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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

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Deepawali
Meet & Greet Celebrations
Date : 4th November 2026
Time : 7:00pm
Venue : Press Club,
Sector 27, Chandigarh





DISTRESSING WITH MEDITATION - STRESS TO STRENGTH
BY ANN JYOTIE SABHARWAL

Rotary Club Chandigarh Midtown organised an enriching and soulful session titled "Destressing with Meditation – From Stress to Strength", led by R'Ann Jyotie Sabharwal, a Reiki Master, Pranic Healer and Foot Reflexologist, who has been practising alternative healing arts since 1995.While members knew her as R'Ann Jyotie Sabharwal, many were unaware of her inspiring journey spanning over three decades in the field of holistic healing. She was warmly introduced by her husband, Rtn. Brig. J.S. Sabharwal, who gave the audience a glimpse into her experience and dedication.
Opening with a thought-provoking question, "We charge our phones to 100% daily, but when do we charge our mind?", R'Ann Jyotie highlighted the importance of mental well-being in today's fast-paced world. She spoke about the constant stream of thoughts occupying our minds and emphasised that mental fitness deserves as much attention as physical fitness. Explaining the benefits of slow, mindful breathing, she highlighted its role in reducing stress, improving concentration and promoting better sleep. She beautifully connected this message with Rotary's spirit of service, reminding members that we can serve others better when we are calm and balanced within.
The highlight of the session was a guided meditation accompanied by soothing Temple in the Forest music. Taking members on an imaginary early-morning walk through the serene Kansal forest, she encouraged them to experience the warmth of sunlight, the freshness of cool air, the gentle sound of flowing water and the tranquillity of an ancient temple. Through this visualisation, members were guided to connect with the five elements – Water, Fire, Air, Earth and Space – within themselves and in their surroundings.



One of the most touching moments was the exercise of self-gratitude, where members were encouraged to thank their heart for beating tirelessly, their feet for carrying them through life's journeys, their hands for their daily efforts and their mind for protecting them. The session concluded with a heartfelt self-embrace, acknowledging the body for all that it does.
Members emerged feeling relaxed, refreshed and emotionally uplifted. President Rtn. Renu Chopra appreciated R'Ann Jyotie for conducting this meaningful and much-needed session.
The message resonated with everyone: "Let's be mentally fit, so we can live better and serve better."

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Glimpses of Weekly Meeting















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Week Gone By

Project Sakha – Nourishing Lives with Compassion

Reaffirming its commitment to compassionate community service, Rotary Club Chandigarh Midtown organised a nutritional support initiative for tuberculosis patients under Project Sakha at Government Dispensary, Hallo Majra.

Embracing the belief that recovery requires not just medical treatment but also proper nutrition and emotional encouragement, the club distributed nutritional supplements to 33 TB patients. An additional 37 supplies were handed over to the dispensary staff for distribution among other patients, extending the reach of this thoughtful initiative.

President Rtn. Renu Chopra, Rtn. Salil Chopra and Rtn. Naveen Agarwal graced the occasion with their presence. Rtn. Salil Chopra sensitively counselled newly diagnosed patients on the vital role of nutrition during TB treatment. He also explained the correct method of consuming the supplements, emphasising the importance of maintaining proper nutrition alongside regular medication for a better recovery journey.

Adding a heartwarming dimension to the initiative, Rtn. Naveen Agarwal chose to celebrate his birthday through an act of kindness by gifting ₹200 to every recipient. His thoughtful gesture transformed a personal celebration into an opportunity to spread happiness and extend a helping hand to those in need.

Project Sakha beautifully reflects Rotary's commitment to service with empathy and dignity. By combining nutritional support, awareness and personal gestures of generosity, the initiative reinforced the message that healing is not merely about treating an illness but also about nurturing hope, strengthening lives and making every individual feel cared for.





Nurturing Moral Values and Ethics Through Education at GMS, Rally



Rotary Club Chandigarh Midtown organised an inspiring session on moral values, education and ethics at Government Middle School, Village Rally, Panchkula, aimed at nurturing compassion, honesty and unity among young minds.

The session began with great enthusiasm as the children warmly welcomed the speaker with cheerful shouts. However, the excitement soon turned into an unexpected lesson when a teacher from a neighbouring classroom reprimanded and punished a few students for their exuberance. Two girls also reported other students, who were subsequently punished.

Moved by the incident, the speaker chose to turn the moment into an opportunity for reflection by narrating a story of a Rishi who was hurt by a stone while plucking berries. Despite knowing who had thrown the stone, none of the children revealed the culprit, demonstrating their unity and loyalty towards one another. Touched by their solidarity, the Rishi blessed them with happiness and well-being.Through this meaningful story, the children were encouraged to understand the importance of kindness, forgiveness, compassion and standing together. The session beautifully highlighted that true education goes beyond academic learning and lies in cultivating strong moral values and ethical conduct.

The children enthusiastically grasped the message and promised to imbibe these values in their lives.

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Moral Values, Education and Ethics: A Lesson in Unity at Abhaypur

A heartwarming session on Moral Values, Education and Ethics was held at Government Sanskriti Model Middle School, Village Abheypur, Haryana, through the engaging art of storytelling.

To my pleasant surprise, the children recognised me as their storyteller and enthusiastically recalled earlier stories, including “Tum Chalo, Hum Chalein, Sab Chalein” and “Salah Mat Do, Saath Do.” Their excitement and remarkable recall reflected the lasting impact of these storytelling sessions.

The session featured an inspiring story of a leopard confronting a group of monkeys. The monkeys, despite being individually weaker, successfully defeated the powerful predator by standing united. The story beautifully highlighted the strength of teamwork, unity and collective courage.

The children enthusiastically shared their learnings, expressing their commitment to staying united, supporting one another and working together in every situation.

The session reinforced the timeless message that true strength lies in unity and that moral values are best learnt through stories that touch young hearts and inspire meaningful action.



Nurturing Moral Values Through Stories and Everyday Habits, at Kundi



Rotary Club Chandigarh Midtown organised an engaging session on moral values, education and ethics at Government Middle School, Village Kundi, Panchkula, focussing on the importance of good manners, cleanliness and emotional well-being.The session began with the significance of Namaste, encouraging children to greet others with respect, humility and warmth. Students were also reminded of their responsibility to keep their school and homes clean, understanding that cleanliness reflects discipline and respect for their surroundings.

The highlight was an inspiring story of Hanuman Ji, illustrating the difference between red eyes filled with anger and white eyes reflecting calmness and a helpful attitude. Through the story, children learnt how anger can distort our perception, making even the beautiful Ashok Vatika appear frightening, with its white flowers seeming blood-red.The children enthusiastically understood the message and pledged to keep their eyes “white”—remaining calm, kind and helpful—and encourage others to do the same.

The session concluded with a powerful moral: Anger clouds our vision, distorts reality and makes the world appear unpleasant.

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Nurturing Moral Values and Respect for Parents, Sec 13 Manimajra

A meaningful session on moral values, education and ethics was conducted at Government Model High School, Sector 13, Manimajra, to inspire students to embrace respect, gratitude and compassion in their daily lives.



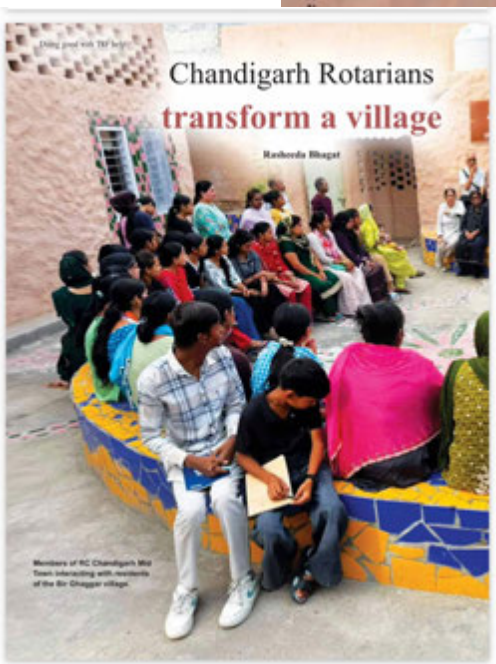
The session highlighted the significance of Namaste and Namaskar as expressions of humility, respect and Indian cultural values. Students were encouraged to understand that every day is Teachers' Day, reminding them to value their teachers' guidance and acknowledge their contribution to shaping their lives.

The discussion placed special emphasis on parents as living Gods, deserving unconditional love, respect and gratitude. Students were reminded that just as their parents nurture and care for them during childhood, it is their responsibility to care for their parents in their old age. The importance of keeping parents close and ensuring they never feel abandoned was strongly emphasised, with a heartfelt appeal to say no to old-age homes and cherish the presence of parents at home.

An inspiring story on loving and respecting parents was narrated, leaving the students with a powerful message of filial devotion.

The session was warmly appreciated by both students and teachers, who expressed their pleasure at the thoughtful and enriching guidance.









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A computer course in progress at the centre.



Celebrating Birthday's & Anniversary's

	Birthday – Spouse
Nov 01	Dr. Rahul Garg

	Birthday - Rotarian
Nov 02	Rtn. Dr. Inderjit S. Dua
Nov 04	Rtn. Harinderjit Kaur



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