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Positive Minds - Create Lasting Impact



PP Dr. Balram Gupta

**POSITIVE MINDS  
CREATE LASTING IMPACT**

Date : 6th February 2026

Time : 06:30 AM Onwards

Venue : Hotel Shivalikview,  
Sector 17, Chandigarh

**TALK ON REFLECTIONS ABOUT LIFE AND NATURE  
SH. MP SINGH (CHIEF COMMISSIONER INCOME TAX RETD.)**



The Rotary meeting of January 30th, 2026 was graced by a keynote speaker whose life stands as a rare confluence of public service, intellectual depth, and poetic introspection. The distinguished guest was Mr. M. P. Singh, an eminent civil servant who joined the Indian Revenue Service in 1975 after securing selection to both the IRS and the IPS. Over the next three and a half decades, he served the nation with exemplary integrity and brilliance—rising from Assistant Commissioner to Commissioner of Income Tax, later serving as Special Secretary in the Department of Finance, Government of Haryana, and ultimately retiring as Chief Commissioner of Income Tax for Himachal Pradesh and Eastern Uttar Pradesh.

His academic journey is equally illustrious: an M.A. in English Literature from Panjab University, a professional accountancy diploma from the National Academy of Direct Taxes, and an MBA from Deakin University—an uncommon blend of literary sensitivity and administrative acumen.

Yet, what made his presence truly special was the second life he embraced after retirement. Immersed in the quietude of Nature, he found his daily sanctuary along the shores of Sukhna Lake, where twilight, birdsong, and still waters became his companions and muses. From this contemplative solitude emerged a remarkable poetic voice. In just the past two years, he has published three volumes of poetry, and his celebrated work *Reflections* was honoured with the Emily Dickinson Poetry Award (2025). This evening, he spoke on a theme both timely and timeless—“Reflections about Life and Nature.” The Rotarians present unanimously felt that few individuals are as uniquely qualified to guide us through such inner landscapes as Shri M. P. Singh, who has spent a lifetime balancing the rigour of governance with the gentleness of verse.

**Poetic Excerpts Shared During the Session**

**From the poem Happiness** : Narrated against the backdrop of a touching personal story, he recited:

“We chase Happiness like it is to be caught like a butterfly,

It is like catching a cloud,

It slips through my fingers—Catch it if I can.

Let me create memories,

Only these will remain,

Golden moments that will bring

Happiness time after time.”—Applause filled the hall.

**From the poem Looking for Heaven** : He continued with another reflective piece:

"We search for Heaven,  
But we forget the Divine.

We look outside, We forget the inside."—Another warm round of applause.

**From the poem Slow Living** : This excerpt drew cheerful appreciation from the audience:

"I was living in the Fast Lane,  
Going everywhere, yet nowhere,  
At headlong speed.

**Then I read The Autobiography of a Yogi**—That it is never too late to course-correct.

And I resolved to lead  
A more meaningful life,  
Even if slower, For me."

**Interactive Session** : The animated interaction that followed was marked by thoughtful and inquisitive questions from the members. Sh. M. P. Singh responded with clarity, warmth, and a depth of insight that reflected both his administrative experience and his poetic temperament. It was a rare evening—enriched with melodious lines, gentle humour, and contemplative parables.

**Conclusion** : It was an honour for the Rotary Club to host a scholar, a seasoned administrator, and a poet of profound sensitivity—Mr. M. P. Singh. His presence transformed the evening into a celebration of wisdom, nature, and the quiet art of living meaningfully.



## WEEK GONE BY

### HPV VACCINATION DRIVE AT BROOKFIELD INTERNATIONAL SCHOOL, KURALI

A Special HPV vaccination drive was successfully conducted at Brookfield international school Kurali aimed at safeguarding adult women beneficiaries against Cervical cancer. Beneficiaries - Total Vaccinated: 30 Women Teachers and attendants received their doses of HPV Vaccine.

This initiative highlights the power of collaboration between schools and health-focused NGOs. The sponsorship by Sahayata Cancer Society, the seamless coordination by Ms. Rachna Duggal and DGE Rtn. Dr Rita Kalra, a pioneer in Cervical cancer elimination campaign **Project Aastha** of District 3080, stands as a powerful efforts in ensuring women's health.



### YOGA AND MEDITATION TECHNIQUES AT GSSS, RAMGARH BUDHA



Another enriching session on Yoga and meditation techniques was conducted at Government Senior Secondary School, Ramgarh Budha by Rtn. Ashok K Puri. The session witnessed enthusiastic participation from the students, who showed remarkable interest and eagerness to learn the practices being taught. Simple yet effective breathing exercises, postures, and meditation methods were introduced to help them improve concentration, physical well-being, and mental calmness.

It was encouraging to see how quickly the students grasped the techniques and followed the instructions with sincerity and discipline. Their energy and involvement reflected a genuine willingness to adopt these healthy habits in their daily routine. What made the session especially heartening was the students' assurance that they would begin practising yoga and meditation every morning before coming to school.

Such initiatives play a vital role in nurturing not only healthy bodies but also focussed minds, contributing to the overall development of young learners. This session proved to be a meaningful step toward promoting wellness and mindfulness among students.

### SIX MONTH SEWING & TAILORING COURSE AT SINGHPURA SCHOOL VOCATIONAL CENTRE

Rtn. Ashok Puri recently visited the GPS Singhpura Centre, where a six-month sewing and tailoring course is being conducted for interested school students. Currently, 15 students are actively participating and gaining valuable hands-on skills that will support them in the future. The visit highlighted the enthusiasm, dedication, and eagerness with which the students are learning this additional craft alongside their studies. Such vocational initiatives empower young minds with practical knowledge and self-reliance. Rtn. Puri appreciated the efforts behind this meaningful program and encouraged the students to continue learning with the same spirit. May they grow in confidence and skill in the days ahead..



## PROJECT CHETNA AT CIVIL DISPENSARY, SECTOR 7, PANCHKULA



Project Chetna at Civil Dispensary, Sector 7, Panchkula, under the leadership of Past Presidents Sunanda Sood and Shween, along with District Governor Elect Rtn. Dr. Rita Kalra.

Under this project

- Educational posters were displayed to spread awareness among patients and visitors.
- Focus areas included:
  - Importance of exclusive breastfeeding for infant health.
  - Role of exercise and nutrition in maintaining well-being.
  - Awareness on anaemia prevention and management.
  - Information on Non-Communicable Diseases (NCDs) and lifestyle modifications.
  - Patients were sensitized and guided on adopting healthy practices for themselves and their patients.

## JAMES HARRISON : THE HERO - FROM THE DESK OF RTN. DR. BALRAM K GUPTA

In 1951, a 14-year-old Australian boy named James Harrison woke up in a hospital bed with 100 stitches across his chest. Doctors had just removed one of his lungs. To survive, he needed 13 units of donated blood from complete strangers—people whose names he would never know.

His father, Reg, sat beside him and said something that changed his life: "You're only alive because people donated blood." Right there, James made a promise. The moment he turned 18, he would donate blood. He would pay back the gift that saved him.

There was just one problem. James was terrified of needles.

But in 1954, the day he became eligible, he walked into a blood donation centre anyway. He sat in the chair, looked at the ceiling, and let the nurse insert the needle.

He never watched. Not once. Not in 64 years.

What James didn't know was that his blood was different. After a few donations, doctors discovered something extraordinary. His plasma contained an incredibly rare antibody—likely developed from all those transfusions he received as a boy. This antibody could prevent a deadly condition called Rhesus disease.

Before this discovery, thousands of Australian babies were dying every year. When a pregnant woman with Rh-negative blood carried an Rh-positive baby, her body would attack the child's blood cells. Miscarriages. Stillbirths. Brain damage.

James's blood held the answer. Doctors asked if he would switch to plasma donation. It meant longer sessions—90 minutes instead of 20. It meant coming in every few weeks for the rest of his life.

James thought about his fear. Then he thought about the babies. He said yes.

For 64 years, James Harrison never missed an appointment.

He donated through joy and heartbreak. He donated while working as a railway clerk. He donated after retiring. He continued even after his wife Barbara passed away in 2005—what he called his "darkest days." Every single time—all 1,173 donations—he looked at the ceiling. He chatted with nurses. He studied the walls. Anything to avoid watching the needle.

The fear never left him. But he showed up anyway.

In a beautiful twist, his own daughter needed the very medication created from his blood when she became pregnant. His grandson Scott exists because of the choice his grandfather made decades earlier.

In May 2018, at age 81, Australian law required James to make his final donation.

The room was filled with mothers holding healthy babies—living proof of his quiet heroism.

They thanked him through tears. James sat in the chair one last time, looked away from his arm one last time, and gave his 1,173rd donation.

Over 3 million doses of Anti-D medication containing his blood have been issued since 1967. Scientists estimate his contributions helped save approximately 2.4 million babies in Australia alone.

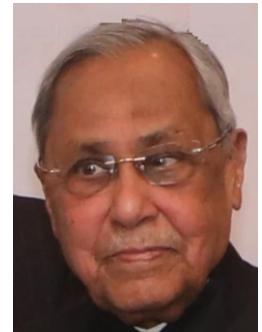
When people called him a hero, he shrugged it off. "I'm in a safe room, donating blood," he said.

"They give me a cup of coffee and something to nibble on. And then I just go on my way."

No problem, no hardship." James Harrison died peacefully in his sleep on February 17, 2025.

He was 88 years old. sometimes a hero is just someone who keeps a quiet promise for 64 years.

Millions of people are alive today because one man decided his fear mattered less than their lives.



Rtn. Dr. Balram K Gupta

## SANSKAR-E-VIRASAT

### A CELEBRATION OF LEARNING, LEADERSHIP, CULTURE, AND FELLOWSHIP

Under the inspiring leadership of DGE Dr. Rita Kalra and her meticulous team, Sanskar-e-Virasat unfolded as a magnificent and thoughtfully curated program that celebrated the true spirit of Rotary — learning, leadership, culture, and fellowship. The event offered participants an experience that was not only enriching in content but also unforgettable in its execution, leaving a lasting impression on every attendee.

The venue, the exquisite Labh Garh Resort & Spa, added unmatched elegance and serenity to the program. Nestled amidst tranquil surroundings, the resort's impeccable hospitality, refined ambience, and world-class comfort created the perfect setting for reflection, interaction, and meaningful engagement. The calm environment complemented the essence of the program, allowing Rotarians to connect deeply with the sessions and with one another.

The training sessions stood out as the intellectual backbone of the event. Each session was meticulously crafted, reflecting depth of thought, clarity of vision, and purposeful design. The presence of exceptional speakers elevated the learning experience to another level. Their wisdom, experience, and inspiring articulation made every session insightful, engaging, and transformative. Participants were not merely listeners but active learners, taking back ideas, perspectives, and renewed motivation to serve with greater impact.

Adding to the grandeur of the program was a truly indulgent culinary journey. A lavish and sumptuous spread featuring authentic Rajasthani flavours, alongside delightful Chinese and Continental cuisines, turned every meal into a celebration. The thoughtful curation of the menu ensured that the dining experience matched the elegance and richness of the overall event.

The evenings sparkled with charm, colour, and vibrancy through beautifully curated theme-based programs. Celebrations of regional culture, a regal King & Queen theme night, and a lively Retro evening brought joy, laughter, and camaraderie among participants. These elegant gatherings went beyond entertainment — they strengthened bonds, encouraged cultural appreciation, and created memories that participants will cherish for years to come.

A well-planned city tour added yet another enriching dimension to the program. Participants had the opportunity to immerse themselves in the rich heritage, architectural splendour, and timeless beauty of Udaipur. This seamless blend of learning with leisure and cultural exploration added depth and delight to the overall experience.

In essence, Sanskar-e-Virasat set a benchmark of excellence. It gracefully blended tradition with modern thought, learning with leisure, and discipline with delight. The program not only enhanced leadership capabilities and enriched minds but also rejuvenated spirits, leaving every participant inspired, empowered, and deeply connected to Rotary's values of culture, service, and collective growth.

Heartfelt congratulations to DGE Rtn. Dr. Rita Kalra and her dedicated team for conceptualizing and executing such a memorable and meaningful event. Best wishes for many more such impactful endeavours in the future.





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