

Rotary  
District 3080



# Magic makers

**Rtn. Stephanie Urchick**

President 2024-25  
Rotary International

**Rtn. Rajpal Singh**

District Governor 2024-25  
R.I. District 3080






DG'S MONTHLY LETTER | **JANUARY 2025** | VOL 01 ISSUE 06



World Record  
2024 for  
distributing the  
maximum number  
of sanitary napkins  
in a day

**JANUARY IS VOCATIONAL SERVICE MONTH**

# BEST OF THE MONTH

<b>BEST AG</b>	  <b>ZONE 5</b> <b>Dr Dhim Sain</b> RC Roop Nagar	<b>EXCELLENT AG</b>	  <b>ZONE 19</b> <b>Puneet Tandon</b> RC Doon Shivalik Hills	<b>OUTSTANDING AG</b>	  <b>ZONE 10</b> <b>Dr Vivek Lalit</b> RC Kurukshetra
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<b>BEST PRESIDENT'S</b>	  <b>CATEGORY 1</b> <b>Dr Ramneek Sharma</b> RC Classic Chandigarh	  <b>CATEGORY 2</b> <b>Surinder Prasad Dhja</b> RC Chandigarh Central	  <b>CATEGORY 3</b> <b>Nitin Kapur</b> RC Chandigarh Mid Town	
	  <b>CATEGORY 1</b> <b>Rakesh Arora</b> RC Saharanpur	  <b>CATEGORY 2</b> <b>Dr S S Ahuja</b> RC Shahabad Markanda	  <b>CATEGORY 3</b> <b>Jatinder Kapoor</b> RC Chandigarh	
<b>OUTSTANDING PRESIDENT'S</b>	 <b>CATEGORY 1</b> <b>Deepak Kumar Baweja</b> RC Pehowa	 <b>CATEGORY 1</b> <b>Dilpreet Singh</b> RC Barara	 <b>CATEGORY 2</b> <b>Dalip Kumar Mehta</b> RC Ambala Indl. Area	 <b>CATEGORY 3</b> <b>Puneet Gupta</b> RC Panipat Midtown

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KNOW YOUR PRESIDENT**

**ROTARY INTERNATIONAL PRESIDENT**  
Stephanie A. Urchick

**DISTRICT GOVERNOR**  
Rajpal Singh  
9412233151  
rpsinghsre@gmail.com

**DISTRICT CHIEF SECRETARY**  
Anil Madan  
9837420054  
madaanani858@gmail.com

**DISTRICT SECRETARY**  
NPS Bhola  
7206200099  
rtnnpsingh@gmail.com

**DISTRICT EDITOR**  
Rtn. Mohinder Paul Gupta  
M-98144 31388  
Email: mohindergupta@gmail.com

**ROTARY DISTRICT 3080 PUBLICATION**  
Send all reports, correspondence, information and photographs to:

Rtn. Rajpal Singh, Sardar Mill Store,  
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## Bring the joy

I always walk into meetings at my home club of McMurray, Pennsylvania, with a smile on my face.

A few years ago, someone arrived late. Instead of scolding the person, we cheered. Since then, we've made it a tradition to applaud all members when they arrive for meetings. It's tough not to smile with a greeting like that.

There's nothing more powerful for engaging and retaining members than a club that's vibrant, welcoming, and — yes — fun.

Think back to what drew you to Rotary. Chances are, it wasn't just the service projects or professional networking. It was the people — the friendships, the shared laughter, and the joy of working toward a common purpose. That's what keeps us coming back.

If you're looking for that sense of joy in your meetings, don't be afraid to ask yourself and your fellow members some tough questions. If you were a prospective member, would you join your current club? It's a powerful question but don't stop there.

Do members of your club feel that they belong? Are your meetings fun? If not, what can you do about it together?

At your next meeting or event, try something new to bring out a few extra smiles. It's the simple things that create lasting bonds and make clubs simply irresistible.

Here's one example of a club moving in the right direction. The Rotary Club of Fukushima, Japan, has been combining environmental responsibility with

community fun since 2021. In Japan, people have made picking up trash into a sport known as SpoGomi, and every year the club hosts a game. This year, more than 400 participants cheered each other on while they came together to improve their community.

This event is an excellent example of how Rotary clubs can have fun, make a difference, and raise awareness for broader global challenges all at the same time. And the inclusive, family-friendly format allows people of all ages to participate.

When we enjoy what we do, that energy becomes contagious. It's what attracts new members and keeps our clubs strong and engaged. It helps people feel that they belong.

Retention and culture go hand in hand. The healthier our club culture, the more likely members are to stay. *Rotary* magazine is an outstanding resource for inspiration on how to enhance our club culture and deepen member engagement. I encourage you to explore the stories and strategies in these pages, drawing from other clubs' successes to find ideas that work for you.

Together, we can create a more engaged, enjoyable, and inclusive Rotary that every member can feel proud to be part of. Let's continue with renewed commitment and enthusiasm, living *The Magic of Rotary*.

**STEPHANIE A. URCHICK**  
*President, Rotary International*

For resources on engaging and growing membership, visit [rotary.org/membership](https://www.rotary.org/membership).



**A**s Rotarians around the world observe January as Vocational Service Month, we take this opportunity to reflect on the role of vocational service in advancing Rotary's mission of **"Service Above Self."** Vocational service is at the heart of what we do, blending professional excellence with community service to create sustainable and meaningful impact.

## THE ESSENCE OF VOCATIONAL SERVICE

Vocational service encourages us to uphold the highest ethical standards in our respective professions and to leverage our skills and expertise for the betterment of society. It invites Rotarians to consider how their professional lives can align with Rotary's ideals, fostering a culture of responsibility, collaboration, and innovation.

In Rotary District 3080, we are privileged to have a diverse array of professionals who bring unique talents to the table. Each member's vocation enriches our collective efforts, providing avenues for mentorship, skill development, and impactful projects that address pressing societal needs.

## CELEBRATING VOCATIONAL SERVICE IN RID 3080

This January, I urge all clubs in our district to dedicate their efforts to recognizing and promoting vocational service. **Here are some ways we can make this month special:**

**Recognize Professional Excellence:** Organize awards or appreciation events to honor individuals who exemplify ethical practices, innovation, and community contributions in their professions. These

recognitions inspire others to aspire for excellence and service.

**Mentorship Programs:** Establish mentorship initiatives where seasoned professionals guide young adults or emerging professionals. This exchange of knowledge not only builds capacity but also strengthens intergenerational bonds within our communities.

**Skill Development Workshops:** Host workshops that equip individuals with essential skills for employment or entrepreneurship. From digital literacy to artisan crafts, such programs can empower participants to achieve financial independence and contribute meaningfully to society.

**Ethics in Action:** Conduct sessions on workplace ethics, highlighting the Rotary Code of Conduct. These discussions can create awareness about ethical dilemmas and inspire solutions that uphold integrity.

## ROTARY'S CORE VALUES AND VOCATIONAL SERVICE

Rotary's core values of fellowship, integrity, diversity, service, and leadership are deeply embedded in vocational service. Let us remember that our professions are powerful tools for creating positive change. When we integrate these values into our work, we inspire trust, foster goodwill, and build stronger communities.

As Rotarians, we have the privilege and responsibility to use our vocations as instruments of service. Let's make January 2025 a month to remember by actively engaging in vocational service initiatives that showcase the best of Rotary.

**RAJPAL SINGH**  
*District Governor, RID 3080*

## FIRST LADY OF THE DISTRICT



INDERBIR KAUR



आप सभी को नववर्ष की हार्दिक शुभकामनाएं! जनवरी का महीना हमें आत्ममंथन और नए संकल्प लेने का अवसर प्रदान करता है। यह एक नई शुरुआत का समय है, जहां हम अपनी सोच को और अधिक सकारात्मक दिशा में ले जाने और अपने कार्यों में नयापन लाने का प्रयास कर सकते हैं।



प्रिय रोटररी परिवार,

**आ**प सभी को नववर्ष की हार्दिक शुभकामनाएं! जनवरी का महीना हमें आत्ममंथन और नए संकल्प लेने का अवसर प्रदान करता है। यह एक नई शुरुआत का समय है, जहां हम अपनी सोच को और अधिक सकारात्मक दिशा में ले जाने और अपने कार्यों में नयापन लाने का प्रयास कर सकते हैं। यह समय है अपनी सेवाओं को और अधिक प्रभावशाली बनाने का, ताकि समाज में अधिक से अधिक जरूरतमंदों तक हमारी मदद पहुंच सके।

जनवरी रोटररी में व्यावसायिक सेवा (**Vocational Service**) को समर्पित है। यह सेवा रोटररी के उन स्तंभों में से एक है, जो हमें अपने कौशल, अनुभव और नैतिक मूल्यों को समाज की भलाई के लिए उपयोग करने की प्रेरणा देता है। एक रोटरियन के रूप में, यह हमारा दायित्व बनता है कि हम अपने कार्यों से एक आदर्श प्रस्तुत करें और दूसरों को भी प्रेरित करें।

व्यावसायिक सेवा का महत्व : व्यावसायिक सेवा हमें सिखाती है कि किसी भी पेशे में उत्कृष्टता प्राप्त करना केवल व्यक्तिगत उपलब्धि नहीं है, बल्कि यह समाज को समृद्ध बनाने का एक माध्यम भी हो सकता है। जब हम अपने काम को पूरी ईमानदारी, निष्ठा और नैतिकता के साथ करते हैं, तो हम अपने आसपास के लोगों के लिए एक उदाहरण प्रस्तुत करते हैं। यह सेवा हमें यह समझने का अवसर देती है कि कैसे हमारे पेशेवर कौशल, चाहे वे किसी भी क्षेत्र में हों, जरूरतमंदों की मदद कर सकते हैं।

इस महीने, मैं आप सभी से आग्रह करती हूँ कि आप अपने क्लब में ऐसी गतिविधियों का आयोजन करें, जो व्यावसायिक सेवा को बढ़ावा दें। यहाँ कुछ सुझाव दिए जा रहे हैं जैसे कौशल विकास शिविर, व्यावसायिक नैतिकता पर संगोष्ठी, प्रेरक भाषण, मेंटरशिप कार्यक्रम, सामाजिक उद्यमिता का समर्थन इत्यादि।

आशा जगाने का समय : रोटररी इंटरनेशनल की **2025** की थीम “रोटररी का जादू” हमें एक विशेष उद्देश्य प्रदान करती है। यह थीम हमें याद दिलाती है कि हमारी सेवाएँ केवल जरूरतमंदों की मदद तक सीमित नहीं हैं यह उन लोगों के जीवन में एक नई आशा की किरण लाने का अवसर है। जब हम किसी भूखे को भोजन देते हैं, किसी बच्चे को शिक्षा प्रदान करते हैं, या किसी परिवार को आत्मनिर्भर बनने में मदद करते हैं, तो हम उनकी आशा को जीवित रखते हैं। यही आशा उनके जीवन में नए अवसरों का द्वार खोलती है।

इस साल, मैं आपसे आग्रह करती हूँ कि आप अपने क्लब के प्रोजेक्ट्स में ऐसी गतिविधियों को शामिल करें, जो आशा जगाने का कार्य करें जैसे शिक्षा और सशक्तिकरण, स्वास्थ्य सेवाएँ, पर्यावरण संरक्षण, समाज के कमजोर वर्गों को समर्थन, मानसिक स्वास्थ्य इत्यादि।

हम सभी भाग्यशाली हैं कि हम रोटररी जैसे अद्भुत संगठन का हिस्सा हैं। रोटररी हमें एक ऐसा मंच प्रदान करता है, जहाँ हम समाज की भलाई के लिए सामूहिक रूप से प्रयास कर सकते हैं। हमारा संगठन सेवा, नेतृत्व और मित्रता के मूल्य पर आधारित है, और यह हमें प्रेरित करता है कि हम अपने समाज को बेहतर बनाने के लिए हमेशा प्रयासरत रहें। एक प्रथम महिला के रूप में, मैं गर्व महसूस करती हूँ कि हमारे जिले के क्लबों ने हमेशा अपनी सेवाओं के माध्यम से समाज में उल्लेखनीय योगदान दिया है। मुझे पूरा विश्वास है कि **2025** में भी हमारा जिला नई ऊँचाइयों को छूएगा। आप सभी के समर्पण और मेहनत से ही यह संभव है।

Rotary International is a global network of individuals united by the common goal of creating positive, lasting change in the world. With over 1.4 million members in more than 46,000 clubs worldwide, Rotary brings together people of diverse backgrounds to address some of the most pressing challenges facing humanity today.

Principles of the Rotary drives Rotarians to engage in impactful initiatives, from eradicating polio through the PolioPlus program to advancing literacy, improving access to clean water, and fostering sustainable development. Rotary's efforts are rooted in collaboration, as members partner with



MESSAGE FROM DEPUTY GOVERNOR

communities, organizations, and governments to achieve meaningful results.

Rotary's seven areas of focus—peace and conflict resolution, disease prevention, water and sanitation, maternal and child health, basic education and literacy, and economic development, environment reflect its commitment to a holistic approach to addressing global issues. Rotarians also promote ethical practices and leadership through vocational service, empowering individuals to excel in their professions while upholding integrity and excellence.

*Rtn. Sudharshan Chugh*



MESSAGE FROM DISTRICT EXECUTIVE SECRETARY

As we step into January, I reflect on the remarkable progress made during this Rotary year and the collective impact of service projects undertaken by clubs across the District. I emphasize the importance of maintaining enthusiasm and energy as Rotarians work toward achieving their annual goals, particularly in the key areas of education, health, environmental sustainability, and community development.

It is significant to highlight collaboration between clubs and the need to involve more members and partners in Rotary's mission of "The Magic of Rotary." I encourage Rotarians to focus on impactful initiatives that leave a lasting legacy in their communities and urge them to innovate and adapt to emerging challenges.

I also underscore the importance of upcoming district events and service campaigns, inviting Rotarians to actively participate and make these initiatives successful. Acknowledging the dedication and hard work of all Rotarians, I commend your commitment to the ideals of Rotary and the positive change you are bringing to the world.

As January marks Vocational Service Month, I call upon you to celebrate and promote ethical practices in your professions, reinforcing Rotary's values of integrity and excellence.

*Rtn. Anil Madan*

MESSAGE FROM DISTRICT SECRETARY



Wishing you all a Happy New Year filled with health, happiness, and continued service!

January marks the beginning of a new chapter, and as Rotarians, it is an opportunity to renew our dedication to Rotary's core values. This month, we celebrate Vocational Service, emphasizing the importance of high ethical standards, professional excellence, and using our skills to serve humanity.

Let us take pride in our vocations and inspire others by demonstrating integrity in our daily lives. Vocational Service is about mentoring young professionals, recognizing outstanding individuals in our communities, and creating opportunities for growth and leadership. I encourage all clubs to organize events and projects that highlight the impact of vocational contributions.

As we move forward in 2025, let's remain steadfast in our commitment to Rotary's theme, "The Magic of Rotary" Whether through providing opportunities for education, empowering communities, or supporting vocational training, every effort brings us closer to a brighter, hopeful future.

Together, as a district, we can continue to lead with compassion, innovation, and excellence. Let us ensure this year is memorable for the lives we touch and the change we bring.

*Rtn. Narinder Pal Singh Bhola*

# BUNIYAAD

# INTER CITY OF ROTARY FOUNDATION

**I**nter City of Rotary Foundation.. BUNIYAAD was organised on 31 December, 2024 at Panipat. The Event was hosted by Rotary South Club, Panipat.

We are really grateful to our District Governor, Rtn Rajpal Singh ji under whose able guidance and mentorship we were able to make the event a huge success. Our dynamic and supportive DG and his whole team has always supported and guided us and paved our path in right direction. Such a huge task could not have been accomplished without the patronage of District 3080.

We are also feeling gratitude for Hon'ble PRID and Past Trustee of TRF Rtn Ashok Mahajan ji for gracing the Inter City as Chief Guest.

Along with this, we are grateful to PDG Rtn Dr. N. Subramanian, RRFRC who spared his precious time to



**Dr Rtn. Ashwani  
Sharma  
President  
RC Panipat South**

motivate and inspire the Rotarians as Keynote Speaker.

Not to forget here the support and encouragement from our own MLA and PDG Sh. Parmod Vij ji who has always guided and supported us in all our endeavours.

Also, a big thanks to Inter City Chair Rtn Dheeraj Miglani who has worked day and night for the success of the event. I am thankful to all my Fellow Rotarians in

Rotary South Club for their tireless contributions in the success of the event.

Rotary South Club, Panipat has been working tirelessly for the cause of society. And they have always got light and direction from the high ups at the District. We are determined to take Rotary to the new heights.





# ROTARY LEADERS SPEAKS....



# BUNIYAAD - DISTRICT 3080 CONFERENCE



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# BUNIYAAD - DISTRICT 3080 CONFERENCE





# HALF YEARLY ZONE 11 LEADERSHIP MEET

**H**alf Yearly Rotary Zone 11 Leadership Meet held on Saturday, 21 Dec 2024 at Karnal to review the activities/projects done by each club of the zone. The Presidents and Secretaries of all clubs have participated with great enthusiasm and shared all their activities/projects with each other. Apart from these, we have also discussed about :-

- 1. FUTURE PROJECTS**
- 2. TO MAKE MAXIMUM REGISTRATIONS FOR INCOMING DISTT. CONFERENCE AAYAAM HELD ON 08-09 MARCH 2025**
- 3. TO ENCOURAGE EACH CLUB MEMBER TO CONTRIBUTE US \$30 IN POLIO PLUS FUNDS**
- 4. TRY TO MAKE MAXIMUM CLUB MEMBERS AS PAUL HARRIS FELLOW**
- 5. DISTRIBUTION OF SANITARY NAPKINS TO MAKE WORLD RECORD AND ALSO ABOUT PINK TOILETS**

I would like to thank all Club Presidents and Secretaries to make this event to successful.

I also like to thank Past Assistant Governors Rtn. P K Jain, Rtn. Rahul Aggarwal and Rtn. Dipak Gupta for sharing their experiences.

My special thanks to our Guest Speaker Past Distt. Governor Rtn. Raman Aneja for his wonderful speech to motivate all Club Presidents and Secretaries to do Good Society Need Projects and advised them “ **How to unite all Club members and how to encourage**



**them to contribute in polio plus funds”.**

He also talked about Importance of Rotary Foundation and encouraged to contribute in Rotary Foundation and to make maximum PAUL HARRIS FELLOW in Clubs.

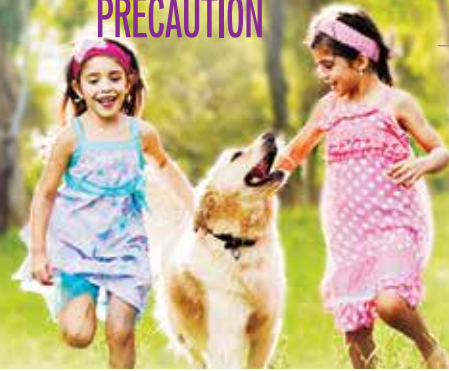
At the end this was a great learning experience for all of us.

*- By AG Rtn. Dildeep Ranjan Sharma*

# LEADERSHIP MEET



## PRECAUTION



# SAVE YOURSELF FROM RABIES



Rtn. Dr. Vinod Kumar Kalra  
Retd. HVS-I  
RC Karnal Midtown

**R**abies is viral disease transmitted from infected animals to human being. It is a major zoonotic disease (Disease transferred from animal to human being) it is 100% fatal.

**SOURCE OF INFECTION:** To human is the saliva of rabid animals/rabid dog.

**TRANSMISSION:** Disease is transmitted to human via saliva of infected animals/bite/scratches.

**INCUBATION:** 3-8 weeks from day of bite.

**NOTE:** The closer the bite to the brain the shorter the incubation period.

**SYMPTOM IN HUMAN:** Hydrophobia/fever, depression agitation, painful spasm, not able to speak and excessive saliva.

**SYMPTOM IN DOGS:** Hitting at blind object, not able to drink water, staggering gate, nervous attack, paralysis.

**TREATMENT:** Prevention is better than cure. Please get your pet vaccinated for ARV (Anti Rabic Vaccine) regularly.

**POST EXPOSURE:** Wound care, Rabies immune globin and Anti-rabies serum.

## VACCINATION SCHEDULE FOR POST BITE

0 day, 3 days, 7 days, 14 days, 28 days and 90 days

## HOW TO PREVENT RABIES:

1. Vaccination of Dogs and Cats.
2. Keeping pet under supervision.
3. Not handling wild animals or stray Dogs.
4. If bitten by an animal the wound must be cleaned with soap, antiseptic lotion and water flow for 10-15 minutes.

**28th September is World Rabies Day we can organize awareness camps.**

Being veterinarian most commonly asked question is can we drink the milk of infected animal the answer is Yes.

*So let us prevent this fatal disease.*

## HIMSPARDHA- HIMACHAL PRADESH ALL 12 DISTRICT CULTURAL COMPETITION



Rotaract Club Shimla Midtown took up a competition in all the 12 Districts of Himachal Pradesh in Collaboration with the State Council of Educational Research & Training (SCERT). This huge initiative was taken up by Rtr. Vidushi Gupta- President Rotaract Club Shimla Midtown.

The Competition Themes:

1. **Fairs and Festivals** - Photos with write ups
2. **Art and Culture** - Photos with write ups
3. **History** - Photos with write ups
4. **Places of Importance** - Photos with write ups
5. **Music and Dance** - Video with write ups
6. **Cuisine** - Video with write ups
7. **Handicrafts** - Photos with write ups.

This month distributed have sent the shields and awards for the for the First, Second and Third Winners of all these

competitions individually in all the 12 Districts And soon will be organising a State level Event for State level Winners in each category.

## RC DEHRADUN CENTRAL TO HOST GOLF TOURNAMENT ON JAN 18, 2025, AT DSOI GOLF COURSE

The Rotary Club Dehradun Central has announced a prestigious Golf Tournament to be held on January 18, 2025 at the renowned DSOI Golf Course. This event aims to bring together Golf Enthusiasts, Philanthropists, and Rotarians for a day of sportsmanship and networking. The tournament serves as a platform to promote Rotary's mission of service and support key community initiatives. Participants will enjoy a competitive yet relaxed atmosphere with various prizes for top performers, while sponsors will have the opportunity to showcase their brands to an elite audience.

Entry fee is Rs 3500/- . For participation, please contact Rtn. Col Vias Gulati and Rtn. TP Singh.

The Chief Guest will be District Governor Rtn. Rajpal Singh and the First lady of the District Rtn. Inderbir Kaur.

This exciting event promises a day of thrilling competition, camaraderie, and an opportunity to support meaningful charitable causes. Don't miss this chance to combine your love for Golf with making a positive impact!

## PROUD MOMENT FOR ROTARY DISTT. 3080



It is a matter of pride for our Rotary District 3080 & moment of honour that vide Order Notification of Home Secretary Chandigarh dated 31st Dec. 2024, one of our RC members Rtn. Hari Om Verma has been appointed as a Professional member of highest Government body - Advisory Council of Administrator of Chandigarh ( Hon'ble Governor of Punjab ) for a period of 2 years.

This advisory council consisting of 54 Eminent / Professionals of Chandigarh is to advise the Chandigarh Administration on Developmental issues & Policy matters affecting the Union Territory of Chandigarh & of course in tandem with Mohali & Panchkula also.

Out of 54 members, 33 are position based for the person who is holding that post currently, but others including Mr. Verma are on Individuals based on merits of their areas of Profession, Capabilities & Public status etc.

Apart from being Major Donor Level - 2 , Mr. Verma is also an active social activist & he is planning to put his best efforts to contribute his hard earned engineering experiences for Development of Chandigarh City as a whole, as well as for the benefits of Society & Rotary projects in general.

# AI IN ADVERTISING: WHY 2025 WILL BE THE YEAR OF RECKONING



At the start of this festive season, Coca-Cola unveiled three artificial intelligence (AI)-generated Christmas ads in the US. But these commercials faced very strong headwinds – unprecedented backlash and ridicule from both the marketing fraternity, and media. The ads suffered from common flaws in AI-generated content, including distorted visuals, unsettling facial expressions, unnatural movements, and disproportionate features, leaving viewers unimpressed.

So that brings us to the biggest debate of 2025: is AI overrated? Is it

still not fully deployable commercially? And then to the larger questions – are ad agencies endangered by the tech invading the business? Will agencies befriend the new monster? And how soon, and at how much cost?

Among the three Coca Cola Christmas ads, the one that got the maximum attention was the one paying homage to the iconic Coca-Cola Christmas ads from 1995, “Holidays Are Coming”. This ad features red Coca Cola delivery trucks with Christmas lights and pictures of Santa Claus, with two shots of smiling customers, one holding a bottle of Coke. The problem was that the shots were incredibly fast, and the ad seemed to be so rushed that there was barely any time for the viewer to register what was going on. One of the reasons why consumers reacted so negatively to the ad was that Coca-Cola in the US is closely associated with the festive spirit.

Coca-Cola is often credited with creating Santa Claus’ red-and-white suit (which isn’t actually true), but it did for sure help popularize the colour scheme. The ad got criticised because the truck wheels were seen gliding across the ground without spinning, one could see distorted proportions, and nonsensical shapes of Christmas lights and buildings. These new AI-made ads were created by three AI studios, which were Secret Level, Silverside AI and Wild Card. They used the generative AI models Leonardo, Luma and Runway, with a new model, Kling, brought in towards the end of production.

In India, the AI-in-advertising debate heated up through 2024. I have been in this business for well over 40 years now. I saw the metamorphosis that satellite TV triggered in 1991. Most agency folks refused to acknowledge that television had arrived. They still hung onto skills that drove press, those days the primary medium for advertising. When digital came in the early 2000s, ad agencies again turned a Nelson’s eye to the opportunity. Small, nimble digital outfits quickly outclassed the slow and slothy ‘mainline’ agencies. No one in advertising understood mobile. So that was another big opportunity missed. Then came the social media tsunami. Ad agencies neither had the skill set nor the pricing to compete. Programmatic advertising required understanding data and targeting. Most agencies ducked. And now AI is knocking at the door.

At my agency, Rediffusion, we decided to welcome AI rather than be in denial, or fight the new tech. Our



## बढ़ता प्रदूषण - घुटती सांसे

वायु में घुलता विष,  
जहर-सा कककिष्ठिता सांसों का अमृत,  
दिशाएं धुंध में लिपटी,  
धरा पर फैला धूम्र-आच्छादित आवरण।

आकाश अब नीला नहीं,  
धूसर रंग की चादर ओढ़े,  
प्रकृति भी छिप गई है  
शहरों के इस घने कोलाहल में।

हवा अब बयार नहीं,  
बल्कि कोई अदृश्य दुश्मन,  
जिससे हर सांस एक लड़ाई हो गई,  
एक असहनीय जंगकृजीवन और मृत्यु के बीच।

पेड़ों की शाखाओं पर बसेरा करती चिड़ियों ने  
जैसे गुम कर दिया अपना संगीत,  
पत्तियों पर गिरती धूप भी अब थकी हुई है,  
छांव भी अब गर्म धुआं-सी प्रतीत होती है।

पर समाधान अब भी है,  
वो हर पौधा जो ज़मीन में उम्मीद बोता है,  
वो हर प्रयास जो हरीतिमा लौटा कर करता है।

A SHORT POEM  
BY Rtn.  
SONIA GUPTA  
RC KALKA  
HERITAGE



हमारी सांसों का उपचारें  
पेड़, जो धरती का श्रृंगार हैं,  
हर घर, हर गली, हर मोहल्ले में एक नया पौधा,  
जिससे हर सुबह को मिले ताजगी।

फैक्ट्रियों की धधकती चिमनियों को  
रोकने का समय है,  
स्वच्छ ऊर्जा का संचार हो  
सूरज की किरणों से लेकर हवा के झोंकों तक।

आओ, हम मिलकर बनाएं  
एक ऐसा भविष्य, जहां  
हमारी अगली पीढ़ी खुली हवा में सांस ले सके,  
और हर सुबह हो सुनहरी,  
धरा पर पुनः हरियाली की चादर बिछे,  
क्योंकि यह जीवन फिर से खिल सकता है  
प्रदूषण की इस धुंध से मुक्त होकर।

समाधान हम हैं  
अपने कर्तव्यों का सही रूपांतरण।  
एक कदम, एक सोच, एक संकल्प  
आओ इस हवा को, इस धरती को,  
फिर से स्वस्थ और सुंदर बनाए।

Rediffusion AI Design (RAID) Studio decided to take the challenge head-on. In the past few weeks, we have unveiled commercials done purely in AI for Tata Power, Kansai Nerolac Paints, Taj Hotels and PMJ Jewels.

The creatives, even if I say so, are flawless. No glitches, unlike Coca Cola. Our ideation, scripting and detailing was fully aided by AI software. The video footage and the special effects, especially the snowfall in the Christmas narratives, took hundreds of manhours to perfect. Most importantly, we got the Indian skin tones right. And even the colour of the eyes! The music and the singing too were done on AI.

How did the Rediffusion RAID team do it? They began each project by visualising the scripts and

finding stunning imagery with the help of Midjourney. Once the images were selected, each image was given life with motion design using Pika Art AI. Each frame was then brought to life through intricate motion design seamlessly assembled in Premiere Pro and After Effects. Finally, the films' essence was perfected through colour grading on DaVinci Resolve, ensuring that every visual enhanced the warmth and festive spirit of the season. The audio of the various films was also AI generated, using Suno AI, for mood-synched music.

Honestly, six months ago, the RAID Studio team were new to the business and didn't have much clue on how to move forward. The first (and most important) investment

we made was in buying the best softwares – not cheap, but essential to the success of the project. Then came in-house training – mostly though self-use and peer contribution. And then came client encouragement to give it a shot – get started. Dr Praveer Sinha and Jyoti Bansal from Tata Power gave us a free hand and their unstinted support. Anuj Jain and Rohit Malkani of Kansai Nerolac trusted us 100%. Veetika Deoras from Taj Hotels and Disha Jain of PMJ Jewels gave us both brand briefs, and encouragement.

Moral of the story: AI is fantastic. The product is outstanding. Clients love it. Experts approve of it. Pricing is attractive. Most importantly, agency folks can do it, and do it well.

## STEPS TOWARDS EMPOWERMENT



# WOMEN'S HEALTH AND HYGIENE: A STEP TOWARDS EMPOWERMENT

**W**omen's health and hygiene are fundamental to the overall well-being of society. Despite the advancements in medical science and societal awareness, menstrual hygiene remains a critical issue, particularly in developing countries like India. Addressing this challenge requires collective efforts, and organizations like the Rotary Club Chandigarh Central have taken exemplary initiatives to make a significant impact.

## THE IMPORTANCE OF WOMEN'S HEALTH AND HYGIENE



**By Rtn. Surendra Prasad Ojha,  
President, RC  
Chandigarh Central**

Good health and hygiene practices are vital for women, not only for their physical well-being but also for their social and economic participation. Menstrual hygiene is a cornerstone of women's health. However, millions of women in India still lack access to affordable sanitary products, leading to poor menstrual hygiene management. This has far-reaching implications, including health risks such as infections, reproductive tract diseases, and in severe cases, infertility.

Additionally, the stigma and taboos surrounding menstruation further exacerbate the problem. Many girls drop out of school due to a lack of proper facilities and understanding, perpetuating gender inequality and limiting opportunities for education and growth.

## RI DISTRICT 3080 THROUGH ROTARY CLUB CHANDIGARH CENTRAL'S HISTORIC INITIATIVE

To address this pressing issue, the RI District 3080 through Rotary Club Chandigarh Central achieved a monumental feat by distributing and counting 6 lakh sanitary pads within 24 hours, creating a world record. This initiative highlights their commitment to empowering women through health and hygiene awareness.







The event not only provided access to much-needed sanitary products but also served as a platform to raise awareness about menstrual hygiene. By distributing such a large quantity of sanitary pads, the Rotary Club ensured that thousands of women and girls could experience healthier and more comfortable menstrual cycles.

### IMPACT OF THE INITIATIVE

#### THE DISTRIBUTION OF SANITARY PADS ON SUCH A MASSIVE SCALE HAS MULTIFACETED BENEFITS:

- 1. HEALTH BENEFITS:** Women who use proper sanitary products are less likely to suffer from infections and other health issues, leading to improved overall well-being.
- 2. INCREASED AWARENESS:** The initiative opened up conversations about menstrual hygiene, helping to break taboos and educate communities about its importance.
- 3. EMPOWERMENT THROUGH ACCESS:** By providing free sanitary pads, the Rotary Club reduced the financial burden on underprivileged women, enabling them to prioritize their health.
- 4. PROMOTING EDUCATION:** Girls who have access to menstrual products are more likely to

attend school consistently, fostering education and equality.

### A CALL FOR CONTINUED EFFORTS

While the Rotary Club Chandigarh Central's initiative is commendable, there is still much work to be done. Ensuring sustainable access to menstrual hygiene products and continuing to educate communities about menstrual health is essential. Governments, NGOs, and corporate entities should join hands to implement long-term solutions, such as affordable sanitary products, menstrual hygiene education, and improved sanitation facilities.

### CONCLUSION

RI District 3080 through, The Rotary Club Chandigarh Central's world record with is not just a milestone; it is a beacon of hope for millions of women and girls who struggle with menstrual hygiene. Such initiatives remind us that collective efforts can bring about transformational change in society. Let this achievement inspire more organizations and individuals to work towards a future where women's health and hygiene are prioritized, empowering them to lead healthier, happier, and more productive lives.

# “HOW I WANT TO DIE: A REFLECTION ON LIFE’S FINAL CHAPTER”

**D**eath is the inevitable conclusion to the story of life—a universal truth that connects us all. Yet, while we may not control when it happens, we can imagine and articulate how we hope to face it. For me, the question of how I want to die is less about the mechanics of the end and more about the state of my being when that moment arrives.

## WITH DIGNITY AND CLARITY

I hope to face my final moments with dignity, free from unnecessary suffering. Advances in medical science now allow us to manage pain and discomfort in ways previous generations could only dream of. I wish for a death where I am not reduced to mere existence but am treated with respect and compassion until the very end.

## SURROUNDED BY LOVE

I imagine my final moments enveloped in the warmth of love—family, friends, and perhaps even those whose lives I’ve touched along the way. There’s a profound comfort in the thought of departing while holding the hands of loved ones, knowing that the bonds we’ve created remain unbroken by death.

## AT PEACE WITH MYSELF

A peaceful death, to me, is one that follows a life of purpose and integrity. It means making peace with my past, forgiving myself and others, and embracing the unknown with an open heart. I hope to carry no regrets, only gratitude for the journey I’ve been privileged to take.

## IN NATURE’S EMBRACE

If circumstances allow, I’d love to spend my final moments connected to the natural world. The rustling of leaves, the sound of waves, or the warmth of the sun on my skin seem like fitting companions to my farewell. Nature reminds us that death is not an end but a continuation of life’s cycle.



**Rtn. Dr. Parvesh  
K. Sablok**  
Palliative Care Consultant  
RC Paonta Sahib

## LEAVING A LEGACY

Though my physical presence will fade, I hope to leave behind something meaningful—be it through relationships, work, or contributions to causes I care about. My wish is to leave the world, or even a small corner of it, a little better for having been here.

## ON MY OWN TERMS

There’s a growing movement advocating for the right to die with dignity, particularly for those suffering from terminal illnesses. While no one wishes for a premature end, I believe in having autonomy over how we face death when the time comes. Choosing to die with dignity is not about giving up; it’s about accepting the inevitable with grace and courage.

Death remains a taboo subject for many, but I see it as an opportunity to reflect on life and its priorities. By considering how I wish to die, I also confront how I want to live. The two are inextricably linked, and in preparing for one, I enrich the other.

How do you envision your final moments? Let’s not shy away from this conversation—let’s embrace it as part of the profound journey of being human.



# HIMSPARDHA- HIMACHAL PRADESH ALL 12 DISTRICT CULTURAL COMPETITION

Rotaract Club Shimla Midtown took up a competition in all the 12 Districts of Himachal Pradesh in Collaboration with the State Council of Educational Research & Training (SCERT)

## THE COMPETITION THEMES:

1. Fairs and Festivals - Photos with write ups
2. Art and Culture - Photos with write ups
3. History - Photos with write ups
4. Places of Importance - Photos with write ups
5. Music and Dance - Video with write ups
6. Cuisine - Video with write ups
7. Handicrafts- Photos with write ups.

This month distributed have sent the shields and awards for the for the First, Second and Third Winners of all these competitions individually in all the 12 Districts And soon will be organising a State level Event for State level Winners in each category.



## HUMAN CHAIN

Human Chain, an initiative to promote Blood Donation Awareness and inspire people to become life-saving heroes and stand together, hand in hand, to make a difference. This impactful project is initiated by District Rotaract Organisation and Zone 5, hosted by Rotaract Yamunanagar in collaboration with Rotary Yamunanagar, and co-hosted by: RAC DAV Dental, RAC GNKITM, RAC Yamunanagar Rivera, RAC GNKC



## PACKING AND ORGANIZING FOR SANITARY

On December 27, 2024, many clubs participated in the preparatory phase of the Guinness World Record-breaking Sanitary Pad Donation Drive organized by District 3080. Five club members volunteered to pack and organize sanitary pads at Government School, Sector 35, Chandigarh. This activity ensured seamless logistics for the distribution phase of the drive and contributed to a larger cause of menstrual hygiene awareness and support for underprivileged girls. Rtr. Tej Gill, President helped with the packing.

# RC SHIMLA ORGANISED MEGA E-WASTE COLLECTION DRIVE AND COLLECTED 4700 KG

In a significant step towards promoting environmental sustainability, the Rotary Club Shimla organized a Mega E-Waste Collection Drive on 05.12.2024 at Directorate of Higher Education, HP. Around 4700 kgs of e-waste was collected which was stacked since 1994 and was handed over to recycler M/s Karo Sambhav Pvt Ltd. Rotary Club Shimla signed an Agreement with M/s Karo Sambhav Private Limited on 28th September, 2023 at Rotary Town Hall Shimla for e-waste Management, which is since then 'Signature Project' of the Club in view of the detrimental impact on environmental and health posed by electronic waste. Rotary Club Shimla has collected and handed over around 6 tonnes e-waste in last one year since commencement of the Project.

This initiative is aimed to encourage responsible disposal of electronic waste and raise awareness about the importance of recycling e-waste to protect the environment. This was done after obtaining



permission & support of Dr. Amarjeet Sharma, Director, Higher Education, GoHP.

The collection drive witnessed wide range of electronic waste, including old computers, laptops, televisions, batteries, and other obsolete electronic devices. The collected e-waste was handed over to certified recycler to scientific & eco-friendly disposal.

As electronic & electrical devices become a bigger part of our daily lives, so does the need to manage the waste they create. Improper disposal of e-waste can harm our environment due to the toxic materials found in many electronics. This initiative by Rotary Club Shimla is towards environmental responsibility & sustainability, by organising sensitisation, awareness and collective drives for e-waste in the Institutions and the community.



Karo Sambhav Private Limited, a company incorporated under the laws of India, is in the business of, among other things, providing environmental compliance services and e-waste management solutions to producers and generators including bulk consumers operating in India. Karo Sambhav works on behalf of and with electronics producers to keep obsolete or discarded electronic products out of landfills, to optimise the recovery of resources from electronic products or their components, and to develop a globally harmonized and locally relevant system for responsible



e-waste management in India.

Electronic waste is emerging as a serious public health and environmental issue in India. India is the "Third largest electronic waste producer in the world"; approximately 2 million tons of e-waste are generated annually and an undisclosed amount of e-waste is imported from other countries around the world. Vulnerable populations such as pregnant women, children and the elderly are particularly susceptible to the health risks of e-waste.

Annually, computer devices account for nearly 70% of e-waste, 12% comes from the telecom sector, 8% from medical equipment and 7% from electric equipment. The Government, Public sector companies, and Private sector companies generate nearly 75% of electronic waste, with the contribution of individual household being only 16%. While e-waste recycling is a source of income for many people in India, it also poses numerous health and environmental risks. More than 95% of India's e-waste is illegally recycled by informal waste pickers called kabadiwalas or raddiwalas (scrap traders).

E-waste contains many hazardous substances which have been found to be extremely dangerous to human health and the environment; e-waste is often disposed of under less-than-ideal safety conditions. Since most e-waste is illegally processed by workers operating outside of formally-organized systems, these informal workers commonly practice unregulated and often dangerous recycling techniques that can have serious health consequences. Unfortunately, the recycling labour force has a low literacy rate and very little awareness of the hazards of e-waste which means that many of these workers are unknowingly engaging in activities that are harmful to their health.



THE TRANSFORMATIVE JOURNEY OF RCS HILL QUEENS AT MODEL CENTRAL JAIL KANDA

# A TALE OF COMPASSION AND CHANGE

**R**CS Hill Queens embarked on a truly transformative journey at the Model Central Jail Kanda, creating a unique and inspiring example of rehabilitation, compassion, and hope. With the invaluable support of Jail Superintendent Sh. Susheel Thakur, who played a pivotal role in fostering a supportive and respectful environment, the club has successfully turned the prison into more than just a place of confinement. Their efforts have opened doors to healing, creativity, and a second chance at life for the inmates.

Over the past six months, the club's initiatives have spanned physical health, emotional well-being, and intellectual growth. A major part of their work focused on improving the inmates' health, starting with the organization of specialized health camps. In collaboration with medical professionals, RCS Hill Queens conducted two eye camps within the jail premises. These camps, attended by 74 inmates, offered free eye checkups by experienced eye specialists and a refractionist. The outcome was both significant and impactful—29 inmates received free pairs of numbered glasses, enabling them to regain a



**Rtn. Maala Singh**  
President  
RC Shimla Hill Queens



sense of clarity and independence. These simple yet life-changing interventions highlighted the club's commitment to addressing both physical and emotional needs.

The dental camp organized by the club was another





milestone in their healthcare initiatives. Held in the well-equipped dental section of the jail, this camp provided much-needed dental care to the inmates. The camp saw a wide range of treatments, from 15 extractions to root canal therapies and multiple teeth cleanings. The availability of a complete dental setup within the prison made the process smoother and more comfortable for both the inmates and the dental professionals. This was not just a medical intervention but a step toward improving the overall quality of life for those incarcerated.

In addition to the eye and dental camps, RCS Hill Queens also organized a skin check-up camp, focusing on long-neglected medical issues. Inmates who had been suffering from skin conditions received free oral medications and ointments, leading to

improvements in their skin health and overall well-being. These camps served as a reminder that inmates, often forgotten by society, also deserve care and attention to their basic health needs.

The club's initiatives also extended to the broader community, as they organized a blood donation camp for police personnel stationed at the jail. The event was inaugurated by Jail Superintendent Sh. Susheel Thakur, who set an example by being the first to donate blood. This act of leadership was a powerful gesture that encouraged other police officers to participate, demonstrating the spirit of solidarity and the importance of contributing to society. The camp adhered to strict safety protocols, ensuring a smooth and safe process for all donors. This event not only helped strengthen the bond between the police force and the inmates but also contributed to a cause that saves lives, further reinforcing RCS Hill Queens' commitment to the well-being of the larger community.

Beyond healthcare, the club's impact on the emotional and intellectual growth of the inmates has been profound. Understanding that true rehabilitation goes beyond physical treatment, RCS Hill Queens regularly visited the jail to provide counselling, motivational talks, and support to the inmates. One of the most significant contributions in this area is the involvement of Rtn. Dr. Taruna Kaushal, a psychologist and Secretary of the club, who held interactive sessions with the inmates, helping them manage their psychological issues and providing them with tools to heal mentally and emotionally. Her empathetic approach fostered an atmosphere of trust, allowing the inmates to open up



## TRANSFORMATIVE JOURNEY

and begin their journey toward mental well-being. Another key initiative was a motivational talk by Rtn. Geeta Kapur, whose words left a lasting impact on the inmates, inspiring them to believe in their potential for change and personal growth.

The celebration of Prisoners' Day was a major event organised by jail authorities which highlighted the talents and creativity of the inmates. The inmates participated in various activities, such as cultural performances, poster-making, and slogan-writing competitions, bad Minton matches, volley ball matches and chess competitions which not only served as an outlet for their artistic expression but also helped boost their self-esteem. Rtn. Maala Singh, President of RCS Hill Queens, was invited as the Chief Guest for the occasion and, along with other club members, she judged the performances. She also addressed the gathering of nearly 400 inmates encouraging them to indulge in good activities and stay away from drug abuse. The winners were awarded prizes, sponsored by the Hill Queens, as a token of appreciation for their efforts. This event also included a tree plantation drive, further instilling a sense of responsibility and environmental consciousness among the inmates.

Moreover, RCS Hill Queens supported the jail's in-house enterprises, purchasing handmade cloth bags produced by inmates, which were then used as souvenirs for visitors. This initiative not only provided the inmates with an income but also helped create a market for their crafts, including shawl weaving, bakery products, and furniture making. By promoting these products, the club not only gave the inmates a source of livelihood but also encouraged other organizations and individuals to support the jail's enterprise programs, fostering a sense of empowerment and dignity. Hill Queens encouraged women inmates by buying socks and sweaters knitted by them.

Infrastructure improvements within the jail were another area of focus for RCS Hill Queens. Understanding that access to clean drinking water is a basic but often overlooked necessity, the club installed two water purifiers—one in the hospital section and another in the senior citizens' barrack. This seemingly simple contribution had a significant impact, improving the health and quality of life for both the inmates and the jail staff.

Furthermore, the club made substantial contributions to the intellectual development of the inmates. A wide range of books, including religious scriptures, biographies of war heroes, mythology, and cookery books, were donated to the prison library. These books provided the inmates with the opportunity to broaden their knowledge, gain



inspiration, and find solace during their time in prison. They not only helped the inmates reconnect with their inner selves but also offered them new perspectives on life and personal growth.

The journey to initiating the transformative projects was not without its challenges. Obtaining permission to visit the jail was a lengthy and rigorous process. Rtn. Maala Singh vividly recalls the intense scrutiny and interrogations conducted by the Director General Prisons & Correctional Services Himachal Pradesh, Sh. Sanjeev Ranjan Ojha, IPS. After multiple meetings and thorough background checks, the Director General was convinced of the club's genuine intent to help the inmates, and approval was granted for the year-long, once-a-month visits with 4 members entry at a time. Despite initial skepticism from some members of the public and even the families of club members, the project gradually gained acceptance and became a much-appreciated and regular initiative.

The success of the program owes much to the leadership of Jail Superintendent Sh. Susheel Thakur, whose combination of discipline and compassion created a conducive and respectful atmosphere within the jail. His support was instrumental in the smooth execution of all the initiatives by RCS Hill Queens.

The impact of RCS Hill Queens' work has reverberated far beyond the walls of the prison. By addressing the physical, emotional, and intellectual needs of the inmates, the club has shown that even in places of confinement, there is room for growth, healing, and transformation. One inmate, deeply moved by the club's efforts, expressed, "Your visits remind us that we are not forgotten. Thank you for believing in us." These words encapsulate the essence of RCS Hill Queens' mission—to restore dignity, inspire hope, and offer a second chance at life. As Rtn. Maala Singh, President of the club, shared, "The journey is just beginning," with many more projects and initiatives planned to further uplift and empower the inmates, giving them the opportunity to lead lives filled with dignity, hope, and purpose.



ALAKNANDA VALLEY



Organised Cervical Camp



Organised School Cricket Competition

AMBALA



Organised Career Guidance Programme



Distributed Winter Blankets

AMBALA CENTRAL



New Member Induction



ADC, SDM, DPRO Ambala at Geeta Jayanti Stall

**AMBALA CITY**



**Blood Donation Camp**



**AMBALA DIAMOND**



**Distributed Tea and Snacks in Civil Hospital Ambala City**



**Distributed Sanitary Napkins at Kalpana Chawla Women Polytechnic**

**AMBALA INDUSTRIAL AREA**



**Distributed Shoes, Sports items and Sweaters in Schools of Ambala Cantt.**



AMBALA MIDTOWN



Remembered Martyrdom Day in Government School, Ambala City



Released Poetry Books

BADDI



ENT Medical Camp



Blood Donation Camp

BARARA



Distributed Sweater and Gloves



Medical Check-up Camp

**BHAKRA NANGAL**



Distributed Wheel Chairs and Blankets

**CHANDIGARH**



Distributed Sweater at Govt School, Khudda Lahora



Blood Donation Camp

**CHANDIGARH CENTRAL**



Distributed Sanitary Pads



Special Bandages for Patients at GMCH 32

CHANDIGARH CITY BEAUTIFUL



Distributed Blankets in PGI Emergency to those in need



CHANDIGARH MIDTOWN



Medical Camp



RYLA at Gurukul School, Manimajra

CHANDIGARH PERIPHERY ZIRAKPUR



Felicitation of DGE Rtn. Ravi Parkash



Birds are Beautiful blessing of nature and helping mankind and growth

CHANDIGARH UPTOWN



Rotary Youth Leadership Awards at Shemrock School Mohali



Organised Nukkad Natak

CHEEKA



Distributed TB Nutrition Kit and Blanket



CLASSIC CHANDIGARH



Cancer Awareness Talk



Upliftment of Women, Children and Senior Citizen Seminar

DEHRA DUN CENTRAL



DG Official Visit



DOON VIKAS



Dental Check Up Camp



Distributed Ration Packages

GANGOH



Installation Ceremony

## CLUB MATTERS

### HARDWAR



Blood Donation Camp



Celebrated Annapurna Day

### HARIDWAR CENTRAL



Celebrated New Year



### JAGADHRI



Donated Cycle



JAGADHRI NORTH



Installed Sanitary Vending Machine



JIND MIDTOWN



Distributed Woolen Sweaters



KAITHAL



Gau Sewa



Donated Woolen Clothes to Students

KALKA HERITAGE



Blood Donation Camp



Medical Camp

KANKHAL



Distributed Sanitary Napkins in School



KARNAL



Donation to Pulse Polio Fund of Rotary Foundation



Dental Checkup Camp

KARNAL MIDTOWN



Distributed 33 Pairs of Shoes & Socks to Students



Distributed Woolen Clothes

KHARAR



Dental Checkup Camp



Eyes of two donated to PGI after death

LADWA



World AIDS Day-Human Red Ribbon Formation



Distributed Old Clothes

MOHALI MIDTOWN



Helped Patient by Giving Rs 21000/- for Treatment

MUSSOORIE



Eye Checkup Camp



Winter Line Carnival

NAHAN



Distributed Woolen Dresses and Stationery Items for Students



NAHAN SANGINI



Distributed Woolen Clothes



NAHAN SIRMOUR HILLS



Distributed Warm Clothes

NEW CHANDIGARH



Education Seminar

PANCHKULA



Distributed Clothes in Hospital under Project Maa



Donated 11 Tricycles

PANIPAT PREMIER



Old Citizen Medical Checkup Camp



Distributed Quilts at Blind School

PANIPAT RAINBOW



Medical Camp



Blood Donation Camp

PANIPAT ROYALE



Kids Enjoyed at Mittal Mall

PANIPAT SOUTH



Distributed Swaters and Shoes

PAONTA SAHIB



Blood Donation Camp

PAONTA SAKHI



Talk on Mental Health Awareness



Helped the Girl in Marriage

PEHOWA



Honored Cricket Team



Blood Donation Camp

PINJORE HILLS



Organised Health Check-up Camp





RADAUR



Health Awareness Camp



Seminar on Mobile Misuse

RISHIKESH DIVAS



Eye Checkup Camp



Distributed Nutrients under Project Mamta

ROOP NAGAR



Blood Donation Camp

Roorkee



Blood Donation Camp

ROPAR CENTRAL



Blood Donation Camp

SAHARANPUR HARMONY



Celebrated Christmas in Chirag School



Distributed Woolen Blankets

SHAHABAD MARKANDA



Distributed 150 Blankets



Distributed Uniform at Govt Middle School No 5 at Shahabad

SHIMLA



RC Shimla Celebrated 66th Founder's Day



Donated Quilts and Patients Fowler Bed

SHIMLA HILL QUEENS



Distributed Woolen Clothes



Celebrated Project Muskaan

# CLUB MATTERS

## SHIMLA MIDTOWN



Financial Assistance to a Girl Student by Giving Rs 11000/-



Distributed LED Solar Lights

## SILVER CITY MOHALI



Organised Kirtan and Langar Sewa



Cleanliness Drive & Installation of Garbage Bags and Dustbins

## SOLAN



Donated Neublizer in Hospital



Donated Blankets and Sweaters

YAMUNA NAGAR RIVIERA



Distributed Woolen Dresses



Distributed Blanket and Quilts to Safai Karamchari

ACHIEVEMENT



**D**r. Balram K Gupta, Past President of Rotary Club of Chandigarh Midtown was honoured by Maharaja Agrasen University, H.P. with : Pioneer in Legal Arena Award – 2024 on the occasion of National Seminar on the completion of 75 years of Indian Constitution. Dr. Gupta was the key note speaker. The citation reads : Dr. Gupta is a happy mix. He is both Professor Emeritus and Senior Advocate widely acclaimed in India and abroad. His journey is spread over 55 years from Legal Education to Legal Profession to Judicial Education. In each domain, he made stellar contribution. He is erudite scholar. He is Rotarian of 1976 vintage. His journey is punctuated with Rotary values and culture.

EVENT & PROMOTION

Supported By

THE MAGIC OF ROTARY

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# ROTARY UTSAV

*Save the Date!*

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**FROM THE EDITOR**



**MOHINDER PAUL GUPTA**



**THIS JANUARY, TAKE THE OPPORTUNITY TO ASSESS THE IMPACT OF YOUR ONGOING PROJECTS. BY ADDRESSING THESE QUESTIONS, WE CAN ENSURE THAT OUR EFFORTS ALIGN WITH THE GREATER PURPOSE OF CREATING HOPE AND OPPORTUNITIES.**



Dear Rotarians, Rotaractors, and Friends,

**W**arm greetings as we welcome January 2025! A new year brings with it new hopes, fresh opportunities, and a renewed commitment to Rotary's ideals. As District Editor, it is my privilege to share with you the highlights and focus areas for this month, which centers around Vocational Service – a cornerstone of Rotary's mission.

January's theme, Vocational Service, is a powerful reminder of how our professional skills and ethical standards can be tools for building a better world. It challenges us to lead by example, showcase integrity in our professions, and use our expertise to serve humanity. As we reflect on our vocations, let us explore ways to bring positive change through mentorship, career guidance, and skills training for those who need it most.

**VOCATIONAL EXCELLENCE IN ACTION**

I encourage all clubs to prioritize projects that celebrate and support vocational excellence. Host career counseling workshops for students and young professionals, recognizing the need for proper guidance in shaping their futures. Offer training programs for underprivileged individuals to help them acquire skills that will enable them to earn a livelihood. Additionally, recognize outstanding professionals in your community who exemplify the values of integrity, innovation, and service. These initiatives reinforce Rotary's commitment to making a meaningful difference in people's lives.

This January, take the opportunity to assess the impact of your ongoing projects. Are they creating sustainable change? Are they reaching those who need them the most? By addressing these questions, we can ensure that our efforts align with the greater purpose of creating hope and opportunities.

**THE ROLE OF COMMUNICATION**

As Rotarians, communication is at the heart of everything we do. Sharing the stories of our projects, celebrating successes, and learning from challenges strengthens the bond within our Rotary family and inspires others to join our mission. I urge all clubs to actively share their achievements and ideas through newsletters, social media, and district events. Your stories have the power to motivate others and highlight the impact of Rotary in our communities.

**LOOKING AHEAD**

January is just the beginning of what promises to be a year filled with potential and purpose. Together, as District 3080, we can achieve remarkable milestones. Let us continue to work as a united force, driven by our shared values and commitment to service above self.

Thank you for your dedication, enthusiasm, and creativity. I look forward to seeing the incredible initiatives that will unfold this month and throughout the year. Let's make 2025 a year to remember for Rotary and the communities we serve.

# DR. LALITA PARASHAR

**PRESIDENT OF ROTARY SOLAN MIDTOWN**

**R**tn. Dr. Lalita Parashar, President of Rotary Solan Midtown, is a dedicated, popular Gynecologist & Physician at the same time a very humble & devoted Rotarian as well. Dr. Lalita had her Primary education in BHEL, Ranipur, Haridwar where her father was serving as an Engineer. Being underage for Medical Entrance after clearing 10+2. She utilized that period by doing B.Sc. (Medical) from DBS College, Dehradun. She topped the list of successful candidates. Finally, after clearing the age barrier, she landed up in LLRM Medical College, MEERUT, from where she completed her MBBS & Residency in Gynae., Obst. under the able guidance of Prof. Dr. Usha Sharma & Prof. Dr. Rukma Idnani.



her group. She is elected leader of the club for the year 2024-25 & her presence has already been taken note of as “the Club Project of Distribution and Installation of Water Tanks” in remote Govt. Sr. Sec. School, Kotla, has been recognized & awarded by the Rotary Distt. 3080 under the able leadership of DG Rtn. Rajpal Singh.

Both as a Doctor as well as a Rotarian, she is deeply associated with Women Upliftment. She is regularly organizing camps/Talks in Rural areas & schools where young mothers & adolescent girls are briefed about personal care and common ailments which are otherwise Neglected or overlooked for want of knowledge. Similarly, breast feeding do's & do not's are

After marriage she moved to Solan & joined her husband Dr. Kailash Parashar who was already doing Private Practice. It is to their credit that the team of Doctor's started first Private Indoor Nursing Home equipped with X-Ray & Clinical Lab. facilities followed by Gynae-Obst. Surgery. Later on introduced Ultrasound Studies – the First in Himachal. These facilities meant a lot to the poor & under privilege masses who came from Shimla, Sirmour & Solan Districts. Now, its almost five decades of service to the humanity which started in Jan. 1977.

In between she helped in organizing Medical Practitioners thus Solan Doctors' Association came into being which is going strong even today & it's a great meeting point for medicos of all ages. She served this forum many a times as President & Secretary. Even today she is very active member of the association. Similarly, she is the founder & life member of Solan District, Unit of IMA – Indian Medical Association.

She is associated with Rotary Family for the last three decades, earlier as a Inner Wheeler, & now as Rotarian. Inner Wheel Club Solan attained new heights under her leadership. In last Rotary year 2023-24, she was declared the Best Club Secretary in

explained in group conversation.

On family front, though blessed with battery of helpers yet Dr. Lalita enjoys cooking the most, she has great passion for it. Dr. Lalita & Dr. Kailash Parashar are blessed with highly accomplished children & grand-children. Their son Dr. Kalind is Consultant Neuro-Radiologist, Fellow of world-famous Memorial Sloan Kettering Centre, New York, USA. Daughter Ms. Kriti, is Graduate of Siri Ram College of Commerce (SRCC) Delhi University & MBA Finance from Stanford University, California, USA. With His blessings both are married & settled with their children in USA.

Dr. Lalita has travelled to more 20 countries in North Hemisphere. South Hemisphere is yet to be explored.

During her visits abroad, she is always on look out for an opportunity to meet local Rotarians and on couple of occasions she did meet few of them in Troy Michigan & Trumbull in Connecticut. Thrill of meeting Fellow Rotarians has no words to explain. At the moment Rotary is her first priority & with her team she is confident to achieve the goals set by Rotary District.

Long Live Rotary!!!!

P A L M S

# Aaj Ka

## 2025 DISTRICT CONFERENCE

THE PALM, ZIRAKPUR  
MARCH 08-09, 2025

Rtn. Rajpal Singh,  
District Governor RID 3080  
Rtn. Inderbir Kaur



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