



Harbinger of Hope



Gordon R. McNally
RI President 2023-24

GOVERNOR'S MONTHLY NEWSLETTER

RID 3080

December 2023



CREATE HOPE
in the WORLD

Dear Rotarians and Friends,

As we step into the winter season, the warmth of Rotary spirit continues to shine brightly across our District. Rotarians, undeterred by the chill in the air, have been actively engaged in meaningful service projects that reflect our commitment to making a positive impact in our communities.

I am delighted to share that we recently bid farewell to DGE Rajpal Singh and Rtn Inderbir Kaur at a heartwarming Bon Voyage event hosted at the Golden Leaf, Roorkee. This memorable day was graciously organized by DGN Ravi Prakash, Ann Shalini, and the Rotary Roorkee Midtown team.

Adding to our list of accomplishments, the District Cricket Tournament successfully took place at Yamunanagar, fostering camaraderie and sportsmanship among Rotarians. It is heartening to witness the enthusiasm and participation in events that bring us together.

In our commitment to continuous learning and growth, orientation programs have been diligently carried out in various zones. These programs are instrumental in fostering a deeper understanding of Rotary principles and objectives, ensuring that our members are well-equipped to serve their communities effectively.

Rotary Chandigarh Midtown & Rotary Chandigarh Central took a step towards inclusivity by organizing RYLA for specially-abled students. This initiative is a testament to our dedication to creating opportunities for all, irrespective of abilities.

Looking ahead, as we close the chapter on the District Grant, I am excited to announce that for the year 2023-24, we will be embarking on impactful projects. These include setting up computer centers in areas where they are needed most, initiating the establishment of Medical Equipment Banks, and addressing other pressing needs within our District. Your support and dedication will play a crucial role in the success of these endeavors.

I encourage every member of our district to sign up for the District Conference "Anand - The Joy," scheduled to take place on February 10-11, 2024, at Chimney Heights Zirakpur.

As we approach the end of the year, let's take a moment to reflect on our achievements and look forward to the new opportunities that await us. May the coming year be filled with hope, joy, and the fulfillment of our shared Rotary goals.

Wishing each and every one of you a Happy New Year! Together, let's continue creating hope in the world.

Yours in Rotary

Rtn. Arun Mongia
District Governor



First Lady of the District 3080

Wishing you all a very Happy New Year! May this year bring in Hope and Happiness all around us!

The year 2023 was an eventful year for our district. The rains and flooding in Himachal and Punjab brought out Rotary's ideals of service and humanitarian aid. Our District was able to step in and help in many ways and contribute in whatever way we could.

The Rotary Institute at Bengaluru saw our District 3080 participating in the GETS, GNTS and DG mid-year review. There was good interactions with visiting RI leaders and other senior Rotarians from zones 4, 5, 6 and 7.

District conference is the much-awaited event on the Rotary calendar and this year it's being organized on 10-11 February. Without amazing people like you all, this event would not be possible.

Here's looking forward to a fruitful New Year and let us continue to serve the society and create Hope around us!

Regards

Rtn. Charu Mongia

From the Editor's Desk

The crisp December air hums with a unique energy. The year, a kaleidoscope of moments, draws to a close, and the horizon shimmers with the promise of a new beginning. In this festive season, as we gather with loved ones and reflect on the past year, a familiar question whispers in our hearts: what legacy will we leave behind?

For Rotarians, the answer lies not in material possessions or fleeting trends, but in the transformative power of service. This December issue of Rotary GML resonates with that spirit, showcasing the boundless dedication of our members in tackling the world's most pressing challenges.

From the grassroots heroes spearheading literacy drives in remote villages to the passionate advocates spearheading global health initiatives, Rotary's impact knows no borders. These are the stories that fill our pages, stories of ordinary people achieving extraordinary things through the unyielding pursuit of "Service Above Self."

But December is also a time of reflection. As we celebrate our triumphs, we acknowledge the battles still to be fought. Climate change casts a long shadow, inequality festers in hidden corners, and the echoes of conflict reverberate from afar. In the face of these complexities, however, Rotary offers a beacon of hope.

Our unwavering commitment to peacebuilding, environmental stewardship, and community development demonstrates that even the most daunting obstacles can be overcome through collective action, fueled by the unwavering spirit of Rotarians worldwide.

Remember, every gesture, no matter how small, ripples outwards, creating a wave of positive change that can transform lives and communities. As the new year dawns, let us dedicate ourselves anew to leaving a legacy of service, one that echoes through the halls of time, carrying the torch of Rotary's mission with unwavering pride.

So, dear Rotarians, let this December be a season not just of celebration, but of renewed commitment. Let us go forth with hearts filled with hope, hands outstretched in service, and spirits undaunted by challenges. Together, we can build a brighter future, one community, one life, one act of service at a time.



Everly Yours

PP Rajiv Bhatia

Winners of Quiz Contest of November 2023

The first Rotary club banner (from the Houston Space Center Rotary club) to orbit the moon was carried by Rtn. **Frank Borman**, a member of that club in the year **1968**.

We received multiple entries for this contest. We have chosen three winners by a draw. These winners will be awarded in the district conference to be held on 10-11 February, 2024.



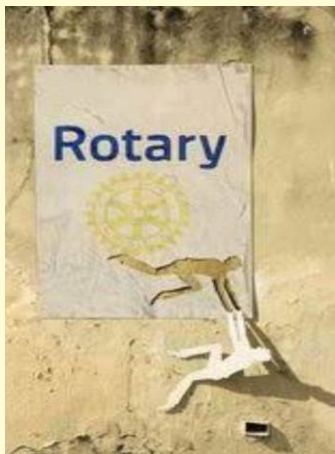
Dr. Parvesh Sablok
RC Paonta Sahb



Vishal Gupta
RC Yamunanagar



Dr. Surinder Singh Makkar
RC Chandigarh Shvalik



Winners of Caption Contest of November 2023

We received multiple entries for this contest. We have chosen three winners whose captions were best. These winners will be awarded in the District Conference to be held on 10-11 February, 2024.

**Rotary Never
Lets You Down**



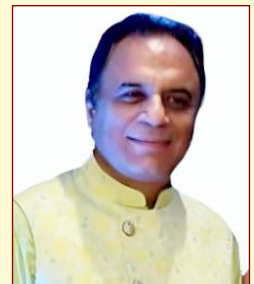
Mujeeb Malik
RC Roorkee Midtown

**Rotary Always Helps
To Elevate People**



Sunil Jindal
RC Kaithal

**We Rise by
Lifting Others**



Vikas Nijhawan,
RC Saharanpur Central

ROTARY QUIZ CONTEST

Answer the following question and get a chance to be recognised in a district event

..... early Rotarian was General Secretary of Rotary International for years

Kindly email your answer by 31st January, 2024 at ynr3080@gmail.com. Don't forget to give your name and club name. You must write **ROTARY QUIZ ANSWER** in the subject. Names of three winners will be chosen by draw and published in next issue with their photographs. Winners will also be recognised in a coming district event.

CAPTION CONTEST

Try your imagination and give a caption to this picture. Kindly email your caption by 31st January, 2024 at ynr3080@gmail.com. Don't forget to give your name and club name. You must write **CAPTION CONTEST** in the subject. Best three captions will be chosen by DG and editorial team and published in next issue with names and photos.



Abhisaar - The Spread of Light

A zonal membership development seminar hosted by **Rotary Saharanpur Central**, was a notable event marked by distinguished speakers and comprehensive discussions on various aspects of Rotary International. Organised by Host President Vikas Nijhawan in coordination with AT Rajesh Kapoor and Project Chair Sunil Bhagat, and assistance from AG Sanjay Midha, the event was a grand assembly of knowledge and fellowship, drawing more than 100 Rotarians from diverse clubs of Zone 15/16 including Saharanpur, Deoband, and Roorkee. This convergence of Rotarians created a vibrant atmosphere of learning and



exchange, where experienced leaders and members shared insights and inspired one another. This event served as a platform for enlightenment and engagement for Rotarians, fostering a deeper understanding and commitment to Rotary's principles and goals.

1. DG Arun Mongia's Session on Club and District Structure: This session provided valuable insights into the organizational framework of Rotary, emphasizing the roles, responsibilities, and privileges of Rotarians within this structure.
2. DGE Rajpal Singh on Rotary History and TRF: Singh's enlightening talk covered the historical journey of Rotary International, shedding light on its evolution, milestones, and the pivotal role of The Rotary Foundation (TRF) in driving Rotary's mission and vision.
3. Dr. Rita Kalra on Service Avenues and Focus Areas: Dr. Kalra's session was pivotal in outlining the five avenues of service that form Rotary's core philosophy. She also delved into the seven areas of focus, elaborating on how these guide Rotary's humanitarian efforts. Additional discussions on Rotaract, Interact, fellowships, and



RYLA offered a comprehensive view of Rotary's youth and community engagement programs.

4. Dist Chief secretary Sandeep Jain on the Rotary Foundation: Jain's talk highlighted the global impact of the Rotary Foundation, discussing key initiatives like peace scholarships and global grants. This session underscored the Foundation's role in furthering Rotary's global outreach and impact.
5. Ajay Sharma on Rotary's Ethics and Four-Way Test: Sharma's session was a deep dive into the ethical framework that guides Rotary members, with a focus on the Four-Way Test, a cornerstone of Rotarian ethics and decision-making.



The diverse range of topics covered at the seminar, from the Rotary Foundation's global impact to the ethics and objectives of Rotary, catered to the varied interests and expertise of the participants. The presence of such a large and engaged audience from multiple clubs not only demonstrated the unifying power of Rotary but also provided a unique opportunity for members to network, collaborate, and deepen their understanding of Rotary's mission and impact.



Each session was a blend of expertise, experience, and passion, contributing to an engaging and informative seminar that enriched the knowledge and dedication of the participating

Rotarians Overall, "Abhisaar - The Spread of Light" was more than just a seminar; it was a celebration of Rotary's spirit and a testament to the commitment of its members to service, leadership, and community development.

CLUBS IN ACTION

RC PANIPAT ROYALE



DONATED DIALYSIS MACHINE

RC CHANDIGARH PERIPHERY, ZIRAKPUR



TREE PLANTATION

RC PAONTA SAHIB



WHEEL CHAIR DONATED

RC KAITHAL



DONATED GOODS IN GOSHALA

RC KALKA HERITAGE



BLOOD DONATION CAMP

RC JAGADHRI



SWEATERS DONATED IN DISTRICT JAIL

RC CHANDIGARH



PROTEIN DIET TO TB PATIENTS

RC YAMUNA NAGAR RIVIERA



NEKI KI DIWAR STARTED

RC DEHRADUN



NUTRITION HEALTH FOOD PACKETS TO 100 TB PATIENTS

RC KARNAL MIDTOWN



BLANKETS DISTRIBUTED

RC PANCHKULA



BLANKETS DISTRIBUTED

RC SHIMLA



MILK LANGAR FOR NEEDY

RC RISHIKESH DIVAS



DENTAL CHECKUP CAMP

RC AMBALA CITY



SWEATERS DISTRIBUTED

RC PAONTA SAKHI



SWEATERS DISTRIBUTED

RC PAONTA SAHIB



CLOTH BAGS DISTRIBUTED

RC MOHALI MIDTOWN



WOOLEN SWEATERS DISTRIBUTED

RC MUSSORRIE



ART & PAINTING COMPETITION

RC SHIMLA HILL QUEENS



WHEEL CHAIR DONATED

RC CHANDIGARH UPTOWN



CHRISTMAS CELEBRATION

RC CHANDIGARH



ORAL HEALTH CHECKUP CAMP

RC CHANDIGARH



BLOOD DONATION CAMP

RC PANIPAT RAINBOW



WARMERS IN OLD AGE HOME

RC YAMUNA NAGAR RIVIERA



MAMMOGRAPHY CAMP ORGANIZED

RC RISHIKESH



ROZGAR MELA ORGANISED

RC YAMUNA NAGAR



FOOTBALLS TO BUDDING PLAYERS

RC RANIPUR



QUILTS DONATED

RC KHARAR



HEARING MACHINE DONATED

RC ALAKNANDA VALLEY



TRACK SUITS DONATED

RC ROOPNAGAR



FIBROSCAN CAMP ORGANIZED

RC MORINDA



WOMEN'S HEALTH & SCREENING CAMP ORGANIZED

RC SAHARNPUR CENTRAL



MEDICINES DISTRIBUTION TO NEEDY

RC CHANDIGARH COSMOPOLITAN



WOOLENS AND FRUITS TO OLD AGE HOME

RC HARIDWAR



INSTALLED LCD AT HARKIPOURI CHOWK, KOTWALI, HARIDWAR.

RC SHIMLA HILL QUEENS



DISTRIBUTION OF SCHOOL BAGS, UNIFORMS

RC BADDI



BLOOD DONATION CAMP

RC ROOPNAGAR



DENTAL CHECK UP CAMP

RC HARIDWAR



NEW MEMBER ORIENTATION SEMINAR

RC SHAHABAD MARKANDA



OLD CLOTHES DISTRIBUTION

RC SAHARNPUR



TRI CYCLE DONATED

RC JIND MIDTOWN



BONE DENSITY CAMP

RC KARNAL MIDTOWN



TALK ON DRUG ABUSE

RC DEHRADUN



SOLAR LAMP DONATED

RC PAONTA SAHIB



YAMUNA CLENLINESS DRIVE

RC ROPAR CENTRAL



HIGHER EDUCATION SEMINAR

RC YAMUNA NAGAR



GIRLS BICYCLES WERE GIVEN TO NEEDY GIRLS

RC SOLAN MIDTOWN



NEUROLOGY CAMP ORGANIZED

RC KASALI



ANNPURNA DAY

RC ROOPNAGAR



CATARACT SURGERIES DONE

RC JAGADHRI NORTH



TRI CYCLES DONATED

RC ROORKEE MIDTOWN



TEA LANGAR ORGANISED

RC CHEEKA



GOODS DONATED IN GAUSHALA

RC CHANDIGARH



FINANCIAL HELP TO VISUALLY IMPAIRED STUDENTS

RC CHANDIGARH MIDTOWN



NUTRITION PACKAGE DISTRIBUTED TO TB PATIENTS



Friendship Trees: Paul Harris' Lasting Symbol of Goodwill

As Rotary's president emeritus, **Paul Harris** traveled extensively during the 1920s and 1930s, often accompanied by his wife, Jean. During these trips, the nature-loving Harris planted trees to symbolize goodwill and friendship.

In the fall of 1932, Harris embarked on a five-week tour of European Rotary clubs and planted trees along the way.



Paul Harris and members of the Rotary Club of Tallinn, Estonia, at a tree planting in 1932.

"Wednesday forenoon I planted my first tree of friendship in European soil. It seemed to me especially appropriate that it took place in Germany – in its metropolis – Berlin. The planting occurred in a sports platz formerly devoted to war purposes, and a large number including Rotarians, city officials, and others were in attendance."

Ever since, Rotarians have planted trees in the name of fellowship, friendship, and community service. These trees, which can be found worldwide, have grown into enduring monuments of Rotary's ideals.

Later in his tour of Europe, Harris also planted trees in Estonia, Norway, and Sweden.

Planting trees became a hallmark of his travels, including in Australia, Brazil, Japan, Mexico, and New Zealand. In "My Road to Rotary," Harris recalled, "With the cooperation of Rotarians and local governments, I have planted friendship trees in the parks and playgrounds on five continents of the world and even on some of the major islands of the seas. Our trees stood as symbols of international understanding and good-will."

Other Rotary presidents also observed the tradition. In 1931-32, then-RI president Sydney W. Pascall planted trees at the sites of Rotary clubs he visited, reportedly at Paul Harris' suggestion.

Not all of the trees were planted outside the United States. The Harrises often entertained visiting Rotarians and dignitaries in their Chicago home and planted trees with their guests to mark the occasion. They called the garden their Friendship Garden.

Rotarians continue to plant trees to symbolize enduring friendships and fellowship, to beautify parks and communities, and to contribute to a greener world.

Handover of Toilets by RC Chandigarh Midtown

Rotary Club Chandigarh Midtown, in a significant community service initiative, completed and handed over a new toilet facility at Govt Sanskriti Primary School Buddanpur, under the leadership of President Rtn Jeeten Bhambri. The project aimed at improving sanitation and promoting good hygiene practices among students.



The handover ceremony was graced by the presence of District Governor Arun Mongia, who inaugurated the facility. Stressing the link between sanitation and education, he pointed out that better sanitary facilities directly contribute to increased attendance and better learning environments, especially for young girls.



Dr. Rita Kalra, Adl. Distt. Secretary Mother and child health delivered an enlightening talk on "Good Hygiene for Good Health," emphasizing the importance of cleanliness and hygiene in daily life.

Additionally, she led a Swachhta (cleanliness) pledge and demonstrated proper hand washing techniques to students, instilling in them the habit of maintaining personal hygiene.

Assistant Governor Sanjeev Checker shared insights into the project's journey, highlighting the rapid completion and the collaborative efforts involved. The project included the construction of modern toilet facilities, equipped with running water and proper sanitation systems. The design focused on being child-friendly and accessible,



ensuring ease of use for the young students. An important highlight was the insightful speech delivered by Sandeep Jain, the Chief District Secretary focusing on the pivotal role of Rotarians in enhancing sanitary conditions in educational institutions how their proactive approach leads to significant community improvements.

Impact

- Hygiene Education: The event served as a platform for educating students about the importance of hygiene.
- Improved Sanitation: The new facilities mark a significant step towards better sanitation in the school.
- Community Engagement: The project exemplified community involvement in school welfare.
- School Commitment : For maintenance and upkeep of the facility so that the project is sustainable



Future Commitments

President Jeeten Bhambari Rotary Chandigarh Midtown reaffirmed its dedication to similar projects in the future, aiming to enhance the learning environment for children. He expressed Gratitude to the dignitaries ,Rajiv Chopra Friend of Rotary, ASHI for their gracious support and presence , special thanks were extended to the school authorities, project team, and all the Rotarians involved for their tireless efforts and support.

Conclusion

The successful completion of the toilet facility at Govt Sanskriti Primary School stands as a testament to Rotary Chandigarh Midtown's commitment to service and community development. It marks a step forward in the club's ongoing efforts to improve hygiene and health in the community.



"RISE" Rotary Zone Institute 2023: A Celebration of Rotary Excellence in Zones 4, 5, 6 & 7

Each year, the Rotary community eagerly anticipates the Rotary Zone Institute, a dynamic event that brings together past, present, and incoming district and senior leaders to exchange ideas, share valuable insights, and celebrate the achievements of Rotary International and The Rotary Foundation. The Rotary Zone Institute for 2023, aptly named RISE, was a momentous occasion for Zones 4, 5, 6, and 7.



The institute, held in the vibrant city of Bangalore, spanned six days from December 12th to 18th, providing a rich platform for Rotarians to engage in Governor Nominee Training seminars, Governor Elect Training seminars, Governor's Mid-Year Review sessions, TRF seminars, and TRF Dinners. The comprehensive program aimed to empower

leaders with the knowledge and skills necessary to steer their districts towards greater success in the coming Rotary year.

One of the highlights of the event was the recognition bestowed upon districts for their outstanding performance during the 2022-23 Rotary year. Numerous awards were presented, acknowledging

excellence in various categories. In particular, our district proudly received accolades for achievements in membership retention and public image, reflecting the dedication and hard work of Rotarians within the community.

A special moment of the institute was the presentation of the Lifetime Achievement Award to Past Rotary International President Rajendra K. Saboo. This prestigious recognition served as a testament to Rtn. Saboo's commitment to the ideals of Rotary and his significant contributions to the organization. His leadership and dedication have left an indelible mark on the Rotary community, inspiring Rotarians to continue their service with passion and purpose.

Throughout the six-day event, more than 17 Rotary International officers actively participated from our district, accompanied by their spouses. The institute not only provided a platform for learning and growth but also fostered a sense of camaraderie and unity among the diverse group of leaders.

The Rotary Zone Institute 2023 in Bangalore was a celebration of Rotary excellence, where ideas flourished, connections deepened, and the spirit of service thrived. As Rotarians return to their districts armed with newfound knowledge and inspiration, the impact of RISE is sure to resonate throughout Zones 4, 5, 6, and 7, influencing positive change and furthering the mission of Rotary International.



Bon Voyage of DGE Rajpal Singh & Rtn Inderbir Kaur

On December 3, 2023, a luminous gathering at the Golden Leaf in Roorkee marked a significant event - the Rotary Bon Voyage celebration for DGE Rajpal Singh and Rtn Inderbir Kaur. The occasion took on special importance as the distinguished pair was about to embark on a transformative journey to represent Rotary District 3080 at the International Assembly, slated for January 7-11, 2024, at the Rosen Shingle Creek in Orlando, Florida, USA.



Hosted with flair by DGN Ravi Prakash, Ann Shalini, and the Rotary Roorkee Midtown, the day unfolded as a manifestation of Rotary camaraderie and tradition. Adding an extra layer of honor to the occasion was the presence of PRIP Rajendra K Saboo & PRIP Shekhar

Mehta, whose esteemed company elevated the event.

The Golden Leaf, adorned with Rotary insignias, served as the perfect backdrop for the gathering of over 400 Rotarians and Rotary

International officers. The ambiance was charged with a sense of unity and purpose as the Rotary community came together to bid a fond farewell to their esteemed representatives.





One of the highlights of the day was the outpouring of goodwill in the form of bouquets and gifts bestowed upon DGE Rajpal Singh and Rtn Inderbir Kaur. The symbolic gestures spoke volumes about the unity and support that characterize the Rotary family.

In a continued spirit of Rotary camaraderie, PDG Jintendra Dhingra hosted a Bon Voyage event, extending best wishes to DGE Rajpal Singh and Rtn Inderbir Kaur on 27th December, in the culturally rich city of

Kurukshetra. Additionally, awards for membership retention and public image, garnered at the Rotary Institute "Rise" in Bangalore, were presented to IPDG V P Kalta. The gathering epitomized Rotary's spirit of celebration, recognition, and solidarity.

With the bon voyage wishes echoing through the air, the Rotary community expressed their collective hope for the success of DGE Rajpal Singh and Rtn Inderbir Kaur as they prepared to represent Rotary District 3080 on the global stage.

E-Waste Management by RC Shimla

Rotary Club Shimla. In association with Karo Sambhav organisation launched its signature project of E-Waste Management at Rotary Townhall. This is the First E-Waste Management Project in Himachal.

Prior to the launch E-Waste awareness and collection campaign was carried out in the market by distributing Flyers and Newspaper Inserts. Honble Chairman State Pollution Control Board Govt of H.P, Sh. Sanjay Gupta Ji (IAS) was the Chief guest on this historic launch.



Members of RCS along with AG Zone 1 Distt 3080 Rtn CA Rohit Karol attended and donated immensely their E-Waste products.

Representatives from Press and Electronic Media were present in a large number.

PE Rtn Er Saurabh Raj Sood delivered a highly knowledgeable presentation on E-Waste. E-Waste Collection centres at Rotary Townhall and at Hotel Greenland Circular Road have been installed. In addition Rotary Club Shimla has started the E-waste collection drive at the School level. Two E-waste collection boxes have been set up at Govt Senior Secondary School Baldeha near Mashobra. Till now Rotary Club Shimla has collected 7 quintals of e-waste and has sent it for proper Recycling to the dismantling plant at Faridabad. RCS has targeted to collect maximum amount of E-waste and make Shimla city Free from this menace.

PRAYAS - Artificial Limbs by RC Roorkee

The Rotary Club of Roorkee's project 'PRAYAS' stands as a beacon of hope and compassion, exemplifying the transformative power of community service. This initiative, dedicated to providing artificial limbs and wheelchairs, has positively impacted the lives of 213 individuals across Uttar Pradesh, Uttarakhand, and Himachal Pradesh.



From December 9th to 13th, Hotel Lotus became a hub of benevolence and innovation, where beneficiaries gathered to receive the gift of mobility and independence. The project, in collaboration with Bhagwan Mahavir Viklang Sahayta Samiti from Jodhpur, bridged the gap between need and assistance, offering a new lease on life to many.



One such story that resonates with the spirit of 'PRAYAS' is that of Harpreet. His life took a tragic turn when he lost both arms in an accident. Faced with a daunting quote of 2 lakhs for prosthetic arms, his hope dwindled until the Rotary Club of Roorkee intervened. The moment Harpreet received his artificial limbs marked a milestone in his journey. Overcome with emotion, he penned down his name, followed by his wife's, a simple yet profound act symbolizing his regained independence. His heartfelt words, expressing the

desire to complete a poem he had left unfinished for years, touched everyone present.

This initiative by the Rotary Club of Roorkee is more than just a charitable endeavor; it's a testament to the power of empathy and collective effort in changing lives. 'PRAYAS' stands not only as a project but as a narrative of resilience, hope, and the enduring human spirit.



The success of the Rotary Club of Roorkee's 'PRAYAS' project can be largely attributed to the unwavering commitment of President Ashok Arora and his dedicated team. Their tireless efforts, day and night, were instrumental in providing a comprehensive solution for those in need of artificial limbs. Collaborating closely with Rtn Baldev Arora from Mumbai, they ensured a seamless process from the initial measurement for artificial limbs to the fitting of the prosthesis.

Moreover, their dedication extended beyond the physical provision of aids. They also focused on post-procedure rehabilitation and care, ensuring that beneficiaries received not just the tools for physical mobility but also the support necessary for



emotional and psychological adjustment. This holistic approach underlines the deep-seated commitment of the Rotary Club to not only aid but also empower individuals, helping them regain their independence and confidence



A Symphony of Smiles: RC Shahbad Markanda

In a world often clouded with stress and anxiety, the Rotary Club Shahbad Markanda's recent initiative served as a heartwarming reminder that laughter is indeed the best medicine. The initiative, centered around a comedy poetry symposium, wasn't just an evening of entertainment; it was a meaningful step towards enhancing mental wellness through the power of laughter. With the thought "Laughter is the Best Medicine to Create Hope in Mental Wellness" President Ashutosh Garg organised the event in collaboration with distinguished organization like Sikri farms vermicompost manufacturers and Stalwart foundation. More than 300 people witnessed the event at Arya Kanya Mahavidyalaya despite chilling and foggy winter evening of 30th Dec 2023

Unveiling Joy and Wellness Through Humor



The event spotlighted how humor and laughter can be powerful tools in combating mental health issues. Esteemed poets like Arun Jaimini and Chirag Jain filled the air with their witty verses, transforming the venue into an oasis of joy and laughter. The impact was palpable – the audience's laughter not only filled the room but also lightened hearts, serving as a therapeutic escape from the daily grind.

Rtn Sandeep Garg, a distinguished member and Chairman Stalwart Foundation, emphasized the importance of laughter in both physical and mental health. DG Arun Mongia echoed the core message of



the symposium – when we laugh, our hearts beat with happiness, bringing a sense of wellbeing. This statement underscored the event's spirit and its goal of spreading awareness about the healing powers

of laughter.

More Than Just Giggles: A Healing Experience

What was truly remarkable about this event was the visible transformation in the attendees. The event offered a temporary respite from worries, allowing everyone to immerse themselves in the moment's joy. The laughter was more than just a response to humor; it was a medium of healing, connecting, and reviving spirits.



A Rotary Initiative: Spreading Smiles and Hope



This initiative by the Rotary club was more than just a successful comedy poetry event; it was a testament to their commitment to community wellbeing informed the project

Chairman Rtn RK Garg. By highlighting the therapeutic aspects of laughter, they not only entertained but also educated the community about incorporating joy and humor into everyday life for better mental health.

Concluding Thoughts: Laughter as a Beacon of Hope

In conclusion, the comedy poetry symposium by the Rotary Club Shahbad Markanda was not just an event that brought smiles to faces; it kindled a ray of hope in hearts. It reiterated an important life lesson – amidst life's trials and tribulations, a good laugh can be a powerful antidote, a source of comfort, and a beacon of hope in the journey towards mental wellness.



UNDERSTANDING NON-COMMUNICABLE DISEASES AND STRATEGIES FOR PREVENTION

Introduction:

Non-communicable diseases (NCDs), also known as chronic diseases, are health conditions that are not directly transmitted from person to person. They are long-term and often progress slowly, significantly impacting an individual's quality of life. The four main types of NCDs are cardiovascular diseases, cancer, respiratory diseases, and diabetes. These diseases account for a substantial portion of global morbidity and mortality, making prevention crucial for public health.

Prevalence and Impact:

NCDs have reached epidemic proportions worldwide, affecting people of all ages, genders, and socio-economic backgrounds. The World Health Organization (WHO) reports that NCDs are responsible for 71% of all global deaths, with cardiovascular diseases and cancer being the leading causes. The economic burden of NCDs is substantial, affecting healthcare systems, productivity, and overall societal well-being.

Common Risk Factors:

Several modifiable risk factors contribute to the development of NCDs. Understanding and addressing these factors are key components of prevention strategies. Common risk factors include:

1. **Unhealthy Diet:** Diets high in saturated fats, sugars, and salt contribute to obesity and increase the risk of cardiovascular diseases and diabetes.
2. **Physical Inactivity:** Sedentary lifestyles are linked to a higher likelihood of developing NCDs. Regular physical activity is essential for maintaining good health.
3. **Tobacco Use:** Smoking and other forms of tobacco consumption are major contributors to cardiovascular diseases, respiratory diseases, and certain cancers.
4. **Harmful Use of Alcohol:** Excessive alcohol consumption is associated with liver disease, certain cancers, and other NCDs.
5. **Genetic Predisposition:** Some individuals may be genetically predisposed to certain NCDs. However,

lifestyle modifications can often mitigate genetic risks.

Prevention Strategies:

1. **Promoting Healthy Lifestyles:** Encouraging individuals to adopt healthy behaviors, such as eating a balanced diet, engaging in regular physical activity, and avoiding tobacco and excessive alcohol consumption, is fundamental to NCD prevention.
2. **Public Awareness Campaigns:** Educational initiatives aimed at raising awareness about the risks of NCDs and the importance of preventive measures can empower communities to make informed health choices.
3. **Access to Healthcare Services:** Ensuring affordable and accessible healthcare services for regular check-ups and early detection of NCDs is crucial. Early intervention can significantly improve outcomes.
4. **Policy Interventions:** Governments play a vital role in implementing policies that create environments conducive to healthy living. This includes regulations on food labeling, tobacco advertising, and urban planning that promotes physical activity.
5. **Workplace Wellness Programs:** Employers can contribute by implementing wellness programs that encourage employees to adopt healthier lifestyles. This can lead to improved productivity and reduced absenteeism.

Conclusion:

Non-communicable diseases pose a significant threat to global health, but they are largely preventable through concerted efforts at individual, community, and societal levels. By addressing modifiable risk factors and implementing comprehensive prevention strategies, we can reduce the incidence of NCDs and enhance the overall well-being of populations worldwide. The collaborative efforts of individuals, healthcare professionals, policymakers, and communities are essential in the fight against NCDs.



By – PP Dr. Neena P. Sablok,
Rotary Paonta Sakhi

Rotary District Cricket Tournament - December 9-10, 2023

The spirited atmosphere of cricket enthusiasts filled the air as the Rotary District Cricket Tournament unfolded on December 9-10, 2023, at DPS Public School in Yamuna Nagar. The event, hosted with zeal and precision, brought together 11 zones and 12 teams, each vying for the coveted trophy.



DPS Public School, nestled in the heart of Yamuna Nagar, served as the perfect venue for this cricket extravaganza. The tournament showcased the passion and sportsmanship of participants hailing from various zones within the district.

The esteemed District Governor,



Arun Mongia, graced the event as the chief guest, adding an extra layer of significance to the tournament. His presence not only elevated the stature of the competition but also served as a source of inspiration for the aspiring cricketers.

The competition was fierce, with teams displaying exemplary cricketing skills and determination. As the matches unfolded, the cricket ground buzzed with excitement, creating an electric atmosphere for players and spectators alike.



In a thrilling climax, Zone 13-B emerged victorious, claiming the prestigious trophy. Comprising members from Jagadhri and Yamuna Nagar Rivira Clubs, Zone 13-B showcased exceptional teamwork and talent, earning them the title of champions in the Rotary District Cricket Tournament.

The hospitality extended beyond the cricket field, with participants and attendees enjoying a comfortable stay at M M Continental, Mullana. The accommodations provided a perfect blend of relaxation and camaraderie, fostering an environment for players to unwind and share their passion for the sport.

The Rotary District Cricket Tournament not only celebrated the sport but also promoted fellowship and community engagement. As the curtains closed on the event, the memories forged on the cricket ground and the bonds formed during the stay at M M Continental, Mullana, lingered on. The Rotary District Cricket Tournament of 2023 in Yamuna Nagar will be remembered as a grand celebration of sportsmanship, camaraderie, and the enduring spirit of the Rotary community.

RYLA - Vishesh

The Punjab University Gymnasium Hall witnessed a spectacular event from the 11th to the 13th of December as the three-day RYLA Vishesh unfolded with enthusiasm and camaraderie. A total of 177 athletes from various states of the North zone participated in a multitude of games, fostering a spirit of sportsmanship and inclusivity.



The event featured competitions in badminton, bocce, athletics, and not just limited to physical sports, but also delved into the realms of healing workshops. Attendees were engaged in enlightening sessions on art, music, dance, and mindfulness, providing a holistic experience beyond the athletic arena. Presidents Jeeten Bhambari and Sunil Kansal shared insights and highlighted the dedicated engagement of members in serving the special participants. Assistant Governor Sanjeev Checker extended a warm welcome to the guests, and Dr. Rita Kalra eloquently spoke about the significance of RYLA Vishesh. The event also featured an eye camp by Grover Eye Hospital and a special smiles checkup and brushing workshop by Dr. Sanjay Kalra and the Smile Express team.

The grand opening ceremony was inaugurated by esteemed dignitaries Mr. Nalin, International Gold Medalist and Special Athlete, and Mr. Navin Kumar, Joint Director SDM South and Mr. Ojaswee Sharma, a national awardee film director known for advocating equity, diversity, and inclusion through his films. The ceremony set the tone for the days ahead, showcasing the vibrancy and diversity that the event promised.

The culmination of the event was marked by a captivating closing ceremony, where all participating teams engaged in a colorful march past, accompanied by the melodious tunes of the Traffic Police Band. The atmosphere was charged with the spirit of achievement and unity. Distinguished personalities graced the occasion, including Mrs. Mallika Nadda, National

President of Special Olympics Bharat (SOB), Dr. Pallika Arora, PCS, Prof Harsh Nayyar, Director R&D PU, District Governor Arun Mongia, Celebrity Deepali Rajput, and State Presidents of SOB. Their presence added prestige and encouragement to the participants. Mrs Nadda Insisted that to make the event more inclusive the entire university students must be involved so that awareness and acceptance of Divyangjan is more homogenous. DG Arun



Mongia showed his commitment to special RYLA and contributed Rs 50000 from district funds. Rotary International and Rotarians will work towards spreading awareness and inclusion of special athletes. Dr. Pallika Arora said that department is grateful to Rotary and SOB for collaborating and making this event a grand success.

The event was a collaborative effort, organized by the Department of Social Welfare Chandigarh, Rotary Chandigarh Midtown & Rotary Chandigarh Central, Zone 5, RID 3080, who partnered with SOB to ensure the event's inclusivity and equity. The collective dedication of these organizations ensured that the RYLA Vishesh was not just a sports event but an enriching experience for all participants.

The success of the event is a testament to the power of collaboration, sportsmanship, and the commitment to creating an inclusive environment for all. The three-day extravaganza left a lasting impression, fostering a sense of community and empowerment among the participants. RYLA Vishesh was a testament to the boundless energy and enthusiasm of the athletes. Their ability to overcome challenges and embrace joy was evident in every activity, inspiring all those present. The event stands as a shining example of inclusion, empowerment, and the transformative power of sports and creative expression.

Dr. Rita Kalra

District RYLA Chair



COP28
UAE

VOICE
FOR ACTION



Rotarians at UN Climate Conference

By Etelka Lehoczky

Rotary experts hosted more than two dozen sessions at the 28th United Nations climate conference, addressing how a changing climate intersects with health, poverty, and other factors. Rotary International President R. Gordon R. McNally also discussed the mental health effects of climate-linked disasters.

The two-week conference in Dubai, also known as COP28 (short for Conference of the Parties, now in its 28th year), is the world's highest decision-making process addressing climate issues. It brought together more than 70,000 delegates from 197 countries and geographical areas as well as thousands of nongovernmental organizations, companies, and others. Rotary is taking part in the

conference for the third time, highlighting community-led solutions, partnerships, and dialogue.

"The record global temperatures this year have underscored the immediate need to take action on climate change," McNally says. "They have also demonstrated the massive destructive toll that climate has taken on global mental health." His presentation addressed the greater rates of violence and incidents of mental distress along with anxiety that younger people feel because of climate change.

From supporting vulnerable populations to forging partnerships across the public and private sectors, Rotary members are

motivating progress and inspiring action on the environment. Members in the United Arab Emirates are planting 50,000 mangrove trees in partnership with the government. Working with governments and local communities, Rotary has the unique opportunity to assist in mangrove restoration projects."

THE ROTARY FOUNDATION HAS COMMITTED MORE THAN **US\$23.7 million** TOWARD ENVIRONMENTAL PROJECTS LED BY ROTARY MEMBERS AROUND THE WORLD.

Presentations and workshops at COP28 highlight community-led solutions, partnerships.

INTER DISTRICT PROJECT (3080 & 3090) OF INGENUITY AND INNOVATION OF CLEANLINESS BY 10 ROTARY CLUBS

Rotary International Districts, 3080 & 3090, in great bonhomie & spirit of togetherness carved out a unique & different project of out of proportions and dividends. It was an awareness and cleanliness drive on the roads of stretch of 50kms in Punjab, in an area and period when lakhs of people gather to pay obeisance to the martyrdom of the family of revered 10th Guru, Guru Gobind Singh Ji. This happened when battles were being waged against Mughal rulers in the cold month of December.



Shaheedi Sabha (earlier Shaheedi Jod Mela) is a three-day annual religious congregation (get-together) organised every year in December at Gurdwara Fatehgarh Sahib, in the Fatehgarh Sahib district of Punjab, India to pay homage to the martyrdom of Chhote Sahibzade Baba Zorawar Singh(9) and Baba Fateh Singh(7) youngest sons of the 10th Sikh Guru Gobind Singh. They were bricked alive on the orders of Wazir Khan, the Mughal Faujdar of Sirhind for refusing to renounce their faith- a chilling & haunting memory for all.

During these days of December (26-28th this year), large number of community food serving counters (Langars) are established every 500 yards, serving hot food, snacks, milk, tea etc. This results in lot of trash and plastics littered all over the area, leaving bad footprints. This project of cleanliness on "Shaheedi Jod Mela" called Saka Sirhind, was carried out in two parts:-

- a) 25th December 2023: An awareness drive on the roads leading to Fatehgarh sahib, more focussed on Landran (Mohali) to Fatehgarh Sahib, by visiting over 40 Langar sites, carrying out active awareness drive and distribution of Garbage bags, besides physical cleaning and briefing at each site. On this day approximate 55 Rotarians from Zone 6 of district 3080 and Zone 4 of district 3090 participated. A mobile van with loudspeakers and sign boards led

the procession. Both Assistant Governors Mohit Singla (3080) and Anil Sood (3090) led the respective team during the very satisfying event. Dr Surinder Singh Makkar, President Rotary Chandigarh Shivalik and R S Grewal, President Fatehgarh sahib Gold, were the Chairman of the project from respective districts

b) 30th December 2023: Similar action was undertaken by respective clubs as under

- RID 3080: Rotary club Chandigarh Shivalik, Silvercity Mohali, Chandigarh Uptown, Zirakpur periphery, Derabassi Town
- RID 3090: Rotary Club of Fatehgarh sahib Gold, Sirhind, Fatehgarh sahib, Rajpura, Mandi Gobindgarh



- Both DGs; Arun Mongia (3080) and Ghanshyam Kansal (3090) were present along with Dy Governor Narinder Singh Bhola (3080) with all presidents and AGs of Zone 6(3080) and Zone 4(3090). Over 60 Rotarians participated in the cleanliness drive. Both the DGs confirmed their commitments to ensure this project is continued and sustained for next few years till the area and roads become clean during this sacred period and “SwachhBharat” comes to the fore.

A great initiative and out of box thinking, simple idea but laborious and tiring execution!! The inclement weather during this period further added to the difficulties.

DISTRICT CONFERENCE ANAND- THE JOY

District conference 'ANAND-THE JOY' is scheduled on 10th and 11th February 2024 at Chimney Heights, Zirakpur, Chandigarh. A committed and spirited Rotarian will always attend the District Rotary Conference.

Anand this year offers multiple reasons for a Rotarian not to miss the conference. It offers valuable experience and lifetime insight, as mentioned below.

1. Networking

The Conference will offer excellent opportunities over two days to network with fellow Rotarians from across the District and beyond. One can meet like-minded individuals who are passionate about service and community development, and thus potentially form lasting connections that can lead to collaborative projects and partnerships.

2. Learning

The District Conference features a range of keynote speakers, including his Holiness **Swami Gyanvatsal Ji** of Akshardham Temple. He will be blessing the audience. The Conference also includes workshops, presentations and seminars on diverse topics as leadership, community service, international projects and Rotary initiatives. These sessions provide valuable insights and skills that can benefit a Rotarian's personal and professional development.

3. Inspiration

Hearing success, stories and impactful projects from other clubs and individuals can be inspiring and motivating. It can reignite one's passion for service and provide fresh ideas for projects in your community.

4. Recognition

'ANAND' also includes ceremonies and events to recognise the achievements and contributions of individual Rotarians, clubs and renowned achievers in the society. This can be a great way to celebrate one's accomplishments and gain inspiration from achievements of others.

5. Exposure to Rotary Initiatives

'ANAND' will provide opportunity to learn about and get involved in Rotary's global initiatives and impact such as eradicating polio, TB, promoting peace and supporting education and health projects around the world

6. Fun Frolic and Fellowship

In addition to the education and networking opportunities, 'ANAND-The Joy' will provide social events, entertainment and fellowship par excellence, with lucky draws and hampers providing a chance to relax and have fun with fellow Rotarians. The famous **Gurnazar Chattha** will keep audience glued and tapping on 10thevening

Overall attending a district conference will enrich your Rotary experience, expand horizon and network as well as provide you with education and inspirational attitude to make greater impact in your community and beyond. This year there will be no disturbance or distractions to give all Rotarians a sublime and salubrious experience in scenic surroundings with a bill of fare to suit all palates. Impactful and memorable kit will be will further add value with lucky draws galore.

SO DON'T MISS ANAND- THE JOY-YOU'D REGRET



SENIOR CITIZENS

Respect The People Who Have Walked the Path Before You

The wisdom and experience of our older people is a resource of incalculable worth. We are lucky to have a thoughtful, experienced and motivating generation with us. They are a knowledge bank of our customs, tradition & culture. Recognising and treasuring their contributions is essential for a flourishing society.

Life itself, from Birth to Death, is a full of Challenges. And Old Age is one of the most difficult phases of human life. Senior Citizens feel as if they are losing control over everything. They experience alienation and isolation -- as if the world in which they were born and grew up has disappeared.

The situation becomes more painful and difficult as the following problems arise:

- Economic Physiological
- Housing
- Physical & Emotional Abuse

There are many Constitutional and Legislative Provisions for the Senior Citizens - Initiatives by Human Rights Commission, Policies, Schemes, National Programs etc.

But is it just the responsibility of our Government???

NO... rather it's our Moral & Social responsibility as well. They sacrificed their golden years to shape our lives. Now it's their time to seek our support to shape their last phase of their lives...**TIME TO PAY THEM BACK AND SECURE THEIR GOLDEN YEARS.**

- 1 Adopt Senior Citizen Home.
- 2 Assist in Health Care through Camps, Cataract Surgery, Physiotherapy etc.
- 3 Support Mental Health through Yoga, Meditation, Bhajan Sandhya and Entertainment programs.
- 4 Arrange travel and trips to Holy Places.
- 5 Organise Picnics for them.
- 6 Volunteer to drive senior citizens to their appointments or run errands.
- 7 Lend a helping hand - cash or kind to those who struggle to make their both ends meet.
- 8 Organise special events for the elderly to rejuvenate them.
- 9 Home cooked food can be provided at Old Age Homes.
- 10 Can help them to learn basic online working, how to be aware of online frauds, online banking
- 11 Can set up a Day Care Recreation Centre for Senior Citizens with a library and provision for indoor games, where they can sit, read, play, chit-chat and share their joys & sorrows.

If you are interested in establishing a Day Care Centre, please feel free to contact...



PP Rtn Arun Trehan
Rotary Solan
District Chair, Old Age Home

Mark Your DIARY

Rotary DISTRICT 3080  


ROTARY INTERNATIONAL DISTRICT 3080

DISTRICT CONFERENCE





Chimney Height Banquet, Zirakpur
10-11 February 2024
HOST CLUBS
ROTARY CLUB OF CHANDIGARH SHIVALIK
ROTARY CLUB OF SILVERCITY MOHALI

Rtn Charu & DG Arun Mongia
District Governor 2023-24



CREATE HOPE
in the WORLD

WELCOME MEET
IN HONOUR OF
Rotary International President
GORDON R McINALLY
and His Gracious Wife
HEATHER




Thursday, 18th January 2024
Registration & Hi-Tea @ 3:30pm
Chandigarh Judicial Academy
Sector 43B, Chandigarh


REGISTRATION
Rs.750 (Single) Rs.1200 (Couple)



ARUN MONGA
District Governor
RI District 3080



ANIL CHADDA
Host Club President
Rotary Club Chandigarh

Rotary CLUB CHANDIGARH 

Rotary DISTRICT 3080  

ROTARY INTERNATIONAL DISTRICT 3080





Awards for Clubs and Rotarians contributing towards Polio Fund

CONTRIBUTION	RECOGNITION	REWARD
Rotarian \$100	Polio Society Member	Pin + Certificate
All club members \$100	100% Polio Society Club	Pin + Certificate + Trophy
Club \$1500 and above	100% Polio Society Club	Pin + Certificate + Trophy
All club members	Polio 5 Star Club	Certificate
Rotarian \$1000	PHF	Watch + Pin + Certificate

Note On every contribution of \$ 100 there is LUCKY DRAW Coupon, Contribute before POLIO DAY 24th October, 2023 and WIN PRIZES




DG Arun Mongia District Governor PDG Raman Aneja End Polio Now Chair

BLOCK YOUR DATE

PRE PETS of session 2024-25 will be held on 28th January 2024. Kindly mark your diary.

SHARING HOPE WITH THE WORLD

SINGAPORE 25-29 MAY 2024

Register today at convention.rotary.org



Rotary  SINGAPORE 2024 

OUTSTANDING ROTARIANS OF THE MONTH

PRESIDENT



Ashok Arora
RC ROORKEE

ASSISTANT GOVERNOR



Deepak Gupta
ZONE 3

BEST ROTARIAN



Sumit Mittal
RC PANIPAT RAINBOW

« Encounter with Rotary »

Rotarians of our district are traveling all over the world. Many times they encounter Rotary logo at a public place and they click a selfie/photo with that logo. Here we encourage Rotarians to share such moments with little description. We will be publishing these photos and let's see which remote corners have been covered by 3080 Rotarians.

Kindly email your memories by 31st January, 2024 at ynr3080@gmail.com. We will publish these in the next issue of GML. Don't forget to give your name and club name. You must write **ENCOUNTER WITH ROTARY** in the subject.

PP Dr. Rita Kalra of RC Chandigarh Midtown encountered Rotary Logo at Ankleshwar, Gujarat



CARVED IN STONE

"A leader... is like a shepherd. He stays behind the flock, letting the most nimble go out ahead, when upon the others follow, not realizing that all along they are being directed from behind."