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Rotary
Chandigarh Midtown

Rotary's 4-May Test

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOOD WILL and BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

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INVITING YOU TO MARK THIS HISTORIC 50TH ANNIVERSARY WITH US
LET'S HAVE A CELEBRATION!
18 MAY
07:00 PM Onwards at DSOI, Sector 36, Chandigarh
You are Cordially Invited

CHIEF GUEST
PRIP RAJENDRA K SABOO
USRA SABOO

50TH YEAR CELEBRATIONS

CHIEF GUEST : PRIP RAJENDRA K SABOO

DATE : 18TH MAY 2026
TIME : 7:00 PM ONWARDS
VENUE : DSOI
SECTOR 36, CHANDIGARH

FOLLOWED BY FELLOESHIP & DINNER

HEALTH IS WEALTH - STRESS FREE LIVING BY DR. MANU JATANA

An enlightening and thought-provoking session on “Health is Wealth – Stress Free Living” was delivered by Dr. Manu Jatana, who beautifully highlighted the importance of holistic wellness in today’s fast-paced world. Drawing inspiration from the World Health Organization’s definition of health as “a state of complete physical, mental, and social well-being, and not merely the absence of disease,” Dr. Jatana emphasised that true health extends far beyond physical fitness alone.

He explained that genuine wellness is achieved through the harmonious balance of physical health, emotional stability, mental clarity, spiritual grounding, social connectedness, and positive thinking. Stressing the significance of healthy lifestyle habits, he spoke about the role of balanced nutrition, regular exercise, mindful living, and emotional well-being in preventing lifestyle disorders and reducing stress.

Dr. Jatana also shed light on age-related muscle loss and the growing need for protein-rich diets and consistent physical activity to maintain strength, vitality, and metabolic health. His practical guidance on healthy eating habits, including prioritising vegetables, choosing nutritious breakfasts, and avoiding ultra-processed foods, resonated deeply with the audience.

A particularly impactful segment of his talk focused on the importance of meaningful social relationships. He shared research showing that strong

human connections contribute to longevity and emotional well-being, while loneliness can be as harmful to health as smoking fifteen cigarettes a day. He further explained how emotional trauma often gets stored within the body, leading to unexplained physical pain and stress-related disorders.

Addressing one of the most pressing modern challenges, Dr. Jatana discussed the alarming rise of digital addiction. He explained how excessive screen exposure negatively affects brain circuitry, memory, concentration, and impulse control, particularly impacting the prefrontal cortex. Encouraging the audience to adopt “digital hygiene,” he suggested mindfulness practices, gradual digital detox routines, physical activity, and healthy daily habits to restore mental balance and focus.

In his concluding remarks, Dr. Jatana highlighted the remarkable role of neuroscience in shaping health and happiness. He emphasised that positive attitudes, intentional thinking, and mindful manifestation can significantly influence overall well-being and life outcomes. His inspiring message left a lasting impact on all present — that good health, mental peace, meaningful relationships, and positive habits together pave the way for a happier, healthier, and more purposeful life.







WEEK GONE BY

MAMMOGRAPHY & BREAST SCREENING CAMP AT GD GOENKA SR. SEC. SCHOOL

Rotary Club Chandigarh Midtown organised a Mammography & Breast Screening Camp in collaboration with Sohan Hospital at the campus of GD Goenka Senior Secondary School, Mohali. A total of 43 women underwent breast screening during the camp. The beneficiaries included school staff members, mothers of students, and women residing in nearby housing societies.

The event was successfully coordinated by R'Ann Nandita Sisodia and was attended by Club President Rtn. J.S. Bawa and Rtn. Pradeep Sisodia.

The school Principal highly appreciated this healthcare initiative of the club and expressed heartfelt thanks for the dedicated efforts towards women's health awareness and early detection.



THE DISTRICT LEADERSHIP LEARNING ASSEMBLY - MANTHAN & SANGAM AT KUFRI

The District Leadership Learning Assembly – Manthan & Sangam was successfully organized on 9th–10th May 2026 at the picturesque Adventure Resorts, Kufri, bringing together an impressive gathering of 453 District Officers, Zonal Leaders, RI Officers, and Rotarians from across the six states of District 3080. The two-day event served as a vibrant platform for learning, leadership development, fellowship, and inspiration.

The Assembly commenced with a warm welcome by Event Chair Rtn. Rohit Karol, who briefly shared the vision and purpose behind Manthan & Sangam — to inspire Rotary leaders to reflect, reconnect, and recommit themselves to meaningful service.

The inaugural session featured thought-provoking and inspiring addresses by distinguished speakers. Chief Guest PDG Sharad Jain captivated the audience with his simple yet impactful storytelling style while speaking about the perception and importance of The Rotary Foundation. His words beautifully highlighted how Rotary's service initiatives continue to transform lives across communities.

Adding further depth to the learning experience, renowned motivational coach Anand Pillai delivered an energizing presentation on the Karma Sutra of Giving. His insightful message emphasized the power of selfless service, purposeful leadership, and the lasting impact of giving back to society.

District Governor Elect Dr. Rita Kalra set the spiritual and visionary tone of Manthan with her inspiring message: "Here at Manthan as Rotary Leaders, let us churn our thoughts into compassion. Let us churn our actions into service. Let us churn our governance into sustainability. And may Manthan bring forth light, wellness, and peace for generations to come." Her words deeply resonated with the gathering and reflected the true essence of Rotary leadership rooted in compassion, responsibility, and sustainable service.



As the day progressed, the atmosphere transformed into one of celebration and fellowship during the much-awaited Dhurandhar Nite. The evening was filled with laughter, music, and togetherness as participants enthusiastically enjoyed musical tambola, antakshari, and lively dance performances. The vibrant fellowship strengthened bonds among Rotarians and created memories to cherish.

Manthan & Sangam 2026 proved to be not just a leadership assembly, but a meaningful confluence of ideas, inspiration, and Rotary spirit—leaving every participant motivated to serve humanity with renewed energy and vision.





Contributions to Rotary Foundation (India) on account of Our Club's share towards **Global Grant – Suvidha**

Sincere thanks to

Rtn. Jeeten Bhambri Ji for his generous contribution of US\$ 1000 approx. (INR 92,000)

President Rtn. Jagvinder Bawa for his generous contribution of US\$ 500 (INR 47,000)

IPP Rtn. Nitin Kapoor for his generous contribution of US\$ 400 (INR 38,000)

Rtn. Ajit Gulati for his generous contribution of US\$ 200 (INR 19,000)

Rtn. Salil Chopra for his generous contribution of US\$ 1000 (INR 92,000)

Rtn. Brig. Jaswinder Singh Sabharwal for contributing US\$300 (INR 28,500)

Rtn. Raj K. Luther for his very thoughtful contribution of US\$ 526 (INR 50,000)

to Rotary Foundation (India) on account of our club's share towards Global Grant – Suvidha.

Your continued support and commitment to Rotary's humanitarian initiatives are truly commendable and inspiring. This meaningful contribution will go a long way in furthering our service efforts and making a positive impact in the community.

With heartfelt gratitude and warm regards.

Rtn. Amarjit Singh

Director International Service



Birthday – Spouse	
May 11	R'Ann Ritu Chaudhary
May 14	Dr. Bhushan C. Gupta

Wedding Anniversaries	
May 09	Rtn. Chandra Parkash and Lalita Parkash
May 11	Rtn. Suresh Dhawan and Madhu Dhawan
May 11	Rtn. Sanjiv Kumar and Ranjana



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