

"Service Above Self" since 1979

WE ARE

ROTARY CLUB ROOPNAGAR

ROTARY ROOPNAGAR TRUST

Zone 7

R.I. DISTRICT 3080



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!

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FROM THE DESK OF THE PRESIDENT

Rtn. Sudhir Sharma
RY 2025-26



रोटरी क्लब प्रेसिडेंट का संबोधन

रोटरी क्लब की गरिमामयी परंपरा को आगे बढ़ाते हुए, आज मैं अत्यंत गर्व और विनम्रता के साथ क्लब के प्रेसिडेंट के रूप में आप सभी का हार्दिक स्वागत करता हूँ। यह पद न केवल एक सम्मान है, बल्कि एक ज़िम्मेदारी भी है — सेवा, नेतृत्व और समाज के प्रति समर्पण की।

रोटरी का आदर्श — **service above self**

मुझे और हम सभी को प्रेरणा देता है कि हम अपने व्यक्तिगत हितों से ऊपर उठकर समाज के लिए काम करें। हमारा क्लब सदैव सामाजिक सरोकारों, स्वास्थ्य, शिक्षा, पर्यावरण संरक्षण और मानवता की सेवा में अग्रणी रहा है।

मेरे कार्यकाल के दौरान मेरा प्रयास रहेगा कि: **unite for good** के अनुसार सभी सदस्यों को साथ ले कर बेहतर प्रोजेक्ट्स किए जाएं। उनके विचार और सुझावों से नए प्रोजेक्ट्स किए जाएं। क्लब की गतिविधियों को और अधिक प्रभावशाली व जनहितकारी बनाया जाए, युवाओं को रोटरी से जोड़ा जाए और भावी नेतृत्व को प्रोत्साहित किया जाए, हमारे प्रोजेक्ट्स को स्थायी प्रभाव वाले बनाया जाए, जिससे समाज में दीर्घकालिक परिवर्तन लाया जा सके।

सभी मेंबर से निवेदन है आइए मिलकर इस वर्ष को एक नई ऊँचाई पर ले जाएं।

सेवा, समर्पण और सद्भाव के इस पथ पर हम सब मिलकर आगे बढ़ें — यही मेरी आप सभी से अपेक्षा और प्रार्थना है कि सभी मेंबर्स मीटिंग में आए जिसके लिए आपने इस क्लब (रोटरी) की सदस्यता ली है और **projects** में भी साथ दें, समय दें

धन्यवाद!





FROM THE DESK OF THE SECRETARY

Rtn. Dr. Ankur Wahi
RY 2025-26

Dear Members,

I would like to express my heartfelt gratitude to the Rotary Club for entrusting me with the responsibility of serving as Secretary this year. I have truly been enjoying my time so far, meeting new people, and working together towards meaningful service in our community.

It gives me great pleasure to share that we have successfully established six Interact Clubs Teams in various schools, along with a couple of new Rotaract Clubs. In addition, we recently launched a blood donation project, making a significant impact and promoting community health. Watching young minds get inspired and motivated to serve is a rewarding experience, and I am proud to be part of this growth.

Thank you once again to all our members for your unwavering support and encouragement. I am looking forward to excellent year ahead, filled with impactful projects and lasting friendships.





YOUTH
in **Action**



PP Rtn Prabhjit Singh
Director Youth Service

Rotary Club Rupnagar organized different functions to effectively establish new teams of **6 Interact clubs** for the **year 2025-26**. Interact clubs, which are a branch of Rotary for youth in the **age group of 12 to 18 years**, are very important in today's times to imbibe the spirit of Rotary at an early stage.

In first function held at **G.M.N Senior Secondary**, Interact Club **Netaji Model School** appointed Tanya as President and Shagun as Secretary, Interact Club appointed Himanshu as President and Shyam as Secretary, **Government Girls Senior Secondary Smart School Ropar** appointed Harjot Kaur as President and Ritika as Secretary. In this function, PDG Dr. R.S. Parmar was the chief guest and PDG Chetan Agarwal was the Guest of Honor.

Along with the President and Secretary, the Vice President, Treasurer and Directors of Interact Clubs were also pinned. Dr. Parmar highlighted the relevance of Interact Club and said that Interact Clubs provide a platform for leadership and service to students which instills a sense of social responsibility. He stressed on the need for commitment and clarity of thought for success in life. President Sudhir Sharma thanked all the principals, teacher in charge and students for their valuable contribution. Assistant Governor Gurpreet Singh, Secretary Dr. Ankur Wahi, President Elect Rotarian Gagan Saini and other Rotarians and teachers attended. On this occasion, the teachers in charge of Interact Clubs, Kusum, Geeta Sharma, Javatinder Kaur and Madam Silky were honored.

The **second event** was organised at **D.A.V School** and Interact Club **DAV School** appointed Gurjit Singh as President and Gurtej Gill as Secretary. Assistant Governor PP Gurpreet Singh & Secretary Ankur pinned the office bearers. Teacher Incharge Iqbal Singh and Parshotam Singh were recognised.



YOUTH
in **Action**



PP Rtn Prabhjit Singh
Director Youth Service

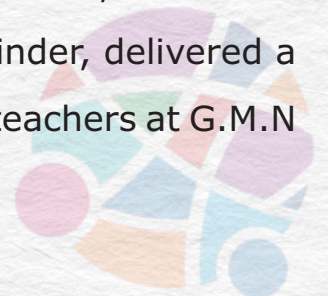
The third function was organised at **Blue Bird School** and Interact team for the year 2025-26 of **Interact Club Deaf & Dumb School** was pinned.

The last function was organised at **Genius International School** where Kiranpreet Kaur and Sukhmanjot Singh were pinned as President & Secretary respectively. Madam Gurpreet Mathur, Director of the School, welcomed all and shared the purpose of the day. The **Chief Guest** PDG Chetan Aggarwal blessed the new team and encouraged all to join this movement.

These events were organized under the leadership of Director Youth Service & Past President Prof. Prabhjit Singh and Incharge PE Gagan Saini.

National Mountain Climbing day was celebrated by organising an interaction with our **young mountaineer Hero 'Tegbir'** & his proud father Rtn Sukhinder Singh. They firstly interacted with the students of Genius International School and shared their experiences related to mountaineering. Later a function was organised at G.M.N Sen.Sec School Ropar where PDG Chetan Aggarwal deliberated on the reason of observing 1st August as Mountaineering day. The words of Rtn Sukhinder and young Tegbir encouraged and motivated all those who were present.

Keeping in consideration the onslaught of dengue due to rainy season, the health authorities of Civil hospital Ropar under the guidance of Dr Tejinder, delivered a lecture on dengue and sensitized the gathering of students and teachers at G.M.N School.





YOUTH
in Action

Synergy

Weekly Bulletin

EDITION - VI

ROTARY CLUB ROOPNAGAR

PP Rtn Prabhjit Singh
Director Youth Service

GLIMPSES INTERACT INSTALLATION





YOUTH
in Action

Synergy
Weekly Bulletin
EDITION - VI
ROTARY CLUB ROOPNAGAR

PP Rtn Prabhjit Singh
Director Youth Service

01.08.2025

Mountain Climbing Day

The Rotary Club Roopnagar commemorated National Mountain Climbing Day with an inspiring event at **Genius International Public School**. Young mountaineer Master Teghbir was felicitated for his outstanding accomplishments, motivating students to pursue their passions. Adding to the inspiration, his father, Rtn. Sukhinder Deep Singh, delivered a powerful motivational lecture, emphasizing determination, resilience, and the spirit of adventure.

The event was attended by prominent Rotary members Rtn. Sukhinder Singh. Their presence underlined the club's commitment to fostering leadership and motivation among youth. The celebration encouraged students to embrace challenges and build confidence in their personal and academic pursuits.





YOUTH
in Action

Synergy
Weekly Bulletin
EDITION - VI
ROTARY CLUB ROOPNAGAR

PP Rtn Prabhjit Singh
Director Youth Service

01.08.2025

Mountain Climbing Day

The Rotary Club of Roopnagar marked National Mountain Climbing Day with a special event at **G.M.N. School**. On this occasion, young mountaineer Master Teghbir was felicitated for his remarkable achievements. The students were further inspired by a motivational lecture delivered by his father, Rtn. Sukhinder Deep Singh, who shared valuable lessons on determination, resilience, and the spirit of adventure.

Esteemed Rotary leaders and members present at the event included **PDG R.S. Parmar, PDG Chetan Aggarwal, AG Gurpreet Singh, PP Prabhjit Singh, PE Rtn. Gagan Saini, Rtn. Sukhinder Singh**

Their active participation highlighted the club's dedication to promoting leadership, sportsmanship, and student motivation. The celebration not only honored mountain climbing achievements but also encouraged students to embrace challenges and persevere in their own pursuits.

mountain climbing achievements but also encouraged students to embrace challenges and persevere in their own pursuits.





Director Community Service in Action

PP Rtn. Er. Parminder Kumar
Director Club Services

"ERASE **e-waste**, BEFORE IT ERASE YOU"

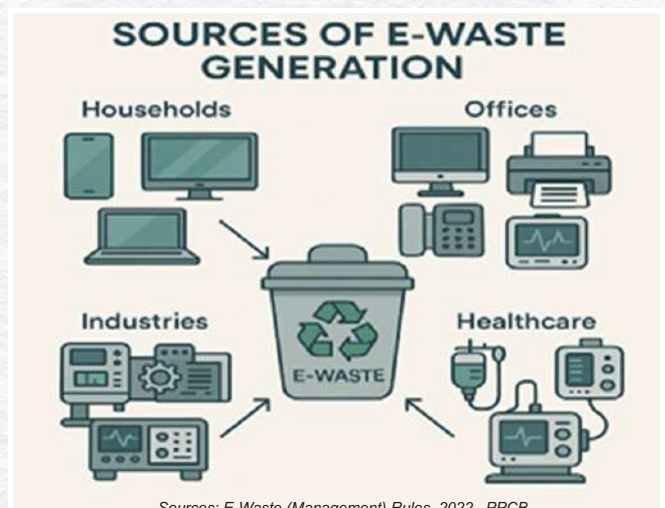
In today's time, electronic gadgets have become a very necessary tool and a person's life seems impossible without these gadgets. Due to the widespread of new gadgets there is a huge segment of electrical waste on the planet. After these gadgets become obsolete, it is called **e-waste** and the disposal of e-waste is a serious issue. If these electronic gadgets are not disposed of properly, it will have a very negative impact on the environment in the future. We all should make every possible change in our daily lives for a bright future for ourselves and the coming generation and dispose of e-waste on time to save the environment.

What is e-waste:

The phrase e-waste, or electronic trash, refers to obsolete and end-of-life electronics such as televisions, laptops, generators, freezers, computers, Solar, photo-voltaic modules or panel/cell and other electronic gadgets that have been discarded by their owners or in parts discarded as waste, as rejects from manufacturing, refurbishment and repair process. Technically, e-waste is a division of electrical and electronic devices or equipment's and it constitutes of around 106 items of waste's comes under 7 categories of electrical & electronic equipment (EEE). Further these items subdivided into the hazardous and non-hazardous categories.

Sources of e-waste generation:

Households: Phones, TVs, laptops, Trimmers, Electronic Toys, Table lamps, etc. **Offices:** Computers, printers, phones, etc. **Industries:** Machinery, control systems etc. **Healthcare:** Medical devices, etc.



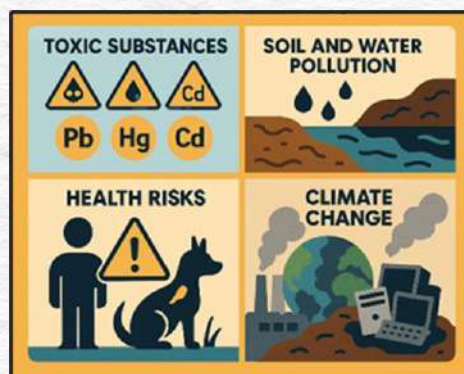
Impact of E-waste

Various harmful impacts due to electronic waste are faced by the humans and as well as the environment. Due to improper management and advancements in the technologies, this situation has escalated into a major hazard to human life. The two main essentials that are badly affected by the electronic wastes are environmental conditions and human health.

Harmful Health Effects of e-waste:

If e-waste is not disposed of properly it will result into numerous of health hazards such as: Vomiting, Fatigue, Lung Cancer, Appetite Loss, Sleeplessness, Muscular and Abdominal Pain, Headache, Diarrhea etc. etc.

Environment like air, water and soil are badly affected by the improper management of electronic waste. The consequences of improper management leads to landfills, releasing of toxic chemicals, impacting earth's surface, quality of air, water and soil gets polluted.



e-waste Recycling Process:

For the proper handling of e-waste, 7 recycling process are done i.e. Collection of e-waste items, Safe Storage, Repair/Refurbishing or Dismantling & Sorting (plastic waste, glass waste or metals), Shredder, Material Recovery (Gold, Aluminium, Copper, Iron), Recycled Material Storage and Metals to end users, to authorized hazardous waste recycler/facility.



Best Practices for e-waste Management: The 4-R Plan

- **Reduce:** Minimize electronic purchases and extend the life of devices.
- **Reuse:** Donate or sell functioning electronics.
- **Recycle:** Use certified e-waste recycling centres.
- **Recover:** Dismantle and extract metals.

How we can Create Robust E-waste Management:

By Strengthen the Informal Sector, Policy Instruments under EPR, Regulatory Enforcement, e-waste imports, and **PUBLIC AWARENESS FOR e-waste MANAGEMENT.**



ROTARY CLUB ROOPNAGAR

01.08.2025

INSTALLATION OF E-WASTE DISPOSAL BOX

the Rotary Club of Roopnagar took a significant step toward environmental sustainability by installing an e-waste disposal box at the Regional Vocational Training Center (RVTC). This initiative was launched as part of the club's continuing efforts to promote responsible waste management and environmental awareness within the local community. With the increasing use of electronic devices, the problem of e-waste has become a pressing concern, and Rotary Club Roopnagar aims to offer a simple yet impactful solution by providing a dedicated collection point for old and unused electronic items. The box encourages students, staff, and community members to discard their obsolete or broken electronics responsibly, instead of allowing them to end up in landfills where harmful components can pollute the environment. The installation was accompanied by an awareness campaign at the RVTC, where club members spoke about the harmful effects of improper e-waste disposal and the importance of recycling electronics through certified channels. By enabling access to proper recycling infrastructure, the Rotary Club hopes this initiative will foster eco-conscious habits among youth and set an example for other institutions to follow. This project aligns with Rotary International's focus on environmental sustainability and showcases the power of community-led action in addressing global challenges at the local level.



ROTARY CLUB ROOPNAGAR

01.08.2025

DENGUE AWARENESS TALK

The Rotary Club of Roopnagar recently conducted a comprehensive **Dengue Awareness Session** at **G.M.N. School**, focusing on the importance of prevention and community engagement. The keynote address was delivered by **Dr. Jatinder Kaur** from **Civil Hospital, Roopnagar**, who provided an in-depth explanation of how dengue spreads, its symptoms, the dangers it poses, and practical steps to prevent it. She emphasized the need to identify and eliminate mosquito breeding sites, practice personal protection, and encourage collective community action.

A special demonstration of **DEPA Spray**, a highly effective mosquito repellent and preventive measure against dengue and other vector-borne diseases, was undertaken at the venue. The application of DEPA Spray illustrated its role in safeguarding both indoor and outdoor environments from mosquitoes, showcasing easy and practical prevention strategies. The event witnessed the esteemed presence of senior Rotary members and office-bearers, including:

- **PDG R.S. Parmar**
- **PDG Chetan Aggarwal**
- **AG Gurpreet Singh**
- **PP Prabhjit Singh**
- **PE Rtn. Gagan Saini**
- **Rtn. Sukhinder Singh**

Their active participation and support highlighted the club's strong commitment to public health initiatives and the well-being of the community. The session reinforced actionable messages—like regularly cleaning water containers, wearing protective clothing, and using repellents such as DEPA Spray—to prevent dengue outbreaks.

Such awareness drives by Rotary Club Roopnagar are vital in empowering students, staff, and the local community with scientific knowledge and simple but effective preventive tools for a dengue-free environment.



ROTARY CLUB ROOPNAGAR

06.08.2025

Blood Donation Camp

The Rotary Club of Roopnagar successfully organized a blood donation camp at Rayat College of LAW, furthering its commitment to community welfare and healthcare support.

The camp saw enthusiastic participation and cooperation from students, staff, and Rotarians. A total of **50 units of blood** were collected during the camp, reflecting the spirit of service and humanitarian concern within the community.

The event was graced by Assistant Governor **Rtn. Gurpreet Singh** and **Rtn. Ashok Chadha**, who commended the efforts of all volunteers and expressed gratitude to the donors for their noble contribution.

The Rotary Club extended special thanks to the management of Rayat College of LAW for their support in organizing the camp and providing necessary facilities. The collected blood units will be donated to local hospitals and blood banks to help patients in critical need.



30.07.2025

Gift of School Fees

Rotary Club Roopnagar Sponsors Student's School Fees

Rotary Club Roopnagar continues its commitment to supporting education and empowering the youth by sponsoring the school fees of a deserving student studying at Genius International Public School, Ropar.

A total amount of **₹14,300** was paid towards the student's academic expenses. This generous contribution was made possible through the support of **PP Rtn. Er. Parminder Kumar** & **IPP Rtn. Kulwant Singh**, who came forward to sponsor the fees.

The Rotary Club extends its gratitude to both Rotarians for their selfless service and dedication toward uplifting the community through education.





Director Club Service in Action

PP Rtn D S Deol
Director Club Service

Director Club Services, PP Rtn D S Deol has started a beautiful practice of reaching out to Rotarians.



ROTARY CLUB ROOPNAGAR

01.08.2025

GLIMPSES OF LAST MEETING



ROTARY IN NEWS



ਰੋਟਰੀ ਕਲੱਬ ਰੂਪਨਗਰ ਦੇ ਸਮਾਗਮ ਦੀਆਂ ਤਸਵੀਰਾਂ।

ਰੋਟਰੀ ਕਲੱਬ ਰੂਪਨਗਰ ਨੇ ਇੰਟਰੈਕਟ ਕਲੱਬਾਂ ਦੀਆਂ ਨਵੀਆਂ ਟੀਮਾਂ ਕੀਤੀਆਂ ਸਥਾਪਤ

ਰੂਪਨਗਰ, 2 ਅਗਸਤ (ਸਤਨਾਮ ਸਿੰਘ ਸੱਤੀ)-ਰੋਟਰੀ ਕਲੱਬ ਰੂਪਨਗਰ ਨੇ ਸਾਲ 2025-26 ਲਈ 4 ਇੰਟਰੈਕਟ ਕਲੱਬਾਂ ਦੀਆਂ ਨਵੀਆਂ ਟੀਮਾਂ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਸਥਾਪਤ ਕਰਨ ਲਈ ਜੀ.ਐਮ.ਐਨ. ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਸਕੂਲ ਰੋਪੜ ਵਿਖੇ ਇੱਕ ਸਮਾਗਮ ਕਰਵਾਇਆ। ਇੰਟਰੈਕਟ ਕਲੱਬ, ਜੋ ਕਿ 12 ਤੋਂ 18 ਸਾਲ ਦੀ ਉਮਰ ਵਰਗ ਦੇ ਨੌਜਵਾਨਾਂ ਲਈ ਰੋਟਰੀ ਦੀ ਇੱਕ ਸ਼ਾਖਾ ਹੈ, ਅੱਜ ਦੇ ਸਮੇਂ ਵਿੱਚ ਬਹੁਤ ਮਹੱਤਵਪੂਰਨ ਹਨ। ਇਸ ਸਮਾਗਮ ਵਿੱਚ, ਇੰਟਰੈਕਟ ਕਲੱਬ ਨੌਜਵਾਨਾਂ

ਮਾਡਲ ਸਕੂਲ ਨੇ ਰਾਨਿਆ ਨੂੰ ਪ੍ਰਧਾਨ ਅਤੇ ਸਕੂਲ ਨੂੰ ਸਕੱਤਰ ਨਿਯੁਕਤ ਕੀਤਾ, ਇੰਟਰੈਕਟ ਕਲੱਬ ਨੇ ਹਿਮਾਥ ਨੂੰ ਪ੍ਰਧਾਨ ਅਤੇ ਬਿਆਮ ਨੂੰ ਸਕੱਤਰ ਨਿਯੁਕਤ ਕੀਤਾ, ਸਰਕਾਰੀ ਗਰਲਜ਼ ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਸਮਾਰਟ ਸਕੂਲ ਰੋਪੜ ਨੇ ਹਰਜੋਤ ਕੌਰ ਨੂੰ ਪ੍ਰਧਾਨ ਅਤੇ ਗਿਰਿਕਾ ਨੂੰ ਸਕੱਤਰ ਅਤੇ ਇੰਟਰੈਕਟ ਕਲੱਬ ਭੀ.ਏ.ਵੀ. ਸਕੂਲ ਨੇ ਗੁਰਜੀਤ ਸਿੰਘ ਨੂੰ ਪ੍ਰਧਾਨ ਅਤੇ ਗੁਰਤੇਜ ਕੌਲ ਨੂੰ ਸਕੱਤਰ ਨਿਯੁਕਤ ਕੀਤਾ। ਪ੍ਰਧਾਨ ਅਤੇ ਸਕੱਤਰ ਦੇ ਨਾਲ, ਇੰਟਰੈਕਟ ਕਲੱਬਾਂ ਦੇ ਉਪ ਪ੍ਰਧਾਨ, ਖਜ਼ਾਨਚੀ ਅਤੇ

ਡਾਇਰੈਕਟਰਾਂ ਨੂੰ ਵੀ ਸ਼ਾਮਲ ਕੀਤਾ ਗਿਆ। ਇਸ ਸਮਾਗਮ ਵਿੱਚ ਪੀ.ਡੀ.ਜੀ. ਡਾ. ਆਰ.ਐਸ. ਪਰਮਾਰ ਮੁੱਖ ਮਹਿਮਾਨ ਅਤੇ ਪੀ.ਡੀ.ਜੀ. ਚੇਤਨ ਅਗਰਵਾਲ ਵਿਸ਼ੇਸ਼ ਮਹਿਮਾਨ ਸਨ। ਡਾ. ਪਰਮਾਰ ਨੇ ਇੰਟਰੈਕਟ ਕਲੱਬ ਦੀ ਸਾਰਥਕਤਾ 'ਤੇ ਚਾਨਣਾ ਪਾਇਆ ਅਤੇ ਕਿਹਾ ਕਿ ਇੰਟਰੈਕਟ ਕਲੱਬ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਲੀਡਰਸ਼ਿਪ ਅਤੇ ਸੇਵਾ ਲਈ ਇੱਕ ਪਲੇਟਫਾਰਮ ਪ੍ਰਦਾਨ ਕਰਦੇ ਹਨ ਜੋ ਸਮਾਜਿਕ ਜ਼ਿੰਮੇਵਾਰੀ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਕਰਦਾ ਹੈ। ਇਸ ਮੌਕੇ ਇੰਟਰੈਕਟ ਕਲੱਬਾਂ ਦੇ ਵਿਚਾਰਜ ਅਧਿਆਪਕਾਂ, ਮੈਡਮ ਕੁਸੁਮ, ਮੈਡਮ ਗੀਤਾ ਸ਼ਰਮਾ, ਮੈਡਮ ਜਵਾਂਤਿਦਰ

ਕੌਰ, ਮੈਡਮ ਸਿਲਕੀ, ਐਸ. ਇਕਬਾਲ ਸਿੰਘ ਅਤੇ ਐਸ. ਪਰਬਤਮ ਸਿੰਘ ਨੂੰ ਸਨਮਾਨਿਤ ਕੀਤਾ ਗਿਆ। ਪ੍ਰਧਾਨ ਸੁਧੀਤ ਸ਼ਰਮਾ ਨੇ ਸਾਰੇ ਪ੍ਰਿੰਸੀਪਲਾਂ, ਅਧਿਆਪਕ ਵਿਚਾਰਜ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਉਨ੍ਹਾਂ ਦੇ ਕੀਮਤੀ ਯੋਗਦਾਨ ਲਈ ਧੰਨਵਾਦ ਕੀਤਾ। ਸਹਾਇਕ ਗਵਰਨਰ ਗੁਰਪ੍ਰੀਤ ਸਿੰਘ, ਸਕੱਤਰ ਡਾ. ਅੰਤਰ ਵਾਹੀ, ਪ੍ਰਧਾਨ ਇਲੈਕਟ ਰੋਟਰੀਅਨ ਗਗਨ ਸੈਣੀ ਅਤੇ ਹੋਰ ਰੋਟਰੀਅਨ ਅਤੇ ਅਧਿਆਪਕ ਸ਼ਾਮਲ ਹੋਏ। ਇਹ ਸਮਾਗਮ ਡਾਇਰੈਕਟਰ ਯੁਵਾ ਸੇਵਾ ਅਤੇ ਸਾਬਕਾ ਪ੍ਰਧਾਨ ਪ੍ਰ. ਪ੍ਰਤੀਤ ਸਿੰਘ ਦੀ ਅਗਵਾਈ ਹੇਠ ਆਯੋਜਿਤ ਕੀਤਾ ਗਿਆ ਸੀ।

ਜੀ.ਐਮ.ਐਨ. ਸਕੂਲ ਨੇ 'ਰਿਜ਼ ਕਿਡਜ਼' ਪਲੇ ਰੇ ਸਕੂਲ ਕਾ ਉਦਘਾਟਨ

ਰੂਪਨਗਰ (ਵਿਜਯ): ਜੀ. ਐਮ. ਐਨ. ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਸਕੂਲ ਰੂਪਨਗਰ ਮੇਂ ਆਧੁਨਿਕ ਸੁਵਿਧਾਓਂ ਦੇ ਸੁਸਜਿਤ ਪਲੇ ਰੇ ਸਕੂਲ 'ਰਿਜ਼ ਕਿਡਜ਼' ਕਾ ਉਦਘਾਟਨ ਸਕੂਲ ਦੀ ਪ੍ਰਬੰਧ



ਸਮਿਤੀ ਦੇ ਅਧਿਕਸ਼ ਡਾ. ਆਰ.ਐਸ. ਪਰਮਾਰ ਨੇ ਕੀਤਾ। ਗੌਰਤਲਬ ਹੈ ਕਿ ਇਸ ਵਰ੍ਹੇ ਇਸ ਵਿੰਗ ਮੇਂ ਕੇਵਲ ਪ੍ਰੀ-ਨਰਸਰੀ ਕਲਾਸ ਮੇਂ ਹੀ ਦਾਖਿਲਾ ਦਿਤਾ ਜਾਵੇਗਾ ਆਰ ਹਰ ਸਾਲ ਇਕ ਕਲਾਸ ਆਰ ਜੋਡੀ ਜਾਵੇਗੀ। ਯਹ ਦਾਖਿਲਾ ਸੀ.ਬੀ.ਐਸ.ਐੱਫ. ਪੈਟਰਨ ਦੇ ਸ਼ੁਰੂ ਕੀਤਾ ਗਿਆ ਹੈ ਆਰ ਆਧੁਨਿਕ ਸੁਵਿਧਾਓਂ ਦੇ ਲੈਂਸ ਹੈ। ਪ੍ਰਿੰਸੀਪਲ ਰਵਿਸ਼ੰਕਰ ਬੰਸਲ ਨੇ ਸ਼ਹਰਵਾਸੀਓਂ ਦੇ ਸਕੂਲ ਆਕਰ ਦਾਖਿਲੇ ਮੇਂ ਸਹਯੋਗ ਕਰਨੇ ਦੀ ਅਪੀਲ ਕੀ। ਇਸ ਅਵਸਰ ਪਰ ਤਪਾਧਿਕਸ਼ ਚੇਤਨ ਅਗਰਵਾਲ, ਰੋਟਰੀ ਅਧਿਕਸ਼ ਸੁਖੀਰ ਸ਼ਮਾਂ, ਪੂਰਵ ਪ੍ਰਿੰ. ਬੀ.ਪੀ.ਐਸ. ਠਾਕੁਰ, ਸ਼ਿਵਚਰਨ, ਓਲਡ ਸਟੂਡੈਂਟ ਐਸੋਸੀਏਸ਼ਨ ਦੀ ਤਪਾਧਿਕਸ਼ ਸੀਤਾ ਰਾਨੀ ਗੁਪਤਾ ਆਰ ਸਮਸਤ ਸਟਾਫ ਮੌਜੂਦ ਥਾ।

ਰੋਟਰੀ ਕਲੱਬ ਨੇ ਕੌਮੀ ਮਾਊਟੇਨ ਕਲਾਇਮਿੰਗ ਦਿਵਸ ਮਨਾਇਆ

ਰੂਪਨਗਰ, 2 ਅਗਸਤ (ਜਸਵੰਤ ਬੱਤੀ)-ਰੋਟਰੀ ਕਲੱਬ ਰੂਪਨਗਰ ਵਲ ਕੌਮੀ ਮਾਊਟੇਨ ਕਲਾਇਮਿੰਗ ਦਿਵਸ ਰੂਪਨਗਰ ਦੇ ਨੌਜਵਾਨ ਪਰਬਤਾਰੋਹੀ ਮਾਸਟਰ ਤੋਗਬੀਰ ਸਿੰਘ ਨੂੰ ਗਾਈਡ ਸਕੂਲ ਦੇ 250 ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਰੂਬਰੂ ਕਰਕੇ ਮਨਾਇਆ ਗਿਆ। ਇਸ ਸਮਾਗਮ ਵਿੱਚ ਤੋਗਬੀਰ ਦੇ ਪਿਤਾ ਸੁਖਿੰਦਰ ਸਿੰਘ ਨੇ ਆਪਣੇ ਬੇਟੇ ਦੇ ਵੱਖ-ਵੱਖ ਪਹਾੜਾਂ ਤੇ ਕੀਤੀਆਂ ਪਰਿਬਤਾਰੋਹਣ ਮੁਹਿੰਮਾਂ ਦੌਰਾਨ ਹਾਸਿਲ ਕੀਤੇ ਤਜਰਬੇ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਸਾਂਝੇ ਕੀਤੇ। ਜਿਕਰਯੋਗ ਹੈ ਕਿ ਤੋਗਬੀਰ ਨੇ ਮਾਊਟੇਨ ਐਵਰੇਸਟ ਦੇ ਬੇਸ ਕੈਂਪ ਤੋਂ ਤਿੰਨ ਵਾਰ ਯੂਰਪ ਦੇ ਸਭ ਤੋਂ ਉੱਚੀ ਚੋਟੀ ਮਾਊਟੇਨ ਐਲਬਰਸ ਅਤੇ ਅਫਗਾਨਿਸਤਾਨ ਦੀ ਚੋਟੀ ਕਲੀਮੰਜਾਰੋ ਨੂੰ ਵੀ ਸਰ ਕੀਤਾ ਹੈ। ਇਸ ਪ੍ਰੇਰਣਾਦਾਇਕ



ਪ੍ਰਗਰਮ ਦੌਰਾਨ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਰੂਬਰੂ ਹੋ ਰਹੇ ਪਰਬਤਾਰੋਹੀ ਤੋਗਬੀਰ ਸਿੰਘ।

ਸਿੰਘ, ਰੋਟਰੀ ਕਲੱਬ ਦੇ ਪ੍ਰਧਾਨ ਸੁਧੀਤ ਸ਼ਰਮਾ ਸਕੱਤਰ ਡਾ. ਅੰਤਰ ਵਾਹੀ, ਰੋਟਰੀਅਨ ਗਗਨ ਸੈਣੀ, ਸਕੂਲ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਰਬੀ ਸ਼ੰਕਰ ਅਤੇ ਸਮੂਹ ਸਟਾਫ ਹਾਜ਼ਰ ਸੀ।



ROTARY CLUB ROOPNAGAR



ROTARY AND ME

Rotary Roopnagar has been a driving force for positive change in the community, tackling some most pressing social issues with dedication and compassion.

Their work in some core sectors like Healthcare, Education, Environmental conservation etc has been immense.

The need based help rendered by Rotarians has improved the lives of countless individuals and families providing them with the support and resources they need to thrive.

Before formally joining the Rotary Club Roopnagar I have been attached with it for a pretty long time and was involved in the activities like Polio Eradication, plantations and Health awareness campaigns including Medical Check up camps.

Purposeful activities by its members for marginalized segments of society during Pandemics of Swineflu (2010) and Covid (2019-2020) need being seen to be believed. The contributions made by its members during Covid in form of Medical infrastructure like Electronic Hospital Beds, Bedside monitors, plenty of life Saving oxygen cylinders (then a scarce commodity), made all the difference for tackling covid pandemic in the district. In consonance with its principle of '**Service before Self**' the members have continuously done projects to foster goodwill across various components of our society. It has been a gainful experience becoming a part of the dynamic team of Individuals sharing passion for creating lasting social impact. Particularly pleasant on my part has been collaborating with the like minded individuals to drive meaningful change and create a ripple effect in the society.

My greetings and best wishes to all the Rotarians. I would like conclude that Rotarians are a shining example of compassion and dedication. Their work serves as a beacon of hope for those in need.

Jai Hind

Rtn Dr. H N Sharma



Rotary Facts



August is Rotary Membership and Extension Month!

Let's celebrate the heart of Rotary — our members. It's a time to strengthen our clubs, invite new members, and explore new opportunities to grow and serve. Together, we create lasting change in our communities and around the world.



ROTARY CLUB ROOPNAGAR



Rotary - The art of giving

"Once, when I was a teenager, my father and I were standing in line to buy tickets for the circus. Finally, there was only one family between us and the ticket counter. That family made a lasting impression on me.

There were eight children, all under the age of 12. From the way they were dressed, you could tell they didn't have much money, but their clothes were clean, very clean. The children were well-behaved, standing in pairs behind their parents, holding hands.

They were so excited about the clowns, the animals, and all the acts they would see that night. From their excitement, you could tell they had never been to a circus before. It was going to be a highlight of their lives.

The father and mother stood proudly at the front of their little group. The mother was holding her husband's hand, looking at him as if to say, 'You're my knight in shining armor.' He was smiling, enjoying seeing his family happy.

The ticket lady asked how many tickets he wanted, and he proudly responded, 'I want eight children's tickets and two adult tickets.' Then she announced the price.

The wife let go of her husband's hand, her head dropped, and the man's lip began to quiver. He leaned in closer and asked, 'How much did you say?' The ticket lady repeated the price.

He didn't have enough money. How was he supposed to turn around and tell his eight kids that he couldn't afford to take them to the circus?

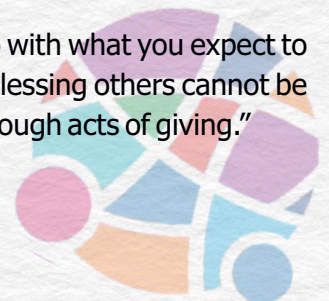
Seeing what was happening, my dad reached into his pocket, pulled out a \$20 bill, and dropped it on the ground. We weren't rich by any means. My father bent down, picked up the \$20 bill, tapped the man on the shoulder, and said, 'Excuse me, sir, this fell out of your pocket.' The man understood what was happening. He wasn't being handed charity, but he gratefully accepted the help in his desperate, heartbreaking, and embarrassing situation. He looked straight into my father's eyes, took my dad's hand in both of his, squeezed the bill tightly, and with trembling lips and a tear streaming down his cheek, he replied, 'Thank you, sir. This really means so much to me and my family.' My father and I went back to our car and drove home. The \$20 my dad gave away was what we had planned to use for our own tickets.

Although we didn't see the circus that night, we felt a joy inside us that was far greater than seeing the circus.

That day, I learned the true value of giving. The Giver is greater than the Receiver.

If you want to be great, greater than life itself, learn to give. Love has nothing to do with what you expect to get, only with what you expect to give - everything. The importance of giving and blessing others cannot be overstated because there is always joy in giving. Learn to make someone happy through acts of giving."

- Katharine Hepburn
Famous American Actress



REGULAR CLUB MEETING

The next regular meeting of the club is scheduled for **Friday, 8th 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.
- Like every year Raksha Bandan will be celebrated at the regular club meeting where volunteers of Brahm Kumaris Ashram will come and tie rakhis on wrist of members.

THOUGHT OF THE WEEK

The most generous
gift doesn't come from
your wallet—it comes
from your heart.
It's called kindness.

Inspire Minds



स्तनपान से शिशुओं की बढ़ती है रोग प्रतिरोधक शक्ति, माताएं रहती हैं स्वरथ : राजकुमार कपूर

सवेरा न्यूज/कैलाश आहुजा
रूपनगर, 2 अगस्त: शिशु मृत्यु दर गंभीर चिंताओं में से एक है और स्तनपान बाल मृत्यु दर को कम करता है। इस संबंधी जीएमएन सी. सैक. स्कूल ओएसए के अध्यक्ष राजकुमार कपूर ने बताया कि स्तनपान करवाने के लाभ दशकों से ज्ञात हैं। विश्व स्वास्थ्य संगठन और यूनिसेफ की रिपोर्ट में सिफारिश की गई है कि माताएं

कोलोस्ट्रम में एंटीबॉडी की मात्रा अधिक होती है, यह हाइपोथर्मिया से मृत्यु के जोखिम को कम करता है और बच्चों को संक्रामक रोगों से बचाता है। प्रारंभिक शुरूआत के कई प्रतिरक्षात्मक और पोषण संबंधी लाभ भी हैं जो 1 वर्ष से कम उम्र के शिशुओं में मृत्यु दर को कम करने में सहायक पाए गए हैं।



राज कुमार कपूर

स्तनपान करने वाले शिशुओं में दस्त, निमोनिया और अन्य संक्रामक रोगों का जोखिम उन शिशुओं की तुलना में कम होता है जो स्तन के दूध के विकल्प का सेवन करते हैं। हर गर्भवती महिला को स्तनपान के बारे में उचित प्रशिक्षण लेना चाहिए।

स्तनपान करने वाले शिशुओं में दस्त, निमोनिया और अन्य संक्रामक रोगों का जोखिम उन शिशुओं की तुलना में कम होता है जो स्तन के दूध के विकल्प का सेवन करते हैं। हर गर्भवती महिला को स्तनपान के बारे में उचित प्रशिक्षण लेना चाहिए।

We Celebrate

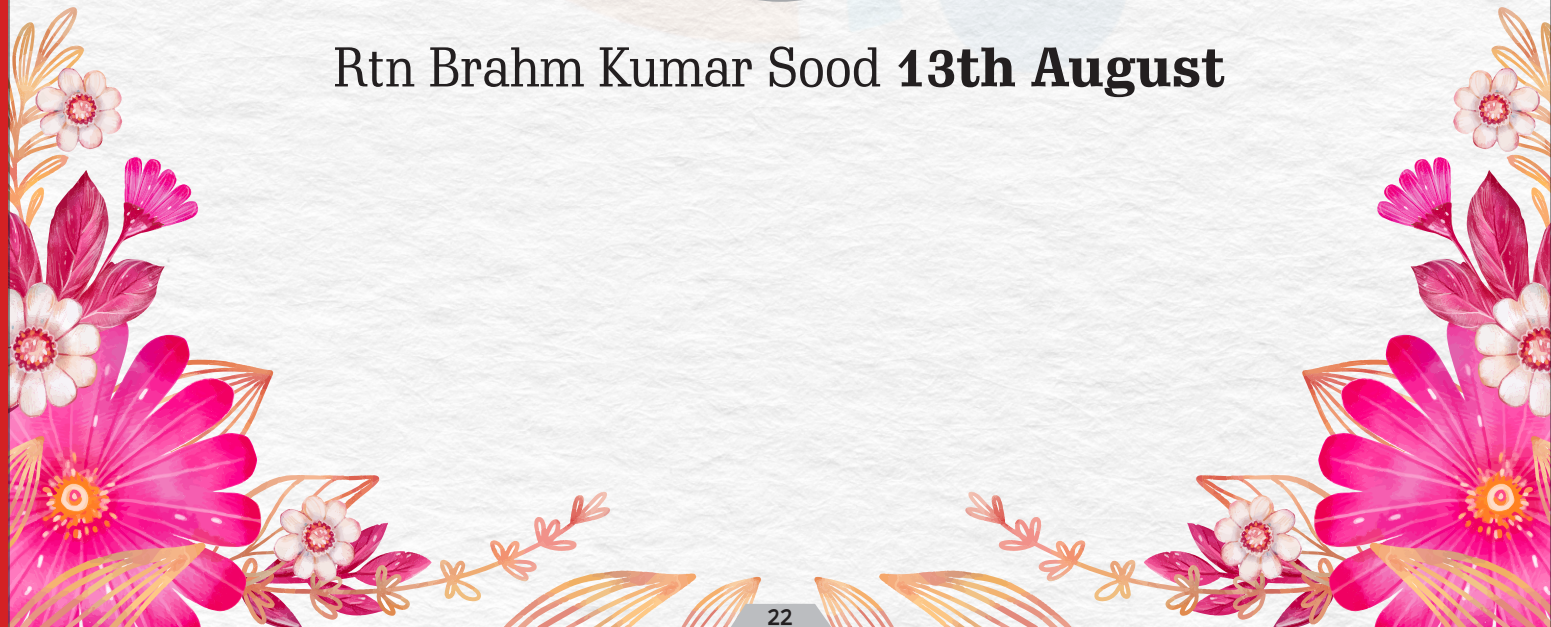
Birthdays



Rtn. Varun Soni **10th August**



Rtn Brahm Kumar Sood **13th August**



FROM THE EDITOR DESK

Rtn. Ashok Chadha
Club Editor
RY 2025-26



Dear Rotarians

There is a famous saying, ' With determination and passion youth can move mountains ' . Perhaps, moving with the same spirit, most of the projects carried out this week are youth oriented. If we can empower our young citizens and channelise their energies in the right direction, the future of any society is in safe hands.

This weeks contributor to our series ' Me and My Rotary ' is Rtn Dr H N Sharma, who has shared his experience beautifully.

I once again urge our members to come forward and give us your feedback, suggestions and contributions... this is a platform, open to each one of you.

With Rotary greetings