

"Service Above Self" since 1979

WE ARE ROTARY CLUB ROOPNAGAR

ROTARY ROOPNAGAR TRUST

Zone 7

R.I. DISTRICT 3080



BLOOD DONATION

Rotary International" is a global network of **1.4 million members** in over **46,000 clubs** across **200+** countries. Founded in **1905** in Chicago, Rotary is one of the world's largest and most influential **service organizations**, dedicated to humanitarian causes, ethical leadership, and community development.

Why Choose Rotary?

Joining Rotary International offers numerous personal and professional benefits while allowing you to make a positive impact in your community and the world. Here's why you should consider becoming a Rotarian:

1. Make a Difference in the World
2. Expand Your Network.
3. Personal & Professional Growth
4. Local & Global Impact
5. Friendship & Fellowship
6. Ethical & Inclusive Environment
7. Travel & International Opportunities
8. Leave a Lasting Legacy



Rotary's motto is "Service Above Self"—if you want to serve, connect, and lead, Rotary is the perfect place for you!

Rtn. Sudhir Sharma

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Rtn. Dr. Ankur Wahi

Secretary
RY 2025-26

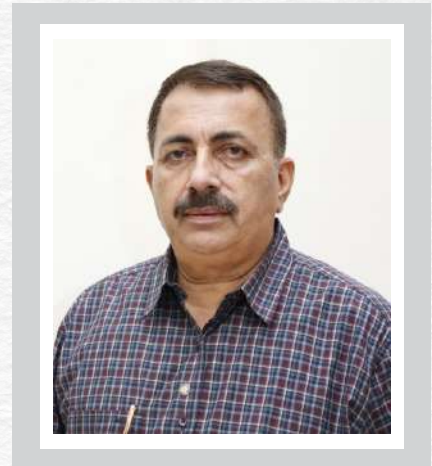
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FROM THE DESK OF THE PRESIDENT

Rtn. Sudhir Sharma
RY 2025-26



Dear Members,

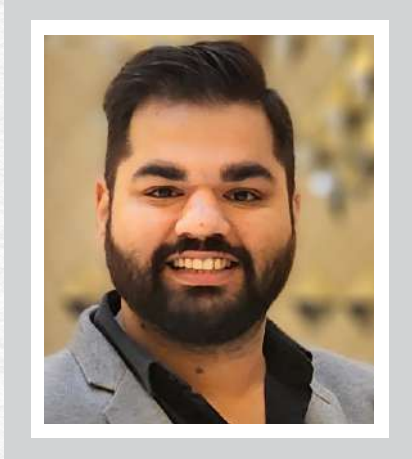
Well today we are completing one month of our term and during this period we did some interesting work and must have committed some blunders as a part of inexperience, and you will excuse us for that.

As you all know July is a month of Mother and Child Health, so our attention was focused on projects in this field. Starting with a talk on balanced diet by Rtn Neeta Chadha at last meeting followed by a talk by **Rtn Dr Manpreet Kaur** at Government Girls School and distribution of Protein supplements to new mothers at Civil Hospital, Ropar.

The coming month's theme is expanding membership and our **DG Rtn Ravi Prakash** has exhorted us to work vigorously in this area, especially having more spouse members. So lets all work together and expand our network.

Friends we are beginning the festival season with celebration of Teej festival at tomorrow's meeting. I want to conclude with festival greetings to you and your families.





FROM THE DESK OF THE SECRETARY

Rtn. Dr. Ankur Wahi
RY 2025-26

Dear Rotarians,

I would like to express my heartfelt gratitude to each and every one of you for entrusting me with the responsibility of serving as Secretary of Rotary Club Roopnagar. It has been a month since I took on this role, and I am truly thankful for your support and confidence.

Reflecting on the past month, I am proud to share that our journey so far has been both enthusiastic and overwhelming in the best way. The projects we have completed together stand as a testament to the dedication and spirit of service that defines our club. Among these, two initiatives hold a special place: organizing free eye cataract surgeries for those in need and distributing protein powder to new mothers. These projects have made a meaningful impact in the lives of many, and I am honored to be part of such compassionate efforts.

Let us continue this momentum and strive for even greater accomplishments in the coming months. Thank you once again for your trust, support, and collaboration. Together, we will keep making a difference.

With gratitude and warm regards



25.07.2025

GLIMPSES OF REGULAR MEETING



In our last meeting, **PP Rtn. D. S. Deol** delivered a spontaneous yet inspiring talk, sharing the valuable experiences he gained during his tenure as President. His reflections were both engaging and heartfelt, offering meaningful insights to all present.



Following this, **Rtn. Neeta Chadha** gave an informative and enlightening lecture on the importance of a **balanced diet and nutrition**. Her talk was both educational and thought-provoking, emphasizing practical tips for healthier living.

A special thank you to Rtn. Neeta Chadha for sharing her knowledge and expertise on this crucial topic.

ROTARY CLUB ROOPNAGAR

24.07.2025

GIFTED PROTEIN SUPPLEMENTS

The Rotary Club of Roopnagar recently donated **120 units** of protein supplements to new mothers at the Civil Hospital, Ropar. This community service initiative aims to improve maternal nutrition and support the well-being of women who have recently given birth in the government hospital.

Event Details

Beneficiaries: 120 new mothers at Civil Hospital, Ropar

Donation: Protein supplement packages (**120 units**)

Purpose: To enhance postnatal nutrition and support health during recovery

Leadership and Support

Chairperson: **Dr. Aarti Verma** led the project, continuing her significant local community outreach efforts.

Funding: The project was funded by **Dr. Rajiv Aggarwal**, whose support made this nutritional initiative possible.

Community Impact

The donation addresses maternal and child health, a key focus area of Rotary International.

By providing nutritional support to new mothers, the initiative seeks to improve postpartum recovery and protect against nutritional deficiencies.

President Sudhir Sharma and Secretary Dr. Ankur Wahi were present.



ROTARY CLUB ROOPNAGAR

25.07.2025

Birthday & Anniversary Celebrations



ROTARY CLUB ROOPNAGAR

26.07.2025

Health Awareness Session for Girl Students

The Rotary Club organized a health awareness session for girl students at Government Girls School Roopnagar. **Rtn Dr. Manpreet Kaur** spoke on menstrual health and hygiene, while Rtn Dr. Antdeep Kaur gave a brief talk on dental hygiene. Students also had personal consultations to address their health concerns.

The event was supported by Principal **Mrs. Sandeep Kaur**, **PE Rtn Gagan Saini** and **Madam Amisha**, who encouraged students to take care of their health responsibly. The project raised important awareness, empowered the students, and strengthened community support for health education.



ROTARY CLUB ROOPNAGAR

27.07.2025

Blood Donation Camp

The Rotary Club Roopnagar successfully organized a **Blood Donation Camp** at Surjit Hospital, Ropar. The event saw enthusiastic participation from club members and donors alike, with a total of **35 units** of blood collected.

The camp was graced by the presence of:

- Dr Surjit Singh
- PP Rtn Prabhjit Singh
- Rtn Ashok Chadha
- Rtn Neeta Chadha
- Rtn Inderpreet Singh
- Rtn Parmod Sharma,
- President Rtn Sudhir Sharma
- Secretary Rtn Dr. Ankur Wahi



Rotary Club Roopnagar extends heartfelt thanks to all the donors and volunteers for their valuable contribution, helping to save lives and serve the community.



ROTARY CLUB ROOPNAGAR

30.07.2025

GIFTED FREE HIGH-PROTEIN DIET

The Rotary Club Roopnagar has initiated a monthly project to distribute a free high-protein diet to patients suffering from tuberculosis. This program is set to continue throughout the entire year, aiming to support the nutritional needs of those battling the illness.

Each beneficiary receives:

- **5kg Atta** (Wheat Flour)
- **1kg Black Channa** (Black Chickpeas)
- **1kg Moong Dal** (Mung Beans)
- **1kg Masoor Dal** (Red Lentils)
- **1kg Soybean Chunks**

These items are carefully chosen for their high protein content, essential for the recovery and well-being of TB patients, who often suffer from malnutrition.

The distribution event was attended by:

- Assistant Governor Rtn. Gurpreet Singh
- Rtn. Ashok Chadha
- Rtn. Neeta Chadha
- Secretary Rtn. Dr. Ankur Wahi

Their presence at the project site highlights the commitment of the Rotary Club Roopnagar to community service and the ongoing fight against tuberculosis in the region. Courtesy of Diets by Rotarians **PDG Rtn Dr. R S Parmar, PP Rtn Dr. Namrita Parmar, PP Rtn Dr. B P S Parmar, IPP Rtn Kulwant Singh** and **Rtn Satish Wahi**.



ROTARY CLUB ROOPNAGAR



ROTARY AND ME

The word "Rotary Club" was added to my vocabulary when I saw a Canopy installed at Old Bus Stand Rupnagar to give protection to the public and traffic police from Rain and Sun, 45 years back. It gave me rough idea in my school age that this club works to help the society. After that I saw many other activities performed by Rotary in the field of Services and Utilities. I joined "Rotary" in 2012 after recommendation from Dr Bhimsen. Since then, I observed and tasted the enjoyment and participation in different kind of activities performed by Rotary club Rupnagar. I am proud of my club which is recognised as one of the best performing clubs in our RI district. This is all due to close and time to time guidance and active participation by PDG Dr R.S. Parmar and PDG Shri Chetan Aggarwal. I saw that in case of any medical emergency to poor is reported, Rotary club Rupnagar always come forward to help. As my personal interest is preservation of Environment and Water, the Rotary Club Rupnagar always takes lead in such activities which bring me more close to Rotary Club Rupnagar. Rotary does not believe in theoretical things but it always rushes forward to adopt the projects and give practical shape. My suggestion to avoid single use of plastic in "my talk" was practically adopted by Rotary club Rupnagar during the tenure of President, Dr Namrata Parmar. Besides all these things Rotary is a very good platform to develop leadership and close relations with people from different walks of life. We can share our happiness and sorrows together and it is a good example of extended family. Rotary is a nice learning platform specially for the younger members and be leaders of tomorrow. We can learn that as a leader, how we should manage our relations with team, as well as, how to get the maximum advantage of our members as per their potential and skills. In addition to that, there is indirect training of maintaining the protocol in friendly way. Humbleness is the mantra of Rotary. I have seen many persons who joined Rotary and excelled in their profession, as well as in leadership qualities.

A famous saying that "what a person will become after five years from now depends upon in whose company one is associated with now and what type of books one is reading now". So if a person joins "Rotary" now he or she will definitely have an improved personality after five years.

I learned so many things from Rotary, which played an important role in my carrier development specially when I was working as Chief Engineer.

I wish that Rotary club Rupnagar touch the new heights in future and wish all the success to the President, Sudhir Sharma Ji and Secretary, Ankur Wahi Ji and their team a successful year 2025-2026.

Rtn Tej Pal Singh



Rotary Facts

ROTARY CLUB MEETINGS

Avenues of Service

- ▶ **Club service-** focuses on strengthening fellowship and ensuring the effective function of the club.
- ▶ **Vocational service-** encourages Rotarians to serve others through their vocation and to practice high ethical standards.
- ▶ **Community service-** covers projects and activities the club undertakes to improve life in its community
- ▶ **International service-** includes actions taken to expand humanitarian reach around the globe that promotes world understanding and peace.
- ▶ **Youth Service-** recognizes the POSITIVE changes implemented by youth and young adults through leadership development within the following New Generations activities: RYLA, EARLYACT, INTERACT, ROTARACT, and Rotary Youth Exchange.





FRANCESCO AREZZO
RL PRESIDENT



This Month and Every Month

August is Membership Month, but our commitment to growth and connection is year-round. When we focus on growing Rotary, we grow our ability to serve, to lead, and to bring lasting change.

Membership growth isn't just about numbers. It's about opening doors. It's about inviting more people who are ready to give their time, talents, and hearts to a cause greater than themselves. When we welcome new members, we bring in fresh ideas and new energy. We expand our impact, strengthen our clubs, and ensure that Rotary continues to evolve with the world around us.

Remember, there is now great flexibility in fashioning nontraditional club models. I'm inspired when I see these innovative clubs thrive by offering new and prospective members more ways to connect and serve.

In Korea, the growth of satellite clubs has created opportunities for nearly 1,000 new members to find their place in Rotary. In Romania, the close collaboration between Rotarians, Rotaractors, and Interactors has built a pipeline of future leaders. In India, some Rotarians gather around a shared interest — whether it's professional development or a passion for service — and those connections deepen their commitment and their joy in being part of Rotary. And we've seen cause-based clubs thrive in regions as diverse as Southeast Asia, Africa, and Europe.

There's a common thread: Where clubs are growing, membership is a priority and there is a willingness to try something new. Rotary is not limited to one structure or tradition. We are a global network of people of action, and that means there is room for many kinds of clubs, many ways to serve, and many paths into our organization.

This spirit of innovation is also guiding our efforts to reach new communities. In places where there has never been a Rotary club — or where a club once existed and faded — Rotarians are finding ways to grow Rotary. They are identifying areas of potential and building clubs that reflect the character and needs of their communities.

Every member plays a part in this journey. Whether you introduce a friend to your club, support a new meeting format, reconnect with program alumni, or simply share your Rotary story, you are helping our organization grow stronger and more vibrant.

No one owns a Rotary club. It is a gift we pass on to the next generation. When we nurture that gift, when we invite others to share in it, we ensure that Rotary continues to be a force for good.

Let's prioritize membership growth — not just in August but every month of the year. Together, through friendship, creativity, and shared purpose, we will grow Rotary and Unite for Good.

Forth Coming Projects

- **Celebrating National Mounting climbing day 1st August, 2025**
- **Installation of Interact Club**
- **Dental Check-up Camp**
- **Celebrating awareness camp on World Breastfeeding Week 2025**
- **International Youth day Celebration**
- **Tree Plantation Drive**

We Celebrate

Birthdays



PP Rtn. Dr. Usha Bhatia **1st August**



Rtn S K Taneja **1st August**



IPP Rtn Kulwant Singh **4th August**



Rtn Neeta Chadha **5th August**



Rtn Arti Verma **6th August**



ROTARY CLUB ROOPNAGAR

REGULAR CLUB MEETING

The next regular meeting of the club is scheduled for **Friday, 1st August 2025** at **7-30 PM**.

- After meeting being called to order, the president and secretary will present their report on last week's projects and forthcoming events.
As you know it's celebration time and ladies of the club led by PE Rtn Gagan
- Saini and Rtn Suman Tyagi have planned a colourful evening with lots of music, dance and fun for all. Top it up with delicious kheer and malpuas & fellowship.

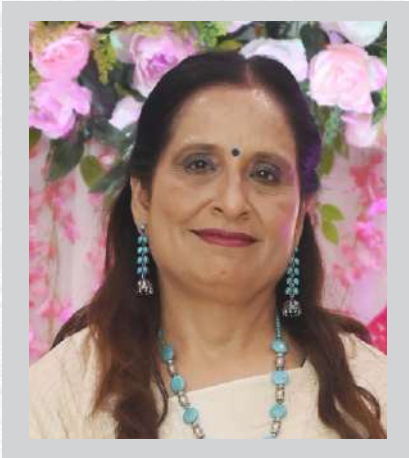
We will also be welcoming students of Ambuja Manovikas Kendra in this regular club meeting for counter of rakhi prepared by students of Ambuja Manovikas Kendra.

Lets come forward to support our special kids by buying the rakhis from them.

THOUGHT OF THE WEEK



ROTARY CLUB ROOPNAGAR



ROTARY SPOUSE (CO-PILOT) PROJECT

Mrs. Vandana Sharma
President Partner

Dear Rotary Copilots

Warm greetings!

This Rotary year aims to involve wives of Rotarians through the Novel Rotary Copilot Project

July month witnessed few projects like **Gurupurnima** day celebration, Tree plantation, installing of tree guards and Raindrop relief project where umbrellas were distributed to poor persons. My big thanks to very few ladies who participated and made these projects successful.

Ladies, we understand that managing home and career can be challenging. However we would like to encourage you to take little time out for community service

Your participation in the projects can not only benefit others but also bring you a sense of fulfilment and personal growth You will feel happy to meet new people and build connections .

Our projects shall surely give a boost to hard work done by Rotarians of our club and improve their image at the district level.

We have not received any entries for Rotary flavors project on millets Kindly send them in the whatsapp group before 15 August

Lady Rotarians can also participate

You can put your queries and share your own project ideas in the group.

We may go for projects on cervical cancer, converting school waste into compost and participation of deaf and dumb children in the month of August

Let's make this happen through your time, talent and enthusiasm

ROTARY CLUB ROOPNAGAR



26.07.2025

SPOUSE (CO-PILOT) PROJECT OF TEEJ MELA

A copilot project of Teej Mela in Girls government school was organized today ie 26 July 25 Students showcased their culinary Skills, Mehndi Art, handicraft items, rangoli etc. Rotarian partner Javtinder Kaur gave a short talk on embracing vibrant Indian culture and understanding its history and importance Rotarian Gagan Saini, AG partner Amisha, President partner Vandana Sharma, secretary partner Avni Wahi and others were present



FROM THE EDITOR DESK

Rtn. Ashok Chadha
Club Editor
RY 2025-26



Friends, it was a interesting week with lots of projects done on theme of the month, 'Mother and Child Health ' and the subject is nicely covered in this issue.

Under Me and My Rotary series, this weeks contributor is Rtn Tej Pal Singh. As you go through the write up, you will feel , as if he has not written something but narrated a true life story. Thanks Tej Pal ji.

We begin the festival season looking forward to hearing more from our members. Enjoy your weekend.