The Midtowner

Weekly Bulletin of Rotary Club Chandigarh Midtown

Rotary Chandigarh Midtown

UNITE FOR GOOD

2025-26 | Club No. 15228 | R.I. District 3080

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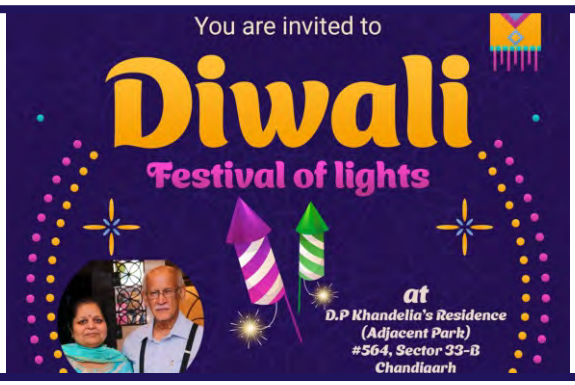

Practicing the Art of Gratitude by Mrs. Anu Singh

Workshop on "Attitude of Gratitude" – A Journey into Mindful Creativity

Rotary Club Chandigarh Midtown had the pleasure of hosting a unique and uplifting session by Ms. Anu Singh, an accomplished Artist, Certified Zentangle Teacher, NLP Master Practitioner (Life Coach), Art Workshop Facilitator, and Creator of Hand-Crafted Colouring Books, Journals & Diaries.

The special 30-minute workshop, titled "Attitude of Gratitude", offered members a refreshing blend of mindfulness, creativity, and self-reflection. Through her engaging style and calming presence, Anu guided participants to explore the art of Zentangle, a meditative drawing technique that encourages focus, relaxation, and creative expression. She demonstrated how simple patterns can evolve into beautiful artwork—proving that everyone, regardless of artistic skill, can experience joy and peace through art.

The session also introduced the concept of Gratitude Journaling, a simple yet powerful daily habit that fosters positivity, emotional balance, and mental well-being. Members were encouraged to reflect on the blessings in their lives, reinforcing how practising gratitude can shift perspective and cultivate patience, happiness, and resilience in everyday life.

Anu emphasized that mindfulness and gratitude go hand in hand—Zentangle helps calm the mind, while Journaling nurtures the heart. Together, they form a holistic practice for self-care and emotional harmony.

Following the interactive session, participants had the opportunity to purchase the beautifully designed 2026 "Patience & Gratitude Journal", personally crafted by Anu. The journal features colouring pages, motivational prompts, and daily writing spaces—an inspiring tool to continue the journey of mindfulness throughout the year.

The workshop received an enthusiastic response, leaving everyone refreshed and inspired to embrace gratitude as a way of life. Rotary Club Chandigarh Midtown extends heartfelt thanks to Ms. Anu Singh for sharing her time, talent, and insights that beautifully aligned with Rotary's spirit of self-improvement and service with compassion.

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Week Gone By

Rotaract Club Chandigarh Midtown organized an Awareness Session on "Sugar Board"

The Rotaract Club Chandigarh Midtown organized an Awareness Session on "Sugar Board" to educate students about the growing health concerns associated with excessive sugar consumption.
The session was conducted by Rtr. Vanya and IPP Rtr. Rashdeep, who engaged the students through interactive discussions and practical demonstrations. They highlighted the concept of hidden sugar present in commonly consumed beverages such as soft drinks, energy drinks, and packaged juices. Students were surprised to learn that even seemingly "healthy" drinks often contain high sugar levels, contributing to lifestyle diseases like obesity and diabetes.
The facilitators encouraged students to make mindful dietary choices by opting for healthier alternatives such as fresh fruits, water, and natural juices, and emphasized the importance of reading nutritional labels before consuming packaged products.
The session was both educative and impactful, inspiring students to adopt healthier lifestyles.
Rotaractor Tushar was also present during the session. The event was coordinated by R'Ann Nandita Sisodia.

Project Annapurna at Samarpan by Rotary Club Chandigarh Midtown



Project Annapurna was successfully organized today at Samarpan, spreading joy and compassion among 112 enthusiastic children. The event was graced by President Rtn. J.S. Bawa, Rtn. Prem Anand, Director Community Service Rtn. Suresh Dhawan, Rtn. Salil Chopra, and Rtn. Renu Chopra, whose presence added warmth and encouragement to the occasion.
A heartwarming highlight of the day was a storytelling session by Rtn. Salil Chopra, who narrated an inspiring story centered on the theme "सलाह मत दो, साथ दो" ("Don't just advise, be a companion"). The story deeply resonated with the children, who enthusiastically pledged to adopt the message in their daily lives. Their active participation and interaction reflected the spirit of learning and togetherness.
Adding to the joy, our little "grand Rotarians" – the grandchildren of members – took great delight in distributing sweets, five per child, spreading smiles all around.
Heartfelt thanks to all the Rotarians who joined hands to make Project Annapurna at Samarpan a memorable and meaningful experience, reinforcing Rotary's mission of love, learning, and service.

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School Bag Distribution Drive at GHS, Sector 30, Chandigarh

Rotary Club Chandigarh Midtown successfully organized a School Bag Distribution Drive at Government High School, Sector 30, Chandigarh. The initiative was undertaken as part of Rotary's continuous efforts to promote education and support underprivileged students in their learning journey. A total of 50 school bags were distributed to the students, symbolizing Rotary's belief that education is the most powerful tool to transform lives and build a stronger future.

The event was graced by President Rtn. J.S. Bawa, R'Ann Nandita Sisodia, Rtr. Rashdeep Singh, and Rtr. Tanveer, who interacted with the children and shared inspiring words to motivate them toward academic excellence. Their encouraging presence filled the young students with enthusiasm and confidence to pursue their studies with renewed commitment.

The distribution of school bags not only provided tangible assistance but also conveyed a powerful message — that every child deserves equal opportunities and access to education, regardless of their background. The smiles on the faces of the children were heartwarming and reflected the true essence of service above self.

The project was meticulously planned and efficiently coordinated by R'Ann Nandita Sisodia, whose dedication and efforts ensured its smooth execution. Rotary Club Chandigarh Midtown continues to stand as a beacon of hope and compassion, striving to empower communities through impactful service initiatives like these that nurture learning, dignity, and self-belief among the younger generation.

Say No to Crackers – Pollution-Free Diwali" Awareness Session

Rotaract Club Chandigarh Midtown organized an awareness session on "No to Crackers – Pollution-Free Deepawali" at Government High School, Sector 30, Chandigarh.

The session was delivered by Rotractor Bhavika, who encouraged students to celebrate a safe and eco-friendly Deepawali by avoiding the use of crackers. She highlighted the harmful effects of air and noise pollution caused by fireworks and motivated the students to choose sustainable ways of celebration.

The event was coordinated by R'Ann Nandita Sisodia.

From the Desk of Rtn. Dr. Balram K Gupta

'Helpers High'"The best way to find yourself is to lose yourself in the service of others." This quote is so true.

When we go beyond our comfort zone, and give our time and energy to something larger than ourselves, something remarkable happens, we start feeling good about ourselves.

Have you ever done something kind for someone else, like giving to charity, and you felt good after doing it? Chances are you were probably experiencing 'Helper's high.'Did you know that 'Helper's High' is more than just feeling good about doing good? It involves a positive physical change in your body and mind.

The concept of the "helper's high" arose in the 1980s, and has been confirmed in various studies since then. It consists of positive emotions following selfless service to others. It's that euphoric feeling that you get after you've done something good for someone else. It's called a high because it's actually a chemical response in the brain to performing an act of kindness.

It creates a train reaction of other positive effects. Thus, helping others produces a positive effect on your mental and physical health. In other words, your brain was designed for helping others.

Think of it this way. Helping others benefits human survival. Therefore, our brains are designed to motivate us to do good.

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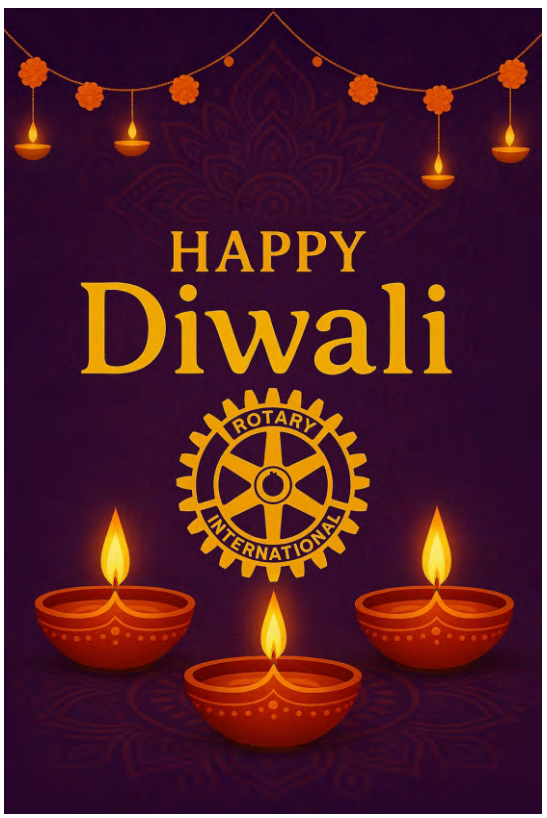
Kindness Toward Others, or when you do a good deed for someone else, your brain releases endorphins which are hormones that have pain-relieving properties. Think of it as your body's natural morphine. These endorphins create the same high you would feel after taking morphine.
Greater health and increased longevity are associated with this psychological state.
The more we give away, the more we gain in the long run. That is why helping others really is a win-win situation. Go on, this festive season, do a random act of kindness and get a 'Helpers High' and feel good about yourself.
Martin Luther King said it beautifully, “Everybody can be great, because anybody can serve. You don’t have to have a college degree to serve; You don’t have to know about Plato and Aristotle; You don’t have to know Einstein’s theory of relativity to serve; You only need a heart full of grace and a soul generated by love.
” This festive season, Lets all Serve, let's do good & feel good and stay blessed forever.

Rtn. Dr. Balram K Gupta

Diwali – The Festival of Light - From the Desk of Dr. Kadam Bhambri

॥ तमसो मा ज्योतिर्गमय ॥



“O Lord, lead us from the darkness of ignorance to the light of knowledge.”As the soft glow of lamps fills every corner and the fragrance of incense wafts through the air, Diwali — the Festival of Lights — reminds us of the eternal triumph of light over darkness, knowledge over ignorance, and good over evil. It is a time when hearts are illuminated with hope, minds are brightened with wisdom, and homes are adorned with joy and togetherness.
This sacred festival, deeply rooted in our culture and tradition, symbolizes the homecoming of Lord Ram to Ayodhya after fourteen years of exile — a return of righteousness, love, and harmony. Diwali inspires us to cleanse not just our surroundings, but also our thoughts, to remove the shadows of negativity and welcome the brilliance of virtue, truth, and compassion.

This Diwali,

- Let us celebrate light over darkness,
- Let us celebrate awareness over ignorance,
- Let us celebrate good over evil,
- Let us give, and be the reason someone else celebrates today.

In the true Rotary spirit of “Service Above Self,” may we extend the essence of Diwali beyond our homes — by spreading kindness, sharing smiles, and illuminating lives around us. For every diya we light becomes brighter when its flame kindles another.
From my family to yours, may the celebrations of Diwali — the festival of lights — bring you and your loved ones immense joy, prosperity, good health, and divine blessings. Let every diya you light this season symbolize renewed hope, positivity, and faith in humanity.
With the gleam of diyas and the echo of chants, may happiness and contentment fill your life.
Wishing you and your family a very Happy and Prosperous Diwali, and an auspicious start to Samvat 2082.May the light of knowledge guide our path, and may we all stay blessed, always.

Stay Bright. Stay Blessed. Stay Inspired.

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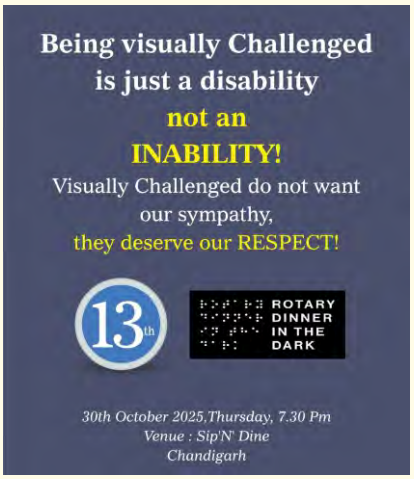
Up Coming Events



Celebrating Birthday's & Anniversary's

	Birthday – Spouse
Oct 04	R'Ann Gaganmeet

	Birthday - Rotarian
Oct 04	Rtn. Rajesh Mahajan
Oct 09	PP Sanjay Bhatia

	Wedding Anniversaries
Oct 10	PP Salil Chopra and PE Renu Chopra