3080 Theme 2024-25
Service with a Smile

SAVE THE DATE
2 JUNE 2024
Sunday

HOST CLUB : ROTARY CLUB JAGADHRI

Celebrating Birthday's & Anniversary's

Birthday - Spouse	
May 03	Indu Anand
Wedding Anniversaries	
April 28	Dr. Rahul Garg and Justice Raj Rahul Garg



PP Rtn Salil Chopra

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