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These are times that cry out for peace. The Middle East is in its most volatile condition in years. The war in Ukraine is the largest in Europe since World War II, and there are armed conflicts in Sudan and parts of Central Africa. Nearly every continent is experiencing a major armed conflict.

Rotary has a vital role to play in advancing the cause of peace — I often say Rotary needs to work toward peace as aggressively as those who wish to wage war. It's the spirit found in our vision statement: "Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves." We must never lose track of that last call — that to bring about change in the world, we need to foster change within.

It is up to us to model peace building behavior among each other. We can do better than questioning the motives of one another and jumping to the harshest possible explanation. After hearing words that might strain or offend us, we have an opportunity to ask, with compassion and curiosity, the intent of those offending words. And then we have another opportunity to repair the breach.

If we wish to be a beacon to the world, let us start by being so to one another. Let's help each other find greater understanding and productive alternatives to words that cause hurt and distrust. And let's stick to our principles, but never doubt the sincerity of each other to end conflicts, not inflame them.

I'm reminded of a speech that U.S. Senator Robert Kennedy made on 4 April 1968, that dreadful day when the Rev. Martin Luther King Jr. was assassinated. Kennedy was in Indianapolis speaking to an audience in a predominantly African American neighborhood where people had yet to learn that Dr. King had been killed.

He shared the terrible news. He honored Dr. King for all he had done for the cause of justice and peace. And then he connected with the fuming, grieving crowd by saying: "For those of you who are Black and are tempted to be filled with hatred and distrust at the injustice of such an act, against all white people, I can only say that I feel in my own heart the same kind of feeling. I had a member of my family killed." It was the first time he had spoken publicly about President John F. Kennedy's assassination. And while many American cities exploded in violence that night, Indianapolis did not.

It is in times of crisis and despair that we need empathy most of all. Empathy is the most powerful tool of peace, and it is vital if we are to take the first brave, humble steps to Create Hope in the World.



R. Gordon R. McInally
President 2023-24

Check the activities of Rotary Club Chandigarh Central at www.rcchandigarhcentral.rotaryindia.org



Meeting No. 1784 on 13-03-2024

MINUTES OF BUSINESS MEET NO. 1784 OF ROTARY CLUB CHANDIGARH CENTRAL HELD ON 13-03-2024 AT HOTEL OYSTER

- A. After following Rotary protocol, homage was paid to revered member of our club Late Rtn. R S Nibber and Mrs. Harinder Kaur Dehal w/o Ex member of our club Sh. Narinder Singh Dehal (both expired on 12th March 2024). Two-minute silence was observed for the peace of departed souls.
- B. **Information of following meetings, events and projects held after meeting no. 1783 held on 17-02-2024 was shared with members**
1. **"Distribution of high protein diet packets to TB patients" at DOT Centre, Sector 56, Chandigarh on 26th February 2024**
69 TB patients of Palsora area, Chandigarh attached to DOT centre sec 56 Chandigarh were given High protein diet packets. TB patients often require extra calories to help aid recovery. Consuming high-calorie foods can provide the necessary energy. TB patients may experience loss of appetite, nausea and weight loss, which can lead to weakness and fatigue. Consuming high-energy foods like smoothies, soups and stews can provide the necessary nutrients in an easily digestible form. These foods can be rich in carbohydrates, protein and healthy fats, providing the necessary energy to aid recovery and prevent further complications.
 2. **Blood Donation Camp at Chandigarh University on 27th February 2024:** During this camp 261 units of blood were collected by Indian Red Cross Society Punjab State Branch, Rajindra Hospital Patiala, Rotary Club Blood Bank Chandigarh and PGI Chandigarh.
- C. **Information regarding forthcoming projects / events was shared with members:**
1. Holi celebrations on 24th March Sunday at Hotel Classic Residency Pinjore to be hosted by Rtn Ashok Bansal.
 2. High Protein Food packets to TB patients in last week of March.
 3. Donation of old clothes, beddings, household items and Sanitary pad disposal incinerator etc to Jyoti Sarup Kanya Asra Society Kharar on 31st March Sunday.
 4. DG visit on 8th May 2024 Wednesday.

Meeting ended with thanks to all present.



Holi Celebrations on 24-03-24

The Rotary Club Chandigarh Central's Holi celebrations at Hotel Classic Residency
Pinjore on 24th March 2024

रंगों का त्यौहार है होली, रंगों का त्यौहार है होली ॥
दुल्हन जैसी धरा सजी है, सजी है रंग-बिरंगी, डोली ।
तोता-मैना, मोर-मोरनी, बोल रहे फागुन की बोली ।
रंगों का त्यौहार है होली ॥

प्रेम का रंग चढ़ा है गहरा, दिल में सबनें चाहत घोली ।
भूल गये हैं रंज-ओ-गम को, सबनें अपनी बाहें खोली ।
रंगों का त्यौहार है होली ॥

एक ही रंग में रंगे हुए हैं, जीजा-साली, ढोला-ढोली ।
लाल, गुलाबी, नीला, पीला, रंग उड़ें हैं, तबियत डोली ।
रंगों का त्यौहार है होली ॥

बड़े दिनों में गले मिलें हैं, वो दोनों, जो हैं हमजोली ।
साजन नें पिचकारी मारी, भीग गई अन्दर तक चोली ।
रंगों का त्यौहार है होली ॥

– रो. विचित्र सिंह

The Holi celebrations epitomize the essence of unity, joy, and cultural harmony. Year after year, members of the Club come together to mark this vibrant festival, spreading colours of happiness and camaraderie among communities.

Central to the celebrations is the playful splashing of vibrant coloured powders, known as "gulal," creating a kaleidoscope of hues that adorn participants from head to toe. Laughter resonates through the air as people engage in friendly banter and merry chases, setting aside differences and embracing the spirit of togetherness. Everyone enjoyed the music and fun games. The props and Holi theme décor made by Mrs Kavita and Mrs Vandana were marvellous and were adding colour to the celebrations.

Beyond the revelry, the Club's Holi celebrations also embody a spirit of service and giving back to the community. Through charitable initiatives the club endeavours to spread joy and hope to all.

As the day draws to a close, hearts are filled with memories of laughter, love, and shared experiences, underscoring the Rotary Club's commitment to fostering bonds of friendship and goodwill that transcend barriers of language, religion, and culture.

The Club and its members express their heartfelt gratitude to Rtn Ashok Bansal ji and Ann Mrs Shashi Bansal for hosting such a wonderful party on Holi. It was an absolute delight to be in the company of such a great couple and to enjoy the warmth of their hospitality. Their attention to detail in planning the event did not go unnoticed. From the delicious food to the lively atmosphere, every aspect of the party was impeccably executed. It was evident that they put a lot of thought and effort into ensuring that everyone had a fantastic time, and we can assure you that we did. Moreover, their kindness and generosity as a host truly made the day unforgettable. Your welcoming demeanour and genuine hospitality created an atmosphere where everyone felt comfortable and at ease. Thank you once again for opening your hotel to us and for your gracious hospitality. It was a joyous occasion that we will cherish for a long time to come.



Holi Celebrations





Holi Celebrations



Blood donation camp on 28-03-24

BLOOD DONATION CAMP AT CHANDIGARH UNIVERSITY ON 28TH MARCH 2024

A Blood Donation camp was organised by NSS Unit of Chandigarh University and RC Chandigarh Central. Total 147 units of Blood were donated by students. The blood was collected by Rotary Club Blood Bank. Rtn JS Minhas Additional Director – SWSC Chandigarh University AND Rtn Sunil Kansal President represented our club in this camp. We are thankful to Chandigarh University for associating our club in this blood donation camp.



Food to TB Patients on 28-03-24

"Distribution of high protein diet packets to TB patients" at DOT Centre, Sector 56, Chandigarh on 28th March 2024

75 TB patients of Palsora area, Chandigarh attached to DOT centre sec 56 Chandigarh were given High protein diet packets. TB patients often require extra calories to help aid recovery. Consuming high-calorie foods can provide the necessary energy. TB patients may experience loss of appetite, nausea and weight loss, which can lead to weakness and fatigue. Consuming high-energy foods like smoothies, soups and stews can provide the necessary nutrients in an easily digestible form. These foods can be rich in carbohydrates, protein and healthy fats, providing the necessary energy to aid recovery and prevent further complications.



Clothes to Kanya Asra on 30-03-24

DONATION TO INMATES OF JYOTI SARUP KANYA ASRA SOCIETY KHARAR

Rotary Club Chandigarh Central donated following items to girls of Jyoti Sarup Kanya Asra Society Kharar. It is an orphanage where 145 girls of age ranging from 3yrs to 21 yrs are residing in a very hygienic and comfortable atmosphere.

1. 5000+ Sanitary pads.
2. One Incinerator for used pad disposal.
3. 200+ Bed sheets and other bedding items.
4. 250+ suits and other Clothes for girl children of all ages.
5. 200+ New lingerie and undergarments.

Rtn HS Saggi, Rtn SP Ojha, Rtn JS Minhas and Rtn Vebhu Bhatnagar and first lady of club Mrs. Kavita Kansal attended the event. President pays his gratitude to Rotarians and Anns who have donated generously for this noble cause.







26th April Rtn. Ashish Midha

15th May

Rtn. Baljit Sandhu

17th May

Rtn. Vichitar Singh

31st May

Rtn. R.D. Pandir



15th April Rtn. Raj Kumar

27th May

Rtn. Dhiraj Arora

24th April Rtn. Paramjit Singh

27th April Rtn. Hira Lal Narang

28th April Rtn. Devinder Singh