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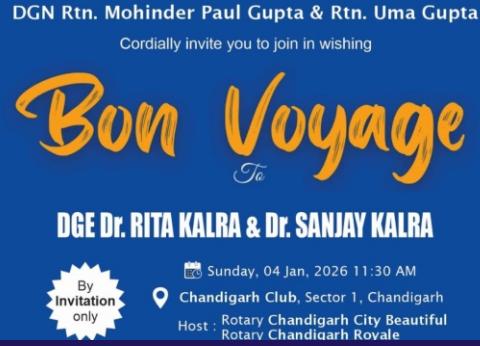
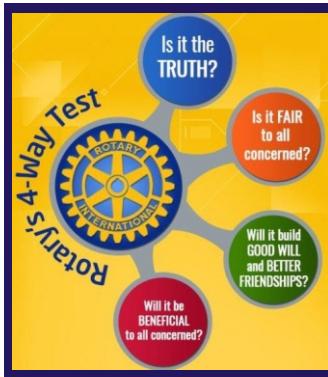
Secretary
Rtn. Kulvinder S Chhatwal

Club Editor
Rtn. Jeeten Bhambri

For Private Circulation Only

Volume 50 No. 26 Dated: 30th December 2025

www.rotarychdmidtown.org



BON VOYAGE
DGE DR. RITA KALRA &
DR. SANJAY KALRA

Date : 04th January 2026
Time : 11:30 AM Onwards
Venue : Chandigarh Club,
Sector 1, Chandigarh

CHANGE IS INEVITABLE BY DR. SIDHARTHA SAINI

We create our own suffering. when we embrace it, we discover freedom. Consider your own experience. Think about how many times you've desperately tried to hold onto something a relationship, a job, youth, health only to feel pain when it inevitably changed, this resistance to improvements creates intense suffering. But why does the mind resist what's natural? Because the ego, the false self depends on permanence.

For its very existence, it needs to believe in stability to maintain a solution of control. When impermanence reveals itself, the ego feels threatened triggering, fear and denial. Studies in neuroscience confirm this.

Things that stem from fear are often false because fear is rooted in "False Evidence Appearing Real" (F.E.A.R.), a psychological phenomenon where the mind constructs frightening scenarios or narratives about the future that haven't actually happened and may never happen, based on assumptions rather than facts. This process creates an illusionary reality that feels true but lacks factual evidence.

So the question arises, how one can change.

This is how much time you need to transform yourself scientifically.

Change happens fast—if you're ready

New Mindset - in 1 day

New Habit - in 21 days

New Skills - in 90 days

New Body - in 180 days

New Life - in 365 days

New You - in 1,095 days

So my friends, let create a new mindset or a powerful thought coming out intellect with a clear intent and an elevated emotion.

The most beautiful and powerful thing in the world is a repetitive thought but sometimes the most dangerous thing in the world is the repetitive thought.

Challenge is that the thought which you are thinking over and over again becomes belief. The thought which you are thinking over a period of time just because you had that thought doesn't necessarily mean that's the truth. You have the thought and you accept it, you believe it, you surrender to it without analysing it.

That thought will lead to same choice, same behaviour which will create same experience, which eventually produces same emotions. Same emotions then drive the same very thought. Your genes expressions, your neurons, your hormones, epigenetics, biology, chemistry, neuro circuits remains the same because we are the same. So make sure that your thought should come out from a strong emotion.

Emotions may seem simple, but there are 28 ways to experience Happiness...

Creative Sensitive Courageous Intimate Powerful
Trusting Respected Successful Valued Accepted
Happiness Proud Thankful Peaceful Optimistic
Interested Loving Hopeful Content Playful
Free Curious Aroused Cheeky Inquisitive Confident
Inspired Joy.

So take charge of your life and let's get started
Remember You will remain the same until the pain of
remaining the same is greater than the pain of change



The Midtowner

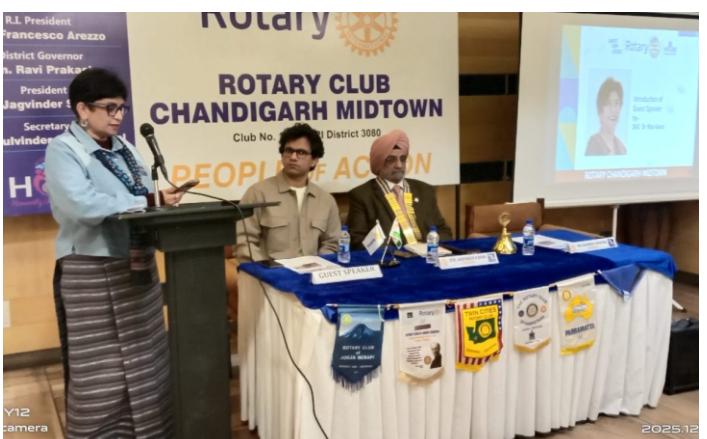
Weekly Bulletin of Rotary Club Chandigarh Midtown

Rotary
Chandigarh Midtown



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



WEEK GONE BY

MONTHLY MEDICAL AND HEALTH CHECK UP CAMP AT MALOYA

A Medical Camp was successfully organised at Maloya in December 2025 with the objective of providing basic healthcare services to the local community.

The camp witnessed an encouraging response, with 115 patients being attended to during the course of the day. Medical consultation and guidance were provided with care and compassion, addressing common health concerns and promoting awareness about general well-being. The camp was graced by the presence of PDG Rtn Yoginder Dewan and Rtn Kanan Dewan, whose support and encouragement greatly motivated the team. The event was also attended by Club President Rtn J. S. Bawa, along with a doctor couple, who rendered their valuable medical services selflessly for the benefit of the patients.

The smooth conduct of the camp and the positive feedback from beneficiaries reflected the commitment of the Rotary members towards community service. The initiative proved to be meaningful and impactful, reinforcing Rotary's mission of serving humanity.



SARDI KI VARDI

Project Sardi Ki Vardi was successfully conducted in December in collaboration with Inner Wheel and Shiksha Sab Ka Liye, with the objective of providing warmth and relief to needy families during the winter season.

As part of the project, woollen clothes were distributed to the families of patients at Gol Market, PGI. The initiative aimed to support those accompanying patients, many of whom come from economically weaker sections and are exposed to harsh winter conditions.

The project was attended by Rtn J. S. Bawa, President, First Lady Rtn Sarabjit Bawa, Inner Wheel member R'Ann Rekha Mehan and Rotractors. Their presence and active participation added strength and encouragement to the service activity.

The distribution was carried out smoothly and with sensitivity, bringing comfort and smiles to the beneficiaries. The project reflected the spirit of compassion, collaboration, and community service, reinforcing Rotary and Inner Wheel's shared commitment to serving humanity.





ROTARY CHANDIGARH MIDTOWN CELEBRATES EXCELLENCE

Rotary Chandigarh Midtown proudly congratulates Rtn. Jeeten Bhambri (Director BP Lipeds), on its stellar achievement at the India Packaging Awards (IPA) 2025. Standing out among over 1,500 participants nationwide, BP Lipeds was honoured with an award in the prestigious Mono Cartons Category, reaffirming its excellence in the printing and packaging industry. Hosted by the esteemed Delhi Printers Association, this recognition celebrates superior design, print quality, innovation, and execution. The award is a true reflection of the dedication, technical expertise, and unwavering commitment to quality demonstrated by the entire BP Lipeds team. This honour not only strengthens BP Lipeds' position as a trusted industry leader but also inspires continued innovation and excellence in the years ahead.

*Celebrating Birthday's
& Anniversary's*



Birthday – Spouse

Dec 29	R'Ann Sushma Kamra
Dec 30	R'Ann Madhu Dhawan

PP Rtn Salil Chopra
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