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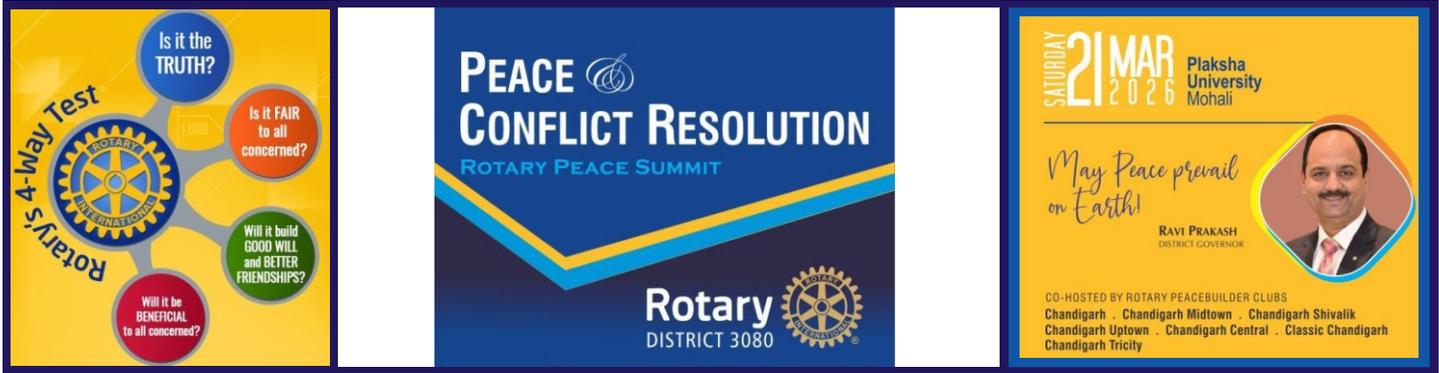
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DRINK PROBIOTIC BUTTERMILK LIVE HEALTHY & BUTTERMILK CEREMONY - PROF DR. SWARANJIT SINGH

On 13th March, members were treated to an insightful and nostalgic session by Dr. Swaranjit Singh, who spoke on the goodness and nutritional benefits of buttermilk (lassi) — a humble yet powerful traditional drink.

Dr. Singh began his talk by taking everyone down memory lane, recalling a time when buttermilk was an integral part of every household. Whether accompanying meals or served as a refreshing drink during hot afternoons, it held a special place in daily life. He reflected on how, over time, this simple, nourishing beverage has gradually been replaced by packaged and carbonated alternatives, often lacking in both nutritional value and cultural connection.

Highlighting its health benefits, Dr. Singh emphasized that buttermilk is a rich source of calcium, protein, and riboflavin, making it excellent for maintaining strong bones and overall vitality. He further explained that it contains probiotics, which support gut health and digestion, along with essential nutrients like potassium, phosphorus, and amino acids. Its low-fat content makes it an ideal choice for those seeking a light yet nutritious option. He also pointed out its effectiveness in reducing acidity and promoting digestive comfort, especially in the summer months.

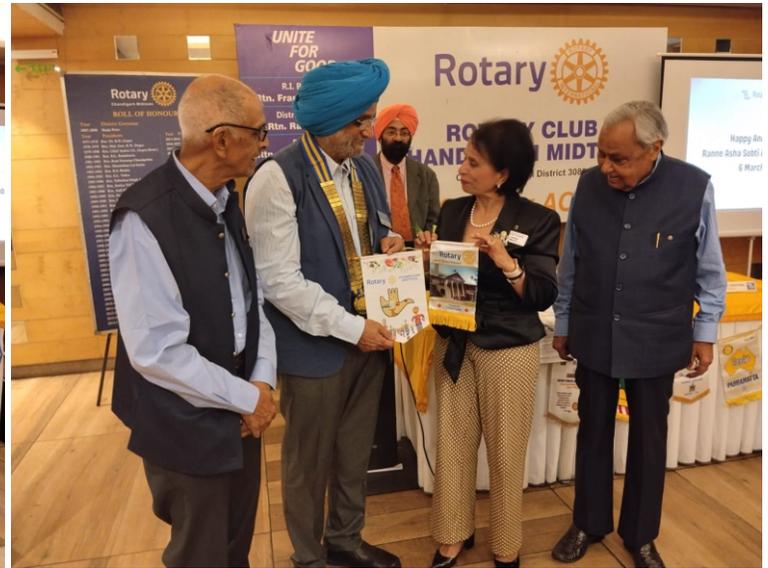
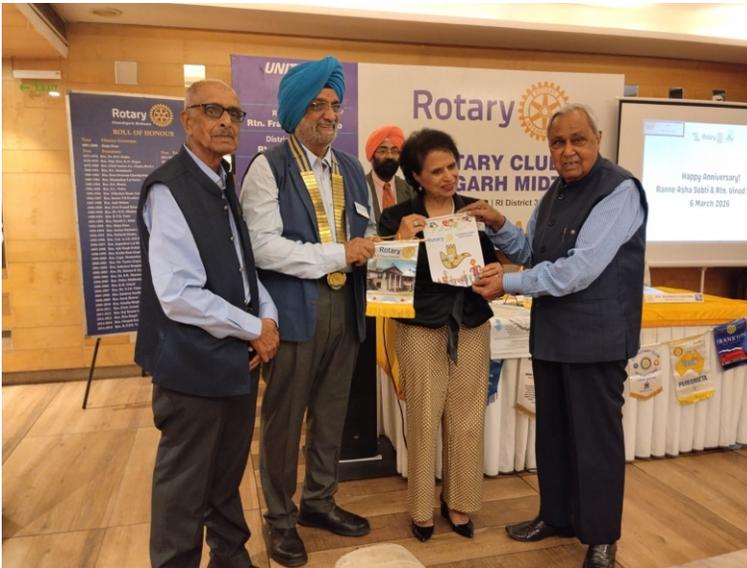
Adding a unique dimension to the session, Dr. Singh shared some unconventional yet fascinating methods of setting curd, the base of buttermilk. These included the use of a Habur stone from Jaisalmer, green chillies, and even a piece of silver or a silver coin. These traditional techniques sparked great interest among the audience, blending science with age-old wisdom.

The interactive session that followed allowed members to clarify common doubts. Dr. Singh explained that individuals without high blood pressure can comfortably consume salted buttermilk, while those without diabetes may enjoy sweet buttermilk in moderation. His practical and balanced approach made the information accessible and easy to adopt.

The session served as a gentle reminder to revisit our roots and embrace simple, natural dietary choices that have stood the test of time. Dr. Singh's engaging talk not only educated but also inspired members to reintroduce buttermilk into their daily lives as a wholesome and healthful habit.

Rotarians were pleased to have Dr. Singh once again in our Club with an informative and interactive talk which will help us all a lot.







Rotary 360 | The official blog of Rotary International

FROM SILENCE TO SMILES: ROTARY'S GIFT OF HEARING TO PARWATI

17 March 2026

Recently, I met Parwati, a domestic worker in her 40s. People around her often thought she wasn't paying attention or didn't understand instructions. When I spoke to her, I discovered the truth — Parwati was hard of hearing. For years, she had silently struggled, misunderstood by neighbors, employers, and even family.

I immediately took her to an ENT specialist, who recommended a hearing aid. But the device was expensive and completely beyond her means. Given her family situation, there was no way she could afford it.

I discussed the matter with my husband, [Pradeep Sisodia](#), vice president of the Rotary Club Chandigarh Midtown, Chandigarh, India, and we decided to reach out to our Rotary family. The response was overwhelming — members came forward generously, and within no time, the funds were arranged. The very next day, Parwati underwent testing and was fitted with the hearing aid.



Transformation

The moment she heard clearly, her face lit up with an incredible smile. Tears filled her eyes as she whispered to me:

“Didi, you have changed everything in my life.”

Today, Parwati works with renewed confidence. Her family and employers are delighted by the transformation. She can communicate clearly, follow instructions, and engage with the world with joy.

This experience reminded me that when compassion is combined with collective effort, even the impossible becomes possible. I am grateful to my Rotary family for making this miracle happen and proud that together, we could bring back not just hearing, but hope, confidence, and joy to someone's life.

WEEK GONE BY

TUBELIGHTS & LED'S DISTRIBUTION UNDER “HAR BACCHE KA ADHIKAR – SWACHH PANI, PAWAN AUR PRAKASH”

Under the impactful project titled “Har Bacche Ka Adhikar – Swachh Pani, Pawan aur Prakash”, our club took a meaningful step towards improving learning environments by ensuring proper lighting facilities in local schools. Adequate lighting plays a vital role in creating a safe, healthy, and conducive atmosphere for students to learn and grow.

As part of this initiative, tubelights and LED bulbs were distributed across three schools in Sector 21, Panchkula. Sanskriti Middle Model School received 40 tubelights and 16 LED bulbs, while Sanskriti Primary Model School was provided with 28 tubelights and 10 bulbs. Additionally, Prakash High School benefited from the distribution of 16 tubelights and 16 LED bulbs.

This initiative aims to brighten classrooms, quite literally, enabling students to study in well-lit spaces that enhance focus and productivity.

We extend our heartfelt gratitude to Director Community Service Rtn. Suresh Dhawan, Rtn. Salil Chopra, and PE Rtn. Renu Chopra for sparing their valuable time and personally participating in the distribution. Their presence added encouragement and warmth to the occasion.

Such initiatives reaffirm our commitment to creating better educational spaces and ensuring that every child has access to basic necessities for a brighter future.



Anniversaries and Birthdays

Celebrating Birthday's & Anniversary's

Birthday – Spouse

Mar 15	R'Ann Sunita
Mar 17	R'Ann Judy Mann

Birthday - Rotarian

Mar 04	Rtn. Ravinder K. Jain
Mar 19	Rtn. Brig. J.S. Sabharwal



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