

# Rotary Pulse

**Governor's Official Monthly Newsletter**  
Issue 5 | 2025 - 26  
December 2025

## ICONIC SPOTS OF DISTRICT 3080

George Everest in Mussoorie is the historic house and surrounding peak where Sir George Everest, Surveyor General of India (1830–1843), once lived and worked. Located about 6 km from Gandhi Chowk, it offers sweeping views of the snow-clad Himalayas and the Doon Valley. Built in 1832, the house served as his residence, observatory, and laboratory during the Great Trigonometrical Survey of India, for which the world's highest peak, Mount Everest, was later named in his honour. Today, the area is a popular spot for short treks and picnics.



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## *Editorial*

My friends in 3080 and beyond,

Every organization is shaped by the choices it makes. In Rotary, each decision, whether in local service projects or global partnerships, reflects our values and commitment to doing what is right. The easy path often offers comfort, but true progress comes when we choose conviction over convenience.

Throughout our journey, Rotarians have stood firm for inclusion, integrity, and purposeful action. These choices, made quietly yet courageously, have built the trust and impact that define our movement today.

As you read the stories in this issue of compassion, innovation, and leadership, reflect on the power of choice. Each act of service begins with a decision to care, to lead, to step forward.

In the end, our achievements are measured not by what we do but by how we choose to do it, with conscience, courage, and heart.

*Sohab Malik*

*Sohab Malik*

**District Editor 2025-26**

# Presidential Message – December 25

## To Health and Happiness

Happiness is the most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is

available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past Rotary International President Gordon McInally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?" As we transition to a new year filled with new possibilities, let us Unite for Good — for healing, friendship, and access to happiness.



*Francesco Arezzo*

**RI President 2025-26**



# Message from The District Governor



Dear Rotary Family,

As we come to the close of the calendar year, December reminds us of one of Rotary's most profound areas of focus, Disease Prevention and Treatment. This theme touches the very heart of our mission to serve humanity by improving health, expanding access to medical care, and nurturing healthier communities.

Mahatma Gandhi once said, "It is health that is real wealth and not pieces of gold and silver." These words capture the true essence of what we strive for in Rotary — a world where every person enjoys the right to good health, happiness, and dignity.

Across the world, many lives are still affected by preventable diseases and the lack of basic healthcare. Rotary's initiatives, from the continuing fight to end polio to projects that promote clean water, sanitation, maternal health, and mental well-being, reflect our enduring commitment to creating a healthier and more compassionate world.

I am proud of the clubs across District 3080 that have taken this mission forward through medical camps, blood donation drives, health awareness programs, and collaborations with hospitals and community organizations. Each of these efforts, no matter how small, brings comfort to those in need and strengthens the spirit of service that defines Rotary.

As we observe this important month, let us renew our dedication to preventive healthcare and community well-being. Let us use our knowledge, skills, and compassion to ensure that everyone we touch has the opportunity to live a healthy and dignified life. Together, we can be the healing hands that bring hope and comfort where it matters most. May this season of giving inspire us to share kindness, empathy, and energy in everything we do.

I wish you and your families a joyful, peaceful, and healthy New Year.

In Rotary service,

*Ravi Prakash*

**District Governor 25-26**

## Message from The First Lady

As the year comes to a gentle close, December offers us a moment to appreciate the blessing of good health and the quiet strength that compassion brings into our lives. In Rotary, Disease Prevention and Treatment is much more than a theme, it is a heartfelt commitment to every child, every parent, and every family that looks to us with hope.

As wives, husbands, and children of Rotarians, we often see the quiet side of service, where concern for others begins at home and then flows out into the community. When Rotary families stand together, the impact of every health camp, vaccination drive, and awareness program becomes deeper, more humane, and more enduring.

Across District 3080, it has been heart-warming to see so many spouses and family members joining hands in medical camps, supporting HPV vaccination drives for young girls, comforting patients, and spreading awareness about simple preventive care within their own circles. These are tender acts of service that may not always make headlines, but they heal hearts as much as they heal bodies.

There is a special strength in the gentle touch and empathetic listening that so many women and spouses bring to Rotary projects. When we sit beside a worried mother, reassure an anxious patient, or encourage a young girl to take a step towards a healthier future, we become quiet messengers of hope and courage.

As we observe this important month, may we, as Rotary families, continue to stand behind our Rotarians and also stand beside those who are suffering. Let our homes be places where conversations about health, prevention, and emotional well-being are natural and caring. Together, let us ensure that our love extends beyond our doorstep to embrace the most vulnerable.

Wishing you and your loved ones a very happy, healthy, and peaceful New Year.

*Shalini Prakash*

*Rtn Shalini Prakash*

**DG Partner**



# Message from District Action Plan Champion

My Friends in Rotary,

Over the last few months, as District Action Plan Champion, it has been a joy to see how each of you has turned Rotary Action into real, visible change in people's lives, breathing promise that District 3080 is truly here to serve.

Wherever a Rotary Wheel has been installed, it has silently but powerfully announced that Rotary stands present and active in that community. These installations are not just symbols; they are daily reminders that we are here to serve, to respond and to lead.

I have been especially moved by the school bag distribution projects. Seeing children walk into school with a new bag, their heads held a little higher and their smiles a little wider, reminds us why we do what we do. In the same way, our solar lights projects are literally lighting up lives — helping children study longer, families feel safer, and communities move one step closer to a more sustainable future.

The HPV vaccination drives have shown the caring side of our District so beautifully. By protecting young girls today, you are helping protect entire families tomorrow, and that is a legacy each participating club can be proud of.

When floods struck, District 3080 rose as one. The coordinated flood relief initiatives — reaching affected families with essential supplies and support — showed the true meaning of Rotary in action.

A special word of gratitude is due to PRIP Rtn. Rajendra K. "Raja" Saboo for his outstanding contribution to The Rotary Foundation this year. His example of generous giving and lifelong service continues to inspire our District to aim higher and serve better.

Thank you, dear friends, for proving that Rotary is only as powerful as the people who choose to live it every day. Watching your dedication has been both humbling and incredibly motivating for me personally.

In warm Rotary service,

*M. Malik*

**Mujeeb Malik** District Action Plan Champion



# Glimpses of DG @ Tejas



# *...Glimpses of DG @ Tejas*



# Glimpses from Aadhaar

## The Rotary Foundation Seminar



# Coverage of The President's Visit

## The Arezzos @ 3080

It was an afternoon of warmth and Rotary camaraderie as Rotary International President Francesco Arezzo and First Lady Anna Maria touched down at Chandigarh Airport around noon on November 10. They were warmly received by Past Rotary International President Raja Saboo, District Governor Ravi Prakash, Rtn. Shalini Prakash, and Past District Governors Madhukar Malhotra and Manmohan Singh, setting the tone for a day filled with gracious hospitality and meaningful Rotary moments.



Following the ceremonial welcome & lunch, the distinguished guests made a brief visit to PRIP Raja Saboo's residence, where friendly conversations, laughter, and personal reflections on Rotary's global journey flowed easily over tea. The Arezzos, known for their approachable nature, expressed admiration for the warmth and generosity of their Indian hosts. Mrs. Arezzo particularly appreciated the traditional Indian decor and the Saboo family's hospitality, which brought a homely touch to the official visit.



# ... Coverage of The President's Visit



In the evening, President Arezzo paid an official visit to the Rotary Club of Chandigarh, meeting club members and exchanging views on Rotary's current global priorities and service initiatives. The discussions touched upon Rotary's efforts in peacebuilding, community development, and youth engagement. President Arezzo commended the club for its long tradition of impactful service and innovation within the district.

Later, he unveiled the Rotary Peace Pole at Rotary House, Chandigarh, marking a moment of pride for the club and the community. The event was attended by RI Director Muruganandam M. and his wife Sumathi M., along with an enthusiastic gathering of Rotarians. Club President Abha Joshi Sharma extended a heartfelt welcome to the dignitaries, highlighting Rotary's enduring commitment to peace and unity.



The evening concluded with an intimate fellowship dinner attended by over 100 Rotarians from District 3080 and around 25 members from adjoining districts. In a warm and inspiring address, President Arezzo praised the vibrancy and service spirit of Indian Rotarians and urged everyone to continue advancing Rotary's mission of peace and service. The highlight of the evening was the launch of the printed edition of the District Directory, unveiled by the RI President himself, drawing appreciation and applause from the audience.

The following morning, President Arezzo, Anna Maria, RI Director Muruganandam M., Sumathi, DG Ravi Prakash, and Shalini Prakash departed for the holy city of Amritsar, carrying with them cherished memories of 3080's Rotary fellowship and hospitality.

# Parenthood... Through the Lens Of...

**Rtn Aameep Sinha, President, Rotary Mohali Midtown**

Parenting is like venturing into the unknown with no one-size-fits-all approach as no two stories will be the same. It is a super dynamic experience that has to be altered with every phase of your child's growth. The truth is that the role we play is so ever evolving that what worked for my elder son might backfire for my younger daughter. As you start to feel you are in control your child enters a new phase bringing in new challenges.

For me it has been a mix of my childhood reflections and perspectives, a mix of self-discovery, endless growth of learning and love. I've seen my role shift from "DIRECTIVE to SUPPORTIVE" from being an "AUTHORITY to an ALLY" from being a "CONTROLLER to a COACH & a CHEER LEADER" from a "LEADER to a PATIENT LISTENER" with honest feedback back and support.

The switch of the role should be smooth and should not linger beyond its natural end. As we cruise through developmental milestones and transitions, each stage will have different challenges demanding different approach to adapt. From early childhood teaching of basic skills to setting boundaries from adolescence to trusting and supporting their decision as young adults. As they switch to teens, they begin to carve out their identities, seek independence, explore personal values, interest and social dynamics.

As they approach young adulthood it's about letting go by being their anchors as they sail their ship and ensuring they are well equipped with life skills, being there

for them during ups and downs, offering advice when sought allowing them to make their choices.

Never to forget is that at every stage your child will always need you, your love, affection and understanding. Listening to them, understanding their thoughts and concerns will make a world of a difference.

Today I'm still learning to embrace imperfection, cultivating self-compassion with an open heart and mind.

Yes, Parenting is hard but it's incredibly rewarding. It is an opportunity each day to learn, grow and strengthen your bond with your child.

Gracefully understanding and accepting this takes and makes your parenting journey satisfying and very fulfilling

To conclude, my best wishes to all the lovely parents too as I with you all sail through this ever changing and incredible journey called "PARENTHOOD".



**Rtn Aameep Sinha is the President of Rotary Mohali Midtown for 2025 – 26. He is an Educationist and dons many hats. He is leading his medium sized Rotary Club from the front, and has an interesting line-up of projects ongoing and upcoming.**

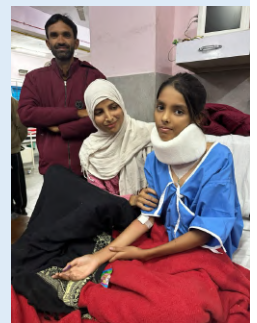
# Notable Action

## Plastic Surgery Camp – Rotary Club Ranipur, Haridwar, Uttarakhand

The Rotary Club of Ranipur successfully organized an 11-day Plastic Surgery Camp, demonstrating Rotary's commitment to service above self and transforming lives through compassionate healthcare. The camp was graced by an international team of 12 dedicated medical professionals, including expert plastic surgeons, anaesthetists, and nursing staff from Germany and the USA, who generously volunteered their time and expertise.

**During the camp, 178 patients were screened in the OPD, and 181 surgical procedures were performed on 80 patients suffering from various deformities and conditions. Every patient received comprehensive care absolutely free – including surgery, medicines, hospital stay, nutritious meals for patients and their attendants, and thorough post-operative care.**

The event was a true showcase of teamwork and service, with enthusiastic participation from all 40 club members and their spouses, who contributed tirelessly to ensure smooth organization and patient comfort. The remarkable success of this initiative reaffirmed Rotary's global fellowship and humanitarian spirit, bringing hope and smiles to countless beneficiaries.



# Club in Focus: Rotary New Chandigarh

**Club President: Rtn. Sonia Salaria**

Chartered in 2021, Rotary Club New Chandigarh is one of the youngest and steadily emerging clubs in Rotary International District 3080. Inspired by the leadership vision of Charter President Rtn. H. S. Bajwa, the club continues its journey of meaningful service with strong commitment to "Service Above Self."

The club has actively undertaken a wide range of impactful community projects with a strong emphasis on education, health, youth empowerment and humanitarian support. By adopting a Government Senior Secondary School, the club has contributed to the upliftment of students through infrastructure enhancement, including the construction of a seating area, and by providing essential learning resources such as computers and school bags to encourage improved educational access. Healthcare initiatives have been strengthened by organizing dental check-up camps for children and blood donation drives etc.



Rtn. Sonia Salaria is an accomplished academic professional, holding an M.Tech in Computer Science & Engineering, and has served as Lecturer and Head of Department at a reputed Engineering College in Pathankot. She was awarded Best Secretary of the Zone for her outstanding contribution toward Rotary administration and service excellence. Alongside her professional expertise, she actively manages family responsibilities, agricultural operations, and maintains a keen interest in stock trading. A compassionate and progressive leader, she inspires the club toward impactful service.

# Club in Focus: Rotary Panchkula

## Club President: Rtn Vinesh Bhatia

Rotary Club of Panchkula was Chartered on 17th June 1985 with the blessings of PRIP Rtn. Raja Saboo and PDG S S Das. Rtn. Brig. K D Panchnanda, a World War II War veteran, was installed charter President by DG Rtn. Jagdish Rana. Thereafter PP Rtn. B L Ramsasaria and PP Rtn. S L Vohra of Chandigarh Midtown taught Rotary fundamentals to our then members, which helped the club crawl through its infancy.

Rtn. J D Sharma then took over as President in 1986 and nursed the club with tenderness and love till 1988. The Club held its first District Intercity meet in 1988 at Panchkula. The club never looked back thereafter, due to able and dedicated leadership of subsequent Presidents and undaunted support of members as well as their cohesiveness. Each President, through his dedication and unwavering commitment towards Rotary principles has been raising the bar higher for his incoming incumbent. During its journey of last 4 decades of Service above self, Rotary Club of Panchkula, today with 70+ members and is a force to recon in RID 3080.

The Club, this year, has undertaken projects to under all the five avenues of Rotary service covering Rotary's 7 Focus areas including projects initiated by District. During the first 5 months, Rotary Club Of Panchkula has completed about 90 Projects spending about Rs. 32 Lacs and benefiting about 9000 members of society. More than 500 Rotarians contributed more than 900 man hours in addition to contributing funds.



Rotary Club of Panchkula, is having its own building wherein a Rotary Vocational Training Center is running Vocational Courses for skill development such as Stitching classes, Beauty Classes (under Women Empowerment), Computer classes and an after-school Tuition classes for under privileged students. This month a New, Community based Interact Club of RVTC has been installed for Tuition classes students.

President Rtn Vinesh Bhatia, is a Retired Telecom Engineer, having more than 30 years of technical and administrative experience, working with Govt. run Telecom Company along with more than 20 years of Rotary experience of working on various posts at club and District level.

# Club in Focus: Rotary Parwanoo

## Club President: Rtn Puneet Kapoor

Rotary Club of Parwanoo has, over the years, built a strong legacy of service through visionary, community-centric projects that continue to impact thousands of lives. Its work reflects Rotary's ethos of empowering the underprivileged, promoting health, and strengthening community development.

In the year 2000, the Club launched its signature initiative to construct a multi-facility Community Center for the people of Parwanoo, with special focus on the weaker sections of society. This became the third and largest Matching Grant project sanctioned by The Rotary Foundation at that time, with Rotary Club of Solothurn, Switzerland, as the international partner. Supported by a Central Government scheme and land allotted at nominal cost by the State Government, the project, implemented between 2000 and 2003, involved an investment of nearly 40,000 US dollars, amounting to about 60 Lakhs.

The three-storey RCC building, with approximately 10,000 sq. ft. covered area, remains one of the largest projects of its kind in the District in both scale and range of services. The top floor houses an international standard badminton court with a height of 30 feet, complemented by a gym and a physiotherapy clinic where a post-graduate physiotherapist attends to around 15 patients daily. A vibrant Vocational Center operates from the premises, imparting training to nearly 100 trainees in tailoring, machine knitting, computer education and beautician skills at minimal fees, while the adjoining 8,000 sq. m. sports ground also hosts the town's annual Dussehra Mela.

Another feather in the Club's cap is a unique maternal and child health project launched during the year of RI President Lee, under the theme "Save Child Mortality." A monthly medical camp for pregnant and nursing mothers and children up to five years of age is held, staffed by a gynaecologist or paediatrician, providing free medicines and nutritional supplements through generous donations from members. Except for a brief pause during three years of COVID, this has remained a continuous signature activity, repeatedly recognised and awarded by successive District Governors.

The Club also maintains an active presence in District programs and contributes regularly to The Rotary Foundation, proudly counting two Major Donors among its members and working towards becoming a 100 percent Paul Harris Club.



With a close-knit membership of about 30 Rotarians, including six women, Rotary Club of Parwanoo continues to move from strength to strength, led this year by an enthusiastic President, PHF Rtn Puneet Kapoor and a committed team determined to set the bar of service even higher.

# Rotary Action Groups

## Addiction Prevention



### RAG AP

Rotary Action Group  
for Addiction Prevention

The Rotary Action Group for Addiction Prevention (RAG AP) is a global network of Rotarians and non-Rotarians committed to mobilizing Rotary members and clubs to take the lead in preventing substance use, abuse, and all forms of addiction.

We aim to provide worldwide leadership and support in developing and promoting effective prevention strategies, raising awareness, and building healthier communities through education, advocacy, and collaboration.

This Rotary Action Group operates in alignment with the policies of Rotary International, but is not an agency of Rotary International, nor is it subject to its control.

Substance abuse and addiction of illicit drugs is a global problem and can only be addressed by the joint efforts of all worldwide organizations including governments.

In a combined, structured and sustained action, the mission of the Rotarian Action Group for Addiction Prevention is to strengthen those efforts by organizing an international group of Rotary specialists and activists to develop constructive plans of action to be used to initiate prevention of addiction and illicit drugs.

The Rotarian Action Group for Addiction Prevention partnered with Edventi to develop a toolkit for engaging Rotarians in community-based addiction prevention education.

The model relies on collaboration with public health and prevention leadership and brings together all community stakeholders to learn about the brain science and driving forces of addiction. Through the program clubs and districts will become active in this field to help communities, schools and youth organizations to invest in primary prevention education and addiction prevention programs.

Founded in February 2013 and recognized by Rotary International in January 2016, the RAG now operate in more than 42 countries and 45 districts in accordance with Rotary International policy.

Their aim is to:

- prospect all Rotarians active in prevention of substance abuse and addiction
- bring their expertise together for study and exchange
- learn how Rotary clubs can participate in the struggle against addiction
- disseminate this knowledge and the developed methodology
- inform and stimulate Rotary Districts and clubs
- integrate addiction prevention as an essential part of their service.

*For more information, please visit [www.rag-ap.org](http://www.rag-ap.org).*

# Rotary Means Business Fellowship **RMB**



Rotary Means Business Is A Fellowship Of Rotary International

Today Rotarians are embracing the original foundations of what the Rotary Club was based on as we adhere to the Four Way Test.

**Rotary Means Business encourages Rotarians to support the success of their fellow Rotarians by doing business with them, and by referring others to them.**

*“If any one tells you that it is reprehensible to make a dollar or two for the wife and babies from club associates in straightforward business transactions, tell that person that some foreign substance has gotten into his carburetor.”*  
(Paul P. Harris, January 1911).

Business networking meetings of chapters can be conducted periodically and by doing so members experience a strong perception increase in the value of their membership. Non members can also be invited to attend. RMB chapters meet happens once in a week, some cases once in 2 weeks or even once in a month.

Some chapters have a combination of Online as well as in-person meetings. For eg., a chapter meeting every Wednesday may choose to have 1 online meeting and 3 in-person meetings in a month.

Many chapters also facilitate cross-chapter meetings to enhance the market reach of their members. A good networker looks forward to attend all these chapter meetings, inter chapter meetings and conclaves and explores possibilities of improving his revenue, looks for collaborators, associates and some time partners to spin off a new business entity.

Networking is a process and does not always produce results immediately. To be successful in business networking be patient and give it some time.

This fellowship operates in accordance with Rotary International policy, but is not an agency of, or controlled by, Rotary International. All disputes pertaining to the fellowship to be referred to the office of Rotary Means Business Fellowship only for redressal and not to Rotary International.

*For more information, please visit [www.rotarymeansbusiness.org](http://www.rotarymeansbusiness.org).*

# UNITE FOR GOOD



**Francesco Arezzo**  
*RI President*

**Ravi Prakash**  
*District Governor*



# DISTRICT CONFERENCE

**28 Feb - 01 Mar 2026**

***BHEL Convention Centre, Haridwar***

**Rtn. Sanjeev S. Kaushal**  
*District Conference  
Chair*

**Rtn. Alope Saraswat**  
*President, RC Hardwar  
Host Club*

***UNITE FOR GOOD***

**Registration:**  
**Single: Rs. 4,500/- | Couple: Rs. 8,000/-**

## RC ALAKNANDA VALLEY

### Dental Checkup Camp



### Blazers Distributed



### Cervical Cancer & Hygiene Awareness with Hygiene Kit Distribution



## RC CHANDIGARH

### Blanket Distribution at Babu Dham Colony



### RI's Visit to Hall of Fame at Rotary House



## RC CHANDIGARH CENTRAL

### RYLA Table Tennis Tournament



# RC CHANDIGARH TRICITY

## International Day of Persons with Disabilities



## Disability Empowerment



# RC DEHRADUN CENTRAL

## Children's Day Celebration



## Distribution of Sanitary Pads



# RC DOON SHIVALIK HILLS

## School Bags Project



## Tube Lights Distributed



## Breast Cancer Awareness Talks



## Distribution of Blankets



## Help for a Girl's Marriage



## Blood Donation Camp



## Annapurna



# RC HARIDWAR CENTRAL

## Rotary Wheel Installation



# RC KARNAL

## Solar Light Project



## Hind Di Chadar Marathon



## School Bags Project



# RYLA



# RC KARNAL ... continued...

Talk On Mental Health



Distribution of Blankets to Brick Kiln Labourers



# RC KARNAL MIDTOWN

School Bags Project



Bhandara at Manav Sewa Sangh



Blanket Distribution | Old Age Home



# RC KHARAR

Blood Donation Camp



# RC MOHALI MIDTOWN

Eye Check Up Camp



Help for Needy Children



# RC MORINDA

Guru Nanak Dev Prakash Utsav Nagar Kirtan



Flag Exchange



# RC MUSSOORIE

## Eye Check-up Camp



## Health Check-up Camp



# RC NEW CHANDIGARH

## Children's Day Celebration | RYLA



# RC PANCHKULA

## Modular Artificial Limbs Project 1



Annadaan



## Modular Artificial Limbs Project 2



## Mammography & Lung Camp by Co - Pilots



SAHARA - Distribution of Clothes



Egg Bank



### Tuition Classes for Under Privileged Students



### Computer Training



### RVTC Stitching training for Girls



### Respect Traffic Rules by Interact Club



### Children Day Celebration



## RC PANIPAT PRIMER

### School Shoes Distribution



### Children's Day Celebration



## RC POANTA SAKHI

### School Bags Project



### Children's Day Celebration



## RYLA



Washing Machine Donation



Lights Distribution



Lights Distribution in School



Eye Check-up Camp



Wheel Chair Donation to Railway Station



## RC ROOPNAGAR

Distribution of High Protein Diet to TB Patients



Cleanliness and Sanitation drive



Cervical Cancer Awareness Talks



Dental Check Up Camp



## RC ROORKEE ELITE

Traffic Awareness Campaign at KL Polytechnic



Media Coverage

**विद्यार्थियों को पढ़ाया यातायात नियमों का पाठ**

जामगन सेवादाता, रुड़की : रोटी क्लब रुड़की एलिट की ओर से केएल पॉलिटेक्निक के विद्यार्थियों को यातायात नियमों का पाठ पढ़ाया गया। प्रोजेक्ट समन्वयक पीयूष गर्ग ने बताया कि इस कार्यक्रम का उद्देश्य सड़क सुरक्षा उपायों के बारे में शिक्षित करना है।

गवर्नर डा. अजय शर्मा ने सड़क नियमों का पालन करने की शपथ दिलाई। अध्यक्ष दीपिका कर्माकर ने कहा नियमों का पालन करना चाहिए। उपनिरीक्षक सुनील सती ने यातायात नियमों की जानकारी दी। डिस्ट्रिक्ट चेयरमैन राजीव ने प्रश्नोत्तरी का आयोजन किया।

जोन 3080 के असिस्टेंट

### Eye Check-Up Camp



### Inauguration of Happy School RMP Kanya Vidyalaya



### Diabetes Awareness & Detection Camp



### HPV Vaccination 1



### HPV Vaccination 2



### Talk on Traffic Awareness & CPR Training RYLA



## RC ROPAR CENTRAL

### Installation of Watercooler at School



### Installation of Interact Club



### Cleanliness Drive



### Distribution of Sanitary Pads at School



### Blood Donation



### Constitution Day Celebration



### Eye Check Up Camp



### Health Check Up Camp



### Sweaters Distribution



## RC SHIMLA

### E-Waste Awareness & Collection



### Kangaroo Mother Care Baby Bags Project



### Cloth Collection Drive



### Children's Day Celebration at the Paediatric Ward of IGMC



### Dental Check up Camp



### Sneh Ki Chadar-Woolen Cloth Collection by Rotary Co Pilots



### Water Pollution Project by Rotary Co Pilots



### Sports RYLA by Rotary Co Pilots



Organ Donation Awareness Talk    Awareness Talk on Avoiding Plastic Usage & Distribution of Recycled Cloth Bags    Anti-Chitta Awareness Walkathon



National Cancer Awareness Day Campaign at Himachal Pradesh University



## RC SHIMLA HILL QUEENS

UTTHAN - Supporting TB Patients with Nutritional Care



Medical Camp



Kanda Jail Governor Visit



Breast Cancer Awareness Talks



Prashray



Beating the Winters - 15 Jackets



Breast Cancer Awareness Talks



Flag Exchange



# RC SHIMLA HILL QUEENS ... continued...

Medical Camp



Distribution of School Shoes



Modular Artificial Limbs Fitment Camp



Women Empowerment Talk



Spectacles Distribution



Prashray 2



Clothes Donation



Medicines Distribution



Dermatology Camp Kanda Jail



Distributing Sanitary Pad to Female Inmates of Kanda Jail



# RC SILVERCITY MOHALI

Nation Builder Award





# ROTARY INTERNATIONAL CONVENTION

TAIPEI, TAIWAN | 13-17 JUNE 2026

Rotary 

 TAIPEI  
2026

#Rotary26

# “Seize the Spotlight”

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- Trendsetters & Gamechangers
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