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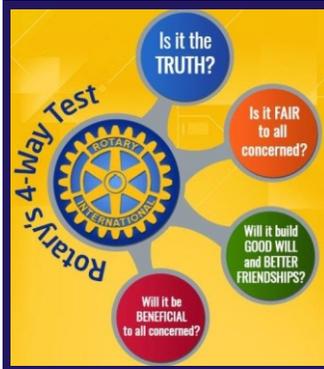
Secretary  
Rtn. Kulvinder S Chhatwal

Club Editor  
Rtn. Jeeten Bhambri

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[www.rotarychdmidtown.org](http://www.rotarychdmidtown.org)



## Drink Probiotic Buttermilk Live Healthy & Buttermilk Ceremony

Prof. Dr. Swaranjit Singh  
National Chairman Drink Buttermilk  
Director SAS Polyclinic  
Former Professor & Head Env. Biotech.  
Acsir IMTECH, Chandigarh



DRINK PROBIOTIC BUTTERMILK  
LIVE HEALTHY &  
BUTTERMILK CEREMONY  
BY PROF DR. SWARANJIT SINGH

Date : 13th March 2026  
Time : 06:30 PM Onwards  
Venue : Hotel Shivalik View  
Sector- 17, Chandigarh

## HAPPY HOLI

### A SYMPHONY OF COLOURS, FELLOWSHIP & FESTIVITY

On 4th March 2026, the vibrant spirit of Holi came alive as the Rotary Club of Chandigarh Midtown celebrated the festival of colours with great enthusiasm and warmth at the Central Club, Sector 9, Chandigarh.

The celebration was beautifully fine-tuned and coordinated by R'ann Neeru Khattar with the wholehearted support of Club President Rtn JS Bawa. Adding remarkable energy to the occasion, Secretary Rtn Kulvinder Singh Chhatwal took charge of the mic and gave a vibrant and dynamic shape to the function. His lively anchoring, engaging humour and seamless coordination kept the momentum high and ensured that every member remained involved and connected throughout the celebration.

The atmosphere was filled with joy, laughter and togetherness as members enthusiastically participated in singing, dancing and an exciting round of grand tambola. A special highlight was the melodious Bollywood songs rendered by R'ann Neeru Khattar, who created a distinct class of musical charm and left everyone spellbound with her soulful performance.

While Holi is traditionally associated with bright colours, the club thoughtfully preferred flower petals and organic colours, spreading love and festive greetings in an eco-friendly and graceful manner. The exchange of petals, hugs and warm wishes beautifully reflected the true spirit of fellowship.

The traditional sweetness of Holi was enhanced with delicious gujias, and a massive arrangement of food and beverages was laid out for the members. The hospitality and culinary spread were highly appreciated, adding comfort and delight to the festive mood.

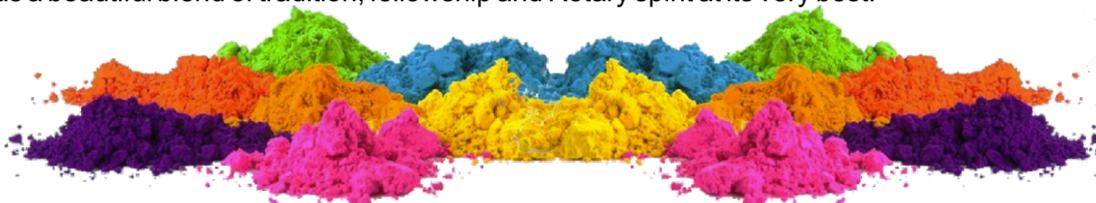
Adding a special flavour to the celebration was the gracious presence of the family of our Incoming District Governor Dr. Rita Kalra and PP Dr. Sanjay Kalra. Their participation brought warmth, encouragement and an added charm to the gathering.

We at RCCM extend our heartfelt gratitude to our generous sponsors who came forward to share their happiness and contribute towards making the event memorable. A special thanks to PP R.K. Luther, Rtn Mukul Bansal and Rtn Gopal Munjal for their wholehearted support in celebrating Holi with such spirit and enthusiasm. We wish them a very happy, healthy and prosperous life ahead.

Members attended in colourful casual and festive attire as per their comfort, which added to the vibrancy of the celebration. The "Tata Bye" after fellowship was equally exciting: spirits were high, hugs were exchanged and blessings flowed freely, marking yet another memorable and joyful chapter in the journey of RCCM.

The celebration once again strengthened the bonds of friendship among members and families.

It reminded everyone that Rotary is not only about service, but also about togetherness and shared happiness. The smiles carried home that evening were brighter than the colours themselves. Holi 2026 will surely remain etched in the hearts of all who attended. Indeed, it was a beautiful blend of tradition, fellowship and Rotary spirit at its very best.



# The Midtowner

Weekly Bulletin of Rotary Club Chandigarh Midtown

Rotary

Chandigarh Midtown



UNITE  
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GOOD

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



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## WEEK GONE BY

### SEMINAR ON VIDYANJALI PORTAL CONDUCTED AT GMHSSS SECTOR 20-B, CHANDIGARH

On 5th March 2026, a seminar on the Vidyanjali Portal was conducted at Government Model Higher Secondary School Sector 20-B. During the session, detailed information was shared about the process of registration on the portal and the various benefits of enrolling. The portal is linked with the Department of School Education and Literacy and aims to encourage community and volunteer participation in strengthening government schools.

The seminar highlighted how individuals and organizations can contribute their time, skills, and resources to support students and schools through structured engagement on the platform.

The Rotarians present on the occasion were Rtn. Salil Chopra, Rtn. Renu Chopra, and R'Ann Nandita Sisodia along with the School Principal, Mrs. Ruchi Grover and teaching staff, were also present during the seminar.

The session proved to be informative and encouraging, promoting active community involvement in the field of education.



### WOMEN'S DAY CELEBRATION WITH ICAI CHANDIGARH - RTN. DR. RITA KALRA (DG 2026-27)

The Institute of Chartered Accountants of India Chandigarh Branch hosted a special International Women's Day celebration on 7th March, bringing together women Chartered Accountants of the Chandigarh Chapter for an inspiring and engaging evening. The event was thoughtfully anchored by CA Ashisha Mittal, daughter of Rtn. Ashwini Mittal, who curated an interactive program celebrating the achievements, aspirations, and leadership journeys of women professionals.

The gathering was graced by prominent Rotarians including Rtn. Rachit Goyal, President Sahil Garg, and Rtn. Prateek Puri, who extended their support to the initiative. The highlight of the event was the presence of Rtn. Dr. Rita Kalra, District Governor Elect, who attended as the special guest and connected warmly with the audience.

In her address, Rtn. Dr. Rita Kalra spoke passionately about the growing role of women in Rotary as leaders and changemakers. She highlighted how Rotary offers a unique platform for individuals to experience social impact, emotional fulfillment, and spiritual growth through service. Emphasizing the power of community-driven initiatives, she encouraged professionals to engage in meaningful service projects that bring sustainable change.

Known for her powerful storytelling, Rtn. Dr. Kalra shared inspiring examples of impactful Rotary projects across the Tricity region, illustrating how these initiatives are shaping communities and aligning with Rotary's long-term vision for social transformation. Her stories resonated strongly with the audience, especially young women professionals actively involved in CSR and social initiatives.

The session generated great enthusiasm among participants, many of whom expressed interest in exploring opportunities to collaborate with Rotary and contribute to community service through their professional networks.

The event also served as a precursor to Rotary's upcoming CSR Grants Conclave in April 2026, which aims to bring together Chartered Accountants and social leaders to build meaningful partnerships. The conclave will be another call to action from Rtn. Dr. Rita Kalra, encouraging professionals to collaborate with Rotary and amplify community impact through CSR-driven initiatives.



## ANNAPURNA SERVICE AT SAMARPAN, MAJRI CHOWK

In the true spirit of Rotary's commitment to community service, the Annapurna initiative was organized today at Samarpan, Majri Chowk, generously sponsored by our President Rtn. J.S. Bawa. The service activity brought smiles and warmth as 127 children were lovingly served a wholesome meal of Rajmah, Rice and Halwa.

Before beginning the meal, the children offered heartfelt prayers, expressing gratitude to the Almighty for all that they have been blessed with. Their sincerity and innocence created a deeply touching moment for everyone present.

Adding to the joy of the occasion, two children beautifully recited poems, while another child sang a melodious song in praise of mothers. The young singer concluded with a thoughtful message—that every moment of their lives is truly Mother's Day, making us reflect on the importance of parents as the guiding force and lifeline in a child's life. Their simple yet profound words touched every heart present.

Such moments remind us that service is not just about providing meals, but also about sharing compassion, encouragement, and hope.

We extend our sincere gratitude to PP Prem Anand, President Rtn. J.S. Bawa, Community Services Director Rtn. Suresh Dhawan, and Rtn. Renu Chopra for taking time out of their busy schedules to join and support the Annapurna service activity.

The smiles on the children's faces reaffirm Rotary's mission of Service Above Self and inspire us to continue contributing towards building a kinder and more compassionate society.



## LECTURE ON WOMEN'S HEALTH AT TENDER HEART HIGH SCHOOL

The students and staff of Tender Heart High School, Sector 33B, Chandigarh, extend their heartfelt gratitude to Dr. Parminder Duggal for conducting an insightful and impactful session on women's health. Her confidence, clarity, and depth of knowledge made the discussion both engaging and highly informative. Dr. Parminder Duggal addressed important aspects of women's health with great sensitivity and professionalism, ensuring that the students could understand and relate to the subject comfortably.

The session proved to be extremely valuable as it created awareness and encouraged open dialogue on topics that are often overlooked but are vital for the well-being of young girls. Her thoughtful guidance and practical insights left a lasting impression on everyone present.

We are also grateful to Rotary Club President Rtn. J.S. Bawa for being present on the occasion and supporting this meaningful initiative. His presence added encouragement and highlighted Rotary's continued commitment to community awareness and youth development.

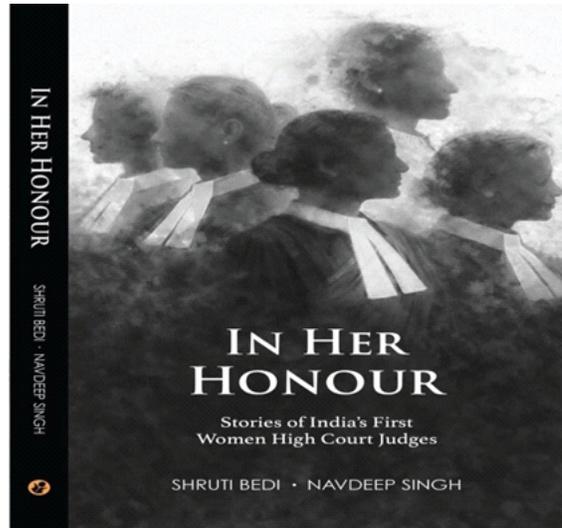


### FROM THE DESK OF - RTN. DR. BALRAM K GUPTA

In Her Honour released by Hon'ble Justice Surya Kant, Chief Justice of India on 7th March 2026 on the occasion of International Women's Day. The book is co-authored by Prof. Shruti Bedi and Mr. Navdeep Singh and published by The Browser/Simon & Schuster. These are stories on the lives of the 1st lady judges of the High Courts in India.



Rtn. Dr. Balram K Gupta



Shruti Bedi is a distinguished Professor of Law and Director at the University Institute of Legal Studies, Panjab University, Chandigarh. An expert in constitutional law, she heads the Centre for Constitution and Public Policy and serves as the Honorary Chief Editor of *Forces Law Review*, the world's first global military law journal.

An International Fellow at the National Institute of Military Justice, Washington D.C., USA, and Visiting Professor at Universitas Airlangga, Indonesia, she has lectured and collaborated with leading universities worldwide. A TID's speaker and recipient of *The Law Teacher of the Year (Female) 2021* and *The Phenomenal She Award 2022*, Professor Bedi has also been honoured by the British Deputy High Commission for her contribution to Indo-UK academic collaboration.

Her research spans constitutional law, counter-terrorism, and emerging technologies. With thirteen books and over 100 publications to her credit, her notable publications include *Shaping the Judge, Indian Counter Terrorism Law, Judicial Review: Process, Powers and Problems, Artificial Intelligence and Constitutionalism, and Ability: Landmark Judgments on Disability Jurisprudence in India*.



Sharing good news and Proud moment with all of us, Dr Nikita Krishnan Phd daughter of Rtn. Ashok K puri & R'Ann Sudha Puri has been awarded Distinguished Service Award by Rockland County, New York USA on account of service rendered by her.





### INVITATION FOR REGISTRATION

Dear Rotary Leaders !!

Warm greetings.

It is with immense pride and joy that we extend a heartfelt invitation to you for **PELS-SELS SRIJAN** scheduled for 3rd and 4th April 2026. This flagship leadership conclave of District 3080 is designed to energize, empower, and elevate our incoming teams as they prepare to create lasting impact in Rotary Year 2026-27.

We are deeply honoured that **RI President-Elect Ola Yinka** will grace the occasion as Chief Guest bringing his global vision and inspiring presence. We are equally privileged to welcome **RID Nagesh** as Guest of Honor whose guidance continues to strengthen leadership across our zones. The event will also be blessed by the distinguished presence of **PRIP Raja Saboo** our Special Guest whose wisdom and legacy remain a beacon for generations of Rotarians.

A galaxy of Rotary celebrity facilitators from across India will join us to mentor, motivate, and mould our incoming leaders. Among them:- **RIDE Gurjeet Sekhon- RRFC Dr. Pramod Kumar- RRMCM Dr. Dushyant Choudhary- PDG Shaju Peter- Webmaster Narendra Rao- RISAO Coordinator Daman Baweja**

Their collective experience and dynamic engagement will enrich our participants, helping them integrate Rotary values, innovate with confidence, and inspire their teams for an impactful year ahead.

Registration Details President/Secretary Elects

-PE/SE : Rs 0.00

-PE/SE couple(with Stay):Rs 6500RI / District / Zonal Officers

-Single(Stay TwinSharing): 6500-Single(Stay No Sharing): 12000-Single (without Stay) : Rs 4000

-Couple (without Stay) : Rs 7500

-Couple: (with Stay) Rs 12000

Registration Includes Access To:- **General Sessions - Breakout Sessions - IT Lab - Grant Seminar 1.0- Inaugural Ceremony - High Teas - Luncheons - Gala Dinner & Cultural Evening - House of Friendship - The Rotary Foundation Lounge**

Important Note : Registration does not include the official blazer. Payment for the blazer must be deposited separately in the designated account mentioned in the poster or through the QR code circulated.

Your presence will add immense value to this celebration of leadership, learning, and legacy. Rtn. Dr Sanjay Kalra & DGE Rtn. Dr. Rita Kalra in welcoming you and sharing two days of meaningful dialogue, fellowship, and vision-building.

With warm regards,

Rtn. Dr Rita Kalra - DG 2026-27 (RID 3080)

**REGISTRATION & PAYMENT LINK - <https://zfrmz.com/9uSOnIM3vo8mB26wnzt8>**

### OUR COVERAGE IN DISTRICT GML

#### STRENGTHENING GLOBAL FELLOWSHIP

#### DGE Dr. Rita Kalra's Visit to Rotary Club of Newbury, RI District 1090

In a heartwarming celebration of Rotary Friendship and international goodwill, District Governor Elect Dr. Rita Kalra (RID 3080) visited the Rotary Club of Newbury, one of England's distinguished clubs with a proud 75-year legacy of service. The visit beautifully highlighted Rotary's enduring spirit of cross-border collaboration, community engagement, and shared humanitarian values.

The meeting was called to order by President Les Osmond, who graciously welcomed Dr. Rita to the club. In introducing her, he acknowledged her exemplary Rotary journey and rising leadership within the organization. A symbolic exchange of club flags followed, representing the global unity and fellowship that define Rotary. Dr. Rita then addressed the members, offering insights into:

**THE IMPACTFUL WORK OF ROTARY CLUB CHANDIGARH MIDTOWN**

**THE BROADER INITIATIVES OF DISTRICT 3080**

**THE REGION'S STRONG LEGACY OF SERVICE AND SUSTAINABLE COMMUNITY PROJECTS**

She highlighted the district's commitment to health, education, and community development, emphasizing the power of Rotary networks to amplify social impact.

A notable aspect of the visit was the recognition of Dr. Rita's long-standing professional collaboration with PDG Dr. John Philip, a respected figure in



Rotary's global health initiatives and partner in health advocacy. Dr. John, who serves as Cadre Coordinator for Europe, a distinguished Onco-Surgeon, and Chairman of the Rotary Fellowship of Healthcare Professionals, has worked closely with Dr. Rita on advancing

cervical cancer awareness and HPV vaccination literacy. Their joint efforts—spanning international conventions and online educational campaigns—have played a vital role in sensitizing communities worldwide on preventive healthcare.

#### STRENGTHENING GLOBAL FELLOWSHIP



#### EVENING OF LEARNING: TROMONY TALK

The meeting featured an 'evening presentation by David, an astronomy expert, whose talk captivated the audience. He explored: The extraordinary phenomenon of wandering galaxies, The ongoing movement of Earth's continents, humanity's evolving understanding of the cosmos and 'place within it. The session ended scientific curiosity with a use of wonder offering arrians a fresh perspective on the universe. The evening continued with a sate traditional English dinner fish and chips, followed by wine and ice cream. The jous of the meal, coupled with rm conversation, created a memorable atmosphere of owship. A special moment of

joy came with the celebration of Rtn Diana's 90th birthday, greeted with heartfelt applause and admiration from all present.

Earlier in the day, Dr. Rita visited the beautiful countryside home of PDG Dr. John and Rtn Chris Philip, where she experienced quintessential Rotary hospitality. Their gracious welcome reflected the deep personal connections Rotary fosters beyond formal meetings.

Dr. Rita's visit to the Rotary Club of Newbury was more than an official engagement. The interactions reaffirmed Rotary's strength as a worldwide community committed to creating lasting impact.

#### REPORT ON CLUB MEETING - RC OXFORD

##### HIGHLIGHTS:

- Flag Exchange Ceremony between RC Oxford and 1822 District 1090 and 3080 symbolizing Rotary friendship and collaboration.
- Partnership Discussions on youth exchange, friendship exchange, and joint service projects.
- International Fellowship with a young Rotaractor from Mombasa, Kenya, strengthening global youth connections.
- President Deepak's Vision – "Back to Roots"
- A heartfelt initiative was discussed to reconnect diaspora Indians with their heritage. The program aims to engage second-generation Indians abroad who may have lost contact with their roots, rekindling ties through Rotary exchanges.
- During the meeting, a Rotarian shared her remarkable journey: originally from Amritsar, her



parents migrated to Pakistan and later they settled in London. Her story epitomizes the spirit of Rotarians Without Borders and the importance of cultural reconnection across generations.
- Guest Speaker Mention: David offered brief insights on futuristic education and Oxford in 2050, encouraging members to envision innovation and global learning.
- Cohort Connection: DGE Kalpana, my cohort partner at IA Oxford brought added warmth to the meeting where I was titled Positive Disruptors by the lead facilitator—a reminder of Rotary's power to challenge norms and create lasting impact.

#### CHANDIGARH MIDTOWN

#### Rotary Chandigarh Midtown Responds to Call for Action

**PRESIDENT JS BAWA MOBILISES SUPPORT TO SAVE A HEART THIS VALENTINE'S DAY THE SURGERY PERFORMED AND BENEFICIARY RECOVERING AT CIVIL HOSPITAL PANCHKULA**



In a powerful demonstration of Rotary's commitment to humanity, Rotary Chandigarh Midtown rose to the occasion when District Governor Elect Dr. Rita Kalra issued an urgent call for action to save the life of a young daily-wage worker from Himachal Pradesh battling a critical heart condition.

Moved by the gravity of the situation and the spirit of Valentine's Day—a day symbolizing love, compassion, and giving—Club President Rtn. JS Bawa immediately mobilised members and well-wishers to raise the required funds for the life-saving cardiac intervention.

The beneficiary, a hardworking daily wage earner supporting his family through modest means, had no access to the financial resources needed for urgent treatment. Rotary Chandigarh Midtown stepped in with empathy and efficiency, ensuring that financial constraints would not stand between a young man and his chance at life. Speaking on the initiative, DGE Dr. Rita Kalra expressed deep appreciation for the club's swift

response: "Rotary's heart beats strongest when we come together for those who need us most. Saving a life is the greatest gift we can give, and I am proud of Rotary Chandigarh Midtown for turning compassion into action."

**PRESIDENT JS BAWA ADDED: "ON A DAY CELEBRATED FOR LOVE, OUR CLUB CHOSE TO EXPRESS LOVE THROUGH SERVICE. THIS IS THE TRUE ESSENCE OF ROTARY—WHERE HUMANITY COMES FIRST."**

This timely intervention reflects Rotary's enduring mission to serve, uplift, and bring hope to communities across the region. As the patient proceeds toward recovery, Rotary Chandigarh Midtown reaffirms its commitment to creating meaningful, life-changing impact—one heart at a time.



### APPEAL FOR CONTRIBUTION TOWARDS GLOBAL GRANT SUVIDHA GG2463569

Dear Members, We are pleased to share that our club's Rotary Global Grant Suidha project, with a total outlay of \$36,800, has been approved.

The project will provide essential facilities in the focus areas of Water & Sanitation and Basic Education & Literacy for Government schools in nearby villages around Chandigarh.

To move forward, our club is required to contribute \$12,600 as our share of the grant. All contributions may please be drawn in favour of Rotary Foundation India. The current Rotary Dollar Rate is Rs. 92/- I sincerely request each member to generously contribute towards this amount. Your support will directly help create safe sanitation, clean water access, and improved learning facilities for children in need.

Let us come together to make this meaningful project a reality.

Warm Regards,

Jagvinder S. Bawa, President

-Kulvinder S. Chhatwal, Secretary

-Amarjit Singh, Director International Service

Thank you Rtn. B L Ramsisaria for your generous contribution of \$500 (INR 46,000) to the Rotary Foundation (India) towards the club's share for Global Grant GG-2463569 (Suidha).

Your support plays an important role in helping us move this project forward and make a meaningful impact in the community. We truly appreciate your commitment to Rotary's mission of service and positive change. Our Gratitude for your kindness and continued support.



Thank you PP Ritu Singal for your generous contribution of \$1000 (INR 92,000) to the Rotary Foundation (India) towards the club's share for Global Grant GG-2463569 (Suidha).

Your support plays an important role in helping us move this project forward and make a meaningful impact in the community. We truly appreciate your commitment to Rotary's mission of service and positive change. Our Gratitude for your kindness and continued support.

**PP Rtn Salil Chopra**

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