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The Midtowner

WEEKLY BULLETIN OF ROTARY CHANDIGARH MIDTOWN

Rotary Chandigarh Midtown

CREATE LASTING IMPACT

VOLUME 51 - NO. 3, DATED : 29TH JULY' 26 | CLUB NO. 15228 | R.I. DISTRICT 3080

R.I. PRESIDENT RTN. OLAYINKA HAKEEM BABALOLA | DISTRICT GOVERNOR RTN. DR. RITA KALRA | CLUB PRESIDENT RTN. RENU CHOPRA | CLUB SECRETARY RTN. SURESH DHAWAN | CLUB EDITOR RTN. JEETEN BHAMBRI

Club Assembly

Date : 31st July 2026

Time : 6:30pm

Venue : Hotel Shivalik View

Sector 17, Chandigarh

PRABHAVIKA - 44TH INSTALLATION CEREMONY
PRESIDENT RTR. BHAVIKA THAKUR

The Rotaract Club of Chandigarh Midtown ushered in a new chapter of leadership and service with the successful celebration of Prabhavika – the 44th Installation Ceremony, held on 24th July 2026 at the Press Club, Sector 27, Chandigarh. The event was a memorable occasion that reflected the spirit of fellowship, commitment, and the enduring bond between Rotary and Rotaract.

The highlight of the ceremony was the formal installation of Rtr. Bhavika Thakur as the President of the Rotaract Club for the Rotary Year 2026–27. Along with the President, the newly elected Board of Directors was ceremonially pinned and officially installed, signifying the beginning of their journey of leadership, service, and dedication to the ideals of Rotary.

The occasion was graced by the esteemed Chief Guest, PP Rtn. M.L. Sarin, the Founder of the Rotaract Club of Chandigarh Midtown and President of Rotary Club Chandigarh Midtown (1983–84). His inspiring presence and words of wisdom served as a guiding light for the incoming team, encouraging them to lead with integrity, compassion, and a strong commitment to community service.

The ceremony was further enriched by the gracious presence and blessings of PDG Yoginder Diwan, Mrs. Kanan Diwan, and a distinguished galaxy of Past Presidents whose continued support and encouragement added immense value to the celebration. Their attendance reflected the strong tradition of mentorship and continuity that has always been the hallmark of the Rotary family.

Marking the official commencement of the new Rotary year, the evening concluded on a joyous note with a vibrant musical program and warm fellowship, providing an opportunity for Rotarians, Rotaractors, and guests to celebrate together. The Installation Ceremony reaffirmed the Club's commitment to nurturing young leaders who will continue to embody the Rotary motto, "Service Above Self," and create a meaningful impact in society.

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Week Gone By

Rotary Clubs Organise Menstrual Hygiene & Health Awareness Session for Girls

Rotary Club Chandigarh Horizon, in collaboration with Rotary Club Chandigarh Midtown, successfully organised a Menstrual Hygiene & Health Awareness Session for girl students at GMSSS, Sector 35-D, Chandigarh. The programme aimed to create awareness about menstrual hygiene, dispel myths, and encourage young girls to adopt healthy hygiene practices with confidence and dignity.

The programme commenced with a warm welcome by Rtn Avinash Taneja, President, Rotary Club Chandigarh Horizon, who welcomed the faculty, students, resource person, and Rotarians. He highlighted Rotary's commitment to women's health, education, and community service and encouraged the students to seek accurate information without hesitation.

Rtn Ravinder Jain of Rotary Club Chandigarh Midtown addressed the gathering and emphasised the importance of menstrual hygiene awareness, breaking social taboos, and empowering adolescent girls through education and open discussions.

The informative session was conducted by renowned Gynaecologist Dr. Shefali Wadhwani, who explained the physiological aspects of menstruation, menstrual hygiene management, nutrition, common myths and misconceptions, and the importance of consulting medical professionals whenever required. The interactive session witnessed enthusiastic participation from the students, who asked several questions that were answered in a simple and encouraging manner.

As part of the project, Mahavir International, Panchkula sponsored and distributed sanitary pads to the participating girls, reinforcing the collective commitment towards menstrual health and hygiene.

More than 75 girl students actively participated in the awareness programme and appreciated the informative and interactive session.

Rotarians from Rotary Club Chandigarh Horizon present on the occasion included: * Rtn Avinash Taneja (President)
* PP Rtn Vijay Kumar Dhall * Rtn Manjula Walia (Project Chair) * Rtn Anita Midha* Rtn Gurminder Multani
Rotarians from Rotary Club Chandigarh Midtown who attended the programme included: * Rtn Manisha Gupta
* Rtn Nandita Sisodia (Co-Chair) * Rtn Ravinder Jain

The programme concluded with a vote of thanks, reaffirming the commitment of both Rotary Clubs to continue organising impactful health awareness initiatives for the welfare and empowerment of young girls.

Session on Moral Values at DAV Public School, Sector 39, Chandigarh

As part of its commitment to nurturing responsible and value-based future citizens, Rotary Club Chandigarh Midtown organized a session on Moral Values at DAV Public School, Sector 39, Chandigarh.

The session was conducted by Rtn. Salil Chopra and was attended by approximately 80 students along with 8 teachers. Through inspiring examples, interactive discussions, and practical life lessons, Rtn. Salil Chopra emphasized the importance of values such as honesty, integrity, respect, kindness, empathy, and responsibility in everyday life.

The students participated enthusiastically, making the session lively and engaging. The interactive format encouraged thoughtful reflection and active involvement, helping students understand how moral values play a vital role in personal growth and in building a harmonious society.

The session was well received by both students and teachers, who appreciated the insightful and motivating presentation. It served as a meaningful step towards strengthening character-building and value-based education among young minds.

Rotary Club Chandigarh Midtown remains committed to empowering youth through educational and awareness initiatives that inspire positive change and responsible citizenship.

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Education Through Moral Values – Inspiring Students to Dream and Achieve

Rotary Club Chandigarh Midtown organized an inspiring Education Through Moral Values session for the Class X students of Government Model High School, Sector 11, Chandigarh. The session was coordinated with the support of Senior Teacher Ms. Harsimran Kaur, who played a key role in bringing this meaningful initiative to the students.

The interactive session focussed on the importance of setting clear goals, remaining determined, and overcoming challenges through perseverance and strong moral values. A motivational video was screened highlighting the extraordinary life of Károly Takács of Hungary, the legendary Olympic shooter who, despite losing the use of his dominant hand in a tragic accident, refused to give up on his dream. Through unwavering determination, relentless practice, and remarkable courage, he went on to win two Olympic gold medals, proving that true success belongs to those who never surrender to adversity.

The inspiring story deeply resonated with both the students and the teachers. They appreciated the powerful message that dedication, discipline, and a positive attitude can transform obstacles into opportunities. The session concluded on a highly motivating note, encouraging every student to dream big, work hard, and remain committed to achieving their goals despite life's challenges.

Installation of Interact Club at GSSS, Bir Ghaggar

Rotary Club Chandigarh Midtown proudly celebrated the installation of the Interact Club at Government Senior Secondary School, Bir Ghaggar, marking another significant step towards nurturing young leaders committed to community service.

The students of Classes XI and XII were introduced to the vision and mission of Rotary and the important role Interactors play in bringing about positive change in society. They were inspired by Rotary's timeless motto, "Service Above Self," and encouraged to embrace the values of compassion, leadership, integrity, and selfless service.

Rtn. Suman Gupta, Chair of Interact, conducted an engaging and motivational session, sharing inspiring real-life experiences that encouraged the students to believe in their potential and contribute meaningfully to society. Her interaction left a lasting impression, motivating the young minds to become responsible citizens and future leaders.

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The newly inducted Interactors were ceremonially pinned and proudly took the Interact pledge, committing themselves to serve their community with dedication and enthusiasm. Their excitement and eagerness to learn and grow were evident throughout the session.
The Principal and teaching staff wholeheartedly welcomed the initiative and expressed their enthusiasm to work closely with Rotary in empowering students through service-oriented activities.
Rotary Club Chandigarh Midtown extends its sincere gratitude to Rtn. Suman Gupta for dedicating her valuable time and inspiring the next generation of changemakers.

Annapurna – A Meal Served with Love and Gratitude at Samarpan

Rotary Club Chandigarh Midtown continued its heartfelt Annapurna initiative today at SAMARPAN, where 125 children were lovingly served a wholesome meal. The event was filled with warmth, joy, and gratitude as the children eagerly gathered to share the meal together.
Before beginning their lunch, the children folded their hands in prayer, expressing heartfelt gratitude to the Almighty for the countless blessings in their lives. This simple yet meaningful gesture reminded everyone present of the values of thankfulness, humility, and sharing.
Today's Annapurna was generously sponsored by PP Rtn. J. S. Bawa Ji and Mdm. Sarabjeet Kaur Bawa, whose kind support made this service project possible. Their generosity brought smiles to the faces of all the children and reflected the true Rotary spirit of "Service Above Self."The club extends its sincere appreciation to Secretary Rtn. Suresh Dhawan, Rtn. Suman Gupta, whose granddaughter lovingly served halwa to the children with great affection, PP Rtn. J. S. Bawa, R'Ann Sarabjeet Kaur Bawa, and President Rtn. Renu Chopra for sparing their valuable time and personally participating in the service activity.
The laughter and happiness of the children made the day truly memorable, reaffirming Rotary's commitment to serving humanity with compassion, dignity, and love.

Interact Club Installation at Gurukul Global School, Manimajra

The Installation Ceremony of the Interact Club of Gurukul Global School, Manimajra, was held with great enthusiasm and pride. The event marked the beginning of another year of service, leadership, and community engagement for the young Interactors.
The ceremony was graced by the presence of District Governor Rtn. Dr. Rita Kalra, Club President Rtn. Renu Chopra, Rtn. Dr. Sanjay Kalra, Rtn. Dr. Inderjeet Dua, Rtn. Vinod Jawa, Rtn. Suman Gupta, Ranne Indu Anand, Ranne Nandita Sisodia, and Rotaract President Bhavika Thakur.
The newly elected office bearers were formally installed and administered their responsibilities, encouraging them to serve with integrity, dedication, and compassion. A special highlight of the ceremony was the pinning of Ms. Tridha Kanwar as the District Interact Representative. She was apprised of her duties and responsibilities and encouraged to serve as a link between Interact Clubs while promoting Rotary's values among youth. A motivating message from District Interact Chair Rtn. Sandeep Goel, Karnal, was also played, inspiring Ms. Tridha Kanwar to lead with commitment and excellence.

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The students were introduced to the vision and mission of Rotary and Interact and were sensitized to the importance of Service Above Self. Through informative and inspiring interactions, they learned about Rotary's work in the fields of education, health, community development, environmental sustainability, and youth empowerment. The students were encouraged to become active contributors to society through meaningful service projects.

A proud moment for the school and Rotary Club Chandigarh Midtown was the recognition of an outstanding service initiative undertaken by the students. Displaying exemplary social responsibility, the students of Gurukul Global School raised ₹4 lakh, which, in collaboration with Rotary Club Chandigarh Midtown, was utilized for the donation of a Hearse Van to the Red Cross Society, Chandigarh.

This remarkable achievement stands as a testament to the generosity, compassion, and service-oriented spirit of the young Interactors. The ceremony concluded with a renewed commitment to Rotary ideals and inspired the students to become responsible leaders and compassionate citizens dedicated to creating a positive impact in their communities.

Rotary Club Chandigarh Midtown expresses its sincere appreciation to the Principal, faculty members, and students of Gurukul Global School, Manimajra, for their wholehearted support, enthusiastic participation, and unwavering commitment to the ideals of service. Their dedication and collaborative spirit played a significant role in making the event a grand success and in strengthening the bond between Rotary and the youth of the community.

Tree Plantation Drive at Gurukul Global School, Manimajra

In alignment with Rotary's commitment to environmental sustainability and the District's green initiatives, Rotary Club Chandigarh Midtown organized a Tree Plantation Drive at Gurukul Global School, Manimajra. The activity was conducted under the spirit of Rotary's environmental mission, encouraging every individual to contribute towards a greener and healthier planet.

The drive was graced by the presence of District Governor Rtn. Dr. Rita Kalra, Club President Rtn. Renu Chopra, Rtn. Dr. Sanjay Kalra, Rtn. Dr. Inderjeet Dua, Rtn. Vinod Jawa, Rtn. Suman Gupta, Rtn Maneesha Gupta, R'Ann Indu Anand, R'Ann Nandita Sisodia, and Rotaract President Bhavika Thakur.

Saplings were planted by the distinguished guests, teachers, and students, symbolizing a collective commitment towards environmental conservation. The initiative highlighted the importance of increasing green cover, preserving natural resources, and creating awareness about climate change and sustainable living.

Addressing the students, the speakers emphasized that planting a tree is not merely an activity but a responsibility towards future generations. Students were encouraged to adopt and nurture the saplings, ensuring their healthy growth and long-term survival. The programme also educated them about the numerous benefits of trees, including cleaner air, soil conservation, biodiversity protection, and a healthier environment.

The enthusiastic participation of the students reflected their awareness and concern for environmental issues. The drive served as an excellent platform to instill the values of environmental stewardship and community service among young minds.

Rotary Club Chandigarh Midtown sincerely thanks the Principal, faculty, and students of Gurukul Global School, Manimajra, for their wholehearted support and active participation. Their enthusiasm and commitment made the tree plantation drive a meaningful and impactful success.

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Interact Club Installation Ceremony at GD Goenka Public School, Mohali

The Installation Ceremony of the Interact Club at GD Goenka Public School, Mohali was successfully conducted on 22 July 2026 in a vibrant and enthusiastic atmosphere.
The ceremony was graced by the presence of distinguished members of Rotary Club Chandigarh Midtown, including Rtn. Renu Chopra (President), Rtn. Vinod Jawa, Rtn. Maneesha Gupta, R'Ann Nandita Sisodia, and Rotaractor Tanveer.
The programme commenced with a warm welcome by the school authorities, followed by an introduction to Rotary International and the objectives of the Interact Club. The students were encouraged to embrace the values of leadership, service, teamwork, and community engagement.
The newly elected office bearers of the Interact Club were formally installed and administered the oath of office. The Rotarians congratulated the young leaders and motivated them to actively participate in meaningful service projects that would benefit both the school and the community.
The ceremony concluded with words of encouragement from the dignitaries, who expressed confidence that the Interact Club would serve as a platform for nurturing responsible, compassionate, and socially conscious future leaders.
The event was a great success and marked the beginning of another promising year of service and fellowship at GD Goenka Public School, Mohali.

Leadership Awareness Session at GD Goenka Public School, Mohali

Rotary Club Chandigarh Midtown organized an engaging Leadership Awareness Session at G.D. Goenka Public School, Mohali, with the objective of inspiring young minds to develop the qualities of responsible and effective leaders.
The interactive session was conducted by Rtn. Maneesha Gupta, who introduced students to different styles of leadership and emphasized the essential qualities that define a true leader. Through an innovative approach, she explored the traits hidden within the word LEADERSHIP, encouraging students to cultivate confidence, integrity, empathy, responsibility, and the courage to lead by example. The session motivated students to recognize their own potential and understand that leadership begins with self-discipline, positive values, and a commitment to serving others.
The programme was graced by President Rtn. Renu Chopra, Rtn. Vinod Jawa, Rtn. Maneesha Gupta (Director – Community Service), R'Ann Nandita Sisodia, and Rtr. Tanveer Singh, whose presence further encouraged the students. The session concluded with enthusiastic participation from the students, making it an inspiring and meaningful initiative in nurturing the leaders of tomorrow.

Interact Club Installation Ceremony at SOREM School

The Installation Ceremony of the Interact Club was successfully conducted in July 2026 at Society for Rehabilitation of the Mentally Challenged (SOREM) in a joyful and heartwarming atmosphere.
The ceremony was attended by Rtn. Maneesha Gupta, R'Ann Nandita Sisodia, and Rotract President Bhavika Thakur (President), whose presence and encouragement inspired the students and staff alike.

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The event was made even more special by the enthusiastic performances of the children, who delighted everyone by singing melodious songs and presenting energetic dances to popular Bollywood numbers. Their confidence, enthusiasm, and talent filled the gathering with happiness and admiration.
The programme was graced by the presence of Principal Mrs. Sangeeta Jain, Mrs. Meenakshi, Mrs. Archana, and the dedicated teaching staff, who extended a warm welcome to the guests and appreciated the efforts of the newly installed Interact Club.
The Installation Ceremony concluded on a positive and inspiring note, reaffirming the shared commitment of Rotary and the school towards nurturing leadership, compassion, teamwork, and a spirit of service among young minds. Everyone looked forward to the Interact Club undertaking meaningful projects that would benefit both the school and the community.

Yoga for Wellness and Cleanliness Awareness at GES Singhpura

Rotary Club Chandigarh Midtown organized another inspiring Yoga and Wellness Session at GES Singhpura, focusing on the importance of proper breathing techniques for a healthy body and a calm mind. The session guided students through correct breathing practices that enhance concentration, reduce stress, and promote overall physical and mental well-being.In addition to yoga, the students were encouraged to cultivate the habit of cleanliness by ensuring that their classrooms and surroundings are neat and tidy before leaving school each day. They were sensitized to understand that maintaining a clean environment is a shared responsibility and an essential part of good character and disciplined living.
The session successfully combined the values of health, hygiene, and responsibility, motivating students to adopt positive daily habits that contribute to their personal growth and create a cleaner, healthier school environment.

Report on Awareness Lecture on Children with Learning Disabilities

A joint initiative of Rotary Club Chandigarh Midtown and Rotary Club Chandigarh Horizon, an awareness lecture on “Children with Learning Disabilities” was successfully conducted on 23 July 2026 at Star Public School.
The informative session was delivered by Rtn. Manjula Walia, who enlightened the students and teachers about various learning disabilities, their early identification, and the importance of empathy, patience, and inclusive teaching practices. She emphasized that every child has unique abilities and, with the right guidance and support, can achieve success.
The programme was attended by Rtn. Maneesha Gupta and R’Ann Nandita Sisodia, who encouraged the students to be understanding and supportive of their peers while promoting the values of compassion and inclusion.
The session was interactive and well received by both students and teachers, who appreciated the practical insights and engaging presentation. At the conclusion of the programme, samosas and juice were served to all the children as refreshments, adding to the joy of the occasion.
The programme reflected the commitment of Rotary Club Chandigarh Midtown and Rotary Club Chandigarh Horizon towards creating awareness, promoting inclusive education, and supporting the holistic development of every child. The event concluded with a vote of thanks and appreciation to the speaker, the school management, and all those who contributed to the success of the programme.

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Nikshay Diwas: Rotary Continues Its Commitment Towards a TB-Free India

On the occasion of Nikshay Diwas, Rotary Club Chandigarh Midtown reaffirmed its commitment to the national mission of eliminating tuberculosis by organizing a TB Nutritional Support Programme at the Government Dispensary, Sector 16, Panchkula.

During the programme, TB patients from three nearby villages were first educated about the vital role of proper nutrition in strengthening immunity, improving treatment outcomes, and supporting faster recovery. They were also guided on the correct way to consume the nutritional supplements provided under the initiative.

A total of 19 TB patients received nutrient kits during the event. In addition, 31 nutrient packets were handed over to Mr. Jasbir from Civil Hospital, Sector 6, Panchkula, ensuring continued nutritional support for patients who regularly collect their supplies from the hospital.

The project was graced by Club Secretary Rtn. Suresh Dhawan, Joint Secretary Brig. Dr. J. S. Sabharwal, PP Rtn. Salil Chopra, and Rtn. Renu Chopra, whose presence reflected the club's unwavering dedication to community health and service.

Rotary Club Chandigarh Midtown remains proud to partner with the Government of India in the Nikshay initiative, contributing towards the ambitious goal of making India TB-free by 2030. Through sustained awareness, nutritional support, and community engagement, the club continues to make a meaningful difference in the lives of TB patients.

Nikshay Diwas: Rotary Continues Its Commitment Towards a TB-Free India

Rotary Club Chandigarh Midtown conducted an engaging and interactive awareness session for the students of Government Model Sanskriti Primary School, Sector 6, Panchkula. Rtn. Suman Gupta, Ann Indu Anand, and Rtn. Harinder Jit Kaur shared valuable insights on the importance of personal hygiene, environmental cleanliness, and moral values in everyday life.

Through simple examples and interactive discussions, they encouraged students to adopt healthy habits, respect their surroundings, and uphold strong ethical values. The students participated with great enthusiasm, responded confidently to questions, and thoroughly enjoyed the session, making it both educational and inspiring for everyone present.

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An Interactive Awareness Session at Government Model Sanskriti School, Sec 17, Pkl

Rotary Club Chandigarh Midtown conducted another enriching awareness session at Government Model Sanskriti School, Sector-17, Panchkula, aimed at fostering knowledge, hygiene, and good values among students.Rtn. Suman Gupta enlightened the students about the geographical significance of the National Capital of India, Haryana, and Chandigarh, helping them better understand their country's administrative and regional structure.

R'Ann Indu Anand delivered an informative session on the importance of personal hygiene and environmental cleanliness, encouraging students to adopt healthy habits and contribute towards a cleaner environment. Rtn. Harinderjit Kaur spoke on the moral values that shape a good student, a responsible neighbour, and a conscientious citizen, inspiring the children to imbibe these virtues in their daily lives.The session witnessed enthusiastic participation from the students, who listened attentively, responded confidently to the questions posed by the speakers, and actively engaged throughout the interactive programme, making it both educational and inspiring.

Moral Values & Education Session at Government Middle School, Village Maheshpur

Rotary Club Chandigarh Midtown conducted an inspiring Moral Values and Education Session for the new batch of Class VIII students at Government Middle School, Village Maheshpur. The interactive session focussed on nurturing compassion, gratitude, and respect for family values among young minds.

Students were encouraged to love and care for their parents throughout their lives and to reject the concept of abandoning them to old age homes. Emphasis was laid on the importance of providing parents with essential care, including food, shelter, clothing, medicines, and emotional support. They were also reminded to treat their grandparents with love, dignity, and respect.

A touching video depicting the unconditional love of a deaf and mute father for his daughter deeply moved the students. The emotional story inspired heartfelt discussions, with students narrating its message in their own words. The session concluded with the children pledging to honour, support, and care for their parents and elders throughout their lives.

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Rotary Members Participated in Prime Minister's Official Programme

Rotary Club Chandigarh Midtown and the Rotary fraternity received a significant recognition when members were personally invited by the Hon'ble Governor of Punjab and Administrator, UT Chandigarh, Shri Gulab Chand Kataria, to participate in the official programme of the Hon'ble Prime Minister of India during his visit to Chandigarh.

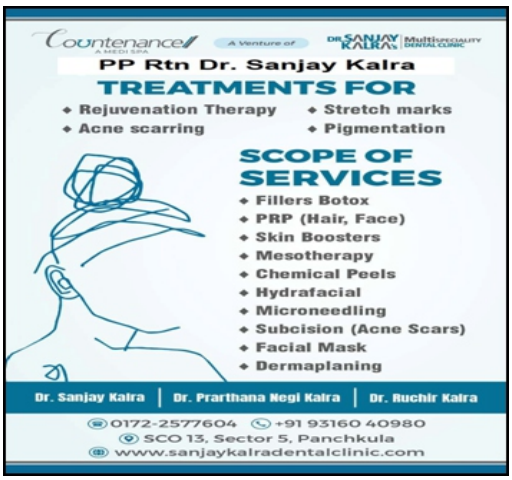
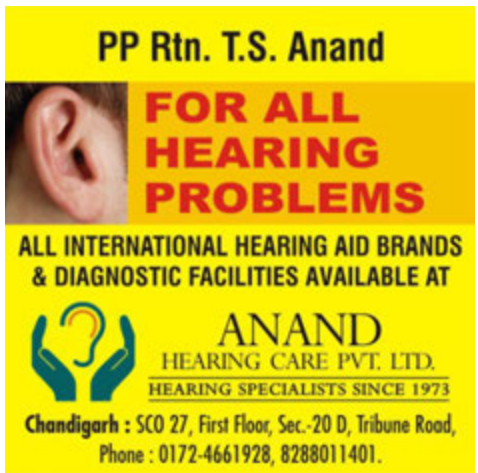
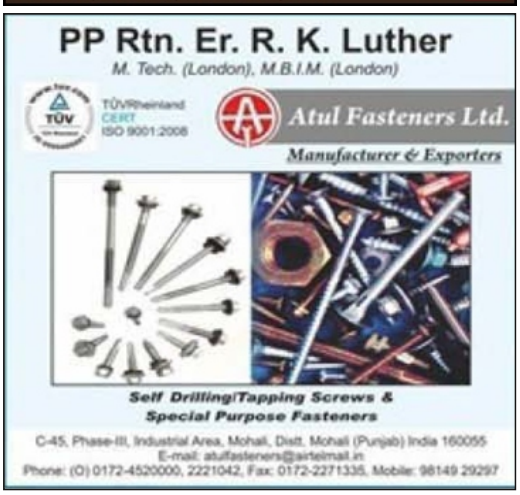
Prior to the event, Rotary Club Chandigarh Midtown was also invited to a high-level consultation convened by the Hon'ble Governor to discuss community participation in the Prime Minister's proposed visit. Representing Rotary at the meeting were Rtn. R.K. Luther, Rtn. Salil Chopra, and Rtn. Pradeep Sisodia, who shared valuable suggestions on behalf of the Rotary fraternity.

The consultation was attended by senior dignitaries, including Shri Nishant Yadav (Deputy Commissioner, Chandigarh), Shri Satnam Sandhu (Member of Parliament, Rajya Sabha), Shri Satya Pal Jain (Additional Solicitor General of India and Former Member of Parliament), Shri Saurabh Joshi (Mayor, Chandigarh), along with former mayors and representatives of leading social organisations.

On the day of the event, a large number of Rotarians and their spouses enthusiastically attended the Prime Minister's official programme, demonstrating Rotary's unity, discipline, and commitment to community engagement. The invitation and active participation reflected the esteem in which Rotary is held by the Chandigarh Administration and marked a proud moment for Rotary Club Chandigarh Midtown and the entire Rotary fraternity.

Celebrating Birthday's & Anniversary's

	Birthday – Spouse
July 15	Manpreet

	Wedding Anniversaries
July 11	Dr. Seema Rai and Rtn. Rajinder Rai

	Birthday – Spouse
July 19	R'Ann Jyotie Sabharwal