For Private Circulation Only

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. 15, DATED : 20TH OCT' 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

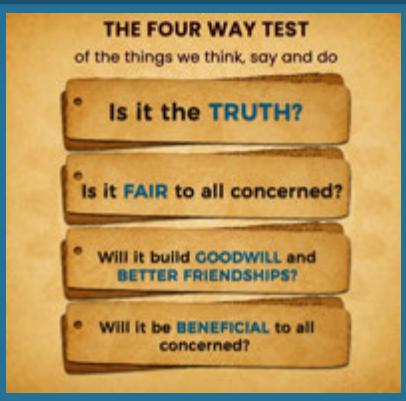
World's Greatest Meal

Date : 23rd October 2026

Time : 6:30pm

Venue : 1688, Sector 82,
JLPL Industrial Area, SAS Nagar,
Mohali, Punjab





A Meaningful Weekly Meeting of Fellowship, Learning and New Beginnings

The weekly meeting of Rotary Club of Chandigarh Midtown, witnessed an enthusiastic gathering of over 30 members. The evening beautifully blended fellowship, celebration, knowledge-sharing and the joy of welcoming a new member into the Rotary family.

Continuing the club's cherished tradition, members celebrated the birthdays of the week with a cake-cutting ceremony led by Mrs. Gulati and Rtn. Prem Anand, adding warmth and cheer to the proceedings.

The highlight of the evening was an insightful session on "Stress Management" by Dr. M. P. Sharma, Ex-PGI, who was introduced by Rtn. Salil Chopra. Dr. Sharma spoke about the growing challenges of anxiety, stress and emotional suppression in modern life. He highlighted how hectic schedules, daily pressures and excessive dependence on mobile phones can adversely affect mental well-being and disturb emotional balance. His practical observations encouraged members to become more mindful of their everyday habits and prioritise inner peace and a healthier lifestyle.

The meeting also marked a special occasion with the induction of Ms. Amarjot Kaur as the newest member of the club. She was formally inducted and pinned by the club's senior-most Chartered Member, Rtn. B. L. Ramsasaria. Her induction was warmly welcomed as another step towards strengthening the club's fellowship and commitment to service.

Adding to the spirit of learning, Rtn. Salil Chopra and Rtn. Pradeep Sisodia were recognised for receiving their graduation certificates from the Rotary Learning Center. They were honoured with RLA pins presented by PDG Dewan and Rtn. B. L. Ramsasaria, acknowledging their dedication to continuous learning and professional development through Rotary.

The evening concluded with a heartfelt vote of thanks by Rtn. Amarjit Kaur, expressing gratitude to the speaker, organisers and members. The Punctuality Draw was won by Rtn. Ashok Puri, adding a cheerful note to the proceedings.

Overall, the meeting was a memorable celebration of Rotary fellowship, personal well-being and lifelong learning, reaffirming the club's belief in growing together, learning together and strengthening the bonds of friendship and service.



The Midtowner
WEEKLY BULLETIN OF ROTARY CHANDIGARH MIDTOWN
ROTARY CHANDIGARH MIDTOWN 50th Anniversary 1977-2027 GOLDEN JUBILEE
Rotary Chandigarh Midtown
CREATE LASTING IMPACT

Glimpses of Weekly Meeting



















The Midtowner
WEEKLY BULLETIN OF ROTARY CHANDIGARH MIDTOWN
ROTARY CHANDIGARH MIDTOWN 50th Anniversary 1977-2027 GOLDEN JUBILEE
Rotary Chandigarh Midtown
CREATE LASTING IMPACT







Week Gone By

Promoting Moral Values, Education and Mental Well-being

A meaningful session on Moral Values and Education was organised at Government Model High School, Sector 30, Chandigarh, courtesy of R'Ann Nandita Sisodia. The session aimed to sensitise students towards the importance of good values, positive thinking and holistic personal development.

The programme covered several significant topics, beginning with the role and importance of the traditional Indian greeting, Namaste, highlighting its cultural significance and the values of respect and humility it represents. Emphasis was also laid on the pivotal role of teachers and the importance of education in preparing students to face an increasingly competitive world with confidence and knowledge.

A particularly engaging and interactive session focussed on Mental Health and Mental Hygiene. Students were introduced to concepts such as anxiety, mental stress and depression, along with practical ways to manage emotional challenges. The discussion highlighted the importance of inner strength, positive thinking, healthy eating habits and seeking appropriate support whenever required.

The session witnessed enthusiastic participation from the students and was highly appreciated by the Principal and teaching staff. It was an enriching initiative that reinforced the importance of nurturing not just educated minds, but also emotionally balanced, confident and value-driven individuals.





The Midtowner
WEEKLY BULLETIN OF ROTARY CHANDIGARH MIDTOWN
ROTARY CHANDIGARH MIDTOWN 50th Anniversary 1977-2027 GOLDEN JUBILEE Rotary
Rotary Chandigarh Midtown
CREATE LASTING IMPACT

Promoting Moral Values, Ethics and Intergenerational Bonds



An engaging session on Moral Values, Ethics and Education was conducted at Government Model School, Manimajra, with the objective of nurturing traditional values and strengthening relationships across generations.

The session highlighted the significance of Namaste, exploring its age-old cultural roots and how this simple yet meaningful gesture has earned recognition across the world. The importance of respecting and honouring parents and teachers was emphasised, recognising them as our most respected guides, role models and pillars of life.

A particularly heartwarming segment focussed on Intergenerational Relationships. Through personal experiences and engaging stories, students were encouraged to share what they had learnt from their grandparents and the questions they love asking them. Their enthusiastic participation made the interaction lively, meaningful and insightful.

It was truly a delightful and enriching experience, reaffirming that values, wisdom and traditions are best preserved when shared across generations.

Interact Installation Ceremony at GMSSS, Sector 35-D, Chandigarh



An Installation Ceremony was successfully organised at Government Model Senior Secondary School (GMSSS), Sector 35-D, Chandigarh, marking a significant step towards nurturing leadership, teamwork and the spirit of service among students.

The occasion was graced by Rtn. Pradeep Sisodia and R'Ann Nandita Sisodia. The Principal of the school, along with Raman Ma'am, was also present and extended her support and encouragement.

A total of 12 members were formally pinned during the ceremony, marking their induction and commitment to the ideals and values of Rotary. The programme highlighted the importance of leadership, discipline, teamwork, responsibility and active involvement in community service.

The newly inducted members were encouraged to embrace Rotary's guiding philosophy of Service Above Self and become responsible, compassionate citizens who contribute positively to society.

The ceremony concluded on an inspiring note, reinforcing Rotary's commitment to developing young leaders and creating a culture of service, fellowship and social responsibility within the school community.

The Midtowner
WEEKLY BULLETIN OF ROTARY CHANDIGARH MIDTOWN
ROTARY CHANDIGARH MIDTOWN 50th Anniversary 1977-2027 GOLDEN JUBILEE
Rotary Chandigarh Midtown
CREATE LASTING IMPACT

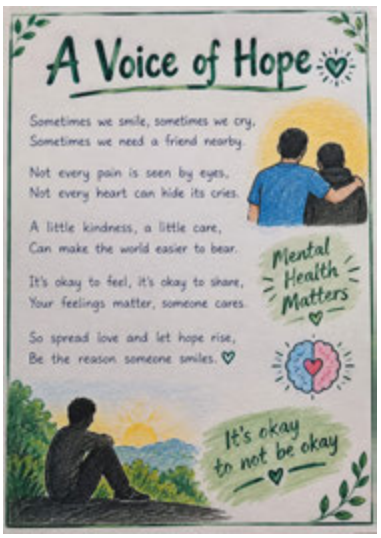
Rabb Di Awaaz

Promoting Mental Health Awareness Through Creativity

As part of Mental Health Month, an awareness initiative was organised at Kundan School, witnessing enthusiastic participation from students. Approximately 670 students watched an informative presentation aimed at highlighting the importance of mental health and emotional well-being. The initiative sought to encourage students to recognise the significance of mental health, overcome stigma, and understand the importance of expressing their thoughts and emotions.
Following the presentation, the Kundan Interact Club organised an engaging poster-making activity, providing students with a creative platform to express their understanding of mental health through art and meaningful messages. The activity witnessed active participation and reflected the students' sensitivity towards the subject.
The initiative was a meaningful step towards fostering awareness, encouraging open conversations, and nurturing a supportive and empathetic environment for young minds.







Promoting Moral Values, Ethics and Inter-generational Bonding





A meaningful session on moral values, ethics and education was conducted at Government Sanskriti Model Middle School, Village Fatehpur, Panchkula, with enthusiastic participation from the students.
The session highlighted the importance of greeting others with a warm Namaste, emphasising its cultural significance and the values of respect, humility and goodwill. Students were encouraged to love and care for their parents and respect their teachers, acknowledging their vital role in shaping young minds.
An engaging interactive discussion on inter-generational relationships generated keen interest. Children enthusiastically shared how they involve their grandparents in daily life by discussing school activities, sharing achievements, listening to their childhood stories and experiences, and helping them with daily routines and health-related needs.
The session beautifully highlighted the mutual enrichment of inter-generational bonds, reinforcing the importance of empathy, gratitude, care and respect in building stronger families and a more compassionate society.

The Midtowner
WEEKLY BULLETIN OF ROTARY CHANDIGARH MIDTOWN
ROTARY CHANDIGARH MIDTOWN 50th Anniversary 1977-2027 GOLDEN JUBILEE
Rotary Chandigarh Midtown
CREATE LASTING IMPACT

Promoting Moral Values, Ethics and Education at Prakash High School

A meaningful session on moral values, ethics and education was conducted at Prakash High School, Village Maheshpur, Panchkula, with enthusiastic participation from students and encouraging support from the teachers.

The session highlighted the significance of Namaste, one of Bharat's most ancient and timeless forms of greeting, symbolising respect and humility. Students were also sensitised to the importance of maintaining cleanliness and hygiene in their homes and school premises.

A special interactive discussion on inter-generational relationships brought out the warmth and affection children share with their grandparents, uncles and aunts. Students enthusiastically shared stories, experiences and conversations with their elders, particularly about their childhood and the olden days. Their genuine love and respect for senior family members was truly heartwarming.

The active involvement of teachers further enriched the discussion, encouraging children to appreciate family bonds, learn from elders and uphold traditional values in everyday life.





Nurturing Moral Values and Ethical Living at Govt. Model High School, Sector 29-A, Chandigarh

A meaningful session on moral values, ethics and education was conducted at Govt. Model High School, Sector 29-A, Chandigarh, with enthusiastic participation from the students.

The session highlighted the importance of cherishing parents and grandparents as living Gods and respecting teachers as Gurus who guide us towards knowledge, wisdom and a better future. Emphasis was also laid on the importance of mental well-being, explaining that along with nutritious food and a healthy lifestyle, positive thoughts are equally essential for a strong and healthy mind.

An inspiring narration of the famous story Abou Ben Adhem of Kabul brought out the deeper message of humanity and selfless service. The children beautifully grasped the essence that serving and loving fellow human beings is, in itself, a noble form of devotion to God.

The teachers present greatly appreciated the story, its timeless values and relevance in today's world, as well as the engaging delivery of the session.



The Midtowner
WEEKLY BULLETIN OF ROTARY CHANDIGARH MIDTOWN
ROTARY CHANDIGARH MIDTOWN 50th Anniversary 1977-2027 GOLDEN JUBILEE
Rotary Chandigarh Midtown
CREATE LASTING IMPACT

Free Medical Check-Up Camp at Maloya, Chandigarh



A Free Medical Check-Up Camp was successfully organised at Maloya, Chandigarh, as part of Rotary's continued commitment to community welfare and accessible healthcare. The initiative aimed to provide essential medical services, health assessments and professional medical advice to residents of the area. The camp received an encouraging response, with 109 patients examined and provided medical attention by the medical team.

Alongside medical consultations, soya nuggets and biscuits were distributed among the attendees to encourage nutritional awareness and promote healthy eating habits. The initiative reflected the importance of combining preventive healthcare with proper nutrition for overall well-being.The club extends its heartfelt gratitude to Dr. (Mrs.) Anjali Aggarwal and Dr. Yogesh Aggarwal for generously contributing their medical expertise, valuable time and selfless service. Their dedicated efforts ensured that every patient received attentive care.

Special appreciation is also extended to PDG Yoginder Diwan and PP Kanan Diwan for their guidance, leadership and unwavering support in making this humanitarian initiative a success.

The camp reaffirmed Rotary's commitment to serving humanity by bringing healthcare, compassion and care closer to those who need it most.

Nikshay Divas – Extending Care and Nourishment to TB Patients





Reaffirming its commitment to community health and the fight against tuberculosis, Rotary Club Chandigarh Midtown observed Nikshay Divas at Sector 16, Panchkula, through a meaningful initiative focussed on supporting TB patients in their journey towards recovery.

Recognising that effective treatment goes beyond medication and that proper nutrition plays a vital role in healing, 28 nutritional food kits were distributed to TB patients. Additionally, 22 kits were handed over personally to the dedicated dispensary staff to ensure their timely distribution to beneficiaries and continuity of support.

The initiative reflected Rotary's belief that compassion, nutritional support and collective responsibility are essential pillars of community healthcare. By extending a helping hand to those battling tuberculosis, the club sought to encourage patients, strengthen their recovery journey and uphold their dignity.

The programme was led by President Rtn. Renu Chopra, Rtn. Salil Chopra, IPP Rtn. J.S. Bawa, Secretary Rtn. Suresh Dhawan, Joint Secretary Rtn. Brig. Dr. J.S. Sabharwal and Director Youth Services Rtn. Dr. Shashi Jain.

Through such thoughtful initiatives, Rotary continues to translate its motto of Service Above Self into meaningful action, bringing hope, care and support to those who need it most.

The Midtowner
WEEKLY BULLETIN OF ROTARY CHANDIGARH MIDTOWN
ROTARY CHANDIGARH MIDTOWN 50th Anniversary 1977-2027 GOLDEN JUBILEE
Rotary Chandigarh Midtown
CREATE LASTING IMPACT

Congratulations

APPOINTMENTS

Rtn. Pradeep Sisodia Appointed to District CSR Grant Pre-Scrutiny Committee



Rtn. Pradeep Sisodia of **Rotary Chandigarh Midtown** has been appointed to the **District CSR Grant Pre-Scrutiny Committee** for his Home District under the initiative of The Rotary Foundation's National CSR Committee.

The appointment has been made by a committee comprising:

- **Rtn. M. Muruganandam** — Rotary International Director
- **Rtn. AS Venkatesh** — Trustee, The Rotary Foundation
- **Rtn. KP Nagesh** — Rotary International Director

In this role, Rtn. Pradeep Sisodia will support Districts and Clubs in strengthening CSR grant preparedness and encouraging greater participation in corporate-supported Rotary Foundation projects.

Celebrating Birthday's & Anniversary's



	Birthday – Spouse
Oct 13	R'Ann Pritpal Gulati

	Birthday - Rotarian
Oct 13	PP Amarjit Singh
Oct 15	PP Prem Anand

	Wedding Anniversaries
Oct 11	Rtn. Mohinder S. Kamra and Sushma Kamra
Oct 14	Rtn. Anurag Sharma and Rtn. Manjushree
Oct 16	PP Sanjay Bhatia and Rtn. Ritu Bhatia

PP Rtn Salil Chopra
Talez PATISSERIE & KITCHEN
Fresh Healthy & Tasty.
- Freshly Baked Bakery Products
- Delicious Cakes & Pastries
- Food From Around The World
- Handmade Chocolates
- Healthy Cookies, Dry Cakes & more

ORDER NOW 70878 00045
Talez Patisserie & Kitchen
SCO-45, SECTOR 26, CHANDIGARH, 160026
We are also Available on zomato

Countenance A Venture of Dr. Sanjay Kalra Multispeciality Dental Clinic
PP Rtn Dr. Sanjay Kalra
TREATMENTS FOR
- Rejuvenation Therapy
- Acne scarring
- Stretch marks
- Pigmentation

SCOPE OF SERVICES
- Fillers Botox
- PRP (Hair, Face)
- Skin Boosters
- Mesotherapy
- Chemical Peels
- Hydrafacial
- Microneedling
- Subcision (Acne Scars)
- Facial Mask
- Dermaplaning

Dr. Sanjay Kalra | Dr. Prarthana Negi Kalra | Dr. Ruchir Kalra
0172-2577604 +91 93160 40980
SCO 13, Sector 5, Panchkula
www.sanjaykalradentalclinic.com

PP Rtn. T.S. Anand
FOR ALL HEARING PROBLEMS
ALL INTERNATIONAL HEARING AID BRANDS & DIAGNOSTIC FACILITIES AVAILABLE AT
ANAND HEARING CARE PVT. LTD.
HEARING SPECIALISTS SINCE 1973
Chandigarh : SCO 27, First Floor, Sec.-20 D, Tribune Road,
Phone : 0172-4661928, 8288011401.

PP Rtn. Er. R. K. Luther
M. Tech. (London), M.B.I.M. (London)
TÜVRheinland CERT ISO 9001:2008
Atul Fasteners Ltd.
Manufacturer & Exporters
Self Drilling/Tapping Screws & Special Purpose Fasteners
C-45, Phase-III, Industrial Area, Mohali, Distt. Mohali (Punjab) India 160055
E-mail: atulfasteners@airtelmail.in
Phone: (O) 0172-4520000, 2221042, Fax: 0172-2271335, Mobile: 98149 29297

TATA STEEL
A WORLD OF QUALITY AND TRUST
TATA Steelium
TATA ASTRUM
PP Rtn. Sanjay Bhatia

INTER SOLAR
Make a Smart, Sustainable, & Superior Choice
GO GREEN GO SOLAR
Rtn. Bhupinder Kumar
Heat Pumps | Solar Water Heating System | Solar PV
Ideal for RESIDENTIAL, COMMERCIAL & INDUSTRIAL use