

1ST CLUB ASSEMBLY

Uthe Sab Ke Kadam Cluster Summit 1.0

Date : 09th August 2026

Time : 10:15 am

Venue : Hotel Shivalik View
Sector 17, Chandigarh



1st Club Assembly of RY 2026-27 was a meaningful blend of responsible club administration, financial transparency, gratitude and fellowship. The assembly brought members together to review the club's proposed administrative budget and quarterly dues, while also providing an opportunity to honour one of our own distinguished Rotarians for his exemplary service to the nation.

The proposed administrative budget had first been presented and thoroughly discussed at the Board Meeting. Following detailed deliberations, it received the approval of Rtn. B. L. Ramsisaria Sir and the Board members. The budget was subsequently presented before the General Assembly by our efficient Treasurer, Rtn. Nitin Kapur.

With clarity and meticulous attention to detail, Rtn. Nitin Kapur explained the various components of the budget and the quarterly dues to the members. His systematic approach and financial prudence were widely appreciated. Rtn. B. L. Ramsisaria particularly commended Rtn. Nitin Kapur for preparing the budget with such precision and perfection. The proposal was welcomed and approved unanimously by the members, reaffirming the club's commitment to sound financial management and transparent governance.

The assembly also carried a special significance as it followed Kargil Vijay Diwas, a solemn occasion that reminds us of the courage, sacrifice and dedication of our armed forces. The club took this opportunity to recognise the remarkable contribution of our own senior medical officer, Brigadier Rtn. Dr. J. S. Sabharwal, who had served during the Kargil War and was associated with Operation Vijay.

In a heartfelt gesture of appreciation, Brigadier Rtn. Dr. J. S. Sabharwal was honoured by the club for his dedicated medical service to the nation during those challenging times. His contribution stands as an inspiring example of how professional excellence, courage and service can come together in the spirit of nation-building. The evening concluded on a warm and convivial note with fellowship, giving members an opportunity to connect, interact and celebrate the shared spirit of Rotary. The assembly was therefore not merely an administrative meeting, but a reflection of responsibility, recognition and Rotary's enduring commitment to Service Above Self.



THE FOUR WAY TEST

of the things we think, say and do

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

Will it be **BENEFICIAL** to all concerned?



WEEK GONE BY

ROTARY CLUB CHANDIGARH MIDTOWN ORGANIZES A MEDICAL CAMP AT MALOYA, CHANDIGARH

Rotary Chandigarh Midtown organised a Free Medical Camp at Maloya, Chandigarh, reaffirming the Club's commitment to making quality healthcare accessible to underserved communities.

The camp witnessed an encouraging response, with 102 women and children receiving medical consultation and examination. The patients were examined by Dr. Anjali Aggarwal and Dr. Yogesh Aggarwal, whose dedicated service and compassionate approach made the camp a meaningful experience for the community. Free medicines were distributed to those requiring treatment. To support the nutritional needs of children, soya nuggets and biscuits were also distributed.

The Club extends its heartfelt appreciation to Event Chair PDG Rtn. Yoginder Diwan and Rtn. Kanan Diwan for their remarkable dedication in organising this medical camp every month. Their consistent efforts have helped create a sustainable initiative that brings essential healthcare services directly to the community.

The camp was attended and supported by President Rtn. Renu Chopra, IPP Rtn. J. S. Bawa, Rtn. Pradeep Sisodia, and Rtn. Maneesha Gupta, Director – Community Service.

Special thanks are extended to Dr. Anjali Aggarwal and Dr. Yogesh Aggarwal for their unwavering support and selfless service. The initiative reflects Rotary's enduring spirit of Service Above Self, demonstrating how sustained community engagement can create meaningful and lasting impact.



SESSION ON MORAL VALUES AT GOVT. ELEMENTARY SCHOOL, PEERMUCHALLA

A Session on moral values and education was held at Govt. Elementary School, Village Peermuchalla with class 4th and 5th students. Following topics were taken:

1. Role of Namaste
2. Love your parents and respect them most like living God's
3. Respect your teacher most and give him status of Guru
4. Screened a video on what you help today comes back in many folds at your time of need, As you sow so shall you reap in multiple fold

Children learnt the lesson of giving and helping the needy and would apply in their lives.



DONATION OF TOYS AND BOOKS AT SUSHIKSHA



A heartwarming donation drive was organised at SuShiksha, an educational initiative run by R'Ann Nandita Sisodia in Sector 35-D, Chandigarh.

Toys and books were donated to the children with the aim of encouraging learning through play and nurturing a love for reading. The joyful smiles and excitement on the faces of the children reflected the positive impact of this thoughtful initiative.

The event was attended by Rotract President Bhavika Thakur, Rtn. Rashdeep Singh (Secretary), and R'Ann Nandita Sisodia, who interacted with the children and shared in their happiness.

The books and toys were donated by President Rtn Renu Chopra. The programme highlighted the importance of providing educational resources and opportunities to every child, inspiring them to dream, learn, and grow with confidence.

Quote: "A book opens the mind, and a toy sparks the imagination. Together, they create a brighter future for every child."

CELEBRATING THE SPIRIT OF INDEPENDENCE AT GMS, KUNDI, PANCHKULA

In anticipation of Independence Day, Rtn. Suman Gupta conducted an engaging educational session for 70 students of Class 5 at Government Middle School, Kundi, Panchkula.

The session focussed on the significance of our National Flag—the Tricolour—explaining the meaning of saffron, white and green, along with the importance of the Ashoka Chakra and its 24 spokes. Students were also guided on the correct spelling, pronunciation and rendition of the National Anthem. An interactive question-and-answer session encouraged participation and learning.

Class teacher Monika Gupta, subject teacher and Mr. Anand appreciated the initiative. Sweets were distributed to students who answered correctly, adding joy and encouragement to the learning experience.



BOOKS AND TOYS DONATION AT STAR PUBLIC SCHOOL, SECTOR 52



Rotary Club Chandigarh Midtown organized a Books and Toys Donation Drive at Star Public School, Sector 52. The books and toys were generously donated for encouraging reading, creativity, and joyful learning among the children.

The students received the gifts with great excitement and gratitude, and their cheerful smiles made the occasion truly memorable.

Rtn. Rashdeep Singh was present during the event and appreciated this thoughtful initiative, which reflects Rotary's commitment to supporting education and the holistic development of children.

The project was coordinated by R'Ann Nandita Sisodia.

Quote: "The greatest gift you can give a child is the opportunity to learn, dream, and grow."

YOGA, BREATHING & CLEANLINESS: BUILDING HEALTHY HABITS AT GES SINGHPURA

Continuing our efforts towards holistic development, another engaging session on proper sitting posture, breathing techniques and cleanliness habits was conducted by Rtn. Ashok K. Puri, for the students of Government Elementary School, Singhpura.

The session introduced children to simple Yoga-based practices that can improve posture, breathing and overall well-being, along with the importance of maintaining personal and classroom cleanliness. It was heartening to see a few students respond enthusiastically and quickly adopt the practices, while others are gradually following their lead.

The initiative will continue regularly until these healthy practices become a part of the children's daily routine, both at school and at home.



GLIMPSES OF TRAINING AT OUR BEAUTY VOCATIONAL CENTRE MALOYA.



BRIGHTENING CLASSROOMS, INSPIRING FUTURES AT GMSSS, SECTOR 35D, CHANDIGARH



As part of Rotary's "Har Bache Ka Adhikar – Swachh, Jal Aur Prakash" initiative, a meaningful project was undertaken at GMSSS Sector 35-D, reaffirming Rotary's commitment to providing children with safe and supportive learning spaces.

The project was coordinated by R'Ann Nandita Sisodia and was attended by Rtn. Maneesha Gupta, along with Rotaractors Karneet, Sneha, and Prabhjot.

As part of the initiative, 10 LED tube lights and 5 LED bulbs were handed over to the school Principal and Raman Ma'am. The new lighting facilities will help create a brighter, safer, and more comfortable environment for students, enabling them to learn with greater focus and ease.

This simple yet impactful intervention reflects the spirit of Rotary—identifying everyday needs and transforming them into meaningful opportunities for children. **"A well-lit classroom brightens not only the room but also the future of every child."** Through such initiatives, Rotary continues to illuminate not just classrooms, but also the dreams and aspirations of the next generation.

ROTARY SUPPORTS SELF-RELIANCE THROUGH SEWING MACHINE DONATION

In keeping with Rotary's commitment to empowering families through sustainable livelihood opportunities, PDG Rtn. Yoginder Diwan and Rtn. Kanan Diwan donated a sewing machine to Mrs. Saroj, a domestic helper working in several homes to support her family.

Mrs. Saroj, along with her husband, who works as an office boy, is raising their three daughters with limited financial resources. The sewing machine will enable her to take up tailoring work and generate an additional source of income from home. This support will not only strengthen the family's financial stability but also provide Mrs. Saroj with greater independence and confidence.

The initiative reflects Rotary's belief that true service goes beyond immediate assistance—it is about creating opportunities for people to become self-reliant. By enabling a skill-based livelihood, Rotary continues to make a meaningful and sustainable difference in the lives of families and communities.



PROJECT SAKHA: NOURISHING HOPE IN THE FIGHT AGAINST TB AT HALLOMAJRA



As part of Project Sakha, Rotary continued its commitment to supporting TB patients through nutritional assistance at Hallomajra Dispensary. During the latest distribution drive, 33 out of 50 patients received TB nutrition packets, while the remaining 17 packets were handed over to the Dispensary In-charge for distribution to patients who were unable to attend.

Most of the patients present were newly registered. Before the distribution, Rtn. Salil Chopra interacted with them and explained the importance of proper nutrition during TB treatment. He also guided the patients on the correct way to consume the nutritional supplements and emphasised that adequate nourishment, along with regular medication, plays an important role in supporting recovery and strengthening the body.

The initiative reflects Rotary's continued efforts to stand beside vulnerable patients throughout their treatment journey and contribute towards the larger goal of a TB-free India.

The programme was supported by Club Secretary Rtn. Suresh Dhawan, Rtn. Naveen Aggarwal, IPP Rtn. J. S. Bawa, Rtn. Salil Chopra, and Rtn. Renu Chopra, whose valuable time and dedicated participation made the initiative meaningful and successful. Project Sakha is a reminder that compassionate support, timely nutrition, and a caring presence can bring hope and strength to those battling TB.

MEMORY POWER SESSION AT GD GOENKA PUBLIC SCHOOL, MOHALI

A stimulating Memory Power Session was conducted at GD Goenka Public School by Rtn. Avinash Taneja, focussing on practical techniques to improve memory, concentration, and learning abilities. Through simple and effective strategies, students were encouraged to develop better study habits, sharpen their focus, and strengthen their cognitive skills.

The interactive session saw enthusiastic participation from the students, who found the techniques informative, engaging, and easy to apply in their daily studies. The programme was attended by Rtn. Vijay Kumar Dhall, Rotaractor Tanver, and Rotaractor Mukti, and was coordinated by R'Ann Nandita Sisodia.

The session emphasised that a strong memory is not merely a natural ability but a skill that can be developed through regular practice, focused attention, effective learning techniques, and a positive mindset.

The initiative was a meaningful step towards empowering students with lifelong learning skills and greater confidence in their academic journey.



MORAL VALUES AND THE STRENGTH OF UNITY AT KUNDI, PANCHKULA



A meaningful session on moral values, education and the importance of unity was conducted at Government Primary School, Village Kundi, Panchkula. The warmth and affection of the children were truly heart-touching, as they surrounded the visiting Rotarian and lovingly invited her to join their classes.

During the session, an interesting story of a hungry leopard and two monkeys was narrated. When the leopard tried to catch the monkeys, they used their presence of mind and sought help from the nearby monkeys. Soon, a large group of monkeys gathered together and frightened the leopard, forcing it to run away.

The story conveyed a simple yet powerful message: even those who may be weak individually can become strong when they stand together. Students were encouraged to remain united, support one another and stay together—whether in the classroom, at home or in public places. The session beautifully combined moral learning with an important lesson on teamwork and solidarity.

INTERACT CLUB INSTALLATION CEREMONY AT DAV PUBLIC SCHOOL, SECTOR 39, CHANDIGARH

The Installation Ceremony of the Interact Club was held at DAV Public School, Sector 39, Chandigarh, marking an inspiring new chapter in youth leadership and service. Twelve students were ceremonially pinned and installed into various leadership positions, taking their first steps as young ambassadors of Rotary's motto, "Service Above Self."

The ceremony was graced by Rtn. Shashi Jain, Rtn. Maneesha Gupta, Rtn. Manjula Walia, Rtn. G. S. Multani, Rtn. Veena Anand, R'Ann Nandita Sisodia, Rtr. Bhavika Thakur and Rtr. Aman Kumar. Coordinated by R'Ann Nandita Sisodia, the event encouraged the newly installed Interactors to embrace leadership with responsibility, teamwork, compassion, and dedication.



The young leaders were reminded that true leadership is not about authority, but about serving others, inspiring change, and making a meaningful difference in society.

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.

SESSION ON CHILDREN WITH LEARNING DISABILITIES AT DAV PUBLIC SCHOOL, SEC 39, CHD.



A meaningful session on Children with Learning Disabilities was conducted at DAV Public School, Sector 39, Chandigarh by Rtn. Manjula Walia.

The session focussed on the importance of early identification, understanding various learning disabilities, and adopting an inclusive approach that enables every child to learn and grow with confidence.

The discussion highlighted how awareness, empathy, patience, and the right support can make a significant difference in a child's educational journey. Teachers and students were encouraged to recognise individual learning needs and create an environment where every child feels valued and empowered.

The session was attended by Rtn. Shashi Jain, Rtn. Maneesha Gupta, Rtn. Manjula Walia, Rtn. G. S. Multani, Rtn. Veena Anand, R'Ann Nandita Sisodia, Rotaractor Bhavika Thakur, and Rotaractor Aman Kumar. The event was coordinated by R'Ann Nandita Sisodia.

The highly informative and enriching session reinforced a powerful message: "Every child can learn—just not on the same day or in the same way."

PROJECT SHIKSHIT: NURTURING CONFIDENT READERS

Under Project Shikshit, an engaging reading session was conducted at the R'Ann Nandita Sisodia Study Centre with the aim of strengthening students' reading skills and building their confidence. The session focussed on improving pronunciation, fluency, vocabulary, comprehension, and expressive reading through interactive and enjoyable activities.

The session was led by Rtr. Aman, who encouraged students to participate actively and read aloud without hesitation. Through guided reading exercises and individual participation, students were motivated to overcome their inhibitions and develop a greater interest in reading. Their enthusiasm and eagerness to learn reflected the positive impact of such regular learning interventions.

The session was attended by Rtr. Bhavika Thakur, whose presence added encouragement and support to the students.

Project Shikshit continues to create meaningful opportunities for children to learn, grow, and become confident learners. Reading is the foundation of learning, and every page turned is a step toward a brighter future.



LEARN MONEY BEFORE YOU EARN AT GD GOENKA PUBLIC SCHOOL, MOHALI



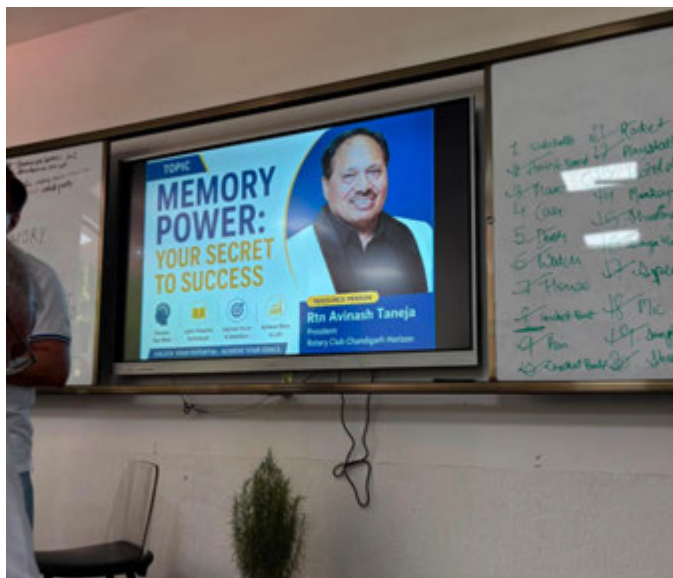
A valuable session on "Learn Money Before You Earn" was conducted at GD Goenka Public School, Mohali, focussing on the importance of financial literacy among young minds. The session was delivered by Rtn. Rupender Kumaria, who sensitised students to the fundamentals of budgeting, saving, responsible spending, and smart money management.

Through practical insights and engaging discussions, students were encouraged to develop healthy financial habits from an early age and understand the importance of making informed financial decisions. The session reinforced the message that financial awareness is an essential life skill that empowers young people to become financially responsible and independent individuals.

The programme was attended by Rtn. Avinash Taneja, Rtn. Vijay Kumar Dhall, Rotaractor Tanver, and Rotaractor Mukti, and was coordinated by R'Ann Nandita Sisodia.

"The best investment is the one you make in your financial knowledge."

STRENGTHENING YOUNG MINDS THROUGH A MEMORY POWER SESSION



A Memory Power Session was conducted on 1 August 2026 at GD Goenka Public School, focussing on helping students strengthen their memory, concentration, and learning abilities. The session was led by Rtn. Avinash Taneja, who introduced students to practical and easy-to-follow techniques for improving memory and developing effective study habits.

Through an interactive and engaging approach, students learned how focus, regular practice, positive thinking, and the right learning techniques can significantly enhance their cognitive abilities and academic performance. The session encouraged students to become more confident and mindful learners.

The programme was attended by Rtn. Vijay Kumar Dhall, Rotaractor Tanver, and Rotaractor Mukti, and was coordinated by R'Ann Nandita Sisodia. Students participated enthusiastically and found the session informative, inspiring, and highly relevant.

The session beautifully reinforced the message: "A strong memory is built through practice, focus, and a positive mindset."

EMPOWERING WOMEN THROUGH VOCATIONAL TRAINING (KALKA HERITAGE & PARWANOO)

The Rotary Club of Kalka Heritage, in collaboration with the Rotary Club of Parwanoo, successfully concluded a 7-day Basic Beautician Course for the wives of our brave Army Jawans at RPVCC, Parwanoo. The initiative was designed to equip participants with practical, job-oriented skills that can open doors to self-employment and financial independence.

Throughout the training, participants received hands-on guidance in essential beautician skills, enabling them to develop confidence and explore opportunities to earn from home or establish their own beauty services. The programme reflected Rotary's commitment to empowering families through meaningful vocational education and creating pathways towards sustainable livelihoods.

The valedictory ceremony marked the successful completion of the training, with certificates presented to all participants who successfully completed the course. The occasion celebrated not only their achievement but also their enthusiasm, dedication, and willingness to learn new skills.

The initiative was a meaningful step towards strengthening self-reliance among the families of Army personnel. By providing practical vocational training, Rotary continues to transform lives, nurture confidence, and create opportunities for a more empowered and independent future.



TREE PLANTATION DRIVE AT KUNDAN INTERNATIONAL SCHOOL (HAR GHAR MORINGA)

A Tree Plantation Drive was organized at Kundan International School, Sector 46, as part of Rotary Club Chandigarh Midtown's commitment to environmental sustainability. Approximately 60 Moringa saplings were presented to the school to promote biodiversity, cleaner air, and a greener and healthier future for the students and the community. The project was graced by President Rtn Renu Chopra, Rtn Shashi Jain, Rtn Maneesha Gupta, R'Ann Nandita Sisodia, Rtn Rashdeep Singh, Rtn Aman Garg, Rotaractor Heramb, and Rotaractor Jaya.



INTERACT CLUB INSTALLATION CEREMONY AT GMHS, SECTOR 29-A, CHANDIGARH



The Interact Club Installation Ceremony was successfully held at GMHS, Sector 29-A, Chandigarh, marking the beginning of another year of leadership, service, and community engagement by young Interactors. The school's Interact Club Charter was formally handed over to the Principal, symbolising Rotary's continued commitment to nurturing responsible and socially conscious young leaders.

The event was graced by Rtn. Renu Chopra, President, along with Rtn. Dr. Shashi Jain, Rtn. Maneesha Gupta, R'Ann Nandita Sisodia, Rotaractor Prabhjot Singh, and Rotaractor Sneha Raj. Addressing the students Rtn. Maneesha Gupta spoke on the importance of leadership, encouraging the Interactors to lead with confidence, empathy, responsibility, and a spirit of service. She emphasised that true leadership lies in inspiring others and creating a positive impact.

The ceremony was coordinated by Rtn. Nandita Sisodia and reflected Rotary's commitment to developing young leaders dedicated to "Service Above Self."

"Leadership begins with service, and every Interactor has the power to make a positive difference."

ANNA PURNA AT SAMARPAN – SERVING WITH COMPASSION

Under Project Annapurna, a community meal was organised at Samarpan, Majri Chowk, bringing warmth, nourishment, and a sense of care to children in need. The initiative served 125 children, who were delighted to enjoy a wholesome meal of rice, chana paneer, and sweet vermicelli.

The programme reflected Rotary's enduring commitment to serving the community with dignity and compassion. A nutritious meal is not merely about food—it is an expression of care, sharing, and the belief that every child deserves to be nourished and valued.

The Annapurna initiative was generously sponsored by PDG Rtn. Yoginder Diwan and Rtn. Kanan Diwan. Their valuable support made it possible to bring smiles and happiness to so many young faces. The Club extends its heartfelt gratitude to both for their continued encouragement and generosity.

We also sincerely thank Rtn. Prem Anand for sparing his valuable time and joining the event, and President Rtn. Renu Chopra for her gracious presence and support.

Project Annapurna continues to turn the Rotary spirit of "Service Above Self" into meaningful action, one meal and one smile at a time.



INSTALLATION CEREMONY INTERACT CLUB INSTALLATION AT GMSSS SECTOR 46-D, CHANDIGARH



The Interact Club was successfully installed at GMSSS, Sector 46-D, Chandigarh. The event was graced by Rtn Renu Chopra (President), Rtn Dr. Shashi Jain, Rtn Maneesha Gupta, R'Ann Nandita Sisodia, and Rotaractor Bhavika Thakur (President).

During the programme, Rtn Maneesha Gupta conducted an interactive quiz on Rotary and the Interact Club, in which the students participated with great enthusiasm. Rotaractor Bhavika Thakur briefed the students about the annual internship programme, motivating them to make the most of this valuable opportunity for learning and leadership development.

The event concluded with the official installation of the Interact Club, marking the beginning of another year of service, fellowship, and leadership. The programme was successfully coordinated by R'Ann Nandita Sisodia.

"Service Above Self begins with inspiring young minds to lead and serve."

SAY NO TO DRUGS – YOUTH AWARENESS INITIATIVE AT GMSSS, SEC 45C, CHANDIGARH



As part of its ongoing commitment to youth development and community well-being, Rotary Club Chandigarh Midtown organised a "Say No to Drugs" awareness session at GMSSS, Sector 45C, Chandigarh. The initiative aimed to sensitise students to the growing concerns surrounding substance abuse and empower them to make informed, responsible, and healthy choices.

The session was conducted by Rtn. Dr. Shashi Jain, Director – Youth Services, who highlighted the harmful physical, emotional, social, and academic consequences of drug abuse. Through an engaging interaction, students were encouraged to understand the importance of self-discipline, positive peer influence, and seeking the right guidance when faced with difficult situations.

The programme was attended by Rtn. Maneesha Gupta, Director – Community Service, and R'Ann Nandita Sisodia, Event Coordinator. An interactive quiz helped reinforce the key messages and encouraged active participation among the students.

The session concluded with the administration of an Anti-Drug Oath, during which students pledged to remain drug-free and inspire their peers to embrace a healthy and positive lifestyle.

The initiative reaffirmed Rotary's commitment to preventive education, youth empowerment, and community service, contributing towards the shared vision of building a healthier, safer, and drug-free society.

STRESS MANAGEMENT AWARENESS AT GMSSS, SEC 45C, CHANDIGARH



An awareness session on Stress Management was conducted today at GMSSS, Sector 45C, Chandigarh by our club. The session was led by Rtn. Maneesha Gupta, Director Community Service, in the presence of Rtn. Dr. Shashi Jain, Director Youth Services, and R'Ann Nandita Sisodia, Event Coordinator.

Students were introduced to the difference between eustress (positive stress that motivates and enhances performance) and distress (negative stress that affects physical and mental well-being). The session also highlighted simple and practical ways to manage stress, including maintaining a healthy routine, regular physical activity, deep breathing, positive thinking, effective time management, and seeking support from trusted family members, teachers, or friends when needed.

The interactive session encouraged students to recognize stress early and adopt healthy coping strategies for a balanced and positive lifestyle.

PROMOTING MENSTRUAL HEALTH, HYGIENE AND DIGNITY AT GMSSS, SEC 45C, CHANDIGARH

Rotary Club Chandigarh Midtown organised an awareness session on Menstrual Health and Hygiene at GMSSS, Sector 45C, Chandigarh, with the aim of empowering young girls with accurate information and encouraging healthy menstrual practices.

The session was conducted by Ms. Shilpa Jain from Mahavir International Society, who sensitised the students about the importance of menstrual hygiene, personal care and maintaining good health during menstruation. The interactive session also focussed on busting common myths and misconceptions, helping students understand menstruation as a natural and healthy process.

The programme was attended by Rtn. Dr. Shashi Jain, Director Youth Services; Rtn. Maneesha Gupta, Director Community Service and R'ann Nandita Sisodia, Event Coordinator.

Sanitary pads were distributed among the girl students, reinforcing the message of health, hygiene, confidence and dignity.

The initiative reflected Rotary's continued commitment to youth well-being and creating an informed and supportive environment for girls.



SESSION ON ANGER MANAGEMENT AT GSSS TM, SEC 26, CHANDIGARH



An informative and engaging session on 'Anger Management' was conducted for students of Class 10th and 11th at GOVT SENIOR SECONDARY SCHOOL TM, sector-26, Chandigarh. The session covered various causes and triggers of anger at different stages of life. Students were guided to understand why anger arises, how it can affect our thoughts, behaviour, relationships and overall well-being, and the importance of responding to challenging situations in a calm and constructive manner.

The students were also made aware of the adverse effects of anger on both physical and mental health.

Finally and most importantly, the students were guided on effective ways to control anger and channel this emotion in a positive and constructive direction. Rtn. Dr. Harinder Jit had this successful session with the students.

AWARENESS SESSION ON POCSO ACT AT GMSSS, SECTOR 13, MANIMAJRA



An awareness session on PocsO Act was organised by our club. The speaker was our own Rtn. Justice Raj Rahul Garg who is well versed with all the sections of the Act due to her long experience.

She explained the different features, main offences and legal protections under Act in details in an impressive way. It was not merely a talk but an interactive session as well. It was well received by the students and they asked questions.

The programme was attended by the President Rtn Renu Chopra, Rtn. Dr Shashi Jain, Rtn. Dr Harinderjit Kaur, Rtn. Suman Gupta and Rtn. Kund Bala and the Principal and staff of the school.

Dr Shashi Jain thanked the Speaker for an eye-opening talk and the Principal for the permission to arrange this talk.

FRUITFUL EDUCATIONAL PROJECT WAS CONDUCTED AT GOVERNMENT MIDDLE SCHOOL, KUNDI- PKL



To engage and teach young toddlers through interactive learning activities, a very meaningful and fruitful educational project was conducted at Government Middle School, Kundi- Panchkula. The students were apprised of the importance of the Indian National Flag, the significance of its three colours and a proper way to respect and honour our National Flag.

A National Anthem recitation competition was also organised in which students participated with great enthusiasm. Four winners were recognised and presented with awards for their excellent performances. The project proved to be both educational and inspiring, fostering patriotism, discipline and respect for National Symbols among the young students.

Under the project of हर बच्चे का अधिकार स्वच्छ पानी और प्रकाश 08 Tube Lights were given to the Principal of the school which were donated by Rotary Club of Chandigarh Midtown. The Project was successfully led by Rtn Suman Gupta, R'Ann Indu Anand and Rtn Dr Harinder Jit. The session was made both enjoyable and enriching for young children by the dedication and enthusiasm of the resource persons.

PROMOTING MENSTRUAL HYGIENE AT GMSSS, MODERN HOUSING COMPLEX



Rotary Club Chandigarh Midtown continued its commitment to promoting menstrual health and hygiene among adolescent girls by supporting the students of GMSSS MHC. As part of this initiative, the Club donated 500 sanitary pads and an incinerator for the girls' washroom. The incinerator will facilitate the safe and hygienic disposal of sanitary waste, helping maintain cleaner washrooms and a healthier school environment.

The initiative aims to encourage girls to adopt safe menstrual hygiene practices while creating awareness about the importance of responsible sanitary waste management. Access to sanitary products and proper disposal facilities is an essential step towards ensuring dignity, comfort, and well-being for young girls.

The Club expresses its heartfelt gratitude to the generous donor who chose to remain anonymous. Her thoughtful contribution and unwavering support have made this initiative possible and will positively impact the lives of many students.

Rotary remains committed to creating healthier, cleaner, and more dignified spaces for the community.

BLOOD DONATION CAMP AT ST. STEPHEN'S SCHOOL, SECTOR 45 CHANDIGARH

A successful Blood Donation Camp was organised today at St. Stephen's School, Sector 45, in collaboration with TOSS (The Old Stephanian Society) and Rotary Club Chandigarh Shivalik, to celebrate the birth anniversary of the school's founder, Mr. Carvar.

A total of 107 units of blood were collected. The number of rejections was 7. The camp was graced by DG Dr. Rita Kalra.

Our club was represented by President Rtn. Renu Chopra, IPP Rtn. J.S. Bawa, Secretary Rtn. Suresh Dhawan, Rtn. Salil Chopra, Rtn. Jeeten Bhambhri, Rtn. Pradeep Sisodia, Rtn. Aman Garg, Rtn. Rashdeep Singh and Rtn. Maneesha Gupta, Director Community Service. Rtn. Bhavika Thakur, Rtn. Aman Kumar and Rtn. Harsimran were also present.

To express our gratitude to the blood donors a healthy and nutritious diet was provided by our club.

Representing Rotary Club Chandigarh Shivalik were Assistant



Governor Rtn. Manjit Hundal, President Rtn. Anurag Aggarwal and Club Secretary Rtn. Shyam Rawal. Two dieticians were arranged by RC Shivalik to guide the donors and non donors regarding the do's and don'ts in respect to their eating habits and health issues.

We are grateful to Rtn. M.L. Sarin and Mrs. Niti Sarin, Secretary, Rotary and Blood Bank Society Resource Centre, for gracing the occasion with their presence.

The camp would not have been possible without the dedicated team of doctors and paramedics led by Dr. Manish Rai, Director, RBBSRC. Their professionalism and commitment ensured the smooth and successful conduct of the camp.

A special word of appreciation for Mr. Adhiraj who played a pivotal role in organising this camp.

Every drop counts, and every donor makes a difference.

PROJECT HUNAR – EMPOWERING THROUGH SKILLS - BIR GHAGGAR



A new chapter of skill development, empowerment and self-reliance began with the inauguration of a Sewing & Tailoring Centre and Computer Centre under the aegis of Project Hunar, with the generous support of our Global Partner, Rotary Club of Twin Cities Centralia-Chehalis (GG 2349087). Project Hunar is a meaningful initiative dedicated to equipping youngsters, especially girls, with practical and employable skills that can open doors to employment, entrepreneurship and financial independence. By providing access to training in tailoring and computers, the project seeks to bridge the skill gap and create opportunities for young people to build dignified and sustainable livelihoods within their own communities.

The inauguration was graced by DG Dr. Rita Kalra, President Rtn. Renu Chopra, Rtn. Salil Chopra, Rtn. Dr. Sanjay Kalra, Rtn. Ashok Puri, IPP Rtn. J. S. Bawa, Rtn. Pradeep Sisodia, Rtn. Maneesha Gupta and R'Ann Nandita Sisodia. Addressing the gathering, DG Rtn. Dr. Rita Kalra highlighted the importance of developing Adarsh Villages and encouraged the youth to acquire relevant skills and create opportunities within their communities instead of getting caught in the urban rat race. Her words emphasised the importance of building strong, self-sustaining communities where young people can grow and prosper.

President Rtn. Renu Chopra urged the girls to make the fullest use of the newly created facilities and encouraged them to transform their learning into a pathway towards financial independence, confidence and dignity. She emphasised that education combined with practical skills can become a powerful tool for personal and economic empowerment.

Rtn. Ashok Puri shared the journey behind the establishment of the centre and expressed heartfelt gratitude to the Rotary Club of Twin Cities Centralia-Chehalis for their invaluable support in turning this vision into reality.

The partnership beautifully demonstrated the power of Rotary's global network in creating meaningful and sustainable community impact. The inauguration concluded on a warm and celebratory note with the distribution of sweets among all those present. Project Hunar stands as a powerful testament to Rotary's belief that when we provide skills, we empower lives. By opening doors to knowledge, opportunity and self-reliance, the project is helping young people, particularly girls, take confident steps towards a brighter and more independent future.



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