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The Midtowner

WEEKLY BULLETIN OF ROTARY CHANDIGARH MIDTOWN

ROTARY CHANDIGARH MIDTOWN 50th Anniversary 1977-2027 GOLDEN JUBILEE

Rotary Chandigarh Midtown

CREATE LASTING IMPACT

VOLUME 51 - NO. 6, DATED : 19TH AUG' 26 | CLUB NO. 15228 | R.I. DISTRICT 3080

R.I. PRESIDENT
RTN. OLAYINKA HAKEEM BABALOLA

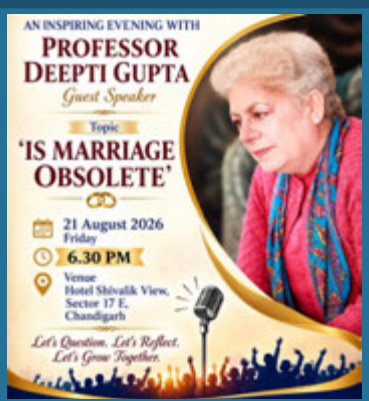
DISTRICT GOVERNOR
RTN. DR. RITA KALRA

CLUB PRESIDENT
RTN. RENU CHOPRA

CLUB SECRETARY
RTN. SURESH DHAWAN

CLUB EDITOR
RTN. JEETEN BHAMBRI

Is Marriage Obsolete
Prof. Deepti Gupta
Date : 21st August 2026
Time : 6:30pm
Venue : Hotel Shivalik View
Sector 17, Chandigarh



An Evening of Fellowship, Laughter and Gratitude

Team Midtowners is truly overwhelmed with gratitude for the wonderful participation and warm spirit of fellowship displayed by club members at Friday meeting. After such a long time, it was heartwarming to see Rotary friends come together under one roof, reconnect with one another, exchange smiles, share laughter, and simply enjoy the joy of being together.

The evening was a beautiful reminder that Rotary is not only about service to the community but also about the strong bonds of friendship and fellowship that unite us. The enthusiasm and warmth of our members created an atmosphere that was both lively and welcoming, making the gathering a memorable one for everyone present.

Members were especially delighted to hear the wonderful feedback from our members, who thoroughly enjoyed the evening and the stand-up comedy performance by Jag Param Preet Singh Kahlon. His engaging performance brought an abundance of laughter and cheer, and the infectious energy in the room made the evening even more special. The smiles, laughter, and positive responses from our members were a true reflection of the success of the fellowship.

At the same time, we sincerely missed all our dear friends who could not join. Their presence was certainly felt, and Club looks forward to welcoming them with even greater enthusiasm at next meetings. Club hopes that our future gatherings will provide many more opportunities for all our members to reconnect, celebrate friendship, and strengthen the spirit of Rotary fellowship.

A heartfelt and special word of appreciation goes to Rtn. Ramsasaria Sir and Club Secretary, Rtn. Suresh Dhawan, for generously sponsoring the fellowship and making this delightful evening possible. Their thoughtful contribution and support added greatly to the warmth and enjoyment of the occasion.

As we look back on the evening, we carry with us not just memories of laughter and fun, but also a renewed sense of camaraderie and togetherness. Moments like these remind us of the strength of our Rotary family.

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Week Gone By

Rotary Chandigarh Midtown Celebrates Independence Day with Patriotic Spirit

Rotary Club Chandigarh Midtown celebrated India's Independence Day with great enthusiasm and patriotic fervour at Singh Pura Elementary School, Zirakpur. The celebration brought together Rotarians, schoolchildren, teachers, and guests in a spirit of national pride and community service.

The National Flag was ceremoniously hoisted by Municipal Councillor Rtn. Gurdeep Singh, Ward No. 5, in the presence of Club President Rtn. Renu Chopra and AG Rtn. Amarjit Singh. The programme was attended by Secretary Rtn. Suresh Dhawan, IPP Rtn. J.S. Bawa, Rtn. Ashok Puri, Rtn. Pradeep Sisodia, Rtn. Jawa, R'Anns, and other distinguished guests.

Adding colour and vibrancy to the celebrations, the schoolchildren presented a delightful cultural programme dressed in tricolour outfits. Their enthusiastic performances reflected the true spirit of patriotism and made the occasion memorable for everyone present. Club President Rtn. Renu Chopra and Rtn. Ashok Puri addressed the gathering, appreciating the students for their spirited participation and extending their warm wishes on Independence Day.

AG Rtn. Amarjit Singh Ji highlighted Rotary Chandigarh Midtown's ongoing commitment to education and community development. He shared details of the Club's efforts to improve school infrastructure through the Rotary Foundation Global Grant project, "Suvidha," reaffirming Rotary's mission of creating lasting positive change.

The celebrations concluded on a cheerful note with the distribution of sweets and refreshments among the children and guests, leaving everyone with cherished memories of a meaningful Independence Day celebration.

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Flag Hoisting at Maloya Marks a New Chapter in Community Service

A flag-hoisting ceremony was held at Maloya with great enthusiasm and patriotic spirit, bringing together members of the Rotary community and local residents. The occasion was a meaningful reminder of our shared responsibility towards society and the importance of serving the community with compassion and commitment. Rotary Club Chandigarh Midtown applauds continuous efforts of PDG Yoginder Diwan & Rtn. Kanan Diwan in upliftment at Maloya.

A special highlight of the programme was the announcement of the “Home Care Nursing” Training Project, an initiative aimed at equipping participants with essential nursing and caregiving skills. The project reflects Rotary’s continued commitment to empowering individuals with practical knowledge while addressing an important community need.

The training course is scheduled to commence on 1st September. It is expected to provide valuable skills to those interested in home-based patient care and create opportunities for meaningful service.

The ceremony concluded on a positive note, with renewed enthusiasm to make a lasting difference through Rotary’s spirit of “Service Above Self.”

Super Sunday Volleyball Match Promotes Sportsmanship and Community Spirit

A vibrant Super Sunday Volleyball Match was organised at Naya Gaon on 16 August 2026, bringing together young sports enthusiasts in an atmosphere filled with energy, camaraderie and healthy competition. The tournament witnessed enthusiastic participation from around 10 teams and 60 players, making it an engaging and memorable sporting event for the local community.

The matches showcased an exciting display of teamwork, sportsmanship, discipline and competitive spirit, with players giving their best on the court and encouraging one another throughout the tournament. The event not only provided an opportunity for young players to demonstrate their sporting talent but also highlighted the importance of fitness and active community participation.

The tournament concluded with Shubham Club, Sector 7, Chandigarh, emerging as the winners and receiving the First Prize of ₹3,100. Mahasu Sports Club, Naya Gaon, secured the Second Prize of ₹2,100. Both teams were applauded for their impressive performances and sporting spirit.

The tournament was generously sponsored by Shrey Sisodia and Srijan Sisodia, whose support contributed significantly to the successful organisation of the event.Representing Rotary Club Chandigarh Midtown, Rotractors Komal and Jaya were present at the event and actively supported the proceedings. Their participation reflected Rotary’s continued commitment to encouraging youth engagement, sports and community development.

The programme was efficiently coordinated by R’Ann Nandita Sisodia, whose efforts helped ensure the smooth conduct of the tournament.

The Super Sunday Volleyball Match was a wonderful initiative that brought together youth, sports lovers and the wider community, while promoting sports, fitness, teamwork, leadership and community participation. Such initiatives play an important role in nurturing a healthy, active and connected society.

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Inspiring Young Minds at Govt. Middle Sanskriti School, Abhaypur

Anticipating that travel commitments might make it difficult to participate in the planned programme, I had the opportunity to conduct a second inspiring session at Government Middle Sanskriti School, Abhaypur.
The interaction with the students focussed on their important role as responsible citizens and future builders of our nation. We discussed how every child can contribute to the country through discipline, honesty, hard work, respect for others, and a commitment to doing what is right.
The students were also encouraged to understand their responsibilities towards their parents, school, institution, and teachers, who play a vital role in shaping their character and future.
The session also included a moving story about the sacrifices of our freedom fighters and martyrs, whose courage and dedication brought us Independence. The children were reminded that freedom is a precious legacy, and protecting and strengthening it is our collective responsibility.
The session concluded with an encouraging message: “Be responsible today, and become the nation-builders of tomorrow.”

Hariyali Teej Celebrations at Hunar

Hariyali Teej was celebrated with great enthusiasm and vibrant festive spirit at Hunar, Bir Ghaghar, on 16th August. The celebration beautifully captured the essence of this traditional festival, which marks the arrival of greenery, renewal, and the rejuvenating beauty of nature.
Hariyali Teej holds deep cultural and spiritual significance. Traditionally, the festival commemorates the divine union of Goddess Parvati (Prakriti) and Lord Shiva (Purush), symbolising harmony, devotion, and the eternal balance between nature and life. The occasion provided a wonderful opportunity to celebrate our rich heritage while bringing the community together in an atmosphere of joy and camaraderie.
The presence of District Governor Dr. Rita Kalra and Rtn. Shuchi added special warmth and significance to the celebrations. Their encouraging words and gracious presence motivated the participants and made the occasion even more memorable.
The festivities were marked by enthusiasm, togetherness, and a strong sense of community spirit. Gifts were distributed as a gesture of love and appreciation, adding an extra touch of warmth and happiness to the celebration.
The Hariyali Teej celebration at Hunar was a beautiful reflection of the festival’s true spirit—cherishing traditions, celebrating womanhood and nature, spreading happiness, and strengthening bonds within the community. It was a memorable occasion that brought smiles to many faces and reaffirmed the importance of celebrating our cultural heritage together.

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Yoga Session on Proper Breathing Techniques at GES Singhpura

As part of the Rotary Club's Golden Jubilee Celebration Year initiative, another enriching session on proper breathing techniques and their importance in daily life was conducted at GES Singhpura for the students of Class V.

The session, held under the Yoga programme, focussed on teaching students the correct way of breathing and how mindful breathing can contribute to better physical fitness, mental calmness, concentration, and overall well-being. The students enthusiastically participated in the practical exercises and learned to incorporate these simple yet effective techniques into their daily routine.

It was encouraging to see the young learners understand and practise the techniques with interest. The programme is a continuation of the Club's commitment to completing 50 sessions in schools during its Golden Jubilee year, promoting health, wellness, and valuable life skills among children.

The initiative was launched alongside the inauguration of the Vocational Course on 15 August 2026 at GES Singhpura, making it a meaningful contribution to the school community.

Session on Moral Values & Education at Govt. Model High School, Manimajra

A meaningful session on Moral Values and Education was conducted at Govt. Model High School, Manimajra, with the enthusiastic students of Class V.

The session began with the inspiring story of Abu Bin Adam. To my pleasant surprise, the children remembered and beautifully rendered the story themselves. When asked who would like to be like Abu, many little hands went up—a heartwarming reflection of their understanding of kindness and goodness.

Two more stories were narrated. The first, "The Spider and Saint Ved Vyas," highlighted the importance of every living soul, big or small. The spider's love for her family taught us that every life is precious.

The second, "The Wish of a Fallen Flower," conveyed a beautiful message: flowers need not be plucked. A fallen flower can be lovingly offered to God, fulfilling its wish while respecting nature.

The teachers and children thoroughly enjoyed the session and expressed their commitment to carry these values into daily life.

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TREE PLANTATION, ENVIRONMENT AWARENESS & HEALTH AND HYGIENE INITIATIVE

A meaningful community service programme was organised at GGMSSS, Sector 20-B, Chandigarh, on 20 August 2026, bringing together initiatives focussed on environmental awareness, health, hygiene and student well-being.The programme commenced with a Tree Plantation Drive, aimed at sensitising students towards the importance of trees, increasing green cover and protecting the environment. Rtn. Dr. Harinderjit Kaur delivered an informative talk on environmental conservation, highlighting the need to protect natural resources and adopt eco-friendly practices in everyday life. Students enthusiastically participated in the plantation activity and were encouraged to take responsibility for nurturing and protecting the saplings.

The programme also included Sanitary Pad Distribution and Life-Saving Kits Distribution for students and teachers. Shilpa Jain conducted an engaging awareness session on menstrual hygiene, personal care, healthy habits and preparedness during emergencies. The initiative provided not only essential resources but also knowledge and confidence to help students make informed choices about their health and safety.

The programme was attended by Rtn. Dr. Harinder Jeet Kaur, Rtn. Dr. Shashi Jain, Rtn. Maneesha Gupta, Ranne Nandita Sisodia and Shilpa Jain.

The sanitary pads and life-saving kits were generously sponsored by Rtn. R. K. Jain, Rotary Club Chandigarh Midtown, whose valuable contribution strengthened this service initiative.

The programme reflected Rotary's commitment to creating a greener, healthier and safer community, while inspiring young minds to become responsible citizens and caretakers of both people and the planet."Plant a tree today, breathe a better tomorrow; healthy habits today build a healthier and safer tomorrow."

Session on "Red Eyes vs. White Eyes"

A meaningful and interactive session was held on 21 August at Parkash High School, Village Maheshpur, with the students of Class VI. The session focussed on the importance of controlling anger and maintaining a calm and positive attitude.

The students were narrated an interesting story from the Ramayana about Lord Hanuman Ji during his search for Mata Sita Ji. It was explained that, in a moment of anger and distress, his eyes became red, affecting his perception so that he saw white flowers as red. Lord Rama Ji helped clarify this misunderstanding through Rishi Valmiki's narration of the epic.

The story conveyed a simple yet powerful message: "Red eyes reflect anger and a fighting spirit, while white eyes represent peace, clarity and self-control."The children enthusiastically repeated the pledge: "Never have red eyes; always keep white eyes." The session encouraged them to choose patience, peace and positive thinking in their daily lives.

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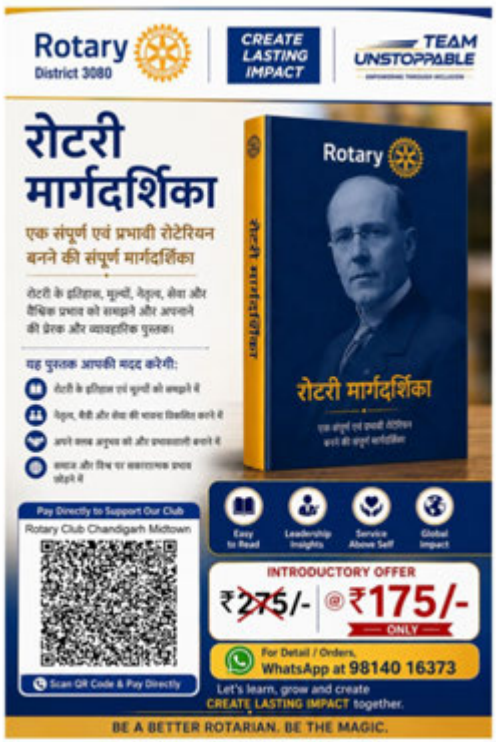
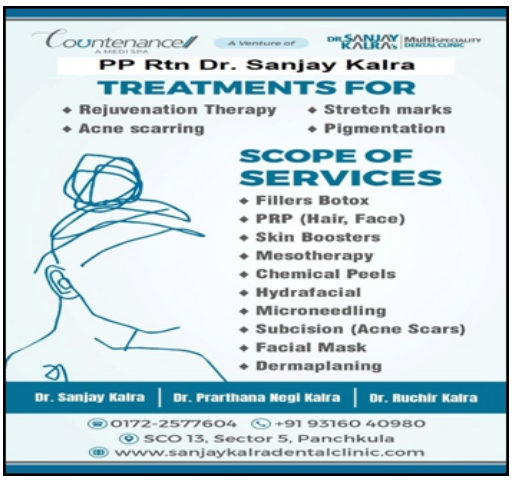
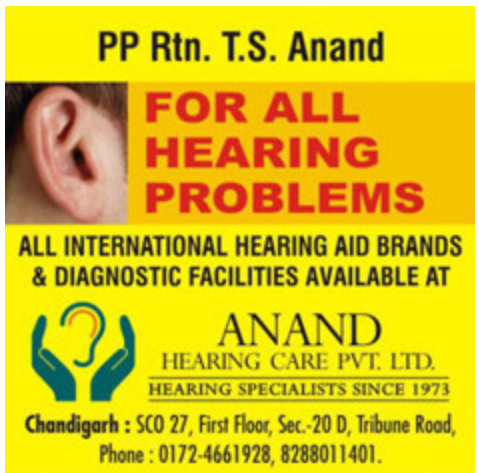
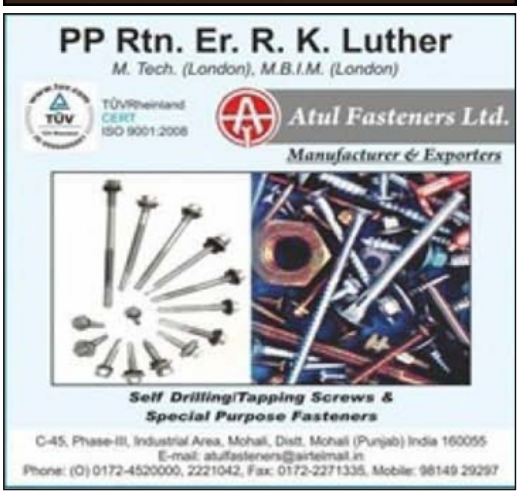


Celebrating Birthday's & Anniversary's

	Birthday - Rotarian
Aug 09	Rtn. Ashok Sharma
Aug 11	Rtn. Amanpreet Singh
Aug 12	PP B.L. Ramsisaria
Aug 14	Rtn. Arvind Kumar
Aug 15	Rtn. J.S. Chandoak

	Birthday – Spouse
Aug 09	R'Ann Guninder Dua
Aug 09	Naresh Kumar Jain