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Rtn Gordon R Mcinally

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Rtn Arun Mongia

President

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Rtn Surendra Prasad Ojha

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Rtn Anil Sharma

Vice President

Rtn Deepak Verma

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Sargent at Arms

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Rtn Ved Parkash Sharma

Club Treasurer

Rtn Jagdish Bansal

Trust Treasurer

Rtn R. S. Cheema

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Rtn Hardev Singh Ubha

International Services

Rtn Ankush Gupta

Club Services

Rtn Sanjeev Sharma

New Generation

Rtn Sukhraj Singh Riar

Vocational

Rtn Ashok Kumar Gupta

Editorial Team

Rtn JS Lamba

Rtn Sarvjit Rai

I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members.

The top suggestions are illuminating. Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition, validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education.

Our members not only appreciate the greater focus on mental health, but they also believe that making more of the Rotary experience will materially improve their lives. I find it interesting that members are not asking anything dramatically new of their club — rather they want more of what we do best. For example, connection can be improved during meetings simply by assigning seating once each month to encourage people to speak with someone new.

Here are some great ways that we can help achieve these results and make Rotary more appealing to those considering membership. First, we need to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness — the U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is all about. We need to make sure all of our members are fully engaged and that our communities are better aware of this inherent strength.

Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase.

And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being.

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle.



R. Gordon R. McInally
President 2023-24

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



Blanket Distribution on 08th January

Blankets distribution was done on 8th January 2024 in PGI among attendants of patients sleeping in open and some poor people sleeping on roadsides in Sector 42 Chandigarh. Besides the President, Rtn Vebhu Bhatnagar and Rtn R S Cheema and Rotaractors of Rtr Club of Soaring Monks were present. Total 100 blankets were distributed.



Lohri Celebrations on 12-01-24

RC Chandigarh Central celebrated Lohri on 12th January 2024 at Hotel Sunbeam. 35 members with Anns were present. Everyone enjoyed Lohri outside the hotel and then enjoyed games and tambola inside the hotel. Everyone present there participated in all the activities and enjoyed the fellowship.





आगाज़ मुस्कुराहट के साथ

नववर्ष के सूर्योदय के साथ ही,
कोहरे ने श्वेत चुनर फैला दी,
सितारों जैसी पानी की बूँदें,
पत्ते पत्ते पर बैठा दीं।

गुफ्तगुं - ए - जोश फिर गरम हो गई,
नए साल का करना था स्वागत,
और फिर होना था सबने एकत्रित,
करने संक्राति की ज्वाला प्रज्वलित।

मनभावन मेज़ सजाई कविता जी ने,
और हर घर पहुँचाई मिनिएचर लोहड़ी,
उड़ाई सबने खूब तम्बोला की पतंग,
मिठास भरी रेवड़ी - गजक के संग।

रुकता नहीं जशने-ए-कारवाँ **आर सी सी सी** का कहीं,
कोशिश थी लाएँ मुस्कुराहट वापिस, जिनकी छिप गई थी कहीं,
किया साँझा अपना वक्त, उम्र के आखिरी पड़ाव की बस्ती में,
और भर - भर के बाँटा गीतों भरा प्यार वहाँ, भरपूर मस्ती में।

आर सी सी सी यूँ ही रोज़ नए नए प्रोजेक्ट करता रहे,
और सत्कर्मों का कारवाँ यूँ ही निरंतर बढ़ता रहे,
लहराये ऊँचा, यूँ ही **आर सी सी सी** का सुनहरा परचम,
साथ रहे दोस्तों का हमेशा, चाहे खुशी हो चाहे गम।

वंदना
जनवरी 2024

Lohri celebrations with Senior citizens on 14-01-24

On 14th January 2024, Lohri celebrations at the old age home was a heartwarming affair, radiating joy and tradition. Residents, wrapped in colourful shawls, gathered around a bonfire, exchanging tales of yesteryears. Traditional songs echoed, intertwining with laughter, as they relished the sweetness of rewri, gajak, bread & panner pakodas with Gulabjamun. The vibrant spirit of Lohri infused energy into the elderly souls, momentarily transcending the solitude that often accompanies old age. It was a poignant reminder of the enduring power of festivals to foster connection and bring light to the lives of those who have gracefully weathered the sands of time. Inmates showed their talents by singing old folk punjabi songs on dholki played by Vandana ji. They also danced.

Packets of Rewdi, gazak, mungfali along with hot water bottles were given to all.





Visit of RI President on 18-01-24

RI President Gordon R. McNally and his gracious wife Heather visited Chandigarh on 18th January 2024. Hi-tea was organised in his honour in Judicial Academy Sector 43 Chandigarh. Following members of RC Chandigarh Central were present in this event:

1. Rtn Sunil Kansal
2. Rtn Vebhu Bhatnagar
3. Rtn R S Cheema
4. Rtn Sanjeev checker
5. Rtn Avnindra Berry
6. Rtn Naresh Jain
7. Rtn Devinder Singh
8. Rtn Ashok Kumar Gupta
9. Rtn Surendra Prasad Ojha
10. Rtn N S Aulakh
11. Rtn Ved Parkash Sharma



Blood donation camp at Chandigarh University on 23-01-24

311 units of blood donated to PGI, Rotary Blood Bank Chandigarh, and Govt Civil Hospital Mohali. Dr. Manpreet Singh Manna Vice Chancellor was the chief Guest.



Meeting No. 1781 on 24-01-2024

MINUTES OF BUSINESS MEET NO. 1781 OF ROTARY CLUB CHANDIGARH CENTRAL HELD ON 24-01-2024 AT HOTEL OYSTER

A. Information of following meetings, events and projects held after meeting no. 1780 held on 06-12-2023 was shared with members

1. RYLA VISHESH was held over a period of 3 days from the 11th to 13th of December 2023 at the Panjab University Gymnasium Hall, Chandigarh. It fully embodied the active lifestyle and the spirit of sportsmanship. Close to 200 special athletes from 6 states participated in the event. It was a treat to watch these sporting rockstars show us how to push to be the best version of themselves, and still have fun while doing so. The event included sports, dance, music, art therapy/ workshops, eye and dental check-ups.

The grand opening ceremony was inaugurated by esteemed dignitaries including Sh. Ojaswee Sharma, Mr. Mani, International Gold Medallist and Special Athlete, and Mr. Navin Kumar, Joint Director SDM South.

Distinguished personalities graced the occasion, including Mrs. Mallika Nadda, National President of Special Olympics Bharat (SOB), Dr. Pallika Arora, PCS, Prof Harsh Nayyar, Director R&D PU, District Governor Rtn Arun Mongia, Celebrity Deepali Rajput, and State Presidents of SOB. Their presence added prestige and encouragement to the participants. The event was a collaborative effort, organized by the Department of Social Welfare Chandigarh, Rotary Club Chandigarh Midtown, and Chandigarh Central, who partnered with SOB to ensure the event's inclusivity and equity.

2. **"Distribution of high protein diet packets to TB patients" at DOT Centre, Sector 56, Chandigarh on 28th December 2023**

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.

3. **Blanket Distribution on 8th January 2024 in association with Rotaract Club of Soaring Monks:** Blankets distribution was done in PGI among attendants of patients sleeping in open and some poor people sleeping on roadsides in Sector 42 Chandigarh. Besides me Rtn Vebhu Bhatnagar and Rtn R S Cheema and Rotaractors of Rtr Club of Soaring Monks were present.

4. **Fellowship meeting with Anns** was held on 12th December at Hotel Sunbeam to welcome New Year 2024 and celebrate Lohri. Around 35 Rotarians along with their Anns were present. Members enjoyed the quiz games and tambola and the winners were given gifts relating to Lohri.

Rtn Sanjeev Checker got Paul Harris pin for the third time and our new member Rtn Dr Jatinder Kumar was pinned by Rtn Sanjeev Checker.

5. Celebrations of Lohri with inmates of Senior Citizen Home Sector 14 Chandigarh 14th January 2024,

Lohri celebrations at the old age home was a heartwarming affair, radiating joy and tradition. Residents, wrapped in colourful shawls, gathered around a bonfire, exchanging tales of yesteryears. Traditional songs echoed, intertwining with laughter, as they relished the sweetness of rewri, gajak, bread & panner pakodas with Gulab jamun. The vibrant spirit of Lohri infused energy into the elderly souls, momentarily transcending the solitude that often accompanies old age. It was a poignant reminder of the enduring power of festivals to foster connection and bring light to the lives of those who have gracefully weathered the sands of time. Inmates showed their talents by singing old folk punjabi songs on dholki played by Vandana ji. They also danced. Packets of Rewdi, gazak, mungfali along with hot water bottles were given to all. I'm thankful to the Rotarians and Anns who graced the event with their gracious presence and celebrated Lohri with senior citizens and took their blessings.



6. RI President Gordon R. McNally and his gracious wife Heather visited Chandigarh on 18th January 2024.

Hi-tea was organised in his honour in Judicial Academy Sector 43 Chandigarh. Rtn Sunil Kansal, Rtn Vebhu Bhatnagar, Rtn R S Cheema, Rtn Sanjeev checker, Rtn Avnindra Berry, Rtn Naresh Jain, Rtn Devinder Singh, Rtn Ashok Kumar Gupta, Rtn Surendra Prasad Ojha, Rtn N S Aulakh and Rtn Ved Parkash Sharmawere present in this event.

7. Blood donation camp was organised at Chandigarh University on 23rd January 2024. During this camp 311 units of blood were donated to PGI, Rotary Blood Bank Chandigarh and Govt Civil Hospital Mohali. Dr. Manpreet Singh Manna Vice Chancellor Chandigarh University was the chief Guest.

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

High protein diet to 65 TB Patients on 29th January 2024 at DOT centre Palsora, Sector 56, Chandigarh.

Meeting ended with thanks to all present.

High protein diet for TB patients on 29-01-24

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. 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. Rtn Vebhu Bhatnagar and Rtn RS Cheema were present with President to distribute these food packets to the patients.



Award to Rtn Vebhu Bhatnagar Director Blue Bird School on Republic Day for Excellent work in field of Education



गणतंत्र दिवस पर ज्ञानचंद गुप्ता ने 51 लोगों को किया सम्मानित

जागरण संग्रहालया, पंचकूला : हरियाणा विधानसभा अध्यक्ष ज्ञानचंद गुप्ता ने परेड ग्राउंड सेक्टर-5 में आयोजित जिला स्तरीय गणतंत्र दिवस समारोह में ध्वजारोहण किया। गुप्ता ने स्कूलों में विद्यार्थियों के लिए देश के वीर बलिदानियों की प्रेरणादायक गाथाओं पर आधारित पुस्तकें उपलब्ध करवाने के लिए अपने स्वैच्छिक कोष से पांच लाख रुपये की राशि देने की घोषणा की। गुप्ता ने परेड की सलामी ली।

विभिन्न विभागों ने अलग-अलग विषयों पर आधारित झांकियां प्रस्तुत की गईं। मुख्य आकर्षण राजकीय माडल संस्कृति सीनियर सेकेंडरी स्कूल सेक्टर-26 की ओर से प्रस्तुत की भगवान रामलला की झांकी रही। गुप्ता और उनकी पत्नी बिमला रानी ने राम रूपी बाल कलाकार का पुष्पवर्षा से स्वागत किया और तिलक लगाकर आशीर्वाद लिया। गुप्ता ने परेड, झांकी और सांस्कृतिक कार्यक्रमों में प्रथम, द्वितीय और तृतीय स्थान प्राप्त करने



ब्लू बर्ड हाई स्कूल के निदेशक वेमु भटनागर को शिक्षा के क्षेत्र में किए उत्कृष्ट कार्यों के लिए सम्मानित करते ज्ञान चंद गुप्ता।

वाली टीमों को ट्राफी देकर सम्मानित किया। ज्ञानचंद गुप्ता ने परेड ग्राउंड सेक्टर-5 में आयोजित जिला स्तरीय गणतंत्र दिवस समारोह में सरकारी कार्य, शिक्षा, समाज सेवा, खेल आदि क्षेत्रों में उत्कृष्ट प्रदर्शन करने वाले 51 लोगों को सम्मानित किया।

इस अवसर पर उपायुक्त सुशील सारवान, पुलिस उपायुक्त सुमेर प्रताप सिंह, जिला परिषद के मुख्य कार्यकारी अधिकारी गगनदीप सिंह, नगरधीश राजेश पूनिया, नगर निगम की संयुक्त आयुक्त ऋचा राठी मौजूद रही।

पंजाब केसरी EDITIONS ई-पेपर Chandigarh Kesari

न करते
ले दी

गि (गणतंत्र):
में भी रोजगार
रिधि, द्वारा
पर परिष्कार
में हुई हर्ष और
लगाया गया।
एन के लिए
वर्ल्डम गुप्ता
के पर संगठन
सहित अन्य
। का स्वागत
सेम गुप्ता ने
ले शहीदों को
जांजित दी व

धाम से
दिवस

री (विजय):
कालिका की
5 के नेतृत्व में
धाम के साथ
5 में प्राच्यार्थ
रोहण किया।
5 ने कहा कि
स मना रहे हैं
'कलियों' का
मिला फलिक
ने यह प्रतिज्ञा
अपने कर्तव्यों
आने वाली
द्वार अधिष्ठा

गणतंत्र दिवस समारोह: उत्कृष्ट प्रदर्शन करने वाले 51 लोगों को किया सम्मानित

पंचकूला, 27 जनवरी (पुकेरा):
हरियाणा विधानसभा अध्यक्ष ज्ञानचंद
गुप्ता ने परेड ग्राउंड सेक्टर-5 में
आयोजित जिला स्तरीय गणतंत्र दिवस
समारोह में सरकारी कार्य, शिक्षा,
समाज सेवा, खेल आदि क्षेत्रों में
उत्कृष्ट प्रदर्शन करने वाले 51 लोगों
को सम्मानित किया।

जिनमें सम्मानित किए गए, उनमें
प्रधानाचार्य भवन विद्यालय सेक्टर-15
मुक्ताम कौर, सतलुज पब्लिक स्कूल
सेक्टर-4 की प्रिंसिपल कृता सेराय,
ब्लू बर्ड हाई स्कूल सेक्टर-16 के
निदेशक वेमु भटनागर,
लिटिल फ्लायर स्कूल सेक्टर-14 की
प्रधानाचार्य यंदना, सिविल सर्विस
पंचकूला डॉ. मुकेश कुमार, निदेशक
नेत्र चिकित्सा डॉ. अशोक गुप्ता,
राजकीय रॉयलर सेकेंडरी स्कूल
सेक्टर-19 की प्रधानाचार्य निर्मला
दुल्लू, राजकीय मिडिल स्कूल सेक्टर-
20 के पी.टी.आई. राजेश कुमार, बाल
कल्याण समिति चैम्बरस महाश्व गोबत,
सहायक प्रोफेसर राजकीयनाटकोत्तर
महाविद्यालय सेक्टर-1 डॉ. रोहतास
गोदारा, कला के क्षेत्र में वैष्णवी गुप्ता,
शिक्षा के क्षेत्र में शिवमोनी शर्मा, शिक्षा
और संगीत में रचना, हेड कान्टेन्ट
परमार्थ सिंह, नगर निगम के मुख्य
सफाई निरीक्षक अविनाश सिंघा व
अन्य शामिल हैं।



शिक्षा के क्षेत्र में उत्कृष्ट प्रदर्शन करने पर सतलुज पब्लिक स्कूल सेक्टर-4 के प्रिंसिपल कृता सेराय को सम्मानित करते ज्ञानचंद गुप्ता। (विजय)



ब्लू बर्ड हाई स्कूल सेक्टर-16 के निदेशक वेमु भटनागर को सम्मानित करते ज्ञानचंद गुप्ता। (विजय)

प्रति
स
(रश्मि)
कुलप
गोपाल
में ग
ध्वज
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। पीए
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गवर्
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अन
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समा
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राणा,
कण
खीमी
पांर
सिंर
के रई



CERTIFICATE

ROTARY CLUB DIGITAL EXCELLENCE AWARD

This Certificate is awarded to *Sunil Kansal*
 President 2023-24 of Rotary Club of Chandigarh Central (Dist. 3080)
 in recognition of exceptional leadership and commitment to advancing our mission through
 digital transformation, specifically utilizing the Rotary India Integrated Dynamic Website.

**With gratitude on behalf of Rotary India, we appreciate your outstanding
 contribution to advancing Rotary ideals in the digital realm.**

Angsuman

Angsuman Bandyopadhyay
 Website Chairman
 Rotaryindia.org

Presented this on January 11th 2024



06th February	Rtn. Jagjeet Singh
06th February	Rtn. Aman Kapoor
06th February	Rtn. Rakesh Kapila
07th February	Rtn. Sulalit Kumar Gupta
12th February	Sonu Agnihotri
19th February	Devinder Singh
28th February	Ved Parkash Sharma

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



07th February	Rtn. Dr. R P Gupta
07th February	Rtn. Sanjeev Wg. Cdr. Sharma
07th February	Rtn. Sonu Agnihotri
10th February	Rtn. D S Malhotra
10th February	Rtn. Ankush Gupta
10th February	Rtn. Baljit Sandhu
13th February	Rtn. Manish Aggarwal
15th February	Rtn. Hardev Singh Ubha
15th February	Rtn. Sulalit Kumar Gupta
20th February	Rtn. Vivek Goyal
21st February	Rtn. Sunil Kansal
22nd February	Rtn. Vebhu Bhatnagar
22nd February	Rtn. Inderjeet Singh
24th February	Rtn. Sanjeev Kumar Mangla

07th March	Rtn. Anil K Jindal
09th March	Rtn. Sanjay Kansal
12th March	Rtn. Vichitar Singh
23rd March	Rtn. Anil Sharma

RCCC BOARD 2024-25

President	Rtn. Surendra Prasad Ojha
Vice President Senior	Rtn. Anil Sharma
Vice President	Rtn. Deepak Verma
President Elect	Rtn. Vebhu Bhatnagar
IPP	Rtn. Sunil Kansal
Sargent at arms	Rtn. Bhupinder Singh Kapur
Secretary	Rtn. Sukh Raj Singh Riar
Jr. Secretary	Rtn. V. P. Sharma
Club Treasurer	Rtn. R.D. Singh Riar
Trust Treasurer	Rtd. R.S. Cheema

Director

1. Rtn. Sanjeev Sharma
2. Rtn. Ashok Gupta
3. Rtn. H. S. Ubha
4. Rtn. Ankush Gupta
5. Rtn. J. S. Minhas