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There are many pathways to peace, and in Rotary, we are fortunate to have Rotary Peace Fellows who demonstrate this truth time and again.

Each year, Rotary awards up to 130 fellowships for leaders around the world to study peace and development, and what these peace fellows learn prepares them to work in conflict prevention and resolution and promote Positive Peace. Here are a few examples of the creative ways peace fellows advance peace:

**Promoting sustainability**

Alejandra Rueda-Zarate combined her Rotary Peace Fellowship in peace and conflict resolution with her master's degree in energy and resources to support her dream of protecting the Colombian countryside.

She founded the organization NES Naturaleza in 2011 to help farmers in Colombia and across rural Latin America gain access to knowledge and training to uphold sustainable farming standards. That support has improved the lives of nearly 4,500 farmers, inspiring many of them to become entrepreneurs. And it's helped promote both natural and social sustainability throughout Latin America.

**Ending racism**

Peace fellows Geoffrey Diesel and Kathy Doherty have applied their fellowships in peace and development studies toward co-founding the Racial Equity Project, a subcommittee of Rotary Positive Peace Activators in North America committed to studying ways to create a more peaceful society through anti-racism efforts.

The Racial Equity Project takes a deep look into how the eight Pillars of Positive Peace could support efforts to address racism, and it works to spread this message to communities across North America. The organization initially grew from Rotary's strategic partnership with the Institute for Economics and Peace, a global think tank dedicated to promoting Positive Peace.

**Managing disasters using data**

Through a Rotary Peace Fellowship, Jamie LeSueur earned a master's degree in social science within peace and conflict research. He now leads emergency operations for the International Federation of Red Cross and Red Crescent Societies, setting a management and operational framework for agency collaboration in emergency response situations.

Jamie has found that research data is a powerful tool to bring calm to the complex world of disaster response. No matter what an organization's protocols might entail, letting research be the foundation for decision making helps clarify even the most complicated emergencies.

These stories — and hundreds like them — show how Rotary is creating a generation of leaders ready and able to build peace worldwide. Nearly 1,800 peace fellows have graduated from Rotary Peace Centers, and they are applying their craft in more than 140 countries.

May the continuing work of peace fellows and the Rotary members who support them inspire you to continue to Create Hope in the World through service, fundraising, and creative thinking.



**R. Gordon R. McInally**  
President 2023-24

Check the activities of Rotary Club Chandigarh Central at [www.rcchandigarhcentral.rotaryindia.org](http://www.rcchandigarhcentral.rotaryindia.org)



## Meeting No. 1782 on 07-02-2024

### MINUTES OF BUSINESS MEET NO. 1782 OF ROTARY CLUB CHANDIGARH CENTRAL HELD ON 07-02-2024 AT HOTEL SUNBEAM

**A. Information of following meetings, events and projects held after meeting no. 1781 held on 24-01-2024 was shared with members**

**1. "Distribution of high protein diet packets to TB patients" at DOT Centre, Sector 56, Chandigarh on 29th January 2024**

65 TB patients of Palsora area, Chandigarh attached to DOT centre sec 56 Chandigarh were given High protein diet packets. The total expenditure was Rs. 31200 (65X480)

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.

**B. Information regarding forthcoming projects / events was shared with members:**

District Conference "Anand- the joy" to be held on 10th and 11th February 2024 at Chimney Heights Zirakpur. Members were requested to join in large numbers as it would be an event where we would be getting information regarding achievements of our District and various clubs in addition to interaction with members of other Rotary and entertainment & fellowship in the evening. Members were also informed that RI President representative PDG Rtn Pawan Aggarwal and Puja Dr. Gyanvatsal Swami ji from BAPS Swaminarayan Sanstha are guest speakers.

Meeting ended with thanks to all present.





## District Conference on 10th and 11th February



## Meeting No. 1783 on 17-02-2024

### MINUTES OF GUEST SPEAKER'S MEET NO. 1783 OF ROTARY CLUB CHANDIGARH CENTRAL HELD ON 17-02-2024 AT HOTEL SUNBEAM

#### A. Information of following meetings, events and projects held after meeting no. 1782 held on 07-02-2024 was shared with members

District Conference "Anand- the joy" was held on 10th and 11th February 2024 at Chimney Heights Zirakpur. 12 members from our Club attended the conference. We got information regarding achievements of our District and various clubs in addition to interaction with members of other Rotary and entertainment & fellowship in the evening. RI President representative PDG Rtn Pawan Aggarwal and Pujya Dr. Gyanvatsal Swami ji from BAPS Swaminarayan Sanstha were guest speakers and their speeches were very motivational and encouraging for Rotarians.

#### B. Talk on "Healthy lifestyle – an introduction" by Dr. Ashok Bansal MD, Consulting Physician

After his introduction by President, Dr. Ashok Bansal started his talk on Healthy Lifestyle. He emphasised that a healthy lifestyle is crucial for overall well-being, encompassing physical, mental, and social aspects. It involves making positive choices that promote longevity and enhance the quality of life. Regular physical activity is a cornerstone, helping to maintain a healthy weight, improve cardiovascular health, and boost mood through the release of endorphins. Nutritious eating is equally vital, emphasizing a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and essential nutrients. Adequate hydration supports bodily functions, enhances skin health, and aids digestion. Limiting the intake of processed foods, sugary beverages, and excessive salt helps prevent various health issues. Prioritizing mental health is integral to a healthy lifestyle. Managing stress through relaxation techniques, mindfulness, and sufficient sleep fosters mental resilience and emotional well-being. Building strong social connections contributes to a sense of belonging and emotional support. Avoiding harmful habits such as smoking and excessive alcohol consumption is pivotal in maintaining overall health. Regular health check-ups and screenings enable early detection of potential issues, facilitating timely intervention. A holistic approach to a healthy lifestyle involves cultivating positive habits, staying mindful of choices, and embracing a proactive attitude towards one's well-being. By integrating these principles into daily life, individuals can enjoy a vibrant and fulfilling existence.

Everyone fully participated in the talk by asking questions on the topic and clearing their doubts regarding healthy and balanced diet.

Rtn Rajneesh Gupta presented vote of thanks on behalf of Club and a gift was presented to visiting couple as a token of respect and thanks.

President requested everyone to enjoy fellowship and meeting ended with thanks to all present.







## "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.





# BLOOD DONATION CAMP AT CHANDIGARH UNIVERSITY ON 27TH FEBRUARY 2024

On the occasion of death anniversary of Shaheed Chander Shekhar Azad, a Blood Donation camp was organised by NSS Unit of Chandigarh University and RC Chandigarh Central. Total 261 units of Blood were donated by students. The blood was collected by Indian Red Cross Society Punjab State Branch, Rajindra Hospital Patiala, Rotary Club Blood Bank and PGI Chandigarh. In addition to Blood Donation 20 persons took oath to donate their organs. The camp was inaugurated by Prof. RS Bawa, Pro-Chancellor Chandigarh University and Dr. Arvinder Singh Executive Director Department of Students Welfare. Rtn JS Minhas Additional Director – SWSC Chandigarh University represented our club in this camp. We are thankful to him for associating our club on this camp.





15th March	Rtn. N.K. Garg
15th March	Rtn. Rupinder Kaur Bal
15th March	Rtn. Hardev Singh Ubha
17th March	Rtn. Ashita Nanda
24th March	Rtn. Dhiraj Arora
25th March	Rtn. Jasbir Singh Minhas

26th April	Rtn. Ashish Midha
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09th March	Rtn. Sanjay Kansal
12th March	Rtn. Vichitar Singh
23rd March	Rtn. Anil Sharma

15th April	Rtn. Raj Kumar
15th April	Rtn. Paramjit Singh
15th April	Rtn. Hira Lal Narang
15th April	Rtn. Devinder Singh