

The Midtowner

WEEKLY BULLETIN OF ROTARY CHANDIGARH MIDTOWN



Rotary
Chandigarh Midtown



**CREATE
LASTING
IMPACT**

VOLUME 51 - No. 5, DATED : 12TH AUG' 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

UTHE SAB KE KADAM

CLUSTER SUMMIT 1.0 BRINGS ROTARY CLUBS OF CHANDIGARH AND PUNJAB TOGETHER TO CELEBRATE MEMBERSHIP GROWTH

Suit Your Worries with
Shorts of Laughter
JAG PARAM

Date : 14th August 2026

Time : 6:30pm

Venue : Hotel Shivalik View
Sector 17, Chandigarh

Meeting will be Followed by Fellowship

Rotary District 3080 organised Cluster Summit 1.0 – “Uthe Sab Ke Kadam” for the Chandigarh & Punjab Cluster at Hotel Shivalik View, Chandigarh. The Summit brought together Rotarians from across the region in a vibrant celebration of fellowship, membership growth, achievements and the collective spirit of Rotary.

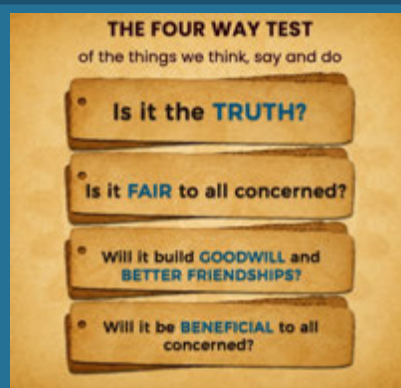
Held under the leadership of District Governor Rtn. Dr. Rita Kalra, the Summit was hosted by the Rotary Club of Roopnagar and Rotary Club of Chandigarh Uptown. The gathering provided an inspiring platform for clubs to connect, exchange experiences and recognise the contributions that are strengthening Rotary across the cluster.

The theme, “Uthe Sab Ke Kadam,” beautifully captured the essence of the occasion—emphasising that meaningful growth is achieved when every Rotarian takes a step forward. The Summit highlighted the importance of greater participation, stronger fellowship and a shared commitment to service and membership development.

A significant highlight of the event was the release of the Hindi edition of “Rotary Margdarshika,” a valuable guide to understanding Rotary. Originally authored in English as Introduction to Rotary by senior Rtn. B. L. Ramsisaria, the book has been translated into simple and accessible Hindi by Rtn. Pradeep Sisodia.

The Hindi edition was formally released during the Summit and was warmly appreciated by the Rotarians present. The initiative is particularly significant in making Rotary’s history, fundamentals, structure and functioning accessible to Hindi-speaking members and readers. By bringing Rotary’s knowledge closer to people in a familiar language, the publication represents an important step towards wider understanding and engagement.

The Summit also celebrated excellence through the presentation of awards for outstanding performances in the Zone. Rotarians and clubs who had distinguished themselves through their dedication, performance and contribution were felicitated. The recognitions not only honoured individual and club achievements but also served as an encouragement for others to continue striving for excellence.



The event concluded with a strong sense of fellowship, pride and renewed enthusiasm. Rotarians reaffirmed their commitment to working together to strengthen Rotary, expand its membership and create greater impact through service.

Cluster Summit 1.0 was more than a gathering—it was a celebration of Rotary’s growth, achievements and, above all, the spirit of togetherness that unites Rotarians across Chandigarh and Punjab.



WEEK GONE BY

INTERACT CLUB INSTALLATION CEREMONY AT GMSSS, SECTOR 20-B, CHANDIGARH

The Installation Ceremony of the Interact Club was held with great enthusiasm at GMSSS, Sector 20-B, Chandigarh, on 7 August 2026. The programme was graced by Rtn. Renu Chopra, President, along with Rtn. Dr. Shashi Jain, Rtn. Maneesha Gupta, and R'Ann Nandita Sisodia, Project Coordinator.

The ceremony marked an important step towards nurturing leadership, teamwork, responsibility, and the spirit of community service among students. The visiting Rotarians interacted with the students and encouraged them to actively participate in Interact activities, take initiative, work collaboratively, and contribute meaningfully to society.

The students expressed great enthusiasm and commitment towards the objectives of the Interact Club. The ceremony concluded on a positive note, with active participation and encouraging engagement from both students and staff, setting the stage for a purposeful and impactful year of service.



INDEPENDENCE DAY QUIZ AT GMSSS, SECTOR 20-B, CHANDIGARH



An Independence Day Quiz was organised at Government Model Senior Secondary School (GMSSS), Sector 20-B, Chandigarh, on 10 August 2026. The engaging programme aimed to deepen students' knowledge and appreciation of India's freedom struggle and the significance of Independence Day.

The quiz was conducted by Rtn. Renu Chopra, President, and Rtn. Dr. Shashi Jain, with enthusiastic participation from the students. The event was coordinated by R'Ann Nandita Sisodia.

The programme was graced by Rtn. Renu Chopra, Rtn. Dr. Shashi Jain, Rtn. Maneesha Gupta, and R'Ann Nandita Sisodia. The students participated with great enthusiasm, responding eagerly to questions and demonstrating their awareness of India's history and national movement.

The quiz proved to be an enjoyable and informative activity, fostering patriotism, learning, and a deeper understanding of the nation's journey towards independence.

SAY NO TO DRUGS AWARENESS PROGRAMME AT GMSSS, SECTOR 20-B, CHANDIGARH

A "Say No to Drugs" Awareness Programme was organised at GMSSS, Sector 20-B, Chandigarh, on 10 August 2026. The programme aimed to sensitise students to the harmful effects of drug abuse and inspire them to make healthy, responsible, and positive choices in life.

The session was highly interactive, with students participating enthusiastically in discussions and activities. The importance of staying away from drugs and adopting a healthy, drug-free lifestyle was emphasised. To encourage active participation, prizes were presented to students for their enthusiastic involvement.

The programme was graced by Rtn. Renu Chopra, President, along with Rtn. Dr. Shashi Jain, Rtn. Maneesha Gupta, and R'Ann Nandita Sisodia. Their interaction with the students added great value to the awareness initiative.

The programme concluded with students and Rotarians taking a solemn pledge to say no to drugs and lead a healthy, happy, and drug-free life.



SAY NO TO DRUGS: AWARENESS PROGRAMME AT GMSSS, SECTOR 10, CHANDIGARH



As part of the ongoing efforts to create awareness among young people about the dangers of substance abuse, Raj Kumar Datta, a 17-year-old aspiring physician and President of the HOSA (Health Occupations Students of America) Chapter at Paramus High School, New Jersey, conducted an awareness session for nearly 100 Class X students at Government Model Senior Secondary School, Sector 10, Chandigarh.

Raj, who has been actively advocating youth drug prevention, was inspired by the L.E.A.D. (Law Enforcement Against Drugs) programme during his middle-school years. With approximately 400 hours of clinical shadowing across eight medical specialties and research experience at The College of New Jersey, University of Pennsylvania and ELIO Academy of Biomedical Science, he brought a unique perspective as a young future physician.

In an engaging and age-appropriate presentation, Raj explained how addictive substances affect the brain, particularly the dopamine reward system, creating feelings of pleasure and reinforcing the craving for repeated use. He also discussed the harmful effects of prolonged substance use and how these can contribute to lethargy, body aches and a continued desire for drugs.

The students were given practical strategies to resist peer pressure and confidently say "NO TO DRUGS." Raj also emphasised that addiction is a health issue and that recovery is possible with timely help, support and appropriate treatment. Statistics highlighting the extent of drug abuse in Punjab further reinforced the seriousness of the issue.

The session was supported by Rtn. Salil Chopra, who further elaborated on the key messages in his engaging style. Rtn. Dr. Vanita Gupta also participated in the programme.

The interactive session was very well received by the students, who showed keen interest and actively engaged with the speakers. The programme reinforced an important message: prevention begins early, and informed, confident young people can make healthy choices and help build a drug-free society.



INDEPENDENCE DAY LECTURE AT GD GOENKA PUBLIC SCHOOL, MOHALI

An inspiring Independence Day lecture was conducted at GD Goenka Public School, Mohali, on 10 August 2026. The programme was organised by R'Anne Nandita Sisodia and delivered by Rotractor Jaya.

The session highlighted the significance of Independence Day and offered students an insightful account of India's freedom struggle and the immense sacrifices made by the nation's freedom fighters. Rotractor Jaya also emphasised the enduring values of patriotism, unity, responsibility, and responsible citizenship, encouraging students to contribute positively to the nation's progress.

The lecture was informative, engaging, and thoughtfully presented, with enthusiastic participation from the students. Their keen interest and interaction reflected the relevance of the message and the spirit of the occasion.

The programme concluded on an inspiring and patriotic note, leaving the students with a renewed sense of pride in the nation and a deeper understanding of their responsibilities as citizens of a free India.

THE MIRACLE PATCH – 50 MORINGAS AT KUNDAN INTERNATIONAL SCHOOL

The Rotary Club Chandigarh Midtown, in collaboration with the Interact Club of Kundan International School, proudly undertook “The Miracle Patch – 50 Moringas”, a meaningful plantation initiative promoting environmental sustainability and community well-being. The programme brought together Rotarians, students, teachers, and community members with a shared commitment to creating a greener tomorrow.

The Moringa tree, renowned for its nutritional, medicinal, and environmental benefits, was chosen as a symbol of health, resilience, and sustainable living. The enthusiastic participation of the young Interactors added special energy to the initiative, reflecting the importance of nurturing environmental responsibility among the next generation.

The plantation drive beautifully captured Rotary’s spirit of “Service Above Self”—turning a simple act of planting trees into a lasting contribution to our community. With every sapling planted, we took another step towards a healthier planet and a greener future.



A SESSION ON MORAL VALUES AND EDUCATION AT PARKASH HIGH SCHOOL, VILL MAHESHPUR



EDUCATION THROUGH MORAL VALUES
Sanskar, Sushiksha Sath Safalta



Moderator Salil Chopra
Catch them young.....Shape their SOUL
Build true citizens.....That's the GOAL

A session on Moral Values and Education was conducted at Parkash High School, Village Maheshpur, in the presence of the Principal, teachers, and students of Classes 9th and 10th. The theme of the session was “Haar Ke Aage Jeet Hai” (Victory Lies Beyond Failure). Inspirational stories of King Bruce and the Spider and Thomas Alva Edison highlighted how repeated failures, challenges, and poverty cannot stop determined individuals from achieving success.

The session also discussed the spirit of the Chinese towards their nation and reflected on our own systems and responsibilities. The Principal shared valuable examples and appreciated Rotary’s efforts.

INTERACT CLUB INSTALLATION & INDEPENDENCE DAY QUIZ AT GMHS, SECTOR 30, CHD

The Interact Club at GMHS, Sector 30-A, Chandigarh, was formally installed in an inspiring programme aimed at nurturing leadership, fellowship, and the spirit of community service among students. Rtn. Maneesha Gupta and R’Ann Nandita Sisodia were present for the occasion. The students were introduced to the vision and objectives of Interact and encouraged to actively participate in service initiatives and leadership opportunities. The programme was successfully coordinated by R’Ann Nandita Sisodia.

The same day, an Independence Day Quiz was organised to enhance students’ awareness of India’s freedom struggle, national heritage, and the sacrifices of our freedom fighters. Conducted by Rtn. Maneesha Gupta and coordinated by R’Ann Nandita Sisodia, the quiz witnessed enthusiastic participation. Prizes were presented to outstanding performers, with a special Master Prize awarded to the student securing the maximum correct answers.

The programme successfully combined learning, patriotism, leadership, and service, inspiring young minds to embrace the Rotary spirit of “Service Above Self.”



PROJECT ANNAPURNA AT SAMARPAN, MAAJRI CHOWK “EVERY MEAL SERVED IS ONE SMILE MULTIPLIED.”

In the true spirit of community service, Rotary came together for a meaningful Annapurna service initiative at SAMARPAN, Majri Chowk, where 125 children were served freshly cooked, hot and nutritious meals. The joy on their faces was a beautiful reminder that a simple meal, offered with love and compassion, can create countless smiles.

This special service was generously sponsored by our Rtn. BL Ramsisaria Sir, who joined the initiative along with his family and staff. His support and presence added warmth and inspiration to the occasion.

We were privileged to have Rtn. Brig. Dr. J. S. Sabharwal, Rtn. Prem Anand, Secretary Rtn. Suresh Dhawan, Rtn. Suman Gupta, Naresh Gupta and her grandchildren, and President Rtn. Renu Chopra join us in serving the children and sharing this wonderful experience.

Such initiatives truly reflect the Rotary spirit of Service Above Self. Beyond providing food, Annapurna is about extending care, dignity, compassion and hope to those who need it. A heartfelt thank you to each and every Rotarian, family member and volunteer who joined the service, sparing their valuable time to make this initiative meaningful.

Together, we served more than a meal—we multiplied smiles, shared happiness and strengthened the spirit of community service.



INTERACT INSTALLATION AT GMSSS, SECTOR 39-C, CHANDIGARH A DAY OF LEADERSHIP, SERVICE AND PATRIOTISM

14 August 2026 was a memorable and meaningful day at GMSSS, Sector 39-C, Chandigarh, marked by a series of engaging activities organised with the support of Rotary. The day brought together the spirit of leadership, environmental responsibility, community service and patriotism through the Interact Club Installation Ceremony, Tree Plantation Drive and Cultural Programme.

The Interact Club Installation Ceremony marked the formal installation of the newly formed Interact Club. The students were introduced to the ideals and objectives of Rotary and Interact, with emphasis on leadership, teamwork, responsibility and service to the community. The newly appointed members and office bearers were welcomed and encouraged to actively participate in meaningful service initiatives throughout the year. The ceremony inspired the students to embrace their responsibilities with enthusiasm and make a positive contribution to society.

As part of Rotary's commitment to environmental sustainability, a Tree Plantation Drive was also organised on the school premises. Students participated enthusiastically in planting saplings and were sensitised to the importance of trees and environmental conservation. They were encouraged to nurture the saplings and understand how small, collective efforts can help create a greener and healthier future.

Adding colour and warmth to the occasion, the Balvatika children presented a delightful cultural programme. Dressed in attractive fancy costumes, including Army uniforms, the young children displayed remarkable enthusiasm and patriotic spirit. A child dressed as Bharat Mata added a particularly touching patriotic element, making the presentation memorable for everyone present.

The programmes were attended by Rtn. Maneesha Gupta, R'Ann Nandita Sisodia, Rtn. Rashdeep Singh and Rotractor Bhavika Thakur. The activities were meticulously planned and coordinated by R'Ann Nandita Sisodia, whose dedicated efforts ensured their smooth and successful execution.

The day concluded on a highly positive note, leaving the students inspired to lead, serve, care for the environment and contribute meaningfully to society.



RYLA PROGRAMME AT GMSSS, SECTOR 39-C, CHANDIGARH

A Rotary Youth Leadership Awards (RYLA) programme was organised at GMSSS, Sector 39-C, Chandigarh, with the objective of nurturing leadership, creativity, confidence, patriotism, teamwork and social responsibility among students. The programme was thoughtfully designed as a blend of learning, interactive activities, cultural expression and awareness-building, making it an enriching and memorable experience for all the participants.

The programme was graced by Rtn. Maneesha Gupta, R'Ann Nandita Sisodia, Rtn. Rashdeep Singh and Rotractor Bhavika Thakur, who actively engaged with the students throughout the event.

A Day of Learning and Engagement : The programme featured a variety of activities that encouraged students to learn, participate and express themselves.

A lively Quiz on India, conducted by Rtn. Maneesha Gupta and R'Ann Nandita Sisodia, enhanced the students' general knowledge and strengthened their awareness of India's rich heritage, culture and achievements.

An informative session on Stress Management, conducted by Rtn. Maneesha Gupta, helped students understand the causes and effects of stress and introduced them to positive and practical ways of managing it.

The session "Memory Power – A Secret to Success," conducted by Rtn. Taneja, focussed on techniques to improve memory, concentration and learning abilities, providing students with useful tools for their academic and personal growth.

The spirit of patriotism came alive through a meaningful Skit on Flag Hoisting, presented by Rtn. Vijay Kumar Dhall,



R'Ann Nandita Sisodia, Rtn. Rashdeep Singh and Rotractor Bhavika Thakur. The presentation highlighted the significance of the National Flag and inspired students to value the ideals of unity, pride and responsibility.

An engaging Dupatta Activity brought out the students' creativity while encouraging teamwork, participation and a spirit of joyful learning.

Environmental responsibility was highlighted through an E-Waste Management awareness session conducted by Rtn. Vijay Kumar Dhall and Rtn. Khanna. The session sensitised students to the responsible handling, segregation and disposal of electronic waste and emphasised the importance of protecting the environment.

Adding colour and enthusiasm to the occasion, the tiny tots presented a delightful cultural programme followed by an energetic March Past. Their performances added vibrancy to the event and

beautifully reflected the spirit of patriotism and participation.

A Memorable Conclusion : The programme concluded with the distribution of gifts to the students, bringing smiles to their faces and adding a warm and memorable touch to the occasion.

The entire RYLA programme was meticulously planned and coordinated by R'Ann Nandita Sisodia. Her dedication, thoughtful planning and commitment ensured the smooth and successful conduct of the event.

The RYLA programme at GMSSS, Sector 39-C, Chandigarh, was a truly enriching experience that successfully brought together education, leadership, creativity, patriotism, environmental awareness, teamwork and entertainment. Through its diverse activities and meaningful interactions, the programme inspired students to learn, participate confidently and become more responsible and aware members of society.

Rotary Club Chandigarh received five special recognitions at the Rotary District 3080 Cluster Summit 1.0, held on 9 August 2026 at Hotel Shivalik View, Chandigarh.

AWARDS & RECOGNITIONS

1. Rtn Amarjit Singh - maximum growth in membership AG
2. Rtn. Renu Chopra – Club President : Awarded for Maximum Growth in Membership in the Zone.
3. Rtn. Jeeten Bhambhri – Public Image Champion
4. Rtn. Anup & Rtn. Nitin Kapur - Honoured as Unsung Heroes for their dedicated contribution

Five recognitions in three different areas — Membership, Public Image and Service — making it a proud moment for Rotary Club Chandigarh.

Rotary Club Chandigarh continues to Create Lasting Impact.

Celebrating Birthday's & Anniversary's

Birthday - Rotarian	
Aug 03	Rtn. Ashish Singla
Aug 06	Rtn. Kund Bala
Aug 07	Rtn. Suresh Dhawan
Birthday – Spouse	
Aug 08	R'Ann Shivani Chhabra Kapur



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