

Rotary
District 3080



UNITE FOR GOOD



Rotary Pulse

Governor's Official Monthly Newsletter
Issue 9 | 2025 – 26
April 2026



ICONIC SPOTS OF DISTRICT 3080

Situated on the Ambala - Naraingarh road, about 10 kilometres northeast of Ambala City, Gurudwara Panjokhra Sahib in Ambala, Haryana, is a historic Sikh shrine dedicated to the eighth Sikh Guru, Guru Harkrishan Sahib Ji, who stayed here in 1664 while traveling from Kiratpur on his journey to Delhi to meet Emperor Aurangzeb. Known for the famous story of how a humble villager passed a spiritual test of knowledge given by Pandit Chhajju, this place stands as a testament to the belief that The Almighty's grace is not restricted by worldly education, but is rather driven by faith. The Guru blessed this land and it is believed that bathing in its Sarovar can cure ailments.



ROTARY INTERNATIONAL CONVENTION

TAIPEI, TAIWAN | 13-17 JUNE 2026

Rotary 

 TAIPEI
2026

#Rotary26

In This Issue...

Particulars	Page No.
Editorial	01
Message of The RI President	02
Message of The District Governor	03
Message of The First Lady	05
Additional Coverage Multi District Fellowship Meet	06 - 08
Administrative Council Meet at Roorkee	09
Clubs in Focus	10 - 14
Clubs in Action	17 - 22
Fibre... The Forgotten Food	23 - 24

Editorial

kal raat jo eīndhan ke liye kaṭ ke gira hai,
 chiṛiyōn ko bohōt pyāār tha us bur̄he shajar se...
 - Parveen Shakir

***The tree that was fell last night for firewood,
 The birds loved its old, once leaf-laden abode.***

There are moments when a poet's lament mirrors our planet's quiet grief. **This verse of Shakir speaks not just of a felled tree, but of a world losing its tenderness — where convenience triumphs over compassion. That "old tree" could be any of the countless sentinels of life we have sacrificed in the name of moving forward, oblivious to the chirping lives that once called it home.**

April calls us to pause, reflect, and restore harmony between human ambition and nature's rhythm. As Rotarians, each sapling we nurture, each river we clean, each awareness we spread is a pledge of how growth should be mindful and must never cost us with irreparable damage.

Let us kindle our fires with purpose, not with the timber of any thoughtless acts in our daily lives and our small and big Rotary Clubs. True warmth comes not from burning, but from sustaining the world that shelters us!

Soheb Malik
Soheb Malik

District Editor 2025-26

Presidential Message – April 2026

COUNT ON PREPARATION, NOT LUCK

Not long ago, in a small health center in the village of Aaye in southwest Nigeria, a woman arrived in labor carrying twins. The facility was short-staffed. The nurse midwife in charge was not present.

A community health worker stepped forward. She had participated in Together for Healthy Families in Nigeria, a Rotary Foundation Programs of Scale initiative. And though she was not formally trained as a midwife, she was equipped with essential emergency obstetric skills.

Hours later, both babies had been delivered, one at the health center and the other at a general hospital, where the mother had been referred after complications were quickly identified. The newborns and their mother were alive and safe.

Women around the world face similar circumstances every day — moments when the difference between life and loss depends on well-trained medical staff and reliable systems and procedures.

Together for Healthy Families in Nigeria exists to increase the chances that those

workers, this program helps communities protect mothers and children even when circumstances are difficult.

This work reflects the very heart of Rotary service. Service is not only what we do when conditions are ideal. It is what we do when systems are strained, resources are limited, and the need is urgent. It is the commitment to prepare people before a crisis arrives and to stand with communities when it does.

Maternal and child health is not an abstract goal. It is deeply personal. It is a mother who survives childbirth. It is a newborn who takes a first breath. It is a family that remains whole because someone was trained, ready, and cared enough to act. Rotary understands that service means investing in people and systems long before they are tested.

Programs like Together for Healthy Families in Nigeria show what is possible when Rotary brings together local knowledge, global partnerships, and sustainable solutions. By working alongside health professionals and local leaders, Rotary helps ensure that lifesaving care does not depend on luck or location.

The story of the mother and her twins is at its core a story of service. It is a reminder that Rotary's impact is measured in human moments when people step forward to help others in their most vulnerable hours. When we Unite for Good, service becomes more than an ideal. It becomes a lifeline for families, a source of strength for communities, and a promise that Rotary will continue to go wherever help is needed most.

Francesco
Francesco Arezzo

RI President 2025-26



Message from The District Governor

My dear friends,

As I look back, it is astonishing how swiftly time has flown. Nearly seventy-five percent of this Rotary year has passed, yet it feels like only yesterday we embarked on this remarkable journey together. Each passing month has been filled with purpose, challenge, and achievement — a journey defined by compassion, collaboration, and commitment.

At this reflective moment, I feel immense pride and gratitude. To all 124 Clubs of Rotary District 3080, I offer my heartfelt appreciation. Your dedication, enthusiasm, and service have brought honour to Rotary and hope to society. Through your countless projects; whether enhancing literacy, improving healthcare, safeguarding the environment, or uplifting the underprivileged—you have turned ideals into impact. Every initiative, big or small, has contributed to strengthening Rotary's public image and reaffirmed our collective resolve to make a difference.

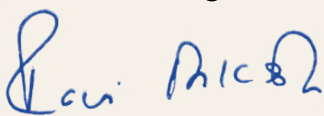
This Rotary Year's Presidential Message, "Unite for Good," has been more than a slogan. It has been our guiding philosophy. It reminds us that progress thrives on unity, not individuality. When we come together in shared purpose, our collective energy becomes a powerful force for transformation. Unity allows us to listen deeply, respect differences, and arrive at unanimous decisions that reflect the wisdom of the many rather than the authority of one. Such consensus not only brings harmony but also ensures smoother functioning and efficient execution of our goals.

Throughout the year, I have seen the extraordinary outcomes that arise when clubs work in partnership by combining resources, expertise, and goodwill. Whether through joint medical camps, inter-club environmental campaigns, or collaborative youth programs, every partnership has demonstrated how unity magnifies impact. Together we achieve more, reach farther, and serve better. This strength of collaboration lies at the heart of what makes Rotary truly distinctive.

As we enter the final quarter of this Rotary year, let us carry forward the same spirit of togetherness that has defined our journey so far. Let us continue to unite for good—to support one another, celebrate one another's successes, and find shared purpose in service. The bond that connects our clubs across cities and regions is not just administrative. It is emotional and ethical, built upon trust, respect, and shared ideals.

Our collective purpose transcends individual recognition. The true measure of our year will not rest in numbers or awards but in the lives touched, the smiles restored, and the hope rekindled. Let us continue our mission with renewed passion, as one united family, committed to doing good — today, tomorrow, and always.

With heartfelt gratitude,



Ravi Prakash

District Governor 25-26



Message from The First Lady

My Dear Rotary Family,

As I sit down to write these words, I find myself reflecting on how quickly time has passed. I am reminded by the District Editor that this message is for the April GML. It feels almost unreal that three-fourths of this Rotary year are already behind us. What began as a journey of purpose and possibility has blossomed into a year filled with inspiration, kindness, and togetherness. Each moment has carried the fragrance of service and the warmth of shared dedication that only a Rotary family can create.

To the spouses and family members of all Rotarians in District 3080, I wish to express my sincerest admiration and affection. Behind every meaningful service project, every successful Rotary event, and every humanitarian cause, there is a quiet strength—the unseen yet indispensable hand of love and support that family provides. You, who cheer silently, adjust selflessly, and share so generously, are the gentle pulse that keeps Rotary hearts beating in harmony.

Throughout this year, I have been deeply moved by the spirit of unity I have witnessed in our extended Rotary family. The theme of this Rotary year, “Unite for Good,” holds special meaning not only for Rotarians but also for those who stand beside them. When families are united, Rotary itself becomes stronger, for service is most powerful when nurtured by love and encouragement.

We as spouses are co-travellers in this journey, even if we walk quietly beside. Each time we extend a helping hand, host a gathering, or offer a compassionate word, we strengthen the invisible thread that binds our Rotary family together. I have seen friendships bloom, hearts open, and lives touched—proof that unity doesn't need grandeur; it only needs sincerity.

As our district's Co-Pilot projects unfolded — from literacy drives to health camps, from vocational support to environmental initiatives, the involvement of spouses added grace and gentleness to every endeavour. **Whether mentoring young minds, comforting those in need, or simply brightening events with a smile, your contributions have given a soulful dimension to Rotary service.**

Now, as we begin the final leg of this Rotary year, I encourage each of us to carry forward this spirit of togetherness. Let us continue to nurture joy in our homes, compassion in our hearts, and unity in our communities. When we stand united — for good causes or for one another — our collective light grows brighter.

With gratitude and love, I thank every Rotary spouse and family member for being part of this journey. You are the heart behind every heartbeat of Rotary.

With affection and warm wishes,



Rtn Shalini Prakash

DG Partner

Multi – District Fellowship Meet

Additional Coverage continued from previous edition...

Rotary's Historic First: A Pan-India Fellowship at Rishikesh

The inaugural "Sangam @ Rishikesh" has set a new benchmark for Rotary fellowship in India. Marking the first time a Multidistrict Fellowship Meet of this scale was organized in the holy city, the event successfully brought together a diverse group of 104 Rotarians representing 22 Rotary Districts from across the country.

A True National Integration

The registration list read like a map of India, showcasing the true "Sangam" (confluence) of Rotary spirit. Participants traveled from:

- North: Delhi, Amritsar, Jalandhar, Yamuna Nagar, Kashipur, and Faridkot.
- South: Bengaluru, Mysore, Chennai, and Hyderabad.
- West: Mumbai, Thane, Surat, and Goa.
- East & Central: Kolkata, Patna, Bodhgaya, Bhubaneswar, Jaipur, Udaipur, and Kota.

Leadership and Execution

The seamless organization of this massive gathering was spearheaded by two dedicated leaders from District 3080: Rtn. IPP Sanjeev Sethi (Rotary Club of Yamunanagar Riviera) and Rtn. Pankaj Pandey (District Executive Secretary RID 3080 and member of the host, Rotary Club of Hardwar)

Their tireless efforts ensured that the 104 attendees felt the warmth of Rotary hospitality from the moment they arrived.

To mark this historic first, several exclusive tokens were introduced:

- Inaugural Badge: A special commemorative "1st Multi-District Fellowship Meet" badge (as seen in the event insignia) was released for the first time, becoming a proud memento for every participant.
- Event Apparel: High-quality T-shirts were distributed to all members as a token of warmth and a lasting memory of the Rishikesh sojourn.
- Welcome Kits: Each attendee received a beautifully curated kit, including a bottle of sacred Ganga Jal, symbolizing the spiritual essence of the location.

Key Participants

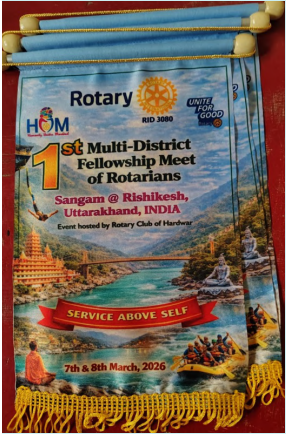
The event saw a high-profile gathering of Rotary executives and dedicated members, including:

- District 3070: Rtn. Nupur Sandhu (Jalandhar) and Surinder Singh (Amritsar).
- District 3080: Rtn. Sanjeev Sethi, Rtn. Pankaj Pandey, and host club leaders Rtn. IPP Arvind Singh Rajora and Rtn. Rajiva Rai.
- District 3011: Rtn. Sandeep Saxena, Rtn. Navneet Grover, PAG Rtn. Neeraj Bhatnagar, and Rtn. Dinesh Jain.
- District 3141: Rtn. AG Narendra J Shah and Rtn. PP Anup Chandrana from Mumbai.

While the vision was centered on fellowship, the execution offered a "Nirvana" experience at the Nirvana Resort. From the adrenaline of rafting and bungee jumping to the spiritual calm of the Ganga Aarti at Parmarth Niketan and Triveni Ghat, the event balanced adventure with soul-searching. The musical night by IFRM members and the formal Flag Exchange further cemented the bonds between the 22 districts present. With the successful conclusion of this first meet, the foundation has been laid for a permanent legacy of multidistrict fellowships, with planning for the next already underway.

...Multi - District Fellowship Meet

A Historic Gathering of Rotarians from Across the Country



...Multi - District Fellowship Meet

A Historic Gathering of Rotarians from Across the Country



Administrative Council Meet

Presidents and Club Representatives gather at Roorkee...



A decision to conduct an Administrative Council Meeting for Club Presidents was taken in the Business Meeting at the District Conference, presided over by District Governor Rtn Ravi Prakash, in the presence of RI President's Representative PRID Mahesh Kotbagi and RI Director Elect G. S. Sekhon; where the Annual Accounts of 3 Past District Governors were presented for approval and 2 of them were approved. There were few objections raised by some attendees on the accounts of RY 2021-22 and, as such, no consensus was reached on the same.

It was then directed by the RI President's Representative and the RI Director Elect that a special Administrative Council Meeting of Presidents should be convened to discuss and approve the accounts, as deemed fit by the majority of the house. Consequently, the District Governor organised this meeting on 05 April 2026 at Hotel Sarovar Portico in Roorkee.

The meeting witnessed an impressive turnout of the majority of Clubs through the District's Presidents and authorised Club Representatives, reflecting the importance attached to the issue **The issues were discussed at length and the accounts were subsequently passed by a thumping majority through a vote conducted by the show of hands.** The

process was open, transparent, and meticulously recorded through both photography and videography, maintaining all proper documentation and accountability.

Several participants expressed their concern over the prolonged delay in addressing the matter. They highlighted how the issue had lingered unnecessarily, causing uncertainty, and a lack of confidence in the organization - within the District's Rotarians at large.

The deliberations extended to a thorough examination of the conduct of the then Finance Committee and their chain of actions that led up to the day. Members openly shared their perspectives – critical of the then Finance Committee's vendetta actions against the then DG.

The meeting concluded on a constructive note, with a shared understanding among attendees that this decisive action should help restore confidence of Rotarians and strengthen governance mechanisms.

Attendees were also of the view that such meetings should not have to take place in the future and that the harmony of the District should be maintained.

As the District moves forward, the consensus achieved at this Administrative Council Meet stands as a testament to Rotary's enduring spirit of integrity.

Club in Focus: Rotary Roorkee Upper Ganges

A Year of Purpose...

The Rotary year began on a celebratory note for the Rotary Club Roorkee Upper Ganges, with a grand installation ceremony held at Tamarind, Roorkee. The event was graced by Rotarians from neighbouring clubs, the District Governor and the District Team who joined in welcoming the new leadership team. Rtn. Saniya Malik took over as President, along with her dynamic Board of Directors, setting the tone for a year characterized by compassion, teamwork, and service.

The club's activities started with tremendous energy. In July, members undertook Kanwar Sewa, organizing a Bhandara for over 900 Kanwaris at Uttarakhand Hyundai, Roorkee. The project was led by Rtn. Shivam Khanna and his wife Nikita, exemplifying family participation in Rotary's mission of selfless service. The same month, the club proudly supported the chartering of Rotaract Club Roorkee Waves, nurturing young leaders and further strengthening the Rotary movement in the region.



Community welfare continued with a Raincoat Distribution Drive during the monsoon season for hawkers, vegetable vendors, and rickshaw pullers—individuals whose livelihoods depend on working through the rains. Health and education remained high on the club's agenda as well. A Free Hemoglobin Testing Camp was organized for 105 girl students, coupled with distribution of fruits, biscuits, and juice to promote nutritional awareness.

Under District Project "Nanhe Deepak", the club executed the School Bags Distribution Project, spreading smiles and motivation among hundreds of children from weak backgrounds. Further demonstrating commitment to health, the club organized two Blood Donation Camps at Smt. Tarawati Institute, Roorkee, and Roorkee Institute of Technology (RIT), where volunteers came forward with generosity to save lives. A Dental Check-up Camp and Nation Builder Awards Ceremony were also held at the Tarawati Institute, coordinated by Rtn. Vijay Arora, a veteran Rotaractor and the club's member.

... Rotary Roorkee Upper Ganges

Rotarians of Roorkee Upper Ganges participated in district-led initiatives with equal passion, notably contributing to the "Sweets for Jawans" campaign, extending gratitude to the nation's protectors. The club also provided financial assistance of ₹31,000 to support the treatment of a young burn victim, reinforcing its commitment to humanitarian service.

In collaboration with RIT, Roorkee, two impactful community projects were carried out in nearby villages. At Puhana Village, stationery was distributed to 120 school children, encouraging education and learning. Another project in Village Nanhera Anantpur saw the distribution of first-aid kits to 75 families, promoting health awareness and emergency preparedness. The projects executed with RIT were led by Rtn Naman Bansal. True to Rotary's spirit of fellowship, the club hosted a heartwarming Diwali celebration, strengthening club bonds and celebrating the joy of togetherness. Further empowering education, scholarships were awarded to eight meritorious girl students of Methodist Girls College, Roorkee, nurturing their academic ambitions.

Crowning the year's efforts is the initiation of Roorkee's first Rotary Park near SDM Chowk, a visionary project that will stand as a symbol of Rotary's enduring impact on the community. The park shall be inaugurated before this Rotary Year ends. The Club Members also contributed financial good wishes to its Club Runner on the occasion of the marriage of his daughter. The club also participated in the cleanliness drive as called by the District Governor for Roorkee's Rotary Clubs.

With service woven into every endeavor, Rotary Club Roorkee Upper Ganges has truly exemplified the Rotary spirit – combining compassion, teamwork, and vision to bring lasting change to society.



Club in Focus: Rotary Hardwar

Leadership Exemplified...

Rotary Club Hardwar has executed a remarkably wide range of service projects and fellowship activities throughout Rotary year 2025-26 so far, combining spirituality, education, health, environment, humanitarian support, and youth engagement. The club's work shows steady community impact, strong district collaboration, and sustained volunteer leadership under Rtn. Dr Aloke Saraswat's able stewardship.

The year began on 1 July with a meaningful Ganga Aarti in Haridwar, where the district, zone, and club leadership welcomed the new Rotary year in a spirit of devotion and unity. DG Rtn. Ravi Prakash, Rtn. Shalini Prakash, district officers, and Rotary Hardwar leadership including District Executive Secretary Rtn. Pankaj Pandey were part of this auspicious start. The arrangements, including prasād and refreshments, were handled with care and coordination, setting a dignified tone for the year ahead. This opening event was more than ceremonial. It reflected the cultural and spiritual identity of Haridwar and reinforced Rotary's ability to begin service with collective purpose. The gathering also brought together members from Rotary Doon Ganga, Chiddarwala, and others from the district family. It was a fitting beginning for a year that would be marked by action and fellowship.

Rotary Hardwar then helped inaugurate the District 3080 project "Nanhe Deepak – Mera Basta, Meri Shaan" by distributing 85 school bags to deserving students at Vatsalya Vatika, Bahadradab. The project was supported by DG Rtn. Ravi Prakash, DG Partner Rtn. Shalini Prakash, DES Rtn. Pankaj Pandey, AG Rtn. Gaurav Gupta, Chief Aide Rtn. Vikas Garg, and District Coordinator Rtn. Abhishek Midha. This initiative highlighted Rotary's commitment to dignity in education.

The same day, the club also celebrated its first Annapurna Day of the year. This tradition, initiated by Rtn. Pankaj Pandey in memory of his son Harshit's birthday, has become an annual service project centred on nourishment and care and by the end of August, Rotary Hardwar had completed three Annapurna Days and served 265 plates in total.



Environmental service remained one of Rotary Hardwar's strongest themes. Rtn. B. M. Gupta, widely known as the "Nature Guru," continued to lead plantation drives of more than 2,000 saplings annually, with 800 saplings already planted in July 2025 alone. His contribution stands out not only for scale but also for follow-up and care.

The club's approach to plantation is especially noteworthy because it goes beyond symbolic activity. Saplings are monitored, protected, and nurtured to ensure survival. This has made the project a true green mission rather than a one-day event. The result is a long-term environmental effort that has engaged schools, industries, and community groups across Haridwar.

... Rotary Hardwar

Rotary Hardwar also responded quickly to humanitarian needs. On 13 August 2025, the club supported relief efforts for Dharali-Uttarkashi by flagging off a vehicle carrying essentials such as soap, hand wash, toothpaste, toothbrushes, and sanitary pads. These items were collected from Sidcul and sent for distribution through the social welfare administration in Uttarkashi. In November 2025, the club distributed 36 blankets through the support of Kanj Products and also held an Annapurna Day at Vatsalya Vatika, where 70 children were served meals. Another moving example of service came when the club supported a needy family for a daughter's marriage, raising ₹25,000 within hours and arranging both cash help and a washing machine. These efforts show the club's ability to combine compassion with speed.

Health service was another major pillar, especially the club's ongoing HPV vaccination initiative. In collaboration with District 3030, CPAA, and participating schools, Rotary Hardwar supported awareness and vaccination drives aimed at preventing cervical cancer. The campaign included school visits, counselling of parents, and consent collection before vaccination.

By the district's support and coordinated efforts, about 1,700 girls had been vaccinated, including around 250 in Haridwar on one day. Rotary Hardwar later conducted another drive on 28 and 29 January 2026 at DPS Daulatpur and Diksha Rising Stars Public School, vaccinating 460 girls. **With this, the club's own total reached 710 girls vaccinated. This initiative is one of the year's most significant public-health contributions.** The club's blood donation programme continued with strong consistency. A camp at ALF Engineering Company collected 101 units and brought the year's tally to 266 units across four camps at that stage. Later, the seventh blood donation camp of the year, held at Satyam Auto Components on 14 November 2025, collected 102 units and raised the annual total to 475 units.

On 28 March 2026, another camp at ALF Engineering Company, in collaboration with Himalayan Hospital, Jolly Grant, collected 81 units. This took the year's cumulative collection to 651 units. The camp also marked personal milestones, including the 42nd whole blood donation of President Rtn. Dr. Alok Saraswat and the 37th whole blood donation of Kultej Singh. These figures reflect a deep culture of service by example.

Rotary Hardwar placed strong emphasis on youth development and cultural learning. A half-day RYLA on art and culture at DPS Daulatpur involved 50 students and included talks on Raksha Bandhan, cultural values, and youth responsibility, along with a rakhi-making workshop. On Hindi Diwas, the club organised "RYLA – Nanhe Swar Kavya Pratiyogita," in which 124 children took part in poetry competition.



... Rotary Hardwar



Another RYLA at Saraswati Vidya Mandir Inter College, Mayapur, brought together 14 students from four schools for a debate on Hindi. Certificates, medals, and encouragement were given to all participants. In January 2026, the club completed four half-day RYLAs on disaster management, health and hygiene, cleanliness awareness, and personality development. Together, these programmes showed a well-rounded commitment to youth formation.

Rotary Hardwar also contributed to infrastructure and digital access. In partnership with Rotary Bangalore West, the club helped establish a digital learning centre at Government Inter College, Daunk in Tehri Garhwal. The centre includes 15 computers, internet connectivity, and monitoring systems, all created at a cost of ₹20 lakh for 115 students.

In Haridwar, the club installed two sofa seats, a public message system, a weather clock, and a Rotary wheel at the police outpost near Har Ki Pauri. This practical support improves public convenience and also strengthens Rotary's visibility at one of the city's most important pilgrimage points. It is a fine example of civic service through thoughtful design.

Rotary Club Hardwar also hosted two important district events — Kshitij, the District Conference at BHEL Convention Centre, Haridwar, and the multi-district fellowship meet Sangam at Rishikesh — further strengthening its role as a key centre of Rotary activity in the region this year.

International Fellowships of Rotarian Musicians

15

IFRM



The International Fellowship of Rotarian Musicians (IFRM) is a vibrant global community that celebrates the universal language of music within Rotary. Formed in 1972, IFRM was among the first Rotary Fellowships created to “promote and encourage the use and appreciation of music in Rotary Clubs by Rotarians and in society at large, thereby fostering world understanding.” Over the decades, this fellowship has grown into an influential network of Rotarians, Rotary alumni, spouses, and friends united by their shared love for music and service.

IFRM received its “not for profit” status in July 1985 and was incorporated in California, USA, in 2004. In 2007, IFRM, Inc. became a registered 501(c)(3) Foundation, enabling it to accept tax-deductible contributions from U.S. donors. These funds support projects that advance music literacy worldwide, reflecting Rotary’s ideals of education and cultural exchange. Through music, IFRM strengthens global bonds and nurtures peace and goodwill across borders.

The Fellowship plays a vital role in promoting the cultural and educational dimensions of Rotary. Its members engage audiences through group singing, instrumental performances, and live orchestras at Rotary events—from club meetings to conventions. IFRM also arranges and publishes the annual Rotary International Presidential Theme Songs,

offering musical leadership and performances at Rotary functions across all levels. Whether performing live or fostering community through shared melodies, IFRM ensures that music remains a joyful and integral part of Rotary’s identity.

Beyond live performances, IFRM creates spaces for ongoing engagement through its website, newsletters (“Staccato” and “Music Notes”), and social media channels. The fellowship hosts online gatherings and even a virtual choir called IFRM Sings, enabling members to connect and collaborate from anywhere in the world. A new Rotary Songbook is also underway, continuing the tradition of musical creativity and fellowship.

Membership in IFRM is open to all who wish to combine service with song—Rotarians, spouses, Rotaractors, and friends alike. For just \$45 for a three-year term, members join a worldwide network of music lovers who believe in Rotary’s mission and the unifying power of melody. For those who love music and friendship, IFRM offers both—connecting hearts through harmony and service across the globe.

For more information visit:

<https://www.ifrm.org/>

Rotary Around The Globe

United States

Everett Singleton was an educator who helped integrate schools in Collinsville, Illinois, in the 1950s. When Interactors from Collinsville High School learned that Singleton's gravesite lacked a marker, they organized a Dine-to-Donate event to raise the \$1,700 needed for a proper headstone. Honouring Singleton, who died in 1970, was second nature to the civic-minded students, says Brad Skertich, the club adviser. Singleton, who grew up in the town's Black neighbourhood during segregation, served as a teacher at various schools and as a principal.



Canada

The Rotary Club of Chilliwack Mt. Cheam in British Columbia aced its volleyball tournament in November, attracting 28 teams to a fundraiser that the club has hosted since 1995. The project supports the club's foundation, which focuses on the needs of children, including dental work, medical assessments, and counselling. In all, the matches have raised more than \$300,000 and collected 15,000 toys over the past 30 years.



England

An event to celebrate Indian culture featured local luminaries with Bollywood connections and raised about \$2,200 for the Rotary Club of Maidenhead Bridge's service work. Attendees included Chittal Shah, choreographer to celebrities, and vocalist Atul Pushkarna, both of whom now reside in the United Kingdom. Ten of the club's 55 members are from India or have Indian heritage. The November event helped fund a Parkinson's disease support group and a trip by the club's vocational training team to Uganda for a maternal and child health initiative.



RC AMBALA CENTRAL

Women's Day Celebrations



Langar



Education Policy Handover for Girl Students and Meeting with Hon'ble CM Nayab Singh Saini for the same.



RC CHANDIGARH

Blood Donation Camp & Heart Surgery No. 800



RC CHANDIGARH CENTRAL

Kindergarten RYL & Oral Hygiene Talk



RC DEHRADUN CENTRAL

Holi Milan



Ghazal Evening



Tubelights to School



Medical Camp



Warriors of Waste Talk



RC DOON SHIVALIK HILLS

Ration Distribution | Co-Pilots



Holi Milan



Honouring Women Achievers



Rotaract Charter



Flag Exchange | Rtn Douglas McMillan



RC HARDWAR

Mega Blood Donation Camp



RC KARNAL

Rtn. P.R. Nath awarded the Raja Saboo Award



Rtn. Dr. P. K. Jain awarded PHF + 6



RC KARNAL MIDTOWN

New Team Bon Voyage



Attending PELS SELS



Talk on AI



RC MOHALI MIDTOWN

Peace Pole Installation



Both Eyes Surgery



RC MORINDA

Rotary Bhawan Construction



Peace Pole Installation



Drishti Project



Examination for Vocational Centre Girls



RC RISHIKESH DIVAS

Felicitation of Asha Workers



Learning to E-Learning | 7 Day Beautician Training Camp



RC RISHIKESH ROYAL

Water Cooler



Fan Donation



Water Cooler to School | Joint Project - RC Rishikesh Central



Wheel Chair Donation



Cycles Donation



RC ROOPNAGAR

Cloth Recycling



Kangaroo Bags

Water Tanks Donated to School



Wheel Chair Donation



RC ROORKEE ELITE

Half Day RYLA at K L Polytechnic Roorkee



RC ROORKEE UPPER GANGES

Clothes Donation



RC SHAHABAD MARKANDA

BMD Screening Camp

Diabetic Neuropathy Screening

Holi Milan



Women's Day Celebrations

Water Purifier at Gurudwara

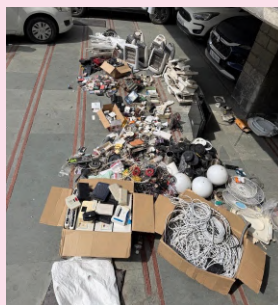
IRS Officer Honoured



RC SHIMLA

E - Waste Collection Drive

Co-Pilots set up a Toy Room at Happy School



MoU with IOCL for Colposcope & Ultrasound Equipment

Two Prominent Rotary Wheels Installed



Project Astitva | Honouring Women Heroes

Vocational Empowerment | Bakery Workshop



RC SHIMLA (continued)...

20 School Benches Donated to Government School



Rotaract Day Celebrations



RC SHIMLA HILL QUEENS

@ Discon

Prashray Project

Flag Exchange | Calcutta Avyanna



Multiple Women's Day Contests

Nanhe Deepak | School Bags | 2 Projects



Self Defence Camp

Blood Donation

Awareness Drive | Consumer Rights



ENT Camp and Sanitary Napkins Distribution | Kanda Jail

School Shoes & Track Suits Distribution



Fibre... The Forgotten Food

by Maj. Gen Krishan Chauhan, Retd. Army Medical Corps

Change Is the Only Constant

Change defines our times. The world order is shifting, and we must adapt. Even amid global conflicts, peace within our minds is essential. Technology has transformed how we communicate (mostly via WhatsApp), make payments (thanks to UPI), and even how we get our meals — increasingly through online platforms delivering cooked food or raw ingredients. We also order health supplements like proteins, probiotics, vitamins, and minerals. Yet, we often overlook one of the simplest and most vital components of good health: dietary fibre.

What Is Dietary Fibre?

Fibre is a type of carbohydrate found only in plant foods. It comes in two forms — usually together — each vital in its way.

- Insoluble fibre cannot be digested or broken down into simple sugars. It has zero calories but adds fullness to food and prevents constipation by forming the bulk of stool. Examples: cellulose, lignin, and certain hemicelluloses.

- Soluble fibre, as its name suggests, dissolves in water and creates a gel-like substance. This gel slows digestion and brings numerous health benefits. Examples: pectin, gums, and mucilage.

Why Fibre Matters

- Ensures healthy bowel movement. It prevents constipation, regulates stool passage, and gives enough time for nutrients and minerals to be absorbed along the digestive tract.

- Promotes satiety and weight control. Fibre adds volume without calories, helping reduce overeating. By moderating glucose absorption, it prevents sudden sugar spikes and aids blood sugar control.

- Improves heart health. The gel formed by soluble fibre binds with bile acids — made from cholesterol — and expels them via

stool. To replace the lost bile acids, the liver uses blood cholesterol, thus lowering its level naturally.

Fibre and Gut Health

Our large intestine houses trillions of microorganisms — bacteria, viruses, and fungi — together forming the gut microbiome. They help digest food, absorb nutrients, and strengthen immunity. When this delicate system is disturbed (by poor diet or antibiotics), dysbiosis occurs, increasing risks of obesity, diabetes, and irritable bowel syndrome.

Dietary fibre is the primary food of these beneficial microbes, especially in the colon. As they ferment fibre, they produce substances that enhance colon health, reduce inflammation, and support balanced blood sugar and weight regulation.

Fibre-Rich Foods for Indian Diets

Fibre is found only in plant foods. Animal products like meat, fish, eggs, and dairy contain none. Fortunately, a traditional Indian diet naturally includes fibre-rich foods:

Grains and millets:

Ragi (finger millet), bajra (pearl millet), jowar (sorghum, gluten-free), whole wheat atta, oats, brown rice, and dalia (porridge).

Pulses and legumes:

Chana (chickpeas), rajma (kidney beans), masoor and moong (lentils), sabut moong (green gram), urad dal (black gram).

Vegetables:

Bhindi (okra), lauki (bottle gourd), methi (fenugreek leaves), palak (spinach), matar (peas), karela (bitter melon), gajar (carrot), chukandar (beetroot), cabbage, cauliflower, broccoli, and sweet potatoes (eat with skin).

Fruits:

Amrudh (guava), anar (pomegranate), papita (papaya), kela (banana), seb (apple),

... Fibre... The Forgotten Food

nashpati (pear), amla (gooseberry), ber (Indian jujube), jamun (blackberry), rasbhari (java plum).

Snacks:

Roasted chana, makhana, popcorn, sprouts of moong or chana.

Nuts and seeds:

Alsi (flaxseed), chia seeds, akhrot (walnuts), badam (almonds), pista (pistachios), and dried figs (excellent source).

For high soluble fibre, include kidney beans, barley, turnips, carrots, sweet potatoes, apricots, and guavas. Importantly, avoid salted dry fruits if you have sodium restrictions.

Exotic fibre sources include blueberries, avocados, raspberries, passion fruit, quinoa, whole wheat pasta, artichoke, Brussels sprouts, and broccoli.

When Fibre Is Lacking

A balanced Indian meal provides adequate fibre, but modern food habits often reduce it. Refined flour (maida), polished white rice, and fast foods — pasta, pizza, burgers, momos — dominate menus. Fresh fruits and salads are ignored, especially by heavy consumers of animal products.

Low fibre intake leads to constipation, hard stools, bloating, and abdominal discomfort. Over time, this can cause weight gain, persistent hunger, and fatigue.

The Other Extreme: Too Much Fibre

Excess fibre is also harmful. Overconsumption — from raw salads, fruit-based diets, or fibre supplements — can lead to bloating, constipation, or diarrhoea, especially if fluid intake is low. It may hinder the absorption of minerals like iron, zinc, and calcium. People with gut conditions such as irritable bowel syndrome or Crohn's disease may

experience flare-ups.

Finding the Right Balance

Good health requires moderation. A largely vegetarian diet with fruits, salads, nuts, and seeds offers sufficient fibre. Pair it with ample fluids each day. Limit animal-based foods since they have no fibre. Listen to your body: if you experience bloating or constipation, adjust accordingly. Persistent hunger or weight gain may signal high blood sugar rather than low fibre.

Let's make fibre-friendly meals part of daily life — and teach our children early to enjoy wholesome, plant-based foods. A healthy gut leads to a healthy body and mind.



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