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## A DISCUSSION ON "TOXICITY IN OUR LIVES TODAY"



Mr Ravinder Pal Singh

## A DISCUSSION ON "TOXICITY IN OUR LIVES"

Date : 16th January 2026  
Time : 06:30 AM Onwards  
Venue : Hotel Shivalikview,  
Sector 17, Chandigarh

## TALK ON DEATHLESS HEROISM UNDER ADVERSE CIRCUMSTANCES MAJ. GEN. RAJ MEHTA, AVSM, VSM

The Rotary Chandigarh Midtown meeting held on 9th January 2026 will long be remembered as one of the most powerful and soul-stirring evenings in the club's history. The session, featuring Maj Gen Raj Mehta, AVSM, VSM, on the profound topic "Deathless Heroism under Adverse Circumstances", left the audience absolutely spellbound. It was not merely a talk—it was an experience that touched hearts, stirred consciences, and humbled every soul present.

From the moment Maj Gen Mehta began sharing his first-hand battlefield experiences, the hall fell into an almost sacred silence. His words carried the weight of lived reality—stories of raw courage, supreme sacrifice, unwavering leadership, and an unbreakable spirit forged under the harshest conditions imaginable. There were moments when applause felt inadequate and silence became the only respectful response. It was one of those rare Rotary evenings where emotions ran deep, and reflection replaced routine.

The session was mind-boggling, emotionally overwhelming, and profoundly inspiring. Many Rotarians were visibly moved, sitting in quiet contemplation as the General recounted the unseen hardships, moral dilemmas, and extraordinary resilience of our soldiers. His narration served as a powerful reminder of the immense price paid for the freedom we enjoy—often silently, selflessly, and without expectation of recognition.

Beyond the battlefield narratives, the talk offered invaluable life lessons—on leadership under pressure, decision-making in adversity, loyalty to duty, and the meaning of true service. It compelled every listener to introspect on personal responsibility, national gratitude, and the values that truly matter in life. The courage described was not just physical but moral and emotional—heroism that does not seek glory but stands tall in the face of fear.

There was a unanimous sentiment among those present that this was an exclusive and unforgettable Rotary experience, and that many more Rotarians should have had the opportunity to witness this extraordinary narrative of valour and resilience. It was, without doubt, a once-in-a-lifetime learning opportunity—one that will remain etched in our hearts and minds for years to come. Rotary Chandigarh Midtown places on record its heartfelt gratitude to Rtn. Dr. Dua and Rtn. Dr. Balram K Gupta, whose vision, dedication, and efforts made it possible for the club to host such an eminent and inspiring personality. Sincere thanks are also extended to all Rotarians who contributed in making this historic session meaningful and impactful.

This evening reaffirmed Rotary's commitment to learning, service, and honoring those who live lives far greater than themselves.







Friendship Flags Exchanged by Rtn. Ashok K Puri in US - handed to President Rtn. JS Bawa in presence of Secretary Rtn. Kulwinder Chatwal

New Member Adv. Amanpreet Singh inducted by Rtn. Dr. Balram K Gupta along with President Rtn. JS Bawa in presence of Secretary Rtn. Kulwinder Chatwal.



## WEEK GONE BY

### MEDICAL CAMP AT MALOYA: EXTENDING CARE WITH COMPASSION

In continuation of Rotary's unwavering commitment to community service and healthcare outreach, a Medical Camp was successfully organised at Maloya on 10th January 2026. The primary objective of the camp was to provide basic medical consultation and health guidance to the local community, particularly to those with limited access to regular healthcare facilities.

The camp received an encouraging response from the residents of the area, with 143 patients availing themselves of medical services during the course of the day. Patients were attended to with utmost care and compassion, and consultations focussed on common ailments, preventive healthcare, and general well-being. The initiative also helped create awareness about the importance of early diagnosis and healthy lifestyle practices.

The event was graced by the presence of PDG Rtn. Yoginder Dewan and Rtn. Kanan Dewan, whose guidance and encouragement provided great motivation to the organising team. Their continued support for community-focused initiatives remains a source of inspiration for all Rotarians. The camp was also attended by Club President Rtn. J. S. Bawa, whose leadership and involvement ensured smooth coordination.

Special appreciation is due to Dr. Anjali and Dr. Yogesh, who rendered their valuable medical services selflessly and with dedication, contributing significantly to the success of the camp.

The seamless execution of the camp and the positive feedback received from beneficiaries reflected the collective effort and dedication of the Rotary members. This meaningful initiative reinforced Rotary's mission of Service Above Self and once again demonstrated its enduring role in serving humanity at the grassroots level.



### GARMAAHAT 3.0 – SPREADING WARMTH, COMPASSION AND HOPE

**Day 1 of Garmaahat 3.0**, Rotary & Rotaract Chandigarh Midtown successfully conducted a large-scale and deeply impactful blanket distribution drive, made possible through the wholehearted generosity and continued support of the esteemed members of Rotary Club Chandigarh Midtown. Organized during the peak of winter, the initiative aimed to bring warmth, comfort, and reassurance to those most vulnerable to harsh cold conditions.

The drive was carried out across the Tricity region—Chandigarh, Panchkula, and Mohali, with a focused effort to reach individuals living in open spaces and those with limited access to basic winter necessities. Each blanket distributed symbolized far more than physical warmth; it represented care, dignity, and compassion, reinforcing the belief that no one should be left to endure winter without support.

In addition to direct street outreach, the Garmaahat 3.0 team extended its service to places of worship, including Mandirs, Churches, and Gurudwaras — institutions that often serve as sanctuaries for the underprivileged by offering food, shelter, and protection during extreme weather. The response from these establishments was heartening and reaffirmed the collective responsibility of the community during critical times.

The initiative was thoughtfully planned and led by Event Chair Rtn. Jeetan Bhambri and Rtn. Aman Garg, whose consistent leadership, personal involvement, and long-standing commitment have played a pivotal role in strengthening and sustaining the Garmaahat initiative year after year.

As per the planned schedule, the Mohali drive witnessed active participation from Rtn. Kulvinder Singh Chhatwal, R'Ann Raspal Kaur, and Sukhdeep Singh, whose hands-on involvement added warmth and enthusiasm to the service activity.

**Day 2 of Garmaahat 3.0** further amplified the impact of the initiative through the commendable efforts of the Rotaract Club of Guru Gobind Singh College for Women. The club distributed 50 blankets at PGI, extending warmth and care to patients and



attendants who were compelled to sleep outside hospital buildings during the cold winter nights. This act of compassion highlighted the true spirit of Rotaract service and the power of collaboration in addressing pressing humanitarian needs. Overall, Garmaahat 3.0 stood as a shining example of what can be achieved when compassion, commitment, and collective action come together. The initiative not only justified the generous contributions of club members but also beautifully reflected Rotary's timeless guiding principle — "Service Above Self."



3rd day of Garmahat 3.0 drive, a heartwarming service initiative was carried out by the Rotary Club Chandigarh Midtown. Adv. Sukhdeep Singh Chhatwal, representing Rtn. Kulvinder Chhatwal and the club, visited "Chandigarh Spine Rehab", Sector 28, Madhya Marg, to distribute blankets among the residents and patients. The soft, vibrant and multicoloured blankets were generously donated by Rtn. Col. Jaspal Singh Chandoak, whose kind contribution added warmth and comfort to many lives. The entire hall was filled with positive energy and smiles as the beneficiaries gratefully accepted the blankets, reflecting the true spirit of Rotary's service above self. The gesture brought visible joy and a sense of care to everyone present, creating a truly touching moment. All attendees expressed their heartfelt appreciation and sincere thanks to the Rotary Club Chandigarh Midtown and all contributors for this thoughtful and compassionate initiative, which beautifully embodied the values of kindness.







## Rotary 360 | The official blog of Rotary International

### ENGAGING YOUNG MINDS WITH ROBOTICS AND STEM

8 JANUARY 2026 2–4 MINUTES



By Dr. Kadam Bhambari

As a professional educator, I have always felt at home in classrooms. I've spent years designing lessons, nurturing curiosity, and witnessing that spark in a child's eye when a concept finally clicks.

But in 2022, I felt a deeper calling — to take my experience beyond textbooks, beyond schools, and into the community. I initiated something I called “Hour of Code with Rotary,” carrying laptops, lesson plans, and a heart full of enthusiasm into multiple government and private schools. We reached 10–12 schools, introducing students to computing in the most joyful way — by letting them *create*.

There's one memory from working with the students that sticks out. A student wrote his first little block of code, hit *run*, and the computer obeyed. His face lit up, and he said with pure wonder, “*Ma'am, the computer is listening to me now!*”

Students learn robotics and computer coding through hands

-on experience

That sentence affected me deeply. It was proof that when children experience learning, not just hear about it, something shifts. They feel empowered.

#### Learning through laughter

Gradually, the initiative grew. I introduced coding, AI, and robotics workshops, using my experience as an educator to keep sessions simple, engaging, and friendly even for first timers. Not every workshop was perfect — and that's the beauty of growth. We had days when computers wouldn't boot, robots lost wheels, and students had to share devices. Yet rather than give up, the students collaborated, problem-solved, and celebrated every tiny win. Chaos often turned into creativity, and laughter became part of learning.

To scale up our efforts, I started seeking support from different companies, organizations, and technology partners. Over time, several companies believed in the cause and extended resources, tools, expertise, and kits. Their support helped us deliver Robotics bootcamps, AI starter sessions, 3D printing demonstrations, and hands-on STEM activities at a much larger scale. With partnerships, our workshops didn't just grow — they became more interactive, more accessible, and more memorable for students.

This year was special. Rotary Club Chandigarh Midtown received the District Monthly Award (August 2025) for the Most Innovative Project for our Robotics Workshop. When I heard the news, I had to smile; not so much because the award defines success, but because it honours all the behind-the-scenes efforts including preparing kits late at night, transporting robots across the city, training volunteers, and the many joyful “*Ma'am, it ran!*” moments.

#### Multiplying impact

Recognition like this reminds me why I began this effort and encourages me to continue. It pushes me to think bigger — to take STEM learning to more schools, more children, more communities. I am actively working to develop new associations and collaborations, because when industries and educators come together, the impact multiplies.

As we move forward, I'm excited to introduce Digital Literacy, Creative Computing, Internet Safety, and Future Skills programs, ensuring learning is not just an activity — but a lifelong empowerment.

Rotary has taught me that when we contribute even a piece of our professional skill, we create meaningful changes. My skill is education. Yours might be music, business, finance, healthcare, or art. Whatever it is, someone out there can benefit from it. The small steps we take today help build a future shaped by innovation, empathy, and curiosity.



## GENEROUS DONORS OF PROJECT

### GARMAHAAT 3.0

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## Celebrating Birthday's & Anniversary's

	Birthday – Spouse
Jan 15	R'Ann Saroj Jain
	Birthday - Rotarian
Jan 12	PP Salil Chopra
Jan 12	Rtn. Dr. Dinesh Sehajpal



### PP Rtn Salil Chopra

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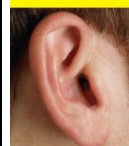
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