

Stress Managerial Problem

by Dr. MP Sharma

Date : 16th October 2026

Time : 6:30pm

Venue : Hotel Shivalik View
Sector 17, Chandigarh



THE NEW AGE OF CYBERCRIME RISKS, PREVENTION & DIGITAL AWARENESS

The weekly meeting of Rotary Club Chandigarh Midtown commenced with an inspiring invocation by Rtn. Suman Gupta, who spoke about the rich diversity of Indian festivals and invoked the blessings of Maa Durga, as Navratri approaches. Her message beautifully highlighted the spirit of devotion, positivity and togetherness.

The club members were apprised of the projects and service activities undertaken during the week, reflecting the club's continued commitment to community welfare and Rotary's motto of Service Above Self.

The guest speaker, Mr. Sagar Bhardwaj, Cybercrime Specialist, was introduced by Rtn. Suresh Dhawan. In an informative and engaging session, Mr. Bhardwaj shared practical, step-by-step guidance on protecting oneself against digital frauds and cybercrime. He explained the precautions necessary while using online banking, digital payment platforms, mobile phones and the internet. Special emphasis was placed on safeguarding children from cyberattacks, hacking, online threats and other digital risks. The session sparked an interesting exchange of views, with members actively participating and sharing their thoughts. The discussion highlighted the growing importance of cyber awareness and responsible digital practices in today's technology-driven world.

The club felicitated the guest speaker in appreciation of his valuable contribution. Anniversary greetings were extended to Col. J. S. Chandoak and his wife. The punctuality award was presented to Rtn. Kund Bala for her commendable adherence to time.

The meeting was further enriched by the presence of Ms. Indu Luthra, accompanied by her daughter, who demonstrated a heartwarming spirit of generosity by donating 20 boxes of Diwali gifts for our jawans, along with a cheque of ₹10,000. Her thoughtful gesture was deeply appreciated and reflected gratitude and solidarity with the brave personnel who safeguard our nation.

The meeting concluded with a vote of thanks proposed by Pallav Ji, who also shared useful insights on cyber safety, reinforcing the key messages of the session.

Overall, the meeting was a meaningful blend of fellowship, learning and community service, leaving members with valuable knowledge and renewed inspiration to serve society.



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

SURTAAL – AN EVENING WHERE MUSIC TOUCHED EVERY HEART **ROTARY CHANDIGARH MIDTOWN | FIRST MEETING OF ROTARY ACTION GROUP SURTAAL**

Some evenings are not merely spent; they become memories that stay with us forever. The first meeting of SURTAAL, the Rotary Action Group of Rotary Chandigarh Midtown, was one such unforgettable evening—a beautiful celebration of music, friendship, poetry and togetherness. Hosted with warmth and affection by Rtn. Ravi Tulsi and Ranjana Tulsi, the evening unfolded in their charming terrace garden, where a cool breeze welcomed every arriving guest. Members greeted one another with warm smiles, enjoyed refreshing drinks and shared cheerful conversations. The cutting of a cake marked the symbolic beginning of SURTAAL, setting the stage for a wonderful new journey of musical fellowship.

And Then Began the Magic! - What started as a gathering soon transformed into an enchanting musical evening, where every voice had a story and every song touched a chord in someone's heart.

Rtn. R.K. Luthar transported everyone into the world of romance with the timeless melody, "Mohabbat Ki Jo Na Samjhe, Woh Zaalim Pyaar Kya Jaane." Rtn. R.P.S. Tulsi added his own musical charm with "Zindagi Khwaab Hai." Brgd. Dr. Sabharwal brought nostalgia alive with the evergreen favourite, "Pal Pal Dil Ke Paas Rehti Ho." And then came a delightful surprise! Rtn. Salil Chopra picked up the mouth organ and filled the garden with its melodious notes, adding a special touch to an already magical evening.

But Sur Taal was never meant to be a performance by a few; it was a celebration in which everyone had a part to play. One after another, members presented their favourite songs, while poetry, couplets and playful verses added wit, emotion and beauty to the gathering.

Soon, the place was echoing with music, laughter, applause and spontaneous expressions of joy. There were no formalities, no stage barriers and no distinctions—just friends enjoying the simple pleasure of being together.

The atmosphere was so enchanting that words could hardly do it justice. Every song brought back cherished memories, every verse brought smiles to faces, and every shared moment reminded everyone that true happiness often lies in the simple joy of being surrounded by friends.

Adding flavour to this memorable evening was Ranjana thoughtful hospitality. She had arranged a delicious Andhra-style dinner that delighted everyone's taste buds. The evening reached its perfect finale with special paan from Lucknow—a flavourful ending to an occasion filled with sweet memories.

As the gathering drew to a close, everyone departed with happy hearts, musical memories and a renewed sense of friendship. The first meeting of Sur Taal had achieved



something truly special. Sur Taal had begun its journey with a melody and left every heart humming long after the evening was over.

Sur Taal – Where Music Connects Hearts and Friendship Finds Its Melody!

The memorable evening was graced by the presence of Special Guests:

District Governor: Dr. Rita Kalra and Dr. Sanjay Kalra

PDG Rtn. Ruby and Rtn. Vita

President Rtn. Renu Chopra and Rtn. Salil Chopra

Secretary Rtn. Suresh Dhawan and Ann Madhu Dhawan

Event Chair Brgd. Rtn. Dr. Sabharwal and Jyotie Sabharwal

Hosts Rtn. Ravi Tulsi and Ann Ranjana Tulsi

Rtn. Raj Kumar Khattar and Ann Neeru Khattar

Rtn. Nitin Kapur and Ann Shivani Kapur

Rtn. Prem Anand and Ann Indu Anand

Rtn. R.K. Luthar and Ann Urmil

Rtn. Pradeep Sisodia and Ann Nandita Sisodia



PROJECT ANNA PURNA WITH MORAL VALUES & EDUCATION SESSION AT SAMARPAN

In keeping with Rotary's enduring motto of "Service Above Self," Rotary Club Chandigarh Midtown organised a meaningful session on moral values and education at Samarpan, Majri Chowk, Panchkula, alongside Project Annapurna, which served meals to 110 children and spread joy, compassion and festive cheer.

The session focussed on nurturing kindness, honesty, empathy and responsibility among children through inspiring stories and practical life lessons. R'Ann Indu Anand captivated the young audience with the story of Gautam Buddha and Angulimal, the feared bandit who sought one final finger to complete his target of 1,100. However, Buddha's compassion and wisdom transformed Angulimal, who ultimately surrendered at his feet, seeking alms. The story conveyed the powerful message that love, kindness and wisdom can transform even the hardest of hearts.

Rtn. Salil Chopra narrated another thought-provoking story about a painter who, besides completing his painting work on a boat, quietly repaired a hole in it. When the owner discovered that his four children had taken the boat out rowing, he was gripped by fear. Learning that the painter had already repaired the hole, he was deeply relieved and grateful. The story highlighted the importance of going beyond one's assigned duties and helping others without expecting recognition.

The children also celebrated Navratri by offering prasad to Goddess Durga. Adding a heartwarming touch to the occasion, they presented a handmade card to PP Prem Anand and R'Ann Indu Anand on their wedding anniversary. The programme was hosted by PP Prem Anand and R'Ann Indu Anand. President Rtn. Renu Chopra, Rtn. Prem Anand, Rtn. Salil Chopra and Joint Secretary Rtn. Brig. Dr. J. S. Sabharwal were present.

The initiative beautifully combined nourishment for the body with nourishment for the mind and soul, reinforcing the values of compassion, service and humanity.



INSTALLATION OF ROTARACT CLUB AT UIMAS

The visit offered an opportunity to appreciate the dedicated efforts being made towards vocational education and livelihood generation. Such initiatives reflect the true spirit of community service by empowering individuals with skills for a Visit to Hunar – Beauty, Tailoring and Computer Training Centres more independent and promising future.

The installation ceremony of the Rotaract Club of UIMAS was held with great enthusiasm, marking an important step towards nurturing young leaders committed to service, fellowship and social responsibility.

The occasion was graced by District Governor Rtn. Dr. Rita Kalra, President of Rotary Club Chandigarh Midtown Rtn. Renu Chopra, and Immediate Past President Rtn. Jogwinder Bawa. The ceremony was further honoured by the presence of Past Presidents Dr. Sanjay Kalra, Rtn. Salil Chopra and Rtn. Dr. Shashi Jain, Director Youth Service, along with numerous Rotaractors from across the district.

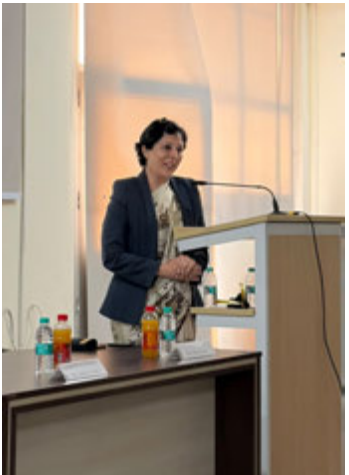
Addressing the students, Teacher Coordinator Rtn. Dr. Manjushri encouraged them to lead meaningful lives guided by purpose, compassion and positive values. She

emphasised that true happiness lies not merely in material achievements but in making a difference in the lives of others, leading to lasting peace and fulfilment.

District Governor Rtn. Dr. Rita Kalra congratulated the newly installed President and his team, expressing confidence in their ability to uphold the ideals of Rotary and contribute meaningfully to the community. President Rtn. Renu Chopra urged the young Rotaractors to work collaboratively with other Rotaract Clubs, fostering friendship, teamwork and a spirit of collective service.

The ceremony concluded on an inspiring note, with senior Rotarians extending their blessings and best wishes to the new leadership. A vote of thanks was proposed by the hosts, acknowledging the dignitaries and all those who contributed to the successful event.

The installation marked the beginning of a promising journey for the Rotaract Club of UIMAS, empowering young minds to transform their ideas into meaningful action under Rotary's guiding principle of "Service Above Self."



ROTARY CHANDIGARH MIDTOWN EXTENDS FINANCIAL ASSISTANCE FOR MEDICAL TREATMENT

In keeping with Rotary's guiding principle of "Service Above Self," Rotary Club Chandigarh Midtown extended financial assistance to Shri Yashpal, who was undergoing cardiac treatment at Civil Hospital, Panchkula, and is presently recuperating at a hospital in Shamli.

The case was referred to the Club by District Governor Rtn. Dr. Rita Kalra, whose intervention helped bring the patient's medical and financial needs to the Club's attention. Recognising the difficulties faced by patients and their families during prolonged medical treatment, the Club stepped forward to provide timely financial support.

On behalf of Rotary Chandigarh Midtown, Rtn. Dr. Shashi Jain presented a cheque of ₹30,000 to Shri Yashpal's grandson in the gracious presence of DG Rtn. Dr. Rita Kalra.

This compassionate initiative reflects the Club's unwavering commitment to humanitarian service and its resolve to support individuals in distress. Through such meaningful gestures, Rotary Chandigarh Midtown continues to uphold the spirit of care, compassion and community responsibility.



BOWL OUT CANCER 5.0 – A COMMITMENT TO HOPE AND HEALING



In a remarkable demonstration of compassion and community service, Rotary Club of Chandigarh Midtown, in collaboration with Rotaract Club of Chandigarh Midtown, successfully handed over a cheque of ₹2,25,000 to Homi Bhabha Cancer Hospital, New Chandigarh. The contribution was raised through the club's annual fundraising initiative, Bowl Out Cancer 5.0, dedicated to supporting the fight against cancer.

The initiative reflects Rotary's enduring commitment to Service Above Self and its determination to make a meaningful difference in the lives of patients battling this challenging disease. By bringing together Rotarians, Rotaractors, alumni and well-wishers, the fundraiser transformed collective goodwill into tangible support for cancer care.

The clubs expressed their heartfelt gratitude to all Rotarians, Rotaractors and supporters whose generous contributions

and enthusiastic participation made this initiative a success. A special note of appreciation was extended to Rtr. Sanjay Pahwa, Charter President of Rotaract Club of Chandigarh Midtown and an alumnus, for his exceptional generosity in contributing ₹1,45,000 towards this noble cause. His significant contribution served as a powerful example of commitment, compassion and the spirit of giving.

The cheque was handed over in the presence of Rtn. Jeeten Bhambri and Rtn. Aman Garg, marking another meaningful milestone in the clubs' ongoing efforts to support healthcare and serve the community.

Bowl Out Cancer 5.0 stands as a testament to the power of collective action and the difference that a united community can make. Through this initiative, Rotary Club of Chandigarh Midtown and Rotaract Club of Chandigarh Midtown reaffirmed their resolve to spread hope, extend support and stand alongside those affected by cancer.

Together, we bowl out cancer and build a future filled with hope!

ROTARIAN CODE OF CONDUCT

AS A ROTARIAN, I WILL:

- 1 Act with integrity and high ethical standards in my personal and professional life
- 2 Deal fairly with others and treat them and their occupations with respect
- 3 Use my professional skills through Rotary to mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
- 4 Avoid behavior that reflects adversely on Rotary or other Rotarians
- 5 Help maintain a harassment-free environment in Rotary meetings, events, and activities; report any suspected harassment; and help ensure non-retaliation to those individuals that report harassment

SERVICE ABOVE SELF



CREATING LASTING IMPACT

Celebrating Birthday's & Anniversary's



Birthday – Spouse	
Oct 04	R'Ann Gaganmeet
Birthday - Rotarian	
Oct 04	Rtn. Rajesh Mahajan
Oct 09	PP Sanjay Bhatia
Wedding Anniversaries	
Oct 10	PP Salil Chopra and PE Renu Chopra

PP Rtn Salil Chopra

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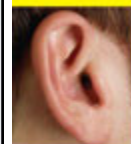
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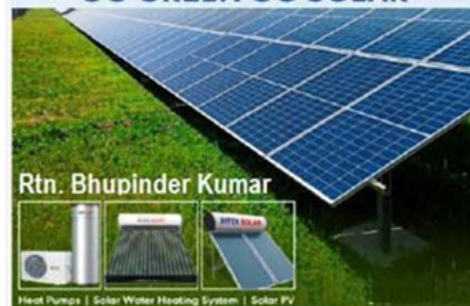
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