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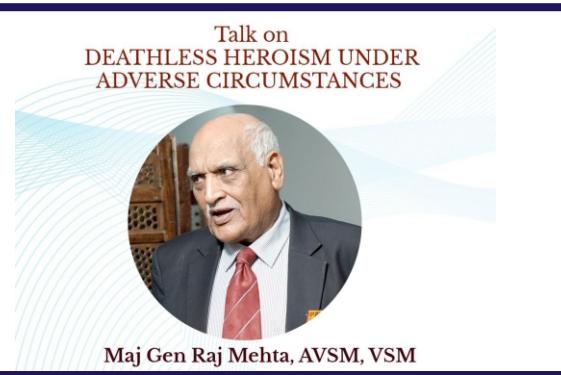
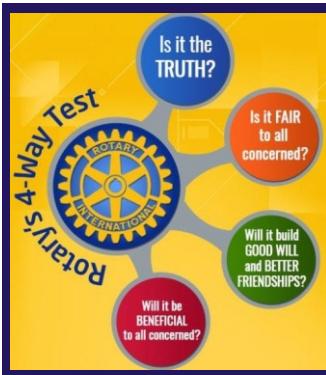
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TALK ON DEATHLESS HEROISM UNDER ADVERSE CIRCUMSTANCES

Date : 09th January 2026
Time : 06:30 AM Onwards
Venue : Hotel Shivalikview,
Sector 17, Chandigarh

BON VOYAGE CEREMONY OF DGE Rtn. DR. RITA KALRA & Rtn. DR. SANJAY KALRA A HEARTFELT SEND-OFF TO LEADERSHIP IN SERVICE

Rotary International District 3080 witnessed an evening filled with warmth, gratitude, and renewed commitment to service during the Bon Voyage ceremony organised in honour of DGE Rtn. Dr. Rita Kalra and Rtn. Dr. Sanjay Kalra. The elegant and meaningful gathering was held on Sunday, 4th January 2026 at Chandigarh Club, Sector 1, bringing together Rotarians from across the district to celebrate leadership, fellowship, and the spirit of Rotary.

The event was graciously hosted by Rotary Chandigarh City Beautiful and Rotary Chandigarh Royale, reflecting impeccable coordination and a strong sense of camaraderie. The evening served as a symbolic send-off as DGE Rtn. Dr. Rita Kalra prepares to assume the esteemed role of District Governor, embarking on a journey that promises impactful service, inclusive leadership, and transformational initiatives across District 3080. The ceremony was organised under the guidance of DGN Rtn. Mohinder Paul Gupta and Rtn. Uma Gupta, whose vision and dedication ensured a dignified and memorable occasion. The theme of the evening, Bon Voyage, resonated deeply with the Rotary ethos—celebrating transitions, honouring commitment, and reinforcing collective responsibility toward service above self.

DGE Rtn. Dr. Rita Kalra, known for her dynamic leadership, compassion, and unwavering commitment to Rotary ideals, has consistently inspired fellow Rotarians through her thoughtful approach and action-oriented mindset. Accompanied by Rtn. Dr. Sanjay Kalra, her journey has been one of shared values, strong support, and a deep belief in community service. The ceremony acknowledged not just a position, but a partnership rooted in service and purpose.

The presence of Rotarians across the District, Past District Leaders, RI Officers and Club Representatives added gravitas to the occasion. Words of appreciation, goodwill messages, and heartfelt interactions highlighted the strong bonds within the Rotary fraternity. The evening also provided a platform for reflection on past achievements while looking forward with optimism and enthusiasm toward the upcoming Rotary year.

Special appreciation is extended to

Rtn. Akash Mittal, President – Host Club;

Rtn. Saurav Gupta, Secretary – Host Club;

PDG Rtn. Rajpal Singh, District Learning Facilitator 2027–28;

nd Rtn. Rachit Goyal, Chairman – Bon Voyage,

for their leadership and meticulous planning that made the event truly memorable.

As District 3080 bids Bon Voyage to its incoming leadership, the ceremony reaffirmed Rotary's core values of fellowship, service, integrity, and leadership. With collective support and shared vision, the district looks forward to a year of impactful projects, meaningful connections, and service-driven excellence under the stewardship of DGE Rtn. Dr. Rita Kalra. Together, as People of Action, District 3080 sails ahead with confidence, unity, and purpose.



The Midtowner

Weekly Bulletin of Rotary Club Chandigarh Midtown

Rotary
Chandigarh Midtown



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WEEK GONE BY

SERVICE WITH COMPASSION: STRENGTHENING ROTARY SARAI – AASRA

In a meaningful act of service and compassion, seven Rotarians and donors visited Rotary Sarai – Aasra, located at Sector 32 Hospital, to contribute essential items that will significantly enhance the Sarai's inventory and comfort for its residents. A generous donation of blankets, bed sheets, and pillow covers was made by M/s Grazittii Interactive LLP, facilitated through Rtn. B.L. Ramsisaria, Rtn. Prem Anand, and Rtn. Vinod Java, along with President Rtn. J.S. Bawa. Rtn. Suman Gupta also contributed on behalf of her brother-in-law Sh. V.K. Gupta and sister Monika Gupta, reflecting the spirit of family participation in Rotary service. Mr. Naresh Gupta also joined hands in this noble initiative.

Further strengthening the Sarai's operational facilities, four cushioned office chairs were donated by the Club Secretary, Rtn. Kulvinder Singh Chhatwal, for office use.

Rotary Sarai – Aasra is a continuous and prestigious community service project of the Rotary Club Chandigarh Midtown, dedicated to providing affordable and dignified accommodation to attendants of patients coming from distant and economically weaker backgrounds. The project was conceptualized during 2008–2009 by Rtn. Saroj Jhawar and was made fully functional in 2010–11 under the leadership of Rtn. Prem Anand, beginning with just 14 beds.

With sustained efforts and the unwavering support of Rotarians, the Sarai has grown steadily over the years. Today, it proudly accommodates 80 beds, offering a clean, safe, and compassionate environment. Initially launched at a nominal charge of ₹20 per bed, inclusive of a blanket, bed sheet, and pillow, the fee has been revised to ₹35, still remaining highly affordable and accessible.

The Sarai continues to operate with the selfless motto of serving humanity, especially those who travel far for medical treatment and need a place of rest and dignity. Rtn. Kanan Diwan and PDG Rtn. Yoginder Diwan have played a vital role in guiding and supporting the project, ensuring its smooth functioning and sustainability.

The noble work of Rotary Sarai – Aasra has received recognition at the highest levels, with several Rotary International Presidents visiting the Sarai and appreciating the dedication and humanitarian spirit of the Rotarians involved.

This initiative once again reflects Rotary's enduring commitment to Service Above Self, transforming compassion into tangible support for those in need.



LOVE AND LOVE – “THAT IS WHAT LIFE IS”

A FAMOUS QUOTE THAT BEAUTIFULLY REFLECTS THE SPIRIT OF SERVICE

Love, when expressed through service, becomes the most powerful force for change. It nurtures minds, heals bodies, and builds stronger communities. With this belief at heart, our Rotary Club continues its commitment to holistic well-being through regular Yoga teaching sessions in schools.

In continuation of our ongoing initiative, another Yoga session was successfully conducted in January 2026 at GPS Singhpora and GSS Ramgarh Budha. These sessions are thoughtfully designed to introduce young students to the fundamentals of yogic living at an early age.

The session began with deep breathing techniques, helping students understand the importance of breath control, calmness, and focus. Gradually, they were guided through basic yogic practices suitable for their age, emphasizing correct posture, balance, and mindfulness. Special attention was given to ensuring that the children not only practised during the session but also learned techniques they could easily adopt at home.

It was truly heartening to observe the enthusiasm and eagerness of the students from both schools. The children are adopting these yogic learnings remarkably fast, reflecting the growing awareness of physical and mental well-being among young minds. Teachers have also shared positive feedback, noting improved concentration, discipline, and calmness among students who regularly practice yoga.



These yoga sessions are conducted twice every month, reinforcing consistency and encouraging long-term healthy habits. Through such initiatives, Rotary continues to sow the seeds of wellness, self-discipline, and inner peace in the lives of future generations.

Because when we serve with love, we truly live the meaning of life — Love and Love, that is what life is.



EMPOWERING YOUNG MINDS THROUGH SKILL DEVELOPMENT SEWING & TAILORING COURSE AT SINGHPURA

Rotary Club Chandigarh Midtown has initiated a six-month Sewing and Tailoring Skill Development Course for students, reinforcing Rotary's commitment towards community empowerment and vocational education. The course is being conducted after regular school hours and currently benefits 15 enthusiastic students, providing them with a valuable opportunity to learn a practical and income-generating skill at an early stage of life.

The training is being delivered under the guidance of a trained and experienced instructor, ensuring that students receive structured, hands-on learning in sewing and tailoring techniques. The program is running smoothly and satisfactorily, with students showing keen interest, discipline, and steady progress in their practical work. Enclosed photographs capture moments of focussed learning and growing confidence among the participants.

A special mention must be made of R'Ann Sudha Puri, whose continuous guidance and timely support have played a pivotal role in ensuring the seamless functioning of the course. Her dedication and readiness to assist whenever required have contributed significantly to maintaining the quality and consistency of the program.

The club also expresses its sincere gratitude to the school authorities for their wholehearted cooperation and support in facilitating the course infrastructure and timings. Their encouragement has been instrumental in enabling students to participate comfortably after school hours.

Through this initiative, Rotary Club Chandigarh Midtown continues to create meaningful impact by equipping young students with life skills that promote self-reliance, confidence, and future employability. The club remains committed to nurturing such initiatives that empower communities and transform lives through education and skill development.



GENERAL DONORS OF PROJECT - KHUSHIYON KA PITAARA AT PEDIATRIC WARD, PGI

Rtn Jeeten Bhambri & Ann Dr Kadam Bhambri - 2000.00

Rtn Kulwinder Chatwal & Ann Raspal Kaur - 2000.00

Rtn Ashok K Puri & Ann Sudha Puri - 1000.00

Rtn Ajit Gulati - 2000.00

Rtn Prem Anand - 2000.00

Rtn Naveen Aggarwal and Ann Sunita - 2000.00

Rtn. Surjit S Mann - 1000.00

Rtn Salil Chopra & Rtn PE Renu Chopra - 2000.00

Rtn Anjali Chabra - 1000.00

Rtn Amarjit Singh - 1000.00

Rtn Suresh Dhawan - 2000.00

Rtn Harinderjit Kaur - 1000.00

DGE Rtn. Dr Rita Kalra & Rtn. Dr. Sanjay Kalra - 4000.00



FROM THE DESK OF RTN. DR. BALRAM K GUPTA

After a Morning walk, a Group of Doctors were standing at a road-side Restaurant enjoying a Cup of Tea..

They saw a Man limping towards them..

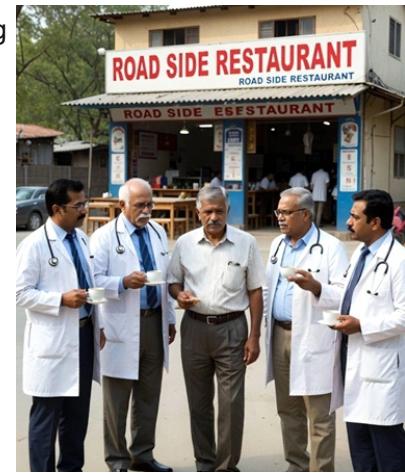
One Doctor said, "he has Arthritis in his Left Knee.."

The second said, "he has Plantar Faciitis.."

The third said, "just an Ankle Sprain.."

The fourth said, "see that Man cannot lift his Knee, he looks to have Lower Motor Neurons.."

"But to me he seems a Hemiplegia Scissors Gait," said the fifth.. Before the sixth could proclaim his Diagnosis, the Man reached the Group and asked, "Is there a Cobbler nearby who can repair my Slipper??" This is exactly how the Experts talk in Social Media & Television on all the issues these days..!!



26 PRODUCTIVITY HACKS FOR AN AMAZING 2026

The last few days, I have been writing the '26' series for 2026. The best way to conclude is to share how to achieve the tasks which need to be done for an amazing 2026. Sharing my two bits on how to raise the bar and move to a higher level.

1. Spend time in rooms where you feel like the dumbest one in the room. Small hit to the ego huge boost to growth.
2. Create an 'Idea Folder' where you post interesting ideas.
3. Create a happiness Jar and every time you are happy, post a note in the jar and relieve the memory when you are feeling down.
4. Journal every night for 10 minutes – write down all you did, achieved and missed.
5. Spend 15 minutes every evening preparing for the tasks for next day.
6. Develop and Master an elevator pitch.
7. Keep Prospecting – If you don't ask you don't get.
8. Read 10 pages per day on the subject of your choice.
9. Praise someone when you notice something nice about them.
10. Go for a 15 minute walk after lunch and dinner and 30 minutes walk before breakfast.
11. Take a "Think Week" break.
12. First 60 minutes at work should be totally non digital.
13. Deliver more than you promise.
14. Spread positivity – Be an encourager.
15. Have a "ME" time routine – spend time with yourself.
16. Don't sweat the small stuff... and it's all small stuff.
17. Keep reinventing yourself – evolve constantly to stay relevant.
18. Be bold – confidence attracts success.
19. Do detailing – the Devil lies in the detail.
20. Act like a King – Demand respect by showing self respect.
21. Be punctual – Don't make people wait.
22. Always give more in value than what you get in return.
23. Follow the "Tithing" Principle – Give 10% of your time, effort and wealth to charity.
24. Take calculated risks.
25. Don't imitate others – their goals are different.
26. Ask the Whys - Question everything and find your purpose.

“
I think of productivity as using your time to accomplish things of value to you and others.



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CREATE LASTING IMPACT

Presidential Message
2026-27

Celebrating Birthday's & Anniversary's

Birthday - Rotarian	
Jan 05	Rtn. Dr. Rita Kalra
Birthday – Spouse	
Dec 31	R'Ann Bir Gulati
Jan 01	R'Ann Dr. Joginder Mukherjee

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